



north central news

the voice of the north central phoenix community

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Dist. 3 council seat up for grabs in Nov.

By Teri Carnicelli

The city of Phoenix will hold a special election Nov. 8 to select a permanent council member to serve out the remainder of former Dist. 3 Councilman Bill Gates' term, which runs through 2019. Gates resigned on May 31 to run for the Maricopa County Board of Supervisor's seat being vacated by Andy Kunasek.

In June, the City Council voted 6-1 to appoint Debra Stark to fill the Dist. 3 seat until the special election. Stark is hoping to retain that seat by winning the election, but she faces three other candidates: Dan Carroll, a Valley real estate agent; Chris DeRose, a felony prosecutor and former law professor; and Jim Mapstead, a longtime District 3 activist and Sunnyslope business owner.

Debra Stark's entire career has been in local government. And she's no stranger to the inner workings of Phoenix, having served as director of the city's

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Noah Spencer, 25 (left) and Steven Winkler, 18, both managers at Generation Tech Support, examine a customer's older laptop computer to determine if the hard drive and memory can be upgraded (photo by Teri Carnicelli).

Startup provides support to tech challenged

By Melody Pierce

A new generation of tech experts—comprised of high school students and recent grads—has developed a North Central Phoenix business, Generation Tech Support (GenTech) to help you understand technology.

Generation Tech Support's storefront opened its doors Aug. 27 at the southwest corner of Seventh Street and Thunderbird Road, and every day it is providing community members help with their devices while teaching young people entrepreneurship.

GenTech was created and launched by Shadow Mountain High School students, emerging out of the GenYES program taught by Debbie Kovesdy. Shadow Mountain students spent years putting together a business plan, but after the GenYES entrepreneurship team won gold medals in 2015 in state and national competitions, industry leaders encouraged Kovesdy and her students to grow their idea, and the students elected to go out on their own, seeking mentors and capital.

A grant from the Cisco Foundation earlier this year kick-started the business, and GenTech now has a home off campus with many rooms and devices, and brightly-painted walls the provide a welcoming and

upbeat setting for tech clients of all ages.

"We have taken tech support to a different level; we teach you how to really use and enjoy technology," Kovesdy explained.

Services include mobile, media, applications and software. From posting your first Facebook post to an in-depth look at Mac and PC operations, Generation Tech Support has you covered, she pointed out. Various small group class offerings are available, including using software such as Photoshop, and the importance of cyber security. A "robotics for children" class is also in the startup process.

GenTechs, as they call themselves, can answer all

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Metrocenter Mall not being razed

A rumor circulating about the demolition of Metrocenter Mall has prompted mall officials to assert that Metrocenter isn't going anywhere.

"The public's response confirms what we've known for a long time—that Phoenix residents hold a special place in their hearts for this retail landmark," said Warren Fink, chief operating officer for Carlyle Development Group, the owner of Metrocenter Mall. "We feel the same way, which is why we've worked so hard to create concepts that will revitalize Metrocenter without losing its history." According to Fink, this includes a number of different concepts in the planning stages, but none at this time that include a complete demolition.

"Our vision is to create a mixed-use palate that makes the very best use of this site—both its existing space and parts of the property that can support



Despite rumors floating around Phoenix that Metrocenter Mall is slated for total demolition, the only building that has come down thus far is the old Broadway department store, which was razed in November 2015 to make way for a new Walmart Supercenter that is set to open next year (photo by Teri Carnicelli).

redevelopment or new development, such as senior housing, multifamily housing, corporate office, healthcare and additional retail, restaurant and entertainment amenities," said Fink.

"Shoppers flock to this type of

dynamic combination. It's what communities want and it's what we want to provide. This will almost certainly include some level of redevelopment and new development, but not an entire demolition."

One of the first projects to move forward at Metrocenter has been the construction of a 148,000-square-foot Walmart Supercenter, which upon completion will sit directly adjacent to Metrocenter Mall, at the site of the former Broadway building. The development marks the single largest capital investment in Metrocenter Mall in decades. Other benchmarks on the horizon include the extension of Light Rail to the Metrocenter site, with an on-property Light Rail stop expected to be open and operational by 2023.

"The bottom line is that there's a tremendous opportunity to do great things here. We won't be saying 'good-bye' to Metrocenter for a long time," said Fink. "We will be saying 'hello' to a new hub that we hope will serve the community for years to come."



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CANDIDATES continued from page 1

Planning Department for seven years.

Stark has lived in the same home for 30 years and loves her neighborhood. She says the reason she is running for Phoenix City Council is that "I want to give back to the city I call home."

Stark believes she can be a thoughtful, pragmatic voice on the council. "Having the benefit of working for the city for many years, I understand how a city operates from the inside and I am eager to help residents and businesses in the district navigate city hall while continuing my efforts to maximize efficiency and service," she explains.



Debra Stark

"I am a problem solver and above all, want to help people. I value public service and have committed my entire life to serving my fellow citizens."

Stark views parts of Dist. 3 as experiencing some of the trials of middle age. "We have exciting redevelopment occurring in the central part of the city and new development to the north. Our district is seeing signs of aging infrastructure—worn roads and water lines, minimal landscaping, and ineffective drainage. We need to ensure that we are getting our fair share of tax dollars to repair and improve our infrastructure."

Stark points out that a firefighter cannot fight a fire if the water system is sub-standard, and emergency services can't pass where a road is dangerously flooded. "It is more difficult to have the private sector reinvest in areas that are not well maintained," she adds.

Stark also pledges to continue to find ways to make city processes easier for residents and businesses, and invest in public safety to protect residents.

For more information, visit www.debstarkeforphoenix.com.

Jim Mapstead has long been active in the community, having served on a variety of boards and commissions, including Local First Arizona, Sunnyslope Village Alliance, Valley Citizens League, Phoenix Planning Commission, and Big Brothers Big Sisters of Central Arizona, among others.

"I've always been involved in our community, from protecting neighborhoods from the incursion of digital bill-

boards to stopping the proliferation of donation drop boxes and spearheading the efforts to get them regulated in Phoenix," Mapstead says. "Phoenix is faced with some serious financial issues, and I think it's important to have a successful small business person on the council. I understand a profit and loss statement and a balance sheet, and I want to help our city make smart financial decisions in our best long-term interests."



Jim Mapstead

Mapstead went to high school in Phoenix and raised his two daughters here with his wife of 33 years, Jill. "I've been a successful small business owner for 35 years, and I've learned how to make win-win decisions by working with colleagues and customers. I see a council that is struggling with political division. We need to tone down the rhetoric and turn up the collaboration at the council. If being in business has taught me anything, it's that people of goodwill can get to a win-win outcome if we listen to one another and work together."

Mapstead points out that a person shouldn't run for political office to favor one group over another, whether that be developers, lobbyists or special interest groups. "Constituent service can't be parsed out by which area of the district pays more in taxes, or who voted for me. The job is rooted in being a good listener and being willing to advocate for the people who you represent."

For more information, visit: <https://jimforphoenix.com>.

Chris DeRose fell in love with Arizona on a chance encounter in high school—with the warm weather, wide-open spaces, and seemingly limitless possibilities. He graduated from Grand Canyon University and earned his law degree from Pepperdine at age 24. He is a former professor at Arizona Summit Law School, where he taught Constitutional Law, Election Law, and International Law. He also is an author and has traveled widely and spoken to audiences around the country.

In Phoenix, he has served the community in many capacities, most recently as senior litigation counsel to the Attorney General, prosecuting

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Real Estate Corner

Bobby Lieb

Your North Central and Biltmore residential real estate specialist

We lost a legend ... Rose Mofford

I was very saddened by the passing of **Governor Rose Mofford** last month for many reasons but most of all because she knew how to handle my dad like nobody else could! My dad's good friend **Gregory Andro** owned Gregory's Restaurants but initially



was the chef for his uncle at **Rocky's Hideaway** at the Ambassador Hotel, which was located at 4th Avenue and Maryland and is now a gated subdivision of homes. **Rose**, as she insisted on us calling her, would

walk over from her home on Maryland to the restaurant and that is where I first met her. My dad would hold court at the restaurant acting like he was the owner and when he first introduced me to Rose I saw a ton of mutual respect for each other. **Gregory** also would invite my brother Michael and me to his house for Thanksgiving and Christmas dinners and **Rose** was always at the house bantering with my dad. It was enjoyable observing the respect my dad had for **Rose**. When I told **Rose** that I was a baseball player she would tell me stories about playing softball in Globe and how much she loved the sport of baseball. Lets face it, in later years **Rose Mofford** saved spring training baseball here in Arizona when many teams threatened to move to Florida. Thanks also to **Larry Debus**, the owner of **Sierra Bonita Grill**, for being so kind to **Rose** and having her personal table at his restaurant where all of Rose's friends could come over to talk with her. **Rose Mofford** was a North Central treasure who just cannot be replaced.

I often get asked about what is hot and what is not in our 'hood. I am finding that the hottest part of our market now involves homes between \$300k-\$500k, especially if it's a quality remodeled home. I sold five homes in this price range the past few weeks before I listed them because I knew they were a perfect fit for my clients. If you have a home that is between \$200k-\$300k and needs much TLC, please contact me because

I have a few investors who are chomping at the bit to do quality fix and flips. There are some very good flippers out there who do incredibly good work. There also are some flippers out there who will put new floors, new kitchen, new lighting..basically everything that you can see is new but they do not touch the roof or AC and the inspections doom these sales. Please be careful who you are working with. Some of these flippers are not even licensed, which makes it impossible to get them to follow up on their work. Remember that old adage ... you get what you pay for!

The other sizzling part of our North Central market are the new homes that are bringing more young families to North Central. I represent Porchlight Homes, who has now built 35 new homes the past three years in North Central and I was honored to sell them all. The latest one was 200 East with eight home sites located at Central and Georgia and situated on two acres. The home prices ranged from \$765,000 to \$945,000. I find that buyers in this price range will buy the lots (and also pay premiums for the choice lots) and really want to add their own personal upgrades like flooring, kitchen appliances and counters, lighting, etc., and do not mind paying the builder extra to include their requests. Porchlight Homes will build about 35 more homes in 2017 near 15th Avenue between Myrtle and Orangewood Avenues. We will start taking deposits around the second quarter of 2017. Please give me a call for more information and I will add your name to the top of the list to get the choice home site for you and your family.

Have a great November and a safe Thanksgiving holiday .. 2017 is almost here!

Bobby Lieb

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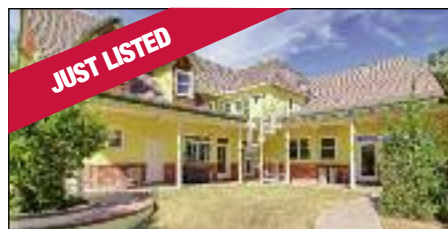
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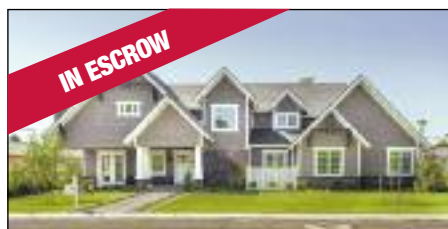
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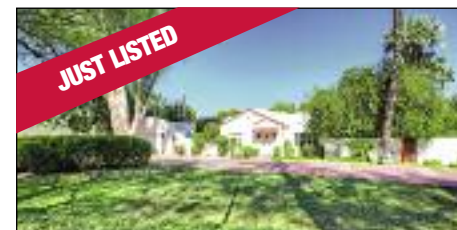
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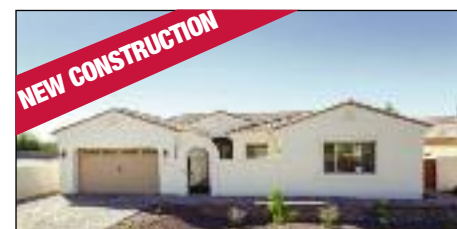
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COMMUNITY

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major crimes on appeal. He also has served on one of the city's Village Planning Committees, as a volunteer school board member, and a member of the Neighborhood Blockwatch Oversight Committee.

"Like many of the voters I talk to, I am sick of politics as usual, and I decided to do something about it," DeRose says. "Our city is at a crossroads. We've had four major tax increases in the past 10 months. I do not believe we can tax and spend our way to prosperity. Rather, we need to focus our resources on essential city services such as police, fire, and roads."

DeRose points out that he would be the only member of the city council with a background in law enforcement. He also has experience in education as a five-year school board member, law professor, and son of a retired teacher.

"I grew up in a diverse, blue-collar neighborhood much like the one I seek to represent. I entered the workforce at age 13, working as a golf caddy, grocery store bagger, and school janitor to pay my way through school. I fully identify with the aspirations of upwardly mobile residents of this community and will do everything possible to support them in their pursuits."

For more information, visit <http://www.deroseforphoenix.com>.

Dan Carroll has been deeply involved in the city of Phoenix over the years, having served on the Phoenix Parks and Recreation Board, the City of Phoenix Commission on Youth, City of Phoenix Community Services Commission-Aging Services Subcommittee, City of Phoenix License Appeals Board, Paradise Valley and Encanto Village Planning Committees, and the City of Phoenix Citizens Police Academy. In the community, he also has served on the Mountains Preservation Council and the Sunnyslope Historical Society.

"My family and I have deep roots in Phoenix; we came here when I was 8 years old," Carroll recalls. "Mom transferred as a blue-collar phone company worker and it wasn't long after arriving that dad became a fixture at American

Legion Post 75 in Sunnyslope.

"I was honored to be Mayor for Youth Government Day when I was 18, and anyone who knows me will tell you that I Love Phoenix." If elected, he says he will wake up every morning ready to serve the citizens of Phoenix honorably. "I will owe my election to our neighbors, and no one else. As your City Council member, I'll only have the best interests of our neighbors at heart and will owe the special interests nothing."

Carroll believes that poor planning choices have led to a severe reduction in the number of police on the streets since the beginning of the Great Recession, and that the size of the Police Department must increase by 50 percent. He wants to continue the work of former

3 Councilman Bill Gates by continuing to find fiscal efficiencies, innovations and modernizations and applying those funds "to keeping our neighbors and our law enforcement personnel safe on the streets of Phoenix."

For more information, visit www.Neighbors4DanCarroll.com.

Developers reschedule meetings to Nov. 7-8

The developers of a proposed senior housing community that is causing some residents to rally in protest rescheduled two public meetings originally set in October for back-to-back meetings from 6-7 p.m. on Nov. 7 and Nov. 8.

The meetings will take place in the Fellowship Hall at North Phoenix Baptist Church, 5757 N. Central Ave. The church is looking to sell off its land on the east side of the campus that currently is overflow parking spaces. That L-shaped area is the proposed site of IPA-Arizona's "Generations: North Central Phoenix," a three-story, 146-unit senior care community, which includes a two-story memory care unit.

The North Central Phoenix Homeowners Association (NCPHA) has come out strongly in opposition of the proposed development, printing yard signs and raising funds to hire an attorney. This will be the neighborhood's first real opportunity to hear directly from the developers about the project.



Chris DeRose



Dan Carroll



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of your “how do I” questions in one-on-one consultations, group tech trainings, custom classes or a tech party with your friends.

The company’s goal is to teach the community technology in a fun and engaging way, all while giving students the opportunity to use their love of technology to help real customers, Kovesdy said.

The Generation Tech Support team now includes 20 staff members, all ranging from high school students to recent college graduates, and it is looking to build their team, along with increasing the number of clients.

“It’s grown into something much bigger than we ever thought it would be,” said Steven Winkler, who heads the business’s Human Resources department and is a manager. Winkler was a part of the original class that developed Generation Tech Support at Shadow Mountain High School and is now attending Paradise Valley Community College.

GenTechs, like Winkler, say they are

developing workplace, business, entrepreneurship and leadership skills. Winkler said that his work with GenTech has fueled his love for technology.

Generation Tech Support will soon be providing the latest in cutting-edge technologies with the addition of robotics, 3D printing as well as laser and makerspace technologies, Kovesdy said. These resources create a technology hub for the Phoenix area.

