



north central news

the voice of the north central phoenix community

volume 18, issue 5 • may 2016

www.northcentralnews.net

Food pantry serves local community

By Teri Carnicelli

When St. Francis Xavier church completed its new Parish Center in late December 2015, one of the first ministries to move into the new 34,000-square-foot building was the St. Vincent de Paul Pantry.

The pantry is operated by one of the 88 St. Vincent de Paul “conferences” in the city of Phoenix. It has been in operation since before the current St. Francis church opened in 1959; the conference was chartered as part of the former church at that site, in 1949.

The move into the new Parish Center allowed the pantry to nearly double in size—at least, in terms of space. There are more shelves to fill, and always needed are canned meats like tuna, as well as canned fruit, says Mark McConnell, president of the St. Vincent de Paul Conference at St. Francis Xavier.

McConnell oversees the volunteers at the pantry, *please see PANTRY on page 6*



Phoenix City Councilman Bill Gates, with some advice from demo expert Travis Witt of Contractors Abatement Services Inc., gets to be the first to smash the former Sunset Manor Apartments in Sunnyslope, also known as “The Barracks,” which were demolished in November 2010 after the city acquired the blighted, boarded up property with federal Neighborhood Stabilization Program funds (photo by Teri Carnicelli).

Gates leaves indelible mark on District 3

By Teri Carnicelli

As District 3 City Councilman Bill Gates prepares to resign his seat at the end of this month to take aim at a county board seat later this fall, many community leaders, neighborhood groups and business owners look back on the impact he has had in the area in the last six-plus years, and wonder if his replacement will be as active as their outgoing representative.

“During the course of my career in public service I have worked for a former mayor of Phoenix and three former council members and can confidently state the most important traits to look for in a local elected official are a commitment to community outreach, ensuring business retention and expansion to widen the economic base, and supporting public safety,” said Tony Motola, president of the Sunnyslope Village Alliance. “Over the past seven years, Councilman Bill Gates has checked all these boxes and been a true advocate for District 3 and the Sunnyslope Village in particular.”

Gates first ran for the Phoenix City Council in 2009, when Phoenix was in the midst of the recession crunch.

“People were losing their jobs and their homes,” Gates recalls. “Our city budget was not structurally

balanced and we faced huge challenges. I ran for City Council because I wanted to help ensure Phoenix remain the type of vibrant city that my daughters (at that time, 8 and 5 years old) would want to live, work and raise their families in once they became adults.”

Gates acknowledges that being a city council representative for him meant a 24-hour, seven-days-a-week job. “Every day (including on the weekends), I will have a conversation with someone about how to improve our city. Every day I drive around District 3, I see things that can be improved upon.”

Gates was on-hand for many events and activities in his district, whether it was driving a CAT to help

please see GATES on page 4

PRSR STD
U.S. POSTAGE
PAID
PHOENIX, AZ
PERMIT NO. 5059

POSTMASTER: DATED MATERIAL. PLEASE EXPEDITE IN-HOME DELIVERY BY MAY 7, 2016.

in this issue

- Madison district drafts recess policy, page 3
- City proposes hike in property tax, page 12
- Take your pooch to the ballpark, page 14
- A lesson about texting and driving, page 32
- Fry Bread House returns to Melrose, page 48

THE Caniglia GROUP

SPECIALIZING IN NORTH CENTRAL PHOENIX, GILBERT, PARADISE VALLEY, ARCADIA AND SCOTTSDALE RESIDENTIAL REAL ESTATE



Huge congratulations to The Caniglia Group for their outstanding accomplishments and recent acknowledgement at the Realty Executives' 2015 Achievement Awards in the following categories:
#1 Team: Residential Volume • #1 Team: Residential Units
#1 Team: Lease Volume



Steve Caniglia, Cindy Arend, Shelley Caniglia, Erik Jensen



3209 N. Manor Dr. West - \$1,800,000



333 W. Berridge Lane - \$1,599,000



2320 E. Marshall Ave. - \$1,575,000



5706 N. Central Ave. - \$1,100,000



1909 E. Berridge Lane - \$769,000



610 W. Northview Ave. - \$749,000



501 W. Ocotillo Road - \$799,000



322 W. Las Palmaritas Ave. - \$750,000



111 W. Tam O'Shanter Dr. - \$599,000



3213 E. Mitchell Dr. - \$599,000



7539 N. 13th Ave. - \$525,000



135 E. Northern Ave. - \$495,000



7134 N. 15th St. - \$435,000



540 W. Mariposa St. - \$399,000



727 E. Portland St. #7 - \$299,000



10829 N. 10th St. - \$1,800/mo.



6124 N. 2nd St. - \$1,295,000



319 W. Lawrence Rd.



33 W. Linger Lane



6306 N. 10th Pl.

- Top Producing Residential Real Estate Team in North Central
- Top 20 Residential Real Estate Teams, Business Journal
- Top Selling, Double Diamond Female Executive in Arizona 2007
- Top North Central Realtors since 1982

Shelley Caniglia
602-292-6862

Steve Caniglia
602-301-2402

Erik Jensen
602-717-0017

www.TheCanigliaGroup.Com

Check us out on Facebook!





COMMUNITY

Madison board drafts formal policy on recess

By Teri Carnicelli

The Madison Elementary District Governing Board is reviewing a policy drafted by Superintendent Quinn Kellis that would more formally set in place its practices related to recess, much to the chagrin of many parents and students, who want to see the policy expanded rather than left more or less the same.

The district has no formal policy, other than general health and wellness guidelines as set forth by the Arizona Department of Education. It has been the district's policy to allow each school's administration to set and implement its own recess policy, based on the school's schedule, space, time and other limitations including available supervision. This has resulted in some schools receiving longer or multiple breaks while other schools offer a short break after a short lunch, which tends to mean students get either one or the other.



Amutha Rajasundaram, left, and Sally Fielder, both fourth graders at Madison Heights, speak to the Madison Elementary District Governing Board at its April 19 meeting about the health benefits of being active at recess as well as the opportunity to socialize with friends, which they can't do in the classroom without risking getting in trouble (photo by Teri Carnicelli).

The draft policy states that, "A minimum of 20 minutes of physical activity shall be provided by schools for all K-8 students daily. The requirement can be achieved through a regular physical education class and/or through

activities such as recess, dance, classroom energizers, or other curriculum-based physical activity programs."

The policy further states that students should use the time to use the *please see RECESS on page 8*

Enter our monthly Reader Rewards Drawing

for a chance to win a great prize!

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

Congratulations to April's winner, Patricia Shields, who won a Kids Baking Class for 8 from Karl's Bakery, a \$400 value!

Visit our website at www.northcentralnews.net to enter for your chance to win this month's prize, an emerald and diamond pendant from Jewels & Estate Gallery, a \$950 value!

Deadline to enter is May 20, 2016
The winner will be announced in our June issue.

One name will be drawn from all submissions and awarded the prize indicated. Entry is limited to one per person. Winners will be notified by phone or email by a representative of *North Central News*. Winners agree to have their name and likeness published in the *North Central News*. All prizes are final - no substitutions allowed; prizes have no cash value. Visit www.northcentralnews.net for contest rules and additional details.

AIR CONDITIONING & PLUMBING

STILL COOL AFTER 40 YEARS

CALL DONLEY & CHILL



602-395-6030
DONLEYSERVICE.COM

ADVERTISEMENT

How can I increase my chances of surviving a stroke?

When identifying and treating a stroke, every second counts. Learn what to look for if you think you or a loved one are having a stroke.

What is a stroke?

Every 40 seconds, an American has a stroke. It happens when a blood vessel that carries oxygen and nutrients to the brain either bursts, ruptures or is blocked by a clot. As a result, the brain cannot get the blood and oxygen it needs, and pieces of the brain die.

That adds up to 795,000 a year, making stroke the No. 4 cause of death and a leading cause of adult disability.

Yet the American Heart Association says that nine in 10 Americans don't think of stroke as a major health concern. It's why a lot of stroke patients are treated in the intensive care unit.

What are the signs or symptoms of a stroke?

- Sudden onset
- Facial droop
- Dizziness
- Difficulty speaking
- Vision loss or double vision
- Weakness of one side of the body
- Numbness of one side of the body
- Worst headache of your life

Is there more than one type of stroke?

There are two kinds of stroke, hemorrhagic and ischemic. A hemorrhagic stroke is caused by a blood vessel that breaks and bleeds into the brain and has a higher mortality rate.

The most common type of stroke is ischemic. It can be treated with a clotbuster called tPA (tissue plasminogen activator). Yet only one to two percent of eligible patients, out of 750,000 patients annually, receive it. Why? Because there's less than a three-hour window of opportunity to administer tPA and too few specialists who can quickly prescribe it. Admission to a neurological/neurosurgical ICU led by a neuro-intensivist has been associated with improved stroke outcomes and lower mortality.

Where to get help in the Phoenix area

HonorHealth has a telerobot that allows a fellow neuro-intensivist coordinate a stroke alert at HonorHealth Deer Valley Medical Center and HonorHealth John C. Lincoln Medical Center. From miles away, a neuro-intensivist can evaluate the patient and test results on the screen. If it's within three hours of onset of symptoms, the physician can prescribe tPA to restore blood flow to the brain.

Timing is everything. During a stroke, every minute costs about two million brain cells. We have billions, but to lose two million a minute is huge. Those cells contain valuable memories and functions that cannot be recovered quickly or, for a lot of people, at all.

Victor Zach, MD, is a board-certified vascular neurologist and neuro-intensivist at HonorHealth John C. Lincoln Medical Center.



HONORHEALTH™

HonorHealth.com

COMMUNITY

GATES continued from page 1

tear down the blighted apartment complex known as “The Barracks,” mixing up some Non-Partisan Ale at North Mountain Brewing Co., dedicating the history marker for “S Mountain,” helping to cut the ribbon on the new Walmart Neighborhood Market, collecting toys for Betty's Kids at Christmastime, and dozens upon dozens more personal appearances.

“Bill not only recognized the need for revitalization along major business corridors in Sunnyslope, he went the extra mile to participate in special events with our local businesses, giving up many evenings and weekends to stand beside us,” Motola said. “He always understood Sunnyslope had its own community-based identity and sense of place and took on the role of ambassador for the area, sharing with stakeholders from throughout Phoenix the unique characteristics of what is one of the most diverse neighborhoods in Phoenix.”

Gates also has been lauded for the work he did behind the scenes, including his work with the city's Finance, Efficiency and Innovation Subcommittee, his redevelopment efforts with community and business groups in the 32nd Street Corridor and Hatcher Road areas, and more.

“I am incredibly proud of all the redevelopment efforts we have been able to accomplish,” he says. “I'm proud of achieving over \$105 million in reoccurring savings through innovations and efficiencies, protecting the unique character of neighborhoods, making sure our first responders have the resources necessary to keep the public safe, and so much more.

“During my time on council we have been able to expand civic engagement from North 32nd to Moon Valley to Sunnyslope to the North Mountain Business Area and beyond,” he added. “There is always more that can be done, there are always improvements that can be made, and there are always partnerships that can be forged.”

Gates hopes to continue the progress being made by serving the wider community as a representative on the Maricopa County Board of Supervisors. The primary election is Aug. 30, and if there is no majority winner, it goes to the general election on Nov. 8.

Andy Kunasek, who has served as a

Maricopa County supervisor for 19 years, is retiring at the end of his term later this year. “Andy has been a mentor to me and I respect him tremendously,” Gates said. “When Andy announced his retirement, I was encouraged by friends to run for county supervisor. Andy and I have very similar philosophies when it comes to government.”

Gates said that at the county he would continue his efforts of fiscal responsibility, promoting economic development, focus on public safety and support for county parks. “I believe my experience from seven years of service on the Phoenix City Council can benefit Maricopa County—especially our innovation and efficiency efforts.

“I think District 3 is in a good place and I cannot emphasize enough that I am not going far. When I am elected to the county, I will continue to represent all the people who currently reside in Phoenix Council District 3.”

Gates said he plans to resign May 31. The City Council must then appoint someone to fill his seat until a special election is held to determine who will serve the remainder of his term through 2019. The City Council is scheduled to make that appointment in June.

“Bill Gates has been a personal friend of mine for many years, and someone who I have enjoyed working with on the City Council,” said Phoenix Mayor Greg Stanton. “I admire his intellect, appreciate his integrity, and believe he sets an example on how to disagree without being disagreeable. Bill is a class act, and we will miss him when he leaves our City Council in May.”

Estate planning questions answered

The law firm of Morris Hall, PLLC hosts a Question and Answer event about estate planning 10-11 a.m. Thursday, May 5 at the Burton Barr Central Library, 1221 N. Central Ave., in Room B on the first floor.

Attorney Andrea L. Claus and Partner Ronald G. Wilson will lead the free presentation. Morris Hall has dedicated its practice to estate planning for more than 40 years, and for the last 20 years has engaged exclusively in estate planning and supporting areas of the law. The firm is a member of the American Academy of Estate Planning Attorneys.

There is no need to RSVP for the free program.

Beautiful and Move-In Ready in North Central!



Price reduced to \$499,000

529 W. Las Palmaritas Drive

Move-in ready North Central Phoenix home. 4BD or 3BD plus Den/2.5 bath. Approximately 3,000 SF. Home features an open floor plan including vaulted ceilings, recessed lighting, 5.1 surround system, wood flooring, beautifully remodeled kitchen with large walk in pantry, and a center island. Large Master Suite includes additional bonus/den room with a large private balcony. The luxurious Master Bath includes a free standing soaker tub, deluxe shower with Carrera marble & rain shower head. The bedrooms have large walk in closets. Newly landscaped large front and rear yard both with great out door patio spaces.

Featured Properties



Two Biltmore Estates
New Models Soon! 3000sf to 5000sf
Amazing views and finishes



The Pavilions on Camelback
3Bd/2Ba 1 car garage 1375sf
Offered at \$319,000



Colony Biltmore Greens
3Bd/2Ba 2100sf Golf course views
Offered at \$639,500



Excellent Old Town Scottsdale location
3Bd/3.5Ba Just under 2,000sf
Offered at \$949,000



The Fairway Lodge
3000sf PENTHOUSE. Golf Course Views
Available fully furnished



Camelback Mountain
21,000Sf. Palatial Estate - 3 Floors w/
Elevator. Call for pricing



43rd. Place & Lincoln Dr.
Original PV home. Approx.1 Acre lot
w/room to expand. Offered at \$898,000



Crystal Point Towers
Amazing Panoramic Views 2,718sf
Central Phx. Offered at \$825,000



Phil Tibi MBA, GRI, ABR
602.692.0780
phil@cambridgeproperties.com
azbiltmoreestate.com



COMMUNITY

PANTRY continued from page 1

which include students from nearby St. Francis Xavier School, Brophy College Prep and Xavier College Prep. He also has a regular crew of volunteer retirees, many of whom are members of the church.

But McConnell emphasizes that you don't have to be a member of the church to volunteer—or to receive help from the pantry.

The pantry provides food boxes, as well as limited financial help with rent and utilities, for struggling working families in the area of Maryland Avenue south to Thomas Road, and from 7th Avenue to 16th Street. "The idea is to help as needed, rather than on a regular schedule," McConnell explains. "We're just here to help you over a temporary financial hurdle."

Those who need assistance call 602-212-4508 and leave a message about what it is they need assistance with, and if the pantry can help a volunteer team will deliver the food at the caller's convenience. The pantry also can provide limited financial help with household



Mark McConnell, right, president of the St. Vincent de Paul Conference at St. Francis Xavier Parish, assists volunteer John Chilcott in unloading donations to the parish's food pantry from a nearby grocery store (photo by Teri Carnicelli).

goods via a gift card to one of the nearby St. Vincent de Paul thrift stores.

McConnell says he has seen a drop in calls since nearby luxury condos and apartments have opened up. "There has

been an exodus from this area of lower-income families, who have most likely seen their own rents go up as the new, high-end condos have moved in," adding to the increase in housing costs

for the area, he explains.

Still, the calls do come in, and there is still need in the community. And the pantry needs some help as well—not only food donations, which can be dropped off inside the church (4715 N. Central Ave.) in one of the food collection boxes, but also a need for more volunteers.

Student volunteers are welcome, but must be accompanied by a parent when making a food delivery. All volunteers must first undergo a brief orientation. For more information, call 602-212-4541 and leave a message expressing your interest in volunteering at the pantry.

The new St. Francis Xavier Parish Center was officially opened in January as part of the final phase in a 10-year campaign effort, with the adjacent St. Francis Xavier School additions being completed first. The new Parish Center features a 600-seat Parish Hall, 50-seat chapel, prayer garden, conference rooms, administrative offices and Education Outreach Center, as well as the expanded food pantry. For more information, visit www.sfxphx.org.

STRAIGHTEN TEETH THE NATURAL WAY BY TREATING WHAT CAUSED THE CROOKED TEETH.

75% of children have crooked teeth and incorrect facial development. Studies show that Soft Tissue Dysfunction is the major cause.



myobrace®



No braces orthodontic systems for kids, teens and adults.



Myofunctional Orthodontics at Integrative Dental Associates

(602) 956-4800

ADVERTISEMENT

Real Estate Corner

Bobby Lieb

Your North Central and Biltmore residential real estate specialist

School is out for the summer

I am often asked when I go on a listing appointment, what is the best time of the year to sell? The first few months of the year are usually very strong because many families are traveling for the holidays or having family visit them and they do not want to be bothered with showings the last five weeks of the year. January through April

are very good months and in 2016 I have sold 52 homes in the first four months of the year. Having said that, I feel that May through July is the strongest selling period of the year because a lot of homeowners do not want to disrupt their lives by moving during the school months. There are a couple of reasons for the timing regarding school – either the kids are moving on to college, job changes or the possibility of your kids moving on to their high school years. The window is a very short for selling during these three months so I would encourage sellers to be reasonable with their list price because if it does not sell, the number of days on the market could impact your pocket book. Please stay away from Zillow--trust your realtor!

The market in Central Phoenix has been very good in certain price ranges and slow in others. There certainly are more homes on the market and even with the number of sales that I have been involved with in 2016, my active listings have increased to 43 homes for sale. The tides have turned to favor the

buyers in the \$500,000-plus price range and the sellers of single family homes of under \$300,000 are seeing the advantage tilt towards the sellers. The hardest hit selling market currently are the homes available over \$1 million and the major reason there is the instability of the stock market, which has impacted all of us. Don't be surprised if some of your homes stay on the market in the luxury market for more than six months. Pricing is very critical in the million-dollar-plus price range. I have been fortunate to have sold four homes this year with prices over \$1.6 million.

I am very proud of my kids (like all of us are!). My son Sean, a Brophy grad, is selling commercial real estate for Cushman and Wakefield, which is located at 24th Street and Camelback. My daughter Juliann will graduate in a couple of weeks with a degree in Sports Psychology and straight As (not from my side of the family) and also works for me part-time. Jesse, who graduated from Sunnyslope, is managing three OrangeTheory stores in the Phoenix area.

Finally, congratulations to Sidney Johnson on her wedding at the end of May and also kudos to Maddie Kingdon on her upcoming marriage. Best of luck to all of their families.

Bobby Lieb

Bobby Lieb
Associate Broker
HomeSmart
Elite Group Manager/Founder
5225 N. Central Ave., Ste. 104
Phoenix, AZ 85012
Mobile: 602-376-1341
Fax: 602-996-9141
www.centralphx.com
www.biltmoreazagent.com



For all your escrow and title insurance needs, contact
Kathy Zobel
AVP/Branch Manager
5225 N Central Ave., Suite 100 • Phoenix, AZ 85012
602-910-5679 • kzobel@wfgnationaltitle.com
arizona.wfgnationaltitle.com/location/north-central-branch/

Bobby Lieb

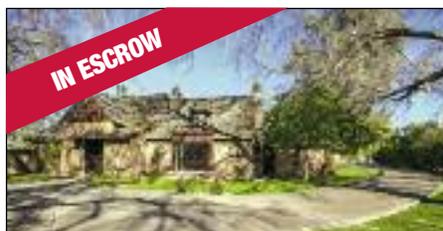
Associate Broker

Your North Central and Biltmore Specialist

602-761-4646

View our listings at www.centralphx.com
and www.biltmoreazagent.com

Luxury Homes for Sale!



130 E. Missouri Ave. ■ \$1,875,000



6012 N. Central Ave. ■ \$1,650,000



35 E. Myrtle Ave. ■ \$1,475,000



600 W. Berridge Ln. ■ \$1,295,000



3814 E. Mountain View Rd. ■ \$1,240,000



1721 E. Myrtle Ave. ■ \$975,000



1316 E. Myrtle Ave. ■ \$975,000



7602 N. Central Ave. \$965,000



26 W. Kaler Dr. ■ \$910,000



1815 E Palmaire Ave. ■ \$799,900



7201 N. Central Ave. ■ \$849,000



5741 N. 4th St. ■ \$859,000

www.centralphx.com ■ www.biltmoreazagent.com

FREE WATCH BATTERY
NO GIMMICKS!
1 per visit

FREE VERBAL APPRAISALS
No limit

Expert Engraving
• Personalize it and make it a special gift!

Expert Jewelry Repair
• Gold, Platinum, Silver and Precious Stone Items
• High Tech Laser Welding Work

High Grade Watch Repair
• Dials and Bezels • Replacement Bands

VOTED BEST BUYER
VOTED BEST PLACE TO SELL
Jewelry • Diamonds • Silver • Watches
Native American Items • Coins

Authorized eBay Seller - Let us sell it for you on eBay!
Purveyor & Dealer of Fine Items & Collectibles

JAY GOLDMAN LTD.
A LANDMARK JEWELER SINCE 1976
Bethany East Shopping Center
1515 E. Bethany Home Road #156
602-241-1333 (Anytime 24/7)
Facebook.com/JGoldmanLtd

ANYTIME FITNESS

- Always Open (24/7 Access)
- New Equipment
- Classes and Boot Camps
- Personal and Group Training

NOW OPEN!
Ask about our FREE 7 DAY TRIAL PASS!

111 E. Dunlap Ave. Phoenix, AZ 85020 (Central & Dunlap) 602-883-7800
4030 E. Thunderbird Phoenix, AZ 85032 (Thunderbird & 40th St.) 602-883-8733
www.anytimefitness.com

COMMUNITY

RECESS continued from page 3

restroom, reenergize and socialize with friends.

More than a dozen parents and a handful of students spoke before the board at its April 19 meeting pleading for a policy that would permit more free play, more breaks and ultimately more time for the board to fully examine what other schools around the state and country are doing to bring back more recess. As of press time, the board was set to vote on the presented policy at its May 3 meeting.

Sandi O'Connor has two children at Madison Traditional Academy. "They are given one brief break for lunch. This should not be counted as recess. They choke down their lunches—or some kids, like mine, skip eating entirely—so they have time to play. Kids also have to stand in line to use the restroom and wait, meanwhile their 20 minutes are ticking down."

"Madison will continue to allow each school to determine how recess is structured," Superintendent Kellis said. "Teachers are aware of the importance of giving the brain a break and re-oxygenating through physical activity." He points out that teachers often implement short in-class breaks that could include dancing, jumping jacks, or event a quick trip outside. "None of that is mandated; it is up to each teacher to decide what is best for their classroom and when."

Kellis says this new policy will continue the school-based decision process

while ensuring that time is allotted for physical activity.

Parents nonetheless argue that the policy does not go far enough, pointing out that 20 minutes out of a seven-hour day is simply not enough time for students to burn off excess energy and stress and be mentally prepared for the rest of the school day.

Several parents asked the board to at least take the time to review the research available regarding children and physical activity, as well as examine what other schools have been doing to put more recess back into the school day.

"The proposed policy just codifies what we have today, which doesn't support our children," said Eric Morrison, a father of three children who have attended a variety of Madison schools, including Camelview, MTA, Park, Rose Lane and Heights. "One 15-20 minute period after lunch just isn't adequate. We need a policy that reflects the excellent research that is out there."

Christine Davis, who organized the Facebook group Madison Parents for Recess, called on the board to restore a second recess period, to distinguish recess from P.E., and if it must be combined with a lunch period, to put recess first rather than last, for "calmer eating and less food waste."

The Madison District Governing Board is scheduled to meet 6 p.m. Tuesday, May 3, in the district office's boardroom, 5601 N. 16th St.

Editor's note: for a longer version of this story, view it online at www.northcentralnews.net in the Community section.

north central news
The voice of the north central phoenix community
5308 N. 12th Street, Suite 402
Phoenix, AZ 85014
(602) 277-2742 • Fax: (602) 277-6689
www.northcentralnews.net

Publisher	Tara A. Blanc
Editor	Teri Carnicelli
Staff Writer	Patty Talahongva
Sales and Marketing	Joanne Day Connie Dahlin
Office Manager	Janice Backus

Copyright 2016 by North Central News, Inc. No part of this publication may be reproduced without the express written consent of the publisher. The publisher assumes no liability for opinions contained within this publication; all statements are the sole opinions of the contributors and/or advertisers.

