



north central news

the voice of the north central phoenix community

volume 17, issue 1 • january 2015

www.northcentralnews.net

Former school site to become subdivision

By Teri Carnicelli

On Jan. 5, crews will begin to demolish the former Rancho Solano Private School at 240 W. Missouri Ave. to make way for a new single-family subdivision, 240 Missouri. But the transition from a classical-looking school building constructed in the 1950s to modern urban-looking dwellings has not been without some opposition.

The development project made its way through city channels beginning in early 2013, but almost immediately met with protests from surrounding neighbors, including some from the Central Park West condo development directly to the east as well as the neighborhood to the north. Their primary concern: the density of the project and its effect on parking and traffic. The project, neighbors said, was not what they had hoped to see replace the well-liked school.

please see SCHOOL SITE on page 8



Staff and volunteers from Phoenix Chinese School participating in Phoenix Chinese Week 2014 included (from left, back row) School Principal David Cui, Chinese art teachers David Liu and Ziqin Le (front row) and volunteers Hua Shan, Dehung Wu and Xiuzhu Zhang. The 2015 event will be held Feb. 13-15 at Margaret T. Hance Park. It is a series of cultural, social and educational events highlighting the diverse culture of China (submitted photo).

Local schools offer language classes

By Patty Talahongva

If you've ever wanted to learn more than just saying "hello" in a foreign language, perhaps 2015 will be the year you achieve that goal. Whether it's a New Year's Resolution or perhaps a job requirement, there are three schools in the area that offer classes for kids and adults in a variety of languages including Spanish, Mandarin, Russian and even Arabic.

There are even classes for English as a second language students to learn how to reduce their accent, making them more understandable in English.

At the Phoenix Chinese School, 734 W. Elm St., you can learn either Mandarin or Cantonese in generally small classes. The Phoenix Chinese school started in 1989 and is operated with support from the Chinese United Association of Greater Phoenix (CUAGP) and other donations. David Cui is the principal.

Being able to feel comfortable and confident when speaking a foreign language varies with each person, although children tend to pick up foreign languages quicker. Jianhua Wang Hilgaeretner's son attends a children's class. "There is a young girl in my son's kindergarten Mandarin Chinese class. She is from an Hispanic household and has no other Mandarin speakers in her household," she explains. "After completing only one semester, using three text-

books, she can speak with my son in conversational Chinese and can write about 35 characters."

Her son is biracial and his father Jeff says their son enjoys learning Mandarin in a group setting. "My son Wilson looks forward to his Mandarin class with great excitement. He really enjoys an atmosphere where he receives structured formal lessons from an engaged and caring teacher. A sense of community frames the school and I look forward to my son being involved with it for years to come."

The school caters to all ages and levels of speaking ability. Your personal goals are reviewed so if you want to learn enough Chinese to travel around the country comfortably, you can do that, or you can

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COMMUNITY

Local nonprofit offers free legal aid services

By Allison Walker

In a little over one year's time, Arizona Legal Women and Youth Services (ALWAYS) has served approximately 50 clients, consulted with countless others, and given numerous presentations—and all for free.

Since October 2013, ALWAYS has offered free legal advice and representation to men and women living on their own, up to 24 years of age. Many of the organization's clients have been impacted by homelessness, sex trafficking or abuse, but ALWAYS handles everything from family law, to immigration, to employment.

"Our clients are some of the most vulnerable people in the state, but also the most impressive. Some of them just have never had the opportunity to show what they're capable of," said January Contreras, founder of ALWAYS and a longtime North Central resident.

As a prosecutor, Contreras worked with victims of many different crimes, but it wasn't until she began working with the White House Council on Women and Girls that she felt inspired to use her legal background to help victims of domestic violence.

Always involved in her community, Contreras explained that working with the Council on Women and Girls, and later with Arizona State University's



North Central resident January Contreras, a lawyer by profession, created a nonprofit organization in October 2013 in order to provide free legal service to men and women age 24 and younger who can't afford a lawyer to assist with issues like immigration, employment, family law, domestic abuse, and more. Now instead of prosecuting criminals, she walks the halls of justice to aid the underserved (submitted photo).

Family Justice Center, she felt a new responsibility to use her skills to help people in need.

"So many times I was in rooms where I saw people very desperate for legal services," she described.

When the doors of ALWAYS first opened, the nonprofit had one client and one working attorney in addition to Contreras herself. They spent an "inordinate amount of time getting the phone and Internet to work," and had "sticker shock" over how much ordinary office supplies can cost a small nonprofit, remembered Contreras.

The organization now has three attorneys, one paralegal, one part-time contractor, and a lot more clients. The board includes Phoenix City Councilman Daniel Valenzuela, former

Superior Court judge Barbara Mundell, and Nancy Baldwin, executive director and Trustee of the Hickey Family Foundation.

The nonprofit recently was included in the Arizona Partnership to End Domestic Trafficking, receiving one of just three grants awarded to cities nationwide each year by the U.S. Department of Health and Human Services.

"The success of our first year has shown us that the need was there and the community was ready to unite around these services being available," Contreras said.

Attorneys and law students interested in volunteering with ALWAYS can help the organization in a variety of different ways, including providing representation; preparing documents; and

working on short term projects such as clinics. Volunteers must complete an application, schedule an introductory meeting and complete an orientation session to become part of the nonprofit's pro bono workforce.

Volunteers interested in working with victims of sex trafficking also must complete a 12-hour training program.

Community members without legal experience also may have opportunities to volunteer with ALWAYS. While Contreras admits that the organization's non-attorney needs are limited, at different times of the year the organization will tap volunteers to coordinate events and help with fundraising.

"Building and deploying a force of pro bono attorneys is one of our top goals for this year," said Contreras. She also hopes to increase the organization's professional partnerships, as well as relationships with schools and youth development programs.

"We want to think creatively," said Contreras about an instructional video series that the organization plans to produce in the next few years. "[We want] to take what we learn and share it with policy makers for system reform."

To learn more about ALWAYS, visit the organization's website at www.ProjectALWAYS.org or e-mail january@projectalways.org.

Editor's note: Allison Walker is a journalism student at the ASU Walter Cronkite School of Journalism and Mass Communication.

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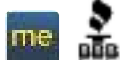
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**COMMUNITY****LANGUAGE continued from page 1**

become fluent and get a job as a translator. Such job opportunities exist for multi-lingual individuals ranging from translators to direct business negotiators. "Speaking Mandarin or Cantonese will be a major asset to employers," says Jianhua.

However, if you only wish to learn about the Chinese culture, you can also do that. Cultural classes are offered in the late afternoons and include an art class with Chinese painting styles, a Kung Fu class and a calligraphy class. The school will again offer Guzheng, a Chinese string instrument, class. You can also learn how to use an Abacus or learn the various styles of Chinese dance. Dance classes require a minimum of three students.

Classes at the Phoenix Chinese School will start on Saturday, Jan. 3. Class times are from 1:30 to 3:30 p.m. and will be held every Saturday, with breaks for the Chinese New Year and spring, and conclude on May 2. You can call 602-285-5670 to learn more about the classes and cost.

Dr. Glen Gray and his wife, Peggy, recently purchased the Arizona Language Institute, 13832 N. 32nd St., from Dr. Alex Shore. Their first semester of classes will start on Jan. 5. The lesson prices depend on the program, for example a part-time English class that includes four weeks and 24 lessons will cost \$375.

Peggy Gray worked at the school for six years before she and her husband purchased it. She says people who have made a new year's resolution and are serious, sign up and follow through. "Once they register and take the test they follow through," she says. Everyone is given a placement test to make sure they are in the right class and level of learning.

Foreigners who come to work in the United States and don't feel they're being understood can also take classes to reduce their accents. The institute will take older teenagers, but no children. The classes are all geared for adults and you never know who might be in class with you. In the past they've had a Russian Olympian and a priest from the Vatican enrolled in classes there.

Foreign Language classes are offered in five levels: Low Beginners, High Beginners, Intermediate 1, Intermediate 2 and Advanced. Some of the languages

being offered are Arabic, French, Hebrew, Russian and on request they also offer Korean and Portuguese. They are also looking for teachers who can teach Mandarin Chinese.

You can call 602-765-497 for more information or email the school at arizonalanguageinstitute@gmail.com to get enrolled.

At the Interlingua language school, 5107 N. 7th St., you can actually create your own class with four friends. The focus here is on Spanish, from conversational to business, and even translation work for the medical field and legal system.

Yolima Otàlora is the director of Interlingua, which has been in business for nearly 30 years. Like the Chinese School, Interlingua mixes culture with language lessons and uses the arts and music as a way to learn the subtleties of the language. In addition, you can take immersion classes in Spanish spoken in Argentina, Costa Rica, Ecuador, Guatemala, Peru and in Cuernavaca, Mexico. Prices vary so call to see which class works best for you.

Every student is tested to see which level will work best for their needs. You can learn more by calling 602-274-4441 or visiting www.azinterlingua.com.

Don't forget to check with your employer to see if they offer tuition assistance for learning a second language.

Donate your old, unused e-readers

Do you have an older tablet or e-reader that got replaced by a shiny new version last month? Or, one that is just sitting around collecting dust because you never use it? If so, the Phoenix Public Library wants it!

Donate your gently used tablets and e-readers at any one of the library's 17 locations during the months of January and February. Devices in working order will be utilized for library programming or added to its collection of e-readers available to the community for checkout.

Tablets and e-readers that cannot be used by the library for any purpose will be given to a local technology recycling company.

For more information or to find a library location near you, call 602-262-4636 or visit www.phoenixpubliclibrary.org.

COMMUNITY

Local girl raises funds in memory of her dad

Eleven-year-old Audra Sims has a big heart. As she and her mother, Angela, were driving by Arizona Heart Hospital, Audra decided she wanted to raise money to help cardiac patients in her honor of her dad, LaMont Sims-Bey.

When Audra was 1 year old, her dad had his first heart attack. Arizona Heart Hospital doctors and nurses got his heart beating again and saved his life.

“We were extremely grateful that he was given a second chance. When he left the hospital, he lost weight, took the recommended medications and made diet changes to improve his health,” Angela recalled. “Unfortunately, he died in 2010 of a heart attack while he was in his car at a golf course.”

Audra is happy that the doctors and nurses helped her dad live another six years so she could get to know him. With her mother’s help, the North Central youth started a GoFundMe web page to ask donations from family and friends. On Nov. 21, she donated \$250 to the nonprofit Arizona Heart Foundation, which is located on the campus of Abrazo Health’s Arizona Heart Hospital. She also had raised \$250 for Phoenix Children’s Hospital, is located nearby.

“I wanted to provide help and support for heart patients,” Audra explained.

To thank Audra, Cindy Roberts, Arizona Heart Hospital’s director of Acute Cardiovascular Treatment, presented her with a heart-shaped pillow signed by hospital staff members. Roberts also took Audra and Angela on a tour of the Arizona Heart Hospital.

The Arizona Heart Foundation works with health care professionals, the public and community, and corporations to support medical research, education, and public awareness of heart and vascular disease. For more information, visit www.azheartfoundation.org.

Recycle your live Christmas tree

The city’s Public Works Department offers Phoenix residents a green way to take down their live Christmas trees. Trees can be dropped off for recycling at any of the participating Phoenix parks until Sunday, Jan. 4.

- Participating parks include:
- Mountain View Park, Seventh



North Central youth Audra Sims received a heart-shaped pillow signed by Arizona Heart Hospital staffers in appreciation of her fundraising effort (submitted photo).

- Avenue south of Peoria Avenue
- Washington Park, 23rd and Maryland Avenues
 - Madison Park, 16th Street and Glenrosa Avenue
 - Los Olivos Park, 28th Street and Devonshire Avenue

Residents also may bring their Christmas trees to A to Z Equipment Rentals and Sales, 4050 E. Indian School Road (602-468-1188) or 15634 N. 32nd St. (602-553-4834), which will accept trees at no charge through Jan. 3. Call for hours, as they vary because of the holidays.

Remember that trees should be cleared of any decorations including tinsel and tree stands and other hardware should also be removed before recycling.

IRC seeks donated flat screen TV

Did Santa give you a new TV for Christmas last month? If you have a gently used flat-screen TV that has been replaced by a bigger, better version, why not donate that old TV to a local nonprofit organization?

The Irish Cultural Center, 1106 N. Central Ave., is in need of a 35- to 60-inch flat-screen color television in good working order. The TV is needed for use in the Cottage for video tours. A tax receipt can be provided.

For more information, call Mary at 602-258-0109.



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Group home receives kitchen renovation

Residents of a group home for adults with developmental disabilities recently celebrated the renovation of their kitchen area thanks to Stardust Building Supplies, which held a contest for the kitchen design.

Valleylife, which provides high-quality programs and services to disabled individuals and their families, operates the group home located near 16th and Northern avenues. Valleylife was selected as the beneficiary of Stardust Building Supplies' "Design for Hope" contest, an event where local interior designers are challenged to create a kitchen using reclaimed and reused materials from Stardust's stores.

Stardust operates three Valley thrift stores that sell salvaged and gently-used building materials to make home improvement projects more affordable, with the goal of promoting reuse.

Interior designer Debbie English of Doola Designs won this year's competition, and her winning reuse design was installed into the Valleylife group home



Celebrating the finished kitchen renovation of a Valleylife group home for developmental disabilities are (far left) Karen Jayne, executive director of Stardust Building Supplies; Andrew Apostolik from Sundt Construction (holding framed certificate), and interior designer Deb English from Doola Designs (black and white dress), along with other members of the Stardust and Sundt teams (submitted photo).

beginning in August by Sundt Construction, with completion in early November. An Open House celebrating the new kitchen was held on Dec. 9.

The new and improved kitchen provides an updated layout with added storage that the four members who reside in the home can enjoy for years to come. The project included cabinetry, appliances, flooring, a quartz countertop, a

tiled backsplash, light fixtures, table and chairs, and the removal of an old window to create a visual pass-through to the adjacent sunroom.

Denise Belancik of Cosentino Phoenix donated the quartz countertop and Brian Starks of Rock Solid Granite and Marble installed it. In addition, Allstate Appliances in Scottsdale donated the stainless steel range hood.

I Recycle Phoenix Festival set for Jan. 3

The I Recycle Phoenix Festival is a one-stop free recycling event that will take place 8 a.m.-2 p.m. Saturday, Jan. 3 at Christown Spectrum Mall, 1703 W. Bethany Home Road.

Items that can be recycled include electronics, cell phones, hard drive shredding, phone books, laptops and desktops, writing utensils, plastic grocery bags, ink jet cartridges, rechargeable batteries, clothing and household donations. You also can bring your live Christmas trees. No household hazardous waste will be accepted.

On-site document shredding (up to 5 boxes) will take place from 8 to 11 a.m. or until the truck is full.

There is a small fee for CRT monitors and TVs (tube). For a complete list of acceptable items, visit <http://www.recyclecleanphoenix.org>.

The festival also will collect non-perishable food donations for local food banks.

For details, call 602-262-4820 or e-mail info@keepphxbeautiful.org

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*Maintenance Technician,
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The Rancho Solano private school, opened in 1954 at 240 W. Missouri Ave., will be demolished beginning Jan. 5 to make way for a housing development (photo by Teri Carnicelli).

SCHOOL SITE continued from page 1

School's out

In late spring 2012, the Missouri campus of Rancho Solano Private Schools, which served preschool to eighth grade students, closed after 58 years of service.

Rancho Solano was founded in 1954 by the Bayer and Freesmeyer families. Tedii Freesmeyer taught in Phoenix's Alhambra and Washington school districts and opened the private school after becoming disenchanted with the overcrowded public school classes.