Kovesdy says the price is right for consumers. Quick questions can be addressed in 10 minutes for about \$10. A tech party, with three to five friends, is \$50 an hour or \$10 to \$12 for each partygoer. The company also provides refillable Connect Cards that make great gifts for the holidays, especially for those older members of your family who received a new but confusing tech toy at Christmastime. A \$30 Connect Card offers one hour of personal tech support, and patrons can use all or part of the card at a tech session. The card is transferrable and never expires.

Generation Tech Support is located at 13236 N. 7th St., Suite 1. Hours are 10 a.m. to 6 p.m. Monday through

Saturday, and noon to 6 p.m. Sundays. For more information, call 602-374-5624 or visit www.gentechsupport.com.

Editor’s note: Melody Pierce is a student at the ASU Walter Cronkite School of Journalism and Mass Communication.

One-day event to clean up community

Keep Phoenix Beautiful Day is set for Saturday, Nov. 5, at locations around the city. The purpose is to encourage members of the community to get out and volunteer to keep their neighborhoods clean, green and beautiful.

All volunteers will receive a T-shirt, thank-you gift from Chipotle, water and tools to use to complete the project.

Projects including cleaning up Encanto Park, 2605 N. 15th Ave., and Rose Mofford Sports Complex, 9833 N. 25th Ave.; and cleaning and preparing garden plots at PHX Renews, 4221 N. Central Ave. To find a project location near you and register online, visit www.kpbday.org and click on “Volunteer Near You.” For more information, call 602-262-4820.

Free meals for vets at two hospitals

Abrazo Central Campus and Abrazo Arizona Heart Hospital will provide free meals to veterans on Friday, Nov. 11, Veterans Day.

Abrazo Central Campus, 2000 W. Bethany Home Road, will provide meals from 7 a.m. to 6:30 p.m., including an entrée, two sides, beverage and dessert. Fresh-baked cookies and grab bags of candy will be sold to raise money for the Wounded Warrior Project.

Breakfast will be served from 6:30-9:30 a.m. at Abrazo Arizona Heart Hospital, 1930 E. Thomas Road. Non-veteran community members may purchase the breakfast for a \$4 cash donation. Proceeds will be donated to Soldier’s Best Friend, a nonprofit organization that provides U.S. military veterans living with combat-related Post Traumatic Stress Disorder (PTSD) or Traumatic Brain Injury (TBI) with service or therapeutic companion dogs.

The Veterans Day breakfast will feature fruit, bacon, sausage, eggs, oatmeal, pastries, yogurt and assorted beverages.

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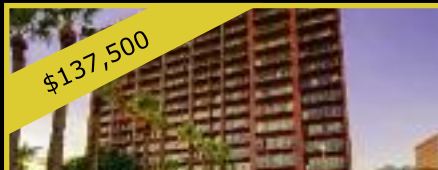
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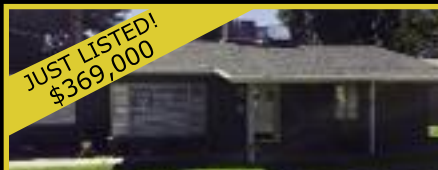
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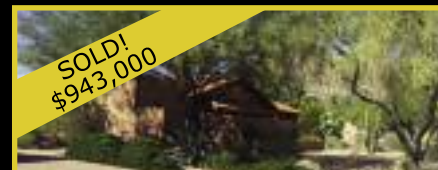
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Lauren Danuser (center), owner Local Nomad, along with staffers Lavi Popitan (right) and Megan Gilroy, are excited about the store opening in the recently remodeled Uptown Plaza shopping center at Central Avenue and Camelback Road (submitted photo).

Clothing boutiques open in Uptown Plaza

Three clothing boutique concepts opened their doors last month inside the Uptown Plaza shopping center, the landmark midcentury shopping center at the northeast corner of Central Avenue and Camelback Road. Each offers something different to the discerning clothes shopper.

Local Nomad, which opened Oct. 15, is a locally owned clothing, jewelry and accessories boutique that features stylish yet sustainably made goods from around the world as well as right here in Arizona. It is located at 100 E. Camelback Road, Ste. 168.

Local Nomad is the brainchild of Lauren Danuser, an avid traveler and former retail buyer for Gap Inc., who relocated from San Francisco with her husband (a Phoenix native) to fulfill her lifelong dream of opening her own clothing accessories and jewelry shop for men, women and children.

Local Nomad offers an eclectic collection of accessories, including international fair trade certified leather bags imported from Kenya, organic hand-knitted baby rattles from Peru and classic, colorful Kanken children's backpacks from Sweden. The shop also offers a carefully curated collection of all-American and Arizona-made products, including incense, aromatic room sprays and white sage smudge sticks from Flagstaff's own Juniper Ridge, as well as handmade brass jewelry from Arizona's Bright Star & Buffalo.

Local Nomad is open from 10 a.m.-7 p.m. Sundays through Thursdays, and 10 a.m.-9 p.m. Fridays and Saturdays. Follow the shop at www.facebook.com/localnomadshop.

Local entrepreneurs Steve and Andi Rosenstein of The Duce and R&R Surplus opened their new flagship clothing store on Oct. 21 inside Uptown Plaza at 252 E. Camelback Road.

Currently sold in more than 500 specialty boutiques, high-end fitness clubs and luxury spas and resorts, R&R is an offshoot of the Rosensteins' original clothing boutique, Fitigues, which they launched in their native Chicago in 1988. After relocating to Phoenix in 2001, the couple started looking to recreate the historic urban vibe of the Windy City and discovered it with The Duce and R&R Surplus, a bar/restaurant/event space/boxing gym/clothing boutique carved into a 1928 building in downtown Phoenix. And now R&R Surplus has expanded to Uptown Plaza. To see store hours and for more information, visit www.randrsurplus.com.

Fashion Boutique Scout & Molly's celebrated the opening of its newest franchise location on Oct. 22 at 100 E. Camelback Road in Suite 120. The women's apparel store offers upscale designer women's clothing as well as original chic designs and is one of many opening across the country over the next few months.

Scout & Molly's, founded in 2002 in Raleigh, N.C., is merchandised with a simple rule in mind: "No style fits all," which is why maintaining individuality while dressed in the latest trends, is a necessity for all of its customers. In addition to beautiful designs, Scout & Molly's will offer a free styling program.

For more information, visit <http://uptown.scoutandmollys.com> or call 602-274-1560.

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COMMUNITY

These small families
in need of holiday help

A group of single mothers struggling to get back on their feet with the help of a local nonprofit organization is hoping that some local “santas” can make their children’s Christmastime a happy and joyous one.

Bridge to Hope (www.b2hope.org) works with homeless women with children by encouraging them along the road to recovery from homelessness. The Bridge to Hope provides temporary housing assistance, group and one-to-one counseling, and some basic necessities to the families in the program. B2H matches families with volunteer teams for guidance, mentorship and emotional support.

But the holidays can be financially and emotionally overwhelming for these small families looking for stability and hope. That’s where donors from the community can help. Currently four families live in the North Central community as they work their way through the program. Each family has a list of needs and wants for the holidays,



This young mother of a 1-year-old girl and 2-year-old boy has struggled with addiction and homelessness, but is now on the path to wellness and success thanks to the Bridge to Hope, which is seeking holiday donations for her family as well as other mothers and children in the North Central Phoenix program (photo courtesy of Bridge to Hope).

including a small Christmas tree and decorations for each family.

Family No. 1 is a young mother who was raised in the foster care system and her son, age 7. After struggling

with drugs and homelessness, she is now working full-time and breaking the cycle. Her major need is a small: a kitchen microwave. She loves hiking and would appreciate a CamelBak

(backpack for water) or hydration waist pack, iPod, shower mat, and any camping supplies. For her son, his needs include athletic shoes, size 1, dress slacks, size 7, and various shirts, size 7. He would like age-appropriate books and board games.

Family No. 2 includes a mother raised with parents who themselves struggled with addiction so it was almost inevitable that she, too, would find herself becoming an addict. Today she is working full time, providing for her 2-year-old son and living a life free from the bondage of addiction. She would like clothes (14/16 pants, size large tops), new running shoes size 11, a curling iron, perfume, jewelry, and a car windshield sun visor. For her son, she would like a toddler’s activity center for the car (attaches to car seat), bedding for a boy, educational toys and games, and a toddler-sized table and chair.

It was being arrested that was the turning point for the mom in Family No. 3, as her own mother worked to get her released into a treatment facility. She is fast approaching two years of

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COMMUNITY

sobriety, working and living a life for her daughter, age 10. She is in need of office-appropriate clothing, size 5 junior (pants), medium tops. She also would like an iPod, winter boots, a tent and sleeping bags for camping with her daughter, along with other camping supplies like fishing poles, a tackle box, and tackle. Her daughter would like board games, a plush wolf toy, and an easel and art supplies. She plays soccer and would like goalie gloves. Both are Cardinals fans and would love Cardinals sweatshirts.

After having lost both her young children to the state, the mom in Family No. 4 took charge of her life and entered treatment. Coming to The Bridge to Hope, she now is in a vocation training program. She is learning to take responsibility and be a mother, as her children are now back with her. She is a young adult and in need of office-appropriate clothing, size 1 junior (pants) and extra-small tops in ladies or small in juniors. She also would like a large purse with matching wallet (black, red or purple), a CD player, boots size 6, a Kindle, a welcome mat for the home, and art supplies. She has a daughter, age 1, and a son, age 2. She would appreciate any type of educational toys for her children, a boy set of crib sheets, transitional toys for infant, a baby doll, and a bathroom set (Hello Kitty or Batman).

Unwrapped holiday gifts, along with any wrapping, tags and bows you can provide, should be dropped off to the Bridge to Hope office, 1815 E. Missouri Ave., Ste. 105, by no later than noon on Friday, Dec. 2.

There are two other mothers in the program with children who live outside the Central Phoenix area. For more information on how to help these families or for questions, call Amy Sue Seiser at 602-589-5556 or e-mail amy.sue@b2hope.org.

'Love Your Block' mini-grant program

The Love Your Block PHX mini-grant program is accepting applications from neighborhood groups in the initiative area through Nov. 18. In the north Central area, the initiative boundaries include 23rd to 7th avenues south of Bethany Home Road. From Camelback to Indian School roads, the eastern boundary extends to 7th Street.

Love Your Block is a mini-grant program that awards \$1,000 to five neighborhood groups in low-to-moderate income areas of Phoenix to make the changes they wish to see in their neighborhoods through volunteer-driven revitalization projects. To see if your neighborhood is within the boundary and to apply, visit www.phoenix.gov/volunteer and click on "Love Your Block."

Past projects include alley cleanups, mural paintings, installing storefront planter boxes, installing Little Free Libraries, painting irrigation boxes, and planting a butterfly garden.

Love Your Block is in its second year and is now accepting applications for the next round of projects, which will be completed in the spring of 2017. For more information, visit phoenix.gov/volunteer, call 602-262-4790 or e-mail loveyourblock@hpn-phx.org.

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COMMUNITY



Pet of the Month

Rescued Yorkie ready for love

Despite the horror of living in a hoarder home, this resilient Yorkshire terrier loves to cuddle and go for walks and is ready to be loved and pampered (submitted photo).

forced to live. The conditions were revolting and the stench was appalling. Their food was rotten and mold festered in their water bowl.

Police officers assisted animal rescuers in saving all of the pets who were then medically treated at the Arizona Humane Society. The owner was charged for animal abuse and now Odie and the others can now start a new life.

Despite his difficult past, Odie remains resilient. After spending his first 7 years alone and isolated in a cage, the Yorkshire terrier relishes cuddle time, enjoys leisurely walks, savors treats of any kind and is quickly adapting to the life as a “normal” dog. He had a blast on his first car ride with volunteers where he lapped up a puppucino (a small cup of whip cream) and quickly made many friends on the coffee shop patio.

Odie offers nothing but unconditional love and gratitude to anyone who offers him a forever home. Meet him today at the Sunnyslope campus located at 9226 N. 13th Ave. His adoption fee is \$350 and includes his medical treatment, grooming, neuter surgery and vaccinations.

For more information, call 602-997-7585 and ask for animal number A544125. He may have been adopted by the time you visit the shelter but there are hundreds of other pets just like him in need of a home and you can see them all by visiting www.azhumane.org.



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The Arizona Humane Society offers a “It’s Hip to Snip” special on Thursday, Nov. 17, which provides spay and neuter surgeries for cats and dogs, along with pain medication, for just \$20. The special takes place at the Marge Wright Veterinary Clinic, 1311 W. Hatcher Road.

Space is limited and check-in begins at 6 a.m. Surgeries are performed on a first-come, first-served basis so be sure to arrive early. Pick-up times vary, depending on surgical slot time.

Pets must be between 2 months to 6 years of age, and must weigh between 3 and 120 pounds. Pets age 5 and older will require additional blood work at the cost of the owner. Pre-surgery instructions can be found at: <http://www.azhumane.org/spay-and-neuter/spay-and-neuter-pre-surgery-instructions/>.

COMMUNITY



Mary Martin has been named the new director of Maricopa County Animal Care and Control (submitted photo).

New director takes helm at MCACC

Maricopa County Animal Care and Control this month welcomes its new director, Mary Martin. Martin has been serving as the executive director at Santa Fe Animal Shelter & Humane Society since 2009.

Martin is no stranger to animal welfare. In fact, she has more than 30 years' experience working with animals, shelters and rescue groups. She started her animal welfare career in the Valley and was the medical director at MCACC's Phoenix shelter from 1999-2003. Martin also served as the executive director for the Spay Neuter Project of Los Angeles.

During her time in Santa Fe, Martin took the shelter from a 65 percent live release rate to a very successful 94 percent.

"I began my career in the Valley and am thrilled to return," Martin said. "I've worked all over the country and Maricopa County has some of the most dedicated leadership, staff, advocates and volunteers who I've ever encountered. It's this type of passion and commitment that will continue to help the most vulnerable animals of Maricopa County."

Local vet marks 4,000th surgery

Phoenix-based Altered Tails Altered Tails' director of Veterinary Services, Dr. Kellie Ayle, last month performed her 4,000th spay/neuter surgery for 2016.

Altered Tails, a not-for-profit organization, is Arizona's largest spay/neuter clinic specializing in high-quality, low-cost services. This year alone, Altered Tails' Phoenix, Mesa and Tucson clinics will provide approximately 25,000 spay/neuter surgeries, with individual pet owners as its primary clientele. Altered Tails' Phoenix surg-

eries take place at the Barnhart Clinic, 950 W. Hatcher Road in Sunnyslope.

According to Altered Tails' Executive Director Ellen Clark, pet owners can spend, on average, upwards of \$400 per surgery at their local veterinarian office. Because Altered Tails specializes solely in spay and neuter services, it is able to offer the procedure at more affordable prices.

Altered Tails has had tremendous success throughout metropolitan Phoenix in reducing the homeless pet population, as well as offering these simple procedures as a way to help pet owners reduce unwanted behaviors and for pets to lead healthier lives.



The staff at the Barnhart Clinic, 950 W. Hatcher Road, helped Dr. Kellie Ayle celebrate her 4,000th spay/neuter surgery with balloons, congratulatory sign and a big cake (submitted photo).

Altered Tails is a member of the Alliance for Companion Animals, which is a coalition of seven animal welfare agencies in Arizona. The Alliance developed a comprehensive three-year program called, "Fix.Adopt.Save." to tackle Maricopa County's homeless animal problem helping both animals and communities.

And, with more than 50,000 animals entering shelters in Maricopa County each year and thousands more in dire need of spay and neuter services, Altered Tails continues to collaborate with the Fix. Adopt. Save. campaign to assist with spay/neuter surgeries due to high intake numbers. Now in its third year, Fix.Adopt.Save. has already resulted in a 71-percent decrease in euthanasia in Maricopa County.

Visit www.AlteredTails.org or call 602-943-7729 for more information.

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COMMUNITY

School districts seek funds for improvements

The Washington Elementary School District (WESD) is one of 11 districts in Maricopa County going out for a bond on Nov. 8, hoping to raise \$98 million to fund building improvements and technology and security upgrades.

Also in North Central Phoenix, the Madison Elementary School District is seeking to extend an override in place since 2009 that will continue to fund technology and curriculum needs.