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.

If you would like to advertise in North Central News, call 602-277-2742 or e-mail advertising@northcentralnews.net to order a free media kit.

If you have a press release or would like to contribute information, please call our editorial office at 602-277-2742, fax us at 602-277-6689 or e-mail us at editor@northcentralnews.net

DEADLINE FOR ADVERTISING AND EDITORIAL IS THE 15TH OF THE MONTH PRECEDING PUBLICATION



LONG REALTY UPTOWN

"Property Experts, Neighborhood Enthusiasts"

4326 N. 25th St. 107



Melinda Eslinger
Designated Broker/Owner
602.999.6126
melindae@longrealty.com



Price Reduced!
\$500,000
3 BR/2.5 BA- 1,888 SF
Heather McDermott 602.810.8936

1256 E. Redfield Rd.



PENDING!
4 BR/2.75 BA- 2,002 SF
Melinda Eslinger 602.999.6126

16th St. and Union Hills Dr.



COMING SOON!
Remodeled/3 BR/2 BA
Kim George 602.316.3325



Kim George
REALTOR®
602.316.3325
kimgeorge@longrealty.com

33 E. Seminole Dr.



Beth Moorhouse
Associate Broker/Owner
602.821.1106
bethm@longrealty.com



JUST LISTED!
\$595,000
4 BR/2.5 BA- 3,236 SF
Melinda Eslinger 602.999.6126

362 E. Weldon Ave.



Price Reduced!
\$325,000
3 BR/2 BA- 1,847 SF
Heather McDermott 602.810.8936

804 E. Palmyra Ave.



JUST LISTED!
\$593,000
4 BR/3 BA- 2,422 SF
Jeffrey Long 404.379.1186



Jeffrey Long
REALTOR®
404.379.1186
myagentjeffrey@gmail.com

2117 W. Turner Ave.



Heather McDermott
REALTOR®/Owner
602.810.8936
hmcdermott@longrealty.com



Price Reduced!
\$150,000
Zoned R3
Melinda Eslinger 602.999.6126

1352 E. Whitton Ave.



PENDING!
2 BR/1 BA- 925 SF
Beth Moorhouse 602.821.1106

7110 N. Wilder Rd.



\$1,300,000
4 BR/3 BA/Guest House- 3,962 SF
Heather McDermott 602.810.8936



Kathleen Davis
REALTOR®
602.882.3106
kathyd@longrealty.com

1207 W. Rose Ln.



Ken Elder
REALTOR®
520.270.4307
kene@longrealty.com



JUST LISTED!
\$360,000
3 BR/1.75 BA- 1,937 SF
Heather McDermott 602.821.1106

4545 N. 67th Ave. 1224



COMING SOON!
3 BR/2 BA- 1,339 SF
Melinda Eslinger 602.999.6126

133 E. San Miguel Ave.



JUST LISTED!
\$769,000
3 BR/3.5 BA- 2,960 SF
Pete Urbaniak 602.469.4808



Diane D. Conners
REALTOR®
602.769.9503
dconners@longrealty.com

3805 E. Earll Dr. 3



Karen Nelson
REALTOR®
480.392.3983
karen@akteam.us



Rental!
\$1,800/month
4 BR/2.5 BA- 1,636 SF
Beth Moorhouse 602.821.1106

1401 E. Sierra St. 11



\$99,000
Mountain & City Views
Heather McDermott 602.810.8936

1815 E. Georgia Ave.



JUST LISTED!
\$420,000
4 BR/1.75 BA- 1,862 SF
Heather McDermott 602.821.1106



Pete Urbaniak
REALTOR®
602.469.4808
peteu@longrealty.com



Alyssa Nelson
REALTOR®
480.392.5230
alyssa@akteam.us

Long Realty Uptown • 4750 N. Central Ave. Ste 120 • Phoenix, AZ 85012
602.899.4640 • Independently Owned and Operated.
LongRealtyUptown.com



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 more than 8,000 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. May 10 and again on May 17, 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 volunteering at the thrift store.



Volunteer members assist children as they leave the Assistance League's Philanthropic Center with new school clothes, a new backpack, and toiletries. ALP's largest program, Operation School Bell®, provides new school clothing for children in need at more than 90 Title I elementary schools in the Phoenix area (submitted photo).

The meetings will be held at the Philanthropic Center, 9224 N. 5th St. Interested individuals should call 602-559-5635 or e-mail info@alphx.org to RSVP or 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.

Military families get free admission

The Heard Museum, 2301 N. Central Ave., is proud to be part of the Blue Star Museum Initiative. The program offers free admission to the museum for all active-duty military personnel and their families from Memorial Day (May 30) through Labor Day (Sept. 5.)

The program is available to any bear-

er of a Geneva Convention common access card (CAC), a DD Form 1173 ID card, or a DD Form 1173-1 ID card, which includes active-duty military members (Army, Navy, Air Force, Marines, Coast Guard), National Guard and Reserve members, and up to five immediate family members.

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

Free event features food, music, crafts

Local First Arizona presents the World Bazaar and Community Market, 10 a.m.-2 p.m. Saturday, May 7 at the 19th Avenue and Camelback Road Park and Ride.

Celebrate the rich culture of the Phoenix area. Co-sponsors include the International Rescue Committee, Valley Metro, and City of Phoenix.

Enjoy food, music and shopping with vendors from around the world. There will be a farmers market and KidsZone. Free to attend. Take the light rail and show your pass for special prizes.

 An advertisement for Beatitudes Campus. The background is a photograph of an elderly woman with short grey hair and glasses, wearing a white shirt and a green apron, smiling as she paints a green cup. Other people are visible in the background, also engaged in arts and crafts.

They call it arts & crafts. We call it Wednesday.

CELEBRATING COMMUNITY. ENRICHING LIVES.



Beatitudes

Campus

LifestyleatBeatitudes.org

Beatitudes Campus is a continuing care retirement community and a not-for-profit ministry of the Church of the Beatitudes.

We're changing retirement living. Come see for yourself by calling (602) 995-6100.



NORTH & CO.

A **REAL ESTATE** COMPANY



BRIAN NORTH 480.463.4373

4330 E KINGS LN | 85018

3,187 Sq Ft / 4 Bed / 3 Bath
Brand New Construction from Regal American Homes. 30,000+ Lot

\$699,000



KRIS MCLAUGHLIN 602.334.8887

4324 E STANFORD DR | 85018

2,521 Sq Ft / 3 Bed / 3 Bath
Mid-Century Modern at Its Best

JUST SOLD for \$699,000



BRIAN NORTH 480.463.4373

4501 E ARLINGTON RD | 85018

3,242 Sq Ft / 3 Bed / 3 Bath
New Price! Acre Lot Ready For Your Vision in the Shadow of Camelback Mountain

REDUCED TO \$1,178,500



TIFFANY GRIFFIN 480.766.0435

7720 E HEATHERBAE AVE | 85250

1,088 Sq Ft / 2 Bed / 2 Bath
Remodeled Townhouse in Old Town Scottsdale with Too Many Features to List PLUS Camelback Views! Close to Shopping, Restaurants, Golf Courses, and Greenbelt

\$250,000



VICKIE MCDERMOTT-RUPP 602.722.7971

5302 N QUESTA TIERRA DR | 85012

2,252 Sq Ft / 2 Bed + Den / 2 Bath
Located in the Beautiful Estate Questa Tierra

\$575,000



VICKIE MCDERMOTT-RUPP 602.722.7971

1920 E MARYLAND AVE UNIT 6 | 85016

1,455 Sq Ft / 2 Bed / 2.5 Bath
Beautifully Updated Maryland Place Townhome

\$269,900



EDMUND GARCIA 602.565.2235

4244 E ROMA AVE | 85018

2,336 Sq Ft / 4 Bed / 3.5 Bath
Contemporary New Build

\$790,000



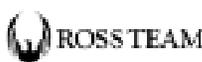
EDMUND GARCIA 602.565.2235

208 W PORTLAND ST UNIT 561 | 85003

2,829 Sq Ft / 4 Bed / 2.5 Bath
Glamorous Downtown Phoenix High Rise Penthouse

\$1,200,000

602.714.7000 • NORTHANDCO.com



Maison NMLS 179446 / BK 0902429 / NOVA NMLS 3087 / Equal Housing Opportunity / Ross NMLS 167825

NMLS # 188625

COMMUNITY

City proposes property tax hike

Each year, the city of Phoenix's budget is developed in conjunction with residents, the mayor, city council, city manager and city employees.

The city manager presented his trial budget for fiscal year 2016-17 to the Phoenix City Council on March 22, and the City Council will vote on a final budget on May 17. Several community budget meeting were held in April throughout the city, where residents got a snapshot of the tentative budget and gave their input.

Perhaps the one budget item that will cause the most public concern is a proposal to raise the city's secondary property tax rate by .35 cents, for a combined property tax rate of \$2.17. That's a monthly increase of approximately \$4.25 for the average homeowner. Since 1995, the combined rate has not changed, set at \$1.82 per \$100 of assessed value.

During the recession, when housing values fell almost 50 percent, the city used the General Obligation Bond Reserve fund to make debt service payments rather than increasing property taxes. But now, the reserve fund is almost depleted, and the city needs to find other resources to pay the \$37 million needed above what is raised by the current property tax.

This rate increase will allow the city to use its \$60 million surplus to pay for new services and to partially restore employee compensation. Some people opposed to the tax increase say it's a backdoor way to give already well-compensated city employees big pay increases. However, the city manager points out that since fiscal year 2010-11, city employees agreed to an almost 6 percent cut in compensation, 4.2 percent of which is still in effect. The budget proposes restoring up to 2.6 percent of the existing concessions, the cost of which would be approximately \$44 million over the next two years. Labor negotiations for fiscal years 2016-17 and 2017-18 are ongoing as current labor contracts expire June 30, 2016.

If you were unable attend one of the public meetings, the summary budget booklet can be downloaded from: www.phoenix.gov/budget. To send in comments, e-mail budget.research@phoenix.gov or call 602-262-4800.

The city manager will present his revised proposed budget to the City

Council on May 3, and the City Council is expected to make a decision on the budget on May 17. The approved plan will take effect on July 1.

Help reduce crime by volunteering

Phoenix residents who want to be more active in reducing crime in their neighborhoods have an opportunity this month to join the Phoenix Neighborhood Patrol (PNP) program.

The Phoenix Neighborhood Patrol Program began in 1994 as Block Watchers on Patrol and was associated with the Block Watch McGruff logo. The name and logo changed in 1999.

Phoenix Neighborhood Patrol participants are citizens, not police officers or police department volunteers. They have no powers of arrest beyond that of any private citizen. They are trained for observation purposes only and participate for benefit of their community or neighborhood.

In 2014, members logged over 27,000 miles and volunteered more than 44,000 hours of their time to their neighborhood. "That is over \$639,000 in value to the community," said Officer Deborah Iodice of the Phoenix Police Department's Block Watch Program. "Providing these patrols often gives people a stronger sense of ownership in their neighborhood, as well as drawing neighbors together in a common cause."

To join the Phoenix Neighborhood Patrol, you must be at least 18 years old and a resident of Phoenix. You also must complete four hours of training in the areas of patrol procedures, observation skills, the 9-1-1 system, reporting techniques, confrontation avoidance, safety practices and Block Watch grants.

Citizens who complete the training will be provided program identification cards, authorized to use identifying automobile door placards and cellular telephone equipment to conduct crime prevention activities in their neighborhood and to record and report suspicious activity.

Classes are held on Saturday mornings from 8 a.m. to Noon at the Mountain View Police Precinct, 2075 E. Maryland Ave. Seating is limited to 45 people. Doors open at 7:30 a.m. Upcoming training classes include May 14 and July 16. RSVP to deborah.iodice@phoenix.gov or call 602-495-0597.

ANTIQUES ON CENTRAL

Celebrating Our One-Year Anniversary

Annual Memorial Day Sale

May 21st-31st

SPECIAL DEALER DISCOUNTS FROM 10% - 50%
NEW MYSTERY ITEMS OF THE WEEK



We have an exciting new program to announce. Each week, several of our dealers will feature a single item

30%-75% SAVINGS

The challenge is to search that dealer's booth or case for the item. Hopefully it will be a treasure that you just can't live without.

The list of participating dealers will be viewable on our Facebook and website.

We will also send out email notifications on a weekly basis. If you would like to sign up, please send your request via email to antiques@antiquesoncentral.com

730 E. Missouri Avenue • 602-264-4525
www.antiquesoncentral.com • antiques@antiquesoncentral.com
Open Mon. through Sat. 10 am - 5:30 pm • Sun. noon-5 pm



PURPLE LIZARD

BOUTIQUE

AN ECLECTIC MIX

- Clothing • Art Gallery
- Gifts • Jewelry

COOL LINENS COOL COTTONS

Visit us on Facebook!

Located in Historic Phoenix at the SE Corner of 15th Ave. & Thomas Rd.
2827 N. 15th Ave., Phoenix, AZ 85007 • (602) 728-0980

Where Shopping is an Experience • Come Visit and Enjoy!!

Now Open!

Yoanni's

Beauty and Barber Salon

An affordable salon for the entire family / Se habla Espanol
8330 N. 7th St., Phoenix, 85020 602. 997.1373

New customer specials:

- \$5 off women's haircut and blowout
- \$3 off men's haircut
- Free haircut with one solid color service

Specializing in women's and men's haircuts
-Men's razor fades, edge ups
and old fashioned hot towel shaving
-Facials, hair removal waxing
and eyebrow waxing

Helping you move from where you are . . .



to where you want to be.



Jill Yancey

Realtor
HomeSmart Elite Group
www.jillyancey.com
cell 602.770.3250



5225 N. Central
Suite 104
Phoenix • 85012



Mary King

Realtor
HomeSmart Elite Group
www.soldbymaryking.com
cell 602.319.4055



Let us put our knowledge, professionalism, and experience to work for you.



COMMUNITY

It's Getting Hot! SEE OUR "COOL" SUMMER SUPPLIES SMELLYDOGGAZ.COM

Keep Cool with a Summer Cut

10% OFF Grooming
 Call ahead to schedule appointment. Not valid on washing services. Must Present Coupon at time of service. Cannot be combined with any other offer. Cannot be redeemed for cash or credit. Exp. 5/31/2016

20% OFF 1 ITEM of Summer Supplies
 Discount goes toward any full-priced retail merchandise categorized as "Summer Supplies." Must present coupon at time of purchase. Cannot be combined with any other discount. Cannot be redeemed for cash or credit. Exp. 5/31/2016

FREE DAYCARE
 One FREE day of daycare to first time Smelly Dog Daycare customers. Please call ahead to schedule appointment. Must Present Coupon at time of service. Cannot be combined with any other offer. Cannot be redeemed for cash or credit. Exp. 5/31/2016

WORK DOWNTOWN? We are on your way!
 Daycare open Mon - Fri 7am - 7pm

grooming, daycare & natural dog food
smellyDOG
 modern dog market & wash house

5033 N. 7th Ave. PHX
 602.265.6806
 chase us on... [f](#) [t](#) [i](#)



The new PetSmart Patio at Chase Field features 30 "Doggie Suites" with dedicated space for four humans and one dog so that pet parents can enjoy America's favorite pastime with their best friend. Seen here is Brian Wolsko of Phoenix with his dog Jethro, a 2-year-old Rat Terrier, cheering on the D-backs as they take on the Chicago Cubs on April 10 (Mark Peterman/AP Images for PetSmart).

Ballpark boasts new pet-friendly areas

PetSmart, Inc. and the Arizona Diamondbacks have teamed up to create the first-ever season-long, dog-friendly ballpark with a dedicated new PetSmart Patio, PetSmart Park and the

Dog Days of Summer program, where dog-loving fans can bring their dogs to all 13 Sunday D-backs home games in the 2016 season.

Pet parents can enjoy America's favorite pastime with their best friends at Chase Field with exclusive seating, a grassy play area nearby, and the PetSmart adoption spot that will feature adoptable dogs ready to find their forever homes among the D-backs' fan base. The first Dog Days of Summer Sunday home game was April 10.

The PetSmart Patio is located along the main concourse behind the left-center field wall. The patio area features a family-friendly atmosphere with multi-tiered seating that is perfect for groups of humans and canines of various sizes. Pets can enjoy concessions such as dog-friendly ice cream with toppings like kibble and other pet treats. As part of the Dog Days of Summer ticket package, pet parents will also receive a PetSmart "Doggie Bag," complete with free items from PetSmart.

Directly behind the PetSmart Patio will be the PetSmart Park—an outdoor and indoor (air conditioned) dog park so even in the heat of the summer dogs can run around and play.

Dog Days of Summer ticket packages are available now for \$160 and include a semi-private space with all the necessities for four people and one dog. Each table comes with access to All-You-Can-Eat hot dogs, soda, water, popcorn, peanuts, and chips.

Proof of up-to-date rabies vaccination records will need to be provided. For

7th St. & Glendale

Madison Animal Hospital & Grooming



Ask about our Free Vaccines For Life!

Bring this ad for 1/2 off your wellness exam!

Valid through 08/31/16. New patients only. Limit 1 per household.

602-358-7815



Open 7 Days • Interest Free Payment Plans

539 E. Glendale Avenue, #1 | Phoenix, AZ 85020 | www.madisonahaz.com

Proud Member of AZPetVet.com – A Family of Animal Hospitals

COMMUNITY

more information and to purchase tickets for Dog Days of Summer, call 602-462-4600 or visit <http://arizona.diamondbacks.mlb.com> and click on the Dog Days of Summer box.

In addition to the new semi-private seating area for pet parents and their pooches, PetSmart will continue to sponsor the annual Bark at the Park game day special events, in conjunction with Central Garden & Pet, the parent of AvoDerm Natural Pet Foods and Nylabone.

At each of the Bark at the Park games, in addition to taking in the excitement of Major League Baseball, fans and their dogs can join in a pre-game parade around the field and enjoy a PetSmart-hosted activities center including dog-friendly ice cream samples, photo ops, Pet Expression dog-friendly painted stencils featuring the logos of the teams playing that day, giveaways and discount coupons.

The Bark at the Park 2016 season launched on May 1 when the Diamondbacks hosted the Colorado Rockies at Chase Field in Phoenix. Other Bark at the Park game dates include: May 14 and 20; June 5 and 21; July 9 and 22; Aug. 9, 16 and 28; and Sept. 13 and 21. These are separate events from the Dog Days of Summer promotion. Seating is alone the baseline and in the bleachers; tickets range from \$40-\$56 for one owner and one dog.

Visit <http://arizona.diamondbacks.mlb.com> and find Bark at the Park games under "Tickets."



This handsome kitty survived being hit by a car and is now ready to be the purrrrrfect lap cat for a loving family (submitted photo).

Pet of the Month Lucky Freddy ready for forever home

More than half of the animals that arrive at the Arizona Humane Society (AHS) are rescued as injured strays. So it was with Freddy who mistakenly wandered away from home one night. Startled by the unfamiliar sights and sounds, the British Shorthair mix dashed out into the dark road and was struck by a passing car leaving him unconscious and lying in the middle of the street.

Thankfully, a Good Samaritan noticed him and soon Freddy was in the care of the highly skilled medical staff at AHS. After several weeks of recovering from wounds, this inquisitive and people-oriented 3-year-old is ready to curl up on a warm lap and spend the rest of his life as a pampered housecat.

please see FREDDY on page 16

Pets love Kodi's Natural Pet Foods



**You
will,
too!**

Natural and Holistic Pet Foods

MAY SPECIAL

\$5 OFF ALL STELLA & CHEWYS FROZEN FOOD

With this ad. Expires 5/31/2016. Not valid with any other coupons or offers.

Hours: Mon - Fri 10 a.m. - 6 p.m. • Sat 9 a.m. - 5 p.m. • Sun 11 a.m. - 4 p.m.

**602-265-0462 • 6058 N. 16th St.
www.kodisnaturalpetfoods.com • kodi6@cox.net**

Professional FAMILY PET CARE

North Central
Animal Hospital

Family owned & operated since 1995



602-395-9773

www.NorthCentralAnimalHospital.com



Skin Cancer Awareness Month

Did you know ...

- Skin tumors are the most common tumors found in dogs.
- Tumor means an abnormal growth or swelling.
- Lumps can include cysts, abscesses, & granulomas.
- All skin lumps should be tested for malignancy.
- Three out of ten of these skin tumors are malignant.
- When caught early, many can be treated successfully.
- There are four types of skin cancers: epithelial tumors, mesenchymal tumors, round cell tumors, and melanomas.
- Different cancers may require different treatment.
- A cytology or biopsy of the lump is needed. You can't tell by just looking or feeling the area.
- Make it a habit of checking over your pet every month!

Free Pet Skin Tumor Screenings This Month

Got a bump? We'll check that lump!

www.NorthCentralAnimalHospital.com

**Your Other Family Doctor
...for Dogs, Cats, Birds, & Exotics**

COMMUNITY

FREDDY continued from page 15

Freddy is available now at the Sunnyslope Campus located at 9226 N. 13th Ave. His adoption fee is \$40 and includes his medical treatment and vaccinations. He may have been adopted by the time you visit the shelter, but there are many other pets in need of a loving home and you can see them all by visiting www.azhumane.org.

Have your dog's behavior approved

Does your canine friend good manners at home as well as out in the community? Receive an AKC Canine Good Citizen Evaluation 8 a.m.-1 p.m. Sunday, May 15 at the North Mountain Visitor Center, 12950 N. 7th St.

The Canine Good Citizen Program is a two-part program that stresses responsible pet ownership for owners and basic good manners for dogs. All dogs who pass the 10-step CGC test may receive a certificate from the American Kennel Club.

The certified evaluator will test your dog for this AKC recognized title and give you the paperwork to mail in to AKC on the same day.

Reservations are available through Leslie Spencer-Snyder at 602-861-9256 or cell phone at 602-679-1955. Only one dog is evaluated at a time so time slots are limited. Cost is \$20 per test per dog. Multiple dogs are welcome if properly supervised and handled. A portion of the proceeds from this event goes toward the operations costs of the North Mountain Visitor Center.

Deposit of \$10 is required before the event to reserve the spot.

Class benefits animals with medical issues

Kinesphere Center for Movement Education hosts a "Down Dogs for Paws" yoga class 8:30-9:30 a.m. Saturday, May 7. This is an alignment-based yoga class, led by instructor Tami Link, that benefits M.A.I.N. (Medical Animals In Need). All of the proceeds from this event will go to the organization. All ages and skill levels welcome.

A minimum donation of \$5 is suggested. No advance registration is required.

Kinesphere is located at 711 E. Missouri Ave., Ste. 180. For more information, visit www.kinesphere-studio.com, email info@kinesphere-studio.com, or call 602-532-3111.

How to interpret pet food labels

The North Mountain Visitor Center, 12950 N. 7th St., hosts Dr. Julie Mayer for a program on how to read pet food labels, 7-8:30 p.m. Friday, May 13.

Mayer has been practicing veterinary medicine for more than 20 years. She has dedicated most of her career to holistic medicine and rehabilitation. Mayer is certified in veterinary acupuncture, veterinary chiropractic, canine rehabilitation, is a Reiki practitioner and continuously seeks education in the growing field of integrative care and physical rehabilitation.

There is no charge for the program, however, there is a suggested donation to Save Our Mountains Foundation of

\$10. No one is turned away. To RSVP, call 602-343-5125.

Summer teen camp for horse lovers

The Arizona Humane Society co-hosts an "Equine Victory Vets" summer camp for those who love animals, but particularly horses.

Presented offsite in collaboration with the Arizona Agribusiness & Equine Center, 3775 E. Union Hills Drive, this career-discovery program for teenage animal lovers (ages 15-18) focuses on veterinary sciences with an emphasis on equine sciences. Students will learn about horses, pathways to the veterinary field, surgery procedures and have the opportunity to dissect organs to study animal anatomy.

Additionally, students will work with AHS' Emergency Animal Medical Technicians (EAMT) to understand animal cruelty and proper equine care. The camp takes place 9 a.m.-3 p.m. June 6-10. Cost is \$275. To register, visit <http://www.azhumane.org/programs-for-kids/>.



Gentle Groomers

Big and small ... we love them all!

We will be open on May 12th and celebrate our

GRAND OPENING MAY 19th

Grooming includes bathing, clipping toenails and, of course, a haircut by our canine hair stylist.

Receive 10% OFF your first visit!

Call us at 602-566-7325 to pre-book!