The Freesmeyer family sold Rancho Solano to the for-profit Meritas Family of Schools in 2007. Meritas proposed to integrate Rancho Solano with the nine other schools it owns in the United States, Switzerland and Mexico and give all the schools an international focus.

With its new partnership with Meritas, Rancho Salano consolidated its operations to just two campuses (upper school and lower school), both in Scottsdale. To that end, it closed both its Gilbert and Peoria campuses in May 2014.

But in the meantime, the original Missouri campus sat vacant and fenced off, becoming something of an eyesore over time. Neighbors hoped to see it redeveloped—but as something that would fit with the character of the long-established neighborhood. That isn't what they got, they contend.

Upscale homes

The 240 Missouri community will feature 29 two-story homes, some of which will have rooftop decks. The homes will range from 1,943 to 2,683 square feet, and only a few of them will

have any outside property, such as a patio. The project will instead have a centrally located pool, a small dog park, and a community picnic area with barbecues. Each unit will have attached two- or three-car garages. Prices will begin in the mid \$450s.

The developers are local residents Terrence Plas and Gary Haydon, both professionals in the real estate development and construction industries.

"We think this project is ideally located from a pedestrian standpoint," says Keith Mishkin of Cambridge Properties, who will be handling sales in the subdivision. "You can walk to the light rail to get anywhere quickly, and there are a number of restaurants and venues within just a few blocks."

"The quality of the project speaks for itself," Mishkin says. "It really is in the center of it all."

The problem, neighbors say, is that both the look and the density of the project don't fit the neighborhood.

The developers had initially requested variances to have no front yard or side yard setbacks, to allow lots with no street frontage, and to increase the maximum height limit when next to a single-family residential district to 30 feet, where 15 feet was allowed. Needless to say, neighbors were not pleased, and a lawyer was hired to represent their interests.

Common ground

After meeting with neighbors on several occasions and asking for a continuance on the zoning hearing, a compromise of sorts was finally reached. The final development plan indicated that the new homes would have to be set back 20 feet along the north prop-

COMMUNITY



The development going in at the former site of the Rancho Solano Private School at 240 W. Missouri Ave. features two-story gray buildings with brick accents and amenities like a pool area and some rooftop decks (submitted rendering).

erty line, and the setbacks along the west property line would be between 15 and 17 feet.

In addition, no rooftop decks would be permitted on the north and west perimeter buildings, so that adjacent neighbors would haven't people looking down onto their homes and yards. Building heights on the north and west perimeter units also would be limited to 22 feet.

The city had proposed allowing a bike and pedestrian path along 3rd Avenue to continue through the property, which meant leaving open access to the north. Neighbors objected for both safety reasons as well as concerns that, with limited guest parking, visitors would park on their streets and walk through the open access area, increasing traffic and noise in the bargain. Ultimately the city's zoning administrator sided with the neighbors on that issue and neighbors even have a signed legal agreement with the developer to the effect that there will be no open access to the north of the property.

Despite the concessions, many neighbors are still unhappy with 240 Missouri. They decry the density, which the developers say is necessary on the odd-shaped infill parcel. The homes are essentially like condos but will have separate lots and separate ownership, to allow for easier financing for the project.

They also have a more urban look to them, with concrete walls with brick accent—something more appropriate for a downtown urban environment, not for a well-established, older neighborhood, opponents contend.

Ultimately concessions were made on both sides before the Phoenix City Council gave its final approval in September 2014. Francis J. Slavin was

retained to represent adjacent neighbors, and said he felt the neighbors had given a lot and the developer had given more to get "a project that everyone could live with."

Market values

Mishkin pointed out that there is pent-up demand in the North Central area for newly built housing. "Meritage had much success last year with sales in their condo development at 16th Street and Missouri, although those are condos, and the square footage is significantly smaller than what we have at 240. In addition, there are many larger speculative new homes being constructed in North Central, but at a much higher price point.

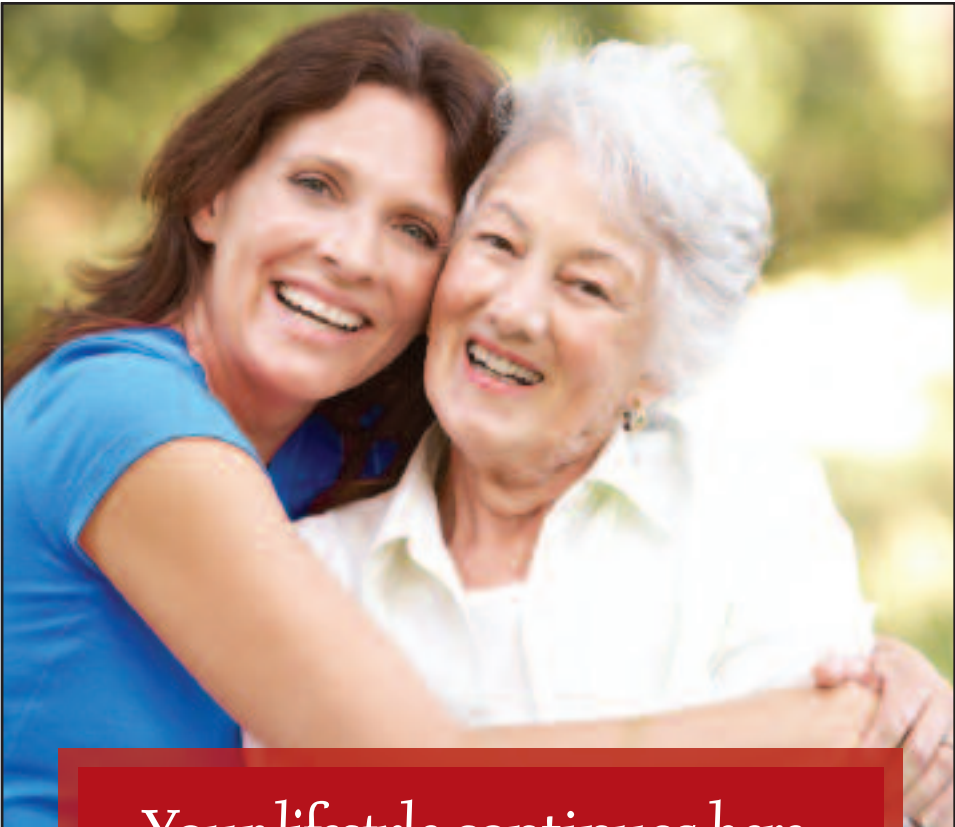
"We think that 240 Missouri is hitting a sweet spot that is missing from the market—2,000-3,000 square feet with two and three car garages," Mishkin says. "It's a perfect low maintenance, 'lock and leave' situation."

Chris Campbell, an urban real estate specialist with RooPho Realty LLC, believes the development is appropriate for the area. "Central Phoenix is like that—every street is a combination of old and new. There are some units right across the street that were built in the 1980s. It's a real mix of housing stock," he points out.

Campbell has sold properties in the area over the years, including in the Central Park West development, first built in 1965 and considered a fine example of Mid-Century Modern architecture. "The neighborhood is so eclectic, I can't see that [240 Missouri] would impact their home values."

But at least one real estate professional sees things differently. Heather McDermott with Long Realty happens

please see SCHOOL SITE on page 10



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COMMUNITY

SCHOOL SITE continued from page 9

to live just to the north of the property. In fact, her home backs up to the development's north property line. And she's not happy about what's going in next door.

"Being a Realtor, I'm for development and that school was derelict for a while," McDermott said. "At the same time it is densely populated for the size of the property. As a Realtor I know there is always a parking issue when you have these dense units."

She also doesn't think the design of the homes fit with the look and feel of the area. "We love the idea of something new, but it really doesn't fit in with the North Central corridor design and charm of this neighborhood, which has established ranch homes, older condos, and nicely treed properties with grass. You hope for the best; but what we are going to be looking at is a big gray wall."

McDermott fears that her home will be devalued next to such a large, over-shadowing development, and that she will have to plant some large trees in her back yard to ensure greater privacy from those units that will overlook her home.

"A lot of people in the central corridor really need to understand what the city has planned for this area. We want to see development and growth, but you have to be responsible because it can eventually have a negative impact. You have to be careful that you don't ruin the charm of a neighborhood with developments that are more appropriate for urban/downtown environments."

Construction on 240 Missouri is set to begin in early 2015, and will be done in phases. For more information, visit www.240missouri.com or call 602-380-8089.

Volunteer tutors sought for program

As children gear up for their second semester of school, volunteer tutors are needed to help them finish out the year successfully.

The OASIS volunteer tutoring program is for community members who are interested in sharing the love of reading with a child. By becoming a literacy tutor, you will support a student once a week for an hour in the skills of reading and writing.

The program is sponsored by Madison School District and OASIS. OASIS is a nonprofit organization that partners with school districts to pair adults with students needing literacy support. This tutoring program serves children in Madison School District's four elementary schools (Heights, Camelview, Rose Lane and Simis) and targets children needing additional academic support in literacy.

Tutors will receive training by a reading specialist along with a tutor handbook, bag and supplies. The training will be held at Madison Camelview, 2002 E. Campbell Ave., from Jan. 26-28, 9 a.m. to 12 p.m.

For more information, contact Kim Gullo at 602-664-7285 or e-mail her at kgullo@msd38.org.

north central news

The voice of the north central phoenix community

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Phoenix, AZ 85014

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

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Real Estate Corner Bobby Lieb

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The Start of Another Exciting New Year ... Let's Welcome 2015

It is hard to believe but another year has come and gone. Let's welcome 2015. I really am so appreciative of all of you for hiring me to list 167 homes



and sell 154 homes in 2014, making me the top-selling North Central Realtor for the past 14 years. In 32 sales in 2014, I represented both the buyer and seller, which can be delicate since that makes me a dual agent but after 24 years of selling homes, I have learned how to deal with this situation. Being a dual agent can be beneficial to the seller because I am more in control of the sale and helps to prevent delays from lack of communications.

Approximately four months ago, a female real estate agent was murdered in Arkansas and the death sent a shock throughout the real estate world. Our profession can be very dangerous because we never know what strangers will show up at our open houses or sometimes what strangers we are meeting at showings. I contacted my good friend and North Central resident, U.S. Marshall David Gonzales, who agreed to speak at three of our HomeSmart regional meetings and my HomeSmart Elite meeting (we meet at North Phoenix Baptist Church), which included 140 HomeSmart agents. David made all the agents aware that we should be careful of our surroundings and not to take things for granted. I appreciate all the time he spent with our agents. Obviously, no matter what you do for a living or how you conduct your daily lives, David reiterated that you cannot be predictable in your daily routine.

I also was very appreciative of

another North Central resident, David Karstadt, who is the owner of Karstadt Taekwon-Do, located at 7th Street and Rose Lane, for teaching a self defense class for our realtors and even some of the realtors' children. I asked David's son, John, who also teaches at his dad's studio, to write a bio on his dad and their company.

Growing up in Central Phoenix, Master David Karstadt began his Taekwon-Do training in 1977. After earning his second-degree black belt he opened his first school in 1986. Since that time, Master Karstadt has taught thousands of Phoenix-area families while developing leaders in the community. He has also hosted women's self-defense seminars; works with the freshman P.E. class at Xavier College Preparatory teaching self-defense, awareness and empowerment; holds yearly fundraisers feeding families for the holidays; has donated thousands to Phoenix area schools through his after-school programs; has been coach of the U.S. Taekwon-Do Team; and has produced numerous Taekwon-Do World Champions. I hope you guys will sign up for his classes, which deal with all ages.. Tell him you saw this article and he will

give you a discount on your classes..

Since my dad and I owned the Jockey Club Nightclub, first located at 2110 E. Highland from 1976-1985 and then a second location at 52 E. Camelback from 1989-1996, which was once Navarres and now is Sweet Tomatoes, I am very partial to North Central Businesses. I am excited and proud to welcome a new location for Orangetheory Fitness, which will open in the Safeway Center at 7th Street and Glendale in January. I contacted the owner, Bobbe Ariano, and asked her for a write up on her company.

Orangetheory Fitness is coming to Central Phoenix! It has been mentioned by FOX news, ABC, NBC and the New York Times as "The best one hour workout!" Orangetheory Fitness is group personal training that focuses on five zones of your heart rate. Through interval training combined with weights, men and women can burn up to 1,000 calories in one hour. This workout is proven and is designed for all fitness levels from beginners to elite athletes.

The workout at Orangetheory Fitness is led by experienced and certified personal trainers. They bring fun music and energy to every workout. The equipment

used consists of TRX, water rowers, treadmills, bikes, weights and more. We are excited to become a part of the Central Phoenix community. Our new location will open Feb. 1. Now is the time to sign up and receive the founding rate at our pre-sale location. It is located at 742 E Glendale Ave, suite 172. It is on the NEC of 7th and Glendale. Pre-sale rates aren't here for long, so don't miss out! Stop in and say hello.

Thanks Bobbe. Let's make 2015 a healthy one for all of you and your loved ones.

Please see below some of my new listings for January and new homes under construction that are not listed for sale yet..

Thanks again for all of your support the past 24 years. We have sold almost 2,000 homes in that time frame and many of the same homes two or three times! Remember, I am also expanding my business to the Biltmore area, having sold more than 50 homes there ranging from \$200,000 to \$5,850,000. My current web page is centralphx.com and in January, I will have a second web page, biltmoreazagent.com.

Have a great and healthy 2015!

Bobby Lieb

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Completion date 5/31/2015

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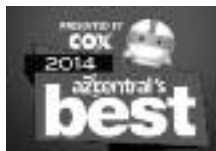
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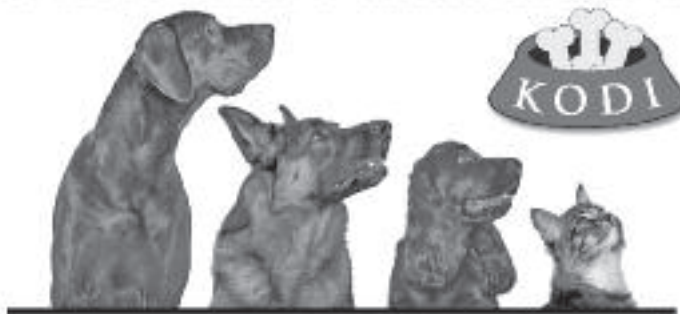
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COMMUNITY

ALP hosts meeting for potential volunteers

Assistance League of Phoenix, a nonprofit organization that has been serving children and families in the Phoenix area for more than 50 years, is looking for volunteers that desire personal growth, leadership opportunities, and friendship.

ALP provides school clothing, books and supplies for over 7,500 children annually through its Operation School Bell program and helps thousands more with literacy materials, crisis teddy bears, and newborn necessities for infants born into poverty.

An informational coffee will be held 10 a.m. Thursday, Jan. 22, as part of an ongoing commitment to introduce the organization to individuals in the community. Members set their own volunteer schedule, and many volunteer opportunities are available, including outfitting school children with new clothes, distributing children's books, preparing layettes for newborns, or sewing accessories on stuffed bears.

January's meeting will be held at the Philanthropic Center, 9224 N. 5th St. Interested individuals should contact Bobbie at 602-944-7636 or e-mail alpvolunteer@aol.com for further information.

Assistance League is a 501(c)3 nonprofit that is an equal opportunity, volunteer-driven organization. Membership is open to anyone without regard to age, race, color, gender, religion, or national origin.



Assistance League of Phoenix volunteer Char Lewis helps a young man pick out a new pair of tennis shoes at ALP's Philanthropic Center. ALP's Operation School Bell, provides new school clothing for children in need at more than 90 Title I elementary schools (submitted photo).

