



# north central news

the voice of the north central phoenix community

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[www.northcentralnews.net](http://www.northcentralnews.net)

## Police say property crimes are down

By Mila Suzich

Phoenix's property crime rates continue to go down and the city's police chief vows to make crime suppression a priority for the department throughout 2016.

Property crimes have dropped in Phoenix, from 28,145 in 2014 to 27,356 in 2015, a decrease of 2.8 percent, according to 2015 crime data from the F.B.I. Property crimes include burglary, theft and larceny, motor vehicle theft and arson. They are crimes involving the taking of money or property.

Property crime surpassed record lows from last year and remains at historically low levels consistent with totals seen in the early 1980s, according to Phoenix Police Chief Joseph Yahner in a message posted recently on Nextdoor.com and on the Phoenix Police Department's Facebook page. According to the message on Nextdoor.com, the department has been focused on five priorities including crime suppression and commu-

*please see CRIME on page 4*



Bonnie Apperson Jacobs, left, and Terri Mainwaring, both longtime North Central residents, have co-authored their first children's book, "They Call Him Grumpa," a story about the relationship between a young boy and his grumpy grandfather (submitted photo).

## Authors abound in North Central

By Teri Carnicelli

North Central Phoenix is known for its unique mix of old and new housing, its laid-back vibe in a bustling major metropolitan city, and for being a place where families come and stay to raise generation after generation in this vibrant core.

More recently, North Central also is becoming known for its creative residents who have developed new products, launched innovative websites, and for at least a half-dozen denizens, penned books ranging from children's stories and photographs of fathers with their children, to a fictional novel about parents trying to keep their daughter from a disastrous marriage, and a non-fiction book about the Granite Mountain Hotshots and the fire that took their lives in 2013.

### Bonnie Apperson Jacobs and Terri Mainwaring

Longtime North Central Phoenix residents and authors, Bonnie Apperson Jacobs and Terri Mainwaring, recently introduced their first co-authored children's book, "They Call Him Grumpa." Perfect for ages 3-7, this heart-warming, family-friendly read-aloud describes the relationship between a young boy and his grumpy grandpa. While

it seems to some of Grumpa's family members that he is an old grouch, Brady sees the real grandfather. This relatable book stresses family values.

"Bonnie and I have been co-workers and dear friends for over 30 years," Mainwaring says. "We worked as teachers and then administrators in the Peoria Unified School District. Upon retirement, we both worked together refining our writing skills by joining a writing group. We wrote for three years with this group and were then ready to move forward with a book. We love working together and inspire each other in whatever we are writing."

Jacobs and Mainwaring are long-time educators,

*please see AUTHORS on page 6*

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## COMMUNITY

## Young honored by American Red Cross

North Central resident Michael Young was recognized as Volunteer Rookie of the Year by the American Red Cross Greater Phoenix Chapter. He was among nine men and women presented with Red Cross volunteer awards during a celebration on April 16.

As Disaster Action Team Captain during the past year, Young has signed up for more than 300 Disaster Action Team shifts and responded to over 80 disasters. He has volunteered about 4,500 on call hours during the past two years. He has been the Red Cross representative at the Maricopa County Burn Center, which is highly emotional and not a position many will take.

He teaches Psychological First Aid and he is one of the first qualified teachers for the new Integrated Care and Condolence Teams.

"Michael has a passion for helping people and he is able to inspire our DAT



North Central's Michael Young has been named as the American Red Cross Greater Phoenix Chapter's Volunteer Rookie of the Year (submitted photo).

volunteers to excel and want to become better at assisting our clients," said Red Cross volunteer Leah McCormack, who nominated Young for the award. "He is a very positive person and people love to go on calls with him because his attitude is contagious. He is very organized and professional which make a scary situa-

*please see VOLUNTEER on page 6*

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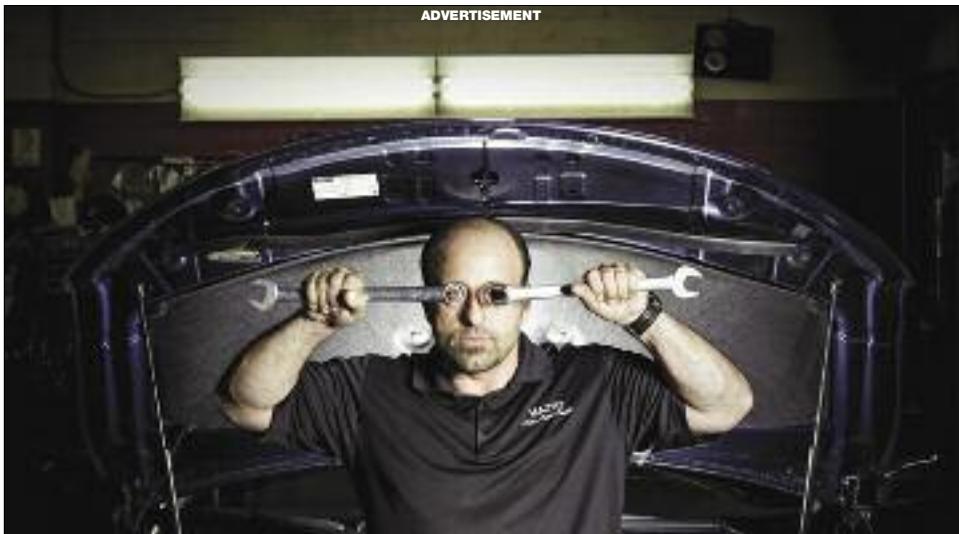
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# Beyond Repair

## How Shahe Koulloukian turned Mazvo Auto Care Center into much more than a mechanic.

He's a devoted husband, a doting father, and a small business owner: all noble, yet normal, pursuits. But spend a few moments chatting with Shahe Koulloukian, and you'll quickly realize that he isn't your average guy. First of all, he's fluent in six languages (seven, if you count his favorite – laughter). He is a professional actor and has performed as a stand-up comedian at the Mirage in Las Vegas. He's a classically-trained chef who has lived, and learned, literally all over the world.

Out of all those things, though, what stands out the most about Shahe is the genuine warmth and passion that shines through when he talks about his business – Mazvo Auto Care Center – and the reasons he started it. As a young man, he worked as an apprentice mechanic in his uncle's shop in Philadelphia, then broke into the industry as a mechanic for several dealerships, where he excelled and was promoted to management. But he was disheartened by the way clients were often treated: as nothing more than dollar signs. "I wanted to give customers more for their hard earned money. The dealerships only wanted the bottom line, and I just couldn't take it any longer," says Shahe. "So I applied for a small business loan and moved forward with only one condition to myself: that I would never, ever compromise my principles just to make a buck."

This is how, nearly two decades ago, he opened the doors to Mazvo Auto Care Center – and from the ground up, established it as so much more than a place to get your car fixed. Shahe and his wife Lena strive to provide an unparalleled quality of service ... but beyond that, education and empowerment. "I do more than just repair cars; I explain all aspects of owning and operating a vehicle," he says. Want to know how to improve your fuel economy? How to avoid getting carjacked? What to do in an accident? The best way to purchase and sell cars? Just ask Shahe. He'll tell you – for free. In addition, he hosts a twice-yearly free class exclusively for women, where students learn how to jumpstart a vehicle, change a spare tire, check engine oil level and tire pressures, and gain an overall familiarity with how their car operates. It's all a part of the customer experience that Shahe envisioned, and has stayed true to for all these years: premium service, personal attention, and a commitment to going the extra mile.

Most car owners treat a mechanic shop like going to a dentist: an "I'll-only-go-if-I-have-to" approach. "It shouldn't have to be that way," says Shahe. So he patiently continues his quest to change people's perception of what a good mechanic should be ... one satisfied, enlightened customer at a time.

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## COMMUNITY

### CRIME continued from page 1

nity engagement and outreach to keep those property crimes down.

Sgt. Jonathan Howard, a Phoenix police spokesman, said Phoenix police are putting most of their effort into identifying and targeting repeat offenders.

"We believe that the vast majority of crime is continually committed by a small percentage of the population," Howard said. "By focusing on this segment of the population, we have a greater chance of detecting and deterring additional crimes."

The department's Investigative Support Detail is a central squad that reviews and assigns all property crime reports. The squad notes and acts upon detected similarities between incidents to ensure investigating detectives are aware of possible links between crime throughout the city, Howard explained.

He added the department has also developed a Business Economic Stability Team within the last two years to work directly with businesses in identifying repetitive property-related crimes specific to the business community. This includes shoplifters, scammers, embezzlers and others who commit crimes against businesses.

"By identifying and arresting these repeat offenders, we positively impact the rate of property crime," Howard said.

Jackie Rich, a North Central resident for more than 26 years and neighborhood e-mail networker, and Ellen Bilbrey, secretary of Medlock Place Neighborhood Association Block Watch, e-mail more than 1,000 residents and

businesses with crime information for the area. Rich gets her information from victims themselves, while Bilbrey receives suspicious people reports and calls and sends out crime prevention messages. Both say that a decrease in property crime relies on crime prevention and being aware and careful.

"As it becomes more popular to move into uptown, people need to be more self-aware and take care of their possessions," Bilbrey said. "Be proactive in your own protection. The more people are proactive, the less criminals will come around."

Rich and Bilbrey say building a community within your neighborhood is crucial to property crime prevention. Get to know your neighborhoods, report suspicious activity to Crime Stop and take precautions to keep your home safe.

"The more we're all connected and looking out for each other, the better off we all are," said Rich, who has served on the board of the Murphy Trail Estates Neighborhood Association.

Phoenix police encourage individuals and businesses to take their own precautionary steps to deter criminal conduct. This includes locking your vehicle, securing valuables and securing your property by keeping your yard lit and landscaping appropriately to ensure you are not providing someone with a place to hide in darkness or from view of neighbors.

To see information about crime in your neighborhood, visit [www.raidsonline.com](http://www.raidsonline.com).

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

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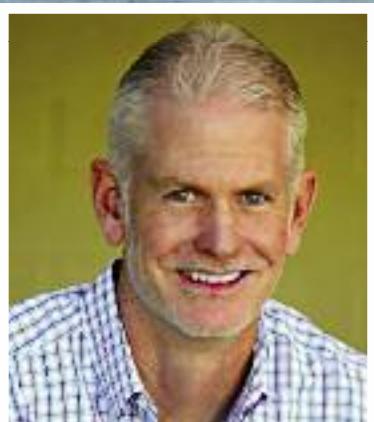
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## COMMUNITY

### AUTHORS continued from page 1

experienced in classroom teaching, early childhood development, library science, school administration and public relations. Both understand the importance of engaging young children in literature.

"They Call Him Grumpa" is available at Changing Hands Bookstore-Phoenix, 300 W. Camelback Road (\$11.95), and will shortly be available on Amazon.com as well. The book can be found online now at [www.yellow-pencilbooks.com](http://www.yellow-pencilbooks.com).

### Phoebe Fox

Phoebe Fox spent her childhood in North Central and returned in 2003, when she and her husband bought a home in the community. Fox is the mother of three boys and an author of "Starry's Haircut."

Spring is in the air, and Starry the Sheep needs a haircut. But she is worried and afraid to lose her cozy wool. Fox was inspired to write Starry's Haircut by one of her sons, who at 2 years old, was terrified of getting a hair-

cut. At the same time, Fox's older child was attending Montessori Center School at 19th Avenue and Butler. There, the students helped care for a sheep named Starry, and observed her having her wool sheared every spring. The author wondered if Starry was ever nervous about her "haircut."

Fox began her career as a first grade teacher, but her passion for children's literature motivated her to become an elementary school library media specialist. Most recently, Fox managed a small school library in Paradise Valley, where she shared her favorite books and taught library skills to children ages 3-10 years. "Starry's Haircut" is her first published book, and it is available at [Etsy.com](http://Etsy.com) (\$17) and also at Write-Ons, Etc., 6201 N. 7th St. She has another book scheduled to come out in August titled, "Up Up Up." To learn more, visit [www.mamafoxbooks.com](http://www.mamafoxbooks.com).

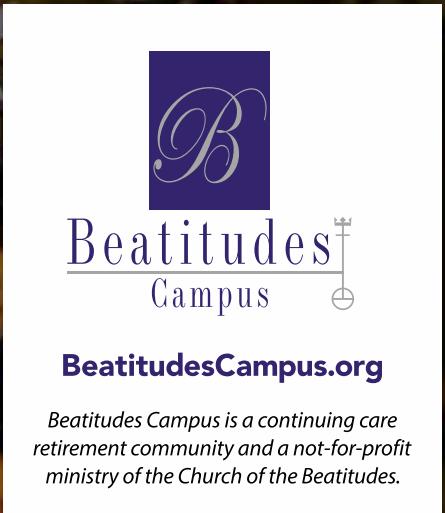


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**Terri Fields**

Terri Fields has lived in the North Central area for almost 40 years and was a teacher at Sunnyslope High School for 38 years, as well as a former Arizona Teacher of the Year.



Terri Fields

Fields is a children's book author of 22 published books. She has been invited to schools throughout the United States and abroad for author visits. One of her more recent picture books, "One Good Deed" (\$6.50, Amazon.com) has won a Christopher Award for 2016, which was presented to her in New York in May. The Christopher Awards celebrate writers, producers, directors, authors and illustrators whose work "affirms the highest values of the human spirit."

"The award means a lot because the whole idea behind writing 'One Good Deed' was to show even the youngest of children that they can make the world a little better by trying to be kind," Fields says.

"One Good Deed" is available at Amazon.com and BarnesandNoble.com (\$6.44 paperback). To view all of Fields' available books, visit <http://www.terri-fields.com>.

**Sheila Grinell**

North Central resident Sheila Grinell is debuting her first novel, "Appetite," about two parents in a shaky marriage who must stop their daughter from marrying a guru she met in India before the wedding takes place.



Sheila Grinell

Grinell had a 40-year career creating science museums (including the Arizona Science Center) and then decided to change paths and write fiction. "Like the characters in my first novel, I've accumulated a broad range of experience," she says. "I've been a hard-driving business executive and a wife and mother. I am certified to teach yoga, and adept at math and science."

Born in a taxi in Manhattan, Grinell studied at the Bronx High School of Science, Harvard University, and the University of California,

Berkeley. She lives in Phoenix with her husband and very spirited dog.

"Appetite" is available at Changing Hands Bookstore (\$16.95) and Amazon.com (\$12.34). To learn more, visit [www.sheilagrinell.com](http://www.sheilagrinell.com).