8911 N. Central Avenue • Phoenix

gentlegroomer.net • gentlegroomer@yahoo.com

When Experience Matters, Call Rodney Coty



1009 W. Vista Ave. • \$589,900
5 bdms • 1.75 baths • 2400 SF • 2 car garage • 13,543 SF irrigated lot



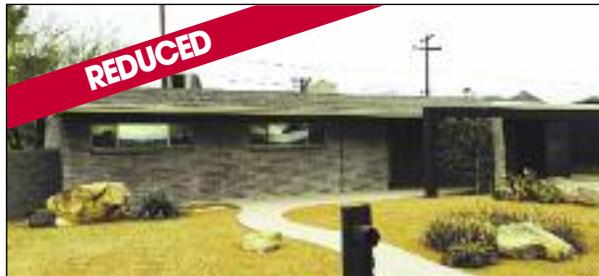
531 W. Claremont Ave.
3 bdms • 2 baths • Office 2364 SF • Pool • Fireplace • Remodel



8522 N. 15th Drive • \$649,900
5 bdms • 2.75 baths • 2947 SF • Guest qtrs • Basement • 2 car garage



1018 W. State Ave. • \$649,000
5 bed • 3.75 baths • 3001 SF • 2.5 car garage • Complete renovation



1008 E. Manzanita Drive • \$359,000
3 bdms • 1.75 baths • 1508 SF • Corner lot • Remodel



3935 W. Surrey Ave.
3 bdrm • 1.75 baths • 1442 SF • 2 car garage • Updated



For more information about these and other properties, contact

Rodney Coty

Cell: 602-570-2689

Fax: 602-749-6114

www.RodneyCoty.com



Be sure to visit my real estate web site, which features my current listings and offers you the ability to search virtually every home for sale on the multiple listing service. In addition, you'll find comprehensive community information for Arizona's cities and towns that will help guide you in selecting the right real estate or home for sale.

Pioneer Title Agency

COMMITMENT TO SERVICE



Erich Reichenberger
Vice President/Area Manager
Maricopa County Sales Manager
Pioneer Title Agency, Inc.
14850 N. Scottsdale Rd. Suite 160
Scottsdale, AZ 85254
480.368.1500 Office • 602.799.2345 Cell

**Call us today
to discuss
your home
loan needs!**



Andrew Nametz
Vice President of Sales
NMLS: #323454

Main: (866) 815-1803 x 306
Mobile: (858) 200-5827
Fax: (877) 616-8716



6245 N. 24th Parkway, Suite 213
Phoenix, AZ 85016
Company NMLS #173855

Equal Housing Lender. Cornerstone Mortgage Group NMLS #173855. Restrictions Apply.

You've talked the talk
and walked the walk ...
now it's time to
Shop the Shops!

The Shops...
...on Camelback

Home & Garden Furnishings and Accessories

Open Monday-Saturday 10am - 5 pm • Sunday 11am - 4pm

1030 E. Camelback Road • 602-277-1030

www.theshopsoncamelback.com

DIAMOND JIM'S

Honest Sales & Purchases for over 30 Years

WE BUY GOLD
Silver, Platinum,
Diamonds, Coins
and Valuables

JEWELRY REPAIR
Done on Site
by a
Professional

ALL VALUABLES
We Buy Broken or
Damaged Items &
Also Watches



• **AS SEEN ON CHANNELS 5 & 12** •

- Shop with us for **Mother's Day!**
- **\$5 Off Any Repair Over \$20!**
Simply bring in this ad.
- Experience, Honesty & Integrity

602-466-1772

*We sell for you
on Ebay!*

DiamondJims4Cash.com • N.E. Corner 16th St. & Bethany Home Rd.

COMMUNITY

Letter carriers collect nonperishable food

The largest single-day food drive in the United States—one which helps St. Mary's Food Bank Alliance and other Arizona Food Banks survive during the long, hot summer—also happens to be one of the easiest to be a part of.

All it takes is a quick trip to your mailbox.

On Saturday, May 14, more than 5,000 letter carriers across the Valley will pick up canned food donations on their regular mail routes during the 24th Annual National Association of Letter Carriers (NALC) "Stamp Out Hunger" Food Drive.

Throughout the week leading up to the food drive, letter carriers will drop off reminder post cards and special grocery bags to both city and rural residents' mailboxes. Items most needed by the food banks include canned fruit and vegetables, soups and meals in a can, pasta, peanut butter, tuna, rice and cereal.

For more information on this event, visit www.helpstampouthunger.com.

Library kicks off summer reading

Kids, teens and adults can participate in "On Your Mark Get Set ... Read!"—the annual Summer Reading Program from June 1-Aug. 1. Register online at www.maricopacountyreads.org to track your progress and earn prizes and a free book from a list of selected titles.

Reading at least 20 minutes a day helps students avoid summer learning loss ... and it's fun! Hanging out by the pool? Download a favorite book to your electronic device.

There is always something new, fun and interesting going on at your local library. For more information, visit www.phoenixpubliclibrary.org or call 602-262-4636.

Free admission on 'Museum Day'

The 39th-Annual International Museum Day, organized on or around May 18 each year, aims at raising public awareness about the vital role museums play in their communities.

Pueblo Grande Museum will offer free museum admission from 9 a.m. to 4 p.m. on Wednesday, May 18. There will be free gallery tours and artifact show-and-tell stations where guests can touch and ask questions. The museum is located at 4619 E. Washington St. For more information visit www.pueblogrande.com or call 602-495-0901.

The Heard Museum, located at 2301 N. Central Ave., offers 2-for-1 admission on May 18 for general adults or seniors in groups of two or four people. The museum will be open 9:30 a.m. to 5 p.m. Mention International Museum Day to receive discount at Visitor Services. This discount is only redeemable at the door and can only be used on May 18. For more information on International Museum Day, visit <http://imd.icom.museum>.



1521 West Frier Drive

2,630 sq. ft.
3 Bedroom 2 Bath
3+ Car Garage
Private Pool
on 1/4 Acre Lot
GORGEOUS!



HOME SMART *Elite Group*

DON MERTES
(602) 919-8471



for more information and photography, visit
1521westfrier.com



AFFORDABLE GARAGE DOOR & OPENER REPAIR

BROKEN SPRING ALERT

\$129⁹⁵



Why Wait? Replace Every 8 Years

Includes 2 Oil Tempered Springs
(Oversize Custom Doors Cost Extra)

Installed with
LIFETIME WARRANTY

Plus **FREE Center Bearing**
Plus **FREE Lube-N-Tune!**

It Doesn't Have to be Expensive to Get Your Garage Door Opening Again!

Save on Services

VISA MasterCard American Express Discover

Bonded & Insured

w/ Fees

BBB Accredited Business

SOAZ LIC# 506141

Listed with PORA!

Affordable Garage Door and Opener Repair

602-301-4653

www.AffordableGarageDoor.biz

GARAGE DOORS SHOULD NOT MAKE NOISE

DOOR TUNE-UP SPECIAL

A-Maintain-It-Before-It-Breaks Tune-Up Special

FREE with Any Repair

\$49⁹⁵

Reg. \$89.95

We will lube your: Springs • Rollers • Hinges • Opener
(The Proper Lubricant is Important)

We will adjust: Spring Tension & the Open and Close Force on the Opener

Over time the springs lose tension, causing the opener to lift too much weight, causing it to fail prematurely.
(\$49.95 Now will save you hundreds in the future)

THESE PRICES CAN'T BE BEAT!

THERE IS NO PROBLEM WITH YOUR DOOR THAT WE CANNOT FIX

\$50 OFF ANY REPAIR

STUCK DOORS • OPENER ISSUES
WEATHER STRIPPING
ROLLER REPLACEMENT
END BEARINGS • & MUCH MORE

Coupon not valid for spring replacements.

I Sell and Install Garage Doors at the Lowest Possible Prices



\$284⁹⁹ INSTALLED

1/2 Horse Power Belt or Screw Drive Liftmaster

Includes One Car Remote

Coupon must be present when order is placed. Not valid with other offers. Limited time offer.

CRACKED OR SAGGING DOOR

If your garage door has crack on any panel or sags in the middle, I can fix it for a fraction of the cost of replacing it.

AVAILABLE 24/7

Call Now for Your FREE No-Obligation Estimate!

WEATHER-STRIPPING SALE!

KEEP BUGS AND DUST OUT OF YOUR GARAGE!

We Sell & Install Weather-Stripping for the Top, Bottom & Sides for Your Garage Door

Listed With PORA



Not an ROC we don't need to be.

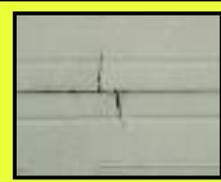
MOST COMMON PROBLEMS WITH THE DOOR OR OPENER



BROKEN SPRINGS



BROKEN GEAR AND SPROCKET



CRACKED OR SAGGING PANEL



GARAGE DOOR OR OPENER LOUD OR NOISY

AFFORDABLE SLIDING PATIO DOOR REPAIR

- ✓ **Does Your;** Door Stick or Bind up or Feel Really Hard to Open and/or Shut?
- ✓ **Does Your;** Screen Door Do the Same Thing? or is Damaged by Pets or Kids?
- ✓ **Does Your;** Lock not Work Properly or you Need Keys for it?
- ✓ **Does Your;** Door or Windows have Cracked or Broken Glass?
- ✓ **Do You Need;** New Screens for Patio or Windows?
- ✓ **Do You Need;** New Windows or Doors
- ✓ **Do You Need;** The Lock Changed Out? (Not a Locksmith)
- ✓ **Do You Need;** A Pet Proof Screen on Your Door?

Why Put Up With This?



It Should Be Easy to Open Your Patio Door!

602-301-4653

French Doors? *Oui* Can Help!

MOST COMMON PROBLEMS WITH PATIO DOORS



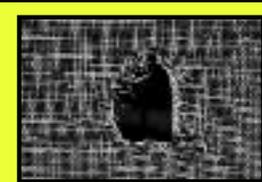
WORN OUT ROLLERS



DAMAGED TRACKS



BROKEN LOCKS



DAMAGED SCREENS

Complete Building and Design Services for All Residential Remodeling Projects



Free Estimates • Free Professional Designs
 Room Additions • Guest Houses • Major Remodeling • City Ready Blueprints

FREE city ready blueprint
 with any size room addition. Up to \$1,500 value!



Bonded • Insured
 Licensed
 ROC #237983



Residential Remodeling General Contractor

Designing and building in Central Phoenix and Arcadia for over 20 years

2500 E. Thomas Rd. #103
 www.arcadiadb.com

602.577.5005

Jewels & Estate Gallery
 BY G. DARRELL OLSON

Jewels & Estate Gallery
 celebrates 50 years on Camelback Road
 with the opening of our full service jewelry store
 in the Emerald Plaza located at
 914 E. Camelback Road

**We specialize in and are licensed buyers of
 diamond jewelry, precious gems, vintage jewelry,
 sterling flatware and fine arts.**

**For 43 years we've been members of the
 American Gem Society.**

602-956-0606

Open Monday - Saturday 11 am - 7 pm



COMMUNITY

Community Central

Mother's Day Remembrance

1-3 p.m. Saturday, May 7
 Hospice of the Valley
 1510 E. Flower St.

Participants are asked to bring a photo of their mothers and a personal memento to display on a "memory table." Participants will engage in sharing what we learned about the "art of living" from our mothers, as well as other memorable stories. An honoring ritual and light refreshments will close the afternoon. There is no charge to attend. RSVP to: 602-636-5390.

Free Comic Book Day

10 a.m.-6 p.m. Saturday, May 7
 All About Books and Comics
 24 W. Camelback Road
 602-277-0757

The shop will celebrate the 15th Annual National Free Comic Book Day by giving away thousands of free comics and hosting a free Comic Book Day Party. There also will be a sidewalk sale and free photo opps with superheroes like Spider Man, Captain America, Dr. Strange, Deadpool, and more. Discounts will be given on all merchandise with a \$5 cash donation to support Hospice of the Valley. Free superhero balloon twisting from 12-2 p.m. Visit www.AllAboutComics.com.

Phoenix Chapter

Westerners International
 5:30 p.m. Wednesday, May 11
 Spoke & Wheel
 8525 N. Central Ave.
 602-242-3022

The Westerners International is an organization dedicated to studying western history. The Phoenix Chapter focuses mainly on Arizona history. This month's speaker is Doug Hocking, an independent scholar of American history, ethnology and historical archeology. He will speak about Thomas Jonathan Jeffords, a United States Army scout, Indian agent, and later a stagecoach driver in the Arizona Territory. His friendship with Apache leader Cochise was instrumental in ending the Indian wars in the region. Jimmy Stewart played Tom Jeffords in the 1950s movie "Broken Arrow." Dinner begins at 6:30 p.m. Cost is \$20

per person. RSVP by May 10 to bjsmith5@cox.net. This will be the last meeting until fall.

Pentecost Jazz Sunday

9 a.m. Sunday, May 15
 Church of the Beatitudes
 555 W. Glendale Ave.

Worship at Church of the Beatitudes will feature some of the most prominent jazz musicians in Arizona including: Brice Winston, saxophone; Russell Schmidt, piano; Dwight Kilian, bass; and Robby Carrillo, drums. After worship, enjoy food, drink, and fellowship in Nelson Hall as these fine musicians give a free concert over the brunch hour, from 10:30-11:15 a.m. All are welcome.

Meet Sandy Bahr of the Sierra Club

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

The Phoenix Branch of AAUW (The American Association of University Women) hosts Sandy Bahr, director of the Grand Canyon (Arizona) Chapter of the Sierra Club. Her responsibilities have included advocating for environmental protection with state and federal agencies, conducting research, fundraising, and organizing and developing priority projects. She will speak to AAUW on Climate Change, Arizona Environmental Problems, and Water. The program will begin after an optional dinner (\$15) at 5:30 p.m. RSVP for the dinner to 602-992-8145 by noon on May 13. Visitors are welcome. Enter the Beatitudes at the gate by the flag on Glendale Avenue.

History of the White Tank Mountains

12-1 p.m. Saturday, May 21
 North Mountain Visitor Center
 12950 N. 7th St.

Bootleggers, bank robbers, and horse thieves? They were all here in the White Tank Mountains at one time or another. Historian Karen Krause offers a free presentation on the fascinating history of the White Tank Mountains, which were "on the map" before Phoenix even existed. This is a "brown bag" event, feel free to bring a lunch to enjoy during the program. No RSVP required.

North Central...We are committed to *our* community!

Our kids go to school here. We volunteer here. We shop & dine here. We work here. We live & dream here.

These Top Performing Agents are one reason HomeSmart is a **LEADER** in the **LUXURY HOME** market. Call one of our Elite North Central Agents for all your real estate needs!



SAM MILLER

(602) 570-8656
sam.milleraz@gmail.com



SHELLY LANE

(602) 319-4942
shellyalane@cox.net



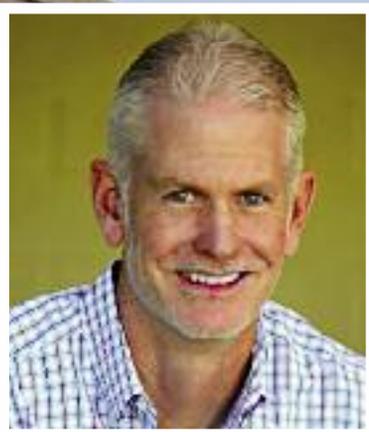
RONDA CRONIN

(602) 541-2410
ronda@rondacronin.com



RODNEY COTY

(602) 570-2689
rodneycoty@gmail.com



MIKE WEEKS

(602) 625-7058
mike@mikeweeksrealtor.com



PAT MARTIN

(602) 432-2150
patmartinaz@cox.net



TOM BRYANT

(602) 980-7712
tombryantaz@cox.net



BOBBY LIEB

(602) 376-1341
boblieb@aol.com





TAKING CARE OF BUSINESS

Find your center

- Acupuncture
- Massage
- Yoga
- Fitness
- Thai Yoga
- Life coaching
- Hypnotherapy
- Innovative workshops

Any class Anytime \$10

KHARMA LIFE CENTER
 THE HEART OF WELLNESS
 700 w. Campbell Ave. #1 Phoenix AZ 85013
 kharmalife.com info@kharmalife.com
 602.795.9767

Visit us and our experts will help you find your center



Odeen Domingo and wife Jenny Poon, co-owners of CO+HOOTS, stand in one of the large open shared working areas available at their new location, inside a 1960s midcentury modern office building at 221 E. Indianola Ave. The building is one of the few original structures raised up on stilts that remain in the Central Phoenix area (photo by Teri Carnicelli).

REWARD

Popular non-profit thrift shop benefiting animal rescue – Boxer Luv Rescue – is seeking help. Luv-To-Save Thrift Shop, is 100% volunteer driven. No amount of time is too little. No prior experience needed. You will assist in various retail operations including accepting donations, sorting, organizing, pricing, and customer service. Why?

- Choose your own schedule
- Meet new people with big hearts like yours
- Stay active – Work sitting, standing, walking, driving
- Help save the lives of abandoned and abused dogs
- Convenient North Central neighborhood location
- Enjoy being valued and needed in your community

“LUV-TO-SAVE” THRIFT SHOP So what's the reward? Volunteering is rewarding. We Need You! Stop in, contact us by email Luv-to-Save@boxerluv.org or 602-997-1263 today!

1221 E. Northern Avenue, PHX, AZ 85020 • (602) 997-1263
 Tuesday – Friday 11am- 4pm; Saturday 10am- 5pm

CO+HOOTS opens in midtown Phoenix

By Teri Carnicelli

CO+HOOTS, a small business that supports small businesses, isn't so small anymore. That's because the company founded in 2010 by Jenny Poon has just moved into its new space—and it's three times the size of the original downtown site at 825 N. 7th St.

CO+HOOTS introduced a unique approach to co-working by combining the shared workspace model with community engagement programs targeted toward the next generation of entrepreneurs and leaders in the Phoenix area.

CO+HOOTS quickly reached capacity at its downtown location, which was inside a historic building that used to house one of the first downtown grocery stores. It later resettled into an old 1950s-era converted car repair shop at 1027 E. Washington St.

“We've moved three times in the six years we have been in business because of capacity issues since our membership kept growing,” explains Odeen Domingo, Poon's husband and business partner.

Last year, Poon and Domingo approached LISC Phoenix about moving to a new location in the heart of midtown within walking distance of the Central and Indian School Light Rail station.

LISC Phoenix was formed in 1992

to work with local leaders to invest in housing, health, education, public safety and employment. LISC was able to provide both the loan for the acquisition of the building as well as the financing on construction and furniture to complete CO+HOOTS' vision of establishing a foothold in the up-and-coming midtown Phoenix market.

In February, CO+HOOTS also launched an Indiegogo campaign with the goal of raising \$50,000 to help reduce the loan amount for furniture, which is built into the cost of the loan. The campaign closed on April 9, having surpassed the goal by bringing in \$53,655. Donations are still being collected at: tiny.cc/imincohoos.

The second location, which opened mid-April, adds 14,000 square feet to CO+HOOTS' co-working space and allows increased capacity to its continued community outreach. The midtown location, at 221 E. Indianola Ave., now serves as CO+HOOTS' main coworking office. Currently, there are 200 active members—nonprofits, entrepreneurs, startups, small businesses, freelancers and remote workers.

Memberships range from \$79 a month for WiFi, daily access to open flex space and unlimited access to programming, to \$1,299 a month for a private office, free use of conference rooms and 24/7 access to the space.

please see CO+HOOTS on page 24

What the Font?

In the next few issues, similar to “Fun with Flags” with Dr. Sheldon Cooper, we are going to explore FONTS. Today, a short subject will be discussed due to limited page space and that is Glyphs. In typography, a glyph is an elemental symbol within an agreed set of symbols, intended to represent a readable character for the purposes of writing. Thus a Glyph for the Letter F in Winter Holidays looks like this “ F ” Some fonts have extra Glyphs with accent marks above them, some have more ligatures and swaths. A few more examples of a glyph would be û, ffi, Ç, Ø and so forth. Watch for more “what the Font” in future NCN publications.

IMPRESSION MAKERS PRINTING

FSC Certified

1505 West 10th Place • Tempe 480.967.2180

TOP 10 THINGS TO DO WHEN SELLING YOUR HOME

#1 Call me.

(I'll handle the other 9)



Cheryl M. Barnoli

602-469-2964

cbarnoli@hsmove.com

www.homesnap.com/Cheryl-Barnoli



TAKING CARE OF BUSINESS



Morris Hall PLLC presents ...

ASK AN ATTORNEY!

at the Burton Barr Central Library



Morris Hall attorneys, **Andrea Claus & Ronald G. Wilson** invite you to drop by and enjoy a donut and coffee on us, **Thursday, May 5th at 10:00 am.**

- Not sure if you need to have a formal review?
- Curious about where you should keep your plan?
- Do you have questions about with whom you should share your plan?
- Do you have questions about your digital assets?
- Are there questions about how a co-trustee situation really works?
- Do you have additional questions about your estate plan?
- Just want to come by and say hello?

MH
a premier estate
planning law firm
MORRIS HALL PLLC
www.morristrust.com

THURSDAY MAY 5TH **Burton Barr**
10:00am - 11:00am Central Library*
1221 North Central Avenue Phoenix, AZ 85004
*Meeting Room B, 1st Floor

**No need to register...
simply stop by!**

Friends, neighbors and family members
are also welcome.

CO+HOOTS continued from page 22

The new facility also offers space for lunch-and-learn events and other business education programming, open to the public. Upcoming “Midweek Mindtweek” programs, which are 12-1 p.m., include: Ergonomics/Good Posture with Reenea Hernandez, May 11; Phoenix NAP, a global IT services provider, presented by Dan Weldon, May 18; and How to Keep Your Business Secure, by Yael Grauer, May 25.

“Our goal is to eventually offer educational programs every day of the week, as well as teach 400 kids entrepreneurial and coding skills a year,” Poon says.

Visit <https://cohoots.com> and <https://cohootsmidtown.com/> for more information.

Business Briefs

Hiring Fest set for May 4

Goodwill of Central Arizona is hosting a Hiring Fest 10 a.m.-2 p.m. Wednesday, May 4, at all Goodwill Career Centers.

Approximately 70 hiring employers will be spread out on-site at each of the participating Goodwill Career Centers and other locations. They all have immediate hiring needs for open positions across a variety of industries and skill levels.

Participating employers include: State Farm, Home Depot, Wells Fargo, Chase Bank, Hilton Worldwide, Mesa Public Schools, Starbucks, Verizon Wireless, City of Tempe, Safelite, Fry’s Food & Drug, City of Avondale, Walgreens and many more.

Job seekers are encouraged to arrive early, bring resumes, dress professionally and be prepared to talk to hiring managers.

Locations include: 1625 W. Camelback Road—Walgreens, Corporate Job Bank, Starbucks; 4005 N. 16th St.—Chase Bank, Hilton World Wide, Osborn District, Mid-First Bank, State Farm, Chick-Fil-A; and Fresh Start Women’s Resource Center, 1130 E. McDowell Road—National Clean Energy, Starbucks, TransDev, Cartwright Elementary School District.

For a complete list of locations address and participating employers visit <https://www.goodwillaz.org/event/hiring-fest-at-many-locations/>.

Jewelry store shines in new location

The birthstone for the month of May is an emerald. So it’s fitting that a longtime Valley jewelry business operated by G. Darrell Olson is opening in its new location this month inside the Emerald Center, located at 914 E. Camelback Road.

Olson has spent 54 years in the business on East Camelback Road. Starting in 1960 at 16th Street in the Bayless shopping center, he moved on with his partner Paul Johnson in 1968 to a building they designed and constructed at 1940 E. Camelback.

Leaving for a brief detour, Olson returned in 1976 to the Town & Country Shopping Center, 2047 E. Camelback Road, and was there for 36 years. With the demolition of his store to make way for Nordstrom’s Rack, he moved to 1846 E. Camelback Road for the next six years. When the owners decided to demolish the building, Jewels & Estate Gallery made its next—and hopefully its last—move to the Emerald Plaza.

It starts with a dream ...



7 E. Muriel



18021 N. 14th Place



18042 N. 14th Street



Sam Miller

Multi Million Dollar Producer
Phoenix Native
Diamond Club Award Winner
“Outstanding work ethic!”
“Tenacious!”



(602) 570-8656
sam.milleraz@gmail.com
MYAZMOVE.COM



12367 W. Hadley

NOVA HOME LOANS

NMLS 108573 / BK 0502429 / NOVA NMLS 3087
Equal Housing Opportunity

Kathleen Martin
Senior Loan Officer

480.614.6436

kathleen@novahomeloans.com
www.mortgagesbykathy.com



please see **JEWELRY** on page 26

325 E OCOTILLO RD - PHOENIX

OPEN HOUSE - THURSDAY MAY 19TH

6:00PM TO 9:00PM



Please come join us to see our finished product!