Vote for nonprofits to win cash donation

The Phoenix Suns and CenturyLink, Inc. have partnered to launch "Project Assist," a community outreach initiative designed to provide one local nonprofit organization each month with a \$2,000 donation to positively impact our community. The program will run through March 2.

Suns fans are encouraged to log on to www.Suns.com/assist to nominate a local nonprofit by illustrating how the organization will make a positive impact with the donation.

One nonprofit will be chosen per month as the recipient of a \$2,000 donation, courtesy of CenturyLink.

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COMMUNITY



This sweet little girl lost her home when her military owner was called to serve overseas. She is now looking for her forever home where she can snuggle in blanket or on a cozy lap (submitted photo).

Pet of the Month

Adorable Coco Bean

is leash and house-trained

As a military dog, Coco Bean had to adjust to new homes. She even endured a long drive from across the country when her owner was transferred. But Coco was hardly fit for active duty, and when her owner was called to serve overseas, Coco reluctantly was handed over to the Arizona Humane Society.

Initially, the 6-year-old Cocker spaniel mix was very skeptical of strangers and life in the shelter was overwhelming for Coco Bean. With the help of AHS behavior modification program, Coco soon learned to trust humans and her personality has since blossomed.

This leash-trained pooch likes going for casual strolls around the park, mingling with other mellow canines, and she's even housetrained. Coco is a warm, caring dog and at the end of the day she turns into a cozy blanket and will spend the entire evening on your lap.

Coco Bean is waiting for a home at the Sunnyslope Campus, 9226 N. 13th Ave. Her adoption fee is \$110. For more information, call 602-997-7585, ext. 2045 and ask for animal ID number A499600.

Coco Bean may have been adopted by the time you reach the shelter, however, there are many dogs in need of a home and you can see them all by visiting www.azhumane.org.

Have your male dog, cat fixed for just \$20

In collaboration with PetSmart Charities, the Arizona Humane Society is celebrating the Happy "Neuter" Year by offering \$20 neutering services for male cats and dogs this January.

Neutering your pet can help reduce its risk of contracting a variety of life-threatening conditions. To schedule your \$20 neuter appointment at one of AHS' two clinic locations, call 602-997-7585, option #5. Limited openings are available. Additional fees may apply.

Altered Tails, a nonprofit organization, also will provide 500 Happy "Neuter" Year sterilizations for \$20 in January. Its Barnhart Clinic is located at 950 W. Hatcher Road. Visit www.alteredtails.org or call 602-943-7729 for more information or to schedule an appointment.

Keep pets warm in colder weather

The Arizona Animal Welfare League & SPCA (AAWL & SPCA) has advice for keeping pets safe in cold weather.

Outdoors can become too cold for cats, especially the late night hours. Outdoor cats seek warmth anywhere they can find it when it is cold outside. This can lead them to dangerous places, like under the hood of a car. If there are outdoor cats in your area, bang loudly on the car hood before starting the engine to give the cat a chance to escape. If you can, give them a warm place to sleep, such as a large box turned on its side and filled with an old sleeping bag or old blankets.

Dogs do have a fur coat to help keep them warm, however they feel the cold just like we do. If it is too cold for you to be out, it is probably too cold for your dog to be out. Pay attention to local freeze warnings and bring pets in when needed. Also, make sure your dog is completely dry after bathing, before spending time outdoors.

Some dogs, especially shorthaired ones, will benefit from a doggie sweater in the cold weather. Make sure your dog will tolerate a sweater and it is a comfortable fit, allowing him or her to move around freely.

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HAPPY HOUR WITH HERSCH

Style is an interesting concept. How did we as a society allow others to be the arbiters of what is stylish? Style traditionally is dictated by the wealthy. Do we allow this because of our need to fit in and our aspirations for a better life? We all fall victim to this. I try to beat to my own path. I believe we all have our own distinctive style and that we should be true to who we are. My goal as a parent is to make sure my children know how liberating it is to have their own individual style. This does not only mean fashion but also in thought and words. I myself love that I can be compassionate and contrarian all in the same being. I like that I can be dressed in a ball cap and jeans one minute and colorful socks and ties the next. My personal definition of style is confidence. It can be hard with all the noise in life to get that confidence. But once you realize you are blessed and there is no better life your confidence grows and your style will shine through.

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COMMUNITY



Faith Ecumenical Institute, which launched its first series of classes in September 2014, recently “graduated” its first students from its religious studies curriculum (submitted photo).

FEI graduates first class of students

September 2014 saw the launch of a new college of religious studies in North Central Phoenix named Faith Ecumenical Institute (FEI). That new venture has now successfully graduated its first class and is preparing for three new courses in this spring semester, with the promise of more in the future.

FEI offers an innovative 12-week, Sunday afternoon, college-level course for adult laypersons, some with little more than Sunday School education, but compensating with a wealth of maturity and experience. Spiritual considerations and religious questions are endemic to the human condition, so the interest is naturally there, “needing only patient stimulation and direction provided by empathetic instructors,” points out Dr. Arlo Nau, president of Faith Ecumenical Institute.

FEI classes are intentionally kept small and personal, with no more than 20 student/participants per course. The subject matter is current and relevant. Classes are taught in the renovated chapel of Faith Lutheran Church, 801 E. Camelback Road. Ample parking is available. The tuition is \$100 per semester course. Some scholarship help is offered. The schedule is accommodating, usually weekend afternoons for an hour and a half or a Thursday evening. Age, education and denominational affiliation are unrestricted.

The three new courses this spring semester will look at “post-modern” religion in the form of Process Theology on Thursday evenings, beginning Jan. 8, taught by the Rev. Al Gephart, retired Presbyterian Pastor

with Master’s Degrees in Theology and Music.

Two Sunday afternoon courses at 2 and 4 p.m., respectively, will study “Faith Traditions of Social Justice,” led by Dr. Tamera Zivic, head of WHEAT in Phoenix, and “St. Paul, The First Christian Theologian,” taught by Dr. Arlo Nau, FEI president.

For more information or to receive a registration form, call 602-264-0015 or e-mail info@faithecumenical.org.

Homeless need help staying warm in winter

Many of the community’s homeless end up on the streets without blankets, clothing and other necessities to keep them warm during the cold winter months.

The city of Phoenix is asking for donations to help. Blankets, new or used (but clean and freshly laundered), are the highest priority. Clean warm clothing, such as long-sleeve jackets and long pants, sweatshirts and sweat-pants, warm hats and gloves, coats, underwear and socks (new only), shoes and hygiene items also will be accepted.

The items above also are needed in children’s sizes for families. Additional needs are baby food/formula, diapers and children’s blankets. These are the only items the city will accept. The tax-deductible items will be collected through March at the Sunnyslope Family Services Center, 914 W. Hatcher Road.

The program is coordinated by the city’s Human Services Department. For more information, contact contact Kristina Blea at 602-256-4302 or email kristina.blea@phoenix.gov.

Check out the best kept secret in the North Central area ... The North Mountain Visitor Center!

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COMMUNITY

Girl Scouts give back to earn 'green' patch

Goodwill Industries of Central Arizona in November partnered with 95 Girl Scouts-Arizona Cactus-Pine Council troops, including some representing the North Central Phoenix area, to hold a large donation drive aimed at helping the girls fulfill their recycling community service patch called "Go Green with Goodwill."

Participants included Girl Scout Troop 1709, based out of Orangewood Elementary. The troop includes 21 girls from kindergarten through third grade. All 21 girls participated in the drive, with the requirement of gathering three tall kitchen garbage bags' worth of donated goods per girl. Some more than exceeded that goal, said troop leader Cheryl Kahle.

The girls collected donations from family, friends and neighbors, and troop leaders and parent volunteers dropped off the donations at Goodwill stores.

This year the program generated nearly 45,000 pounds of donations—almost double the 25,000 pounds that was collected last year. More than 850 Girl Scouts who participated in the program earned the Go Green with Goodwill patch.

"With 95 Girl Scout troops participating, it's a great way to promote the importance in recycling and share the mission of Goodwill," said Jackie Hallee, Goodwill's vice president of retail operations.

"At Girl Scouts, some of our core values are environmental stewardship and leadership," said Cristi Pontius, program logistics coordinate at Girl Scouts. "Our partnership with Goodwill allows us to bring these val-

ues to life. Girls have the opportunity to make a lasting impression in their communities and environment, while also supporting a great organization."

Grant helps those grieving a loss

Hospice of the Valley has been awarded a \$15,000 grant from Thunderbirds Charities for the New Song Center for Grieving Children.

The grant supports the Enduring Ties program, which serves children ages 4 or older who have experienced the death of a sibling, regardless of cause of death or whether the child received hospice care.

Parents and guardians of children also participate in a support group that meets separately from the children and teens, who are divided into age-appropriate groups. It is the first program of its kind in Maricopa County. There is no cost to enroll.

For more information about New Song Center, call 480-951-8985.

Local golf club named one of country's best

The Lookout Mountain Golf Club at Pointe Hilton Tapatio Cliffs is a nine-time winner of the *Golf Digest* Four Star Award and has been recognized as one of America's Best Golf Course by Zagat.

Lookout Mountain also has been chosen as one of Arizona's Top 10 Golf Courses by readers of *Arizona Business Magazine*. There's nothing like playing 18 holes in the beauty of the Sonoran desert and Phoenix North Mountains.

Lookout Mountain Golf Club is located at 11111 N. 7th St. Call 602-866-6356 for more information, or visit online at www.pointegolf.com.



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COMMUNITY

Resident honored for innovation in teaching

North Central resident James Sousa, a mathematics instructor at Phoenix College, has been named as the 2014 Arizona Professor of the Year, awarded by The Carnegie Foundation for the Advancement of Teaching and the Council for Advancement and Support of Education (CASE).

Phoenix College math students—in addition to students as far away as Namibia—have benefited from the commitment of Sousa, who has developed more than 1,850 free mini-lesson math tutorials on topics ranging from arithmetic to calculus. In addition to using the videos in the classroom to teach his PC students, Sousa also makes the videos available free-of-charge via YouTube to help explain math topics to students around the world. The lessons integrate technology and provide examples to enhance student learning.

Sousa spearheaded the effort to launch free, developmental online math courses at Phoenix College in the

fall of 2013 through the use of massive open online classes or MOOCs. The courses help participants who are weary of their math skills gain familiarity and confidence—giving students the opportunity to save time and money.

“I enjoy helping students reach their educational goals and it is an honor to provide students with resources that they can use whenever and wherever they need them at no cost,” said Sousa. Sousa has been a member of the Phoenix College faculty for the last 12 years. “James brings innovation and enthusiasm to our math department,” said Anna Solley, president of Phoenix College. “I am delighted for him to be recognized for his outstanding commitment to student success, not only here at Phoenix College, but across the country and around the world.”

For more information about the award, visit <http://www.usprofessorsoftheyear.org>.



James Sousa

Local dentists join in free dental care day

The Central Arizona Dental Society Foundation (CADSF) hosted its third-annual Dental Mission of Mercy event at the Veteran's Memorial Coliseum at the Arizona State Fairgrounds Dec 12-13, bringing together hundreds of dental professionals who provided free care to adults and children.

Among the participating dentists were North Central practitioners Dr. J. Lauren Harmon of North Central Family Dentistry, 5225 N. Central Ave., #102; and Dr. Fred Olsen of Fred B. Olsen PLLC, 2236 W. Bethany Home Road, Suite 1. Olsen is a founding CADSF board member and is credited with bringing the Mission of Mercy event to Arizona.

The coliseum floor transformed into a clinic with more than 100 portable dental units staffed by nearly 1,500 volunteer dentists, hygienists, lab technicians, assistants and lay people. Approximately \$1.5 million in free care was expected to be delivered to more than 2,000 patients during the two-day period.

As in past years, the emphasis was on relieving pain and infection. Dental services such as fillings, extractions, cleanings, as well as limited lab work were provided to both adults and children of all ages. All patients underwent a limited medical screening.

“Arizona residents suffer from higher rates of dental disease than many other states, and this is one way we can give back to the community while providing critical dental care to those who need it most,” said Dr. Pat Rabot, a Phoenix oral surgeon and CAD Foundation board president. “We hope to raise awareness about the increasing difficulties that low-income adults and children face in accessing necessary dental care.”

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

A recent survey found that 21 percent of Arizona adults and 31 percent of all Arizona children have never had a dental check-up.

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COMMUNITY

Community Central

Phoenix Corral Westerners

International Meeting
6 p.m. Wednesday, Jan. 7
Spoke & Wheel Tavern
8525 N. Central Ave.
602-242-3022

Westerners are those interested in learning about and promoting the history of the western United States. Socializing begins at 5:30 p.m., followed by dinner and a program. Guest speaker is Karen Krause and the topic is "History of the White Tank Mountains." The cost of dinner is \$20, payable at the door. Meetings are open to anyone interested in history. Reservations requested.

46th Arizona Cutlery and Knife Show

Jan. 10-11
El Zaribah Shriners Auditorium
552 N. 40th St.

The Arizona Knife Collectors Association presents this event, where visitors can see and buy "Functional Art" from world-famous custom knife makers. Kitchen cutlery, art knives, outdoors knives, knife making supplies, sharpening tools and more will be available for purchase. See displays of fabulous antique cutlery and custom knives. Watch demonstrations of blade forging, knife making, cutting, sharpening and historical swordsmanship. Admission is \$5 adults, and children ages 15 and younger get in for free. Parking is free on-site. Hours are 9 a.m.-5 p.m. Saturday and 9 a.m.-3 p.m. Sunday. To print a couple for \$1 off admission, visit www.arizonaknifecollectors.org/54/.

Phoenix Writers Club

12-2 p.m. Saturday, Jan. 17
Bluewater Grill
1720 E. Camelback Road

Guest speaker is attorney Maria Crimi Speth of Jaburg Wilk in Phoenix. An author herself, Speth practices in the areas of intellectual property, Internet law, and commercial litigation, representing clients throughout the United States. Cost is \$15 members and \$20 guests. Reservations must be made by Jan 14. RSVP neeliepubl@aol.com with Phoenix Writers Club in the subject line. Members and the public are welcome to attend.

AAUW Hosts Sara Presler

6:30 p.m. Tuesday, Jan. 20
Beatitudes Luther Life Center
1616 W. Glendale Ave.
602-992-8145

The Phoenix Branch of AAUW (The American Association of University Women) monthly meeting features Sara Presler, CEO of Arizona Foundation for Women. She will discuss the origin and many functions of the organization. An optional dinner will be served at 5:30 p.m.; cost is \$15 for the dinner. RSVP for the dinner to Sue at 602-992-8145. The meeting is free and open to the public; visitors are welcome.

Fifth Annual Italian Dinner

4-7:30 p.m. Saturday, Jan. 24
Fellowship Hall,
Madison Baptist Church
6202 N. 12th St.
602-943- 4789

The public is invited to Lura Turner Homes' sixth annual Italian Dinner, featuring an Italian meal provided by Carrabba's Italian Grill of Avondale and musical entertainment. Cost is \$15 for adults and \$6 for children, ages 3-12. All proceeds benefit Lura Turner Homes for Developmentally Disabled adults. RSVP requested; walk-ins welcome.

Indigenous Stereotypes In Sports

7 p.m. Friday, Jan. 30
Heard Museum
2301 N. Central Ave.
www.heard.org

In an age when sports and other stereotypes of racial or ethnic groups are not tolerated in schools, universities, and in amateur and professional sports, why is there broad acceptance and tolerance of American Indian stereotypes in modern society and in the sports world? This panel discussion explores this sensitive issue. Advance ticket purchase recommended; online tickets available for \$5 at www.heard.org. Heard members and ASU students with ID admitted free.

Community Square Dance

6 p.m. Saturday, Jan. 31
Desert Song Healing Arts Center
3232 N. 20th St.