According to WESD officials, the structure of the Nov. 8 bond plan is to avoid an increase in taxes. The district will only issue bonds when needed, according to the project schedule.

A committee consisting of staff, parents, and community members evaluated planned projects and several options for funding. The committee recommended a bond election to raise funds for: new school intercom systems, shade structures, student computers, interactive classroom technology, and school office renovations.

Among the larger projects planned are upgrading parking lots and walkways, new roofs, new HVAC systems, and replacing aging portable buildings and rebuilding one elementary school entirely. Buses that are beyond their useful life also will be replaced.

Since the 2008-09 school year, state capital funding has been drastically reduced or eliminated. The state has entirely eliminated building renewal funds (for building renovations and preventive maintenance) and the state's most recent budget funds less than 15 percent of the statutory allocation for items such as furniture, equipment, technology and buses.

In the WESD, Prop 123 money was used for employee compensation in order to retain and attract employees. Bond money will be used for tangible items, such as buildings, technology and buses.

If you would like more information about the bond, visit <http://www.wesd.schools.org/Page/894> or contact Cathy Thompson, director of Business Services, at 602-347-2615 or cathy.thompson@wesdschools.org.

Madison Elementary School District will hold a special district additional assistance budget override election (formerly known as a capital outlay budget override election) on Nov. 8. Capital funds are used to build and

equip schools, repair and upgrade existing buildings, buy school buses and purchase technology.

The district seeks authorization to exceed its district additional assistance budget by the lesser of \$4.6 million, or 10 percent of its revenue control limit. The estimated first year tax rate for the proposed district additional assistance budget override is \$0.5422 per \$100 of net assessed valuation used for secondary property tax purposes.

On Nov. 3, 2009, Madison residents voted in favor a capital outlay override providing Madison with \$4.6 million in capital purchases each year for the next seven years. The measure was approved by 59 percent of the voters. The override provided for preventive maintenance, new technology (laptops, computers, data warehouse, infrastructure, copiers, printers, software and equipment), and curriculum adoptions in science, music, art, and math. That override expires this month.

The new override, according to supporters, actually decreases taxes because it is slightly less of a tax burden than the 2009 override. So while the tax won't be eliminated, it will be less than what residents living in the district have been paying for the last seven years.

According to supporters, in the last six years the state has reduced capital funding to Madison District by 87 percent—a total of \$13.4 million. The override will help bridge the financial gap caused but these cuts while still supporting curriculum needs and technology. For more information, visit <http://www.yesonmadison.com>.

Teacher interview fairs set for Nov. 5, Dec. 10

The Washington Elementary School District (WESD) will host a Teacher Interview Fair on Saturday, Nov. 5, to hire teachers for the 2017-2018 school year. The fair will be held from 8:30 a.m. to 12 p.m. at the WESD Administrative Center, 4650 W. Sweetwater Ave., Glendale.

Interviews will be conducted for those interested in teaching: kindergarten, elementary education, special education, language arts, mathematics, science, social studies, general music, art and special needs preschool.

Another interview fair will take place at the same location during the same hours on Saturday, Dec. 10. Apply online at <http://jobs.wesdschools.org>.

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Enjoy local fall festivals and holiday events

It's that time of year when a plethora of special events returns to the central Phoenix area, particularly those with fall and holiday themes. These events offer a wide variety of activities, arts and crafts, food, and entertainment, and many also serve as fundraisers for charitable organizations.

No matter what your interests, you're sure to find something fun in the list of events that follows.

Certified Local Fall Festival

10 a.m.-4 p.m. Saturday, Nov. 5
Hance Park
200 E. Moreland St.

A free family-friendly event for all ages and an annual celebration of all things local to Arizona. The festival features more than 100 vendors, live music, food samples from local restaurants (pre-purchase tasting tickets for \$1 each), an Arizona beverage garden, kids activities, a silent auction and raffle, and much more. Visit www.localfirstaz.com/fall-festival.

Hawaiian Holiday Craft Fair

9 a.m.-2 p.m. Saturday, Nov. 5
Crossroads UMC
7901 N. Central Ave.

Talented artisans will feature Hawaiian handcrafted gifts and other special items, just in time to kick off the holiday shopping season. Delicious lunch specials with a Hawaiian twist will be offered, and there is free entertainment for all to enjoy. All proceeds benefit the Hawaiian Civic Club of Arizona.

Scandinavian Jul Bazaar

10 a.m.-2 p.m. Saturday, Nov. 5
Shepherd of the Valley Lutheran Church
1500 W. Maryland Ave.
480-464-5469

Free admission. The Nordic countries of Denmark, Finland, Norway and Sweden invite you to their annual Jul Bazaar. Antiques and vintage treasures, collectibles, rosemaling, handcrafted arts, books, music and movies are among your shopping choices. And while you shop, enjoy the many Scandinavian food booths offering yellow pea soup and rye bread, homemade frikadeller, lapskaus, lefse, waffles,



From notable Valley music groups Sistah Blue and The DelRayz, original members Lila Sherman and Rochelle Raya (Arizona Blues Hall of Famer) are at it again with their latest incarnation, Sistahs Too, performing at 3 p.m. the North Mountain Blues, Brews & Arts Festival on Nov. 6 (photo courtesy of Sistahs Too).

cookies, pastries and more. Sponsored by Valley-wide Scandinavian Cultural Clubs and Lodges.

Herberger Theater Festival of the Arts

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

A diverse, family-friendly event that celebrates the arts and the community with live music, theater and dance performances, children's activities, food, film shorts, pet adoptions, and more. Admission is free this year. For more information, visit <http://www.herbergertheater.org/herberger-theater-festival-of-the-arts/>. Proceeds from this annual fundraiser benefit the HTC's Youth Outreach Programs.

Fellowship Square's Fall Festival

10 a.m.-2 p.m. Saturday, Nov. 5
Fellowship Square Phoenix
2002 W. Sunnyside Drive
602-943-1800

Attendees can enjoy a BBQ, Farmer's Market, live band (Igor's Jazz Cowboys), petting zoo, face painting, bouncy house and turkey photo booth. Admission is free and the event is open to the community. BBQ is \$10 for adults and \$5 for kids.

Serbfest

Nov. 5-6
St. Sava Serbian Orthodox Church
4436 E. McKinley St.
602-275-7360

This 14th-annual food and cultural

Festival offers authentic Serbian cuisine and pastries, live folk music and dancing, a shopping bazaar, guided tour of the Serbian Byzantine-style church, a KidsZone (\$10 for all-day pass), and more. Admission is \$3, children age 12 and younger get in for free. Hours are 11 a.m.-10 p.m. Saturday, and 12-8 p.m. Sunday. Visit www.serbfest.com for more information.

Blues, Brews & Arts Fest

11 a.m.-5 p.m. Sunday, Nov. 6
North Mountain Brewing
522 E. Dunlap Ave.

Offering some of the Valley's best musical talent plus lots of fabulous merchandise from local artists along with great food and craft beers. Advance tickets are \$12.50, at the door \$15. Children ages 12 and younger get in for free. Camping chairs welcome, WiFi available. To purchase tickets and see a line-up of performers, visit www.nmbluesbrewsandartsfest.com.

Sunday @ Shemer Family Arts Festival

10 a.m.-5 p.m. Sunday, Nov. 6
Shemer Arts Center
5005 E. Camelback Road
602-262-4727

This year's art, food and entertainment festival will feature the works of 40 selected artists, as well as demonstrating artists, interactive children's art activities, food, refreshments, entertainment, and a silent auction. Admission to the festival is \$7 per person, with a maximum family entry of \$20. Children 12 and under are free.

Get your tickets in advance and skip the long line to get in: www.shemerartcenter.org.

Holiday Craft Sale

9 a.m.-2 p.m. Wednesday, Nov. 9
Devonshire Senior Center
2802 E. Devonshire
602-256-3130

Items at the sale include handmade articles, holiday crafts, and baked goods. Do your holiday shopping early. Proceeds benefit the senior center.

Magic Moments Boutique

Nov. 11-12
Beatitudes United Church of Christ
555 W. Glendale Ave.

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

Lura Turner Homes Boutique

9 a.m.-2 p.m. Saturday, Nov. 12
Crossroads UMC
7901 N. Central Ave.
602-943-4789

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

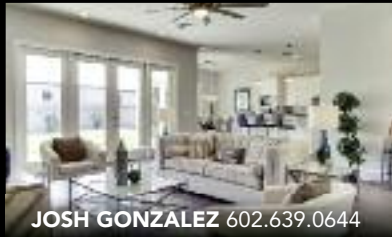
Community Art Festival

10 a.m.-4 p.m. Saturday, Nov. 12
Desert Song Healing Arts Center
3232 N. 20th St.
602-265-8222

Enjoy browsing the wares of more than 30 local artisans, snack on food

please see FESTIVALS on page 20

A LEGACY OF & DIFFERENT.



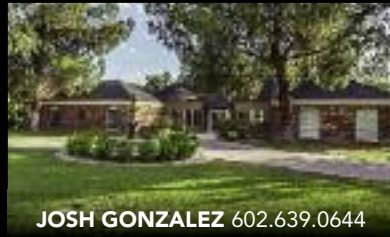
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and precious gems*



COMMUNITY

FESTIVALS *continued from page 18*

and coffee samples, listen to live music, participate in gardening classes, take advantage of a mini-massage, and try your luck with great raffle prizes. There also will be kids art activities. Free admission.

Saint Thomas Carnival

10 a.m.-3 p.m. Saturday, Nov. 12
Saint Thomas the Apostle
4510 N. 24th St.
602-954-9088

Everyone is welcome to this family friendly day of old-time carnival fun with rides, games, petting zoo, food and entertainment. You don't have to miss the college ball games—they will be broadcast on big screens in the adult-only beer garden. The Country Store offers vintage treasures in addition to participation from local favorite uptown vendors. Try your luck at one of the raffles and win a children's closet from Classy Closets, iWatch, Christmas Family Package with tickets to local events and outings, and more. There are no admission fees. Food, game and ride tickets can be purchased at the event. Unlimited ride bracelets are \$15, and beer garden tickets are \$20.

Calico Boutique Craft Fair

9 a.m.-2 p.m. Saturday, Nov. 19
North Phoenix Baptist Church
5757 N. Central Ave.

Come celebrate the boutique's 31th year! Shop indoors from a large variety of handcrafted goods and a wonderful assortment of the brands you've come to expect. Get ready for Christmas, as you stroll through over 100 different tables of local artisans and vendors. Find that one of a kind gift from handmade jewelry

and purses to paintings and home decor. This indoor fair has something for everyone. <https://www.facebook.com/phxcalicoboutique/info>.

Ornament Marketplace

Nov. 25-27

Heard Museum Shop
2301 N. Central Ave.

Enhance your holidays with wonderful Native-themed ornaments handcrafted by American Indian artists. Choose from hundreds of various ornaments in different art forms for yourself or for unique holiday gifts. Several Native artists will be offering ornaments featuring carved wood, miniature baskets, pottery and beads. Prices vary. Hours are 9:30 a.m. to 5 p.m. Friday and Saturday; 11 a.m. to 5 p.m. Sunday.

Crafeteria Festival

6-10 p.m. Friday, Dec. 2
Medlock Plaza
10 W. Camelback Road
602-279-5467

An indie craft festival with 35 Valley-based vendors selling everything from art to jewelry to stationery. There will also be live music and food trucks. Support your local craftspeople and get a jump on your holiday shopping. Admission is free. Visit www.francesvintage.com/crafeteria.

Holiday Bazaar & Craft Fair

7 a.m.-3 p.m. Saturday, Dec. 3
Crossroads UMC
7901 N. Central Ave.

Get a jump on your holiday shopping with a large selection of vendors including wreaths, scarves, jewelry, toys, fashions, home-baked goods and more. Admission is free.

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HAPPY HOUR WITH HERSCH

I have personally struggled this election cycle. Our country has always promoted itself to the rest of the globe as the epitome of how governing should work. I personally think we have fallen way short this cycle. Though I cannot endorse either major party candidate, I do not place the blame on them for their shortcomings, they are just applying for a job. It falls on each and every one of us in the electorate. Our country is rapidly changing and it is imperative that we figure out how to come together so all of us can experience the pursuit of life, liberty and happiness. That has to start with holding our elected officials to higher standards than the partisan BS we have been stuck with. Though we all walk in different shoes we should be able to acknowledge that we all want basically the same things; peace, prosperity and equality. Maybe if we think of that the next time we are in the voting booths we will have women and men representing us who are not beholden to the current monolithic and dated party system that is controlled by special interests and not the electorate.

If you have a mortgage need and would like to talk to someone who will help you pursue your life, liberty and happiness, call me. I guarantee you will get the unique and individual service you deserve.

TRIVIA *Contest*



Which president served the shortest term and how long was the term?

First to answer correctly will win a \$100 gift card to The Womack to help ease election night.

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Last Month's Answer:
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Learn to dance the West Coast Swing. Free beginning swing lessons for ages 8 and older. Beginning and intermediate lessons start at 6 p.m. Families are encouraged to join in the fun. Weekly dance starts at 7 p.m. First dance is free to newcomers. Regularly \$7 for members and \$10 for nonmembers. Visit www.gpsdc.com for details.

'The Sheriff's Mounted Posse: Now and Then'

10 a.m.-12 p.m. Saturday, Nov. 5
Sunnyslope Historical Museum
737 E. Hatcher Road

Presented by Bill Brake, the past president of this organization that is now called the "club." Brake will talk about his role as a volunteer in the group and what the group is doing now. There also will be a display to honor the country's military. There will be no charge for this presentation and complimentary refreshments will be served.

A Sunset Tribute to Our Veterans

5-8 p.m. Monday, Nov. 7
Heard Museum
2301 N. Central Ave.

Join veterans groups, color guards, performers and speakers at the American Indian Veterans National Memorial on the grounds of the Heard Museum for a special sunset tribute to veterans of the U.S. armed forces, followed by a reception inside the museum's Steele Auditorium. The scheduled speaker is Richard H. Carmona, M.D., M.P.H., FACS, 17th Surgeon General of the United States and distinguished professor at the University of Arizona. Free and open to the public.

Duet Volunteer Orientation

4-6:30 p.m. Thursday, Nov. 10
Duet offices
555 W. Glendale Ave.
602-274-5022

Learn how you can help a homebound elder or adult with disabilities in your neighborhood by providing free-of-

charge services such as rides to appointments, grocery shopping, friendly phoning or visiting, paperwork assistance, handyman services, respite, or computer assistance. Duet is a nonprofit that promotes health and well-being through a broad range of services to homebound adults. Duet's free-of-charge services are available in the greater Phoenix area. Visit www.duetaz.org.

Phoenix Veterans Day Parade

11 a.m.-1 p.m. Friday, Nov. 11
North Phoenix Baptist Church
5757 N. Central Ave.
480-772-2934

Now in its 20th year, the parade is one of the top Veterans Day events in the nation. This year's parade theme is "Welcome Home Vietnam Heroes," and will feature patriotic floats, bands, marching units, a flyover of WWII planes and more. The parade heads south from the church parking lot at Montebello and Central, then east on Camelback Road and south on 7th Street, ending at Steele Indian School Park, 300 E. Indian School Road. Visit <http://PhoenixVeteransDayParade.org>.

City Lights Movie Nights

6:30 p.m. Friday, Nov. 11
Patriot's Park
11 W. Washington St.

Bring your blankets and chairs and enjoy a free screening of "Hook," starring Robin Williams and Dustin Hoffman. Arrive early to get a good spot. For those with an adventurous side, guests can fly like Rufio with a zip line going across Central Ave. Visit <http://cityscapephoenix.com/events/>.

Coffee & Conversation

10 a.m. Saturday, Nov. 12
All Saints' Episcopal Church
6300 North Central Ave.
602-550-1050

Susan Rose from Hospice of the Valley will answer questions about the new Outreach Palliative Care program, a resource for the seriously ill, focusing on each patient's physical, psychological and spiritual needs. There also will be information regarding the Arizona Advanced Health Care Directive Registry, to assist you and your loved ones with health care directives. The registry is a safe and confidential place to store your Living Will, Medical Power of Attorney and Mental Power of Attorney.

The event includes refreshments and is free and open to the public.