Wine & hors d'oeuvres will be served along with live music. RSVP to azfineproperties@cox.net

We will also be showcasing our other communities throughout the Valley.

Stunning, new build contemporary 6 bedroom, 5.5 bathroom, 6515 sq. ft. home! Located in desirable North Central neighborhood just minutes from top schools, choice restaurants and retail. Spacious indoor and outdoor living areas are ideal for entertaining and family gathering. The home features an open floor plan, beamed and coffered ceilings, three gas fireplaces, Thermador and SubZero appliances, custom built-ins, cabinetry and shelving. Organic contemporary finishes include European white oak DuChateau floors, Cantera stone fireplace surrounds, polished marble and quartz countertops, Kohler tubs and Moen fixtures. Large pocket doors open to the outdoor entertainment area which houses a heated pool and spa, a built-in BBQ and an outdoor fireplace. Travertine and concrete pavers, brick veneer shingles and lush landscaping contribute to the idyllic street scene. Visit www.ArizonaFineProperty.com for more information. **Offered at \$2,850,000**

EMPIRE RESIDENTIAL COMMUNITIES

ANNOUNCES THREE NEW EXCLUSIVE DEVELOPMENTS COMING SOON



- ◆ A private, gated community located at 40th Street and Osborn
- ◆ Choose from six floor plans starting at 2800 SF
- ◆ Visit www.TheVillasatBakerPark.com for details



- ◆ A private, gated community located at 7th Avenue and Butler
- ◆ Ten Home Sites
- ◆ Floor Plans Starting at 2800 SF



- ◆ An intimate enclave conveniently located at Central Avenue and Frier Drive
- ◆ Four Custom Home Sites

SALES AND MARKETING BY THE GRIGG'S GROUP

480.540.5479





GREATER PHOENIX CHAMBER OF COMMERCE
IMPACT AWARDS
CELEBRATING BUSINESS

29TH ANNUAL IMPACT AWARDS LUNCHEON

Wednesday, May 18 | 11 a.m. – 1 p.m.

Join us in celebrating award-winning businesses that are moving Arizona forward. Event attendees will hear IMPACT Award recipients' inspirational stories and learn what makes them the best of the best, all leading up to the announcement of two companies as IMPACT Businesses of the Year. Don't miss this celebration of achievement, perseverance and community service.



Small to Medium Business Category (250 employees or fewer):	Large Business Category (More than 250 employees):
2016 Community Champion <i>Danzeisen Dairy</i>	2016 Community Champion <i>Cox Communications</i>
2016 Economic Driver <i>The Dhaba/India Plaza</i>	2016 Economic Driver <i>Caliber, The Wealth Development Company</i>
2016 Entrepreneurial Excellence <i>Melrose Pharmacy</i>	2016 Entrepreneurial Excellence <i>WebPT, Inc.</i>
2016 Response to Adversity <i>Goettl Air Conditioning</i>	2016 Response to Adversity <i>CopperPoint Insurance Companies</i>

www.phoenixchamber.com/impact

TAKING CARE OF BUSINESS

JEWELRY continued from page 24

The full-service jewelry store features vintage and heirloom jewelry, bridal rings as well as custom pieces. For May, emeralds make a fitting gift for birthdays, anniversaries and of course, Mother's Day.

Olson has more than 30 grandchildren and hopes someday that a few of them will continue the legacy at the store, perhaps for another 50-plus years.

For more information, call 602-956-0606 or visit <http://www.jewels-bygdo.com>.

Chamber announces IMPACT finalists

The Greater Phoenix Chamber of Commerce (GPCC) has selected 8 deserving local companies as recipients of its 29th Annual IMPACT Awards. The awards honor the accomplishments of small, large and nonprofit businesses and the positive effect they have on the Valley's business community and economy.

Among the honorees in the Small/Medium Business Category (250

employees or fewer) is Melrose Pharmacy, owned by Teresa Stickler and located at 706 W. Montecito Ave. Melrose Pharmacy is receiving the "Entrepreneurial Excellence" IMPACT Award.

Stickler opened Melrose Pharmacy in 2005 with a commitment to offer unique services, care for patients, and a family-oriented approach. Melrose Pharmacy distinguishes itself with a focus on weight management, advancing women's health through hormone replacement therapy and compounding, medication adherence, as well as common health and preventive practices.

In November 2014, Stickler was honored with the Innovation in Entrepreneurship Award from the W. P. Carey School of Business at Arizona State University.

During the 29th Annual IMPACT Awards Luncheon, the 2016 IMPACT Businesses of the Year will be selected from these eight honorees and announced during the luncheon.

The IMPACT Awards luncheon will take place 11 a.m.-1 p.m. Wednesday, May 18, at The Arizona Biltmore, 2400 E. Missouri Ave. Tickets are \$75 for GPCC members and \$85 for non-members. For reservations, visit www.phoenixchamber.com/impact.

Your scorpion video can win you \$500

Bug & Weed Mart, the locally owned DIY pest control retailer located at 5030 N. Central Ave., invites the public to enter its "Ultimate Scorpion Hunter Challenge" for a chance to win \$500, plus one year of scorpion prevention supplies, plus instruction.

Participants age 18 and older are asked to create and submit a "how-to" video showing their best techniques and tricks for getting rid of scorpions. Contestants are encouraged to make their entries creative and compelling and must include a brief written description (up to 150 words).

Submissions are due beginning Sunday, May 15 through midnight, Friday June 3. To enter, e-mail an original video to contest@bugweedmart.com. The written description of up to 150 words and contact information should be typed in the body of the email. Videos can be a link or an MP4 file.

Bug & Weed Mart will review and upload entries to the company Facebook page. The entries with the most likes will be selected as finalists.



Accepting Applications for
TRIDENT SECURITY

SECURITY OFFICERS

PROFESSIONALS NEEDED FOR POSITIONS AT HIGH RISE OFFICE BUILDINGS, GATED COMMUNITIES AND HEALTHCARE FACILITIES.




WE OFFER

• Paid Vacation • Professional Posts • Affordable Health Insurance

\$9.50 TO \$13.50 PER HOUR

PLEASE APPLY IN PERSON

Accepting Applications
Monday through Friday 9AM to 4PM

2085 South Cottonwood Dr.
(East of Broadway/Loop 101 South side of street)
Tempe, AZ 85282

7740 N. 16th Street #125
(16th Street South of Northern)
Phoenix, AZ 85020
Accepting Applications
Monday through Friday 9AM to 4PM
& Saturday 10AM to 2PM

QUALIFIED CANDIDATES MUST HAVE A CLEAN CRIMINAL RECORD, HS DIPLOMA OR GED AND A VALID AZ GUARD LICENSE IS PREFERRED. LICENSE # 1003110.

TAKING CARE OF BUSINESS

The winning video will be selected from the finalists by Bug & Weed Mart owners, Jim and Joe LaBrie. For more information, call 602-265-0046.

Williams honored by NOPAL award

Scott Williams, recreation programmer with the city of Phoenix, on March 28 accepted an award for "Outstanding Contributions" from NOPAL. The group of community leaders that come together to form NOPAL (North Phoenix Prevention Alliance Coalition) work in the north Phoenix area to keep alcohol and recreational drugs out of the hands of youth. This group has been a partner with the Sunnyslope Community Center since its inception in 2009.

Williams was recreation programmer at the Sunnyslope Community Center for seven years until his recent promotion to Coordinator II and transfer to Encanto Park, where he will be coordinating the city of Phoenix Softball Program. His sites now include Papago Park, Desert West and the Rose Mofford Sports Complex, overseeing a total of 30 softball leagues.

Cuban immigrant living her dream

Yoanni Garcia came to the United States from Cuba to marry her fiancé, Larry Heimer, in 2009. She spoke no English when she arrived and knew nothing about U.S. culture. She wanted a better life for herself and her then 6-year-old daughter, and was willing to risk everything to come here.

When she arrived, she started learning English and once she grasped the language she worked on getting her citizenship. She passed the test with flying

colors and her daughter, Alianna, became a citizen as well.

After getting her hair stylist license and working for other salons, Garcia decided to open her own salon, and in late March, she introduced Yoanni's Beauty and Barber Salon to the Central Phoenix community.

The salon is located at 8330 N. 7th St. Garcia says she chose the location because it is central to so many things—Sunnyslope and North Mountain, close to midtown, and with attractive retail and dining nearby.

The salon itself has been newly remodeled, with all new equipment inside. Services provided are affordable haircuts for the whole family. In addition, the salon offers color and highlights, hair extensions, hair removal waxing, and facials. The salon isn't just for women; Yoanni's offers old-fashioned hot towel shaving for men.

Yoanni's Beauty and Barber Salon is open 11 a.m. to 7 p.m. Monday through Sunday. For more information, call 602-997-1373.

Hunton joins team at RepublicBankAz

Mark D. Hunton has joined the RepublicBankAz as vice president, commercial banker.

Prior to joining RepublicBankAZ, Hunton was a loan and business development officer with Horizon Community Bank. Hunton also held positions as commercial credit manager with Desert Schools Federal Credit Union and vice president, commercial lending officer with Community Bank of Arizona.

For more information, call 602-277-2500 or visit www.republicbankaz.com.



PLAY 18 HOLES WHEN YOU WANT TO PLAY.



NO TEE TIME REQUIRED

FAMILIAR FACES

PROGRAMS FOR ALL AGES

LOCATED IN THE HEART OF PHOENIX

LOCATED IN THE HEART OF CENTRAL PHOENIX, PHOENIX COUNTRY CLUB IS THE ONLY PRIVATE GOLF COURSE OF ITS KIND THAT DOES NOT REQUIRE TEE TIMES. BRING YOUR BEST GAME. WE PROVIDE FAMILY GOLF PROGRAMS FOR ALL AGES AND SKILL LEVELS.

HERE, OUR STAFF MAKE EVERY VISIT FEEL LIKE COMING HOME, AND OUR MEMBERS WELCOME ONE ANOTHER LIKE FAMILY.

THIS BEAUTIFUL REFUGE FROM THE EVERYDAY IS A SPECTACULAR MEMBERSHIP VALUE.

PHOENIX COUNTRY CLUB IS A PRIVATE CLUB. MEMBERSHIP IS ACCEPTED THROUGH SPONSORSHIP BY CURRENT MEMBERS. PLEASE CONTACT MARY GRASS TO INQUIRE ABOUT INTRODUCTIONS AND MEMBERSHIP.

FOR MORE INFORMATION: PHOENIXCOUNTRYCLUB.COM
602.636.9823 or mgrass@phoenixcountryclub.com



1899

PHOENIX COUNTRY CLUB

SEVENTH STREET & THOMAS ROAD



AIRES, LLC

Providing services to children and adults with developmental disabilities, as well as the elderly, since 1978

Our mission is to help people that we provide supports & services to live happy, healthy & fulfilling lives. We are looking for caring, capable and compassionate people!

Open positions:

- Caregivers – work in our In Home Care dept. (HCBS), or Group Home/Day Program dept. in Glendale, Peoria, NW Phoenix, West Valley Buckeye & Avondale \$8.50/hr
*No Exp necessary, we provide training, preference given to eligible drivers
- Group Home Supervisors in Glendale 25k/annual
*Previous exp helping people w/ disabilities, supervisory exp, 21+yrs w/ good driving record

Please apply at www.aires.org or visit us at
2140 W. Greenway Rd, Ste 140, Phoenix 602-995-3591 x1000



Bobby Lieb
Associate Broker

602-376-1341 mobile
E Mail: bobby@centralphx.com

*Bobby Lieb's
Honors and Awards*

HomeSmart Hall of Fame
2014 Award
First Inductee

**HomeSmart's #1
Top Performing Agent
2011 through 2014**
by volume and units sold
out of 7,300 agents worldwide

**HomeSmart's
Diamond Club
2011 through 2014**

**Top Selling Agent
in North Central**
for the 15th year in a row

Ranked
#1 Agent in Maricopa County
by the *Phoenix Business Journal*
for total dollar volume
closed in 2014

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

Winner
**Double Diamond Award
2003 through 2010**

Winner
**Diamond Club
1999 through 2002**

Kathy Wright
Licensed Assistant

**100% CLUB
Award Winner
2001 – 2010
Diamond Award Winner
2012, 2013, 2014**

Bobby Lieb

Associate Broker



Your North Central and Biltmore Specialist

602-761-4646

View our listings at www.centralphx.com and www.biltmoreazagent.com

Current Listings/Escrows

(North Central homes in bold)

6050 N. Paradise View Dr.IN ESCROW	8901 SF	.6BR/8.5BA	\$1,950,000
130 E. Missouri Ave.IN ESCROW	4774 SF	.4BR/4.5BA	\$1,875,000
6012 N. Central Ave.NEW PRICE	4486 SF	.4BR/3BA	\$1,650,000
35 E. Myrtle Ave.IN ESCROW	5150 SF	.4BR/5BA	\$1,475,000
600 W. Berridge Ln.NEW PRICE	5239 SF	.5BR/4BA	\$1,295,000
3814 E. Mountain View Rd.NEW PRICE	5138 SF	.5BR/5.5BA	\$1,240,000
1721 E. Myrtle Ave.NEW PRICE	3936 SF	.4BR/3.5BA	\$ 925,000
1316 W. Myrtle Ave.IN ESCROW	Lot		\$ 975,000
7602 N. Central Ave.NEW PRICE	4064 SF	.4BR/3.5BA	\$ 965,000
26 W. Kaler Dr.NEW PRICE	4221 SF	.5BR/4BA	\$ 910,000
5323 N. 2nd St.IN ESCROW	4058 SF	.4BR/3.5BA	\$ 921,768
5741 N 4th St.NEW PRICE	3310 SF	.4BR/3.5BA	\$ 859,000
7201 N. Central Ave.JUST LISTED	3269 SF	.4BR/3BA	\$ 849,000
1815 E. Palmyra Ave.NEW CONSTRUCTION	3110 SF	.4BR/3.5BA	\$ 799,900
7837 N Central Ave.		4597 SF	.4BR/5.5NA	\$ 799,000
7208 N. 3rd St.NEW PRICE	3677 SF	.4BR/3BA	\$ 749,000
5318 N. 2nd St.IN ESCROW	4058 SF	.4BR/3.5BA	\$ 754,900
5319 N. 2nd St.IN ESCROW	3501 SF	.4BR/3.5BA	\$ 734,900
5322 N. 2nd St.IN ESCROW	4058 SF	.4BR/3.5BA	\$ 744,900
5314 N. 2nd St.IN ESCROW	3501 SF	.4BR/3.5BA	\$ 724,900
105 E. Lamar Rd.NEW PRICE	4200 SF	.5BR/5BA	\$ 699,000
5310 N. 2nd St.IN ESCROW	2863 SF	.3BR/2.5BA	\$ 694,900
5315 N. 2nd St.IN ESCROW	2863 SF	.3BR/2.5BA	\$ 675,000
5311 N. 2nd St.IN ESCROW	2863 SF	.3BR/2.5BA	\$ 675,000
707 E. Kaler Dr.JUST LISTE	3004 SF	.4BR/3BA	\$ 659,000
600 W. Las PalmaritasNEW CONSTRUCTION	2935 SF	.4BR/3BA	\$ 625,000
2737 E. Arizona Biltmore Cr. #30	.NEW PRICE	3250 SF	.3BR/3BA	\$ 599,000
210 E. Keim Dr.JUST LISTED	2182 SF	.3BR/2.5BA	\$ 599,995
77 E. Missouri Ave. #74NEW PRICE	3184 SF	.3BR/2.5BA	\$ 550,000
7627 N. 11th Ave.IN ESCROW	2978 SF	.4BR/3.5BA	\$ 599,000
27 E. San Miguel Ave.IN ESCROW	2700 SF	.3BR/2.5BA	\$ 599,900
131 W. San Juan Ave.IN ESCROW	2003 SF	.4BR/3BA	\$ 539,000
33 E. Butler Dr.NEW PRICE	3146 SF	.3BR/3BA	\$ 449,000
1701 E. McLellan Blvd.NEW PRICE	2228 SF	.4BR/2.75BA	\$ 449,000
2615 N. Walker WayIN ESCROW	2267 SF	.4BR/2.5BA	\$ 425,480
3107 N. 32nd WayIN ESCROW	2267 SF	.4BR/2.5BA	\$ 416,000
2607 N. Walker WayIN ESCROW	1870 SF	.3BR/2BA	\$ 409,685
2611 N. Walker WayIN ESCROW	1870 SF	.3BR/2BA	\$ 402,634
2647 N. Walker WayJUST LISTED	1870 SF	.3BR/2BA	\$ 402,634
5301 N. 6th St.IN ESCROW	2351 SF	.3BR/2BA	\$ 395,000
Add 2623 N. Walker WayJUST LISTED	1870SF	.3BR/2BA	\$ 393,748
2627 N. Walker WayJUST LISTED	1870 SF	.3BR/2BA	\$ 393,632
3104 N. 32nd WayIN ESCROW	2267 SF	.4BR/2.5BA	\$ 388,144
77 E. Missouri Ave. #16IN ESCROW	2431 SF	.3BR/2.5BA	\$ 350,000
1801 E MinnezonaJUST LISTED	2058 SF	.3BR/2BA	\$ 334,900
4220 N. 19th St.NEW PRICE	1971 SF	.3BR/2BA	\$ 325,000
125 E. Echo Ln.NEW PRICE	1712 SF	.3BR/2BA	\$ 285,000
550 W. Maryland Ave. #114		1315 SF	.2BR/2BA	\$ 265,000
550 W. Maryland Ave. #112IN ESCROW	1323 SF	.3BR/2.5BA	\$ 265,000
550 W. Maryland Ave.#136		1323 SF	.2BR/2.5BA	\$ 250,000
3601 E. Bloomfield RdNEW PRICE	1662 SF	.3BR/1.75BA	\$ 239,900
1834 W. Citrus WayNEW PRICE	1752 SF	.3BR/2BA	\$ 199,000
9437 N. 5th Ave.IN ESCROW	1615 SF	.4BR/2BA	\$ 189,000
750 E. Northern Ave. #1046IN ESCROW	1220 SF	.3BR/2BA	\$ 145,000



Bobby Lieb

Associate Broker



Featured Homes for April



7208 N. 3rd St. ■ \$749,000



105 E. Lamar Rd. ■ \$699,000



210 E. Keim Dr. ■ \$599,99



1011 W. Palo Verde Dr. ■ \$559,000



77 E. Missouri Ave. #74 ■ \$550,000



33 E. Butler Dr. ■ \$449,000



1701 E. McLellan Blvd. ■ \$449,000



8449 N. 1st Dr. ■ \$399,000



1801 E. Minnezona Ave. ■ \$334,900

30 SOLD and 26 properties currently in escrow.
Call 602-761-4646 today for a complimentary marketing consultation!

SOLD Homes

6019 N. 20th St.	\$1,875,000	209 E. Myrtle Ave.	\$ 680,000	9026 N. 16th St.	\$ 431,000	1026 E. Wagon Wheel Ave.	\$ 256,000
9202 N. 52nd St.	\$1,850,000	550 W. Las Palmaritas	\$ 675,000	7319 N. 6th Pl.	\$ 423,000	739 E. Orangewood Ave.	\$ 250,000
123 W. Frier Dr.	\$ 907,000	6524 N. 4th St.	\$ 635,000	1307 W. Rose Ln.	\$ 350,000	3010 E. Corrine Dr.	\$ 182,500
1811 E. Palmaire Ave.	\$ 829,000	1911 E. Claremont St.	\$ 565,000	5402 E. Pinchot Ave.	\$ 349,000	1715 E. Turney Ave.	\$ 185,000
10 W. Vista Ave.	\$ 850,000	4613 N. 31st St.	\$ 495,000	1219 W. Rovey Ave.	\$ 320,000	750 E Northern Ave. #1093	\$ 142,000
5718 N. 24th St.	\$ 795,000	521 W. Las Palmaritas	\$ 455,000	1613 W. Verde Ln.	\$ 252,500	312 W. Maryland Ave.	\$ 97,500
7539 N. 21st Pl.	\$ 787,500	14 E. Laurie Ln.	\$ 450,000	7 E. Muriel Ave.	\$ 248,000		
15223 N. 12th St.	\$ 750,000	3103 E. Hazelwood St.	\$ 445,000	3312 N. Randolph Rd.	\$ 214,000		

For all your escrow and title insurance needs, contact

Kathy Zobel, AVP/Branch Manager

5225 N. Central Ave. Suite 100

Phoenix Arizona 85012

602-910-5679 • kzobel@wfgnationaltitle.com

arizona.wfgnationaltitle.com/location/north-central-branch/



WFG National Title Company
a Williston Financial Group company



NORTH MOUNTAIN
Cardio Health
& Fitness

Politely Obscure and Obscurely Polite

Cephalgia. Coryza. Lumbago. The language of medicine is filled with obscure terms for common afflictions like a headache, a cold or some low back pain. This tendency is often attributed to the fact that in earlier centuries Latin was the medical world’s *lingua franca*. Such language also had another purpose, in that it served to diminish some of the earthiness of the medical realities being described.

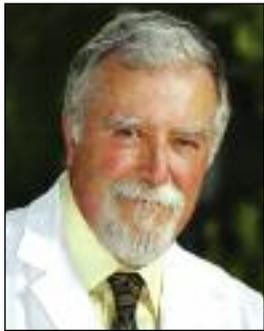
Take, for example, the condition called *diabetes*, a term derived from the Greek word for siphon. At the time (around 50 B.C.), virtually nothing was known about blood sugar, and the most visible feature of this disease was its tendency to make patients urinate incessantly. So the term diabetes was coined to serve as an obscure but polite way of referring to a condition in which patients seemed to be quite literally peeing themselves to death.

To my knowledge, the CDC hasn’t published any data on patterns of urination in the U.S., but it has told us that the number of people with diabetes has increased 14-fold since 1958. In the same period, the prevalence of obesity has gone from 10.7% to 35.9%. The two are thought to be related: weight gain is often the trigger for developing prediabetes and diabetes in genetically susceptible individuals.

Fortunately for many of us, this association is somewhat loose. Not everyone with diabetes carries excess weight, and not everyone who is heavy develops type 2 diabetes. People of size who have prediabetes may be able to eliminate the condition and/or slow or prevent progression to diabetes by losing weight. Interestingly, the amount of weight loss required seems to be small: a 5-10% reduction may be all that is needed. Apparently, our bodies are perfectly willing to reward good intentions and modest efforts rather than demanding that we lose heroic amounts of weight.

I am a cardiologist, so it’s no surprise that I treat a lot of people with heart disease. I also have a lot of diabetic patients, because more than 60-70% of people with diabetes develop cardiovascular disease. Rather than dealing just with the heart disease that results from diabetes, *wouldn’t it be nice*, I thought, *if I could also treat patients by keeping them from developing diabetes*. That’s why I created North Mountain Cardio’s Stop Diabetes Program. We can show you what your risk for prediabetes or diabetes is, what you can do about it, and what the health benefits for you will be. We will also show you how to lower your risk and/or your blood sugar using methods that are simple, painless and effective.

Good health is a lifelong undertaking, and every day offers us the opportunity to take another step to secure it and to maintain it.



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

Happy May Day!
John Sutherland MD

THE PROGRAM FOR METABOLIC HEALTH

PREVENTING DIABETES

NORTH MOUNTAIN Cardio
9812 N. 7th Street, Phoenix, AZ 85020
602-714-6783



HEALTHY LIVING



Some of the members of the Progressive Cardiovascular Care Unit at HonorHealth John C. Lincoln Medical Center, standing, from left: registered nurses Scholastica Masioge, Susie Laird, Beth Cooke, Kristin Tirado, Samantha Valcarce, Chuck Balcome and Maria Gates; Clinical Director Wilma Perkes; Nursing Supervisor Kevin Merk; and registered nurses Dianna Jackson, Nancy Engle, and Christine Leiberling. Kneeling, from left: Jamie Wrede, RN; Sezaline Rogers, PCT; Frank Villa, PCT; and Diana Martinez, RN (submitted photo).

Medical center unit lauded for patient care

The Progressive Cardiovascular Care Unit at HonorHealth John C. Lincoln Medical Center received the Beacon Award for Excellence from the American Association of Critical Care Nurses.

That makes John C. Lincoln Medical Center in Sunnyslope the only hospital in Arizona with three patient care units recognized for exceptional patient care through evidence-based care and collaboration. In the country, fewer than 25 hospitals have three or more units with Beacon designations.

Beacon units set the standard for patient care. The Cardiovascular Intensive Care Unit and the Intensive Care Unit at HonorHealth John C. Lincoln also have Beacon awards.