Join us for a night of music and laughs. Grace Roland will be calling to the rhythms of The Pic and Holler Band. Plenty of instructions will be given so just come ready to have fun! Cost is \$7 per person. Call 602-265-8222 or visit www.desertsongyoga.com for more info.

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North Central resident Dave Thompson shows how his invention, the Sol-Man Solar Cooker, can be used outdoors for cooking food, including a nice large artichoke (submitted photo).

Local man invents portable solar cooker

Being able to safely and conveniently cook anywhere there is sun prompted North Central Phoenix inventor Dave Thompson to develop a solar cooker that is portable, durable and affordable.

With the Sol-Man Solar Cooker, you can boil water and cook food outdoors in a safer, healthier, more economical way. The Sol-Man Solar Cooker is a lightweight portable device that converts sunlight into heat—enough heat to boil water and cook food, Thompson explained.

He added that cooking with sunlight reduces exposure to harmful residues that are inherent with carbon-based fuels like charcoal, wood and propane.

"Solar cooking is a smokeless process that is better for your family's health and the health of the planet," he pointed out. "In developing countries, respiratory illness and death is common from cooking indoors with wood, coal and burnable garbage."

Sol-Man can be used in fire-restricted campgrounds, rest areas, the beach or for tailgating. It needs no tools to assemble and can use a variety of sizes of pans with handles. It consists of an A frame base, rectangular parabolic reflector and a cooking pan arm.

To help get the solar cooker in the hands of customers, Thompson is

crowd-funding the Sol-Man Solar Cooker on the popular site Kickstarter. The new campaign launched last month and runs until Jan. 25. He hopes to raise \$50,000 either through donations or sales of the Sol-Man, which is going for \$99 on the site.

Thompson hopes people will see the need for Sol-Man in areas of the world where facilities for even the simple task of boiling water are not available. Kickstarter backers can purchase a Sol-Man, with the option to purchase an additional solar cooker that will be donated to someone who cannot afford to purchase it on their own. Donation events are being arranged in Haiti, Mexico and on the Navajo reservation where many people live in isolation miles away from stores that sell charcoal and propane.

Backers also can choose an option for receiving T-shirts with QR codes that link to operating instructions and solar cooking recipes.

Another benefit to the portable Sol-Man is being able to safely drink water from a lake or river where people camp or live nearby. The solar cooker reaches and exceeds the high temperatures necessary to pasteurize water and liquids. Pasteurization kills the microbial growth and volatile organic compounds that can cause serious illnesses.

For more details, visit www.Kickstarter.com and enter Sol-Man Solar Cooker in the Project Search.

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HOME & GARDEN

Donate your excess citrus to food bank

One person's surplus is another's necessity, and St. Mary's Food Bank Alliance is hoping that once again the Valley's overflowing neighborhood citrus trees can be transformed into a bountiful harvest for those in need this winter.

For those who are able to glean their own fruit, St. Mary's will hold its sixth-annual "Super Citrus Saturday" citrus drop-off on Saturday, Jan. 24, from 9 a.m. to 2 p.m. at North Phoenix Baptist Church, 5757 N. Central Ave. Oranges are most particularly needed this year.

If your trees are overflowing right now and you can't wait until Jan. 24, or you missed the drop-off date and still have fruit to donate, you can bring your donated citrus to the food bank located at 2831 N. 31st Ave. during normal business hours.

Last year, more than 2 million pounds of citrus was gleaned from Valley trees through the program. Much of the grapefruit was juiced through a cooperative effort with Sun Orchard in Tempe to produce tens of thousands of gallons of grapefruit juice which was bottled and distributed well after the growing season ended.

St. Mary's Food Bank provides a tax receipt for your donation. For more information, call 602-242-FOOD.

Home show benefits 100 Club of Arizona

The Maricopa County Home and Garden Show, the largest home show in the Southwest, returns to the Arizona State Fairgrounds Jan. 16-18 with more than 800 businesses filling 400,000 square feet of exhibit and open space.

The show features thousands of home improvement, design and landscaping products and services being offered with exclusive pricing for three days only. Visitors also will enjoy landscape displays, home improvement and gardening seminars, and the 14th Annual Student Living Space Design Competition showcasing Arizona's up and coming local interior design students and their most creative and innovative designs.

Those who bring a 24-pack of bottled water to donate to the 100 Club of Arizona will receive two free tickets at the gate.

Show hours are 10 a.m.-6 p.m. Friday and Saturday, and 10 a.m.-5 p.m. Sunday. The fairgrounds are located at 19th Avenue and McDowell Road. Admission is \$5 for adults and \$2 for children ages 3-12. On-site parking is available for an additional fee.

Senior Morning will take place on Friday from 10 a.m. to noon and guests 60 and older will receive free admission. Customer Appreciation will take place Friday evening: Attend the show between 4 p.m. and 6 p.m. for free. Current members of the military will receive free admission with valid military identification all three days. Anyone with a birthday in January can also receive free admission all three days by showing a valid ID.

For more information, call 602-485-1691 or visit www.MCHomeShows.com.

Ikebana Exhibit set to begin Jan. 29

The Japanese Friendship Garden of Phoenix invites the public to the 6th Annual Ikebana Exhibit, Jan. 29-Feb. 2 at the garden, 1125 N. 3rd Ave.

Ikebana, the art of Japanese flower arrangement, is the product of human's creativity and imagination using the natural beauty of many beautiful flowers, plants and raw materials.

Sponsored by The Sogetsu Ikebana Study Group, the exhibit features an exquisite display of Ikebana arrangements throughout the garden designed by Ikebana enthusiasts and talented artists.

Enjoy beautiful art creations that embellish the serenity of the strolling Japanese garden in the middle of downtown Phoenix. Hours are 10 a.m. to 4 p.m. An opening reception will take place 1-3 p.m. Saturday, Jan. 31, with classical and Japanese traditional music by Trio Azul (Carol Brecker, flute; Jackie Jansen, violin; Janet Millard, cello). Visitors will have a chance to meet the artists and learn more about the art of Ikebana.

General admission tickets are \$5 for adults and \$4 for students with ID, military and seniors age 62 and older. For more information, visit www.japanesefriendshipgarden.org.

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Stewart Hall, a service technician with Goodmans Interior Structures, surprises Alicia Gonzales, a recreation therapist at the Foundation for Senior Living, with a brand new chair as part of Goodmans' Chair Reaction program, celebrating the company's 60th anniversary (submitted photo).

Anniversary is marked with giving back

Instead of throwing a party, Goodmans Interior Structures is celebrating its 60th anniversary by giving its employees the gift of giving.

Goodmans' employees selected 60 local "do-gooders" to receive a special chair as part of Goodmans Chair Reaction, with the goal of recognizing unsung heroes, inspiring others to continue the positive momentum and making an impact in the community.

Surprise chair deliveries began Dec. 2 and have included North Central recipients:

- Alicia Gonzales, recreation therapist at the Foundation for Senior Living;
- Barbara Carter, a social worker at Hospice of the Valley's Gardiner Home;
- Dr. Chad Geston, director of School Leadership for the Phoenix Union High School District;
- Laura Hirsch, accounting manager for Ballet Arizona;
- Marion Donaldson, development manager, Free Arts of Arizona; and
- Baldramina Lozano, cook/caregiver, Hospice of the Valley.

"Goodmans Chair Reaction honors a diverse group of people from teachers to nonprofit executives, the unsung

community heroes on the front lines and the ones who touch our hearts," said Adam Goodman, president of Goodmans Interior Structures. "I'm not sure whether our employees or the recipients are more excited and grateful. It's been a gift for everyone involved."

Founded in 1954, Goodmans Interior Structures is a third-generation, family-owned and-operated office furniture dealer, representing Herman Miller and DIRT Architectural Solutions. For more information, visit www.goodmans.info.

Business Briefs

Antiques on Camelback set to close on Jan. 31

A favorite 7th Avenue antique mall that recently celebrated its five-year anniversary has just been delivered devastating news—the building has been sold and the escrow is short.

North Central resident Stace Robbins, owner of Antiques on Camelback, says, "I would like to thank our local customers for all their praise and support during the past years." A new location has not been announced.

Robbins has changed the annual post-holiday sale into a "Lost our

please see CLOSING on page 26



Wishing Everyone a Happy and Prosperous New Year!



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TAKING CARE OF BUSINESS

CLOSING continued from page 24

Lease" sale. All 35 dealers will reduce their prices on thousands of antiques and collectibles. In addition, many of the beautiful display cases, curios, and armoires, which have previously been "not for sale," are now available for purchase to the public.

Hours will remain the same: 10 a.m.-5 p.m. Monday through Saturday, and 12-5 p.m. Sundays, through Jan. 31. Antiques on Camelback is located at 4955 N. 7th Ave. For more information, call 602-489-7357, visit www.antiquesoncamelback.com or e-mail info@antiquesoncamelback.com.

Cigar shop opens in Central Phoenix

Brandophiles (those who collect cigar bands) will rejoice as a new cigar shop has opened in the heart of North Central Phoenix. Anthony's Cigar Emporium opened late last year in the former City Financial building just north of Starbucks at 5563 N. 7th St. The shop is part of the Cinema Park Village Shopping Center, located at the northeast corner of 7th Street and Missouri Avenue.

Anthony's Cigar Emporium has operated four shops in Tucson for more than 20 years. It is the company's first venture into Phoenix. Owner Mike Tufel and Managing Partner Jim Jacobs offer some of the best in cigars from around the world. The store also features fine walk-in humidors, a knowledgeable staff and a wide selection of products.

Hours are 10 a.m.-9 p.m. Monday through Friday, 10 a.m.-10 p.m. Saturdays and 12-5 on Sundays. For more information, call 602-265-1165 or visit www.anthonycigars.com.

Esau receives ATHENA Award

North Central resident Pearl Chang Esau feels like she has the best job in the world. As president and CEO of Expect More Arizona, "I get up and talk about something that I'm so incredibly passionate about, and that I know in my heart to be true from my own personal experience."

Esau, who took home the 2014 ATHENA Young Professional Award, was a teacher in East Los Angeles and previously served as executive director of Teach for America. "I've seen firsthand the impact a high-quality educa-

tion can have on a child's life," she pointed out.

"To really make a difference, I think it's about believing in your own potential to have a huge impact," Esau explained. "I also think it's about interconnectedness ... it's about leaning on each other and it's about working together to be successful."

Esau never shies from a challenge. She also never misses a chance to encourage and guide other women or to support community arts and children's issues. As leader of a nonprofit advocating world-class education for all children, she believes the transformative power of education can change the national conversation about Arizona.

Added Esau, "My vision is that Arizona becomes known as an education state. Where teachers want to go for a great system, where families want to move to give their kids the best educations possible, and where businesses want to relocate because such talented people are coming out of the education system."

Huckins joins Phoenix chamber

Mike Huckins has been appointed as vice president of Public Affairs for the Greater Phoenix Chamber of Commerce. Huckins will spearhead the chamber's lobbying efforts at the Capitol, oversee the chamber's public affairs and seven issue committees, as well as provide leadership for the chamber's internal public affairs team.

"Mike's extensive knowledge of the Legislative process, strong connections with members and staff, as well as his deep understanding of the State's budget process, make him a valuable addition to the chamber," said Todd Sanders, President and CEO of the Greater Phoenix Chamber of Commerce.

Prior to joining the Chamber, Huckins served as director of Research for the House of Representatives, a



Pearl Chang Esau



Mike Huckins

TAKING CARE OF BUSINESS

position he held with distinction since 2009. His tenure at the House began in 1999 as a Legislative intern. He was subsequently promoted to assistant research analyst and then to senior research analyst for the Appropriations Committee.

Melrose Pharmacy wins business award

We all win when local companies grow, create jobs and help boost our still-recovering economy. The W. P. Carey School of Business at Arizona State University in November honored some of the state’s best businesses for their positive role in the community, with its Spirit of Enterprise Awards.

Among the winners was Melrose Pharmacy, owned and operated by Teresa Stickler, who received the Innovation in Entrepreneurship Award. This independent pharmacy in the heart of the Melrose District offers fast, highly personalized service; utilizes cutting-edge equipment; and supports charities like the March of Dimes and local community issues. It also achieved a 119-percent increase in net income for 2014.

“We enjoy recognizing locally owned companies that introduce innovation, empower employees, impress customers, and make a real difference in Arizona,” says Sidnee Peck, director of the Center for Entrepreneurship at the W. P. Carey School of Business. “This year’s Spirit of Enterprise Award winners are in a variety of industries, and they all meet a market need and have a great impact on the Valley.”

The finalists’ impressive stories were shown on video at the awards event, as the companies were lauded for ethics, energy and excellence in entrepreneurship.

Lieb expands sales to Biltmore area

North Central Phoenix real estate expert Bobby Lieb is expanding his successful residential realty business into the Biltmore area.

With more than 20 years experience selling homes and consistently being recognized as a top-selling agent, Lieb is formally taking his expertise into the neighboring community and will be splitting his time between HomeSmart’s North Central and Biltmore offices.

The decision to expand his focus comes on the heels of several key



Celebrating their Spirit of Enterprise Award from the W. P. Carey School of Business at Arizona State University are (from left) Melrose Pharmacy employees Lyle Brauner and Melissa Wilkey, with pharmacy owner Teresa Stickler (submitted photo).

Biltmore home closings, where he represented long-time clients as both buyers and sellers in the transactions. These sales, combined with an active year, contributed to 2014 being Lieb’s top career sales year with 167 homes listed and 160 homes sold.

“When my long-time clients and friends asked me to represent them in their Biltmore home search, I was happy to work with them,” Lieb said. “While I have represented listings in the Biltmore in the past, it was not until these clients highlighted their need for personalized representation in the area that I realized the expansion into a neighboring community makes perfect sense for me and my clients.”



Bobby Lieb

Lieb is a member of locally owned HomeSmart Realty and the founder of the HomeSmart Elite Group. Throughout his years as one of the top performing real estate agents in the Valley, Lieb has had over \$600 million in sales.

For more information on Lieb’s expansion into the Biltmore area, go to <http://biltmoreazagent.com>.