**Fernanda Santos**

Every summer, elite groups of men and women known as Hotshot crews brave the elements to fight wildfires raging around the country. On June 30, 2013, 20 men known as the Granite Mountain Hotshots set out to quell the Yarnell Hill Fire in Central Arizona, not far from their home base of Prescott. Nineteen lost their lives in the fire, the greatest loss of firefighter life since the 9/11 attacks.

In "THE FIRE LINE: The Story of the Granite Mountain Hotshots and One of the Deadliest Days in American Firefighting," New York Times Phoenix Bureau chief Fernanda Santos has written a riveting narrative of an unthinkable disaster, a remarkable group of men, and the raging wildfires that threaten our country's treasured wild lands.

Santos, who lives in North Central Phoenix, brings these complex and brave men into vivid focus. Santos has talked to each of the victim's families to learn who these men were and what motivated them to action.

Santos covers Arizona and New Mexico for The New York Times. This is her first book and it is available now at local and national bookstores or on Amazon.com (\$15.84).

**VOLUNTEER continued from page 3**

tion (both for the client and the volunteer) seem less daunting."

Young, 69, said he volunteers for the Red Cross because he wants to be of service to others.

"What I have enjoyed most is the immediate positive impact I can have on the lives of others. It is real and happens every day. Through my actions, I can treat people with dignity and compassion in their darkest hour," he said.

For more information about volunteering, call the Red Cross Greater Phoenix Chapter at 602-336-6660 or go to [RedCross.org/Arizona](http://RedCross.org/Arizona).

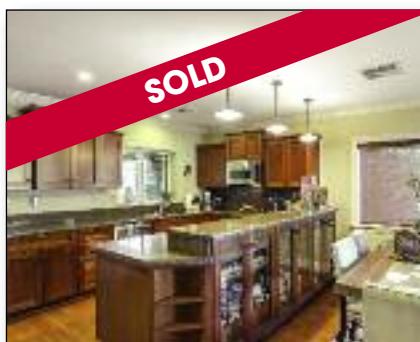
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## COMMUNITY

### Parents frustrated with school board decisions

By Teri Carnicelli

A group of parents, along with current and former educators both inside and outside the district, are at odds with the Madison School District Governing Board over two recent votes the board has taken that the group says are negatively impacting children in the district.

The first was a vote on May 3 to implement a bare-bones policy regarding recess activities at the Madison schools. Previously the district had no stated policy; the new policy, while encouraging a 20-minute recess each day, leaves the time and place up to each individual school administration, and does not guarantee the full 20 minutes.

Board members pointed out the complexity of organizing a school day, with each campus's own challenges and limitations, and therefore they believe the decision on how and when recess is implemented is best decided by the on-site administrative team, working with the school's teachers.

"Madison will continue to allow each school to determine how recess is structured," Superintendent Quinn Kellis said. "Teachers are aware of the importance of giving the brain a break and re-oxygenating through physical activity."

Parents were hoping to work with the district to add more recess back into the school day or, at a minimum, guaranteeing the full 20 minutes, and were disappointed with the board's apparent lack of interest in pursuing the matter further.

More recently, the board voted on a revision of its Discipline Policy. The policy was amended in part to state that the withdrawal of recess as punish-

ment for an entire class is not appropriate. However, parents note that individual students frequently are punished with the denial of recess, whether for behavioral issues or to make up class work that was unfinished, and that practice should have been included in the policy revision as well. Children with excess energy may have behavior issues and withholding a recess break is akin to keeping medicine from a sick person—in other words, it's counterintuitive, they argue.

Since at least 2009, and affirmed in 2015, the Arizona Department of Education's Physical Education standards prohibit the withdrawal of recess to punish classroom behavior or for make up work. But the Madison District's policy only explicitly bans "whole class" punishment.

"We've repeatedly asked why the district is rejecting the state standard, but there has been no response," says Christine Davis, a parent with two children at Madison schools who started the call for more recess added back to the school day and a ban on withholding recess as punishment for any reason.

"Given the model/trending policies out there, this remains a rubber stamp on marginal practices, not a good policy to remedy a real problem," Davis says. "It is clear this strategy does not work for the students who repeatedly endure it, which results in their neglect."

The frustrated parents are aware that three of the five board members are up for re-election in November and may ultimately try to use that as an opportunity to change the makeup of the board with new representatives who might be more sympathetic to their cause. For more information, visit Madison Parents for Recess on Facebook.



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## COMMUNITY



Bargain shoppers looking for great deals on gently used clothing sift through the thousands of pieces of apparel featured during the annual five-day rummage sale hosted by Our Lady of the Assumption Sodality at St. Thomas the Apostle Church (submitted photo).

### Rummage sale has long tradition

By Teri Carnicelli

The church and grounds at St. Thomas the Apostle will be transformed for five days this month into a bargain shopper's dream come true.

That's because the church's Our Lady of the Assumption Sodality is hosting its 65th-Annual Rummage Sale June 21-25, and that sale has come a long way in its 60-plus years. In the first year the sale was only a day and brought in about \$300. Now it stretches over five days and can bring in upwards of \$30,000. Some unique items that have been featured in the past include a Shetland pony, purebred puppies, and a car.

At St. Thomas, located at 2312 E. Campbell Ave., the Sodality has been in existence as long as the church, about 65 years. Members serve the church and the greater community in many ways, such as offering meals to the homeless and bringing cheer to nursing homes at Christmastime. But by far their biggest task each year is the Annual Rummage Sale, which is unlike any other rummage sale you have ever seen before.

The sale will fill the entire church hall as well as eight classrooms, plus the lawn outside where much of the larger pieces of furniture will be on display. The classrooms will be themed; for example, there is a Book & Game Room, two Housewares rooms, two Boutique rooms, a Jewelry room, and rooms for Seasonal Items & Toys as well as the "Better Clothing."

It's a daunting project that takes the 250 active Sodality members most of the year to organize and prepare for.

Most of the money raised by the sale goes right back into the community. The school and the parish priest receive cash donations, as do a variety of smaller charities vetted by a Sodality committee each year.

The Sodality also offers two scholarships each year to children who are members of the parish and who would like to attend a Catholic high school in the Valley. They don't have to be attending St. Thomas school, but they do need to be members of the parish. The sale opens at 4 p.m. Tuesday, June 21, with a ticketed pre-sale with hot dogs, chips and drinks. Cost is \$5 for adults, children admitted for free.

Then the regular sale begins, with hours of 8 a.m.-2 p.m. Wednesday; 8 a.m.-12 p.m. and 4-8 p.m. Thursday; 8 a.m.-2 p.m. Friday; and 8 a.m.-12 p.m. Saturday. There will be coffee and doughnuts during the mornings and a refreshment stand for purchases in the evening hours.

### Volunteers sought for thrift store

Do you like clothes, collectibles, and shopping? Would you like to donate your time in a retail setting? The White Dove Thrift Shoppe in Phoenix needs volunteers to help with store operations, especially during the summer months.

Located at 5035 N. 7th Ave., all sale proceeds from the White Dove benefit not-for-profit Hospice of the Valley's patients and families.

Volunteers sort donated merchandise, arrange shelves and ring up sales.

For more information, contact Volunteer Coordinator JoEllen Feltham at jfeltham@hov.org or 602-530-6968.

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# Real Estate Corner

# Bobby Lieb

Your North Central and Biltmore residential real estate specialist

## You can go home ...

One of my favorite rock and roll songs besides Free Bird is by Bon Jovi, "Who says you can't go home?" My brother Michael and I went back to our old home town of Atlanta, Georgia,



in early May to visit family, play golf and visit my old college baseball coach. I played baseball one year for Coach Jim Brock at Arizona State in 1975 and then

transferred to Dekalb South JC in Atlanta where I was coached by Jim Morris, who had just got released after playing for Boston. Coach Morris then coached Georgia Tech for 12 years and for the past 23 years he has been the head coach for the University of Miami, where has won two national championships, sent more than 40 players to Major League baseball and is ranked #3 in the country this year. It was great seeing my coach again and he even introduced me to all his players as his first college recruit. I then played my last two college years at Coastal Carolina in South Carolina before moving to Phoenix to help my dad manage the Jockey Club nightclub. You can go home!!

I always get asked about the current values in Central Phoenix and it is a force to be dealt with. I have sold 74 homes in 2016 totaling more than \$47 million in sales. Once school is out, the activity should be very strong for the next four to five months. I currently have 48 listings in our 'hood including 11 brand new homes. Please look at my

web page at centralphx.com or call me.

The hottest phase currently in our area are "fix and flip" houses. I have sold more than 15 of those this year and currently have two very strong cash buyers if you are thinking of selling your home. Even if you may be six months away from selling/moving, there may be a deal there (WE CAN DO A LONG ESCROW). Please be very careful of the fix and flippers because some of them are not licensed and many of their homes have square feet that were not permitted, which means it will not appraise. Let's do a deal!!

Finally, congratulations to Lucia and Ken Schnitzer and Jerry Mansoor, the owners of Luci's Healthy Marketplace, on their brand new concept called The Orchard, which is located at 7100 N. 12th Street. The restaurant is called Pomelo, which has great food and a very comfortable atmosphere for you and your family. In a few weeks look for their new marketplace, which will be similar to Luci's featuring unique food and drink for both dining and groceries but will feature products different from what Luci's offers.

Please keep an eye out for bicyclists since we have so many new restaurants and kids are out of school.

### Bobby Lieb

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## National Microchipping Month

- Without an ID tag or microchip, only 15% of dogs and 2% of cats in shelters are reunited with their owners.
- Microchips are a permanent way to identify lost pets.
- A special scanner is used to send a radio signal to the chip to read the identification number.
- There are three proprietary types of chips in the U.S.A. plus an international type. Not all scanners can read all chips. Some microchip brands require yearly registration fees.
- In a recent study, 75% of microchipped pets in shelters were returned to their owners. The remaining 25% did not have updated information in registration databases.
- Increase the safety of indoor, active outdoor, or traveling pets.
- Nothing replaces the need for a collar and tag with the owner's contact information and a current phone number.

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## COMMUNITY



It was quite a ride for this 9-week-old kitten who was recovered from the engine compartment of a Toyota Camry last month after the driver heard meowing while traveling. Now "Camry" is ready for adoption at the Arizona Humane Society (submitted photo).

## Pet of the Month

### Kitten's crazy ride brings him to AHS

The Arizona Humane Society's Emergency Animal Medical Technicians (EAMTs) have seen it all and respond to more than 10,000 emergency rescues and animal cruelty investigations each year. Yet, with kitten season in full swing, there's been a feline frenzy as animal rescuers save curious felines from precarious situations. From palm trees to walls to drains, the rescues have now shifted over to car engines, a popular place for kittens to hide at night.

A little tuxedo cat went for the ride of his life last month and a driver exited the 202 freeway after hearing frantic meows coming from the car's engine. Fortunately, little 9-week-old Camry was in good shape and was just a bit

dirty and dehydrated after he was pulled from the engine by EAMTs. The affectionate feline seemed thankful to have been rescued and purred the entire time during his medical checkup (which he passed with flying colors).

Now Camry is looking for a forever home where he can reside as an indoor cat. He likes playing in boxes, pouncing on toy mice, climbing into open cabinets and snuggling with you in bed.

Camry is available at the Sunnyslope Campus located at 9226 N. 13th Ave. His adoption fee is \$100 and includes his neuter surgery and first vaccinations. For more information call 602-997-7585 and ask for animal number A534623. He may be adopted by the time you visit the shelter but there are hundreds of other kittens and cats who are waiting for a new home and you can see them all by visiting [www.azhumane.org](http://www.azhumane.org).

### Get pets fixed before they get pregnant

Kittens as young as 4 months and puppies as young as 5 months are old enough to get pregnant and have their first litter just two months later. "These precious babies shouldn't be parents at 5 and 6 months old," says Ellen Clark, executive director for Altered Tails, a nonprofit organization and the Valley's largest spay/neuter clinic specializing in high quality, low-cost services.

That's why Altered Tails, with funding provided by PetSmart Charities, is introducing the "Precious, Not Parents" campaign. Through the cam-

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**COMMUNITY**

paign, Altered Tails will provide \$20 spay and neuter surgeries for puppies and kittens under 6 months of age during the month of June. This special \$20 rate is even less than the organization's normal low-cost priced.

Pet parents who wish to take advantage of this offer must mention the "Precious, Not Parents" campaign when they call to schedule their appointment. The campaign is based on availability.

Visit [www.AlteredTails.org](http://www.AlteredTails.org) or call 602-943-7729 for more information or to schedule an appointment.

### New 'Dog Days' dates added to D-Backs games

Due to the overwhelming popularity of Dog Days of Summer, the Arizona Diamondbacks and PetSmart have added four dates in which fans can bring their dogs to the game. The Dog Days of Summer package, which is available every Sunday home game, is now open to fans and canines on June 27, July 5, Aug. 23 and Sept. 14.

The Dog Days of Summer package is \$160 and includes a private "doggie suite" for four humans and one dog at the PetSmart Patio with all-you-can-eat food options, a doggie goodie bag complete with a doggie bed, treats and toys and exclusive access to the PetSmart Park and doggie ice cream station.

For more information and to purchase tickets for Dog Days of Summer, visit [www.dbacks.com/dogdays](http://www.dbacks.com/dogdays).

### Keep pets safe in summer swelter

Summer will officially arrive this month and it is important to remember your pets' health could be at risk. With temperatures consistently over 100 degrees in Maricopa County for the next five months, Fix.Adopt.Save. Alliance members are cautioning pet owners of the dangers our Arizona climate pose to your furry friends.

Below are a few tips from Fix.Adopt.Save. to remember during the warm months ahead:

**Don't Leave Your Pet in a Packed Car**—On a warm day, the temperatures in a car can exceed 120 degrees in a matter of minutes, even with the windows down. Your pet can quickly suffer brain damage or die from heatstroke or suffocation. It is best to leave pets home, if possible.

**They Don't Sweat It**—Pets don't



Don't leave your pet in a parked car, as temperatures can exceed 120 degrees in a matter of minutes, even with the windows down.

sweat efficiently and can potentially overheat more easily than people. Dogs will continue to fetch until they drop. Look for signs of overheating, which include excessive panting or vomiting.

**Take 5**—Adjust your daily walks to half the distance and to extremely early in the morning or late in the evening to account for the sweltering temperatures.