“We have a dynamic and cohesive team that strives to put the patient first at all times,” said Maria Gates, RN, BSN, clinical director of the Progressive Cardiovascular Care Unit. “I am extremely proud of this accomplishment for our unit as it speaks to the excellence we demonstrate every day. I am honored to work with such an amazing group of professionals.”

“These awards show John C. Lincoln Medical Center’s dedication to excellence,” added Kristina Zimmermann, MSN, RN, vice presi-

dent and chief nursing officer, HonorHealth John C. Lincoln Medical Center. “Our nurses provide the best care and put our patients first. It’s gratifying when an independent organization also recognizes our nurses’ care as among the very best.”

About 339 units in hospitals across the country have Beacon designations.

Health Briefs

Share your personal stories of cancer

The monthly MRM Cancer Support Group offers support for patients, families and community members dealing with all types of cancers. The next meeting is set for 6-7:30 p.m. Thursday, May 19, in the meeting room inside Bluewater Grill, 1720 E. Camelback Road. It will be the last meeting until fall.

Terry Ratner, RN, MFA, founder of the support group, will lead an open discussion about cancer—the questions, the challenges, the struggles and the latest information available to survivors and family members.

Admission is free. A complimentary vegetarian buffet will be served. An RSVP is requested by Monday, May 16. To RSVP, call Terry Ratner at 602-527-3776 or e-mail info@terryratner.com. For more information about the Michael Ratner

HEALTHY LIVING

Memorial (MRM) Community Cancer Support Association, visit www.mrm-cancersupport.com.

Tune up your vitality, knees

Movement and vitality are two inseparable characteristics of aliveness. Whether our activity is an everyday one such as reaching or reclining, or we are pursuing an athletic skill, the human body is a complex design of brains and biomechanics.

Join Deborah Simmer for a “Movement and Vitality Workshop” from 1 to 2:30 p.m. Saturday, May 14. Using foundational principles from Z Health, SmartSpine and GYROTONIC Methodology, this workshop gives you an experience with getting your body ready to move, mobilizing joints to result in better overall movement, using sensory input to create postural awareness, and integrating the information delivered by stress/pain/discomfort. It’s a 90-minute experience with a neuro-physio focus on you. Cost is \$35 before May 13, \$40 after.

Then check out the “KneeHab Workshop” with Isabelle Barter, 1-2:30 p.m. Saturday, May 21. Deepen your understanding of the anatomy and biomechanics of the knees and their relationship with the hips and ankles. Learn rolling strategies using Yoga Tune Up therapy massage balls to relieve tension and restore the soft tissue around your hips, knees, and lower legs. Explore exercises and techniques that help with painful knees, and refresh your joints from the inside out. Cost is \$35 before May 20, \$40 after.

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

LA Fitness offers free day on May 12

May is National Physical Fitness Month and to celebrate, LA Fitness wants to get you back on track by offering everyone free access to all Arizona clubs all day on Thursday, May 12.

Anyone 18 and older who is not currently a member is invited in on the free day. Come try out the popular Personal Training Zones or look up some of the fitness classes like Zumba, Aqua Fit or Power Circuit.

LA Fitness, founded in 1984, has

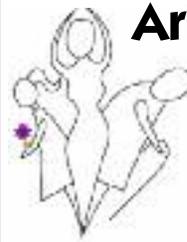
multiple locations all over the Valley so it is easy to find a location close to you. For locations and more information, visit www.lafitness.com.

Outdoor yoga wraps up in May

Saturdays through May 28, come enjoy a DiRTYOGA offering at the Uptown Market, in the east parking lot of North Phoenix Baptist Church, 5757 N. Central Ave. The hour long Hatha-inspired session will be set up in the grass behind the Grower’s Market and commence at 10 a.m. Classes will be led by 500-hour yoga certified teacher Ashley Burns. Burns strives to build an inclusive space to open up and relax.

This grassroots movement began at Grover’s Park in 2012, and expanded to Central Phoenix. DiRTYOGA has been recognized by the Arizona Republic, and deemed “Best Cheap Yoga” by Phoenix New Times.

DiRTYOGA is a community-funded service that runs off your donations; there is a suggested \$5 donation. For more information, visit its Facebook page at Dirtyyoga.



Arizona Gynecology Consultants

3410 N. 4th Ave. • Phoenix, AZ 85013
1008 E. McDowell Road • Phoenix, AZ 85006

602-358-8588

Introducing our NEW Individualized Weight Loss Program

Most Insurance Plans Accepted



Lindsey Purcelley, FNP

- No special food to buy
- Personalized prescription only appetite suppressants
- Tailored to your individual metabolic needs
- Monthly visits for progress monitoring and support

The program is designed to help you as an individual reach and ultimately maintain your weight loss goal.

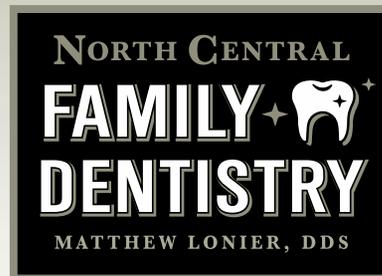
Our practice also offers extended hours during the week and Saturday appointments to accommodate your busy schedules.

Call today to schedule your appointment!

602-358-8588



Matthew Lonier, DDS



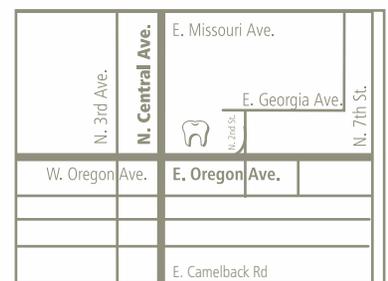
MAKE US YOUR TRUSTED DENTAL HOME

Dr. Lonier and the skilled staff at North Central Family Dentistry are dedicated to providing excellent dental care to our community in a relaxed and friendly environment.

Now offering the convenience of single-visit porcelain crowns. No messy impressions or temporaries!

NEW PATIENTS WELCOME

We are conveniently located in central Phoenix, three blocks north of Camelback Road on Central Avenue.



5225 N. Central Avenue, Ste. 102
Phoenix, AZ 85012

We accept all PPO dental plans.

SCHEDULE AN APPOINTMENT TODAY! 602.242.2576 | NCFDENTISTRY.COM



SCHOOL DAYS

Extraordinary programs for extraordinary students



For 125 years, families have been choosing Madison for their children.

Open enrollment allows you to select the academic program that best suits your child, including:

*Spanish Immersion
International Baccalaureate®*

STEAM

Performing Arts

Traditional

REACH – Highly Gifted



MADISON ELEMENTARY SCHOOL DISTRICT

Extraordinary Learning for All

For more information about Madison schools please visit madisonaz.org



Simon Bowen, a freshman at Madison Highland Prep, test-drives AT&T's virtual reality simulator (submitted photo).

A hands-on lesson in texting and driving

New data shows that Arizona has a roughly 17 percent higher rate of texting while driving than states with statewide bans. To drive home the message and these new findings, AT&T brought a virtual reality simulator to Madison Highland Prep on April 18 to offer students a virtual experience of what can happen when you drive and use your phone.

AT&T representatives were at MHP, a STEM charter school in Phoenix's Madison Elementary School District, with a texting-while-driving simulator to spread the word about the dangers of distracted driving. Using the virtual reality technology, students had the opportunity to experience firsthand how dangerous it is to take their eyes off the road. The simulation showed the consequences of distracted driving, including getting into a car accident. According to AT&T's research, 7-in-10 people engage in other smartphone activities while driving, like checking email, posting to social, and even snapping selfies.

The simulator visit was part of a six-year campaign called "It Can Wait." So far, the campaign, which began in 2010 with the goal of saving lives and preventing car accidents related to cell

phone use, has garnered over 8 million pledges from people to not text while driving.

During the event, many Madison Highland Prep students took the "It Can Wait" pledge to not text while driving.

According to the National Highway Traffic Safety Administration, driving while texting is more dangerous than driving while intoxicated. Arizona does not have a ban on texting and driving.

For information about "It Can Wait" and the dangers of texting and driving, visit <http://www.itcanwait.com/all>.

School Briefs

GLENDALE UNION HIGH SCHOOL DISTRICT Lockwood named a Flinn Scholar

Sunnyslope High School senior Bailey Lockwood was named a Flinn Scholar and is one of only 20 students in the state of Arizona to receive the scholarship this year.

The merit-based scholarship program covers the cost of tuition, fees, room and board and at least two travel abroad experiences. The overall financial package is valued at more than \$115,000.

SCHOOL DAYS

Flinn Scholars, who can attend Arizona State University, Northern Arizona University, or University of Arizona, also benefit from working with top faculty and researchers, meeting business and civic leaders in their field, and forming their own community and alumni network. Lockwood has chosen to attend The University of Arizona to major in anthropology, with aspirations to go on to medical school.



Bailey Lockwood

MADISON ELEMENTARY SCHOOL DISTRICT Teams advance in Odyssey of Mind

Students at Madison Simis Elementary and Madison Meadows Middle School recently competed in the Odyssey of the Mind State Competition, landing several teams a spot in the upcoming World Competition.

The fourth grade team from Madison Simis, led by Carson Bilger, came in first place in "Aesop Gone Viral." The third grade team from Madison Simis, led by Julie Morrison, came in second place in "No-Cycle Recycle." And the Madison Meadows sixth and seventh grade team, led by Elizabeth Cohen, came in second place in the "Aesop Gone Viral." The World Competition is in Ames, Iowa in May.

Odyssey of the Mind is an international educational program that provides creative problem-solving opportunities for students, where students are asked to apply their creativity to solve problems that range from building mechanical devices to presenting their own interpretation of literary classics.

Madison Simis Elementary and Madison Meadows Middle School, both International Baccalaureate schools, offer Odyssey of the Mind as an extra-curricular program.

PHOENIX UNION HIGH SCHOOL DISTRICT DLA Scholarships handed out

Seventeen students received \$20,000 worth of scholarships ranging from \$500 to \$3,000 at the Diversity Leadership Alliance Youth Scholarship

Awards, held March 23 at North High School.

The organization has been working with Phoenix Union students for eight years, forming the Diversity Leadership Academy, with the goal of cultivating and developing future leaders from diverse backgrounds. Selected students are diversity-conscious and have a desire to take on a leadership role in their schools and community.

Alejandra Otero of Camelback won a \$3,000 DLA Scholarship, Salvador Sebastian-Neri of Central and Luz Arreola of North received \$2,000 scholarships. In addition, Jacqueline Vaca-Delgado of Metro Tech and Anna Deogratias from North won \$1,000 scholarships.

The DLA Leadership Academy is designed to assist students with transitioning from school to work, as well as provide them with tools and resources to help build leadership skills. Two-hundred students participated in DLA workshops and events this school year, meeting once a month. DLA's member corporations have provided \$300,000 in scholarships.

Franklin Phonetic School
A tuition free charter school known for its academic excellence!
Serving grades Kindergarten through 5th

Enrolling Now!!

- ◆ Highly qualified and experienced teachers!
- ◆ Small classes and personalized attention!
- ◆ Safe and secure campus!
- ◆ FREE half and FULL DAY kindergarten!
- ◆ Full special education and gifted services!
- ◆ Effective phonics based reading program!
- ◆ Art, Music, Spanish, Computers, Drama, Dance, P.E. and more!
- ◆ Proven effective curriculum!
- ◆ A fun and safe environment!
- ◆ Shaded playground!

Coming Soon!

Preschool program
for children who will be entering kindergarten for the 2017-2018 schoolyear!
pre register now!

*Minimal cost!



Winner of the prestigious National Blue Ribbon Award!

On the former campus of the Sunnyslope Presbyterian Church
9317 N. Second Street
Phoenix, AZ 85020
(602) 870-6674

Kindergarten applicants must turn 5 by December 31, 2016



Arizona Sunrays
GYMNASTICS • DANCE

Fun for EVERYONE!
Classes for boys & girls, babies-adults!

Register online today for:

- After-school program and classes at Madson Simis!
- **DANCE CAMP** Ages 5-16
- **SPRING and SUMMER SUPERCAMP** Ages 3-13

BEST BIRTHDAY PARTY EVER!






DANCE CENTER: 13832 N. 32nd St. #162, Phx
GYM: 3110 E. Thunderbird Rd., Phx
arizonasunrays.com
602-992-5790

North Central Phoenix and Historic Home Specialists



5033 N. 6th St. \$550,000
4 BR, 4 BA • Landmark Historic Property



2039 E. Gardenia Ave. \$489,000
4 BR, 3 BA • 2452 SF • Pool



1449 E. Mulberry Dr. \$449,000
3 BR, 2 BA • Guest Hs • Remodeled



15432 N. 50th St. \$407,000
3 BR, 2 BA • 1791 SF • 2 Car Garage



45 W. Edgemont Ave. \$369,000
2 BR, 2 BA • 1466 SF • 2 Car Garage



902 W. Glendale Ave. #114 \$199,000
2 BR, 2.5 BA • 1634 SF * Fireplaces



1819 E. Fairmount Ave. \$190,000
3 BR, 2 BA • 1338 SF • Carport



902 W. Glendale Ave. #107 \$186,000
2 BR, 2.5 BA • 1634 SF * Community Pool



Tom Bryant, GRI
602-980-7712



Pat Martin, GRI
602-432-2150

See all of our listings at
HistoricCentral.com



Number 1 HomeSmart Team by Sales Volume 2013

SCHOOL DAYS



North High Key Club members who recently received scholarships from the Kiwanis Club of Phoenix are, from left: Viridiana Herrera, secretary; Anna Deogratias, vice president; and Karla Romero, president (submitted photo).

Kiwanis Club hands out scholarships

The Key Club of North High School had three students win scholarships awarded by the Kiwanis Club of Phoenix, dedicated to serving the children of the world through action in local communities.

Anna Deogratias, Viridiana Herrera, and Karla Romero shared \$2,000 in scholarships for their academic and service achievements. Deogratias will attend ASU Barrett Honors as a nursing major. Herrera will major in biomedical engineering at Grand Canyon University. Romero will study architecture at Arizona State University.

Key Club is an international student-led organization that provides its members with opportunities to provide service, build character, and develop leadership.

Central receives money for new Chromebooks

Central High School was one of nine schools from around the country participating in a national fundraising contest with GoFundMe to fund the purchase of Google Chromebooks for the school.

For the challenge, the school that received the most Facebook shares during the two weeks would win 100 Chromebooks. GoFundMe also matched the first \$5,000 raised on each school's campaign.

Central High competed against

schools in New York, Chicago, Philadelphia, San Diego, San Jose, San Francisco, Austin and Indianapolis. While Central didn't win the GoFundMe Chromebook Challenge, it did have the third-most Facebook shares. However, GoFundMe decided to give all the participating schools a \$5,000 donation in Chromebooks, anyway.

The Chromebook Challenge, which ran from March 8-22, was part of GoFundMe's increased efforts to help education and become the go-to site for teachers, parents, students and school administrators to raise money for education initiatives.

Students fare well at state conference

Twenty students from Phoenix Union High School District attended the 2016 Educators Rising State Conference and Competition at Loews-Ventana Canyon Resort in Tucson, March 23-25. It was formerly known as FEA (Future Educators Association).

Students who take Early Childhood Education or Education Professions can become members of Educators Rising. About half of the students who attended placed in the top five in their competition and won awards for their outstanding skills and efforts. Seven students also qualified to attend Nationals this summer in Boston, Mass.

Student winners included Cortney

SCHOOL DAYS

Davis of North High, who took Second Place in Interview, and Metro Tech's Ana Reyes, who won a \$250 Educators Rising Scholarship.

North teams placed first in Service Project; second in Exploring Careers in Support Services; and fourth in Researching Emotional Disabilities.

Best Buddies Club honored

North High School's Best Buddies Club received two awards at the Best Buddies Annual Meeting, held April 2 in Tempe. The first award was the 2015-2016 Most Mission-Focused Chapter. This was particularly in recognition of an impactful Spread the Word to End the "R" Word assembly at North in March. The event also was about replacing "mental retardation" with "intellectual disability."

North's Best Buddies club held the assembly in conjunction with the school's spring sports assembly on March 3. The sports theme included representatives from Special Olympics, including Amy Remfrey, the coach of the gold medal winning Arizona softball team that won the Special Olympics Summer Games gold medal, and a Phoenix Union employee.

Language affects attitudes and attitudes affect actions. Special Olympics, Best Buddies and the greater disability community prefers to focus on people and their gifts and accomplishments, and to dispel negative attitudes and stereotypes.

Ariana Fierro was recognized as the 2015-16 Most Outstanding Chapter President with an award for "being such an active leader" at North High School. The approximately 20 Best Buddies pairs were thrilled at the recognition.

**WASHINGTON ELEMENTARY SCHOOL DISTRICT
Orangewood joins new STEM group**

Orangewood School has been selected to be part of the first AZ STEM School Community of Practice, which brings together 57 schools from across the state to innovate the next generation of STEM education in schools.

Orangewood and the other 56 schools are forward-thinking, creative schools dedicated to sharing best practices and finding solutions to educate

Arizona's youths in the field of STEM (science, technology, engineering, math). School teams across Arizona—each with representation from community and industry, school leadership, educators, teachers and students—will help each other, share information, build relationships and learn from one another.

Arizona SciTech, the state's leading innovator and proponent of STEM education, announced the launch of this joint initiative between hi-tech businesses, community members, educators, students, and parents to create the first ever AZ STEM School Community of Practice. A Community of Practice is based upon the latest business strategy, where various stakeholders come together; they understand that knowledge is an asset that can be shared for the greater good.

These cross-stakeholder teams help each other, share information, build relationships and learn from one another. Teams then leverage their collective existing knowledge to design innovative solutions to the problems and challenges they have identified.



Shining Stars
3 - 5 years
PreSchool
and PreK

PRELUDE



PIANO CLASSES



LeapFrogs
5 - 6 years
Kindergarten
and Grade 1

Fridays in June, July & August ~ Ask about our Free Intro Class



302 West Bethany Home Road
602.264.5188

www.musicworksacademy.com
carolyn@musicworksacademy.com

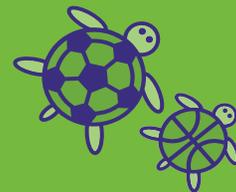
Beth El Preschool

Register Now!

Summer Camp & Preschool
Ages 6 weeks - 5 years
Call 602-944-2464



1118 W Glendale Ave. • Phoenix, AZ • 85021



Hubbard Sports Camps



LAUGH, PLAY & LEARN! hubbardsports.com • 602.971.4044

5 GREAT SPORTS CAMP LOCATIONS MAY 31 - AUGUST 5
in your neighborhood at Sunnyslope High School and PV Christian

learn the skills to play basketball, soccer, baseball,
swimming, archery, volleyball & field sports all in one camp!
1 week sessions • Full & Half day • Extended Care • Ages 4½ -13

SCHOOL DAYS

Students learn about healthcare careers

Abrazo Central Campus employees recently offered healthcare career presentations to more than 120 Orangewood Elementary School eighth graders.

The hospital employees on April 13 provided insight into different aspects of the healthcare industry including surgery, inpatient acute rehabilitation, dietary services, emergency department, nursing and business development.

“The Abrazo Central Campus presentations were part of the Take Action Initiative, which was created to motivate eighth grade students to think about future career opportunities and consider the necessary steps to get there,” said Dan Jones, Abrazo Central Campus chief executive officer.

The career presentation is one of many ways that Abrazo Central Campus has been supporting Orangewood Elementary School, 7337 N. 19th Ave. Earlier this year, Abrazo Central Campus provided fruit for all Orangewood Elementary School students to promote healthy eating. The hospital also helped fund three classroom projects.



A team of acute rehabilitation nurses from Abrazo Central Campus prepares samples for Orangewood School eighth grade students of a thick juice they give to hospital patients who have trouble swallowing (photo by Shannon McBride).

**PRIVATE AND CHARTER SCHOOLS
Torres receives full ride scholarship**

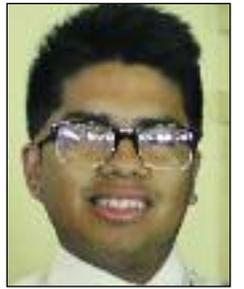
North Central resident Luis Torres, a senior at Brophy College Preparatory, has been awarded The Sullivan Leadership Award from Seattle University, a Jesuit university

in Seattle, Wash.

More than 300 seniors from Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, New Mexico, Nevada, Oregon, Utah, Washington and Wyoming competed for this scholarship, which is awarded to students who "... transcend classroom performance in academic excellence along with diverse leadership styles and personal

backgrounds."

The award includes a full scholarship covering tuition, room and board for each of four years of undergraduate study at Seattle University. Luis is one of nine students who have been awarded The Sullivan Leadership Award for the incoming freshmen year.



Luis Torres

Xavier women excel in computing

Fifteen Xavier College Preparatory students were honored by the National Center for Women and Information Technology (NCWIT) last month as winners of this year's "Aspirations in Computing" awards.

Xavier seniors Rita Barakat, Fiona Lobo, Claudia Lucca, Lisbet Maldonado, Hannah Paynter, Kirielle Singarajah, Sara Skornik, and Emma Yarbrough; juniors Nsomma Alilonu, Molly Luther, Cassidy McIntyre, Adanna Padda, and Erin Sweeney; and



Get Braces or Invisalign® by September 30, 2016 to have your own ICE CREAM PARTY for up to 25 friends courtesy of Mary Coyle Ol' Fashion Ice Cream Truck
(new patients only)

popat orthodontics

Call 602.265.0303 to Schedule Your Complementary Orthodontic Consultation

635 East Maryland Avenue
Phoenix, AZ 85012
www.PopatOrthodontics.com



SCHOOL DAYS

sophomores Carolina Cisneros and Josie Tang were each presented with an award and a \$4,000 scholarship to the Ira A. Fulton Schools of Engineering at Arizona State University.

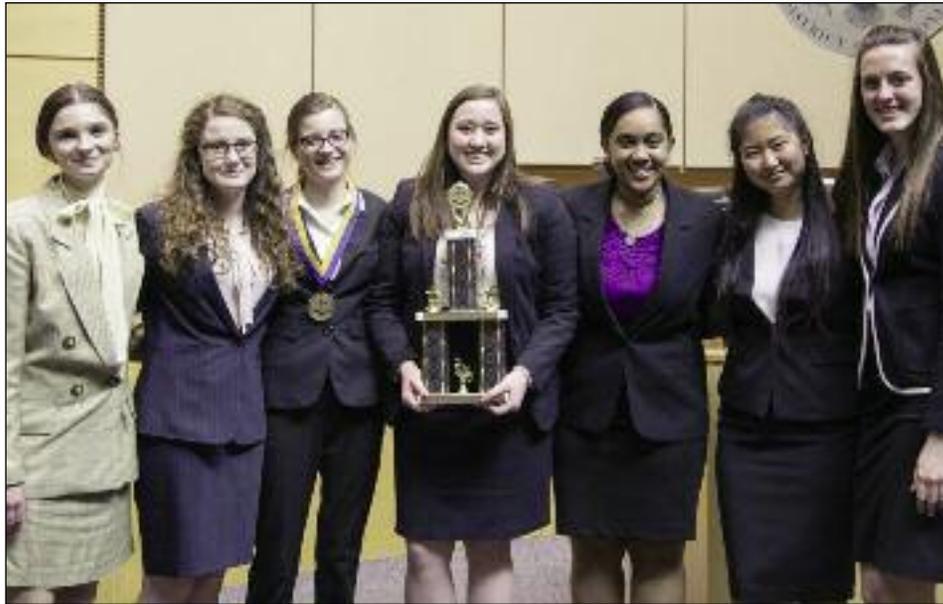
Skornik and Yarbrough both won “Aspirations in Computing” awards last year as well.

All four teams make it to state

For the first time in Xavier College Preparatory’s history, all four squads of the Elias M. Romley Xavier Mock Trial Team competed in the Arizona State Mock Trial Championship.

The “Xavier North” squad—comprised of Xavier seniors Chelsea Divins (captain), Katherine Milano, and Ane Pulu; juniors Alex Murray and Hannah Tribolet; sophomore Natalie Kerwin; and freshman Fiona Pan—placed second in the state and received the state runner-up trophy.

Xavier senior Katherine Milano won the individual state championship, a \$600 scholarship, and the Justice Ryan Award of Special Merit for the most outstanding individual performance in this



“Xavier North” squad members, from left: Natalie Kerwin, Hannah Tribolet, Katherine Milano, Chelsea Divins, Ane Pulu, Fiona Pan, and Alex Murray (submitted photo).

year’s championship tournament. Milano and senior Alex Kusen, a North Central resident, were both named to the All-State Team as well.

New covered patio at Midtown Primary

Helped by a grant from Lowe’s, Midtown Primary School has expanded its educational spaces by adding a cov-

ered patio. Surrounded by shade and trees, the students have a charming area in which to do study anything. It gives the teachers more freedom and room to spread out.