The Benefits of Social Security

6:30 p.m. Tuesday Nov. 15
Beatitudes Luther Life Center
1616 W. Glendale Ave.
602-992-8145

Phoenix AAUW (The American Association of University Women) hosts Jerry Watterworth, AARP Arizona Community Education Program coordinator. He will speak on "Social Security Works." 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 Nov. 12. Visitors are welcome.

Blood Drive

9 a.m.-12:45 p.m. Wednesday, Nov. 16
Abrazo Arizona Heart Hospital
1930 E. Thomas 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 in a blood mobile parked at the hospital. Advanced appointments requested. To sign up to donate blood, call 1-877-827-4376 or go to bloodhero.com (Sponsor Code: Abrazo Arizona Heart Hospital).

Phoenix Writers Club

12-2pm Saturday, Nov. 19
Bluewater Grill
1720 E. Camelback Road

Guest speaker is Sam Lowe, a newspaper columnist and editor for more than 40 years, and a freelance writer and author for nearly 20 years. His most recent book is "Arizona Myths and Legends." Cost is \$17 members/\$20 guests. RSVP to navissak@hotmail.com with Phoenix Writers Club in subject. All welcome.

GMF Pedal Pub Crawl

2:30 p.m. Saturday, Nov. 19
GMF Bicycle Shop,
5826 N. 16th St

This annual will start at GMF Bicycle Shop with check in at 2:30 p.m. Riders will set off for the following locations: Joes Midnight Run on 7th Street, Linger Longer Lounge, and The Garage—both on 16th Street. The entry fee is \$15, which will include a

commemorative lanyard that will allow you to receive drink discounts at each location and a raffle ticket for the grand prize of a new beach cruiser. All proceeds will be donated to Barrow Neurological Institute. The event is limited to 100 participants; must be 21 years or older. Sign up at www.gmf.bikeshop.org or in person at the shop.

Authors' Day held at visitor center

Meet some of Arizona's most popular Western authors from 9 a.m. to 4 p.m. Saturday, Nov. 5, at Authors' Day at the North Mountain Visitor Center, 12950 N. 7th St. Admission is free and the event is open to the public.

Featured books include:

- "History of Sunnyslope," part of the Images of America series, by Reba Wells Grandrud, Ph.D.
- "The Ancient Southwest: A Guide to Archeological Sites," by Gregory McNamee
- "Tales of the Sonoran Desert" by Joyce Story
- "Arizona Cookbook" and "The Chili Lovers Cookbook" by Bill Fessler
- "Footloose from Phoenix" by Ted Tenny

All books sold at the event will benefit the Save Our Mountains Foundation at the North Mountain Visitor Center. For more information, visit <http://northmountainvisitorcenter.org>.

Ask Santa to send your child a letter

Boys and girls all over the world write letters to Santa every year. But did you know that Santa also sends letters, straight from the North Pole?

Of course, Santa is a busy guy and needs a little help to keep up with his correspondence, so he works with volunteer organizations around the country, including members of the John C. Lincoln Medical Center Auxiliary.

Instructions on how to receive a letter from Santa can be found at Bit.ly/2eqg1QS. Follow the instructions on the form and send \$5 per letter to the Auxiliary by the Nov. 18 deadline. Letters are personalized and postmarked North Pole.

Note that late forms will not be accepted. Santa outsources mailing to the post office and the postal "elves" require a bit of lead time to get all the letters out.

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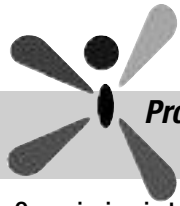


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TAKING CARE OF BUSINESS



Architects with Richard+Bauer prepare to compete against other commercial real estate teams during Goodmans Chair Hockey on Oct. 20, which benefitted First Place AZ, a local nonprofit serving adults with autism (submitted photo).

Chair hockey games benefit First Place AZ

In a creative and fun fundraiser, Goodmans' Chair Hockey Tournament took place on Oct. 20. The competition was hosted by Goodmans Interior Structures and produced by Rooted in Good Inc., an Arizona nonprofit operated by Goodmans employees.

This year's event benefitted First Place AZ (www.firstplaceaz.org), a local nonprofit working hard to ensure that housing options for people with autism and other special abilities are as bountiful as they are for anyone else.

The spirited chair hockey event was held at the Goodmans Showroom, 1400 E. Indian School Road. While competitive teams were by invitation only, dozens of people arrived to cheer on their favorite of the 16 real estate industry rivals that included architects, interior designers, general contractors and commercial real estate brokers.

Competitive professionals showed off their creative moves and athletic skills while seated in Herman Miller office chairs. The games were played in three, four-minute periods with a rubber puck and wooden hockey sticks in a rink enclosed by cubicle walls.

"Every month since our last chair hockey tournament in 2006, someone has asked me when chair hockey is coming back," said Adam Goodman, president and CEO of Goodmans Interior Structures and also a member

of the First Place AZ Capital Campaign Cabinet. "Well, it's back! Now Goodmans is now helping SARRC's sister organization First Place, benefiting the same children from 10 years ago who are now transitioning to adulthood."

Business Briefs

Your oil change can help a wounded soldier

Jimmy Alauria, president of 3A Automotive, wanted to do something special to recognize America's veterans this month, in conjunction with Veterans Day.

Some estimates are that 22 U.S. veterans commit suicide every day. In order to help bring awareness to this epidemic and support a local solution, 3A automotive will donate \$22 of every oil change, through Nov. 11, to Peoria-based Soldier's Best Friend (www.soldiersbestfriend.org), which provides therapeutic companion dogs to veteran soldiers suffering from combat-related Post Traumatic Stress Disorder (PTSD) or traumatic brain injury.

"They actually use only rescue dogs for their program, which they appropriately promote 'saves two lives'," Jimmy says. "They also are on a mission to pay off their building so that they can be a debt-free organization and use most all of their operating funds to their cause."

The cost per service dog is \$4,000,



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- Should a spouse or the trust be first on my IRA Beneficiary designation?
- Why would Joint Tenancy or transfer on death not be advisable?

THURSDAY NOV 10TH
10:00am - 11:00am
Burton Barr Central Library*
1221 North Central Avenue
Phoenix, AZ 85004
*First Floor Meeting Room A

TUESDAY NOV 15TH
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TAKING CARE OF BUSINESS

including four to six months of training. For those who want to help but don't need an oil change, 3A Automotive also has launched a GoFundMe campaign. You can find it at www.gofundme.com, keyword search: 3A Auto Phx.

3A Automotive is located at 1539 W. Hatcher Road. For more information, call 602-888-2011 or visit www.3Aautorepair.com.

Cox donates to local charities

Cox Charities recently awarded \$480,000 in grants to local Arizona charities and organizations, including to Arizona Science Center, Ballet Arizona, Big Brothers Big Sisters of Central Arizona, the Children's Museum of Phoenix and Desert Botanical Gardens.

Celebrating 20 years of giving in Arizona, Cox employees also marked this milestone by granting 20 acts of kindness with Arizona charitable organizations. Employees were challenged to "give where they live" by participating in local-hands on volunteer activities in October that included pumpkin kits provided to Phoenix Children's Hospital and food for families at Ryan House. In addition, 15 girls from Florence Crittenton's Therapeutic Group Home were taken on a shopping spree to Kohl's for fall and winter clothes and shoes.

Since the inception of Cox Charities, nearly \$7 million has been awarded to Arizona nonprofit organizations over the past 20 years, thanks to the generous contributions of the company's employees.

Resort hotel completes \$8.5 million renovation

Pointe Hilton Tapatio Cliffs Resort, 11111 N. 7th St., recently concluded its \$8.5 million renovation, completing a comprehensive redesign of the resort's expansive, two-room Standard Suites.

"We are very excited to reimagine our mountainside and clifftop all-suite accommodations," said Ron Simon, general manager, Pointe Hilton Tapatio Cliffs Resort. "Our iconic resort has been through many transformations over the past three decades. We have proudly served guests since 1982 and look forward to many generations to follow."

The comprehensive remaster of 544 of the resort's 584 all-suite guest

accommodations was inspired by the resort's stunning views and tying in architectural elements with a fresh view of texture, color, scale and a subtle Spanish-Mediterranean influence.

Set in the granite bluffs of the Phoenix Mountain Reserve, the Pointe Hilton Tapatio Cliffs Resort offers vast range of amenities, including two distinctive restaurants, Different Pointe of View and Pointe In Tyme, and the full-service Tocaloma Spa and Salon. For additional information about the resort, visit www.hilton.com.

Bid on wreaths to aid kids' charity

The Shops on Camelback hosts "Wreaths for Life," a fundraiser benefiting Ronald McDonald House Charities, through Friday, Nov. 11 at the store, 1030 E. Camelback Road.

The event includes custom-themed wreaths, embellished by some of Arizona's finest and talented interior designers, floral designers, artist and artisans. The designs will be displayed at The Shops On Camelback Nov. 1-11 during normal business hours; visitors can place bids prior to the close of the event.

A cocktail reception will take place from 5-8 p.m. on Nov. 11, including a silent auction, raffle, wine, hors d'oeuvres and complimentary valet parking. Tickets are \$20 in advance or at the door and include one raffle ticket.

For more information, call 602-277-1030 or visit www.theshopsoncamelback.com.

Personal injury law firm has depth of experience

Zachar Law Firm, P.C. has moved to North Central Phoenix, at 707 E. Northern Ave.

Since 1992, Phoenix Personal Injury Lawyer Christopher J. Zachar has provided personal injury and wrongful death pre-trial and trial expertise to our injured clients and their families. Zachar is a certified specialist in injury/death law in Arizona.

Other members of the firm include Barry Shalen and David Catanese. Shalen has been championing the rights of injured accident victims in Arizona since 1994. He has lent his skills to both pre-litigation and litigation cases, including arbitrations, mediations, and jury trials. He has represented injured claimants

please see LAW FIRM on page 26



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TAKING CARE OF BUSINESS

LAW FIRM continued from page 25

resulting from auto collisions, premises liability, products liability, wrongful death, and dog bites.

Since 1987, Catanese has been representing injured victims in Arizona. In addition to the State Bar of Arizona, he is admitted to practice before the U.S. District Court for the Ninth Circuit and the United States Supreme Court. He has been selected by his peers as one of Arizona's Finest Lawyers.

Zachar Law Firm focuses exclusively on pursuing justice and compensation for injury victims and their families. For more information, call 602-494-4800 or visit <http://www.zacharlawblog.com>.

Two apartments sold in Central Phoenix

Two older apartment complexes in the Central Phoenix corridor recently changed hands.

Colliers International of Greater Phoenix negotiated the \$6.175-million sale of Lincoln Village apartments at 2211 W. Campbell Ave. Lincoln Village was built in 1980 and contains 115 apartment units in nine buildings totalling 88,725 rentable square feet. The property was 99-percent occupied at the time of sale.

"Lincoln Village is a perfect example of a property purchased to take advantage of rapid rising rents in the recovering west side of Phoenix," says Trevor Koskovich with Colliers International. "The local buyer benefits from terrific long-term cash flow opportunities in a very favorable lending environment."

Arie de Jong of San Marcos, Calif. sold the property to Benjamin Covaciu of Phoenix. This marks an expansion of Covaciu's existing portfolio of Metro Phoenix multifamily properties. Colliers International also negotiated the \$5.325 million sale of Patio 15, located at 1523 W. Colter St. Patio 15 was constructed in two phases during 1968 and 1969, followed by an extensive remodel in 2015.

"This property offered a great opportunity for the buyer to acquire real estate near the popular light rail system," says Jeff Sherman with Colliers International. "Patio 15 offers a unique combination of family-friendly two and three-bedroom apartment homes, which are particularly appealing in this neighborhood."

The project was purchased by Don Saunders of Red Door, Alberta, Canada. The buyer also owns Cedar Creek Apartments in Glendale. Zev Hendeles of Phoenix was the seller of the property.

Allstate agencies open in Phoenix

Allstate Insurance Company announced the opening of two new offices in Phoenix that are independently owned and operated.

Kim Pervez, located at 1831 E. Camelback Road, Suite 3, can be reached at 480-685-9684.

Edward Vasquez, located at 3508 N. 7th St., Suite 15, can be reached at 480-999-7222.

"These new agency owners help develop and strengthen the community while embodying the spirit of service that Allstate strives to uphold," said Denis Bailey, field senior vice president for Allstate's Southwest Region.

Allstate agencies sell auto, property, commercial and life insurance, as well as financial services.

Brophy appointed to veterans' commission

Joseph Brophy has been appointed by Arizona Gov. Doug Ducey to the Arizona Veterans' Service Advisory Commission for a three-year term.

The commission's mission is to promote public awareness and enhance the well being of past and present Arizona service members and their families. With over half a million veterans in the State of Arizona, the Arizona Veterans' Service Commission works to ensure that those who have served will always have access to the services and support they have earned.

Members of the commission are appointed by the Governor and provide policy advice regarding veterans' issues. Arizona has provided services to Arizona Veterans through the Arizona Veterans' Service Commission since 1951.

Brophy, who served in the U.S. Marine Corps, is a partner with Jennings, Haug & Cunningham's commercial litigation practice, focusing on complex business disputes, creditors' rights, fidelity and surety law, bankruptcy and insurance defense. He received his bachelor's degree from the University of San Diego and earned his law degree from the University of San Diego School of Law.





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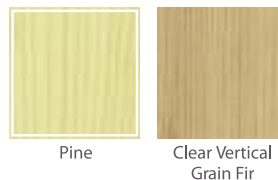


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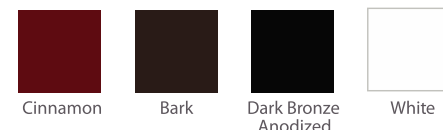
Aluminum Clad Wood
Interior Colors:



Hardware



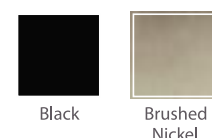
Aluminum Clad Wood
Exterior Colors:



Aluminum Colors:



Hardware Finishes:



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*Bobby Lieb's
Honors and Awards*

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by volume and units sold
out of more than 10,000
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**HomeSmart's
Diamond Club
2011 through 2014**