**Offer Shade**—Dogs and cats can get sunburned too, especially if they have short hair! Keep them cool and protected by giving them a shady spot to hang out when they want to keep

*please see SAFE PETS on page 15*

# It's Getting Hot!

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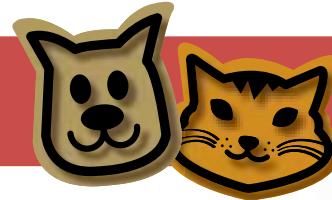
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## HAPPY HOUR WITH HERSCHE

It sure seems that we are in the midst of a mental health epidemic. What has been particularly noticeable to me is the rate of affliction of our youth. My sphere recently has had numerous children burdened with this path. Great kids and families that are now confronted with a life altering condition. The look of confusion and uncertainty on their faces just melts ones heart. Did you know one in five children ages 13-18 have, or will have a serious mental illness - that is a staggering and sober fact. Our health care system seems to be ill prepared to deal with this onslaught. What has changed? Is it simply that mental health is being diagnosed and discussed more than previous generations? I have no idea, but I do know the following quote applies to all with health issues and especially those with mental health challenges, "He who has health, has hope; and he who has hope, has everything." To all that are dealing with this delicate and trying condition I pray you will find your hope.

*If you have a mortgage need and would like to talk to someone who will unburden you with the process, call me. I guarantee you will get the unique and individual service you deserve.*

## TRIVIA *Contest*



According to the 2015 report by Mental Health America where does Arizona rank with youth in regards to prevalence of mental illness and access to care?

Winner will receive a \$100 contribution to their favorite youth organization.

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**Last Month's Answer:  
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## COMMUNITY

**SAFE PETS** continued from page 13

you company outside. Baby sunscreen can even be applied to exposed skin.

**Hydration Station**—Keep your pet hydrated, and leave plenty of accessible water outside. Think buckets, not bowls.

**Paw Patrol**—The blazing concrete means paws can get extreme burns. If walking a dog, do so in the early morning or well after the sun goes down as the pavement can take hours to cool off after a very hot day. Consider getting them booties as well, or walking them only in grassy areas (carry them to the grass if needed).

If your pet becomes overheated, gradually lower his or her body temperature by applying cool (not cold) water to the areas listed below:

- Place cool, wet towels over the back of the neck, in the armpits and in the groin area. You may also want to wet the ear flaps and paws with cool water directing a fan on the wet areas to speed evaporating cooling.

- You may offer fresh, cool water if your dog is alert and wants to drink. Do not force your pet to drink.

- **Play it Safe**—Take your pet immediately to a veterinarian. It could save his or her life. Call ahead, if possible, to be sure your pet can be seen ASAP.

## Local vocalist wins young artist award

North Central resident Ally Lansdowne, a senior at Arizona School for the Arts, hopes to make a lasting impact with the power of her voice. Lansdowne, 18, in April won the Judges' Choice Award in the Voice category during the 17th Annual Young



North Central teen Ally Lansdowne performs "Love Don't Turn Away" by Tom Jones and Harvey Schmidt from 110 In The Shade during the 17th Annual Young Artists' Competition in Phoenix (photo courtesy of Apatrou Photography).

Artists' Competition. Ally sang "Love Don't Turn Away" by Tom Jones and Harvey Schmidt from 110 In The Shade, and "Say The Word" by Kait Kerrigan and Brian Lowdermilk from The Unauthorized Autobiography of Samantha Brown.

The annual competition is a collaboration between the Herberger Theater Center and Center Dance Ensemble that showcases Arizona artists (ages 15-19) in the disciplines of Acting, Dance and Voice.

As part of her award, Ally received at \$1,000 scholarship to help further her education in the arts. She also was asked to perform at the Herberger's annual Plated & Staged fundraising gala on April 24.

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# It's a Great Time to Quit

By Alfredo Lim, M.D.

**As a physician, I encourage anyone who still smokes to think hard about giving it up, with support from the Smokeout and related organizations.**

I see the diseases caused by smoking almost every day in my practice, and it's disturbing. Smoking:

- Is the single most preventable cause of death and diseases such as emphysema, lung cancer and heart disease.
- Accounts for at least 30 percent of all cancer deaths in the U.S. That's not just lung cancer, by the way. Smoking also causes cancers in the throat, nasal cavity, sinuses, mouth, esophagus and bladder. Smoking also has been linked to the development of cancers of the pancreas, cervix, ovary, colorectum, kidney, stomach and some types of leukemia.
- Is a major cause of heart disease, aneurysms, bronchitis, emphysema and stroke over the long term.
- Worsens pneumonia and asthma.
- Is the biggest risk for sudden death from a heart attack.
- Causes one of every five deaths in the U.S. – more than 400,000 lives annually. That's more deaths due to cigarettes than cocaine, auto accidents, AIDS, alcohol, heroin, fire, suicide and homicide combined.

Smoking is the main risk factor for chronic obstructive pulmonary disease (COPD), the third leading cause of death in the U.S. This long-term lung disease includes both chronic bronchitis and emphysema. The longer and more heavily you smoke, the higher your risk of COPD. There is no cure.

There's simply no safe way to use tobacco whether the delivery method is cigarettes, smokeless, cigars, pipes or chewing.

I know that quitting the habit is not easy – nicotine is as addictive as heroin or cocaine, regardless of the way you use it. I know that the ritual of smoking involves a comfort factor, something that smokers find hard to give up. I know there's no one best way to quit. In fact, it may take several methods to give it up, from talking with your doctor, to nicotine gum and patches to support groups to websites. Check out [ashline.org](http://ashline.org); [smokefree.gov](http://smokefree.gov); [cancer.org](http://cancer.org) and [nicotine-anonymous.org](http://nicotine-anonymous.org).

If you quit smoking, you're in good company – more than 50 million Americans have done it. I'm betting that you can, too.

*Alfredo Lim, M.D., specializes in internal medicine, with a special interest in caring for the health of seniors, at HonorHealth Medical Group, 9100 N. Second St., Suite 121, Phoenix, 602-997-7331.*



ADVERTISEMENT

## COMMUNITY

### What to know for Flag Day

By Teri Carnicelli

This year marks the 100th anniversary of when President Woodrow Wilson issued a proclamation calling for a nationwide observance of Flag Day. But it wasn't until 33 years later—in 1949—that President Truman signed an Act of Congress designating the 14th day of June every year as National Flag Day.

June 14 was selected in part because of its significance to one determined teacher from Stony Hill School in Waubeka, Wis. According to the National Flag Day Foundation, Bernard J. Cigrand, who was just 19 years old in 1885, placed a 10-inch, 38-star flag in a bottle on his teacher's desk and assigned essays on the flag and its significance to his students. He did this on June 14 to commemorate Congress's adoption of the Stars and Stripes as the flag of the United States on June 14, 1777.

This one class assignment was the beginning of Cigrand's long years of fervent and devoted effort to bring about national recognition and observance of Flag Day. He was 50 years old when President Wilson issued his proclamation.

Cigrand didn't stop there. He also wrote "The Story of the American Flag," and perhaps most relevant still today, he wrote a widely distributed pamphlet on "Laws and Customs Regulating the use of the Flag of the United States."

Some people who can offer advice and help on raising, displaying and even disposing of American flags, are your local Boy Scouts.

"The American flag represents the American people, the American dream, and the American way; it should always be respected," says William Greene, 11, a Tenderfoot with Boy Scout Troop 329. "It should never touch the ground, and no additions or changes should be made to its design. It should be displayed higher than any other flag, and never flown when in tatters or at night without illumination. When it must be retired, Troop 329 will take and properly dispose of it."

The troop was formed in 1959 at the newly opened Madison Meadows School, where it still meets to this day. To contact Troop 329 for additional advice or American flag disposal assistance, e-mail Assistant Scout Master Roger Ottaway at [RLOOttaway@aol.com](mailto:RLOOttaway@aol.com).



Brothers Jack Moody, left, and Will Moody, both Eagle Scouts with Boy Scouts Troop 6, raise the American flag during the dedication ceremony for the Blanche Duggan Memorial Garden at Loma Linda Elementary (photo by Teri Carnicelli).

In the Arcadia area, the Boy Scouts of Troop 6 regularly engage in a variety of flag-related activities, including providing Color Guard services to government or civic group meetings, parades, and other gatherings.

"However, our most special flag-related activity is our annual tradition of collecting and properly retiring hundreds of old flags during a solemn and very special ceremony in recognition of Veterans Day each year," says Scoutmaster John Moody. "The Boy Scouts of Troop 6 also would happily assist older residents to put a flag holder and flag on their home or help in any other way we can to help others in our community better display and recognize our nation's flag and the important ideals for which it stands."

For more information, contact John Moody at [jmoody@pcmlawaz.com](mailto:jmoody@pcmlawaz.com).

### Bloomin' Beerfest at Irish Cultural Center

The Irish Cultural Center's annual "Bloomin' Beerfest," set for 7-11 p.m. Saturday, June 11, will have a variety of beers and entertainment as Leopold Bloom, the main character from Irish author James Joyce's novel "Ulysses" is commemorated.

Patrons can pre-purchase Beerfest tickets, and "teetotalers" tickets are available at a great discount.

The Irish Cultural Center is located at 1106 N. Central Ave. For more information, call 602-258-0109 or visit <http://www.azirish.org>.

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## COMMUNITY

### Free summer meals available for kids

The USDA has partnered with St. Mary's Food Bank to once again provide free summer meals to children ages 18 and younger throughout the Valley this summer. The purpose of the program is to help ease demand for summer food, particularly among children who take part in the free breakfast and lunch programs during the school year.

Accompanying adults will have the option to purchase a meal for themselves at a very inexpensive rate.

Several sites will host the summer meal program Monday through Friday (some exceptions). Among the sites are the Acacia, Burton Barr, Century and Yucca libraries; the Sunnyslope Youth Center; the Washington Activity Center; and the Christown YMCA.

Several school districts also will have host sites, including the Washington and Madison Elementary School Districts, and the Phoenix Union High School District.

The full list of participating sites, includes times and addresses, is posted

to the North Central News website at [www.northcentralnews.net](http://www.northcentralnews.net) under the Kids & Families tab. Contact the person listed at each site to check on space and enrollment qualifications, if any.

### Brown bag event offers ideas for local trips

The North Mountain Visitor Center's monthly Brown Bag event, set for noon on June 4, is "Plan Your Summer Getaway," presented by travel writer and author Roger Naylor and *Arizona Republic* features editor, Jill Cassidy.

There's no reason to wilt in the withering Valley heat this summer with so many enticing options around the state. Plan your summer getaways with the help of these two travel experts, who will steer you toward sparkling blue lakes, shady pine forests, cool mountain trails, swimming holes, hiking trails, road trips and more. Discover the remarkable beauty of this state aided by a couple of experts.

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## COMMUNITY

### Community Central

#### Blood Drive

8:30 a.m.-1 p.m. Thursday, June 9

Abrizo Central Campus,

West Auditorium

2000 W. Bethany Home Road

All donations are encouraged with a special emphasis on O-Negative blood. O-negative blood type donors are universal donors as their blood can be given to people of all blood types. United Blood Services is conducting the blood drive. Participants will be automatically entered into a drawing by the United Blood Services to win a 2016 Passat donated by Valley Volkswagen Dealers as part of a summer campaign that runs through Aug. 31. To make an appointment, call 877-827-4376 or go to [bloodhero.com](http://bloodhero.com) (Sponsor: AbrazoCentral).

"Body Parts" (1999). She lives in Williamsport, Pa. Cost is \$17 members and \$20 guests. RSVP to [navissak@hotmail.com](mailto:navissak@hotmail.com) with Phoenix Writers Club in subject line. All are welcome.

#### Legislative Wrap Up

6:30 p.m. Tuesday June 21

Beatitudes Luther Life Center

1616 W. Glendale Ave.

**602-992-8145**

The Phoenix Branch of AAUW (The American Association of University Women) hosts Mary Jo Pitzl, legislative reporter for *The Arizona Republic*. Pitzl spends much of her time at the state legislature. She will give a summary of the legislative activities for the past 12 months. 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 June 17. Visitors are welcome. Enter the Beatitudes by the gate at the flag on Glendale Avenue.

#### Author's Night with Robert Isenberg

6 p.m. Tuesday, June 7

Ellis-Shackelford House

1242 N. Central Ave.

**602-257-0335**

The public is invited to join Arizona Humanities for a talk with local author Robert Isenberg, who will inspire your summer travels with stories and inspiration from his works, including his newest book, "The Green Season" about his life as a journalist in Costa Rica. Isenberg describes his many years as a travel writer and journalist, scouring the globe for provocative stories. Hear about his rustic New England origins, life as a freelancer, and the evolving nature of long-form non-fiction. The program is free and light refreshments are included. Seating is limited and guests are encouraged to RSVP at <https://robertisenbergauthorsnight.eventbrite.com>.

#### Wine and All That Jazz

6-9 p.m. Friday, June 24

The Refuge Café

4727 N. 7th Ave.

Enjoy live music from The New Breeds, appetizers and an open wine bar, as well as raffles and other fun surprises. Proceeds benefit Cancer Survivors Circle of Strength-Arizona, a volunteer community of cancer survivors, caregivers, family, friends and others touched by cancer. Tickets are \$35 in advance, \$40 at the door. To purchase tickets, visit <http://tapaz.org/arizona-cancer-survivors-circle-of-strength>.

#### Summer Sundays

11 a.m.-5 p.m. Sunday, June 26

Heart Museum

2301 N. Central Ave.

Each fourth Sunday in June, July, August and September, the Heard Museum will offer free admission for all. On these days, children can be creative in activities designed just for them. Kids of all ages can enjoy music performances in the Steele Auditorium at 12:30 p.m. and 2 p.m. See artists at work during artist demonstrations inside the museum. And don't forget to stop in at the Courtyard Café and the Coffee Cantina at Heard Museum Phoenix for some great lunch items. Find a schedule of performing and demonstrating artists at [www.heard.org](http://www.heard.org).

#### Phoenix Writers Club

12-2 p.m. Saturday, June 18

Bluewater Grill

1720 E. Camelback Road

The club welcomes local poet Marjorie Maddox. Maddox's poems often explore history, the body, and spirituality. Maddox is the author of several poetry collections, including "Weeknights at the Cathedral" (2006), "Transplant, Transport, Transubstantiation" (2005), and

**COMMUNITY**

**First Fridays at the Heard:  
Native + You,  
‘Celebrating Women’  
6-10 p.m. Friday, July 1  
Heard Museum  
2301 N. Central Ave.**

First Fridays, Native + You, or NU, offers free evening admission every First Friday. In July the theme is “Celebrating Women.” Celebrate Frida Kahlo’s July 6 birthday early. Enjoy an evening with women artists, music and other activities celebrating the women who make the world move. Admission to museum galleries is free during Native + You. More information is available at [www.heard.org/first-fridays](http://www.heard.org/first-fridays).