Lowe’s also gave the school a tree to plant on Arbor Day. The students were busy in early April preparing artwork for the Arbor Day activities. A variety

of student work was on display and/or performed during the morning celebration on April 29.

The school is located at 4735 N 19th Ave. For more information, call 602-265-5133.

Preschool holds Parents’ Night Out

Parents and friends of Faith Lutheran Preschool joined together on the patio of Ajo Al’s on April 9 for its inaugural Parents’ Night Out. The evening included a sit-down dinner and silent auction showcasing goods and services from several local organizations. The funds raised during the evening will be put toward the renovation of the Preschool’s playgrounds.

“We decided to give the parents a ‘night out’ so that they could engage with each other in a place other than the parking lot during drop off and pick up,” said Mary Thompson, co-chair of the event.

“The response from the parents was amazing and in addition to establishing and building relationships, we were

please see NIGHT OUT on page 38

Music for Birth - Kindergarten

MUSIC TOGETHER[®]



Support Their Inner Musician

www.MusicTogetherInPhx.com
602-363-8202

Call to schedule a fun and free sample class!

21st Century Family Medicine

Primary Care Physicians for Adults, Children, and Seniors

Over 50? We specialize in healthcare for you.

Free blood pressure check Fridays 12-2pm

Visit us online at



www.21stCenturyFamilyMedicine.com

- ▣ Brock A. Merritt, D.O.
- ▣ Stuart M. Turnansky, M.D.
- ▣ Sousou G. Awad, M.D.
- ▣ Xuan Vu, M.D.
- ▣ Long Le, M.D.
- ▣ Ali Rajaei-Tehrani, D.O.

We accept all insurance plans including Medicare

Now Accepting New Patients

Call to schedule your appointment

(602) 973-3100

7550 N. 19th Avenue, Suite 201
Walk in appointments available



MIDTOWN PRIMARY SCHOOL

FREE Full Day Kindergarten – 4th Grade

We are **A+** Parent Rated!

Come find out why our students say...
"You'll Love it Here!!"



- ♥ Cozy Campus
- ♥ Highly Qualified, Caring Staff
- ♥ Low Teacher : Student Ratio
- ♥ Top Neighborhood Test Scores
- ♥ NSLP Breakfast, Lunch & Snack
- ♥ Kindergarten Summer Program
- ♥ Summer S.T.E.A.M. Camp
- ♥ After School Program (Arts, Sports, etc...)



4735 North 19th Ave., Phoenix AZ
www.midtownprimaryschool.com

602-265-5133

Enroll Today for the '16-'17 School Year!

SCHOOL DAYS

NIGHT OUT continued from page 37

able to exceed our fundraising goal," added Ashley Siegel, the other co-chair. Located at 801 E. Camelback Road, Faith Lutheran Preschool is now enrolling for the 2016-17 school year. Tours are available by appointment. Contact Shalini Halpe, preschool director, at 602-277-6175.

MHP student a state delegate

Asif Razack, a sophomore at Madison Highland Prep, has been nominated to represent Arizona as a Delegate of the Congress of Future Science and Technology Leaders in Lowell, Mass. this summer.

The Congress is an honors-only program for high-school students who are passionate about science, technology, engineering or mathematics (STEM). The purpose of the event is to honor, inspire, motivate and direct the top students in the country who aspire to be scientists and technologists, to stay true to their dream.



Asif Razack

Razack was nominated by the winner of the first Google Science Fair, Shree Bose—academic director of the National Academy of Future Scientists and Technologists—to represent Arizona based on academic achievement, leadership potential and passion for science and technology.

During the three-day Congress that runs from June 29 through July 1, Razack will join students from across the country to hear Nobel laureates and National Medal of Science winners talk about leading scientific research and cutting-edge advances in science and technology.

For information, visit www.scitech-leaders.com or call 617-307-7425.

Local youth wins essay scholarship

North Central youth Evan Pittman is no ordinary 17 year old. Not only is he an accomplished performance violinist, elite athlete and model student, but now can add patriotic American to that long list of accolades.

The Joe Foss Institute awarded



The Joe Foss Institute awarded Evan Pittman the Donna W. Foss Scholarship for his essay submission titled "A Proud American, What it Means to Me" (submitted photo).

Pittman the Donna W. Foss Scholarship in late 2015 for his essay submission titled "A Proud American, What it Means to Me." The essay details Pittman's deep familial commitment to military service and bi-racial lineage and how that has framed his own outlook on service to this country and his role as an engaged American citizen.

In his essay he states, "being a proud American starts with my own American story, which is tied to the sometimes painful history of this great country. Despite racial tensions, bigotry and oppression, members of my family have served America and fought in every major conflict across generations to ensure our freedom."

Pittman's own life story is as diverse as his family's history and service. At age 6, he began playing violin and has since become a seasoned performer, playing in multiple states for a wide variety of audiences. In addition to playing other sports, at age 10, he began competitive powerlifting, has won seven world championships, is on track to become the only powerlifter to break 100 world records while still in high school and was named AAU Strength Sports national athlete of the year for 2015.

Beating out over 1,200 other essay submissions, as the winner Pittman received \$5,000 to go toward his college tuition and will also be performing the National Anthem on violin at the Joe Foss Institute Stars in Service Gala in April. He is currently a junior at Phoenix Country Day School in an AP/Honors curriculum.

To learn more about JFI's Scholarship Program, visit www.joefossinstitute.org/jfi-scholarship-program/.

SCHOOL DAYS



Celebrating the 2016 Christian Service Award are, from left: SFX eighth grader Sofia Sweiss, who received the Staren Family Christian Service Award; Fr. Dan Sullivan, pastor of St. Francis Xavier Church; and eighth-grader Grae Fischer, who was given the Fr. Sullivan Ignatian Spirit Award (submitted photo).

Students receive service awards

St. Francis Xavier School last month announced the 2016 Christian Service Award Recipients. Each year the Catholic Community Foundation recognizes outstanding eighth-grade students from throughout the Diocese who display a love and understanding of their Catholic faith and articulate a commitment, not only to performing acts of service, but to living a service focused life.

Recipients of the prestigious Christian Service Award are honored by the bishop at a special ceremony and receive an \$8,000 Catholic high school tuition scholarship.

This year St. Francis Xavier School had 12 finalists, including: Annie Donahue, Andrew Duque, Graham Earnest, Kaitlin Gaona, Grace Haak, Hannah Jerome, Karen Morales, Claire Nelson, Jay Roediger, Mia Scardello, Elizabeth Warren, and Bridget Wickers. All these students live out the school motto of being a kid for others.

In addition, Sofia Sweiss received the Staren Family Christian Service Award and Grae Fischer was given the Fr. Sullivan Ignatian Spirit Award. The Fr. Sullivan Ignatian Spirit Award was created through the generosity of the Schramm family (Hailey '12, Patrick '14) to further the mission of the CCF as well as honor Father Dan Sullivan, pastor of St. Francis Xavier Church.

For more information, call 602-266-5364 or visit www.school.sfxphx.org.

PCDS team wins second state title

The Phoenix Country Day School Upper School Speech & Debate Team won its second state championship (Division II) in as many years March 18-19 at Salpointe Catholic High School in Tucson.

Thirty PCDS Upper School students started their spring break by competing in the event. After two days of competition in over 15 different events, the team was crowned back-to-back State Champions in Speech & Debate. Last year, PCDS won the championship by defeating former three-time state champions from Catalina Foothills by 11 points; this year, the team defeated Catalina Foothills once again, this time by 62 points.

Twenty-two schools competed in the tournament, some of which had student enrollment of up to 1,800 students (PCDS has 283 students in its high school).

PCDS seniors Jillian Gilburne and Oliver Marsden each won individual championships in Original Oratory and Humorous Interpretation categories, respectively. Individual championships were also won by juniors William Porter (Congressional Debate category) and Parker Whitfill (Extemporaneous Speaking category), sophomores Grace Elsie and Madison Stringer (Duo Interpretation category) and Olivia Najafi (Dramatic Interpretation category).

“When I started at PCDS as a part-time coach, those seniors were the

please see SPEECH on page 40



Spanish Immersion Summer Camp!

Weekly themes include LEGO® Lands, Mad Science, Flavors Around the World, DinoMight and more!

- Programs available for children ages 3 to 6.
- No prior Spanish experience necessary.
- Visit our website for registration information.

We don't teach Spanish, we teach **IN** Spanish.

little **BIG** minds
Spanish Immersion Preschool

Register Today!

Register before May 1, 2016

For More Info Call 602.910.4417
or Visit LittleBigMindsPreschool.com

ACTION-PACKED Summer Camps at

FLIPDUNK

SPORTS Trampoline Park and Gymnastics Center



**Weekly Camps
June through
August!**

**Wiggles & Giggles for ages 3 and 4
Going Bananas for ages 5 and up**

1515 E. Bethany Home Road #160

602-277-0067

www.flipdunksports.com

acrylic painting • watercolor • colored pencil • block printing • silk painting • ceramics • collages • fused glass • mosaics • glass painting

Art for Fun!

studio and gallery

*** You don't have to be an artist to *be an artist!*™**

Art Classes and Parties for Adults and Children

Kid's Summer Art Afternoons

Mon - Thurs 2 - 4 pm

602-274-6441 • www.art4funstudio.com

3508 N. 7th St, Ste 115 S, Phoenix 85014

classes • workshops • customized parties

Music Works

ACADEMY LTD

302 West Bethany Home Road
602.264.5188
www.musicworksacademy.com



PRELUDE
Piano Programs
for Young Musicians

All ages ~ All styles and levels: classical, jazz and blues, popular, sacred
Performance Classes, Guild Auditions, Ensemble, Arizona Study Program, Festivals
Computer Lab – music fun and education with technology ~ University-trained and nationally certified instructors
Prelude Piano Program for Young Musicians: 3 years - 1st grade ~ Sound-proof studios ~ Summer instruction

MUSIC LESSONS AND CLASSES

Voice & Piano & Guitar & Violin & Young Children

SCHOOL DAYS

SPEECH continued from page 39

pieces that we were looking to build an incredible team around,” Speech & Debate Coach Nick Klemp said. “They’ve worked and sacrificed so much to help this team grow and are truly the cornerstones of our success.”

Local teacher runs Boston Marathon

Bry Lauck, St. Francis Xavier School PE teacher, has been running for most of her life and on April 18, she achieved one of her biggest running goals: running the in the Boston Marathon.

Lauck qualified for the Boston Marathon in October 2014 by running in the Chicago Marathon and posting a time of 3:16. She finished the 2016 Boston Marathon in 3:07:43, beating her Chicago time by over 8 minutes.

Lauck has been training for the Boston Marathon for the past two years, regularly running 40 to 50 miles a week. One of her favorite training routes was going up the Murphy Bridle Path to the canal and up to 44th Street and back. To train for the hills in the Boston



Bry Lauck, a physical education teacher at St. Francis Xavier School, shows off the “medals” presented to her by students in honor of her competing in the Boston Marathon last month (submitted photo).

marathon, she ran up and down 32nd Street between Camelback and Lincoln.

Before she left for the marathon, St. Francis Xavier students presented her with a “paper plate” medal from each grade level and they all signed it to wish her good luck.

Open Gym

Every Friday Night

7:30 - 9 pm

IMPACT

GYMNASTICS ACADEMY

15% OFF

Military & Public Safety Discount

FREE Trial Class

Call for Details!

GYMNASTICS • SUMMER CAMPS • EVENTS • BIRTHDAY PARTIES



\$5 OFF

Open Gym Night

FRIDAYS 7:30 - 9 PM
OFFER EXPIRES 6/1/16

Impacting children and families for life!

602-870-7574

www.impactgymaz.com

7812 N. 12th Street • Phoenix

Find us at ImpactGymnasticsAcademy

\$20 OFF

New Enrollment

OFFER EXPIRES 6/1/16
NEW MEMBERS ONLY



“Mike truly cares and understands that selling or buying is a huge step in a family’s life. His attention to detail and proactive approach helped to ease the process for our family. I would HIGHLY recommend Mike to anyone!”

The Baker Family



MOUNTAIN VIEWS

7507 N. 21st Place

4 Bedrooms, 2 Baths, office, pool & spa!



SOLD: BROUGHT THE BUYER

5033 N. 6th Street

Awesome 1938 Lescher & Mahoney home in Windsor Square!



Mike Weeks

602-625-7058 mobile

Mike@MikeWeeksRealtor.com

www.MikeWeeksRealtor.com



Authentic. | Altruistic. | Adaptive.



HAPPY HOUR WITH HERSCH

I have written before of my fondness for the Kentucky Derby. The first Saturday in May is always circled on my calendar. We are roughly a month out at this writing, with many major prep races to go (Santa Anita Derby, Arkansas Derby, Wood Memorial et cetera.), but I thought I’d try my prognostication skills. The favorite, currently, is Nyquist who has yet to lose. A deserving favorite but I will take a stand against him because his speed ratings and breeding leave a lot to be desired. At this stage I would play the following three horses; Mohaymen, Cupid and Danzig Candy. Mohaymen was the previous favorite until Nyquist destroyed him in the Florida Derby, which I think was an aberration and he will improve. Cupid is very young and unraced but showed a lot of talent in winning the Rebel Stakes plus he is trained by Bob Baffert. Danzig Candy exploded in the San Felipe Stakes and looked like he could run all day. Don’t sleep on Mor Spirit, Destin, Zulu or Matt King Coal - all worthy challengers. Throw on a hat, toss back a mint julep and enjoy the best two minutes in sports!

If you have a mortgage need and would like to talk to someone who will guide you to the finish line, call me. I guarantee you will get the unique and individual service you deserve.

TRIVIA
Contest

Who is my favorite thoroughbred of all time?

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

Trivia Winner for Last Month
Pete DeMangus

Last Month’s Answer:
Look Back in Anger

ERIC HERSCHEDE

VICE PRESIDENT / BRANCH MANAGER
DIRECT: 602.689.2588

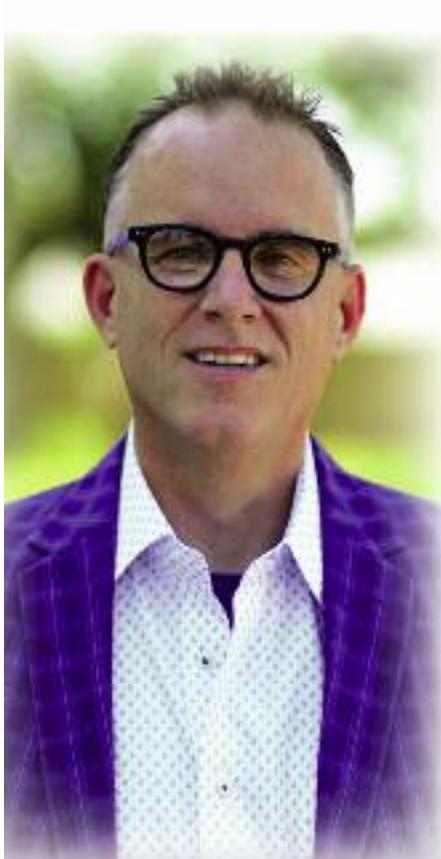
ERIC.HERSCHEDE@NOVAHOMELOANS.COM

[@ERICHERSCHEDE](https://twitter.com/ERICHERSCHEDE)

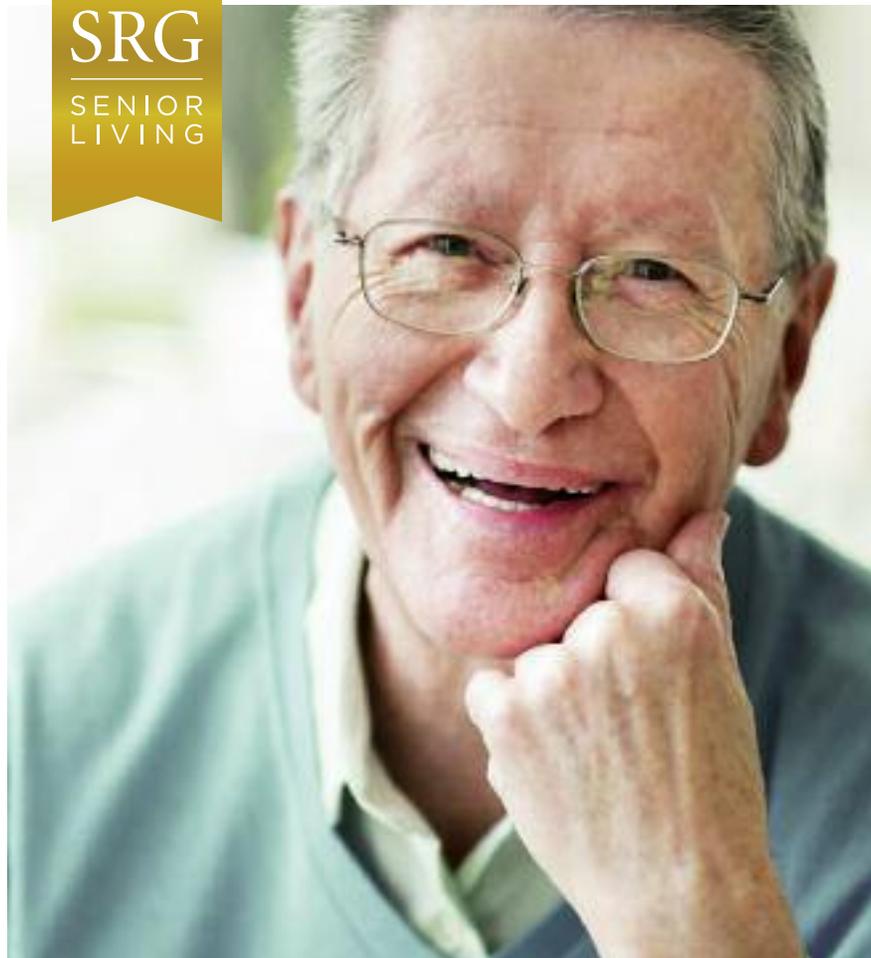
[FACEBOOK.COM/ERIC.HERSCHEDE](https://facebook.com/ERIC.HERSCHEDE)

NOVAHOMELOANS.COM/ERIC.HERSCHEDE

3900 E. Camelback Rd., Suite 200 • Phoenix, Arizona 85018
NMLS 211628 / BK 0902429 / NOVA NMLS 3087 / Equal Housing Opportunity



SRG
SENIOR
LIVING



An experienced ally can truly make all the difference.

We've been helping seniors and their families for over 28 years. And we'd like to help you, too.

Quite simply, people who choose our communities want more than just a place to live.

Much more.

They want great social opportunities, fine dining, accredited care services, and someone who really understands.

In other words, an ally.

Come see how our experience can help you live your very best. Please call to schedule your complimentary lunch and tour.

LA SIENA

INDEPENDENT & ASSISTED LIVING RESIDENCES

909 East Northern Avenue • Phoenix, AZ
SRGseniorliving.com • 602.814.0506



GENERATIONS

Senior Living

Free resource fair for seniors

Duet hosts a free Senior Health Resource Expo 9 a.m.-1 p.m. Friday, May 6 on the property of the Church of the Beatitudes, 555 W. Glendale Ave.

Valley seniors, friends, family and caregivers are welcome. The event features exhibitors providing valuable health and wellness information, in addition to educational classes.

There also will be door prizes, complimentary chair massages, complimentary morning snacks, and food trucks with healthy choices available for purchase from 11 a.m.-1 p.m. No RSVP is needed. For more information, call 602-274-5022.

Explore new meal delivery option

Join Central Village as it presents a free program to learn more about Martha's Senior Gourmet, a home food delivery service new to the Phoenix area. The program will take place 10-11 a.m. Saturday, May 21 in the Meeting Room at All Saints' Episcopal Church, 6300 N. Central Ave.

Martha's Senior Gourmet offers an affordable and healthy dining option to cooking, grocery shopping and eating out. Currently providing the service in California and Texas, and now serving the Phoenix area, Martha's Senior Gourmet delivers meals prepared daily, using fresh ingredients.

This up-close and personal conversation includes samples and an opportunity to discuss the many meal plans available. The event is free and open to the public. Refreshments will be served and reservations are not required. Call 602-550-1050 for more information.

Abrazo offers free StrokeCheck screenings

Abrazo Community Health Network's hospitals are offering free StrokeCheck events in May to raise awareness about stroke risk factors, symptoms and treatments.

Stroke is the fifth-highest cause of death in the United States, killing nearly 129,000 people a year. Someone in the U.S. has a stroke once every 40 sec-

onds, according to the American Stroke Association.

Abrazo Community Health Network is teaming up with the American Heart Association and the American Stroke Association to provide community education and health screenings including glucose checks. The schedule is:

- 8 a.m.-12 p.m., Wednesday, May 18 at Abrazo Arizona Heart Hospital, 1930 E. Thomas Road.

- 8 a.m.-12 p.m. Thursday, May 26, Abrazo Central Campus Arlene Copley Wellness Center, 2000 W. Bethany Home Road.

StrokeCheck includes glucose, blood pressure and heart rate, body mass index, review of family history and risk factor assessment, stroke education and materials and counseling with a licensed medical professional. If needed, participants are requested to bring a list of current medications and recent lab work to the sessions. For the glucose screening, please fast 6-8 hours prior to the test. If you have not fasted, the test will not be performed.

Registration is required; call 855-292-9355. For more information, go to AbrazoHealth.com/strokecheck.

Kids & Families

Summer art classes for teens

Rosa Phoenix Art Studio, 8686 N. Central Ave., Ste. 128, hosts a summer art program for teens ages 12-18. The program will be offered in two, 4-week sessions: June 7-30 and July 5-28. Class meets on Tuesday and Thursday afternoons from 2 to 5 p.m. The studio will stay open until at least 5:30 p.m. for parents picking up children after work.

Teen artists will learn drawing, illustration and mixed-media arts in a small group setting. Art students will create their own projects while learning about different media, techniques and styles. Most art materials are provided and included in the cost of tuition. Individualized instruction and guidance will be offered to each art student.

The program is open to teens with all levels of art experience and ability. Group size is limited to seven students. Students may sign up for either session or both. Tuition for each 4-



GENERATIONS

week session is \$187. Tuition for both June and July is offered at a discounted cost of \$326.

For more information and to register, visit www.rosaphoenix.com/art-classes or call 602-903-3919.

Puppet theater presents 'Rumpelstiltskin'

The Great Arizona Puppet Theater presents "Rumpelstiltskin," a hilarious version of the classic tale about the strange little fellow with the hard-to-guess name and the miller's daughter who must spin straw into gold, May 4-29.

Rod marionettes and a little bit of magic make this show cute and fun for children from grades kindergarten through third (recommended).

The Great Arizona Puppet Theater is located at 302 W. Latham St. Show times are 10 a.m. Wednesdays-Fridays, 10 a.m. and 2 p.m. Saturdays, and 2 p.m. Sundays. Tickets are \$7 for children 2 and older, and \$10 for adults. Children younger than 2 are admitted free with the purchase of a child's ticket. For more information or to make a reservation, call 602-262-2050.

Put music in your kid's summer schedule

Music Works Academy, 302 W. Bethany Home Road, offers an introductory class for the Prelude Piano Program in June and July on Fridays. A 60-minute intro class for your 3- to 6-year-old young musician to be is an ideal way to see the studio, experience a class and determine if your student is ready for the academy's 15-week Prelude fall classes.

Find registration forms for both the Summer Into Class and the Fall Semester 2016 on the

Programs/Prelude page at: www.musicworksacademy.com/young-children/prelude.

Piano and guitar lessons also are available during the MWA Summer Session from June 6-Aug. 13. The Fall Schedule begins the week of Aug. 15. Registration forms for summer and fall can be located on the Resources/Forms page: www.musicworksacademy.com/forms.

For more information, call the studio at 602-264-5188, or e-mail Director@musicworksacademy.com.

Xavier hosts two camps this summer

Xavier College Preparatory will offer two academic summer camps to elementary students that will range in focus from ancient Greek history and mythology to art techniques to programming and circuitry.

Summer Xploration 2016 will explore a unique blend of history, mythology, geography, and art, and is open to all students (girls and boys) entering the seventh and eighth grades in the fall. It will be held Monday through Friday, June 6-29, from 8 a.m. to 12 p.m. on Xavier's campus, 4701 N. 5th St. To register or for more information, please visit www.xcp.org or contact Mrs. Welty at iwelty@xcp.org.