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

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

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

Winner
**Double Diamond Award
2003 through 2010**

Winner
**Diamond Club
1999 through 2002**

Kathy Wright
Licensed Assistant

Juliann Lieb
Licensed Assistant

Bobby Lieb

Associate Broker

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Current Listings/Escrows

325 E. Ocotillo Rd.	JUST LISTED	.6420 SF	.6BR/5.5BA	\$2,250,000
5645 E. Exeter Blvd.	JUST LISTED	.7500 SF	.6BR/7.5BA	\$1,695,000
35 E. Myrtle Ave.	IN ESCROW	.5150 SF	.4BR/5BA	\$1,475,000
512 E. Tuckey Ln.	NEW PRICE	.5112 SF	.5BR/4.5BA	\$1,095,000
1316 W. Myrtle Ave.	IN ESCROW	Lot		\$ 975,000
130 E. Glendale Ave.	JUST LISTED	.4009 SF	.4BR/3.5BA	\$ 930,000
6030 N. 5th Ave.	NEW PRICE	.3737 SF	.4BR/3.5BA	\$ 795,000
1815 E. Palmaire Ave.	IN ESCROW	.3110 SF	.4BR/3.5BA	\$ 799,000
5845 N. 2nd Ave.2871 SF	.4BR/3BA	\$ 749,500
1823 E. Palmaire Ave.	NEW CONSTRUCTION	.2970 SF	.4BR/3.5BA	\$ 749,000
8824 N. 9th Ave.	NEW PRICE	.3940 SF	.5BR/5.5BA	\$ 725,000
1104 W. El Camino Dr.	IN ESCROW	.3343 SF	.5BR/2.75BA	\$ 699,000
6837 N. 23rd Pl.	JUST LISTED	.3153 SF	.3BR/3BA	\$ 695,000
700 W. Drey Dr.3850 SF	.4BR/3BA	\$ 675,000
124 E. Wagon Wheel Dr.	JUST LISTED	Lot		\$ 675,000
4 W. Frier Dr.		Lot		\$ 625,000
1518 W. Orangewood Ave.	IN ESCROW	.3445 SF	.4BR/4BA	\$ 625,000
210 E. Keim Dr.2182 SF	.3BR/2.5BA	\$ 599,995
316 W. Glendale Ave.	JUST LISTED	.3721 SF	.5BR/3.5BA	\$ 595,000
328 E.Keim Dr.	JUST LISTED	.2232 SF	.3BR/2B	\$ 565,000
1110 W. Orangewood Ave.	NEW PRICE	.2440 SF	.3BR/2BA	\$ 475,900
642 W. Linger Ln.3186 SF	.7BR/4BA	\$ 459,000
1579 W. Lawrence Ln.	NEW PRICE	.3879 SF	.3BR/5BA	\$ 449,900
2525 E. Minnezona Ave.	NEW PRICE	.2282 SF	.4BR/4.5BA	\$ 445,000
8449 N. 1st Dr.	IN ESCROW	.2204 SF	.4BR/2.5BA	\$ 434,000
301 E. Rovey Ave.	NEW PRICE	.1819 SF	.3BR/2BA	\$ 429,900
101 W. Southern Hills Rd.2709 SF	.4BR/3BA	\$ 410,000
6848 N. 12th Way2317 SF	.4BR/3BA	\$ 399,000
1302 W. Keim Dr.	NEW PRICE	.2325 SF	.3BR/3BA	\$ 395,000
902 E. Rovey Ave.	IN ESCROW	.1290 SF	.3BR/1.75BA	\$ 350,000
7349 N. 11th Pl.	JUST LISTED	.1972 SF	.3BR/2BA	\$ 349,500
9007 N. 14th Dr.	NEW PRICE	.2332 SF	.4BR/3BA	\$ 345,500
1751 E. Aurelius Ave Lot 1	JUST LISTED			\$ 300,000
1751 E. Aurelius Ave Lot 2	JUST LISTED			\$ 300,000
714 E. Boca Raton Rd.	JUST LISTED	.1784 SF	.3BR/2.5BA	\$ 289,900
710 E. Boca Raton Rd.	JUST LISTED	.1640 SF	.3BR/2.5BA	\$ 276,900
610 W. Northview Ave.	JUST LISTED	Lot		\$ 275,000
701 E. Belmont Ave.	IN ESCROW	.2003 SF	.4BR/2BA	\$ 270,000
6520 N. 10th Pl.	IN ESCROW	.1883 SF	.3BR/2.5BA	\$ 230,000
12636 W. Campina Dr.	IN ESCROW	.1723 SF	.3BR/2BA	\$ 208,000



Bobby Lieb
Associate Broker

602-761-4646

Featured Homes for November



124 E. Wagon Wheel ■ \$675,000



1518 W. Orangewood Ave. ■ \$625,000



316 W. Glendale Ave. ■ \$595,000



7623 N. 7th Pl. ■ \$485,000



1110 W. Orangewood Ave. ■ \$475,000



6848 N. 12th Way ■ \$399,000



1302 W. Keim ■ \$395,000



7349 N. 11th Pl. ■ \$349,500



610 W. Northview ■ \$275,000

92 SOLD in 2016 and 12 properties currently in escrow.
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SOLD Homes for 2016

6019 N. 20th St.	\$1,875,000	5718 N. 24th St.	\$ 795,000	600 W. Las Palmaritas	\$ 568,000	14 E. Laurie Ln.	\$ 450,000	3104 N. 32nd Way	\$ 388,124	125 E Echo Ln.	\$ 275,000	10427 W. Puget Ave.	\$ 173,800
6050 N. Paradise View Dr.	\$1,875,000	5315 N 2nd St.	\$ 791,555	1911 E. Claremont St.	\$ 565,000	7234 N. 11th Ave.	\$ 450,000	2623 N. Walker Way	\$ 385,748	6155 N. 18th Ave.	\$ 275,000	10301 N. 70th St. #109	\$ 167,000
130 E. Missouri Ave.	\$1,800,000	7539 N. 21st Pl.	\$ 787,500	22608 N. 39th Run	\$ 565,000	3103 E. Hazelwood St.	\$ 445,000	2627 N. Walker Way	\$ 375,285	4220 N. 19th St.	\$ 275,000	50 E. Northern Ave. #1046	\$ 145,000
9202 N. 52nd St.	\$1,850,000	5319 N. 2nd St.	\$ 782,236	27 E. San Miguel Ave.	\$ 558,000	2607 N. Walker Way	\$ 434,330	5301 N. 6th St.	\$ 375,000	1026 E. Wagon Wheel Ave.	\$ 256,000	10420 N. 10th St #2	\$ 144,000
5120 N. 22nd St.	\$1,340,000	5310 N. 2nd St.	\$ 768,871	2737 E. Az Biltmore #30	\$ 545,000	9026 N. 16th St.	\$ 431,000	14621 N. 27th Pl.	\$ 365,400	1020 E. Georgia Ave.	\$ 254,000	750 E Northern Ave. #1093	\$ 142,000
5323 N. 2nd St.	\$ 922,868	5311 N. 2nd St	\$ 767,382	131 W. San Juan	\$ 525,000	907 W. Augusta Ave.	\$ 430,000	1307 W. Rose Ln.	\$ 350,000	1613 W. Verde Ln.	\$ 252,500	2623 W. Pershing Ave.	\$ 140,000
5706 N. Central Ave.	\$ 920,500	15223 N. 12th St.	\$ 750,000	7627 N. 11th Ave.	\$ 520,000	7319 N. 6th Pl.	\$ 423,000	1640 E. Aurelius Ave.	\$ 350,000	739 E. Orangewood Ave.	\$ 250,000	312 W. Maryland Ave.	\$ 97,500
123 W. Frier Dr.	\$ 907,000	5741 N 4th St.	\$ 725,000	7148 N. 13th Pl.	\$ 516,000	2615 N. Walker Way	\$ 415,000	5402 E. Pinchot Ave.	\$ 349,000	7 E. Muriel Ave.	\$ 248,000		
5322 N. 2nd St.	\$ 860,874	209 E. Myrtle Ave.	\$ 680,000	8 E. Orangewood Ave.	\$ 515,000	1002 W. Wagon Wheel Dr.	\$ 401,000	77 E Missouri Ave. #16	\$ 325,000	3601 E. Bloomfield Rd.	\$ 235,000		
5314 N. 2nd St.	\$ 857,334	550 W. Las Palmaritas	\$ 675,000	4613 N. 31st St.	\$ 495,000	3107 N. 32nd Way	\$ 400,000	1219 W. Rovey Ave.	\$ 320,000	6518 N. 10th Pl.	\$ 226,000		
10 W. Vista Ave.	\$ 850,000	7627 N. 11th Ave.	\$ 650,000	1011 W. Palo Verde Dr.	\$ 495,000	225 E. Oregon Ave.	\$ 399,000	1613 E. Sierra Vista	\$ 320,000	3312 N. Randolph Rd.	\$ 214,000		
2509 E. Montebello Ave.	\$ 850,000	105 E. Lamar Rd.	\$ 650,000	5810 N. 25th Pl.	\$ 485,000	33 E. Butler Dr.	\$ 397,000	5729 N. 13th St.	\$ 309,000	9437 N. 5th Ave.	\$ 189,000		
5318 N. 2nd St.	\$ 840,720	5301 N. 6th St.	\$ 650,000	1717 E. Earl Dr.	\$ 462,000	2647 N. Walker Way	\$ 393,558	8449 N. 1st Dr.	\$ 305,000	3010 E. Corrine Dr.	\$ 182,500		
1811 E. Palmaria Ave.	\$ 829,000	6524 N. 4th St.	\$ 635,000	521 W. Las Palmaritas	\$ 455,000	2611 N. Walker Way	\$ 390,000	2891 E. San Tan	\$ 299,000	1715 E. Turney Ave.	\$ 185,000		

For all your escrow and title insurance needs, contact

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HEALTHY LIVING

Health Briefs

Free hearing screening at Cowden Center

HonorHealth presents a free hearing screening 3-6 p.m. Tuesday, Nov. 15 at the Cowden Center on the John C. Lincoln Medical Center campus, 9202 N. 2nd St., Room 1.

Hearing loss is the third-most common health problem in the country, affecting more than 36 million Americans. More than half of individuals with hearing loss are below the age of 65. A third of the population aged 65 and older has some amount of hearing loss.

Common signs of hearing loss include asking for repetition, complaining that people are not speaking clearly, having increased difficulty understanding speech in background noise, increasing the volume of the television beyond what is considered normal, and struggling to communicate on the telephone.

An audiologist is the primary health-care professional who evaluates, diagnoses and treats hearing loss. Two HonorHealth audiologists, Dr. Andrew Couch and Dr. Kristin Wells, will be conducting hearing screens to help provide individuals with information about their hearing health.

Space is limited. RSVP to 623-580-5800 or online at <http://HonorHealth.com/events> (keyword search: Cowden).

Special deal to try out classes

Kinesphere Center for Movement Education this month celebrates its 15th year of helping people to move better and more healthfully. To join in on the celebration, take advantage of the studio's anniversary special to try a variety of its group class offerings.

From Nov. 1-15, receive 15-percent off an Unlimited Group Class Pass. This package must be purchased for or by new clients only and redeemed by Jan. 10, 2017.

Kinesphere Center for Movement Education is located at 711 E. Missouri Ave., Suite 180. Call 602-532-3111 or e-mail info@kinesphere-studio.com for more information.

Pilates studio marks anniversary with deal

Time flies when you do what you love, especially when what you do helps transform lives for the better. That's why Lifestyle Pilates is happy to celebrate three years of success for itself—and its customers—with a special offer through December.

The studio at 1321 E. Northern Ave. celebrates its anniversary by offering a special on group reformer classes for \$20 (normally \$35). Plus, you can purchase as many as you want!

Call 623-910-1314 for details and availability, and get ready for the holiday season with the gift of fitness.

Health club holds open house Nov. 5

The Camelback Village Health Club & Spa hosts a one-day-only Open House, 1-4 p.m. Saturday, Nov. 5 to showcase its state-of-the-art facilities, classes for adults and kids, and spa services.



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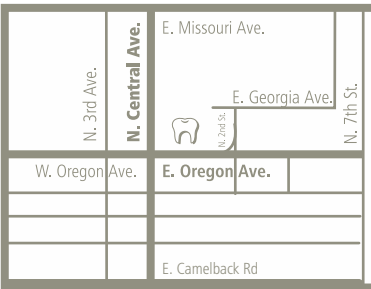
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HEALTHY LIVING

Enjoy a mini massage and product samples at the on-site spa and salon, and savor light snacks and refreshments in the café. Parents will learn all about the Village's kid-friendly programs, from the Kid's Club to the Holiday Fitness Camps and sports programs designed exclusively for younger members.

The Village will also demonstrate how to track and improve your fitness with MYZONE, a unique fitness heart rate monitoring system that accurately provides real-time feedback on heart rate, calories and effort levels during physical activity to keep you motivated and engaged.

The Camelback Village Health Club & Spa is located at 4444 E. Camelback Road. For more information, visit www.villageclubs.com.

Learn more about spine surgery options

HonorHealth presents a free overview of Minimally Invasive and Motion-Preservation Spine Surgery, 4:30-6 p.m. Wednesday, Nov. 9 in Barb's Conference Room at the Cowden Center, 9202 N. 2nd St.

The guest speaker is Dr. Mohamed Abdulhamid, M.D., neurosurgeon. The program is free and light refreshments will be served.

RSVP to 623-580-5800 or online at <http://HonorHealth.com/events> (keyword search: Cowden).

Two free seminars held on hospital campus

Abrazo Arizona Heart Hospital presents two free seminars in November about wound care, limb pain and abnormal heart rhythm. Both sessions will be in the Arizona Heart Foundation Building second floor classroom, 1910 E. Thomas Road.

"Do You Have Wounds That Won't Heal or Experience Pain When Walking," takes place 6-8 p.m. Thursday, Nov. 3. Participants will learn what conditions cause chronic wounds or wounds that are slow to heal, and advanced wound care treatment options. They also will hear about Peripheral Artery Disease (PAD), its symptoms, risk factors and innovative limb saving procedures.

The next workshop is "You may have more control than you thought when it comes to your Atrial Fibrillation," 6-7 p.m. Tuesday, Nov.

15. Atrial fibrillation (A-fib) is the most common abnormal heart rhythm and may increase risk of stroke, heart failure and decrease quality of life. During this presentation, participants will learn about how the management of A-fib has advanced greatly in the past few years. They will hear about the symptoms, long-term prognosis, and new treatments from medications to revolutionary hybrid surgical procedures. They will also learn how to reduce their risk for stroke.

Complimentary hors d'oeuvres and refreshments will be served. While the seminars are free, space is limited so reserve your seat at www.AbrazoHealth.com/HeartSeminar or by calling 855-292-9355.

New meditation studio holds free preview week

This month Current Meditation will open its first location in Phoenix at 4325 E. Indian School Road. In anticipation of its grand opening, Current Meditation will host a Sneak Peek Week beginning Nov. 14 and featuring complimentary meditation classes that are open to the public.

The complimentary Current Meditation classes will introduce the community to meditation, its health and wellness benefits, and Current Meditation's signature classes and studio.

Current Meditation will be one of the only health and wellness concepts in the Valley that solely provides meditation classes focused on mindfulness for today's modern world, with the mission to help bring meditation practice mainstream.

Group classes will feature a variety of meditation styles and practices for all meditators to choose from based on their personal needs, self-discovery goals, and individual personality. Classes offered will include Aerial Meditation, Sound, Intention, Movement, Breath, Imagery, and Mantra, which will be available seven days per week, with flexible and recurring class times for accessibility and convenience.

Current Meditation offers membership packages that encourage Valley residents to practice meditation consistently in their daily life, as well as other user-friendly loyalty and rewards programs. Valley residents can sign up for Sneak Peek Week online at www.be.current.com.



Breathing Room

The summer vacations are finally over, and everyone is back in school. The start of the hectic holiday period is still a few weeks away. The clamor of the political campaigns is dying down (finally!). And unlike the poor hurricane and flood victims on the east coast, in Arizona we're being given a stretch of pleasant, non-threatening weather.

In ancient times, the Halcyon days were the few weeks in winter when the winds died and Aegean Sea was calm. We don't have oceans in Arizona, but for us, early November can be a period of relative tranquility and a time to catch our breath.

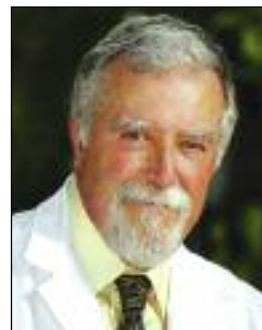
It also gives us an opportunity to notice just how much of our lives are spent being reactive. Every day, the same things happen, and every day, we respond to them just as we did before. All of this busyness can create behavioral inertia—a tendency to persist in the routines that are entrenched in our lives.

Habitual forms of responding allow us to get through crowded schedules efficiently, but they also can take away opportunities to think about our changing priorities. Doing the same thing the same way over and over again is fine—as long as the rest of our world never changes. But each day is a new day, and nothing is exactly the same as it was yesterday, to say nothing of a year from now, or five years from now...

Our goal at North Mountain Cardio is to help each person preserve and expand his or her opportunities for good health and physical functioning. It's an individual, personal task for each of us, and it can be difficult if we're (pre)occupied with doing all the things that we do.

Perhaps this month we should consider making time to reflect on where we are and what is (or is going to be) important to us healthwise. Where do we stand right now? What are our limitations, and how are we dealing with them? What future challenges can we anticipate, and what can we do to forestall them? The future can feel uncertain, particularly if we have more birthdays behind us than before us, but many of the problems we attribute to aging can be ameliorated or prevented.

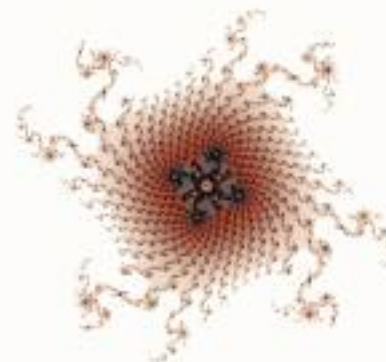
A key step is to stop and make an assessment—and then to ignore the automatic editorial comments that always pop up. That's another form of behavioral inertia, one that tells us that the only way things can be is the way things are, because the only things we can do are the things we've been doing. More of the same will bring more of the same; to change the future, we may have to think outside of the box in the present. And that's precisely what we specialize in. This process can be hard to put into words, but it is easy enough to experience. All you have to do is try it.