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Bobby Lieb
Associate Broker
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Bobby Lieb's
Honors and Awards

**HomeSmart's #1
Top Performing Agent
for 2011, 2012 & 2013**
by volume and units sold
out of 7,300 agents worldwide

**HomeSmart's
Diamond Club
for 2011, 2012 and 2013**

**Top Selling Agent
in North Central**
for the 12th year in a row

Ranked
**#4 in Total Dollar Volume
for 2012**
by the
Phoenix Business Journal

Named
**"Realtor of the Year
for 2003"**
by the
Phoenix Business Journal

Runner up for
Broker/Agent Magazine
**Realtor of the Year
in 2003**

Winner
**Double Diamond Award
2003 through 2010**

Winner
**Diamond Club
1999 through 2002**

Kathy Wright
Licensed Assistant
**100% CLUB
Award Winner
2001 – 2010
Diamond Award Winner
2012, 2013**

Bobby Lieb

Associate Broker

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Current Listings/Escrows

(North Central homes in bold)

7152 N. 23rd Pl.	4891 SF 4BR/4.5BA	\$1,750,000
2211 E. Camelback Rd. #302 NEW PRICE	3000 SF 3BR/3BA	\$ 999,000
14838 N. 15th Ave. NEW PRICE	3968 SF 4BR/3.5BA	\$ 799,000
1117 W. Tuckey Ln.	3253 SF 4BR/2.5BA	\$ 789,900
41 W. Marlette NEW PRICE	5640 SF 6BR/5.5BA	\$ 750,000
6854 N. Hillside Dr. Lot 52	View Lot			\$ 795,000
405 E. Montebello Ave. . NEW PRICE	3399 SF 4BR/3.5BA	\$ 744,900
6833 N. Central Ave. . . NEW PRICE	3411 SF 4BR/3.75BA	\$ 699,000
5506 N. 2nd St. IN ESCROW	3069 SF 4BR/3BA	\$ 694,900
5302 N. 6th St. NEW PRICE	2789 SF 4BR/3BA	\$ 649,000
8420 N. 15th Ave. NEW PRICE	3069 SF 4BR/3BA	\$ 644,900
9139 N. 82nd St. NEW PRICE	2820 SF 4BR/2BA	\$ 599,000
331 E. Tuckey Ln. IN ESCROW	2975 SF 4BR/3BA	\$ 599,000
7911 N. 16th Dr. NEW CONSTRUCTION 2483 SF	 3BR/3.5BA	\$ 489,900
7915 N. 16th Dr. NEW CONSTRUCTION 3BR/3.5BA	\$ 469,900
7919 N. 16th Dr. NEW PRICE	2483 SF 3BR/3.5BA	\$ 469,900
3845 E. Glenrosa Ave. . . IN ESCROW	2278 SF 4BR/2BA	\$ 450,000
2524 E. Vogel Ave. NEW PRICE	2449 SF 2BR/2BA	\$ 449,000
77 E. Missouri Ave #54	3184 SF 4BR/3BA	\$ 445,000
5838 N. 16th Pl. IN ESCROW	2250 SF 4BR/3BA	\$ 429,000
7533 N. 8th St. NEW PRICE	2728 SF 5BR/3BA	\$ 425,000
6317 N. 10th Pl. NEW PRICE	2894 SF 4BR/3BA	\$ 419,000
77 E. Missouri Ave. #5 . . IN ESCROW	3700 SF 3BR/2.5BA	\$ 400,000
7349 N. 11th Pl. 3BR/2BA	\$ 399,900
1124 W. Orangewood Ave.	2353 SF 5BR/3BA	\$ 399,000
2735 S. Kenneth Pl. NEW PRICE	2451 SF 4BR/2.5BA	\$ 389,000
219 E. Winter Dr. IN ESCROW	2453 SF 3BR/2.5BA	\$ 375,000
9409 N. 17th Way	2447 SF 3BR/2BA	\$ 374,900\
77 E. Missouri #41 JUST LISTED	2664 SF 3BR/3BA	\$ 365,000
1502 E. Berridge Ln.. . . IN ESCROW	1739 SF 4BR/2BA	\$ 329,000
310 W. Oregon Ave. JUST LISTED 2BR/1.75BA	\$ 325,000
1313 W. Rose Ln. JUST LISTED 3BR/3BA	\$ 275,000
5508 N 5th Ln. NEW PRICE	2338 SF 3BR/2BA	\$ 274,000
3017 W. Glendale Ave.	Land			\$ 260,000
1133 E. Gardenia Dr.	1916 SF 3BR/2BA	\$ 259,000
514 W. Townley Ave.	1568 SF 3BR/2BA	\$ 258,000
6047 N. 9th Ave. NEW PRICE 3BR/2BA	\$ 189,000
7004 N. 11th Way. NEW PRICE 3BR/2BA	\$ 180,000
1145 E. Orangewood. Ave.	Vacant Lot			\$ 100,000

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Bobby Lieb

Associate Broker



Featured Homes for January



7152 N. 23rd Pl. ■ \$1,750,000



6033 N. 20th St. ■ \$1,491,000



2211 E. Camelback Rd. #302 ■ \$999,000



41 W. Marlette Ave. ■ \$750,000



1117 W. Tuckey Ln. \$789,900



6833 N. Central Ave. ■ \$699,000



8420 N. 15th Ave. ■ \$644,900



5302 N. 6th St. ■ \$649,000



331 E. Tuckey Ln. ■ \$599,000

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SOLD Homes in 2014

6500 E. Cheney Dr.	\$1,825,000	809 W. Claremont St.	\$ 739,582	8702 N. 11th Ave.	\$ 535,000	1338 W. Hayward Ave.	\$ 425,000	6610 N. 11th Pl.	\$ 365,000	202 W. Turney Ave.	\$ 295,000	3646 N. 38th St. B	\$ 185,000
6033 N. 20th St.	\$1,491,000	5844 N. 2nd Ave.	\$ 725,000	1147 W. Northview Ave.	\$ 725,000	5426 E. Campo Bello	\$ 425,000	1042 E. Myrtle Ave.	\$ 365,000	701 W. Northview	\$ 273,000	6533 N. Maryland Cr.	\$ 185,000
5752 N. 2nd Ave.	\$1,325,000	5640 N. 3rd Ave.	\$ 722,000	7212 N. 15th Ave.	\$ 520,000	8205 N. 3rd Ave.	\$ 424,000	15 E. Laurie Ln.	\$ 364,403	114 W. Interlachen Dr.	\$ 270,000	1401 W. Glenrosa	\$ 185,000
5401 E. Calle Del Medio	\$1,200,500	6502 N. 1st Pl.	\$ 720,000	141 E. Kaler Dr.	\$ 520,000	5426 E. Campo Bello	\$ 421,750	6807 N. 4th Pl.	\$ 364,000	1732 E. Belmont Ave.	\$ 265,000	3235 E. Camelback Rd. #207	\$ 180,000
5726 N. Central Ave.	\$1,095,000	804 W. Claremont	\$ 690,131	3039 E. Stella Ln.	\$ 517,500	10 E. Laurie Ln.	\$ 419,900	11434 E. Stanton Cr.	\$ 350,000	1533 E. Montebello Ave.	\$ 259,100	6803 N. 17th St.	\$ 180,000
2109 E. Kaler Dr.	\$1,050,000	813 E. Claremont St.	\$ 688,582	340 E. Rose Ln.	\$ 500,000	34 E. Canterbury Ct.	\$ 415,000	3115 E. Sells Dr.	\$ 347,000	740 E. Belmont Ave.	\$ 255,000	1613 W. Verde Ln.	\$ 179,900
6611 N. Central Ave.	\$ 930,000	727 W. Seldon Ln.	\$ 670,000	515 E. Georgia Ave.	\$ 499,000	903 W. Claremont St.	\$ 405,000	322 E. Pierson	\$ 343,750	9712 N. 3rd Dr.	\$ 249,000	6223 N. 21st Dr.	\$ 160,000
7151 N. 3rd St.	\$ 882,000	714 W. Claremont St.	\$ 665,000	2121 E. Palo Verde	\$ 492,000	22 E. Laurie Ln.	\$ 400,000	7 W. Cheryl Ln.	\$ 340,000	6612 N. 7th Dr.	\$ 241,500	7003 N. 11th Way	\$ 158,000
3500 E. Lincoln Dr. #19	\$ 850,000	723 W. Claremont St.	\$ 660,000	5048 N. 25th Pl.	\$ 480,000	77 E. Missouri Ave. #5	\$ 400,000	9433 N. 19th St.	\$ 340,000	1130 E. Glenn Dr.	\$ 234,500	10617 N. 37th Ave.	\$ 153,000
7602 N. Central Ave.	\$ 850,000	812 W. Claremont	\$ 640,000	1652 E. Rose Ln.	\$ 475,000	6119 N. 5th Pl.	\$ 392,500	5302 N. 6th St.	\$ 337,000	4149 N. 42nd St.	\$ 230,000	3221 N. 37th St #28	\$ 142,000
8534 N. 16th Pl.	\$ 840,000	22 E. Marshall Ave.	\$ 625,000	7825 N. 16th Ln.	\$ 475,000	23 E. Laurie Ln.	\$ 395,027	1202 W. Stella Ln.	\$ 333,000	7718 N. 15th Ave.	\$ 225,000	8755 W. Ocotillo Rd.	\$ 142,000
322 W. Berridge	\$ 825,000	808 W. Claremont St.	\$ 625,000	7916 N. 16th Dr.	\$ 475,000	14 E. Laurie Ln.	\$ 382,739	4240 N. 9th Ave.	\$ 330,000	18410 N. 12th Pl.	\$ 215,000	1009 E. Weldon Ave.	\$ 140,000
6411 N. 27th St.	\$ 812,000	718 W. Claremont St.	\$ 625,000	77 E. Missouri #19	\$ 470,000	4702 E. Beverly Ln.	\$ 380,000	77 E. Missouri Ave. #44	\$ 329,500	819 E. Audrey Ln.	\$ 214,900	207 W. Clarendon Ave. #15F	\$ 140,000
6111 N. 2nd Pl.	\$ 810,000	719 W. Claremont St.	\$ 590,000	7501 N. 6th St.	\$ 469,000	702 E. Northview Ave.	\$ 376,000	5550 N. 16th St. #122	\$ 327,500	610 E. Royal Palm Sq.	\$ 212,500	5704 E. Aire Libre #1067	\$ 133,000
2 E. Northview Ave.	\$ 799,000	710 W. Claremont	\$ 574,461	719 E. Circle Rd.	\$ 466,500	2938 E. Campbell	\$ 375,000	1304 E. Tuckey Ln.	\$ 327,000	1902 E. Whittan Ave.	\$ 209,000	7009 N. 14th Dr.	\$ 130,000
722 W. Claremont	\$ 784,710	302 E. Marlette Ave.	\$ 566,200	6135 N. 16th Pl.	\$ 453,000	5107 E. Juniper	\$ 375,000	7001 N. 2nd St.	\$ 325,000	702 E. State Ave.	\$ 205,000	1927 E. 8th St.	\$ 126,500
5102 N. 22nd St.	\$ 755,000	8434 N. 7th Ave.	\$ 550,000	502 E. Kaler	\$ 450,000	740 W. Tuckey Ln.	\$ 371,000	7045 N. 15th Ave.	\$ 325,000	10616 N. 10th Dr.	\$ 205,000	2422 E. Villa Maria	\$ 125,000
18 E. Marlette Ave.	\$ 755,000	4800 S. Nevada	\$ 547,500	6125 N. 5th Pl.	\$ 440,000	7144 N. 15th Pl.	\$ 370,000	6330 N. 7th Ave.	\$ 320,000	2605 E. Dragoon	\$ 201,000	1722 W. Cochrise Dr.	\$ 101,500
7219 N. 1st Pl	\$ 749,500	711 W. Claremont	\$ 540,000	50 E. Maryland	\$ 440,000	19 E. Laurie Ln.	\$ 370,000	19313 W. Windsor	\$ 315,000	7231 N. 6th Way	\$ 200,000	724 E. Devonshire #203	\$ 82,500
150 E. Wagon Wheel	\$ 748,500	7212 N. 15th Ave.	\$ 540,000	18 E. Laurie Ln.	\$ 435,239	6807 N. 4th Pl.	\$ 370,000	44 E. Vernon	\$ 315,000	1020 E. Pierson	\$ 197,500	2023 N. 22nd Pl.	\$ 85,000
616 W. Claremont St.	\$ 747,412	810 E. Harmont	\$ 539,500	1545 E. Frier	\$ 435,000	6 E. Laurie Ln.	\$ 368,400	8007 N. 5th St.	\$ 305,000	1629 E. Montebello Ave.	\$ 190,000		

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HEALTHY LIVING

Support group returns
with new location

By Teri Carnicelli

When Terry Ratner's husband, Michael, was diagnosed with esophageal cancer in 2008, she steeled herself for the fight of her life. Sadly, Michael passed away in November 2010. But Terry's relationship with cancer was far from over.

After Michael's diagnosis, Terry, a registered nurse, realized there was very little information out in the community about esophageal cancer. How did one find survivors, or family members, who had gone through the battle? How could she learn from their experience?

Realizing there was a void to be filled, Terry formed Arizona's only esophageal cancer support group, holding meetings once a month at Banner Good Samaritan Hospital, where she worked. Helping others with shared information and experience was a way to help herself heal, as well, after Michael died. But last year, cancer once again hit close to home.

Terry was diagnosed with breast cancer in October after finding a small lump in her breast. Now it was her turn to battle.

She looked into whole-breast radiation, which typically takes seven to eight weeks to complete. Dissatisfied with that idea, she began to research other types of treatment and eventually came across Dr. Robert R. Kuske, a radiation oncology and pioneer of the "accelerated partial breast radiation" treatment, a five-day alternative to conventional whole breast irradiation.



Terry Ratner gives a hug to her husband, Michael, just two weeks before he passed away from esophageal cancer (photo courtesy of Terry Ratner).

She spoke with women who had undergone Dr. Kuske's treatment and decided to do it for herself. "A lot of women don't know about this option," Terry says. "It pinpoints the cancer and targets just that area and nothing else, and in a much shorter time frame."

She completed the treatment and so far, things are looking very good, Terry adds.

Just as Terry's relationship with cancer has evolved, so, too, has the support group, which took a hiatus while she was undergoing treatment and recovering. Originally having an esophageal cancer (EC) focus, over the course of several months the topics were expanded to areas like art therapy, nutrition, detoxifying your home, and other discussions that would benefit anyone dealing with any type of cancer.

Now the group has been re-named the Cancer Support Group under the auspices of the Michael Ratner Community Cancer Support Association, which Terry is working on turning into a nonprofit organization.



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HEALTHY LIVING

The next meeting is slated for 6-7:30 p.m. Thursday, Jan. 15, at its new location, Bink's Midtown, 2320 E. Osborn Road, in the large meeting room. The guest speaker is Dr. Robert Kuske, who will talk about his groundbreaking breast cancer treatment method.

Admission is free and open to those fighting cancer, survivors, family members and other supporters. Complimentary refreshments will be served, however, seating is limited and an RSVP is requested by Monday, Jan. 12.

For more information or to RSVP, call Terry Ratner at 602-527-3776 or e-mail Tjrwriter@aol.com.

Health Briefs

Improve how you move in the new year

Take the "Improve How You Move" movement challenge at Kinesphere Center for Movement Education, from Jan. 12 through March 7.

Instructors certified in several modalities including Restorative Exercise, Gyrotonic Expansion System, and Pilates listen and evaluate to help bodies improve how they move. Taking cues from leading biomechanists, they assist to re-educate the body with a focus in alignment, and healthy load distribution. By doing so, bodies begin to move more freely.

For most, simple daily functions become easier. For many, golf, tennis, dance, skiing or martial arts may be enjoyed with less susceptibility to injury, or pain.

This challenge includes unlimited group classes, free online Self-Care Library videos, three private lessons, and a discount on in-house workshops. Cost is \$300; estimated value is more than \$500.

All classes are held at Kinesphere Center for Movement Education, 711 E. Missouri Ave., Suite 180. Call 602-532-3111 or email info@kinesphere-studio.com to register or for more information.

Yoga opportunities at Desert Song

Desert Song Healing Arts Center, 3232 N. 20th St., offers Intro to Yoga, Tai Chi and Meditation starting the third week in January. Whether you are a new student or seeking more understanding for your current practice, Desert Song's intro series are comprehensive and inspiring.

Desert Song also offers a multitude of classes and workshops for the whole family including yoga for all ages, prenatal, mommy and me classes, and mindful mothering workshops.

Visit www.desertsongyoga.com or call 602-265-8222 for dates and times of upcoming classes in January.

Foam Roller Workshop held at BellaBody

Body Rolling is a proven way to tone, lengthen and stretch your body. Come learn more about this technique 6-7:30 p.m. Tuesday, Jan. 13 at BellaBody Pilates, 13825 N. 7th St., Suite E.

Try out a variety of stretches, myofascial release work and strength exercises that you can practice at home. All levels welcome. Cost is \$50 includes a professional-quality foam roller and workbook. The cost is reduced to \$20 if you provide your own 6-inch by 36-inch foam roller.

Pre-register early to guarantee your space by contacting Deborah Lavinsky at 602-318-5068 or deb@bellabodypilates.com.