**Free summer movies  
at Patriot’s Park**

CityScape Phoenix has released the movie lineup for its free outdoor summer movie series, City Lights Movie Nights, which takes place the second Friday of the month at the outdoor movie theater in Patriots Park, 11 W. Washington St.

Guests are encouraged to bring their blankets and chairs to watch a feature film on the big screen. The family friendly event also offers giveaways, special-themed contests and prizes.

Upcoming movies include: “Finding Nemo,” June 10; “The Grinch,” July 8; and “Rio,” on Aug. 12. Movies begin at 6:30 p.m. Arrive early to get a good spot.

For more information, visit <http://cityscapephoenix.com/events/>.

**Events, exhibit  
highlight Sendak**

Let the “Wild Rumpus” begin! Burton Barr Central Library, 1221 N. Central Ave., will host this nationally acclaimed exhibit featuring select works by iconic American illustrator and author Maurice Sendak, June 3-17.

This free exhibit, originally created to celebrate the 50th anniversary of Sendak’s classic children’s book “Where the Wild Things Are,” also includes additional renowned Sendak works in a variety of media. Revisit treasured characters and be a part of introducing a new generation to a classic.

Family friendly programs will be offered at all 17 Phoenix Public Library locations, including Storytimes, Movie Screenings and more. For a schedule of

family-friendly programs offered at one of your closest Phoenix Public Library locations (Acacia, Burton Barr, Century, Saguaro, and Yucca) visit: <http://bit.ly/27AQeXY>.

**Sign up for adult  
softball leagues**

The City of Phoenix will start registration for its adult softball leagues on June 21 at 6:30 p.m. Rose Mofford Sports Complex on 25th Avenue between Dunlap and Peoria avenues is one of the host sites for practices and games.

All leagues are \$450 per team for a 14-game regular season schedule, with a single elimination playoff. This 8-week season ends with Championship T-shirts and trophies.

Leagues take place Monday through Sunday and leagues include: men’s, co-rec and women’s (leagues vary from site to site).

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

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**TAKING CARE OF BUSINESS**



Realtor Kerry Melcher reads to children at the Harry & Sandy Rosenzweig Branch of the Boys & Girls Club in Phoenix as part of National Tell A Story Day on April 27 (submitted photo).

### Real estate agents read to kids at clubs

The Arizona Association of Realtors hosted a community service project on April 27 with the Boys & Girls Club. More than 40 real estate agents volunteered time at nine Boys & Girls Club branches, including the Harry & Sandy Rosenzweig Branch in Central Phoenix, reading and talking with students for National Tell A Story Day.

Arizona real estate agents from the White Mountain, Western Pinal, Flagstaff, Yuma and Phoenix worked with their local Boys & Girls Club branches to arrange a reading day for the club's younger members. Volunteers developed lesson plans that included crafts, discussion time and reading books such as "The House That's Your Home" by Sally Lloyd-Jones and "If I Built a House" by Chris Van Dusen. More than 100 children across the state were mentored during the day's activities.

The project was part of an ongoing partnership between the National Association of Realtors and the Boys & Girls Clubs of America.

### Business Briefs

#### Natural Grocers opens in Phoenix

Natural Grocers, based in Colorado with 90 stores in the United States, is taking over the space formerly occupied by Fresh & Easy at 655 W. Indian School Road. The grand opening was

May 31; the store boasts all organic produce and does not use plastic bags at checkout.

The Natural Grocers team hosts a Southwest Proud Expo and Tasting Fair, 12-4 p.m. Saturday, June 4. Sample products made locally in the Southwestern states of Arizona, New Mexico and Texas, as well as those made with local ingredients. Also on June 4, enjoy two free education classes: Gluten Free Never Tasted So Good, from 12-1:30 p.m., and 5 Steps to Control Sugar Cravings, from 2:30-3:30 p.m.

Free educational programs continue through out the month. To view them, visit [www.naturalgrocers.com](http://www.naturalgrocers.com) and select the Phoenix-Indian School Road location.

#### Drive collects clothes for kids in foster care

Mattress Firm has launched Mattress Firm Foster Kids, a company-wide philanthropic initiative aimed at making a positive impact on the lives of thousands of foster youth in need. All 105 stores in the Phoenix area are hosting a clothing drive through June 26 to collect shoes, clothing, pajamas and school supplies, as well as toys and funds that support extra-curricular activities.

Mattress Firm will accept clothing and monetary contributions, which will be donated to Arizona Children's Association and Arizona Helping Hands *please see DRIVE on page 24*

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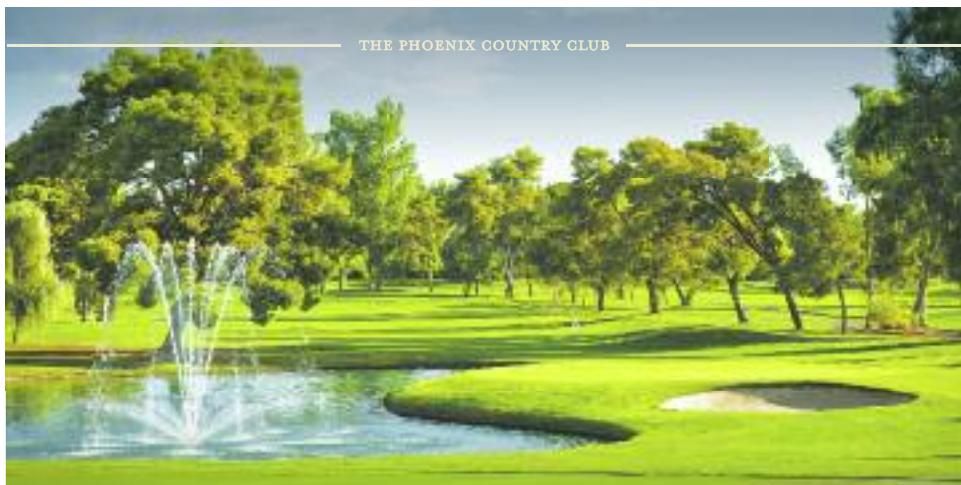


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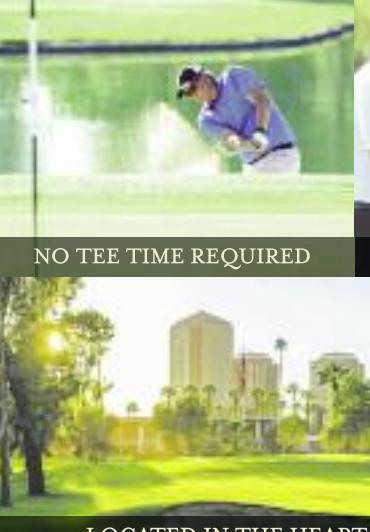


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## TAKING CARE OF BUSINESS

### **DRIVE continued from page 22**

at the end of the eight-week drive.

"Our national presence can help improve the lives of foster children, and we're doing everything in our power to rally our teams and the communities that we serve to provide these children with everyday necessities," said Ken Murphy, president and CEO of Mattress Firm.

Donations also can be made online at [www.mattressfirmfosterkids.org](http://www.mattressfirmfosterkids.org), and all gifts will be used by Mattress Firm Foster Kids' carefully selected foster care partners to provide foster children with special programs and services.

### **Construction begins on Encanto Moon Valley**

Encanto Living, owned by Justin Johnson, has begun construction on a new Moon Valley-area single-family community. The 29-home infill development, called Encanto Moon Valley, is one of three planned communities in which the homes are being designed with a historic feel, amenities and price point to appeal to the millennial generation.

Located just north of 7th Street and Thunderbird at 702 E. Roberts Road, Encanto Moon Valley has three floor plans ranging from 1,640-1,932 square feet. Each home has three bedrooms with two and half baths and an attached garage. The community will provide residents with social amenities, including a community fire pit and open space. In-home amenities include granite counter tops, contemporary painted cabinets, and tile flooring.

Models and sales office for the new community will open by September 2016. Old World Communities is the general contractor, Bobby Lieb with HomeSmart Elite is the designated broker, and Pathangay Architects is the architect for the community. Visit [www.encantolivinghomes.com](http://www.encantolivinghomes.com).

### **Heard Museum Shop Sale starts July 1**

Check out the deals at the Heard Museum Shops Annual Summer Clearance Sale, daily starting July 1, from 9:30 a.m. to 5 p.m. Monday through Saturday and 11 a.m. to 5 p.m. Sunday.

This shopping event offers discounts on authentic American Indian artwork. Because the shop does not

charge sales tax, you save even more on your purchases.

Bruce McGee's Collectors' Room, consignment purchases and already discounted items are ineligible for additional discounts. For more information, visit [www.heard.org](http://www.heard.org).

### **Village Choice Award winners revealed**

The Sunnyslope Village Alliance launched the inaugural Village Choice Awards in April, a competition to highlight the best eateries of Sunnyslope. Nominations were accepted online through May 2, followed by a voting period that ended on May 13.

The winners included:

- Best Restaurant: North Mountain Brewery
- Best Happy Hour: Big Daddy's Sports Bar
- Best Dessert: Karl's Quality Bakery
- Best Takeout: Stumpy's Pizza and Subs
- Best Quick Bite: North Mountain Brewery

Sunnyslope Village Alliance board President Tony Motola pointed out the area boasts many great restaurants, from sit-down family eateries to grab-and-go options that offer great food to take with you.

The winners of the Village Choice Awards will be formally recognized at an upcoming celebratory event, the time and location for the event is yet to be determined.

### **New real estate team combines experience**

Realtors Heather MacLean and Chris Ritchie have teamed up to serve clients in the Arcadia, Biltmore and Paradise Valley neighborhoods.

Their business is known as MacLean & Ritchie, and it operates under the umbrella of Launch Real Estate, established in January by entrepreneur John N. Vatistas and six founding partners, including MacLean.

MacLean spent more than 15 years at Realty Executives before joining forces with Ritchie, who worked with Realtor Robert Joffe and the Joffe Group for almost a decade.

Associate real estate agents Chris Purull, Lisa Dale and Stephanie Tarr complete the MacLean & Ritchie team. For more information, visit [www.areasuccess.com](http://www.areasuccess.com).

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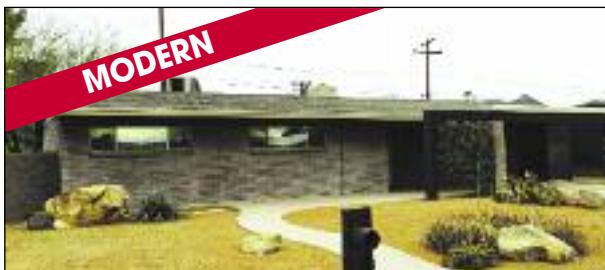
**6348 N. 7th Ave. Unit 9 • \$133,500**  
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**1018 W. State Ave.**  
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**1008 E. Manzanita Drive • \$359,000**  
3 bdrms • 1.75 baths • 1508 SF • Corner lot • Remodel



**309 W. Echo Lane • \$375,000**  
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## Current Listings/Escrows

(North Central homes in bold)

130 E. Missouri Ave.	<b>.IN ESCROW</b>	4774 SF	4BR/4.5BA	\$1,875,000
6012 N. Central Ave.	<b>.NEW PRICE</b>	4486 SF	4BR/3BA	\$1,650,000
5120 N. 22nd St.	<b>.JUST LISTED</b>	5949 SF	5BR/6BA	\$1,495,000
35 E. Myrtle Ave.	<b>.IN ESCROW</b>	5150 SF	4BR/5BA	\$1,475,000
600 W. Berridge Ln.	<b>.NEW PRICE</b>	5239 SF	5BR/4BA	\$1,295,000
3814 E. Mountain View Rd.	<b>.NEW PRICE</b>	5138 SF	5BR/5.5BA	\$1,240,000
512 E Tuckey Ln.	<b>.JUST LISTED</b>	5112 SF	5BR/4.5BA	\$1,195,000
1316 W. Myrtle Ave.	<b>.IN ESCROW</b>	Lot		\$ 975,000
1721 E. Myrtle Ave.	<b>.NEW PRICE</b>	3936 SF	4BR/3.5BA	\$ 939,000
26 W. Kaler Dr.	<b>.NEW PRICE</b>	4221 SF	5BR/4BA	\$ 910,000
5323 N. 2nd St.	<b>.IN ESCROW</b>	4058 SF	4BR/3.5BA	\$ 921,768
5741 N 4th St.	<b>.NEW PRICE</b>	3310 SF	4BR/3.5BA	\$ 849,999
7201 N. Central Ave.	<b>.NEW PRICE</b>	3269 SF	4BR/3BA	\$ 799,000
1815 E. Palmaire Ave.	<b>.NEW CONSTRUCTION</b>	3110 SF	4BR/3.5BA	\$ 799,900
7837 N Central Ave.		4597 SF	4BR/5.5BA	\$ 799,000
7208 N. 3rd St.	<b>.NEW PRICE</b>	3677 SF	4BR/3BA	\$ 749,000
5318 N. 2nd St.	<b>.IN ESCROW</b>	4058 SF	4BR/3.5BA	\$ 754,900
5319 N. 2nd St.	<b>.IN ESCROW</b>	3501 SF	4BR/3.5BA	\$ 734,900
5322 N. 2nd St.	<b>.IN ESCROW</b>	4058 SF	4BR/3.5BA	\$ 744,900
5314 N. 2nd St.	<b>.IN ESCROW</b>	3501 SF	4BR/3.5BA	\$ 724,900
5310 N. 2nd St.	<b>.IN ESCROW</b>	2863 SF	3BR/2.5BA	\$ 694,900
105 E. Lamar Rd.	<b>.NEW PRICE</b>	4200 SF	5BR/5BA	\$ 684,000
5315 N. 2nd St.	<b>.IN ESCROW</b>	2863 SF	3BR/2.5BA	\$ 675,000
5311 N. 2nd St.	<b>.IN ESCROW</b>	2863 SF	3BR/2.5BA	\$ 675,000
700 W. Drey Dr.	<b>.JUST LISTED</b>	3850 SF	4BR3/BA	\$ 675,000
600 W. Las Palmaritas	<b>.NEW CONSTRUCTION</b>	2935 SF	4BR/3BA	\$ 649,000
707 E. Kaler Dr.	<b>.JUST LISTED</b>	3004 SF	4BR/3BA	\$ 639,000
210 E. Keim Dr.		2182 SF	3BR/2.5BA	\$ 599,995
7627 N. 11th Ave.	<b>.IN ESCROW</b>	2978 SF	4BR/3.5BA	\$ 599,000
27 E. San Miguel Ave.	<b>.IN ESCROW</b>	2700 SF	3BR/2.5BA	\$ 599,900
7148 N. 13th Pl.	<b>.JUST LISTED</b>	2504 SF	4BR/3BA	\$ 579,000
77 E. Missouri Ave. #74	<b>.NEW PRICE</b>	3184 SF	3BR/2.5BA	\$ 550,000
1011 W. Palo Verde Dr.	<b>.NEW PRICE</b>	2800 SF	4BR/3.5BA	\$ 539,000
1579 W. Lawrence Ln.	<b>.JUST LISTED</b>	2884 SF	3BR/5BA	\$ 479,900
7234 N. 11th Ave.	<b>.IN ESCROW</b>	2310 SF	5BR/3BA	\$ 450,000
33 E. Butler Dr.	<b>.NEW PRICE</b>	3146 SF	3BR/3BA	\$ 415,000
2607 N. Walker Way	<b>.IN ESCROW</b>	1870 SF	3BR/2BA	\$ 409,685
2647 N. Walker Way	<b>.NEW CONSTRUCTION</b>	18740 SF	3BR/2BA	\$ 402,634
9007 N. 14th Dr.	<b>.JUST LISTED</b>	2332 SF	4BR/3BA	\$ 399,000
2623 N. Walker Way	<b>.NEW CONSTRUCTION</b>	1870SF	3BR/2BA	\$ 393,748
2627 N. Walker Way	<b>.JUST LISTED</b>	1870 SF	3BR/2BA	\$ 393,632
3104 N. 32nd Way	<b>.IN ESCROW</b>	2267 SF	4BR/2.5BA	\$ 388,144
77 E. Missouri Ave. #16	<b>.IN ESCROW</b>	2431 SF	3BR/2.5BA	\$ 350,000
1801 E Minnezona		2058 SF	3BR/2BA	\$ 334,900
4220 N. 19th St.	<b>.NEW PRICE</b>	1971 SF	3BR/2BA	\$ 310,000
2891 E. San Tan Dr.	<b>.JUST LISTED</b>	3097 SF	4BR/3BA	\$ 309,900
6155 N. 18th Ave.	<b>.JUST LISTED</b>	1640 SF	3BR/2BA	\$ 289,000
550 W. Maryland Ave. #114		1315 SF	2BR/2BA	\$ 265,000
550 W. Maryland Ave. #112	<b>.IN ESCROW</b>	1323 SF	3BR/2.5BA	\$ 265,000
550 W. Maryland Ave. #136		1323 SF	2BR/2.5BA	\$ 250,000
3601 E. Bloomfield Rd.	<b>.NEW PRICE</b>	1662 SF	3BR/1.75BA	\$ 235,000
6518 N. 10th Pl.	<b>.JUST LISTED</b>	1883SF	3BR/2.5BA	\$ 229,500
1834 W. Citrus Way	<b>.NEW PRICE</b>	1752 SF	3BR/2BA	\$ 199,000
9437 N. 5th Ave.	<b>.IN ESCROW</b>	1615 SF	4BR/2BA	\$ 189,000