Girls Have "IT" Camp will engage middle school students (girls only) in programming, circuits, wearable technology, and engineering through a "near peer" model where Xavier students mentor the younger students as they work on their various technology projects. There will be three sessions: June 6-9; June 20-23; and June 27-30, all from 1-3 p.m. on Xavier's campus.

please see CAMPS on page 44



kinesphere center
FOR MOVEMENT EDUCATION

FREE
30-MINUTE
CONSULTATION

MAY 2016 WORKSHOPS

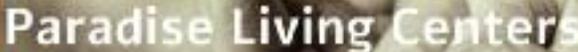
DOWN DOGS FOR PAWS with Tami Link
Saturday, May 7 -- 8:30 - 9:30 am

MOVEMENT AND VITALITY WORKSHOP with Deborah Simmer
Saturday, May 14 -- 1:00 - 2:30 pm

YOGA TUNE UP: KNEEHAB WORKSHOP with Isabelle Barier
Saturday, May 21 -- 1:00 - 2:30 pm

RESTORATIVE EXERCISE™ · GYROTONIC EXPANSION SYSTEM®
Z-HEALTH · YOGA TUNEUP® · CLASSICAL AND ADAPTIVE PILATES

711 E Missouri Ave, Suite 180, Phoenix, AZ 85014 602-532-3111 www.KCME-AZ.com



PARTNERS IN CARE

Let us be your partner in care

- On staff nurse available 24/7
- Chef prepared meals daily
- Awake staff onsite 24/7
- Small resident to staff ratio
- Daily on-site activities
- Private bedrooms and bathrooms
- Certified in Dementia care
- Live music weekly

Paradise Living Centers is dedicated to providing the best in luxury assisted living and respite care.

Now conveniently located in the historic neighborhood of North Central Phoenix.

Contact us to schedule a tour today!

480-878-4112

302 E. Maryland Avenue • Phoenix, AZ 85012
www.paradiselivingcenters.com





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

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

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

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

Join us as a guest for lunch!

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

Visit our website for upcoming events!

602-841-2500

1739 W. Myrtle Avenue • Phoenix, AZ 85021 • www.thestratford.org



THE STRATFORD
Assisted Living | Memory Care | Private Care





(602) 279-1641
www.stephaniekdentistry.com
 727 East Bethany Home Road, Suite A-100


STEPHANIE K DENTISTRY

Mention this ad when requesting an appointment!

Now Offering **FREE**
Lifetime Whitening!

****New Patient Special: Get FREE custom made whitening trays with Lifetime Whitening!**

Exp 5/31/16


Dr. Kethcart

Improve the value of your home with your tax return this year

cabinets

by Design

Our reputation is recession proof!

FACTORY DIRECT • Modular and Custom
Countertops • Wall units • Entertainment centers

602.265.6044

6027 N. 7th Street

(Just north of Bethany Home Road)

www.cabinetsbydesignaz.com

Licensed, bonded & insured • ROC Lic # 1B2 - 466, C-30
Se Habla Español

User Friendly Showroom

Don't reface ... replace!

Kitchens designed
with YOU in mind!

Big-box stores can't match our service!

SHOWROOM HOURS MON-SAT 9AM - 5PM



MAJOR LEAGUE CONDITIONING CENTERS

30minuteworkout.com

1-on-1 Personal Training, Not Group Training

Programs tailored specifically for you

Weight Loss Programs

Work with nature as opposed to trying to trick nature

Sports Conditioning

Get prepared for your passion

By Appointment

Work out on YOUR schedule

TWICE THE RESULTS IN HALF THE TIME!

Set up your consultation TODAY!

602-230-8581

NW Corner of 7th Street & Rose Lane

GENERATIONS

CAMPS continued from page 43

To register or for additional information, visit www.ghitday.org or contact Mrs. Wyman at cwyman@xcp.org.

Enjoy tumbling fun during summer break

It's time for summer day camp at The Arizona Sunrays Gymnastics & Dance Center, 3110 E. Thunderbird Road

Children ages 3 to 13 will get to enjoy gymnastics, dance, Ninja Zone, sports, a zip line, bounce house, yoga, special guests every Friday, and much more during "Supercamp." There also will be a "Camper Show" for parents and family to attend.

There is a half-day camp option from 8:30 a.m. to 12:30 p.m., and a full-day option from 8:30 a.m. to 3 p.m. Camp will run from May 23 to Aug. 19.

Cost for the individual half day is \$50; individual full day is \$70; a full week of half day is \$185; and a full week of full day is \$269. Sibling discounts are available.

Extended care hours are available from 7:30 to 8:30 a.m. and 3 to 6 p.m. For more information or to register, call 602-992-5790 or visit www.arizonasunrays.com.

Music Together holds demo classes

Come experience a free sample family music class with your favorite infant, toddler or preschooler as Music Together in Phoenix hosts a series of demo classes to celebrate its upcoming summer programs.

Upcoming demo classes for mixed age group (newborn up to age 5) include: Kids.Play.Music., 3214 E. Shea Blvd., 9:30 a.m. Tuesday, May 17 and 9:15 a.m. Wednesday, May 25; and Cannedy Dance, 6224 N. 7th St., 10:30 a.m. Monday, May 23. Demo classes are 45 minutes; parents, grandparents or other caregivers welcome.

In addition, Kids.Play.Music. will host a free class for babies (birth-8 months) and parents 12:15 p.m. Monday, May 16.

Music Together in Phoenix offers family music classes Monday through Saturday this summer at various locations around town. The semester begins June 13 with the fun "Best of the 9 collections" series. For more information, or to RSVP for one of the free demo classes, visit www.MusicTogetherInPhx.com or call 602-363-8202.

Twirling camp for boys, girls

Have an aspiring, talented young boy or girl in your family? If so, your child can learn the ins and outs of baton twirling skills to be taught at the Arizona Twirling Camp, set for June 5-8 at the Wigwam Resort in Litchfield Park. A Day Camp will be held as well as an Overnight Camp.

The Arizona Twirling Athletes sponsors the summer camp for youth ages 6 through 16. Classes begin each day at 8:30 a.m. Students will go through six classes each day: one baton, two baton, flag twirling, ribbon twirling, hoop twirling and three baton twirling. Dance and gymnastics are added to the twirling skills and each child is included on a special team to perform at the parents show.

For more information, call 602-997-0522 or visit www.arizonatwirlingathletes.com.



ARTS & ENTERTAINMENT

iTC forms partnership with Herberger

iTheatre Collaborative (iTC) has been named as a resident theater company for the Herberger Theater. iTheatre Collaborative was established to produce and cultivate theatrical experiences that capture and galvanize the local community, building a national reputation for imagination, innovation and inclusion.

As a resident theater company, iTC will continue to produce smaller-scale works that focus on the story and artists' performance in the Herberger Theater's intimate black box theater space, The Kax Stage, located on Van Buren, between 2nd and 3rd streets.

"I am very proud of the body of work we have presented at the Herberger Theater and truly honored for this transition to resident theater company," said Christopher Haines, co-founder and artistic director of iTC. "The Herberger Theater ... is changing the perception of what it means to be an Arts Center, and promoting that the arts can and should be accessible to all in our community. We are thankful to be part of that and look forward to the journey that lies ahead."

iTC has produced numerous regional and world premieres and is committed to utilizing and employing the artistic talent of Phoenix-area actors, directors and designers. For more information, visit <http://www.itheatreaz.org>.

A & E Briefs

'Blue Galaxy'

Through May 22

Space 55

636 E. Pierce St.

www.space55.org

Blue Galaxy, a musical set against the backdrop of a retro-music club scene, tells the story of a beautiful but seriously-overweight chick who wants to be loved in spite of her weight, not because of it—posing a problem for the earnest chubby-chaser who pursues her. Adult situations; strong language. Tickets are \$18 Fridays, \$20 Saturdays and \$15 Sundays, all general admission. Show times are 8 p.m. Friday and Saturday, and 5 p.m. Sunday.

'The Gospel According to Thomas Jefferson, Charles Dickens and Count Leo Tolstoy: Discord'

Arizona Theatre Company

May 5-29

Herberger Theater

222 E. Monroe

602-252-8497

A Founding Father, a Victorian novelist, and a Russian revolutionary walk into a ... stop me if you've heard this one. This laugh-out-loud, whip-smart show takes the third U.S. President, the author of A Christmas Carol, and the author of War and Peace, locks them in room with "no exit," and has them hash out their views of scripture and the true meaning of existence. This perceptive new comedy from Scott Carter, Executive Producer of HBO's Real Time with Bill Maher, examines what happens when great men of history are forced to repeat it. Tickets are \$37-\$68 plus fees. Visit www.HerbergerTheater.org.

A DANCE LESSON AT ARTHUR MURRAY IS LIKE TAKING A VACATION



Don't sit out the fun. Learn the right moves, the steps and turns you'll enjoy all year 'round. Arthur Murray is the proven way to learn fast. Couples and singles are invited. All students in our Dance Vacation® classes are taught by experienced, professional teachers. Personalized lessons are taught one-to-one.

CALL NOW!

2 LEARN FOR THE PRICE OF 1

Hours:
Tues.-Fri.
11am-9pm;
Sat. 11am-4pm

Arthur Murray
Franchised Dance Studios

PHOENIX • 1210 E. Indian School Road
(602) 264-4612 • www.arthurmurrayphoenix.com

Credit
Cards
Welcome

RELATER DESIGNS

Interiors • Staging • Celebrations • Vignette Design • Cheesecakes
Let us create a unique setting for your wedding or baby shower, graduation or any celebration!



We take your keepsakes and display them in a way that tells your story!

Receive an additional **20% OFF**

First hour of party consultation is **FREE!** if you order a cake for any celebration!

602-451-6304 • www.relaterdesigns.com

CULINARY DROPOUT PRESENTS... Live Music

Join us every week as we feature the best in local and national talent.

VIEW LINEUP AT:
CulinaryDropout.com

The Yard - Tempe 1st & Farmer Ave 480.240.1601	Scottsdale Waterfront Camelback & Scottsdale Rd 480.970.1700	The Yard - Phoenix 7th Street & Montebello 602.680.4040
--	--	---

Creative Arts Camp!



Save the Date! August 1 - 5, 2016

**CAMP IS FOR KIDS GOING IN TO
1ST - 9TH GRADE FOR FALL 2016**

9 A.M. - 3 P.M. WITH BEFORE & AFTERCARE AVAILABLE

We are excited to announce our fourth annual
First Church Creative Arts Camp!
Kids will participate in an artist showcase every afternoon
AND select their own schedule of classes.
Register today at firstchurch.church.

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

ARTS & ENTERTAINMENT

'When You Wish: The Story of Walt Disney'

May 18-June 12
Phoenix Theatre
100 E. McDowell Road
602-254-2151

As the founding force behind the company that continues to capture the imagination of millions around the world year after year, Walt Disney's legacy is undeniable. In this World Premiere musical, Phoenix Theatre brings you the story of this unusual and special man fascinated by possibility and determined to persevere in the face of deniers. Tickets are \$36-\$86, fees included. Visit <http://phoenixtheatre.com>.

Cécile McLorin Salvant & The Lewis Nash Trio

7:30 & 9:30 p.m. Friday, May 13
The Nash
110 E. Roosevelt St.
602-795-0464

Hot on the heels of winning a Grammy, the 26-year-old Salvant will be joined by The Lewis Nash Trio, featuring Lewis Nash on drums, Peter

Washington on bass and Renee Rosnes on piano. This will be an unforgettable night as the intimate 125-seat venue hosts these powerhouse talents in downtown Phoenix. Tickets are \$25-\$55 and are on sale now at www.thenash.org. Student discount available for row and gallery seats.

'Dancing Under the Sea'

Phoenix Dance Academy
6 p.m. Sunday, May 29
Herberger Theater
222 E. Monroe
602-252-8497

Dancers create a musical story of a mermaid and her sea friends. Great for the whole family. Tickets are \$22 for adults and \$11 for children/students, plus fees. Visit www.HerbergerTheater.org.

Phoenix Comicon

June 2-5
Phoenix Convention Center,
North Building
100 N. 3rd St.

Featuring an array of television/film stars, sci-fi and anime fiction authors, a film festival, Masquerade Costume Contest, and a trade show area with hundreds of vendors. A membership pass for all four days is \$70 in advance online. Individual day passes range from \$15 to \$40. Children 3-12 receive a Sidekick Badge for \$5 with paid adult. For more information, go to <http://www.phoenixcomicon.com>.

'Disney's The Little Mermaid'

Valley Youth Theatre
June 10-26
Herberger Theater
222 E. Monroe
602-252-8497

A hauntingly beautiful love story about a beautiful mermaid who dreams of the world above the sea and gives up her voice to find her true love; this musical will capture your heart with its irresistible songs including "Kiss the Girl," "Part of Your World," and the Oscar-winning triumph "Under the Sea." Tickets are \$16.50-\$34.50 plus fees. Visit www.HerbergerTheater.org.



The home of

The Baker's Daughter Confections

Truffles, Pastries, Kronuts, Cakes,
Danish, Bread & MUCH MORE!

Get something
sweet for your grad!

Custom Graduation Cakes, Cupcakes & Cookies

Don't forget about Mom!

Truffles, Cookies & Much More!

VISIT US AT THE
MARKETPLACE AT CENTRAL
111 EAST DUNLAP AVE., SUITE 13
SE CORNER OF CENTRAL & DUNLAP, FACING CENTRAL

602.997.7849

HOURS

MONDAY-FRIDAY: 5:30 AM - 6 PM
SATURDAY: 5:30 AM - 5 PM • SUNDAY: CLOSED



Like us on Facebook
and follow us on Twitter!



Be sure to visit us online at
www.northcentralnews.net
for the latest local community news

UPTOWN FARMERS MARKET

SATURDAY + WEDNESDAY MORNINGS | CENTRAL + BETHANY HOME | PHOENIX

Named as one of **America's 50 Best Farmers' Markets** by *Cooking Light Magazine* 2015

A Gather Arizona™ Event



Uptown Wednesday:

Your mid-week stop for local groceries, easy parking, a token ATM, covered eating area, gourmet coffee, breakfast & lunch, and golf-cart rides to the restroom! We are a dog-friendly market.

New summer hours of 8a-12p start May
Our Wednesday market runs through June 29th, then closes for summer (July/August/September) and re-opens October 5th.

Bring your favorite recipes & cookbooks to share at our "Recipe Roundtable", open to the public from 10am-11am every Wednesday!

Uptown Saturday:

Each weekend features 100+ vendors, Yoga, Stroller Strides, bounce house, music-time, and soccer nets for the kids.

New summer hours of 8a-12p start May
Our Saturday market runs year-round, and we move indoors with cold A/C for June/July/August

Sign up for our bi-weekly newsletter on our website (uptownmarketaz.com) or follow us on Facebook, Instagram & Twitter ([uptownmarketaz](https://www.facebook.com/uptownmarketaz))

CONTACT

uptownmarketaz.com
bo@uptownmarketaz.com

HOURS

Saturdays 8a-12p
Wednesdays 8a-12p

FOLLOW US!

Facebook, Twitter & Instagram
[@uptownmarketaz](https://www.facebook.com/uptownmarketaz)

LOCATION

5757 N Central Avenue - Phoenix,
Arizona 85012

THIS MARKET WOULD NOT BE POSSIBLE WITHOUT THE CONTINUOUS SUPPORT OF THE NORTH PHOENIX BAPTIST CHURCH



FOOD FOR THOUGHT



WE LOVE SAVING YOU MONEY WHEN YOU COMBINE YOUR AUTO AND HOME

Call it our passion. Our destiny. Our muse. All we know is that helping you save makes our hearts go pitter-patter. Which is why we're always ready to help you find coverage to fit your budget and your risk tolerance. For outstanding rates and service, call today.



Mike Asenborski Agent
602-265-1913
<http://www.farmersagent.com/miasenborski/>
840 E. Bethany Home Rd.
Phoenix, AZ 85014



Sandra Miller, manager of the award-winning Fry Bread House, stands in front of the soon-to-be-opened new location in the Melrose District. Her parents opened the first Fry Bread House in the Melrose area in 1992 but it moved into a bigger space on Indian School Road in 2013. The new Melrose location should open by the end of the month (photo by Patty Talahongva).

Café Chat

The Fry Bread House returns to Melrose

By Patty Talahongva

The Fry Bread House is returning to the Melrose District in late May. The new location will be at the southeast corner of 7th Avenue and Hazelwood.

“We love Melrose! We wanted to move back into the neighborhood,” says Sandra Miller, manager. Unfortunately, the restaurant’s return has been slightly delayed by the unexpectedly heavy rainstorm in early April, which caused some water damage in the building. But the good news is the site was once a used car lot so there’s ample parking, something that is sometimes lacking in Melrose businesses.

Fry Bread House in 2012 won a coveted James Beard Foundation Award in the “America’s Classics” category and business swelled. The family-owned restaurant was suddenly on the list of seemingly every foodie in America. That prompted the owners to move to a larger location on 9th Street and Indian School Road.

Sandra’s parents, Joedd and Cecelia Miller, moved to the area 45 years ago and raised their eight kids in the Melrose District, which lies along the stretch of 7th Avenue between Camelback and Indian School roads.

“It’s where we grew up, we rode the bus, we ate at local places,” Sandra

explains. Her parents opened their first restaurant in 1992.

“Our first place had four small tables, our second had 13, our fourth had 35 tables,” she recalls. This new location will have 25 tables and she says that’s just right. Eventually an outdoor patio will be built with shade provided by ocotillo cacti. The design will be O’odham style with desert landscaping.

Cecilia Miller is a member of the Tohono O’odham tribe located in southern Arizona. The dishes served at the restaurant are all based on her recipes. Guests are treated to red and green chili stews, burritos and tacos all made with either the traditional fry bread (hand stretched dough that is deep fried) or chumuth, the O’odham version of a flour tortilla.

Entrees start at around \$6 with the most expensive, the Ultimate Taco stacked with refried beans, your choice of beef, onions, sour cream, cheese and lettuce, selling for \$8.99. Modest pricing is one of the criteria for the James Beard Classics category. The Joedd Special, named after the family patriarch, is just \$7.99. It’s a piece of fry bread or chumuth served with a stew.

“We could be a chumuth factory,” Sandra laughs. The restaurant goes through dozens of chumuth each day because it is a customer favorite. You can also buy chumuth by the dozen by ordering 24 hours in advance. It costs \$15 a dozen.

Because customers have asked about



MOTHER'S DAY AT TEXAZ GRILL

SUNDAY, MAY 8 OPEN FROM 10AM - 10PM & SERVING BRUNCH FROM 10AM - 4PM

All Valley moms receive a complimentary slice of Apple Pie all day long! (proof of motherhood required)

Plus, treat mom to brunch on Mother's Day from 10am - 4pm.

6003 N 16TH ST.
PHOENIX, AZ 85016
NE Corner of 16th St. & Bethany Home Rd.
(602) 248-7827 TEXAZGRILL.COM

FOOD FOR THOUGHT

a chicken option, the family is trying out a few chicken dishes. “You’ll be able to order red chili chicken,” Sandra says. And fair warning, the recipes are true to the O’odham culture. “If we tell you it’s hot, it’s hot!” she laughs. So if you can’t stand the heat ... well, you shouldn’t order the chili.

Vegetarian options include a corn tamale, veggie taco or tamale. The kids menu includes Coyote Coins, which are silver dollar-sized pieces of fry bread that come with mashed refried beans for dipping. Other kids’ meals are the Quail Cheesy Melt or Desert Bears that both sell for \$4.75.

Kids of any age can enjoy the Popover Popcorn dessert. It’s popcorn-sized pieces of fry bread dipped in powdered sugar, cinnamon sugar or honey. Sandra and her mother are excited to be heading back to the Melrose District. They know their James Beard fans will find them when they come to Phoenix. “We still get customers from all over the world,” Sandra points out. And she urges her staff to ask customers where they’re from and how they heard about the Fry Bread House. Look for the coveted medal to be on display in the restaurant’s new home. For now, it’s safely on display in Cecilia’s bedroom.

The Fry Bread House will be closed on Sundays; otherwise, you can try these unique dishes from 10 a.m. to 7 p.m. Monday through Saturday. There restaurant on Facebook or call 602-626-4124. Check the Facebook page for an opening date in May.

Dining Briefs

Cornbread sales aid military families

Z’Tejas Cornbread for A Cause, the restaurant group’s corporate giving program, will donate proceeds from the sale of its famous, freshly-baked Z’Tejas cornbread purchased through June 30 to Military Assistance Mission. The cornbread sells for \$3 a loaf.

The Military Assistance Mission serves Arizona’s active duty military, their families and wounded warriors by providing them with financial, morale and emergency assistance regardless of their deployment status.

Z’Tejas Southwestern Grill, located at 1525 E. Bethany Home Road, offers a menu inspired by culinary influences from Louisiana, Texas, California and New Mexico. For more information, visit www.ztejas.com.

Free kids meals at MAD Greens

MAD Greens has launched its new Awesome Box and Super Box kids’ meals, and for a limited time, children ages 12 and younger can try it for free (with a paying adult meal).

Each mix-and-match Awesome Box and Super Box features a choice of fresh ingredients such as grilled citrus chicken, pasta, edamame, carrot sticks, apples, ranch dip and a kids’ drink for \$4.95.

Through May 31, each child, 12 and younger, who comes into MAD Greens at 1515 N. 7th Ave., #100, with a paying adult will receive a free Awesome Box, Super Box or Kids’ Salad plus a kids’ milk or juice. For more information, call 602-314-8470.

Hopdoddy is all about the burger

Hopdoddy Burger Bar’s first Phoenix location at The Shops at Town & Country opened earlier this spring. This is the second Arizona location for Hopdoddy, following Scottsdale’s opening in 2013.

please see BURGERS on page 50



This View Could be Yours!



Contemporary Mountain Preserve Retreat with Magnificent Views of downtown Phoenix

This one of a kind meticulously cared for home has something for everyone. The main house is perfect for families and entertaining. It has 3 Bedrooms, 2.5 Baths. The newly remodeled Gourmet kitchen opens up to a Breakfast room and great room. Large Laundry room, separate pantry and tons of storage add to the amazing livability of this home! Step out to the Lush green resort like terraced backyard and see the Breathtaking Mountain Preserve. The backyard has a built in BBQ, outdoor kitchen, gardens, multiple patios and a pool! Imagine your own air conditioned greenhouse right in the heart of the city!!! The Guest House/Casita is almost another home in itself with 2 Bedrooms, 1 Bath and a large Living room/craft area. There is a two car garage and workshop/man cave that can be easily converted to a 3 car tandem garage. Just hop on the 51 Freeway and you are just minutes away from downtown, the airport, Midtown and the Biltmore. There is something for everyone at this enchanting home perched high above the Valley of the Sun with 270 degree views that should not be missed!!! Offered at \$949,000



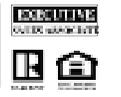
Debbie Frazelle, ABR

A trusted name in Real Estate
who will go the extra mile for you

602.954.6888 Office | 602.399.8540 Cell
3113 East Lincoln Drive
debbiefrazelle.com | dfrazelle@cox.net



Real Estate & Business
CORPORATE REAL ESTATE SERVICES
REAL ESTATE AGENT
OF THE VALLEY OF THE SUN



Each Office Independently Owned and Operated

TELL THE JOMIES

We're Back!

NOW OPEN

There's a brand new restaurant on the block. We've revitalized Joe's Drive-Thru Liquors - located in Phoenix's 7th street dining district - with fire-prepared eats, craft wine, beer, spirits and our signature forty-ounce growlers. We're now open for business, so stop in for '80s and '90s vibes, a chef-driven menu and craft booze.

Learn more at JoesMidnightRun.com.

Joe's
MIDNIGHT RUN



@joesmidnightrun

J. Levine
AUCTION & APPRAISAL

Consign -NOW-

Reach sophisticated bidders worldwide when you consign with us.

The Southwest's Premier Representative For Fine Estates And Collections At Auction

844.868.9006 • reception@jlevines.com
10345 N. Scottsdale Rd., Scottsdale, AZ 85253 • www.jlevines.com

FOOD FOR THOUGHT

BURGERS continued from page 49

Hopdoddy Burger Bar, 2033 E. Camelback Road, Ste. A13, is an Austin-born burger joint that delivers fresh, all-natural Angus burgers alongside Kennebec hand cut fries, and handcrafted milkshakes. For the lighter eaters in your party, there also are three healthy but plentiful salads on the menu.

Founded in 2010, Hopdoddy has locations in Texas, Arizona, Colorado, and California. Hopdoddy has been named one of the “The Best Burgers in America” by Food & Wine, one of the “33 Best Burgers in the Entire Country” by Thrillist in 2013, one of The Daily Meal’s best “101 Burgers in America,” and recently garnered the No. 1 spot on Business Insider’s list of “The 50 best burger joints in America.”

In addition to the new location, Hopdoddy Burger Bar announced its Goodnight for a Good Cause Burger partner: Alice Cooper’s Solid Rock Foundation, which provides a facility for kids and students all over the Phoenix area to learn and practice music, creative arts, dance, culinary

arts and more. The Solid Rock will receive \$1 from each Goodnight Burger sold at the Town & Country location. For more information, visit www.hopdoddy.com.