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SCHOOL DAYS



Erika Parra, a math teacher at Metro Tech High School, recently was selected as a 2014 Chicanos Por La Causa Esperanza Award winner. According to Metro Tech counselor Dora Villa, who nominated Parra for the award, "Students can find her in her room ready to tutor during her own lunch hour, after school and even on Saturdays. They are not afraid to ask for help, and they appreciate how she encourages them" (submitted photo).

Parra receives award from CPLC

Fifteen years ago, Erika Parra came to this country as a sophomore in high school, unable to speak English. Now she is an exemplary teacher, giving hope to students through her example.

The Metro Tech math teacher has been selected as a 2014 Chicanos Por La Causa Esperanza Award winner, honoring Latino teachers who inspire students of all backgrounds, play an active role in the school, and demonstrate a true commitment to the community. Parra is one of four Arizona educators who was recognized on Oct. 23; each received a \$5,000 stipend and a \$2,500 donation to their respective schools.

Parra teaches Freshmen Honors Algebra, and Geometry. She was elected to lead the school's Algebra Professional Learning Community (PLC), she sponsors the Math Club and MEChA, mentors two new math teachers and volunteered to coach the first girls soccer team this year. Parra's path to the classroom came after she served in the U.S. Army, but the seeds were planted earlier.

"I was one of those kids that would always pretend to be a teacher, but the language barrier was a big challenge for me," Parra said. "It was during my high school graduation that my math teacher told me, 'I want to see you back as a teacher.' That was the moment I started thinking about going into teaching. I see my career as an opportunity to give something back to my community."

Parra, a Camelback High graduate, began as a special education instructional assistant at Metro Tech in 2005, and an ELL Instructional Assistant at North High for four years, before beginning her teaching career in 2010 at Metro Tech. She has earned bachelor's degrees in Mathematics and Secondary Education, and a master's in Curriculum and Instruction from Arizona State University. She is working on another degree as well as her National Board Certification.

"I identify with my student," Parra explains. "For most of them English is their second language, so I encourage them to become someone in life, and break the chain in their family, and become the first ones to get a higher education."

"Ms. Parra's students love her because they sense her passion for teaching and for them, as individuals," counselor Dora Villa wrote in her nomination letter. "They are not afraid to ask for help, and they appreciate how she encourages them and makes them feel like they can learn the math they could never 'get.' Students can find her in her room ready to tutor during her own lunch hour, after school and even on Saturdays."

Last school year, all 25 of her sophomore geometry students passed the AIMS Math exam, with 14 Exceeding the standards, and the other 11 Meeting the standards.

The Esperanza Awards continues to be the only awards program in Arizona that specifically recognizes Latino teachers who are nominated by their

SCHOOL DAYS

peers. To date, CPLC has recognized more than 100 outstanding Latino educators who continue to inspire future generations and positively impact communities in Arizona.

VFW essay contest winners announced

Each year, Post 9400 of the Veterans of Foreign Wars, located in Sunnyslope, conducts an audio/written essay contests for students in high school and middle school as well as an award recognizing an outstanding elementary, middle or high school teacher. The contest is part of a nationwide competition.

This year’s local competition was extremely competitive. The post received nearly 50 entries, and the winners were honored at a dinner held at the post on Dec. 12.

Zach Carlson from Sunnyslope High School won First Place in the “Voices of Democracy” program, with Caroline James of Xavier College Prep capturing Second Place and Rachel Powell of the Powell Academy of Home Learning taking Third Place.

David Jutzi from Madison Meadows took home First Place in “The Patriot’s Pen” essay contest, with Alyssa Tappendorf from Tappendorf Christian Academy coming in Second Place and Maya Scriptor of Vista Verde Middle School taking Third Place.

The First Place winner in each category will advance to the citywide competition. If successful, he or she will advance to the state and national competitions.

The Citizenship Education Teacher Award recognizes a top classroom teacher who integrates citizenship education topics into their lesson plans and actively promotes America’s history and traditions. This year’s local winner was Ronnie Hurt from Central High School.

For more information regarding the Voice of Democracy, Patriot’s Pen or Teacher Award, contact Tom Landy at tmlandy@gmail.com or call 602-295-4394.

School Briefs
GLENDALE UNION
HIGH SCHOOL DISTRICT
WHS club sorts
tons of food

Washington High School’s Interact Club sorted an amazing 14,621 pounds of food to win the St Mary’s Challenge

as part of the food bank’s Project Hunger. Arizona high schools were invited to compete in the challenge to see how much food could be sorted in a two-hour session.

“St Mary’s came up with this challenge because we wanted the students to understand how everything begins,” explains Lupe Reyes, volunteer recruitment specialist for St. Mary’s. “By having the students sort the food, they were able to understand the work that is put into sorting, and the core to our food boxing procedure.”

The conveyor belt never stopped as the 30 Interactors sorted everything from candy to condiments.

“Our club frequently works at St Mary’s, but we have never been so fast and focused as we were that night,” said WHS senior Esther Ude.

St. Mary’s will host a pizza party on WHS campus for the competitors. WHS Interact is sponsored by Sun City Rotary, and with over 300 members, is one of the largest and most active Interact Clubs in the world.

District makes College
Board Honor Roll

Glendale Union High School District is one of 547 school districts in the United States and Canada being honored by the College Board with placement on the 5th Annual AP District Honor Roll for increasing access to AP course work while simultaneously maintaining or increasing the percentage of students earning scores of 3 or higher on AP Exams.

Reaching these goals indicates that the district is successfully identifying motivated, academically prepared students who are ready for the opportunity of AP. Since 2012, GUHSD has increased the number of students participating in AP while improving the number of students earning AP Exam scores of 3 or higher.

This is the second time Glendale Union High School District has made the Honor Roll.

MADISON ELEMENTARY
SCHOOL DISTRICT
Children’s author
visits middle school

Madison No. 1 students had the privilege on Dec. 4 to visit with Jack Gantos, an award-winning children’s author, during an all-school assembly.


please see AUTHOR on page 34



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SCHOOL DAYS

AUTHOR continued from page 33

Gantos has written books for readers of all ages, from picture books and middle-grade fiction to novels for young adults and adults. His works include the five-book “Joey Pigza” series, “Dead End in Norvelt,” and “Rotten Ralph.” Children had the option to pre-order one of his many books for the author to sign it during his visit.



Jack Gantos

The visit to Madison No. 1 was arranged by Madison District Librarian Deborah Reker and Madison No. 1 Librarian Jenny Pieri.

OSBORN ELEMENTARY SCHOOL DISTRICT
Book club includes family participation

Once a month Solano Elementary kindergarten teachers Kathleen Colburn, Sammy Miller, and Cathy Bowman host a lunchtime reading hour for students and families.

By focusing their lesson on a key AZ College and Career Readiness Reading Standard, they provide purposeful instruction to students while teaching parents how to support their children’s progress in the Standards.

Changing Hands Bookstore donates books so families who attend Book Club can choose a book to take home for their personal libraries.

Second graders build bridges

Encanto School second graders in Tisha Marple’s room read the book “Building a Bridge” and then used their knowledge to construct their own bridges. Each student was given the same materials and challenged to make their bridge as strong as possible ... without glue.

This activity was used as a science extension to the current English Language Arts unit. After experimenting and observing, the class tested each bridge to see which one could hold the most weight. Marple shared, “The kids





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SCHOOL DAYS



Second graders work on their “bridge” projects as part of an English Language Arts unit in Tisha Marple’s class at Encanto School (submitted photo).

were literally still beaming with pride as we walked out of our classroom to head home that day.”

**PHOENIX UNION
HIGH SCHOOL DISTRICT
Poetry Club takes
third place at slam**

North High School’s Poetry Club, “Generation Ink,” won the 3rd Annual All City Poetry Slam, held Nov. 15 at the Mesa Arts Center. The two-day

competition and cultural event was the culmination of a 10-week program facilitated by Phonetic Spit at North, South Mountain, and Camelback High Schools. Phonetic Spit is a youth arts organization that sends Teaching Artists to conduct weekly workshops at schools across the Valley.

Eight teams participated in workshops as part of the Unity Day programming on Nov.14 before competing

please see POETRY on page 36



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SCHOOL DAYS

POETRY *continued from page 35*

in the preliminary rounds of the Slam. South Mountain and North advanced to the championship round.

The North team, made up of the school's Generation Ink Poetry Club members, included: Ashley Freie; Jennifer Vega; Amondo Mumford; Victor Vazquez; Cena Mohammed; Antoinette Ramsey, and Carmen Ruby Morales. English teachers Nick Valente and Joyce Donaldson are the club sponsors.

Music festival held on Camelback campus

The Greater Phoenix Music Festival is Jan. 9-10, with a culminating concert at Camelback High School at 5 p.m. on Jan. 10. There will be a high school percussion ensemble, a junior high/high school string orchestra, a junior high honors band and a high school honors band.

Musicians from all the Phoenix Union schools, and junior high students from 14 schools, representing seven districts—including Madison and Osborn—were selected based on auditions. The selected students will come together for the first time Jan. 9 and rehearse with guest clinicians/conductors for two days.

Academic teams wins 'Most Improved Team'

Camelback High's Academic Decathlon team won the Most Improved Team trophy at the Phoenix Union Academic Decathlon, Nov. 14-15, increasing its point total by 8,883 points over the previous year.

Miguel Peinado Guerrero won a silver in Scholastic Essay, and Chase

Gelbaugh won bronze in Scholastic Language and Literature.

Photo club members visit donors in Surprise

Three Central High Traditional Photography students traveled with their teacher, Judy Mariahazy, to Sun City Grand in Surprise on Nov. 17 to do a presentation for the Grand Photo Club members. This club donated film cameras and other traditional photo equipment and supplies last year to the Central High program.

The invitation was the result of the members wanting to meet some of the students who were able to use this equipment and see the students' photographic work. They took their Cambridge Exam portfolios, which were just recently returned to them, and discussed the work, their personal goals and what got them interested in photography.

Metro Tech students serve food to the poor

The Metro Tech Culinary program teamed up with WE 3 and the city of Phoenix to serve the less fortunate and homeless at the Eastlake Park Community Center on Nov. 22.

The students served about 200 including the volunteers, the Arizona's Buffalo Soldiers. According to instructor Dean Wilberscheid, this is the first event of a partnership that is forming with WE 3 in the community.

DECA Club serves hot cocoa to runners

The Camelback DECA Club volunteered at the Phoenix Hot Chocolate Run on Dec. 7, serving over 14,000 runners starting at 4:30 a.m.



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SCHOOL DAYS



Quincy Brewer, WESD Social Services, and Lee Ann Sobczak, social work intern, pack boxes of donated shoes as part of Operation Lace Up (submitted photo).

Working with three other high schools in the district, club members set up water/Gatorade stations, handed out supplies, cleaned up and cheered for each runner. Proceeds for this event supported Ronald McDonald House. Next up for the club is the PF Chang Marathon in January and the Survivor Mud Run in March.

WASHINGTON ELEMENTARY SCHOOL DISTRICT
Operation Lace Up donates shoes to kids

Just in time for the holidays, WESD hosted Operation Lace Up, a program that will provide shoes to students in 15 urban school districts in Phoenix, including WESD.

Working in conjunction with the Arizona Department of Education McKinney Vento Homeless education program, Dorothy Watkins, WESD administrator of Social Services, worked with volunteers and WESD warehouse staffers to receive delivery, organize, package and ship the shoes to the other districts—more than 6,000 pairs.

The donation and distribution of the shoes was provided by FOCUS North America, a national, faith-based, nonprofit organization that provides sustainable services to the homeless and working poor of America. One of FOCUS’ key activities is supplying school-aged children with the resources they need to stay in school and succeed in their educational environment.

Employees of Month honored in December

The Washington Elementary School District honored several staff members as the Employees of the Month for

December. Among them were: Linda Armbruster, librarian at Mountain View School; Josie VanVleet, Nutrition Services manager at Desert View Elementary School; and Dan Warren, Facilities manager, Maryland School.

The WESD Employee of the Month recognition is bestowed upon employees who have exemplified the vision, mission and values of WESD. These employees serve as an inspiration to others by maintaining high customer service standards and a commitment to student achievement. Honorees enjoyed breakfast with the superintendent and received a plaque commemorating their special recognition.

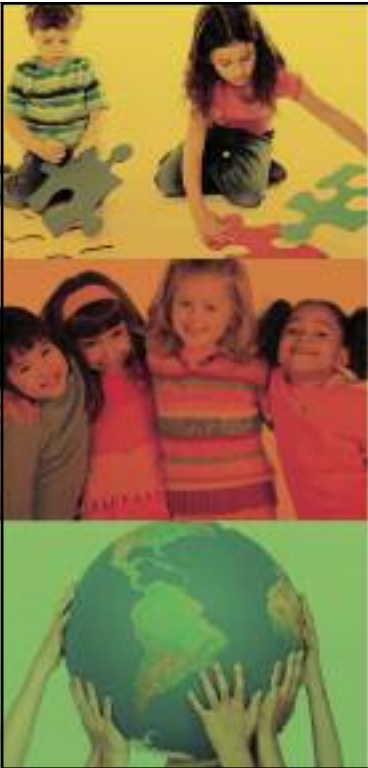
In related news, two North Central teachers recently earned National Board Certification (NBC), an advanced teaching credential that is the highest level of distinction a classroom teacher can achieve. They are: Lyndsay Ludden, program coach at Sunnyslope School; and Karen Riffenburg, first grade teacher at Maryland School.

PRIVATE AND CHARTER SCHOOLS
SFX students visit Catalina

Seventh-grade students from St. Francis Xavier Elementary School spent two nights and three days at the Catalina Island Marine Institute (CIMI) off of the coast of California in November.

After long bus and short ferry rides they landed on the beach of Toyon Bay on Catalina Island. They had just enough time for lunch before their first adventure—snorkeling in Toyon Bay. That night students dissected a squid while learning about the squid’s natur-

please see CATALINA on page 38



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SCHOOL DAYS

CATALINA continued from page 37

al history and anatomy.

On the second day students learned about fish, sharks and algae. CIMI has an area where students can touch, many for the first time, small sharks and rays. In the algae lab, students learned about the importance of algae in the production of oxygen and in use of everyday products.

On the final morning students learned basic oceanography, the different types and importance of plankton and investigated marine invertebrates. Then it was back to their rooms to pack for the long trip back home.

Building Hope team rebuilds in Yarnell

The Building Hope Ministry from St. Francis Xavier Jesuit Faith Community led 30 St. Francis Xavier junior high students and an additional 25 parents, uncles and grandfathers to the Shrine of St. Joseph in Yarnell, Ariz., for a service weekend Nov. 1-2.

The team worked on two houses at the Retreat Center that were not



St. Francis Xavier students and family members spent a weekend in early November fixing up two houses in Yarnell that survived the devastating fire that took place in summer 2013 (submitted photo).

destroyed by the Yarnell fire in the summer of 2013. The kids worked hard alongside the adults replacing roofs, painting and replacing sidewall, as well as doing a lot of weed-whacking and brush clearing. A community of faith enjoyed camping out together and meals from the camp kitchen.

The Building Hope volunteers were

able to raise funds for the project supplies and for a donation to the Shrine.

Building Hope, which is now in its eighth year, is a ministry that puts faith in action in the form of service with trips such as Yarnell and previous service in Rocky Point, Mexico, and Tuba City, Ariz.

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.

All Saints' hosts an open house Jan. 14

All Saints' Episcopal Day School (ASEDS), 6300 N. Central Ave., hosts final open house as part of annual series. This Open House is set for 9 a.m. Wednesday, Jan. 14 in Manning Hall on the Day School Campus.