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105 E. Lamar Rd. • \$684,000



210 E. Keim Dr. • \$599,999



7148 N. 13th Pl. • \$579,000



1011 W. Palo Verde Dr. • \$539,000



77 E. Missouri Ave. #74 • \$550,000



33 E. Butler Dr. • \$415,000



8449 N. 1st Dr. • \$399,000



1801 E. Minnezona Ave. • \$334,900

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### SOLD Homes

6019 N. 20th St.	\$1,875,000	15223 N. 12th St.	\$ 750,000	14 E. Laurie Ln.	\$ 450,000	1307 W. Rose Ln.	\$ 350,000	3312 N. Randolph Rd.	\$ 214,000
6050 N. Paradise View Dr.	\$1,875,000	209 E. Myrtle Ave.	\$ 680,000	3103 E. Hazelwood St.	\$ 445,000	5402 E. Pinchot Ave.	\$ 349,000	3010 E. Corrine Dr.	\$ 182,500
9202 N. 52nd St.	\$1,850,000	550 W. Las Palmaritas	\$ 675,000	9026 N. 16th St.	\$ 431,000	1219 W. Rovey Ave.	\$ 320,000	1715 E. Turney Ave.	\$ 185,000
123 W. Frier Dr.	\$ 907,000	6524 N. 4th St.	\$ 635,000	7319 N. 6th Pl.	\$ 423,000	8449 N. 1st Dr.	\$ 305,000	50 E. Northern Ave. #1046	\$ 145,000
1811 E. Palmaire Ave.	\$ 829,000	1911 E. Claremont St.	\$ 565,000	2615 N. Walker Way	\$ 415,000	125 E Echo Ln.	\$ 275,000	750 E Northern Ave. #1093	\$ 142,000
10 W. Vista Ave.	\$ 850,000	2737 E. Az Bilmore #30	\$ 545,000	3107 N. 32nd Way	\$ 400,000	1026 E. Wagon Wheel Ave.	\$ 256,000	312 W. Maryland Ave.	\$ 97,500
2509 E. Montebello Ave.	\$ 850,000	131 W. San Juan	\$ 525,000	225 E. Oregon Ave.	\$ 399,000	1613 W. Verde Ln.	\$ 252,500		
5718 N. 24th St.	\$ 795,000	4613 N. 31st St.	\$ 495,000	2611 N. Walker Way	\$ 390,000	739 E. Orangewood Ave.	\$ 250,000		
7539 N. 21st Pl.	\$ 787,500	521 W. Las Palmaritas	\$ 455,000	5301 N. 6th St.	\$ 375,000	7 E. Muriel Ave.	\$ 248,000		

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## HEALTHY LIVING

### The scoop on the Zika virus

The spread of the Zika virus has caused worldwide concern, and with it, worldwide misinformation. Gautam Aggarwal, M.D., primary care physician with HonorHealth Medical Group, offers answers to help dispel the myths circulating about this mysterious virus.

The Zika virus is spread to people primarily through the bite of an infected Aedes species mosquito. Concern is rising because of the rapid increase in the number of cases worldwide. The Centers for Disease Control and Prevention now recognizes the Zika virus as causing microcephaly (small heads) and brain damage in infants born to mothers infected with the virus.

Primary transmission occurs when you are bitten by an infected mosquito. Transmission also occurs between an infected mother and a fetus in utero or at time of delivery. If you're infected, you can also transmit the virus to your

partner through sexual activity.

In adults, symptoms typically appear between two and 14 days after transmission, and can last up to a week. "It is rare for Zika to cause fatal or life threatening illness in adults," Aggarwal points out.

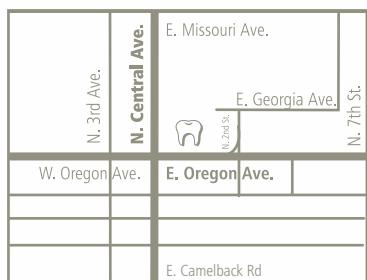
Symptoms can include low-grade fever, rash, joint pain, muscle aches, headaches, weakness and eye discomfort. You could also exhibit abdominal pain, nausea, diarrhea and itchiness. "Only 20 to 25 percent of infected people will have symptoms," Aggarwal says.

If you're visiting South America, Central America, Southeast Asia, the Pacific Islands or the Caribbean this summer, there is a risk of getting infected with the Zika virus. You may become infected and not show symptoms. Aggarwal advises the best prevention option is to avoid travel to areas endemic for Zika carrying mosquitos. If you travel to an area prone to infections, stay in clean living quarters, use mosquito nets and insect repellent, and wear long sleeves and long pants. Avoid standing bodies of water, which are prime breeding grounds for mosquitos. "You can't guarantee you won't be bitten by an infected mosquito, but you can reduce the risk," he emphasizes.

If you have questions about the Zika virus, contact your doctor, or find one through HonorHealth Medical Group at [www.honorhealth.com](http://www.honorhealth.com).

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## Health Briefs

### Dance instructor incorporates Pilates

BellaBody Pilates welcomes Gabriela Banuet, owner/director of Intense Dancers Project, who will bring her innovative dance instruction to the studio located at 13825 N. 7th St.

Passionate about how important it is for dancers to connect with their bodies, Banuet trains dancers as athletes, introducing biomechanics, kinesiology and Pilates to improve performance, prevent injury and connecting with the right muscles. Patient and creative, she enjoys working with small groups, semi-private and privately by appointment. She is a Certified Polestar Pilates Master Instructor and has specialized in working with young dancers using the Pilates Method for

**HEALTHY LIVING**

dance conditioning.

To schedule classes, contact Banuet at [gabanuetpilates@hotmail.com](mailto:gabanuetpilates@hotmail.com) or 480-694-4494.

### **Get a massage for Global Wellness Day**

Celebrate the fifth-annual Global Wellness Day (GWD) on Saturday June 11, with specially priced massages offered at The Spa at the Village, located inside Camelback Village Health Club & Spa, 4444 E. Camelback Road. Offered all day long, enjoy a professional and pampering full body massage for only \$75 per person. For more information or to make an appointment, call 602-840-6412.

### **Workshop blends different modalities**

Kinesphere Center for Movement Education offers a "Move Your Chi ... Soothe Your Soul" workshop with Kat & Matt Myers, 1-2:30 p.m. Sunday June 26.

Come on a deep adventure, blending bodyrolling, foot fitness, chi gong, live music and a soul soothing Nidra relaxation. Cost for the class is \$30 (cash only).

Kinesphere Center for Movement Education is located at 711 E. Missouri Ave., Suite 180. Call/text 480-221-7435 to register.

### **Yoga, Tai Chi at Japanese garden**

Enjoy thoughtful exercise in the peaceful surrounding of the Japanese Friendship Garden this month. The garden is located at 1125 N. 3rd Ave., adjacent to Margaret T. Hance Park.

A Yoga & Meditation Class is offered Thursdays, June 2, 9 and 16,

from 7:15-8 a.m. Cost is \$15 per class and includes garden admission. The instructor is Janet Cockerton McClellan.

Or, try a Tai-Chi class on Fridays, June 3, 10 and 17 from 7:15-8 a.m. Cost is \$15 per class and includes garden admission. The instructor is Ping Wei.

For more information or to register, visit [www.japanesefriendshipgarden.org](http://www.japanesefriendshipgarden.org) or call 602-274-8700.

### **Hospital hosts cereal drive**

Abrazo Central Campus is collecting cereal and monetary donations to provide hungry children with healthy breakfasts during the summer.

Through the Healthy Over Hungry Cereal Drive from June 3-10, hospital employees, community members and business leaders can donate healthy cereal and/or monetary donations for perishable breakfast items. Donations will go to St. Mary's Food Bank Alliance. Cereal can be dropped off at Abrazo Central Campus, 2000 W. Bethany Home Road.

Arizona ranks third in the country for high child food insecurity rates, behind only New Mexico and Mississippi, with 456,760 children facing hunger on a daily basis, according to St. Mary's Food Bank Alliance.

The Healthy Over Hungry Cereal Drive's purpose is to feed hungry children as they head into summer months without the benefit of a healthy breakfast, often provided by their school.

Healthy cereal contains one serving of whole grain, no more than 200 calories per serving, 6 grams or less of sugar and at least 3 grams of fiber per serving. It should also be free of artificial colors and dyes.



#### **JUNE 2016 WORKSHOPS**

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### **Avoiding the *Forbidden Planet* Syndrome**

Does anyone remember the 1956 science fiction movie *Forbidden Planet*? It featured Leslie Nielsen in a serious role (!) as the commander of a spaceship. He lands on the planet Altair IV, where he meets some castaways and a good-natured robot named Robby. Less good-natured, however, is an invisible planetary inhabitant that keeps killing members of Nielsen's crew.

We ultimately learn that this creature is the creation of alien technology acting on unconscious hostile thoughts harbored by the castaway—it's "a monster from the Id". Alas--fifty years after *Forbidden Planet* we still do not possess machines that can materialize our thoughts; thinking about piles of money won't make any of us rich. And by 2016, the Freudian concept of the Id has also largely become invisible.

Too often, however, discussions about our health still seem to focus on invisible monsters from within that threaten to materialize and do us harm. Two recent studies about blood pressure recently brought this point home to me.

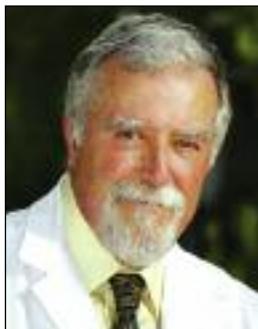
We have always been taught that our risk for a heart attack or stroke is tied to blood pressure and cholesterol levels. "Lower is always better": if either of these numbers goes up, we're in danger. So in the HOPE-3 trial, people with an average risk for heart disease were treated with blood pressure- and cholesterol-lowering drugs with the expectation that even these individuals could benefit. The results? Lowering cholesterol made a difference, but lowering blood pressure did not.

The other study (from Rotterdam) showed that a blood pressure reading alone was not the best way to predict bad outcomes over 20 years. Everyone's blood pressure rose with age, but the best predictor of heart attack or stroke was the pattern of blood pressure increase over time.

Both studies agree: treating high blood pressure is worthwhile. Both studies also demonstrate that what we gain by lowering blood pressure depends on who we are. The faster your blood pressure rises over time, the more important it is to reduce it. If you're at average risk, a "good enough" blood pressure may be good enough. And "lower is always better" is an oversimplification that isn't always true.

For some of us, there really is a High Blood Pressure Monster hiding next door and waiting for a chance to pounce. For others, he's down the block, and he can't run very fast because his legs are tired. And for a few of us, he's clear across town, just hanging out at the mall.

Blanket statements like those issued by the CDC are guidelines aimed at treatment of an "average" patient created from accumulated population data. But this individual is a fiction, and none of my patients is average. Treatment of chronic conditions like hypertension always has to be personalized, because the anticipated risks and benefits for each of us are going to be different. This is a lesson I relearn with each new medical article. At North Mountain Cardio, it's a lesson we always keep in mind.



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

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SCHOOL DAYS



Former Sunnyslope High School Theater Teacher Julie Goehring-Stephenson didn't slow down one bit after her retirement nine years ago. Through a series of serendipitous conversations, she developed the character of Sarabelle Tooothington, the Tooth Fairy. She entertained and educated children about dental health in regular appearances at the Children's Museum of Phoenix and at schools valleywide (submitted photo).

## Students, friends to gather for 'Miss G'

The Sunnyslope community was rocked to the core by the sudden death on April 22 of Julie Goehring-Stephenson, a retired educator who spent her entire 34-year career teaching drama at Sunnyslope High School. "Miss G," as she was known, was held in great affection by her thousands of students, by her faculty colleagues, by parents and administrators.