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

Here's to your continuing good health!

John Sutherland, M.D.



The Continuous Health Program

John Sutherland MD

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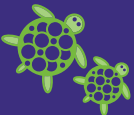
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SCHOOL DAYS



Kevin Hanson, left, president of the Vikings Booster Club, presents former Sunnyslope High School football player Mike Nixon with a commemorative helmet during a ceremony on Oct. 7 where Nixon's No. 11 jersey was officially retired (photo courtesy of Sunnyslope Football).

Former Viking honored with jersey retirement

By Chancellor Johnson

Friday, Oct. 7 was a night to remember for all-around athlete, Mike Nixon, who had his football jersey retired by his alma mater, Sunnyslope High School. The triple-threat star received this honor during Sunnyslope's home game against the Ironwood Eagles.

The Thursday night before the game a small ceremony was held for Nixon at

a local restaurant, where he was joined by former SHS teammates and coaches.

Nixon, who also was a standout athlete at Arizona State University and lives in the Phoenix area, was alongside his family as his retired No. 11 jersey was presented to the crowd during the first and second quarter of Sunnyslope's varsity football game.

"I was honored and humbled. Sunnyslope meant a ton to me over the years; I grew up about a quarter mile away from the school, and had some



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SCHOOL DAYS

great moments with my teammates,” Nixon said. “To be honored with a retired jersey is very humbling.”

Nixon is the first football player to have his jersey retired by Sunnyslope High School.

“The decision was made to retire his jersey because of his staggering statistics while playing high school athletics here at Sunnyslope,” Assistant Principal and Athletic Director, Tim Matteson said.

“The coaches at Sunnyslope are always talking about Mike Nixon and how he was the greatest athlete to ever play at Sunnyslope,” Matteson added.

“Obviously there have been a lot of great players that have gone on to be great players at the next level,” Nixon pointed out. “Hopefully I’m the first of many, and there will be a pipeline of players that come after me.”

It’s been almost 15 years since Nixon’s graduation, but he still has fond memories of his high school football years.

“My senior year, the first game of the season Chaparral came in with a 30-plus game winning streak and they had knocked us out of the playoffs the previous year,” Nixon recalled. “We beat them to start the season and that really put Sunnyslope on the map for football.”

Nixon was a 2002 graduate of Sunnyslope High School, taking with him a countless number of awards and honors.

At Sunnyslope Nixon did it all, including offense, defense and special teams. Nixon was the school’s starting quarterback, safety, kicker and punter.

“Having Mike on the team made me a better coach,” said former head coach, Dallas Hickman. “He’s very humble and showed incredible integrity and is the type of guy you would want your daughter to marry.”

When Nixon wasn’t tearing it up on the field, you could often find him on the basketball court (he was a member of the state championship varsity team his senior year) or on the diamond playing baseball. He was drafted out of high school by the L.A. Dodgers, and played in their farm system for a few years after high school graduation.

Nixon’s retired jersey will be in a case in Sunnyslope’s gymnasium for students and visitors to view for years to come. As a memento, Nixon was given a small football helmet with the Vikings logo on it in a special display case.

Editor’s note: Chancellor Johnson is a student at the ASU Walter Cronkite School of Journalism and Mass Communication.

School Briefs

GLENDALE UNION HIGH SCHOOL DISTRICT Choirs perform at D-Backs game

On Sept. 17, members of the Sunnyslope High School Choirs had the opportunity to join with other choirs from around the state and perform the National Anthem before the Diamondback game. Choir members, along with their friends and families, got to enjoy a great night out at the ballpark.

WHS adds new CTE electives

Washington High School this school year began to offer Fire Science and Coding courses to students. Glendale Union High School District offers many Career and Technical Education (CTE) electives. These electives along with the other successful and diverse programs already available at Washington provide students with further opportunities to explore

please see FIRE SCIENCE on page 34



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SCHOOL DAYS

FIRE SCIENCE *continued from page 33*

various career options.

The Fire Science program is taught by Phoenix firefighters. Students in this program will receive First Aid training, earn CPR certification, learn the principles of fire prevention and suppression, and demonstrate the proper use and maintenance of tools and equipment. Students also develop search and rescue skills and learn about hazardous materials. There are many career options that the students explore including arson investigation, paramedic training, hazardous materials management, and firefighting.

The Coding course provides students with an introduction to software development and computer programming. Students work with both Windows and Mac computers and use Android and iOS platforms. They will understand and use a variety of programming languages, and learn to develop apps for mobile devices and computers. Students who take Coding will also participate in Future Business Leaders of America (FBLA).



Thunderbird High School blood drive committee members Tommy Tran, Hannah Miller and Mandy Walter, are pictured with United Blood Services' mascot, "Ubie" (submitted photo).

High school lauded for top blood drives

Thunderbird High School recently received the Platinum Award from United Blood Services. This is the second year in a row Thunderbird has received this award.

The award is based on the blood

drives held during the 2015-16 school year. In addition to the award, Thunderbird had the highest percentage of blood donors than any other school in the district.

The amount of donations collected at the drives will go toward saving the lives of approximately 520 people.

Thunderbird gets on-campus garden

Local business and faith-based organizations joined together on the morning of Oct. 1 for a "Love Our Schools" event to build a community garden for Thunderbird High School. They were able to build two 4-foot by 8-foot raised beds.

Next Step students will maintain the garden as they study a related curriculum. Moon Valley nursery donated the soil and Thunderbird alum Rochelle Raya is donating some starter seeds.

OSBORN ELEMENTARY SCHOOL DISTRICT

OMS students enjoy DigiGirlz Day

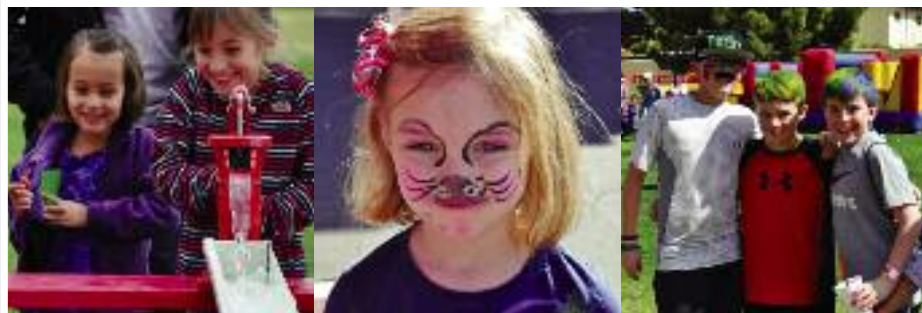
Last month, Osborn Middle School Master Teachers Mariah Kelly and Melissa Robinson took 22 girls from the school to the 2016 DigiGirlz "CREATE" event at the Arizona Science Center in downtown Phoenix.

This one-day event was designed to provide girls with a better understand-



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SCHOOL DAYS

ing of careers in technology. During the event, students interacted with Microsoft employees and managers to get an inside look at what it's like to work at Microsoft. They also got to hear from other successful women in STEM fields including an APS vice president; CEO and president of the Science Center; and Arizona Rep. Michelle Ugenti.

By the end of the day, the OMS girls were far more passionate about technology. They left feeling empowered and excited and are already talking about another girls' day the Arizona Science Center.

Parents go for day at middle school

Osborn Middle School recently welcomed more than 60 parents to its first Take Our Parents to School (TOPS) day. Parents started the day with Principal Makar and an introduction to OMS.

Then, students picked up their parents and they began their journey of following a middle school class schedule, negotiating lunch time and recess, and



Osborn Middle School students are joined by their parents in the media center during the inaugural Take Our Parents to School day (submitted photo).

participating in classroom activities.

In a post-event survey, 100 percent of the parents said that they would participate in TOPS day again.

PHOENIX UNION
HIGH SCHOOL DISTRICT
Peters receives Art
Educator Award

North High School Art teacher Julie Peters has been selected as the recipient of the 2016 Outstanding Secondary Art Educator Award, an

honor presented by the Arizona Art Education Association. It is the second year in a row that a Phoenix Union teacher has won this award. Roxanna May-Thayer of Central High was last year's Outstanding Secondary Art Educator.

Peters has been teaching drawing, painting and advanced art for IB for 11 years and is the Visual Arts instructional leader at North. A graduate of Camelback High School, Peters has taught in Las Vegas, Colorado, and Peoria before coming home to Phoenix

Union. She earned National Board Certification in 2012, joining Stephanie Grijalva (now at Camelback) as the first PUHSD Art teachers Board Certified.



Julie Peters

Last year, Peters was selected by the National Art Education Association to be a part of the Secondary Model Cornerstone Assessment Piloting Team. She will be honored at the Arizona Art Education Association Conference Banquet and Awards Ceremony in Tucson, on Nov. 11.

Diaz discusses how trauma affects the brain

Irene Diaz, Phoenix Union's director for Student Discipline, Safety & Security, was invited to speak at a community event titled "Guns, Violence & Peace: A Community Conversation," held Sept. 29.

please see TRAUMA on page 36

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SCHOOL DAYS

TRAUMA *continued from page 37*

She presented on Trauma Informed Practices for Schools and how trauma—specifically violence—affects the brain, learning, academic performance and behavior. In addition, she discussed the importance of schools addressing the impact trauma or ACEs (Adverse Childhood Experiences) have on learning in order to ensure all students reach their full academic potential.

Other topics included Black Lives Matter, Mental Health Issues, and Justice & Law Enforcement. The event was sponsored by ASU Project Humanities and the First Congregational UCC.

Leadership institute presents at North High

North High hosted the United States Hispanic Leadership Institute (USHLI) on Oct. 4. USHLI presented to more than 900 students.

Since 1982, USHLI has worked to empower the Latino community and similarly disenfranchised groups by

promoting education, leadership development, unity, and non-partisan civic participation. The featured “empowerment speaker” was Ingrid Centurion, a retired Lieutenant Colonel and founder of Centurion Technologies Consultants, as well as a Dobson High School and ASU graduate in Aeronautical Technology.

The focus of the presentation was that despite any obstacles in your life you can achieve your dreams. Centurion’s message was that your circumstances do not define what you are able to achieve, and you can make a conscious effort to dream big and make the choice to pursue your goals because hard work and education will change your life.

The program was brought to North by the GM Foundation.

Ceramics students make bowls for charity

Children’s Action Alliance awarded Camelback High School \$250 dollars for donating the most amount of pottery to be auctioned for children’s charities. The Amazon gift cards will be used to purchase ceramic supplies. Sonya Desjardins is the Camelback ceramics teacher.

Twenty-three of the works were up for auction at the “Through the Eyes of a Child” fundraising luncheon, held Oct. 21 at the Arizona Biltmore Resort and Spa.

Entertainment was provided by students from Camelback as well as Osborn Middle School.

Open House, party at Bioscience High

Bioscience High School, 512 E. Pierce St., is hosting an Open House for interested students and families, Thursday, Nov. 3. The event runs 4-8 p.m., in conjunction with the school’s annual Dia de los Muertos celebration. The science and math specialty small school is beginning to enroll next year’s 9th, 10th and 11th graders. Students and parents can check out the school, meet the staff and see the opportunities at the school.

The Dia de los Muertos celebration will also feature games, entertainment, face painting, robot driving, DNA extraction and food from Lupita’s Sonoran Hot Dogs. For more information, call the school at 602-764-5606.



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SCHOOL DAYS



Volunteers remove weeds and other debris from the landscaped areas of Royal Palm Middle School as part of the annual Love Our Schools Day (submitted photo).

WASHINGTON ELEMENTARY SCHOOL DISTRICT
WESD participates in Love Our Schools Day

On Oct. 1, WESD was one of 30 public school districts across Phoenix, Glendale, Peoria, Scottsdale and Mesa that participated in Love Our Schools Day. Schools invited teams of volunteers from local churches to team-up on a variety of projects at their sites.

It was a great opportunity to connect with faith-based partners and work toward a common goal—supporting schools. Volunteers from the schools as well as the community worked on various projects, including repainting sports courts at Mountain View Elementary and cleaning up weeds at Royal Palm Middle School.

Sunnyslope School’s Destination Days

The first of four Kids at Hope Destination Days was held at Sunnyslope School on Sept. 30. Kids at Hope’s vision is that every child is afforded the belief, guidance and encouragement that creates a sense of hope and optimism, supported by a course of action needed to experience success at life’s four major destinations.

“Home and Family” was the theme of this first Destination Day, where students invited their parents, guardians, aunts, uncles, brothers, sisters and grandparents to school. Every classroom in every grade level held activities for students and their families to participate in throughout the day including creating family trees and sharing in

family customs and traditions from the school’s diverse background.

“It’s a great opportunity for our school community to come together,” said Student Services Specialist Julio Valenzuela.

The other three destinations are *please see DESTINATION on page 38*

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Embracing Our Community

A photograph of four children (two boys and two girls) smiling and resting their heads on their hands. They are wearing colorful clothing.

SCHOOL DAYS

DESTINATION *continued from page 37*

Education and Career, Community and Service and Hobbies and Recreation. For more information on Kids at Hope, visit www.kidsathope.org.

PRIVATE AND CHARTER SCHOOLS
Xavier teams are top scorers

Xavier College Preparatory’s golf team won the first-ever Brophy-Xavier Invitational on Sept. 24 at the newly renovated Grand Canyon University golf course in Phoenix. Xavier captured the title with a score of 595, outpacing Tucson Salpointe Catholic (718), Scottsdale Desert Mountain (720), Scottsdale Notre Dame Preparatory (750), and Chandler Seton Catholic (874).

In addition, Xavier’s swim and dive team captured first place honors at the Brophy/Xavier Invitational on Sept. 24 at the Brophy Aquatic Center. Xavier’s swimmers prevailed over Scottsdale Chaparral and Chandler High School by winning four of 11 events, including



Xavier College Preparatory’s swim and dive teams recently took first place at a Sept. 24 invitational (submitted photo).

two relays, while the Gator divers defeated Mesa Mountain View for the team diving title.

Xavier hosts annual holiday dinner, auction

The Mothers’ Guild of Xavier College Preparatory will host its 44th Annual Holiday Dinner and Auction, 6 p.m. Friday, Nov. 11 on Xavier’s campus. This year’s theme is

“Jingle and Mingle.”

Begun as a holiday craft boutique in 1972, this annual event now features both silent and live auctions, a fabulous dinner, and lively entertainment. All proceeds raised will benefit Xavier’s Legacy of Leadership Capital Campaign, which continues to fund the Chapel of Our Lady, Founders Hall, Petznick Field, and Activity Center.

For more information or to pur-

chase tickets, contact Bobbi Holcomb at 602-240-3147 or bhlcomb@xcp.org, or visit the Xavier Mothers’ Guild website at www.xcpmg.org.

PCDS opens new innovation space

In September, Phoenix Country Day School celebrated the official grand opening of the Shin Center for Art, Science & Innovation, the campus’ new state-of-the-art, collaborative academic space.

At the dedication, donors Christopher and Jennifer Mee Cole spoke about the role that educational institutions play in a city’s ability to draw top talent from around the country and globe. Despite not having children at PCDS, the Cole family donated \$2.5 million to the THRIVE Campaign as an investment in PCDS and, in turn, the future of Phoenix.

Christopher Cole also explained that the name “Shin Center” was a dedication to his wife’s mother, Shin Hyun Soon. The epitome of graciousness, he and Mee felt that she would be honored to have her name attached to such

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SCHOOL DAYS

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Xavier and Brophy class of '66 reunion

Members of the Xavier College Preparatory and Brophy College Preparatory Class of 1966 Reunion Committee met on Xavier's campus last month to plan their 50th Reunion celebration. The golden festivities are scheduled for Saturday, Nov. 5, beginning at 5 p.m., location TBD.

For additional information, contact Xavier’s Alumnae Relations office at 602-277-3772.