Each event features campus tours lead by Parent Ambassadors with an opportunity to meet with admission officers, and faculty. Open Houses also provide an opportunity to view classrooms and attend a Q&A session with a Division Head. Reservations are suggested, but not required. RSVP online at www.aseds.org/Page/Admission/Admission-Process.

If your schedule does not permit you to attend an Open House, please call to schedule an individual tour. Application materials for the 2015-16 school year are now available at www.aseds.org.

Kindergarten Roundup

Madison School District will be hosting Kindergarten Roundup on February 5, 2015 from 6–7 p.m. at all Madison elementary schools.

You will have the opportunity to tour the school, speak with administrators, and receive information on enrollment for the 2015 – 2016 school year. We hope to see you there!



madisonaz.org/roundup

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SCHOOL DAYS



Students at Christ Church School spent the day before Thanksgiving break participating in a campus Turkey Trot, and collected nonperishable food to donate to Interfaith Cooperative Ministries to feed about 1,000 families during Thanksgiving week (submitted photo).

CCS students
'trot' for a cause

As part of Christ Church School's focus on healthy, active lifestyles, CCS students and their mascot, Cubbie, spent the day before Thanksgiving break trotting like turkeys.

Wearing bright orange CCS Turkey Trot T-shirts, participants were seen

trotting all over campus. In fact, CCS Elementary students trotted a whole mile. After being awarded participation medals, students enjoyed a light "runner's snack" and cheered on other competitors throughout the morning.

"In the past we have celebrated Thanksgiving with communal meals, *please see TROT on page 40*

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SCHOOL DAYS

TROT continued from page 39

but this year we really wanted to give thanks for all the blessings that we have, and to give back to the community," explained CCS Head of School, Betsy Delaney. "We partnered with Interfaith Cooperative Ministries (ICM) to provide holiday meals for families in need."

Contributions included potatoes, stuffing, vegetables, fruits, cornbread and even gravy. The food collected was provided to families in need on the Tuesday night and Wednesday prior to Thanksgiving.

All Saints' holds successful food drive

All Saints' Episcopal Day held its annual food drive to benefit St. Mary's Food Bank Alliance just before the Thanksgiving holiday. The final total was 7,500 pounds of food collected by the community.

With \$13,352 in cash donations included, this drive will allow the food bank to distribute more than 100,964 meals into the community. The All

Saints' Builders Club, a service organization for students in sixth through eighth grades, led the effort.

MHP to host VEX Robotics qualifier

Madison Highland Prep (MHP), in collaboration with the Robotics Education & Competition (REC) Foundation, will host one of eight Arizona VEX Robotics State Qualifying Events from 7:30 a.m. to 4:30 p.m. on Saturday, Jan. 10 at the MHP campus, 1431 E. Campbell Ave.

The MHP VEX Robotics State Qualifying Event will consist of 24 high school robotics teams from the Valley and across the state vying for two berths to the Arizona VEX Robotics State Championships.

In addition, MHP will host a middle school state-qualifying event consisting of 12 middle school teams from around the Valley.

VEX Robotics events are fast-paced competitions with non-stop action. For more information, call 602-745-3800.

Xavier College Prep hosts entrance exams

Xavier College Preparatory will host its Entrance Exam 7:30 a.m. Saturday, Jan. 10. Registration is not required. An exam fee of \$50 will be collected at the beginning of the exam, and either cash or a check made payable to Xavier College Preparatory will be accepted. Applications will be distributed at testing. Approximate dismissal time will be 11:30 a.m.

Xavier also will host a Make-Up Entrance Exam 7:30 a.m. Saturday, Jan. 24, for those students who are unable to take the exam on Jan. 10, and who have not previously tested elsewhere. Registration is required for this exam and may be arranged by calling Nancy Schissel at 602-277-3772, ext. 3112.

An exam fee of \$50 will be collected at the beginning of the exam, and either cash or a check made payable to Xavier College Preparatory will be accepted. Applications will be distributed at testing. Approximate dismissal time will be 11:30 a.m.

For additional information on Xavier's testing dates and/or the admissions process, visit www.xcp.org.

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SCHOOL DAYS



Amaris Benavidez

Benavidez receives QuestBridge scholarship

Xavier College Preparatory senior Amaris Benavidez was selected as a QuestBridge 2014 National College Match Scholarship Recipient and will attend Columbia University next fall on a full scholarship.

Benavidez has a 4.3 weighted grade point average, was named an Outstanding Participant in the 2015 National Achievement Scholarship Program and a National Center for Women Information Technology "Aspirations in Computing Award" recipient.

She is a dedicated student leader and community service volunteer, and has been an enthusiastic advocate for



Kevin Anderson



Michael McCann

scholarships that benefit the approximately 40 percent of Xavier students with financial need.

MHP athletes receive honors

In December, Kevin Anderson and Michael McCann from Madison Highland Prep were selected for Division 1 All-State Football teams by the Canyon Athletic Association.

Anderson was awarded Division 1 All-State Defensive Back and Division 1 Honorable Mention Quarterback. McCann was awarded Division 1 Honorable Mention Kicker/Punter.

In November, Ethan Houser, MHP Boys Varsity Soccer goalkeeper, was

please see HONORS on page 42



Ethan Houser



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SCHOOL DAYS

HONORS *continued from page 41*

named to the 2014 Division 1 All-State Team by the Canyon Athletic Association.

Learn about benefits of 'play' at open house

The benefits of play-based preschools have been all over the news in the last couple of years. The UU Co-Op Preschool, 4027 E. Lincoln Drive, has been putting those ideas in to practice since 1961. The school will hold an open house for prospective families 9:30 a.m. on Thursday, Jan. 15.

Come play in the sand yard and watch your children explore the water table, climb on the dome, and join in the tea party preparations. Inside they can choose from painting, sculpting with play dough, working at the light table, and more. While your child is engaged, chat with the teachers to learn about all of the things your child is learning as they have fun and play.

If you unable to attend on Jan. 15, mark your calendars for the Saturday open house at 9 a.m. on Feb. 21. UUEEC is a child-centered, play-based preschool for children ages 1-5 years old. For more information, call 602-840-8400, ext. 233 or visit www.uueec.org.

Public invited to coffee house program

The community is invited to a Music Coffee House at Phoenix Christian Preparatory School 6:30 p.m. Thursday, Jan. 29. The program takes place in the Phoenix Christian café on campus, located at 1751 W. Indian School Road.

The Coffee House is a display of solo and small ensemble talent from the students of PC's music department, in an intimate, coffee house setting. There will be beverages and desserts available. Admission is free, but donations are gladly accepted. There are parking lots on Indian School Road and also 18th Avenue.

For more information, contact PC Fine Art Department Chair Laura Huizenga at 602-265-4707, ext. 233.

Winter fest includes dance, games, more

Midtown Primary School's Winter Fest included a student-sponsored dance to fight cancer. The students



McKensie Talcott plays the guitar during the Music Coffee House at Phoenix Christian Preparatory School (submitted photo).

gather donations that they hope to personally be allowed to take to the children's cancer ward. Their purpose is to ease some suffering by letting the children know that they are cared about—by other children.

The evening also included games, hot coco and cookies, arts and crafts, and a cake walk. It was the first of its kind at Midtown Primary, 4735 N. 19th Ave.

Parents as well as students tried getting the nose on the Snowman and throwing rings onto Reindeer Antlers. Volunteers from The Girls Leadership Academy ran booths for the evening, freeing teachers up to enjoy "their" families.

Santa Claus had spent the day with the students, but he came back so families could have photos together.

'Snow Days' come to Christ Church School

On Jan. 14 and 15, preschool students at Christ Church School will participate in Snow Days on the campus, located at 4015 E. Lincoln Drive.

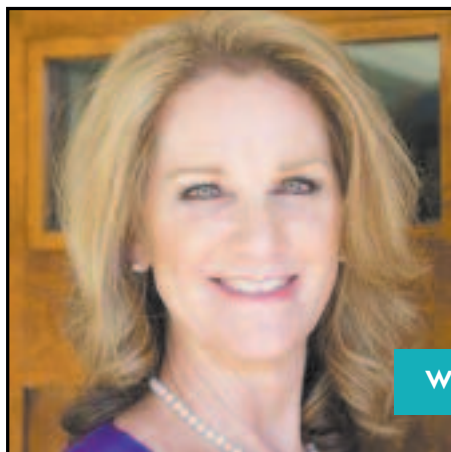
Eight tons of "snow" will find its way to the CCS campus on those days. Students will dress in their winter clothing and play in the snow (sledding, building snowmen, etc.) between 9:15 and 11:30 am each morning.

Christ Church School is an Episcopal school serving families in Paradise Valley, Scottsdale and Phoenix. For more information, call 602-381-9906 or visit www.ccsaz.org.



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GENERATIONS

Senior Living

Free support groups offered for caregivers

Caring for a loved one with diminishing mental and physical capacities can be an emotional challenge, and sometimes talking with others in the same situation can help relieve the stress and anxiety felt by the caregiver.

That's why Duet offers several free support groups each month for caregivers, at various locations around the Valley. Upcoming support group meeting in January include:

- Caregivers Support Group, 10-11:30 a.m. Wednesdays, Jan. 7 & 21, at the Devonshire Senior Center, 2802 E. Devonshire Ave.

- Caregivers Support Group, 12:30-1:30 p.m. Tuesday, Jan. 13, at the Shadow Mountain Senior Center, 3546 E. Sweetwater Ave.

- Alzheimers Caregiver Support Group, 12:30-2 p.m. Tuesday, Jan. 30, at the Duet offices, 555 W. Glendale Ave.

- Parkinsons Caregiver Support Group, 1:30-3 p.m. Wednesday, Jan. 14, at the Duet offices, 555 W. Glendale Ave.

Duet is a nonprofit, interfaith organization that promotes health and well-being through a broad range of services to homebound adults, caregivers, faith communities and grandparents raising grandchildren. Duet's free-of-charge services are available in the greater Phoenix area. For more information, go to www.duetaz.org or call 602-274-5022.

Dancing helps brain, body in seniors

This year alone, more than a half-million Americans will die from Alzheimer's disease, according to the Alzheimer's Association. Now the sixth leading cause of death in the United States, Alzheimer's disease or dementia will kill 1 in 3 seniors.

An encouraging study in the New England Journal of Medicine reveals seniors who participated regularly in some type of dance program experienced a 76 percent risk reduction in dementia, the highest reduction of any activity in the 20-year project.

Not only that, but the AARP reports people with Alzheimer's disease are able to recall forgotten memories when they dance to music they used to know.

Dancing helps seniors build up what scientists refer to as "brain reserve" that may protect people from Alzheimer's later in life. Brain-boosting dance activities include remembering the steps; moving in precise time to the music; and adapting to the movements of one's partner.

There are also many physical benefits to the body. Dancing boosts bone density, along with muscle strength and coordination. Seniors experience improved balance, and the side-to-side motions of many ballroom dances, such as mambo and swing, strengthen the tibia, fibula, and femur, and also help in the prevention or slow loss of bone mass associated with osteoporosis.

Social dancing is a great way to keep older Americans engaged. Aside from giving people something to enjoy, it reduces social isolation and the aches and pains frequently experienced in old age.



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GENERATIONS

Kids & Family

Sunrays host 'Frozen'-themed night out

Get ready for an exciting "Frozen" night out on Jan. 17 at the Arizona Sunrays Gymnastics Center, 3110 E. Thunderbird Road.

Little girls are invited to come dressed in their special Princess Elsa or Anna costumes or kids can come wearing their favorite Frozen-themed T-shirts. Ages 3 to 13 will enjoy a fun evening of gymnastics, games, sports, dancing, jumping in a bounce house and on trampolines, and then wind down the evening by watching ... what else? The movie "Frozen."

Every child also will enjoy a frozen treat at the end of the night. Kids' Night Out is from 6 to 10 p.m. Cost is \$30 per child with a \$5 off sibling discount. Pizza, snacks and drinks are included. Advanced registration is required. There is a \$5 fee for same-day registration. There's also easy online registration.

For more information, call 602-992-5790 or visit www.arizonasunrays.com.

Families can enjoy free jazz, hot dogs

Flugelhorn Master Dmitri Matheny leads a new show for families: "Hot Dogs & Jazz," set for 11 a.m. Saturday, Jan. 17 at The Nash in downtown Phoenix.

Kids and their parents will enjoy this perfect 45-minute intro to jazz as the Dmitri Matheny Group performs a wide array of jazz styles, explores the different kinds of sounds and moods each of their instruments can produce, and shares fascinating stories about the

history of American music.

Following the show, The Nash will hold prize contests for the kids, free hot dogs for everyone in the audience and a post-show meet-and-greet with the band.

Doors open at 10:30 a.m. The Nash is located at 110 E. Roosevelt St. Space is limited, reservations are recommended. RSVP at www.thenash.org. The Jazz for Kids program is sponsored by Phoenix Suns Charities.

'Night of the Three Kings' at Phoenix Zoo

Families are invited to enjoy a special "Noche de Reyes/Night of the Three Kings," 5:30-9:30 p.m. Sunday, Jan. 4 as a special accompaniment to ZooLights at the Phoenix Zoo, 455 N. Galvin Parkway.

Enjoy live mariachi music, specialty Mexican food and a chance to meet the Three Kings. All activities are included with ZooLights admission; food not included.

ZooLights, featuring 700 sparkling displays and 3.8 million lights, continues through Jan. 11. Tickets range from \$12-\$18 per person, depending on the night of attendance. Children ages 2 and younger are admitted for free.

New attractions this year include Tortuga the Talking Galapagos Tortoise, two new Music in Motion shows, and a screening of "Polar Express" in the zoo's new 4-D theater with amazing multi-sensory effects including snow, fog and gusts of wind (additional fee applies).

For more information or to purchase advance tickets, visit www.phoenixzoo.org or call 602-273-1341.

Phx Jr Strings



Phoenix Junior Strings is looking for string players ages 8 - 18 to play in chamber ensembles for its spring program.

Auditions will be held for new players starting **January 5, 2015**.

Rehearsals are held on Saturday afternoons near 12th street and Indian School.

For more information, contact **Patty Waxman at 602-908-2929** or visit our website at www.phoenixjuniorstrings.org.

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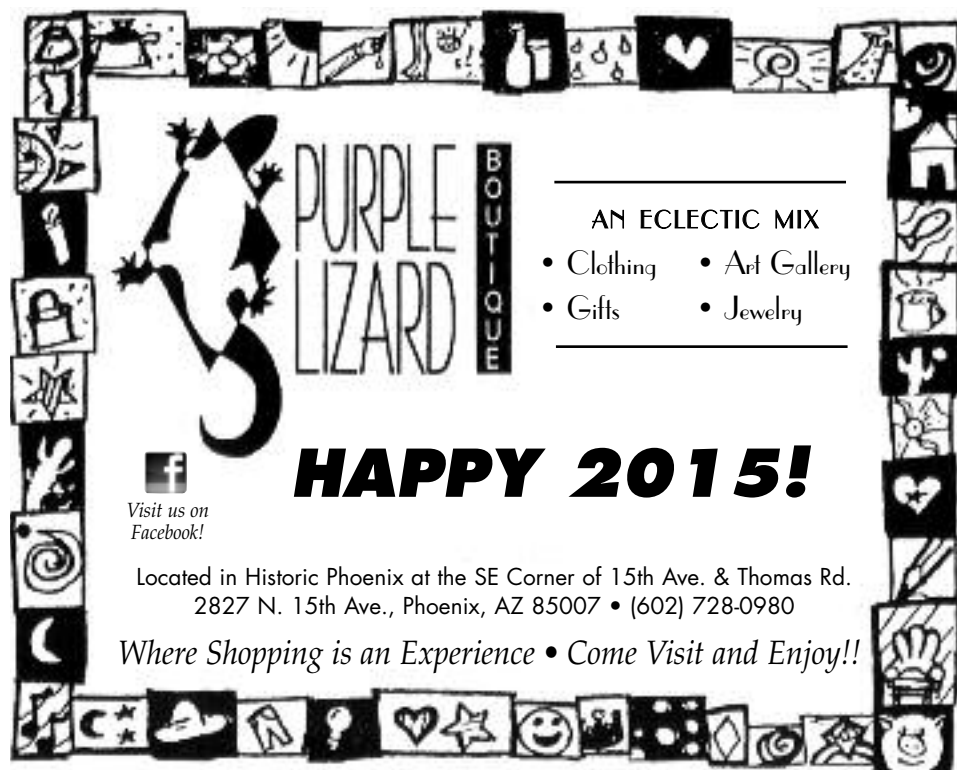
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ARTS & ENTERTAINMENT

Concert festival goes 'Bach to Bach'

Bach fans will rejoice with the four "Bach to Bach" concerts planned for the Arizona Bach Festival 2015.