Many of those former students and friends will gather in celebration at 2:30 p.m. Sunday, June 5 in the Sunnyslope High School auditorium. "We're going to laugh and cry and sing and reminisce and re-create scenes from her shows," said Shara-Dawn Chambers, who has been actively involved with the music and theater programs at Sunnyslope High School for the last 21 years and was a close friend of Goehring-Stephenson. "We're going to share photos and videos and memories. We're going to celebrate Sunnyslope theater traditions that continue to this very day, nine years after Julie retired from teaching."

When Goehring-Stephenson started teaching at Sunnyslope in 1973, she was fresh out of college and overflowing with enthusiasm. She staged

her first seven musicals in the school "cafetorium," with the most minimal resources imaginable, but in 1981 she moved her productions and her classroom into the newly constructed Kenneth E. Coffin Auditorium. She was an integral part of the auditorium's design and construction, and it soon became home to her huge family of students.

During her years at Sunnyslope, Goehring-Stephenson taught theater skills and more. "She guided her students in ways that profoundly shaped their lives and those lessons they carry with them even today," Chambers says. Since her passing, Goehring-Stephenson's Facebook page has been flooded with stories from student after student, telling how "Miss G" not only changed lives, but in some cases even saved lives.

"It's a bit daunting to consider how to adequately honor a person whose impact has been so broad and deep, but we're sure going to try," Chambers said. The celebration on June 5 is free and open to the public.

In addition, to honor her life and work, the Julie Goehring-Stephenson Scholarship Fund has been established at Sunnyslope High School. Details about the fund are available through the school office or bookstore.

**SCHOOL DAYS**

Madison Meadows boys varsity basketball team finished the season undefeated for the second year in a row and captured the conference championship (submitted photo).

## **Teachers receive half-price admission**

The Heard Museum, 2301 N. Central Ave., thanks K-12 teachers from Arizona schools with a special offer each June. During Teacher Appreciation Month, the Heard will give teachers with valid school I.D. a 50-percent discount off the adult admission price. This offer is good for the teacher and one guest.

The Heard offers free tours for schools, so this offer is a great way to learn more about what the Heard has to offer teachers. The museum's educational programming meets Arizona State Standards for American Indian culture and history instruction, and is also a great place for kids of all ages to learn more about the rich artistic expressions of Native peoples.

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

## **School Briefs**

### **MADISON ELEMENTARY SCHOOL DISTRICT Boys end season as conference champs**

The Madison Meadows boys varsity basketball team finished the season undefeated for the second year in a row, defending its Valley Athletic Conference championship. The team also earned first place in the Greenway Christmas Tournament, finishing 24-2 for the season.

The Madison School Board paid tribute to the team members at its meeting on May 3, highlight those

"scholar athletes" who also were able to maintain straight A's during the season, including: eighth graders Zachary Williams (captain), Cullen Burt, Paul Hayden, Nick Asa, and David Haen; seventh grader Elijah Johnson, and fifth grader Sammy Williams.

Adrian Moore, Sam Aguirre Kadin

*please see TEAM on page 32*



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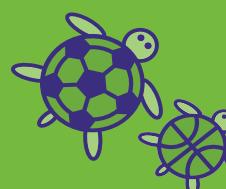
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recess!**

### SCHOOL DAYS



Volunteers from The Mission Continues 2nd Platoon Phoenix, along with some family members, work on creating a new desert tortoise habitat, complete with buried trash can for a cozy subterranean lair for "Mr. Turtle," at Longview Elementary School (submitted photo).

#### TEAM continued from page 31

Beler and Niko Haen round up the eighth graders. Returning to defend the championship will be seventh grader Nolan Parker.

Zachary Williams and Cullen Bert are headed to Brophy College Prep to

play basketball and soccer. Paul Hayden, Nick Asa, Niko and David Haen, Sam Aguirre and Adrian Moore are headed to Sunnyslope High School to compete in basketball and other sports.

### OSBORN ELEMENTARY SCHOOL DISTRICT

#### Volunteer vets renovate school

More than 70 veterans and community volunteers reported for duty on April 30 with The Mission Continues 2nd Platoon Phoenix to renovate Longview Elementary School, 1209 E. Indian School Road.

Together, the volunteer veterans and some of their family members updated the courtyard and recreational space with plants, gravel, artwork, a new desert tortoise habitat, gardens, benches, tables and special needs activity centers. 2PLT team members also performed repairs and did minor construction work.

The volunteers created a memorial in the memory of SPC Ari Weeks, killed in action in Baghdad, Iraq in 2007. A bronze marker and memorial space was installed in his honor. Longview Elementary is a Title 1 public elementary school in the Osborn School District, serving the families and children of Central Phoenix. The Mission Continues is a national non-profit organization that empowers veterans to serve their country in new ways through two innovative and action-oriented programs.

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

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**SCHOOL DAYS**

**PHOENIX UNION  
HIGH SCHOOL DISTRICT**  
**Team captures third  
at culinary cook-off**

The Camelback Culinary team of Javier Duarte and Juan Orneles took third place in the Teen Cook-Off at the Scottsdale Culinary Festival April 16, and they beat the two teams from the hometown high school Chaparral. Arianna Soberanes and Joseph Grant made up the other Camelback team.

The students had to prepare a appetizer and an entree in 45 minutes. The three-judge panel included Jeff Holman, who is a former instructor at Metro Tech, and Chef John, who competes in worldwide competitions. The Camelback team was invited to Chef John's kitchen to learn some techniques on plating.

**Lam earns coveted  
ASU Medallion**

Central High School student Ellen Lam was one of 34 Arizona seniors to earn the 2016 ASU Medallion Scholarship. She attended the awards reception on April 15.

Lam, who will major in biomedical engineering, also was awarded the Doran Scholarship from Arizona State University. Both scholarships amount to \$24,000 over four years, in addition to mentoring.

Candidates had to successfully complete the rigors of writing an essay, completing a professional resume, and sitting for a panel interview.

**Two students travel to  
summer conventions**

Juniors Marlene Palacios and Carlos Hernandez will represent Central High at the annual Girls and Boys State Conventions this summer.

Girls State will take place the first week of June on the campus of the University of Arizona. Boys State will meet the same week at Northern Arizona University.

The American Legion sponsors these conventions, which bring together high school students from throughout Arizona to learn about citizenship and state and local government. Delegates will organize political parties, compete in elections and run their own city council and legislature. They will also elect delegates to represent Arizona at the Girls and Boys Nation meetings in Washington, D.C.

**A competition for  
analyzing crimes**

Metro Tech High participated in the State of Arizona Eighth Annual CSI/Law Competition, held at Shadow Mountain High School on April 16. Metro Tech had four teams in the Forensic/CSI competition. Contestants were evaluated on how successful they were able to process a burial crime scene using forensic anthropology science techniques.

Contestants had to secure the crime scene, uncover and recover human bones, provide proper identification and bagging of evidence, perform any lab analysis and DNA testing, gender and age identification, and produce appropriate documentation and reports for the adjudication process.

Metro Tech winners included Emily Diaz, William Serrano, Jaime Gutierrez and Jamila Gonzales, who took first place in Best Crime Scene Photography. The team of Kimberly Romero, Jacqueline Ramirez, Yelitza Gomez and Celia Landaverde captured first place Best Crime Scene Preparation.



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## **Congratulations All Saints' Graduates!**



**The All Saints' Class of 2012 is heading to  
these top colleges and universities**

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Massachusetts Institute of Technology  
Michigan State University  
Montana State University  
Mount Saint Mary's University  
New York University  
Northern Arizona University

Pennsylvania State University  
St. Bonaventure University  
St. Edward's University  
Santa Clara University  
Savannah College of Art and Design  
Seattle University  
Simpson College  
Southern Methodist University  
Texas Christian University  
University of Arizona  
University of Mississippi  
University of Notre Dame  
University of San Diego  
University of Southern California  
Vanderbilt University  
Yale University



**The All Saints' Class of 2016 is heading to  
these top high schools**

Arcadia High School  
Blair Academy (New Jersey)  
Brophy College Preparatory  
Chaparral High School  
Phoenix Country Day School  
Xavier College Preparatory



**SCHOOL DAYS****Students receive socks, scholarships**

The Ronald McDonald Prize Patrol visited Camelback High School on May 11, handing out 500 pairs of red-and-white striped socks to students in honor of the school having the most Ronald McDonald House Charities (RMHC) scholarships awarded this year.

Nine Camelback High School seniors received scholarships totaling \$25,000. They are: Luisangel Barrera, Wynter Coleman, Jayleen Espinoza, Yuribi Gonzalez, Yanairi Guillen, Naruro Hassan, Hintisar Juneyd, America Sandoval and Helena Silva-Nichols.

RMHC Phoenix, with the support of McDonald's of Phoenix, is awarding 100 scholarships, ranging from \$1,500 to 2,500, to high school students attending college this fall.

**Club members design prosthetic arm**

The Metro Tech MESA Club (Mathematics Engineering Science Achievement) competed in the MESA Day Arizona Competition held at



Showing off their new striped socks courtesy of Ronald McDonald himself are Camelback High School seniors, from left: Yuribi Gonzalez, Hintisar Juneyd, America Sandoval, Luisangel Barrera, Helena Silva-Nichols, Wynter Coleman, Yanairi Guillen, Jayleen Espinoza and Naruro Hassan (photo courtesy of Ronald McDonald House Charities).

Arizona State University on April 23. They entered four events: Prosthetic Arm, Duct Tape Challenge, Hydropower, and On-Site Challenge.

Team members included Suny Mendez, Odalys Oscobar, Lavina King, Luis Pena, Jonathan Hernandez, Arely

Contla, Alexis Pamphile, and Gustavo Rendon. Math teacher and club advisor is Michael Carlson.

The team's prosthetic arm took sixth in the state. This project required building a prosthetic arm and programming it with an Arduino board. The project

required the prosthesis to perform three tasks—distance-accuracy task, object relocation task, and dexterity task.

Along with the arm's performance task, students were required to document the engineering process by keeping and submitting an engineering notebook, submit a 5-15 page technical paper, and create a poster presentation. One highlight of the Metro project was the way students attached the device to their arm. The students designed a holder using design software and printed that part with a 3-D printer.

**Bench decorated in honor of former staffer**

The North National Art Honor Society recently completed a mosaic-tiled bench in memory of Assistant Principal Melville McKay, who passed away unexpectedly last summer. The students talked to various teachers and staff to find out what they knew about "Mac."

Some of what the students learned is represented in the tiles, such as: He loved to travel to New York City (Statue of Liberty); he loved jazz music

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**SCHOOL DAYS**

(the musical instruments and musical notes), his name is intertwined within the notes; and when anyone came to see him, he always had candy to offer (candy scattered throughout).

One of his favorite sayings was "Honesty breeds trust," which is written in the tiles.

Under the direction of art teacher Julie Peters, the students made the ceramic tiles by hand, designed the imagery, and then glazed the tiles. Finally they were added to the top of the bench and grouted. The bench currently resides at the west side of the administration building. Bob Jacot, sales manager at Precision Precast Group, donated the concrete bench.

### **WASHINGTON ELEMENTARY SCHOOL DISTRICT Student honored for food drive efforts**

Khalia Enriquez, a student at Sunnyslope School, has been an active program participant at the Sunnyslope Community Center, located at 802 E. Vogel Ave. So when she heard the center was participating in a canned food drive



North High Art Teacher Julie Peters, bottom left, and students from the North National Honor Society pose with the mosaic-tiled bench they designed and decorated in honor of the late Assistant Principal Melville McKay (submitted photo).

for St. Mary's Food Bank, she wanted to help. And soon a friendly competition ensued between her and former recreation coordinator Scott Williams.

While Khalia worked to get youth at the community center energized about taking part in the food drive,

Williams rallied the seniors from the adjacent Sunnyslope Senior Center. Ultimately, the youth beat out the seniors and adults by bringing in the majority of the food. Together Khalia and Williams were able to get center participants to raise more than 85

pounds of food for the food drive.

Both were recently honored by St. Mary's food bank for their efforts.

### **PRIVATE AND CHARTER SCHOOLS Speech, debate team wins state championship**

The Phoenix Country Day Middle School Speech & Debate team won the Arizona State Championship at a tournament at Chandler Prep held the first weekend of May. There, nearly 300 students in grades five through eight from over 20 schools across the state competed for the state title, and PCDS took the championship for the second year in a row.

In multiple categories, from Model Congress to Extemporaneous Speaking to Duo Interpretation, PCDS students performed well, and along with their team state championship, individual state titles were won by Sam Steiner, Pierce Florey, Olivia Boscardin, Emory Murff, George Nassar, Ethan Lambert, and Hampton Kohler.

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**SCHOOL DAYS*****SPEECH continued from page 35***

for the PCDS Middle School Speech & Debate team, as well as its second state title. Up next, this group will send selected qualifying competitors to the Speech & Debate National Championship in Salt Lake City in June.

**MHP track and field competes at state**

The Madison Highland Prep varsity track and field team completed its season in April at the 2016 Canyon Athletic Association (CAA) State Championships.

Jennifer Kobs finished as state runner-up in the 400-meter dash. The women's relay team of Jennifer Kobs, Tarihya Perkins, Madison Jones, and Jada Easter finished as state runner-up in the 4x400 meter relay.

The men's relay team of Hugo Lopez, Kai Kroodsma, Carlos Lopez, and Simon Bowen finished as state runner-up in the 4x800 meter relay. Top finishers for the women included Madison Jones who came in third in the 300-meter hurdles and sixth in



Pre-kindergarteners at All Saints' Episcopal Day School show off all the canned food they collected during their annual Lemonade Stand Project (submitted photo).

1600m. Also ranking high were Jada Easter, fourth in 400m; Tarihya Perkins, sixth in shot put; and Jennifer Kobs, seventh in 800m and 1600m.

Top finishers for the men were Simon Bowen, third in 800m, and Alex Kobs, sixth in discus. The team of Harrison Dagher, Cristian Casarrubia, Evan Hallquist, and Simon Bowen came in fifth in 4x100-meter relay, and the team of Carlos Lopez, Evan Hallquist, Harrison Dagher and Simon Bowen came in eighth. In all, six men's and three women's school records were set at the state championships.

**Cool drinks bring in canned food for needy**

At the end of April, the youngest members of the All Saints' Episcopal Day School community, the pre-kindergarteners, teamed up to hold a lemonade stand. The cost of a glass of lemonade was one can of food that was donated to St. Mary's Food Bank Alliance.

Students, faculty, staff, and visitors donated both cans and money totaling 354 pounds of non-perishable food and \$100 in donations.