VEX robotics begins competition season

The Madison Highland Prep VEX Robotics team will open the 2016-17 competition season at the Campo Verde High School VRC qualifier on Nov. 12. This year, VEX Robotics will



Members of the Xavier and Brophy Class of 1966 Reunion Committee are, from left: Karen Korte Robertson, Marianne Bolduc Brown, Kathy Barry Deignan, Loretta Cascio Fulton, Maureen Felcyn, Joe Melczer, and Dorothy Middleton Cunningham (submitted photo).

have three teams competing at six state qualifying competitions, including the third-annual MHP state qualifying event on Jan. 7.

The competition game for this season is VEX Starstruck. The object of the game is to place stars and cubes in the near or far scoring zones or hang robots on the hanging bar. Matches

consist of two periods: a 15-second autonomous period and a 1 minute, 45 second driver-controlled period.

VEX Robotics Team members for 2016-17 are: Jay-ar Gloria, Dominic Gualtiere, Liam Matthews, Nadine Saliba, Reilly Benn, Cameron Whistler, Wendy Jimenez, Leonardo Ayala, Aurora Griffin, Thomas Najor, Damiann

Pacheco, Makayla Yokum, Stone Shallberg, Dodge Flynn, Isabella LeBlanc, Meylin Martinez, Madison Jones, Drake Morris, Miles Kauffman, Claire Smith, Asif Razack, and Dominique Lopez. The team is coached by engineering teacher Nick Bonds.

Villa Montessori opens new campus

A decade-long dream became a reality when the new Villa Montessori Middle School opened its doors to students on Oct. 17.

Villa students, who previously attended classes on two separate Phoenix campuses, are now at one location for the first time. The new state-of-the-art campus, which includes six classrooms, an administration building and sports court, is located at 2927 E. Campbell Ave.

“This is a goal we’ve been working toward for at least 10 years,” says Margo S. O’Neill, Head of School at Villa Montessori School, which was founded in 1965. “We’re bringing a jewel of a program to Phoenix’s urban

please see NEW CAMPUS on page 40

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entitled “Handling Holiday Stress.”

Rev. Pearson will be our facilitator. The class will start on Monday, December 5, at 5:30 and meet in Wesley Lounge.

For more information or to reserve a space, contact Jen Heffington in the church office at 602.263.5013 or jen@firstchurch.church.

SCHOOL DAYS



Students head into the colorful buildings at the new Villa Montessori Middle School campus, which opened on Oct. 17 (photo by Keith Pitts).

NEW CAMPUS continued from page 39

core that approaches teaching the whole child in a safe, collaborative school setting.”

A working garden and greenhouse will soon be added to the campus. These features will serve as the foundation for a student-run business, allowing middle schoolers to experience entrepreneurship and learn real-world skills in the community.

The opening of Villa’s middle school marks the completion of Phase I of the Villa Vision, an ongoing \$5.8 million capital campaign to bring new facilities, resources and programs to Villa’s three campuses, which serve a total of 645 students. Funding for the new middle school was secured from a bond issued by the City of Phoenix’s Industrial Development Authority.

5K to support Veritas schools

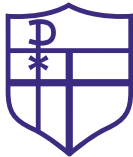
Veritas Preparatory Academy and Archway Classical Academy present the third-annual Veritas Victory 5K & Fall Festivus beginning at 9 a.m. on Saturday, Nov. 19, at G. R. Herberger Park, 5802 E. Indian School Road. The race takes place on the adjacent SRP canal.

The all-ages, chip-timed 5K run/walk will support the schools and their students. Awards will be presented to the top male and female runners in each age group.

Registration opens at 7 a.m. and the race sets off at 9 a.m. Fees are \$35 for an individual runner, \$100 for a family of three or more (three T-shirts provided, additional shirts can be purchased for \$12), and \$12 for the “Couch Potato,” a non-runner who would still like to support the event and receive a commemorative T-shirt.

Participants will receive a bib number with disposable timing chip, cold refreshments at the finish line and a swag bag of goodies for those who register by Nov. 11. To register and for more information, visit <http://racetimers.com/event/veritas-victory-5k-run>.

Veritas is looking for local businesses to sponsor the event; For more information, contact Sarah Marbach at smarbach@veritasprepacademy.org or call 602-489-7341.



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GENERATIONS



Residents of The Terraces make music with children and parents from Music Together as part of the early childhood music program's "Generations" classes (submitted photo).

Music helps bring generations together

Around the country in assisted living facilities, nursing homes, and senior day programs, elders are bonding with babies and toddlers through music-making, created by the international award-winning early childhood music program Music Together.

In North Central Phoenix, one of the most successful Music Together Generations classes in the country is held each week at The Terraces, 7550 N. 16th St., where residents as old as 100 join families with children new-born to kindergarten age in a Music Together class held on-site.

Kathy Rowe, director of Music Together in Phoenix, explains, "This is

a highlight of the week for many senior residents as well as the staff. Some participants simply light up when they come to class in ways the facility doesn't see with any other activity. The combination of music and children is just magical."

Rowe points out that for many of the families as well as many of the elder participants, extended family live far away and so there is a kind of surrogate family created through the Music Together class. "Music Together directors like myself are so proud to be bringing people together across generations in our communities," she says. "We are bringing back something essential that's been lost: intergenerational music-making."

please see MUSIC on page 42

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GENERATIONS

MUSIC continued from page 41

Music Together is an internationally recognized early childhood music and movement program for children birth through age 7. Music Together in Phoenix has been nurturing families of young children with movement classes since 1999. For more information about classes at Music Together in Phoenix and to register, call 602-363-8202 or visit www.musictogetherinphx.com.

Senior Living Gaining guardianship of your grandchild

Grandparents and other relatives who care for children often face legal issues, whether it's dealing with custody or guardianship, or simply getting a child medical care.

If you are raising a grandchild or a minor relative in Arizona, you will need formal custody to obtain benefits such as healthcare or to enroll the child in school. Duet has partnered with the Children's Law Center (Volunteer Lawyers Program) to provide a free clinic to help you complete the proper paperwork. The clinic will take place 3-5 p.m. Friday, Nov. 18, at the Duet offices, 555 W. Glendale Ave.

A volunteer attorney will guide you through a guardianship petition, provide legal advice, and answer questions regarding uncontested guardianship. An RSVP is required. Contact Patricia at 602-274-5022, ext. 31.

New program helps older adults, caregivers

The Area Agency on Aging has launched a new program to help older adults and their caregivers explore options, formulate a plan and navigate systems with a goal to keep older adults in their homes for as long as possible.

AGEconnect (<http://www.ageconnect.com>) focuses exclusively on the well-being of seniors through comprehensive assessments and customized care plans based on their individual, specific needs.

This private-pay enterprise "is a collaboration with family caregivers, whether they're in Arizona or living in another state, to help manage current needs and to prepare for what might lie ahead," said Area Agency on Aging president and CEO Mary Lynn Kasunic. "These services are important

for both the older adults and those who love and care for them."

AGEconnect provides a comprehensive in-home discussion about the individual's current status and ongoing needs, a detailed plan based on those needs and ongoing follow up and support.

Any proceeds generated through AGEconnect are reinvested in services, resources and programs for seniors in need and their caregivers.

For more information or to schedule an appointment, visit www.ageconnect.com or call the 24-hour Senior HELP LINE at 602-264-4357.

Kids & Families

Ninja Zone now available for girls

The Arizona Sunrays Gymnastics & Dance Center, 3110 E. Thunderbird Road, now offers an exciting, new program for girls, ages 6 to 11, called "The Ninja Zone" that combines obstacle course training, gymnastics, breakdancing, and martial arts. These 55-minute fitness classes are taught every Friday at 5:45 p.m. November's classes are on Nov. 4, 11 and 18 (no class on the 25th).

Beyond the skills, the curriculum teaches confidence, discipline, being part of a group, and impulse control. Cost is \$109/month per child. There's also a special Ninja Zone uniform that must be purchased for \$30.

The popular Ninja Zone classes for boys ages 4-11 has been expanded to seven days a week. Class times vary. For more information, call 602-992-5790 or visit www.arizonasunrays.com.

Kids get hands-on with big vehicles

The Junior League of Phoenix hosts its annual Touch-A-Truck, 9 a.m.-1 p.m. Saturday, Nov. 5 at Paradise Valley Mall, in the lot near Sears, 4604 E. Cactus Road.

This is a family friendly event that offers children a hands-on opportunity to explore a variety of machinery and to meet the people that build, protect and serve the Valley communities. Vehicles on display will include construction trucks, emergency responders, tractor trailers, utility trucks, and much more. The event also features area mascots, food trucks and family-friendly activities.

GENERATIONS

Admission is \$5 per person, \$20 for five people, in advance; \$6 each or \$25 for 5 at the door. Children age 2 and younger admitted for free. Visit <http://www.jlp.org/?nd=tat>.

Free photos with Santa at mall

For the second year in a row, Metrocenter Mall, 9617 N. Metro Parkway West, offers the Valley's only season-long Free Photos with Santa program. The program, which debuted last year, garnered a tremendous response from across the market. The mall expects even greater demand in 2016.

Free Photos with Santa takes place on the lower level of the mall near Shiekh Shoes and includes a free picture with Santa Claus and entertainment by Mrs. Claus, who will be on hand Saturdays and Sundays with storytelling, magic tricks and more.

The photos and entertainment are available Fridays through Sundays, starting Nov. 25 through Dec. 23. Hours are 12 to 8 p.m. A special photo session and holiday event will take

place 12-4 p.m. on Christmas Eve, Saturday, Dec. 24.

Free family music event in the park

Music Together in Phoenix hosts a free Family Gratitude Music Event, 3:30-5 p.m. Sunday, Nov. 6 at Roadrunner Park, 3502 E Cactus Road.

Bring a blanket to sit on, and your infant, toddler, preschool age (and alumni) to sing, dance, jam and play together in a big and fun outside music-making celebration. Open to all and bring a friend. RSVP to info@musictogetherinphx.com or call 602-363-8202.

Story, music festival for kids at PVCC

Paradise Valley Community College students are bringing books to life through the art of storytelling during the Fall Festival of Tales, 9 a.m. to 2 p.m. Saturday, Dec. 3, in and around the Kranitz Student Center (KSC).

PVCC students bring books to life through the art of storytelling in this free event for children in the commu-

nity. In its eighth year at PVCC, the Festival of Tales is a fun day of reading, literacy and cultural activities for local children, with arts and crafts, games, simulations, face painting, and theater. More than 3,000 new books will be given away to participating children.

Paradise Valley Community College is located at 18401 N. 32nd St. Free parking for the KSC is at the 34th Street and Union Hills Drive entrance. Advanced online registration is suggested. Visit www.festivaloftales.com.

Storytime features Irish-themed tales

The Irish Cultural Center, 1106 N. Central Ave., hosts a free Family Story Hour first Saturday of the month from 10:30 a.m.-12 p.m. This family focused program is filled with stories, discussions, and crafts. Our Family Story Hour introduces parents and children to Irish authors, stories and traditions in a fun and interactive fashion. Family Story Hour's new permanent home is inside the Library's Castle Keep located on the third floor of the library.

The program on Nov. 5 features "My Ireland Counting Book" and "Finn McCool and the Great Fish." On Dec. 3, enjoy "A Celtic Christmas Eve" and "Brigid's Cloak."

For more information, visit www.azirish.org.

Middle school families explore PUHSD

The fourth-annual Experience Phoenix Union High School Expo will take place Saturday, Nov. 5 from 10 a.m. to 2 p.m. at Phoenix College, 1202 W. Thomas Road.

Middle school students and parents are invited to explore all that Phoenix Union High School District has to offer at the Expo. Attendees can visit all Phoenix Union schools in one location, meet students and staff, learn about the many programs, clubs and services offered, and take advantage of the first day to apply to a PUHSD school.

There will be live performances by high school students, giveaways and interactive activities and the first 1,000 8th graders will receive a free drawing backpack. No RSVP required.



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HOME & GARDEN



This lovely Tudor-style cottage may look like it's placed in the British countryside or perhaps a quaint New England village, but in fact it can be found on this year's F.Q. Story Holiday Home Tour and Street Fair, set for Dec. 3-4 (photo by Will Denney).

F.Q. Story hosts holiday home tour

The F.Q. Story Preservation Association will host its 32nd Annual Holiday Home Tour and Street Fair Dec. 3-4. This year's tour features charming historic homes on beautiful palm-lined Lynwood Street, west of 7th Avenue.

The F.Q. Story Historic District consists of 602 homes dating from the 1920s and featuring a mixture of architectural styles, including Spanish Colonial and Tudor Revival, English Cottage, Craftsman bungalows, Spanish Colonial and Neoclassical. Tickets are required to tour the home interiors, but are not required to stroll the neighborhood and enjoy the street festival.

The tour begins on Saturday from 6 to 9 p.m. with holiday-inspired streets lined with luminarias and holiday lights. On Sunday in addition to touring homes, enjoy holiday shopping while visiting dozens of craft vendors and food booths at the F.Q. Story Street Fair. Sunday's hours are 11 a.m.-4 p.m.

Tickets are \$15 each, or \$14 with a non-perishable food item donation. The ticket booth will be located at 9th Avenue and Lynwood Street; advance tickets also are available online at www.fqstory.org.

Free workshops on soil prep, water sources

Keep Phoenix Beautiful hosts a series of free fall gardening workshops at the PHX Renew's site, located at the

northeast corner of Central Avenue and Indian School Road, accessed off of Central Avenue just before the light at Glenrosa.

Keeping Your Plants Happy will take place 9:30 a.m. Saturday, Nov. 12. Compost, worms, fertilizer—which will be the best choice for your vegetable garden and desert landscape? Learn various soil preparation steps for your home.

Water Sources will take place 5:30 p.m. Thursday, Nov. 17. This is a mini-class presentation on the three water resources in Phoenix and why, even in a long-term drought, there are no mandated restrictions on water use.

No RSVP is needed. For more information, visit Keep Phoenix Beautiful on Facebook, or call 602-920-0229.

Roosevelt Home Tour set for Nov. 13

The annual Historic Roosevelt Neighborhood Home Tour by the Roosevelt Action Association will feature many historic properties from Phoenix's first suburb (beyond the Phoenix city limits). The tour will take place 11 a.m. to 4 p.m. Sunday, Nov. 13.

The Historic Roosevelt Neighborhood is a modern name for a series of neighborhoods that grew north of the city between 1893 and 1930 and it spans from McDowell Road to Van Buren Street, and from Central to 7th avenues. Learn about early Phoenix history by taking a rare glimpse into history and architecture of Historic Roosevelt's

HOME & GARDEN

homes. Explore turn-of-the-century architecture such as Bungalows, Neoclassical, Tudor, Period Revival and Southwest Vernacular Homes.

There will be food trucks and a craft fair to help you tick some gift items off your list for the holidays.

Regular tour tickets are \$12 in advance (until 10 p.m. Nov. 12), \$15 the day of the tour. Students and children ages 8-17 pay \$10. Prepaid tickets can be picked up at the home tour booth the day of the tour at 3rd Avenue and Lynwood Street.

Proceeds from the Home Tour support the work of the Roosevelt Action Association's mission to preserve the neighborhood's unique historic character. For more information or to purchase advance tickets, go to: <http://www.rooseveltneighborhood.org>.

Farmers market returns to RWW

Purchase lunch items, seasonal crafts, baked goods, homemade dips and salsas, and fresh produce at the annual Rehab Without Walls (RWW) Farmers Market, 9:30 a.m.-2 p.m. Thursday, Nov. 17. Rehab Without Walls is located at 7227 N. 16th St.

RWW's clients are people who have sustained brain or spinal cord injuries. They work the event, side by side with their therapists. Some, if not all, of the vegetables are donated by local farmers.

The crafts are made by RWW's patients, staff, and people in the community. Many of the baked goods and other food items are especially prepared by local men and women who love to cook and these items are their specialties. The tamales are donated by The Tamale Store. A local band provides entertainment.

The proceeds from this event benefit camps and programs for brain and spinal cord injury survivors. For more information, call 602-943-1012.

Enjoy Bonsai, Raku displays at garden

The Japanese Friendship Garden of Phoenix invites residents to its Second Annual Bonsai Exhibit Saturday, Nov. 12, sponsored by Scottsdale Bonsai Society, Phoenix Bonsai Society and Nakama Bonsai Kai.