First up is Organist Ben Sheen performing Bach's "Clavierbung III," 3 p.m. Sunday, Jan. 11 at All Saints' Episcopal Church, 6300 N. Central Ave.

Next experience "The Musical Offering"—Chamber music for a King, 7:30 p.m. Friday, Jan. 16 at Central United Methodist Church, 1875 N. Central Ave.

Enjoy the maestro's "Favorite Cantata Choruses" 3 p.m. Sunday, Jan. 18, also at Central United Methodist Church.

The series concludes with "Bach for Brass, Timpani and Organ," 3 p.m. Sunday, Jan. 25 back at All Saints'.

A pre-concert talk precedes each event one hour prior to the concert. Tickets are \$22 in advance and \$25 at the door for all concerts except the third one (Favorite Cantada Choruses), which is \$27 in advance and \$30 at the door. A special Festival Pass for all four concerts also is available for \$85.

For tickets or more information, go to www.ArizonaBachFestival.org. For questions, contact Scott Youngs at syoungs7@yahoo.com or 602-279-5539, ext. 128.

A & E Briefs

'Murder for Two'

Arizona Theater Company
Dec. 31-Jan. 18, 2015
Herberger Theater
222 E. Monroe
602-256-6995

Multi-millionaire Arthur Whitney has been murdered at his own birthday party, and his killer could be any one of the guests. In this hilarious 90-minute musical tour-de-force, two performers play 13 roles—not to mention the piano—in a homage to old-fashioned murder mysteries. Tickets are \$41-\$72 plus fees. Visit www.arizonatheatre.org.

First Friday At The Heard

6-10 p.m. Friday, Jan. 2
Heard Museum
2301 N. Central Ave.
heard.org/firstfridays

In January, the theme is

"Rockabilly," where you learn to dance the two-step and get an airbrushed tattoo. The Heard welcomes a visit from the Blue Bird Pinups, a Native- and female-owned business organization that preserves the look of the 1940s and 1950s eras. Visitors can enjoy the Heard's 12 exhibit galleries, nationally-acclaimed Courtyard Café and gourmet drinks at the Coffee Cantina, and see the best in Native art at the Heard Shops. Admission is free.

'Unexpected Affinities'

MusicaNova Orchestra
4 p.m. Sunday, Jan. 11
Central United Methodist Church
1875 N. Central Ave.

Featuring the Paradise Winds Reed Quintet. The concert is a concerto grosso for reed quintet and string orchestra, composed by teenage phenom Graham Cohen and commissioned by the Selznick Tikun Olam Foundation. Special appearance by Martin Goldsmith, noted author and classical music radio host on SiriusXM and NPR, discussing his books, "The Inextinguishable Symphony" and "Alex's Wake." Tickets are \$20 adults/\$15 students and seniors, those 17 and younger admitted free when accompanied by a paid admission. Visit www.musicanovaaz.com.

Ira Kandell 'The Songs Of Broadway' Concert

2 p.m. Sunday, Jan. 11
Sessions Recital Hall,
Phoenix College
1202 W. Thomas Road
602-285-7800

Ira Kandell has appeared in more than 200 dinner or regional theaters in musicals and comedy productions. He has performed with the Glenn Miller Orchestra. He currently appears on national public radio and the Sirius satellite on the Broadway Review programs. Kandell will be accompanied by Lloyd Shaffer on piano. Admission is free.

Russian Cultural Festival

Jan. 12-23
Arizona Opera Center
1636 N. Central Ave.
602.266.7464

Arizona Opera presents this festival to celebrate its new production of Tchaikovsky's "Eugene Onegin," the first

ARTS & ENTERTAINMENT

Russian opera in Arizona in almost two decades, on stage Feb. 6-8 at Phoenix Symphony Hall. The festival includes a free ballet class and demonstration, film screenings, lectures, and a wine reception (\$25 for the reception). Learn about all of the festival events at www.azopera.org, and sign up online to receive your free passes. Passes are limited.

Desperado LGBT Film Festival

Jan. 23-25
Paradise Valley Community College,
Center for the Performing Arts
18401 N. 32nd St.
602-787-7738

The festival will include feature films, documentaries and shorts that explore the LGBT experience. The festival also will include a student film competition, music and an art exhibit featuring work by LGBT artists. For the first time, the event will include a movie screened outdoors. Single ticket movie admissions will be available or festival viewers may purchase an all-access pass that permits entry to all the screenings and the opening night reception. For more information, visit www.desperadofilmfestival.com.

'Indian Relay' Film Screening

11:30 a.m.-1:30 p.m.
Wednesday, Jan. 28
Heard Museum,
Monte Vista Room
2301 N. Central Ave.

This 56-minute film documents an unheralded aspect of modern-day American Indian life and what it takes to win one of the more exciting forms of horse racing. From the bitter cold of winter to the heat of summer, the film follows teams from three different tribes as they compete across a grueling season. Free with museum admission. Visit www.heard.org.

An Evening with Peter Hutton

7 p.m. Jan. 28
Phoenix Art Museum
1625 N. Central Ave.
602-307-2016

Peter Hutton comes to the museum for an evening of conversation and screening of his 2007 film, "At Sea." Declared the best avant-garde film of the decade, "At Sea" is a haunting meditation on human progress charting the

lifecycle of a colossal container ship from creation through destruction, with a voyage across the Atlantic in between. The film will be screened in its true 16mm format, and will be followed by conversation and audience Q&A with the artist. Tickets are \$12 general admission and \$7 for students with ID.

'The Emperor's New Clothes'

Feb 6-22
Valley Youth Theatre
525 N. 1st St.
602-253-8188, ext. 2

A timeless fairy tale about vanity and foolish pride. Show times are Fridays, Saturdays and Sundays, with weekend matinees available. Tickets are \$18 plus fees and are on sale now at www.VYT.com or by calling the box office.



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THURSDAY: 5:30 AM - 6 PM
FRIDAY: 5:30 AM - 8 PM
SATURDAY: 5:30 AM - 8 PM



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Jon Veselinovic and his mom, Jackie, share their love of Italian food with modern influences at their family restaurant, Solo Trattoria, which opened nearly two years ago in The Camelback Esplanade. Some of the enticing items on the menu include a shareable meat and cheese board, handmade meatballs, simple salad with organic greens, and Ahi tuna, all of which can be paired with a nice selection of Arizona wines (photo by Patty Talahongva).

Café Chat

Family owned eateries entice at The Esplanade

By Patty Talahongva

Dining with family is truly an experience you'll get at The Camelback Esplanade's family-owned restaurants, both of which opened in the last two years.

Ten—Handcrafted American Fare & Spirits is owned by Jeff Hostenske and the name of his restaurant comes directly from his family's name. "Ten is the heart of my last name," he explains, "and it is an homage to my family and how I was raised with the morals, values and work ethic they instilled in me."

Right down the corridor is Solo Trattoria, owned by the Veselinovic family whose names all appear on the menu: dad Walter, mom Jackie and sons Jon, Adam and Alex. They all work at the restaurant along with other family members and friends, but it's the parents and Jon who actually own the restaurant.

"For me this is a sort of comfort to know we all have each others' best interest at heart," says Jon. "We do not have any times where you would not find someone from the family at Solo."

Like Hostenske, Jon says his family wanted to create a place where they could feature their specialty cuisine. "We wanted to try and bring our ver-

sion of Italian cooking to the menu. Solo means 'only,' and I think of it as we only wanted to offer a trattoria," which is a less-formal, affordable Italian café.

Both places feature homemade dishes that reflect the families' personal travels and experiences, and not a corporate-dictated menu.

Hostenske has been in the restaurant business for about 17 years and most recently came from Z-Tejas. This restaurant is the culmination of a dream he's had for a long time. After moving around in the business and picking up various styles of cooking, he now incorporates what he's learned into his menu.

Originally from Ohio, his Slow Cooker Chicken Noodle Soup and the Pot Roast reflect that region. BBQ Roast Pork Shoulder, Shrimp and Grit Cakes, and the Fried Green Tomatoes all reflect his time spent in South Carolina.

Some of the customer lunch favorites include the Cordon Bleu or Cincinnati Chili. If you are a vegan or vegetarian, your special requests can be accommodated, but it's best to call beforehand so the chefs can be prepared.

Ten features a full bar with "Decompress" hours Monday thru Saturday from 2 to 6 p.m. Appetizers are half price, craft beers are \$3 and cocktails are \$5.

"I promised my wife I would be

FOOD FOR THOUGHT

able to spend one full day with her and the only way I could achieve that is to close the restaurant (on Sunday), so it actually turned out great, the staff loves knowing that they will always have Sunday to spend with their families,” Hostenske says, adding that “It keeps morale high.”

To see the menu for TEN go to: www.tenfareandspirits.com. Or you can call 602-374-2611.

At Solo Trattoria, Jon also knows about keeping morale high so family members are encouraged to put their own style into the restaurant. That includes his love of art and music. “So on Friday and Saturday evenings we bring in live music and have offered a handful of paint nights or art events. The walls are completely covered with local art for sale,” he explains.

Diners can select dishes that reflect the desert environment. “We offer seasonally inspired, Arizona-focused, Italian cooking. I think this makes it fun to drink Arizona wines with a local take to Italian cooking,” Jon says. The local wines and beers are highlighted in red on the menu, making them easy to spot if you want to try a local beverage.

Customer favorites include the popular salmon BLT for lunch and the Verdure for dinner. It’s a spaghetti squash along with other seasonal veggies sautéed with a house-infused basil oil. People allergic to wheat won’t have a problem finding something to eat because Solo also offers a gluten-free menu.

Dessert is made daily by the mom, Jackie. Her Affogato with Amaro comes highly recommended. It’s two home-made biscotti cookies, a shot of espresso, a scoop of gelato and a shot of Amaro liquor. “I consider it the best adult ice cream float,” laughs Jon.

You can follow Solo Trattoria on Twitter or like them on Facebook or sign up for the digital newsletter. You can always visit www.soloaz.com to see the entire menu. Call 602-368-3680.

Dining Briefs
Online cooking school
offers in-store tips at AJ’s

SmartKitchen.com has partnered with AJ’s Fine Foods on a consumer education program aptly named “Smart Kitchen in the Aisles.” SmartKitchen.com is an online cooking school headquartered in Scottsdale that seeks to educate home cooks on everything from proper hand washing to creating ice sculptures and

everything cooking-related in between. Smart Kitchen in the Aisles connects consumers who are shopping at AJ’s with educational information about specific foods throughout the stores. Small signs are located near dozens of items throughout all AJ’s stores with helpful cooking tips and a scannable QR code that will take shoppers to instructional SmartKitchen.com videos, recipes and more.

SmartKitchen.com will introduce its online cooking school and Smart Kitchen in the Aisles to shoppers throughout the next few months in AJ’s Fine Food locations around the Valley. Look for in-store promotions at the store located at 5017 N. Central Ave. on Jan. 3 and Feb. 18; and the store at 4430 E. Camelback Road on Jan. 21.

SmartKitchen.com will offer shoppers who scan the QR codes 50 percent off six months of unlimited cooking instruction on its website. The offer is available when an educational sign is scanned in-store and redeemable with a promotional code that will appear when a sign is scanned.

For more information, visit www.smartkitchen.com.



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In 1985 Dave Taylor of Taylor's Chowder House started dipping Alaskan coldwater cod in his signature batter of tempura and "regular" batter (a concoction he got from a friend in Utah) for his fish and chips, a menu item that quickly became a best seller. Dave's no longer a part of the west-side seafood staple he established, but his Alaskan cod dinner (a.k.a. Fish and Chips) is no less popular. Lightly battered with seasoned, deep-fried, and tender and flaky, these scrumptious swimmers arrive with tips pointing heavenward. And if you like a little kitsch with your fish, there's no end to the nautical-themed eye candy - it hasn't changed since it washed up at Taylor's over 20 years ago.

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FOOD FOR THOUGHT

Local resident pens third cookbook

North Central resident Rita Romano, a native of Italy, has released her third cookbook celebrating the flavors of her homeland.

Romano, who lived in Bari, Naples and La Spezia (near Genoa), developed an appreciation for the delectable foods found in these diverse regions. A former cooking school instructor, Romano shares a collection of the regional recipes which she calls “treasures” in her new book, “Ciao Tesoro.” The cookbook features 175 recipes—many accompanied by a photograph—for lovers of Italian cuisine. Despite the relative simplicity of these dishes, they are elegant enough to be served at dinner parties as well as family meals.

The cookbook is organized according to the categories of food—whether it’s a soul-warming Ham and Potato Gratin, a quick sauté, or a rich Tiramisu for dessert. Romano’s book also features recipes for liqueurs to add the finishing touch to a meal.

“Ciao Tesoro” is now available for sale on Kindle, Nook and Kobo for \$9.99. Romano’s two other cookbooks, “Sauces for Pasta Lovers” and “Main Courses from Italy,” also are available online. For more information, visit www.ritasrecipes.com.

Jewel’s Bakery offers cooking classes

Looking to perfect your cooking skills in the New Year? Jewel’s Bakery and Café in Phoenix will be cooking off 2015 with a month of cooking classes.

On the second and fourth Wednesdays of the months, folks will learn valuable kitchen tips, get recipes, receive take-home materials and enjoy a

complimentary beverage. Jewel’s Bakery is located at 4041 E. Thomas Road, Ste. 101.

The schedule includes:

- Pressure Cooker Soups and Stews, 6 p.m. Jan. 14. Let Chef Brad show you how to create delicious, warming soups and stews in your pressure cooker, perfect for these chilly winter months.
- Sweet and Savory Hand Pies, 6 p.m. Jan. 28. Come learn how to make different kinds of sweet and savory hand pies, from pop tarts to pasties, with Chef Julie. Class includes recipes and samples.

There will be a barista on hand to prepare a complimentary house beverage. Cost is \$40 per class. Limited space is available, call 602-714-5243 to make reservations.

Power lunch in under an hour

T. Cook’s at Royal Palms Resort and Spa, continues its popular Power Lunch Hour, a prix-fixe lunch menu, all in under an hour.

The \$24 prix-fixe menu from Executive Chef Paul McCabe includes a starter and main entrée. The Power Lunch Hour menu, which is available Monday through Friday, offers a fresh and local twist on traditional lunch favorites, with an array of light bites to hearty options that are perfect for a quick lunch or luncheon meeting.

T. Cook’s will also serve up complimentary macaroons to end the meal with a sweet treat. Guests are guaranteed a one-hour lunch and complimentary valet with car-side service upon departure between the hours of 11 a.m. and 2 p.m.

T. Cook’s is located at 5200 E. Camelback Road. For more information, visit www.tcooksphoenix.com.



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