Joe’s offers late-night bites for the night owls

A new restaurant and lounge has opened on 7th Street inside the former home of a drive-through liquor store.

Led by owner and real estate developer, Rick Cordova, the Joe’s Midnight Run building at 6101 N. 7th St. was originally going to be scraped and turned into a parking lot for a larger mixed-use commercial building located next door.

“But the more I looked at the building,” Cordova says, “the more I fell in love with its 1950s charm, clean mid-century forms and great bones.” Inspired, Cordova decided to transform the former Joe’s Drive-thru Liquor into the sort of funky, tasty and music-fueled venues that he loved back in his hometown of Chicago.

Carved into a compact 1,800-square-foot space seating 60 inside and an additional 40 on the street-front patio, Joe’s Midnight Run stripped away decades of stucco, paint and graffiti to reveal the original terracotta slump block walls. Joe’s also installed an open kitchen that offers a chef-crafted menu of all wood-fired fare paired with a worldly selection of craft beer, spirits and wine on tap.

Cordova assembled an experienced team, including Executive Chef Michael Goldsmith (Lon’s, Joyride Taco House), designer Mike Rumpeltin of Brick & West (The Yard, Postino Tempe) and consultants, Troy Watkins and Kyu Utsunomiya of Be: Coffee + Food + Stuff. Together they crafted an all-wood-fired menu cooked on wood-burning grills and ovens, with no ranges or stovetops in sight. Built around a globe-spanning menu of hearty, sharable dishes, Joe’s also specializes in regional pairings with wine or beer suggestions.

Joe’s also features some larger entrées such as whole-roasted trout, Cornish game hen, skirt steak and pork chops. Open weekdays at 11 a.m. and 9:30 a.m. Saturday and Sunday for weekend brunch, Joe’s fills a unique niche by serving a full menu daily until 2 a.m.

For more information call 480-459-4467 or visit www.joesmidnightrun.com.

Fast, fresh, and flavorful Italian fare.

sauce
pizza | wine

Madison Village | 742 E. Glendale Ave. | 602.216.2400
Uptown | 25 E. Camelback Rd. | 602.845.7007
SaucePizzaAndWine.com

FOOD FOR THOUGHT

Restaurant Week is a dining adventure

Arizona Restaurant Association's Spring Arizona Restaurant Week (ARW) features 10 nights of epic dining adventures around the Valley.

During Spring ARW, May 20-29, more than 100 participating restaurants will offer a three-course prix-fixe menu for just \$33 or \$44 per person, excluding beverages, tax and gratuity unless otherwise noted.

With more than \$11 billion dollars in projected revenue for Arizona eateries in 2016, Spring Restaurant week helps give restaurants a needed boost before the summer months—and it allows diners a chance to eat their way around town.

Those anticipating the arrival of Spring ARW can check out updates at www.ArizonaRestaurantWeek.com, and participating restaurants and their menus will be continually added.

Buy a pizza, help a kid in foster care

Papa Murphy's Take 'N' Bake Pizza has launched a new campaign to benefit the Arizona Friends of Foster Children Foundation (AFFCF). Papa Murphy's locations around the Valley,

including 6825 N. 16th St., will donate \$1 to AFFCF from every family-size, Signature Pepperoni Pizza sold May 1-31 to support Foster Care Awareness Month, observed nationwide during the month of May.

There are more than 19,000 kids in Arizona's foster care system. Funds raised during this campaign will go toward music lessons, summer camp and other activities that are essential to these kids.

"We give children in foster care back their childhood," said AFFCF Executive Director Kris Jacober. "We help promote their self-esteem and enrich their lives by funding activities and other needs that give them the experiences they need while going through very difficult times. This partnership with Papa Murphy's will allow us to enhance the lives of so many deserving children."

For more information, visit www.papamurphys.com or call the store at 602-279-7272.

Herb Box opens in The Colony

The Herb Box on April 8 was the first tenant to open its doors at The Colony, a new mixed-used development on 7th Street just north of Missouri Avenue in midtown Phoenix.

The Herb Box has two existing locations in Scottsdale; the new location at The Colony is The Herb Box's first expansion outside of Scottsdale since the company was founded in 1995.

The Herb Box is known for a menu heavily focused on healthy, veggie-centric dishes. The Herb Box at The Colony will offer the same signature dishes that longtime fans know and love, featuring unexpected twists on tried-and-true cuisine. Popular dishes include the Avocado Love, the Korean Fried Cauliflower, the Beef Short Rib Enchiladas, and the Chargrilled Kobe Burger.

In addition to lunch and dinner, The Herb Box offers a full-service breakfast Monday through Friday, as well as an expanded brunch menu Saturday and Sunday. A variety of sweet and savory breakfast dishes will be available. The Herb Box also will have a coffee bar and housemade pastries and baked goods that can either be ordered indoors or from an outdoor walk-up window.

Hours are Sunday through Thursday from 8 a.m. to 9 p.m. and Friday and Saturday from 8 a.m. to 10 p.m. The Herb Box is located at 5538 N. 7th St. For more information, call 480-393-0432 or visit www.theherbbox.com.

'Winemaker Dinners' conclude in June

The Arizona Biltmore's "Winemaker Dinners" return for the 26th season, running through June.

Wright's at The Biltmore is the historic venue for the dinners that combine innovative dining and acclaimed wines, with the winemakers there to discuss their vintages, followed by after-dinner drinks and cigars.

Guests dine on an original multi-course menu prepared by Executive Chef Gordon Maybury paired with selected wines of a noted vintner. Diners will learn about the wines from representatives of the wineries, and enjoy cigars and Port or other favorite after-dinner drinks on Wright's patio.

The final Winemaker Dinners will feature the following wineries and wines: Turchard Vineyards, featuring Roussane and Cabernet Franc, May 5; and Sequoia Grove, featuring Cambium Cabernet Sauvignon, June 2.

Reservations must be made in advance and the dinners prepaid. Each Winemaker Dinner is \$120, plus tax and 18 percent gratuity. The dinners start with a reception at 6:30 p.m. For reservations and more information, call 602-955-6600.

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

BUSINESS DIRECTORY

Licensed Bonded Insured

A and P PAINTING
 EXTERIOR & INTERIOR
www.AandPpainting.com
 Power Washing • Trenching • Sanding • Priming • Caulking • Window Glazing
 Drywall Repair • Stucco Repair • Crack Repair • Custom Home Painting
20% OFF All Exterior or Interior Paint Jobs with the mention of this ad
602-502-0900
 AandPpainting@yahoo.com
 LIC#s 214967, 230606, 220868
 FREE ESTIMATES!

A. J. Birdwell Plumbing
602-274-4121
 Water • Sewers • Water Heaters
 Repairs are our Specialty!!
NO TRAVEL CHARGES • FREE ESTIMATES
 ROC # 0457777 • Licensed • Bonded

AMERICAN TREE EXPERTS
 Still doing it right after all these years.
 Trimming, Thinning, Shaping and Removal
 Fertilization and Damage Prevention
 Trees • Hedges • Shrubs
 Your satisfaction is our guarantee.
 David Wolfe
 Over 15 Years Experience
 100% GUARANTEED
 FREE ESTIMATES
 For more information call
602.740.2947

Drywall Specialist

Anybody's Anything Handyman
 25 Years Construction Experience
 Electrical • Plumbing • Painting
 Remodel • Repair
TODD McGREGOR
602-265-6162
NOT A LICENSED CONTRACTOR

ART LESSONS

FOR KIDS 5 AND UP FROM BEGINNER TO ADVANCED
 for more info visit: www.katyconnor.net
 email: hellokatyconnor@gmail.com
 phone: (512) 968 - 9033

PAINTING ARIZONA RESIDENTIAL

 Small Job Specialist
 Kitchen Cabinet & Vanity Repainting
 Interior & Exterior Door Repainting
 Decorative Faux & Venetian Plaster
 Free Estimates & References Given
 45 Years Experience
 Attention to Detail
 Owner Does All Work!
 (480) 945-4617 Mr. Gary
Not a licensed contractor
 See Web Site For Sample Work
www.azrespainting.com

BUSINESS DIRECTORY



The Best Handyman

Big & Small we do it all

Electrical  Plumbing  Carpentry 

480-322-3594 All Work Done By "Owner" Free Estimates

Not a licensed contractor



PAVERS AND LANDSCAPE INSTALLATION

BRICK • STUCCO • CONCRETE • TILE
STONE • FLAGSTONE • MAILBOXES
DRIVEWAYS • BEEHIVES • FIREPITS • BBQS

Not a licensed contractor

Affordable Rates Satisfaction guaranteed
Call Arturo Bonilla
602-475-7486

\$249 DENTURES

DR. MARK ESPINOZA
REPAIRS WHILE YOU WAIT

602-943-7297

Money Back Guarantee!

Climate Crafted Construction LLC

Project Management / Owner assists
New Works / Additions / Remodels & More

Phone: 480-290-3292
Email: climatecrafted2011@hotmail.com

Licensed, Bonded & Insured
ROC 298764

The Computer Wizard

Brian Woloshin

PC Support & Repair
Free Estimates

Phone: 602-717-5382
E-mail: brian@thecomputerwizard.info
<http://www.thecomputerwizard.info>

Your computer will be fixed so quickly you'll think it's magic!

CONCRETE MASONRY • STUCCO

Concrete Patios, Slabs and Pads, Stucco Patch and Repairs
Block Walls, Planters and BBQs

SMALL JOB SPECIALIST
Licensed • Bonded • Insured • ROC #201515

Wessel and Baker Contracting, LLC
(480) 217-9663
or WesselandBaker@gmail.com

Sell your car fast and easy

Any make, even with major problems

- Hassle-free offers • Small North Central dealer

Call/text (602) 252-9134
anytime (480) 528-1517
en Español

directdriveauto.com

DirectDriveAuto

• Buy • Sell • Trade | Quality used vehicles



Divine Design Landscaping

Tired of the Mow, Blow and Go Companies?
Want a Company That Pays Attention to Detail?
Call Us **NOW** for All Your Landscaping Needs!

WWW.DIVINEDESIGNLANDSCAPING.WEBS.COM

602-769-4564

Doors Plus

Replace, Upgrade, Repair your old doors
Interior/Exterior, Custom Woodwork
Cabinets & Hardware, Wood Flooring
Crown Molding & More!

35 Years Experience

- Impeccable References
- Satisfaction Guaranteed

W. L. Graves doorsplus@cox.net (602) 788-1105

Not a licensed contractor



Dragon's Lair Acupuncture

龙的穴

602-539-9501

www.dragonslairacupuncture.com

20% off initial visit

*Feel Better - Live Better
By Appointment Only*

CONTRACTORS
LICENSE 15422

SINCE 1946

DYER ELECTRIC CO

ELECTRICAL WIRING AND REPAIRING
2135 EAST INDIAN SCHOOL ROAD
PHOENIX AZ 85016

VICTOR DYER OFFICE (602) 955-3770
24 HOUR SERVICE



602.633.3011

5150 N 16th Street
Suite A-114
Phoenix, Arizona 85016

www.empowermentcounseling.net



FLEMING

SPRINKLER/LANDSCAPE

INSTALLATION-REPAIRS
DESIGN/BUILD • LIGHTING
LICENSED • BONDED • INSURED

602-292-5657

Doug Fleming, Owner ROC # 098462

floor RENDITIONS

FREE ESTIMATES
Next Day Install Available
We can bring samples to you & beat any price!
We also install Shower/Bath & Kitchen Tile

Carpet \$1.75 Per Sq. Ft. (Inc. FREE Install, Pad & Carpet Removal)
Laminate \$2.75 Per Sq. Ft. (Inc. Install, Underlayment & Carpet Removal)
Wood \$4.99 Per Sq. Ft. (Inc. Install, Glue & Carpet Removal)
Tile 18x18 or 12x12 Only \$3.75 Per Sq. Ft. (Inc. Install & Carpet Removal)

602-237-6797

Showroom located at 4601 E. Bell Rd. Phoenix, AZ 85032
Lic. Bonded & Ins. ROC 238942 • Financing Available
Min. Sq. Ft. purchase required for sale prices. Special pricing until 5-31-2016

FRANK'S PLUMBING



- Service & Repair/Remodel
- Solar & Tankless Water Heaters
- Water Softeners & R.O. Units
- Hot Water Recirculating Pumps
- Clean/Neat Appearance

Frank Cereska
Phone: (623)434-4743
Fax: (623)780-4541

Residential & Commercial Lic#260831 • Bonded • Insured

BUSINESS DIRECTORY



Gerri's Beading Parties
 Perfect for parties & all occasions
 Customized parties for ages seven through adult in your home conducted by a professional jewelry artist/retired educator.
 Supplies provided.
 Visit our website:
 gerrisjewelrydesigns.com or call
602.770.6366
 for more information

Girl Friday LLC

Executive ASSISTANCE Personal ASSISTANCE Senior ASSISTANCE



602.619.0079
 www.girlfridayotg.com

Administrative • Bill Paying • Bookkeeping • Shopping • Errands • Organizing • Packing/Unpacking • Household Help • Companionship



Your North Central Neighborhood Expert!
I Will Help You Get The Most For Your Home

Debbie Babakitis
 phoenixtucsonrealestate@gmail.com
602-527-6400



Emily PROFESSIONAL REALTOR™
BLINKHORN, PLLC
 EXPERIENCE • INTEGRITY • RESULTS



5225 N. Central Ave., Ste. 104
 Phoenix, AZ 85012
 480-289-1037
 emilyblinkhorn@gmail.com
 www.emilyblinkhorn.com

Extra Mile Painting Company

"Going the extra mile in service, craftsmanship and cleanliness"



North Central News Readers!
 Mention this ad and receive
25% OFF
 all interior and exterior work
 FREE written estimates in 24 hours!
 Call us today at
602.521.2662

Read our Yelp reviews!
 ROC # 299666
 2207 E. Glenrosa Ave.
 Phoenix, AZ 85016
 www.extramilepaintingcompany.com



Honey Bear's Fix It Service
 Give us your "Honey Do" list!
 All home repairs
 Certified residential electrician
 Plumbing • Painting (interior/exterior)
Call Duane
623-330-0104 or 623-326-8707
Not a licensed contractor

If I Were A Rich Man

- MEN'S CONSIGNMENT STORE
- HIGH END BRANDS, RESALE PRICES
- HANDMADE ACCESSORIES
- ROCK AND SPORT MEMORABILIA
- SHOP-CONSIGN-REPEAT




1576 East Bethany Home Road
 Phoenix, Arizona 85007
 602-687-7552
 @ifiwererichmanresale

Plugs • Switches • New circuit installs • Spas • Pools

Jim Sgambati Electric, LLC
 Residential • Commercial • Remodel • New Construction
 Emergency Service Calls
 35 years experience • Reliable, honest, respected
 On-time service • Guaranteed call backs
 FREE estimates
Jim (602) 992-6630
 ROC # 195188 • JSLLC@cox.net
 Ceiling fans • In & outdoor lighting • Panels replaced

JUNK REMOVAL
 YOU HAVE IT
 WE HAUL IT
FREE ESTIMATES
602.339.8989

KEITH'S UPHOLSTERY



MARYANN
 602-997-7633

CHAIRS • SOFAS • PILLOWS • SLIPCOVERS
 HIGH QUALITY DESIGNER WORK
 304 W. HATCHER RD • PHOENIX AZ 85021



Lifestyle Pilates
 A Fully Equipped Pilates Studio
 Reformer • Cadillac • EXO Chairs • TRX
 CoreAlign • Power Plates • Ceragem Massage
 Private, Semi Private and Small Group Training
15% off packages with 10 or more sessions
Expires 5-31-16
 1321 E. Northern Ave.
 (623) 910-1314 www.lifestyle-pilates.com



residential design-build general contractor
 new construction, additions, renovations
 turnkey from design to permits to project completion
 ph:602-510-2969 email:info@masterbuildhomes.com
 www.masterbuildhomes.com
 licensed, bonded and insured
 ROC284511, Architect Registration #61310



Mercy's Strategic Housecleaning
 (623) 396-0039
 Call for a FREE estimate!

12 Years Experience
 Responsible
 Honest
 Affordable

Mercy Lanfurd
 Ely Lanfurd



Mike Macchiaroli Tree Company
 Certified Arborist
 Licensed • Insured



- Precision Removals
- Deep Root Fertilizing
- Micro Injections
- Artistic Trimming
- Palms
- Free Estimates

47 Years Experience
 Best Service and Price in the Valley!
(602) 509-2773
 www.phoenixtreeremovalservice.com



The Osselaer Company
 Homeowners Association Specialists
 Fifty year history of helping communities.
 Excellent service to our clients.
 Cost savings measures.

We help communities increase home values by finding over-spending, improving appearances and reducing costs.
 Contact Mel Kuppinger for a complete no cost evaluation.
 Mel@osselaer.com
 602-277-4418

BUSINESS DIRECTORY

**vintage clothing & accessories
consignment furniture
& home decor**



Fun and Funky all in one place!
We make resale affordable!

**4314 N. 7th Ave.
602-997-1606**

Open 10 - 5 Thursday - Monday
Closed Tuesday and Wednesday

Looking for quality consignments!

www.pearlymaes.com • fcbk/pearlymaesresale

Pet Sit with Trish

"When Your Dogs & Cats Are Family"

Boarding dogs in my Home with Loving Care
Plus - "Drop-In" Pet and House-sitting
Doggy Day Care • Large Grass Yard • Take 'em home tired!

Retired Exec – 25+ Years Professional Pet Care!
References • 602-363-0273 • tspencer2@cox.net



Quandt Landscaping

Landscaping Installations & Makeovers

Sprinklers • Brickwork • Patios • Pavers
Gravel • Sod • Shrubs • Trees
Outdoor Lighting

Call for free estimates
602-481-8571

Rick's Grading

Landscape Grading of all Types

Laser Leveling of Irrigated lots
Drainage and Flood Problems

OVER 20 YEARS EXPERINCE

Licensed • Bonded • Insured ROC 247729

Richard C. Connolly
p 602.957.3803 • ricksgrading.com



Specializing in:

Roofs:
Shingle
Kitchens:
Cabinetry
Countertops
Baths:
Showers
Vanities
Flooring:
Wood
Tile
Vinyl plank



602.508.0015

2539 E. Indian School Rd., Phoenix, AZ 85016
roof2floors@gmail.com fax 602.508.0018

ART CLASSES

for Adults and Teens

ROSA PHOENIX ART STUDIO

8686 N Central Ave, PHX
602 903 3919
www.rosaphoenix.com/art-classes

**Oleander Removal
Ryan's Removal**

Oleander, Tree and Stump Removal
Dirt • Concrete • Hauling • Trenching • Delivery
Laser Leveling • Lot Clearing
Insured - Bonded

Call for free esitmate
602-451-6120

ryansremoval@gmail.com • oleanderremoval.com



Put your ad here!

Call
North Central News
at
602-277-2742
to find out how!

Call Sandy Holland

35 Years Plumbing • 25 Years Building Homes
All Types of Maintenance • Remodels and Additions
Alkaline Drinking Water Specialist
Work Guaranteed • References on Request
No Job Too Small!

602-510-9600
Free Estimates

Not a licensed contractor



Simple Massage
Mobile Massage

Relax. Let us do the driving!
(480) 416-2219
www.simplemassageLLC.com

SNAPPY LAWN SERVICE, INC.

For all your lawn service needs.

Regular Maintenance • Lawn Clean UP
Landscaping • Landscaping Construction
Thatching, Verticutting and Fertilizing

CALL FOR A FREE ESTIMATE
602-275-2745
Serving the Valley over 40 years
ROC#236598

TILE WORK

Floors • Showers • Kitchens
Install or Repair

Call Jim
602-418-3508

LEATHER FURNITURE CARE

Your Leather Looking Shabby?
Cat, Dog Scratches, Dry, Fading?

"IT CAN LOOK NEW AGAIN"

We carry raw local honey!

602-248-7862

UDDER FINERY LEATHER CARE
ESTABLISHED 1970




Borrowed Muse
Marketing & Promotions

When your promotional and
advertising needs require a little
extra inspiration ...

Hats • Shirts • Bags • Awards

602-410-1267
tearnicelli@yahoo.com



**WESSEL AND BAKER
CONTRACTING, LLC**

Remodeling and Repair Contractor
Carpentry • Patios • Doors/Windows
Concrete • Masonry • Stucco
Licensed • Bonded • Insured
ROC #201515

Contact us for a free estimate at
(480) 217-9663
or WesselandBaker@gmail.com

Work with the best

**TOP 1% AGENT
IN THE VALLEY***



BILTMORE MOUNTAIN ESTATE ONE OF A KIND

6612 N 31st Street, Phoenix, 85016
\$1,790,000
4 bed / 4.5 bath | 4244 sq.ft.



FAMILY HOME W/DOWNTOWN VIEWS

6619 N 36th St, Phoenix, 85018
\$1,195,000
4 bed / 4 bath | 4280 sq.ft.



CUL-DE-SAC BEAUTY

1128 W Northview Ave, Phoenix, 85021
\$699,000
4 bed / 2.5 bath | 3135 sq.ft.



AMAZING VIEWS AT CRYSTAL POINT

1040 E Osborn #1003, Phoenix, 85014
\$459,000
2 bed / 2 bath | 1981 sq.ft.



PENTHOUSE AT TAPESTRY

16 W Encanto Blvd 618, Phoenix, 85003
\$329,000
2 bed / 2 bath | 1428 sq.ft.

PENDING – 2016

6246 N 31st St, Phoenix, 85016	\$1,149,000
1041 E Rose Ln, Phoenix, 85014	\$849,000
12823 N 17th Pl, Phoenix, 85022	\$830,000
2567 E Vermont Ave, Phoenix, 85016	\$699,000
6701 N 21st Way, Phoenix, 85018	\$558,500
3435 E Coolidge St, Phoenix, 85018	\$515,000
1512 E Windosr Ave, Phoenix, 85006	\$358,000
1920 E Coolidge St, Phoenix, 85250	\$305,000
8438 E Windsor Ave, Scottsdale, 85257	\$261,000
1118 E Villa Theresa, Phoenix, 85022	\$249,900
525 E Wescott Dr, Phoenix, 85024	\$198,000
4510 N 10th St, Phoenix, 85014	\$150,000
850 S River Dr 2051, Tempe, 85281	\$148,000
1832 N 52nd St #205, Phoenix, 85018	\$115,500

CLOSED – 2016

8800 N 65th Street	\$1,900,000
3102 E Marlette	\$1,150,000
25315 S Lime Dr	\$840,000
509 W Solano Dr	\$830,000
2412 E Montebello Ave	\$762,000
3029 E Marlette	\$682,000
2445 E Oregon Ave	\$575,000
5111 E Lincoln Dr	\$545,000
3020 E Marlette Ave	\$465,000
3060 E Stella Lane	\$463,500
4133 E Campbell Ave	\$415,000
28230 N 21st Ave	\$379,000
1922 E Medlock Dr	\$360,000
6278 W Monona Dr	\$339,000
2718 E Pierson St	\$287,500
1838 E Pinchot Ave	\$214,000
2725 E Mine Creek #2156	\$162,000
302 N Sycamore #29	\$128,000
8214 N 21st Dr #A203	\$97,000

If you want your house on this list
call us today!



Oleg Bortman
602-402-2296
Oleg@TheSuitsAZ.com



Tucker Blalock
602-561-0445
Tucker@TheSuitsAZ.com

602-888-6375 | TheSuitsAZ.com

*ARMLS 2015



Kirk Development Company

Turning Dreams into Reality Since 1978

Custom Remodeling Design/Build

Kitchens • Bathrooms • Master Suites • Additions • Second Stories • Windows & Doors • Gut Renovations

Make Mom's Day Happy ...
with a new kitchen or bath!!

CALL FOR YOUR FREE IN-HOME ESTIMATE!

ROC 057434
ROC 072088
Licensed
Bonded • Insured

602-944-3658

www.kirkdevco.com

Serving the Valley
since 1978



VOTED BEST SOUTHWESTERN RESTAURANT IN THE VALLEY!

A uniquely Arizona restaurant serving a rustic fusion of cowboy and Mexican-inspired cuisine.



HAPPY HOUR
DAILY

\$10 WEEKDAY
LUNCH SPECIALS

PRIVATE DINING
ROOMS

SATURDAY AND SUNDAY
BRUNCH



Sierra Bonita Grill
& Catering

6933 N. 7th St. | Corner of 7th St. & Glendale (BEHIND WELLS FARGO)
Additional parking available in the adjoining lots just east of the restaurant

» 602-264-0700 ~ www.sierrabonitagrill.com «