Students at All Saints' participate in

service learning throughout the school year. St. Mary's Food Bank Alliance is just one of the school's community partners. Students at each grade level choose a service project each year.

**Local youth heads to China this summer**

North Central teen Brandon Hulston, a junior at Brophy College Preparatory, was awarded the U.S. Department of State's National Security Language Initiative for Youth (NSLI-Y), a scholarship that will allow him to spend this summer in China, learning about the culture and language.



Brandon Hulston

Brandon is one of only approximately 600 competitively selected students from across the United States who will receive a scholarship to study Arabic, Chinese, Hindi, Korean, Persian, Russian, or Turkish overseas this year. While in China,

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**SCHOOL DAYS**

Brandon will receive formal instruction and informal language practice in an immersion environment.

The NSLI-Y program seeks to increase the number of Americans who can engage with native speakers of critical languages. The goals of the NSLI-Y program include sparking a lifelong interest in foreign languages and cultures, and developing a corps of young Americans with the skills necessary to advance international dialogue and cross-cultural opportunities in the private, academic, and government sectors. For more information, visit [www.nsliforyouth.org](http://www.nsliforyouth.org).

**Dunn to speak in Washington, D.C.**

Xavier College Preparatory faculty member Alison Dunn was invited to be the keynote speaker at this year's Congressional Art Competition celebration on June 23 in Washington, D.C.

Dunn is an instructor and co-chair of Xavier's studio art department as well as the co-curator of the school's Stark Gallery.



Students from Madison Highland Prep's chapter of the National Honor Society spent some time in April volunteering at the Desert Mission Food Bank (submitted photo).

**MHP students volunteer at Phoenix food bank**

National Honor Society (NHS) students at Madison Highland Prep volunteered at Desert Mission Food Bank on April 30. Nine volunteers assembled two bins of bagged food totaling 2,460 pounds. The time they donated to the food bank fulfilled the

students' club service requirement.

NHS students also attended a joint field trip with Madison Park Middle School to The University of Arizona College of Medicine-Phoenix on May 16-17. Madison Highland Prep students served as mentors to middle school students as they toured the new medical school.

**Midtown 'steams' up this summer**

With help from Executive Charities, Midtown Primary received private funding to offer its kindergarteners a summer "Jump Start" program. They get a head start on number sense, letter awareness, how to be a group member, and a part-time introduction to being away from home.

In the meantime, the first-fourth graders have the opportunity to participate in a Science Technology Engineering Art and Math (S.T.E.A.M.) summer camp. They are looking forward to using their new patio, complete with fans (which Lowe's helped to build). Volunteers are installing misters. The outdoor space will be a great compliment to the classrooms and playgrounds.

"We are excited to give our students a creative, challenging, and healthy summer," says Principal Judy White. "Research shows that children that are engaged in fun activities where they can apply what they have learned, regress very little over the summer."



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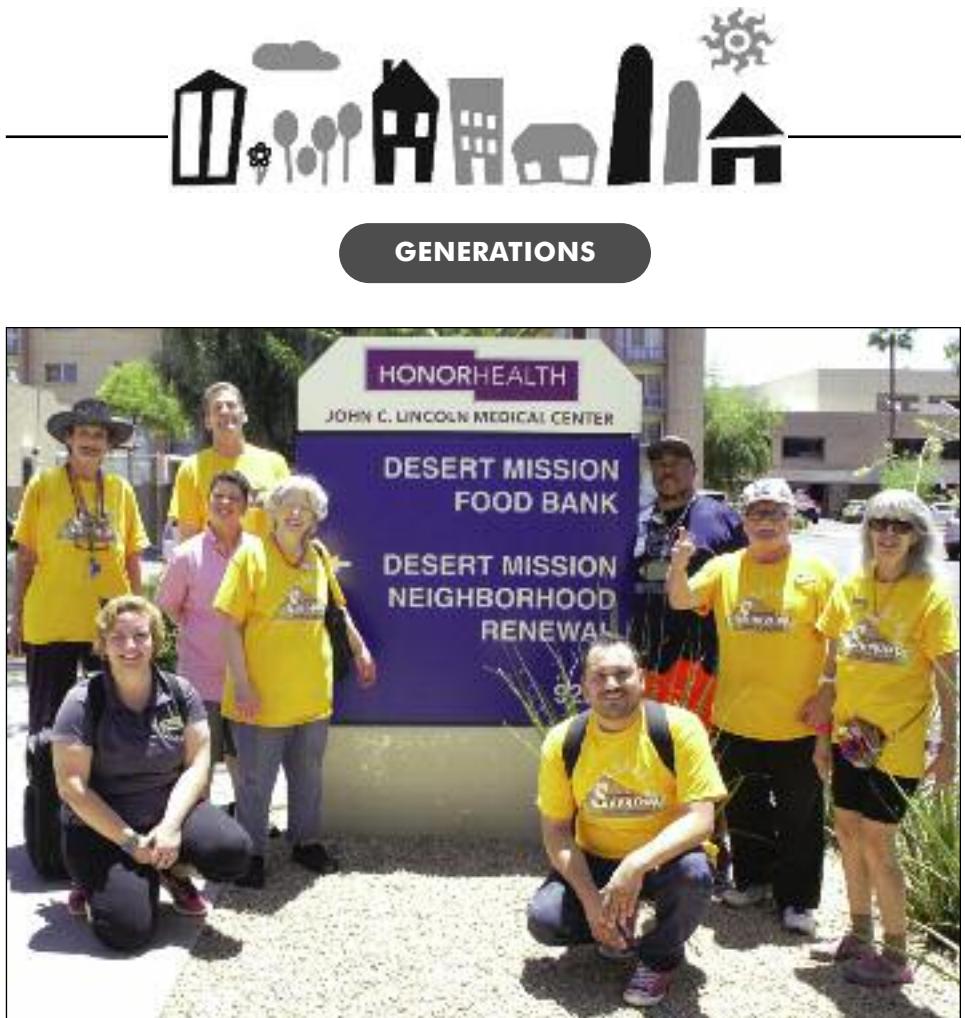
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Preparing to sort food at the Desert Mission Food Bank are Sunnyslope Senior Center VIP participants, from left: back row Linda Chase, Todd Smoliski, Chris Bey-Holguin, Diane Dunn, Cecil Stockdale, Ken Dunn, and Mickey Cummins; and front row-kneeling, from left: food service volunteer Marlaina Morey, and Daniel Valladee, Senior Programs supervisor at the center (photo by Teri Carnicelli).

### Seniors volunteer in the community

On a Thursday afternoon in May, a group comprised of members, staff and volunteers from the Sunnyslope Senior Center got together at the Desert Mission Food Bank to spend an hour or two helping to sort donated food into appropriate areas.

Their efforts are part of the city's Volunteerism Initiative Program, or VIP, which earlier this year launched at the Sunnyslope Senior Center. VIP members meet on the fourth Thursday of every month at the center, located at 802 E. Vogel Ave.

"The purpose of the program is to

get a group together once a month to plan and implement community service projects outside of our center," explains Daniel Valladee, Senior Programs supervisor at the center. "We had a general orientation/informational session of the program in April."

The program is structured into four phases: planning, implementing, reflecting, and celebrating. VIP members planned their first community project for the Desert Mission Food Bank, as well as created a list of other potential places to implement projects, such as Phoenix Children's Hospital, local nursing homes, and the Arizona Humane Society. The details of the future projects will be solidified in the coming months.

**GENERATIONS**

All senior community members are encouraged to participate in the VIP projects; city of Phoenix Senior Center membership is required. For additional information, contact Sunnyslope Senior Center staff at 602-262-7572, or stop in to the next meeting on Thursday, June 23.

## **Senior Living**

### **Program helps seniors with hoarding issues**

Hoarding behavior is a concern that has received a lot of attention in the media recently. More than 15 million people in the United States suffer from this disorder. Do you see yourself as someone who may have this issue?

The Area Agency on Aging, Region One is offering a 14-week therapy group entitled "Too Many Treasures," designed to affirm, educate, and gently guide individuals who self-identify with hoarding behaviors. The group is open to individuals who are 60 years of age and older and able to commit to attending all 14 groups. Registration for this group is now open. Meetings will take place in Central Phoenix beginning in June. Space is limited and registration is required.

For more information about joining the group, contact the Area Agency on Aging at 602-241-5577.

### **Free program looks at senior resources**

Central Village presents a free Coffee & Conversation with the Area Agency on Aging 10 a.m. Saturday, June 18, in the All Saints Episcopal Church Community Room 6300 N. Central Ave.

Area Agency on Aging is a non-profit social service agency supporting the residents of Maricopa County. Learn more about the ways in which the agency engages dedicated professionals and volunteers help people connect with resources, identify home and community-based services, support family caregivers, protect elders, and much more. The Area Agency on Aging is your connection to a variety of information and assistance on aging and disability resources, and has opportunities for you to give back to the community.

Coffee & Conversation is free and includes morning beverages and pastries. Reservations are not required. For more information, call 602-550-1050.

## **Kids & Families**

### **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., 9:15 a.m. Monday, June 6 and 4 p.m. Wednesday, June 8; and Cannedy Dance, 6224 N. 7th St., 11 a.m. Friday, June 10. Demo classes are 45 minutes; parents, grandparents or other caregivers welcome.

In addition, a Mixed Ages class will take place 10 a.m. Thursday, June 9 at Dance Theater West, 3825 E. Indian School Road.

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 (required), visit [www.MusicTogetherInPhx.com](http://www.MusicTogetherInPhx.com) or call 602-363-8202.

### **Free playtime at studio on Tuesdays**

Need a cool place to relax and play with your child this summer? Center for Movement Education has a large movement room full of balls, hoops, blankets, blocks, and other objects for entertainment. Come join other parents and children for this free and cool play hour, 9:30-10:30 a.m. Tuesdays, starting June 7.

Kinesphere is located at 711 E. Missouri Ave., Suite 180. Call 602-532-3111 or e-mail [info@kinesphere-studio.com](mailto:info@kinesphere-studio.com) for more information.

### **Kids get tumbling at Sunrays center**

Children ages 6 to 17 are invited to The Arizona Sunrays Gymnastics & Dance Center on Saturdays in June to enjoy Tumble Time, where they can practice their gymnastics moves on the various pieces of equipment and in foam pits, jump up and down on trampolines, and enjoy unstructured exercise, play time and fun. Tumble Time is *please see TUMBLING on page 40*

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## GENERATIONS

### TUMBLING continued from page 39

offered from 12:30-1:30 p.m. Cost is \$5 per child (cash) or \$8 per child (debit/credit.).

In addition, children ages 1-12 can come in on Sundays in June for Tumble Time from 11 a.m.-12 p.m. There is no charge for adults, but adult supervision is required.

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

### Four-day 'blitz' swim classes

It's time to get the kids ready to swim this summer, and Hubbard Family Swim School offers helpful "Four-Day Blitz" lessons. These weekly swim lessons occur on four consecutive days in one specific week at the school, located at 13832 N. 32nd Street, Suite 100.

These special swim lessons are held for 30-minutes at the same time each day. You can sign up for one week at a time. Choose a week where your child

can make all four lessons in a row. These daily blitz lessons are a great way for children to tune up their swimming skills and improve their swim strokes this summer.

Cost is \$75 per week for ages 3 and older; \$112 per week for semi-private classes for ages 24-36 months. Advanced registration is required. For more information about class times and registration, call Hubbard Family Swim School at 602-971-4044 or visit [www.hubbardswim.com](http://www.hubbardswim.com).

### Top baby names for 2015 revealed

For the second year in a row, Emma and Noah are America's most popular baby names, according to the Social Security Administration. This marks the third year at No. 1 for Noah and the second for Emma.

There are two new names in the top 10 this year—Benjamin and Harper, the first time for either name. Social Security has unveiled a new baby names quiz at Social Security Matters, the agency's interactive blog located at <http://blog.socialsecurity.gov>.



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## ARTS &amp; ENTERTAINMENT



## A showcase of choreographers

Phoenix Center for the Arts, in partnership with nueBOX, presents the third-annual beta: an evening of new and exciting dance choreography, 7:30 p.m. Saturday, June 11. Beta will feature innovative and captivating dance works submitted by local dance artists and companies. The beta performance will take place in Phoenix Center for the Arts' Third Street Theater, 1202 N. 3rd St.

Beta seeks to introduce dance supporters in the Phoenix area to new artistic voices of movement in an effort to grow and cultivate the Phoenix dance scene. The event highlights up-and-coming dance artists and provides a unique platform to showcase their work.

"For the third-annual beta, Phoenix Center for the Arts has partnered with nueBOX to offer residencies to selected choreographers," says Event Director Michaela Konzal.

Tickets are \$15 each, and can be purchased at the door, over the phone at 602- 254-3100, or by visiting phoenixcenterforthearts.org/beta.

## A & E Briefs

### Desert River/City River Opening Reception & Discussion

6-10 p.m. Friday, June 3  
monOrchid Gallery  
214 E. Roosevelt St.

Shade Projects presents the solo exhibition of New York artist Tony Winters, featuring visions of the mag-

Phoenix Center for the Arts hosts its third-annual beta dance festival, featuring innovative and captivating dance works submitted by local dance artists and companies (submitted photo).

ical landscape, part natural, part man made, which makes up the Phoenix watershed. Winters invites the viewer to marvel at the beautiful, yet fragile, Phoenix watershed, from its origins high in the Mogollon Rim to its destination in the Valley of the Sun. At the opening reception,

*please see EXHIBITION on page 42*

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## ARTS & ENTERTAINMENT

### EXHIBITION continued from page 41

Winters will give a talk on his recent work, and Shade Gallery will host innovators in the field of water resources, conservation and development, focusing on the future of Phoenix and its water landscapes. Free and open to the public. The exhibit is on display through June 26.

### 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. Enjoy free panel discussions throughout each day. 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>.

### 'Avenue Q'

June 8-July 10

Phoenix Theatre  
100 E. McDowell Road  
602-254-2151

Part felt, part flesh and full of heart, this laugh-out-loud adults-only musical follows Princeton, a recent college grad and his new neighbors. The show, starring both puppets and humans, is still fresh, fast-paced and exuberant and explores, among other things, "What Do You Do with a B.A. in English?" For mature audiences only. Tickets are \$36-\$81 plus fees. Visit <http://www.phoenixtheatre.com/events>.

### '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](http://www.herbergertheater.org).

### 'Mrs. Wyatt Earp'

On the Spot Productions  
7 p.m. Monday, June 20  
Herberger Theater, Kax Stage  
222 E. Monroe  
602-252-8497

Although her full name was Josephine Sarah Marcus Earp, Wyatt was the only one who called her Sadie. As a 13-year old runaway, she spent some time in brothels and for a while was mistress to Sheriff John Behan of Tombstone, an enemy of Wyatt Earp. Even though Wyatt was a professional gambler, Sadie became a compulsive gambler and lost any fortune Wyatt may have won. This one-woman show is performed by Terry Earp. Additional performances take place 12:10 p.m. June 21-23 and June 28-30. Tickets are \$6 plus fees. Visit [www.herbergertheater.org](http://www.herbergertheater.org).



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**FOOD FOR THOUGHT**



The creative team behind the new adaptive-use, multi-space development called The Orchard PHX includes husband-and-wife team Ken and Lucia Schnitzer of Luci's Healthy Marketplace and their business partner (right), Jerry Mansoor (photo by Teri Carnicelli).

## Café Chat

### The Orchard has something for all

By Patty Talahongva

Stepping into the courtyard of The Orchard PHX is like being in the best backyard you can imagine, super sized and super stocked. You have three choices of places to eat, plenty of patios to eat outdoors, a splash pad for the kids and an exclusive patio for the dogs.

The two-acre property at 7100 N. 12th St. was an old citrus farm in the early 1900s; more than a year ago, it was purchased by Ken and Lucia Schnitzer and their partner, Jerry Mansoor. The Schnitzers also own and operate Luci's Healthy Marketplace at 16th Street and Bethany Home Road.

Mansoor's family was the founder of Campbell's Market, which used to be where the current La Grande Orange is located. He also worked as a manager at Marley's Sports Bar in downtown Phoenix and as an operating partner at Pei Wei Asian Diner before hooking up with the Schnitzers. He now serves as the director of operations and partner of Luci's Urban Concepts, which encompasses both businesses.

The trio has renovated the site with the aid of local development company Venue Projects but has kept true to the old citrus farm feeling by planting 80 citrus trees on the property. A 30-foot faux wooden water tower marks the site.

Pomelo, which opened on May 5, is the main restaurant and seats 179 people. It offers several small patios for dining al fresco. The menu features contemporary American food, which is also available for catering. In the bar area a few stained glass pieces include red glass ramekins once owned by Lucia's great grandmother.

The kitchen has a pizza oven imported from Italy. And don't be afraid to try to the "sharing table." Who came up with the idea? "I did," says Lucia. Once they decided to create a community space she started looking into farms, "As I was doing research I came across these farmers who would have someone cater a community table dinner and I thought it was brilliant! You're sharing a dinner with friends and with strangers, making those connections."

Parents also can stay connected to their kids as they eat and play outside of Splurge, an ice cream shop that was scheduled to open May 31. Tucked in the west end of the yard, it features a small splash pad where the adults can relax as the kids cool off.

"There really aren't too many places in central Phoenix to take your kids in the summertime," says Lucia, adding that kids who get messy can go wash off in the splash pad!

While Splurge will feature ice cream, candy and cookies for the kids, adults 21 and older will have their own shakes and popsicles flavored with liquor. "We

**FOOD FOR THOUGHT**

wanted to have something special for the adults too," Lucia points out.

Luci's at The Orchard, a sister site to Luci's Healthy Marketplace, is in a 1949 building that was part of the ranch home on the property. Also scheduled to open May 31, it will feature unique gifts, specialty food items and will offer sandwiches, coffee, baked breads.

There's also a place called "The Filling Station" inside Luci's. "It is a full-service bar where people can get wine, drinks, cheese and meat boards and a growler station for beer," explains Lucia. Customers also can get a blanket for a picnic by leaving their ID or credit card with the cashier.

During the cooler months there will be chimeneas spread throughout and people can buy s'mores kits to toast their marshmallows.

An special feature will be the pick-up window on the north side. Order online or phone in an order and it will be ready for you to swing by and pick up without getting out of your car.

If you bring your dog, you'll have exclusive use of the east patio where

pets will be welcomed.

"We want people to linger," says Lucia. "It's the whole experience. We are building a place people want to stay a while."

Ken adds, "We deeply believe in community, family, small businesses and doing business locally. I like making people happy and seeing them enjoy life. The smiles, the family and friends together makes this a satisfying job."

For the couple who has called North Central Phoenix home for 15 years, this site is the perfect spot for their dream.

"The Orchard PHX is a place for everybody," Lucia says. "An oasis in the desert. For Ken, Jerry and me, our businesses are built in urban places and always with the community in mind."

The community also can reserve The Barn, which is a space perfect for private parties that opens up to the courtyard. There won't be a charge for the space but there will be a food and beverage minimum and a 50-percent deposit.

Mansoor says customers can check each website (Pomelo's, Luci's at The

Orchard and Spluge) for menus and features and also follow them on Facebook at theorchardphx. "We also plan on having an app to help with the process" of ordering from Luci's for curbside pickup."

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

**Dining Briefs****Barbecue master brings book, dinner to Phoenix**

PBS star and Barbecue Hall of Famer Steven Raichlen will visit Phoenix June 5-6 to celebrate the publication of his new cookbook "Project Smoke," with a signing at Changing Hands and a dinner at Southern Rail, both located at The Newton, 300 W. Camelback Road.

It used to be that barbecue was only available at smokehouses or roadside joints, where an experienced pitmaster smoked heirloom family recipes in custom-built pits. But, for the first time, access to affordable equipment, ingredients, and materials is allowing home cooks to participate in this iconic

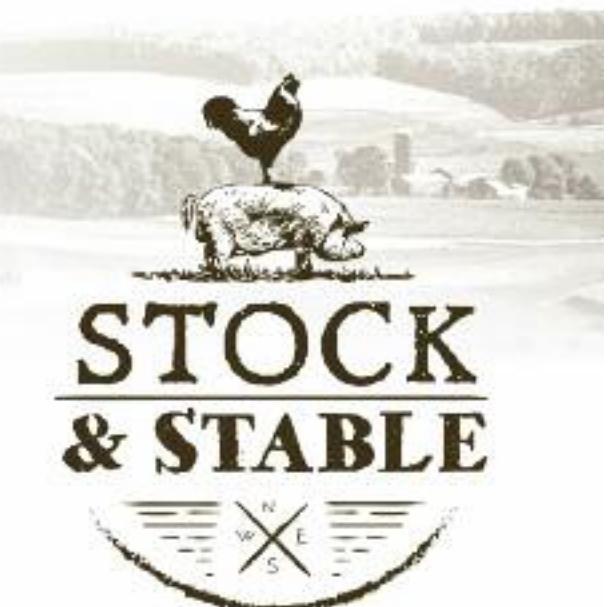
American culinary tradition. As a James Beard Award-winning global grilling and smoking authority who has revolutionized the art of smoking food and adapting it to modern tastes, Raichlen has followed his fascination with live fire cooking to over six continents and 60 countries. Raichlen demystifies the classics, such as brisket and smoked salmon, but also shows how to smoke vegetables, cocktails, and even desserts in Project Smoke.

He will sign copies of his new book at 5:30 p.m. Sunday, June 5 at Changing Hands. Tickets for the book and signing are \$22.95 plus tax and include the book and admission to the signing line. Visit [www.changing-hands.com](http://www.changing-hands.com) and click on the June events calendar to follow the link to RSVP for the event.

In addition, on June 6 Raichlen will host a special three-course barbecue dinner at Southern Rail from 6-9 p.m. The dinner is prepared by Chef Justin Beckett, inspired by the bold flavors and expert techniques from "Project Smoke," and includes an intimate din-

**please see BARBECUE on page 46**

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### FOOD FOR THOUGHT

#### **BARBECUE continued from page 45**

ner discussion on smoking, barbecue, and everything grilling. The cost is \$79 per person (plus service fees) and includes a copy of the cookbook, which Raichlen will sign during tableside meet-and-greets during the dinner. Gratuity is included. The dinner seats 200; to make a reservation, call 602-200-0085 or visit <http://www.brownpapertickets.com/event/2538865>.

#### **Second eatery opens in The Colony on 7th St.**

Opening to the public on Friday, June 3, Central Phoenix's bustling 7th Street dining district is about to get a lot tastier thanks to the all-new gastropub, Stock & Stable.

Carved into a custom two-story space inside The Colony development, 5538 N. 7th St., the eatery is led by head chef/partner, Joe Absolor (formerly of The Clever Koi) and managed by Corbin James (formerly of Tarbell's).

An expansive menu features hearty, from-scratch eats. Think plate-bending double cut pork chop with roasted

peaches; a house-cured beef tongue pastrami; or house-marinated beer butt chicken served with lemon confit and fresh herbs.

Plus enjoy an ever-changing selection of house-made pastas such as shrimp stuffed cannaloni and lamb agnolotti, and salumi boards featuring artisan meats handpicked in Chicago.

Opening on the second floor later this June, Honor Amongst Thieves lounge will feature an extensive list of handcrafted drinks that are reinventions of the classics, as well as a compact menu of cheese and cured meat boards.

Named as a nod to its verdant North Central Phoenix neighborhood and the nearby Murphy Bridle Path, where local residents have been riding horses in the heart of the city since 1941, Stock & Stable will be open for lunch and dinner seven days a week, plus weekend brunch, and industry hour with late night food options.

Showcasing locally sourced ingredients whenever possible, Stock & Stable will feature LUX pastries & desserts and Noble bread.

Guests in the main dining room will be able to watch the action through a peek-through window, while anyone entering the restaurant from the back entrance, or simply walking to the restrooms, will see the kitchen staff working their magic behind a massive window wall that transforms the galley into a fishbowl for foodies.

For more information visit [www.stockandstable.com](http://www.stockandstable.com), or call 602-313-1001.

#### **Eatery incorporates beer into menu items**

Phoenix Ale Brewery and Rich Stark, formerly CEO of NYPD Pizza, have opened their new restaurant collaboration, The Phoenix Ale Brewery Central Kitchen, at the Crown on 7th development on 7th Street just south of Bethany Home Road.

Beer is a key ingredient used in a third of the items and all dishes have been crafted to pair with The Phoenix Ale Brewery's nine brews on tap at the restaurant. Signature items include the grilled romaine salad, Cast Iron Macaroni and Cheese, Ale House Chicken Fried Chicken, Black Iron Pizza and the BBQ Bison Burger.

Notably, the burger's sauce—along with other items on the menu—incorporates King George Amber beer,

**FOOD FOR THOUGHT**

named in honor of the late Phoenix Ale Brewery owner, George Hancock.

Diners will also have an opportunity to pay it forward with a cold one, through the Buy a Buddy a Brew program. Guests can buy a beer for a friend in advance, for he or she to redeem on their next visit, and the order will appear on a screen in the restaurant in realtime. Then the "buddy" finds their name on the screen next time, to claim their brew.

Occupying 3,500 square feet, seating includes community tables for large parties and casual dining, booth seating for a more quiet and private experience, and a large patio that is pet-friendly.

The restaurant is located at 5813 N. 7th St., #140 (back side of building) and is open 11 a.m.- 10 p.m. Sunday through Thursday, and 11 a.m.- 11 p.m. Friday and Saturday. For more information, visit [www.centralkitchenaz.com](http://www.centralkitchenaz.com) or call 602-313-8713.

### A deeper sense of pizza culture arrives

Lou Malnati's Pizzeria last month opened the doors to its first out-of-Chicago eatery, located in the Uptown Plaza at the northeast corner of Central Avenue and Camelback Road. The line

on opening day was reportedly out the door and down the sidewalk as deep-dish pizza lovers prepared to dig in.

"It is a historic day for the Lou Malnati's organization," says Marc Malnati, owner of Lou Malnati's. "We are thrilled with the reception we've received for bringing our authentic Chicago-style deep dish pizza to Arizona. The team in Phoenix and our entire organization is committed to bringing the same level of quality, atmosphere and hospitality that we are known for in Chicago."

Malnati and company management selected Phoenix as its first out-of-Chicago location because of the strong Chicago ex-pat presence and Phoenix was a top ship-to location for the Lou Malnati's mail order division, Tastes of Chicago.

Considered the oldest family name in Chicago pizza, Lou Malnati's Pizzeria is a legendary company with 45 Chicagoland locations. There has been a member of the Malnati family running the business since it started in 1971. The Malnati's signature deep dish is made from a proprietary recipe that has been handed down through four generations. There is also a gluten-free option whose recipe was crafted in

partnership with Deerfields Bakery in Chicago.

The company has big plans for the Valley; Malnati predicts opening an additional eight to 10 locations.

Lou Malnati's Phoenix will open for lunch starting June 1, and at that time, the permanent hours will be 11 a.m.- 11 p.m. Sunday through Thursday, and 11 a.m.-midnight Fridays and Saturdays.

The new location has approximately 6,800 square feet of inside space and 1,500 square feet of outdoor patio space. Carryout, delivery and catering services are available. Prepare to wait a half hour for your deep-dish pie to be cooked; while waiting, try one of the tasty salads including the signature Malnati Salad, or a hearty cup of minestrone soup.

To see the full menu, visit [www.loumalnatis.com/arizona](http://www.loumalnatis.com/arizona). Follow them on Facebook at LouMalnatisPizzeriaPhoenix.

### Summer menu uses local vegetables

As the Arizona heat arrives, St. Francis, known for wood-fired cuisine with an emphasis on seasonal ingredients, is taking a refreshing twist on its

new menus. Local summer vegetables take center stage to create dishes that are light, yet rich with mesquite and almond wood flavors from roasting in the oven.

Restaurateur and St. Francis founder Aaron Chamberlin's favorite dishes from the new summer lunch menu include: Carrot Ginger Soup; Fire Roasted Eggplant Dip; Wood Roasted Summer Squash; and Heirloom Tomato Crostini.

Nearly every dish at St. Francis has a component that comes out of the oven, whether it's roasted meats that are highlights of the entrees or roasted vegetables that are pureed to make sauce.

As the first restaurant concept developed by Chamberlin, St. Francis was created inside a 1950s building located at 111 E. Camelback Road that blends historic and modern architecture, a charming vine-covered patio with a roaring fireplace, daily happy hour and just for families, a toy box, and free meals for children under 12 years old (when an adult meal is purchased).

For more information, visit <http://stfrancisaz.com> or call 602-200-8111.

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

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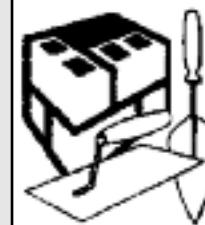
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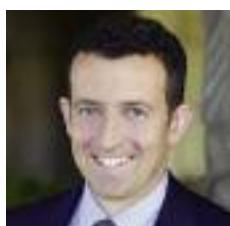
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