The word Bonsai is a Japanese term, which translated as "planted in a container." This art form is derived from

an ancient Chinese horticultural practice, part of which was then redeveloped under the influence of Japanese Zen Buddhism. It has been around for well over 1,000 years.

This year the Bonsai exhibit will be joined by another piece of Japanese artistry, Raku ware, a type of Japanese pottery traditionally used in Japanese tea ceremonies, most often in the form of chawan tea bowls. Visitors will also learn about the philosophy of Bonsai and Raku and their cultural background, history, making process, how to create, and much more.

The special exhibit takes place 10 a.m.-4 p.m. at the garden, 1125 N. 3rd Ave. There will be a Bonsai Hands-on presentation at 10 a.m., followed by a Raku Demonstration at 11 a.m. and a Bonsai Demonstration from 1:30-2:30 p.m. by the Scottsdale Bonsai Society. This is a unique opportunity to see the process of beautiful creation.

Admission is \$5 for adults and \$4 for students and military with ID, and seniors age 62 and older. For more information, visit www.japanesefriendshipgarden.org or call 602-274-8700.

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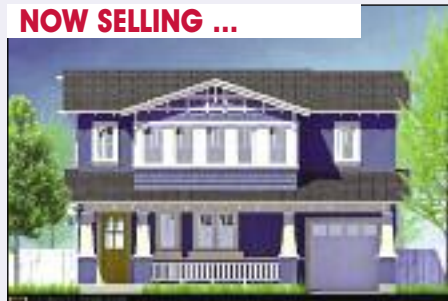
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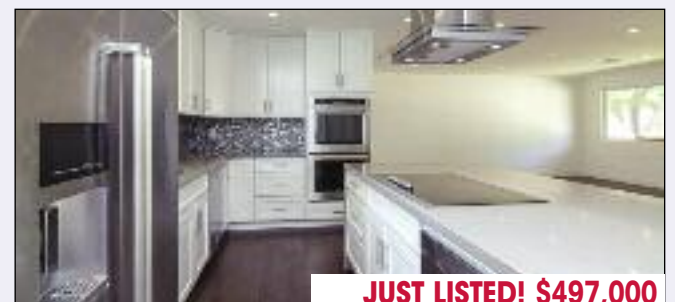
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ARTS & ENTERTAINMENT

Locals honored for art, activism

Phoenix Mayor Greg Stanton and Phoenix Center for the Arts held the Fifth Annual Mayor's Arts Awards, "Art in the Park," on Oct. 13 in the Margaret T. Hance Park Urban Plaza. The event honored leaders in seven areas: Visual Arts, Theatre, Music, Dance, Language Arts, and Innovative Organization. Nominees are chosen based on innovation, impact and integration.

This year's award winners include the Cliff Keuter Dance Artist Award—Nicole Olson; Language Artist Award—Rashaad Thomas; Music Artist Award—Jerry Lawson; Dr. Eugene Grigsby Visual Artist Award—Ann Morton; Innovative Organization Award—Free Arts for Abused Children of Arizona; and the Lou & Evelyn Grubb Community Innovator Award—Rick Naimark.

To view an expanded version of this article, including winner profiles, find it in the A&E section online at www.northcentralnews.net.

For more about Phoenix Center for the Arts, visit <http://phoenixcenterforthearts.org> or call 602-254-3100.



Phoenix City Councilman Daniel Valenzuela (right) presents the Lou & Evelyn Grubb Community Innovator Award to Rick Naimark during the Fifth Annual Mayor's Arts Awards, held on Oct. 13 in downtown Phoenix (photo by Enrique Garcia).

Hispanic artists from Arizona and New Mexico highlight this festive, casual and friendly annual marketplace, the largest of its kind in Arizona. Chat with more than 65 artists as they sell a range of unique artwork, including Santos, pottery, embroidery, furniture making, painting, printmaking and silver and tinwork. Saturday and Sunday. Admission to the Mercado is free with a suggested donation of \$10, which includes museum admission. Visit www.heard.org.

'Rusalka'

Nov. 11-13
Phoenix Symphony Hall
75 N. 2nd St.
602-266-7464

When the water nymph Rusalka wants to be a part of our world, she sacrifices everything for the chance at true love. You think you know the story of this little mermaid, but the fairytale doesn't break the surface. Based on Hans Christian Andersen's original story, Rusalka features dark forests, woodland sprites, and the glorious aria, "Song To The Moon." Tickets are \$25 to \$135. Visit www.azopera.org.

'Wyatt Earp:

A Life on the Frontier'
7 p.m. Saturday, Nov. 19
North Mountain Visitor Center
12950 N. 7th St.

A two-person show based on the life of Wyatt Earp. Set in the mid 1920s, an elderly Wyatt Earp talks about his adventures during the final days of the American frontier from Arizona to Alaska. The year is 1928 and

A & E Briefs

Duke Ellington's 'Sacred Concert'

Phoenix Choral
3 & 7:30 p.m. Saturday, Nov. 12
Trinity Episcopal Cathedral
100 W. Roosevelt St.
602-253-2224

In 1966 jazz legend Duke Ellington and his big band performed his concert of "sacred music" in Phoenix with the Trinity Cathedral Choir. This work signified a new musical movement—one that combined jazz and spirituality. This 50th anniversary concert features pieces from Ellington's groundbreaking program of sacred masterworks. Tickets are \$32 for adults, \$27 for seniors age 65 and older, plus online fees. Visit phoenixchorale.org.

Mercado de las Artes

9:30 a.m.-5 p.m. Nov. 12-13
Heard Museum
2301 N. Central Ave.

Strolling mariachis and artwork by

ARTS & ENTERTAINMENT

follows the sometimes-turbulent times as he traveled and prospected throughout the west and Alaska. A concert by Linda Blique & The Lucky Band precedes the performance. Tickets are \$20 and are available in advance at the NMVC gift shop. Visit <http://northmountainvisitorcenter.org>.

'A Bloody Mary Christmas'**Nov. 25-Dec. 30****Space 55****636 E. Pierce St.**

Space 55's holiday musical for people who hate the holidays and musicals. Sun City retirees Blanche, Bertha and Mabel sing, dance, and drink themselves silly as they battle a heartless homeowner's association that tries to evict them from their condo on Christmas Eve. (Please note: This show is NOT suitable for children. Contains adult content.). Show times are 8 p.m. Friday and Saturday, 5 p.m. Sunday. Additional performances are 8 p.m. Dec. 20-22 and Dec. 27-29. Visit www.space55.org

'Black Nativity'**Black Theatre Troupe****December 2-18****The Helen K. Mason Center for the Performing Arts****1333 E. Washington St.****602-254-2151, ext. 4**

Last season's sold-out holiday event by Harlem Renaissance poet Langston Hughes returns to the BTT stage in a new production. A joyous company of singers, actors, dancers and musicians delivers its powerful message of joy, hope, victory and liberation. Tickets are \$36 general admission, plus fees. Visit <http://www.blacktheatretroupe.org>.

'A Winnie-the-Pooh**Christmas Tail'****Dec. 2-23****Valley Youth Theatre****525 N. 1st St.****602-253-8188**

A very special Friend-and-Relation tells Christopher Robin the story of a Christmas Eve long ago when Eeyore, the old gray donkey who lives by himself in the thistle corner of the woods, believes he has lost his tail and is very miserable. Winnie-the-Pooh, Piglet, Tigger and all their friends organize a search party to find his tail. Most performances are matinees; one evening performance on Dec. 2. Visit www.vyt.com.

Christmas Pageant**2 p.m. Sunday, Dec. 4****Piper Performing Arts Center,****Xavier College Prep****4710 N. 5th St.**

The pageant is the traditional story of the birth of Christ as told through reverent music and dance. This year's theme is "Good News of Great Joy." The performance is Xavier's gift to the community, so there is no charge for admission.

Frances Smith Cohen's**'Snow Queen'****Dec. 3-4, 9-11 & 16-18****Stage West, Herberger Theater****222 E. Monroe****602-252-8497**

Center Dance Ensemble's annual holiday production of the classic story by Hans Christian Andersen is set to music by Sergei Prokofiev. Show times are 2 & 7 p.m. Saturdays, and 2 & 5 p.m. Sundays. Tickets are \$28 adults, \$23 seniors and \$14 for students, plus fees. Additional lunchtime performances take place Fridays, Dec. 9 and 16, at 12:10 p.m. Tickets are just \$6. Visit www.herbergertheater.org.

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FOOD FOR THOUGHT



Phoenix Mayor Greg Stanton declared Sept. 29 to be "Tomaso's Day," in honor of restaurateur and chef Tomaso Maggiore, whose family came to celebrate the special day with him. Clockwise from left are: grandson Tomaso Maggiore, and his namesake; daughter-in-law Christina Maggiore, son Joey, and granddaughter Melina Maggiore (photo by Teri Carnicelli).

Café Chat

**Maggiore is living
the American Dream**

By Patty Talahongva

Forty years of business is a lot to celebrate, and Tomaso Maggiore is making sure as many people as possible will help him celebrate his famed restaurant, which carries his name, for an entire year.

From Sept. 2016 through Sept. 2017, Tomaso's at 3225 E. Camelback Road will offer a special "throwback menu" on Mondays. Maggiore is the owner and executive chef, but who doesn't know that? Guests often see him as he greets them at their tables or checks on their food and they wait to say goodbye as they pay and leave. He's created an atmosphere that is both fancy and fun. "If you can't tell, I love food and I love my customers," he says.

Even Phoenix Mayor Greg Stanton and Councilman Sal DiCiccio were on hand to cut the ribbon to kick off the 40th anniversary celebration. In fact, Sept. 29 was proclaimed as "Tomaso's Day" in the city of Phoenix. That truly touched Maggiore.

"I got a little choked up," he says and admits to shedding a few tears in realizing his business has been successful for four decades.

His story is the American dream come to life. He was born and raised in Sicily, Italy. His family made wine and opened a restaurant that served food until the wine was gone, and then they closed for the season. His mother was the cook to top all cooks.

"She could make a shoe sole taste good," he boasts. Her influence can be tasted in his food.

Maggiore came to America as a young man. He first owned and operated a restaurant in New York for four years. One customer kept encouraging him to visit Arizona. Maggiore took him up on his offer and left New York, buried in a snowy winter, and stepped off the plane in Phoenix in the middle of January to nothing but rays of sunshine. "It was love at first sight," he laughs.

He looked around for a place to open a restaurant and selected the corner of 32nd Street and Camelback. "People said it was the place to be," he recalls. Although it was just east of the Biltmore area, it was a little remote at that time.

He started his restaurant near the center of the mall and slowly expanded north as businesses left, taking over the space. Next door he opened a more casual restaurant called Tommy V's, which connects to the main restaurant and shares kitchen access in the back.

He returns to Italy two or three

FOOD FOR THOUGHT

times a year to visit family and eat at his two favorite restaurants, Don Ciccio, a very old and established restaurant in Sicily going back six generations, and Franco Pescatore.

His two children have followed in his footsteps. He gave his daughter and her husband a restaurant in Carlsbad, Calif., as a wedding gift. His son owns his own restaurant, Ash Kitchen, in Scottsdale.

Three years ago he decided to stay open on Thanksgiving Day. Maggiore offered the traditional American dinner with roasted turkey and all the traditional side dishes as well as his regular menu. It was so successful he decided to continue to stay open on this uniquely American holiday. The dinner costs \$40, which includes soup, pasta and the turkey. Kids dinners are \$15. "About 70 percent of the customers order the traditional turkey dinner," he says.

He stays in shape by walking 5 to 6 miles every morning before he heads to work, where he eats his meals. He won't name a favorite dish because he says it's like naming your favorite child.

Maggiore has served nearly 2 million people, provided more than 9,000 jobs and has made 292,000 meatballs. So it makes sense to have a year-long celebration.

Every Monday through Sept. 2017, guests can dine from a menu from 40 years ago with prices from 40 years ago. This throwback Tomaso's menu will feature items that debuted with the original restaurant. Spaghetti and meatballs will be \$12, Eggplant Torte and Butternut Squash Ravioli will be \$16, and the Medallion of Veal Tenderloin A la Sorrentina will be just \$18.

Of course he has a full wine list and bar. He jokes, "Wine has one fault. All of it should be red." In 2002 he went into the wine business, growing his own grapes and making his own wine. He also has his own line of olive oil. He uses both in his restaurant and he sells the olive oil to customers.

Rome is never far from his mind and when the 6.2 earthquake hit the nearby town of Amatrice in August, Maggiore knew he had to send help. So he's dedicated a portion of the proceeds from his dish, Bucatini All Amatriciana. It's a crispy pork jowl cooked with fresh tomatoes and pecorino cheese served over pasta and it's a dish the town of Amatrice made famous.

Tomaso's is open for lunch Monday through Friday from 11:30 a.m. to

2:30 p.m. Dinner is served Monday through Saturday from 5 to 10 p.m. Sunday dinner is served from 5 to 9:30 p.m. See the full menu and special events at www.Tomasos.com or follow Tomaso's on Facebook or Instagram.

Dining Briefs

All-you-can-eat chili at TEXAZ Grill Nov. 5

Celebrating 30 years serving an official judge at International Championship Chili Cookoff, it's fair to say no one in the Valley takes his chili as seriously as Steve Freidkin, the owner/chef at TEXAZ Grill. Not only has he been simmering his own authentic, from-scratch TEXAZ Red Chili since 1985, but this Nov. 5 he will serve as an official judge at the world-famous annual chili cook-off "Behind the Store" in Terlingua, Texas, which is celebrating its golden anniversary as the world's top chili cook-off.

In anticipation of this international chili throw-down, TEXAZ Grill, 6003 N. 16th St., is offering all-you-can-eat TEXAZ Red Chili for just \$7.50 on Saturday, Nov. 5, from 11 a.m.-4 p.m. (no sharing, to-go or doggie bags). It's as close as you can come to chili nirvana without actually road-tripping 14 hours to west Texas to attend this famed cook-off.

For more information, call 602-248-STAR (7827) or visit www.texazgrill.com.

Have healthy pops delivered to home

Purpose Pops, ready-to-eat frozen smoothie pops, announces the launch of online ordering. Purpose Pops is delivered monthly right to your door and offers three flavors made with ingredients commonly found in your kitchen. The flavors include strawberry banana, vanilla and chocolate banana.

These pops have no more than four ingredients, less than 12 grams of sugar and are 80 calories or less. They are made with whole fruit and yogurt and no added sugars, no artificial flavors and no fillers or preservatives.

For \$24.99 a month, choose your favorite flavors, schedule how often you want to receive a Purpose Pops box and wait for your 15 pops to be delivered frozen and ready to eat. Keep these tasty and nutritious treats in your freezer for snacking anytime.

please see POPS on page 50



Treading the Gastronomic Possibilities The Flying Pigeon Food Truck

Imagine a food truck that specializes in world fusion fare, inspired by real people, travels, and recipes passed down for generations. One with a diverse menu, its cuisine an original medley of ethnic twists and fresh, exciting flavors. Sounds amazing, right?

Now imagine you can find it parked at the same place you trust to fix your car – and operated by the same people who have spent nearly two decades educating their customers on the fundamentals of auto repair.

It's the slightly-strange-but-totally-true story behind The Flying Pigeon, Phoenix's newest addition to the thriving food truck scene. The chefs, husband and wife team Shahe and Lena Koulloukian, are well-known as the owners of Mazvo Auto Car Care. They have earned a reputation locally as providers of expert automotive service, and have raised the stakes on the perception of auto repair shops. But they've never been able to showcase their extensive culinary training and restaurant experience, at least not to the general public ... until now.

Incorporating local and organic ingredients, The Flying Pigeon's mission is to serve high-quality, gourmet-casual food – with a flair for the fun and funky. Even the names of the dishes highlight the fun-loving fare ("Korean Wedgy," anyone?). "We try and stay away from the monochromatic composition style of food," says Shahe. "With a name like The Flying Pigeon, it's hard to take ourselves too seriously, and we're okay with that."

While the idea for The Flying Pigeon may have originated on a trip to L.A., the Koulloukians are continually inspired by their fellow Phoenician foodies. "The culinary reawakening of high-end food at street prices is most definitely something we recognize here in Phoenix," says Shahe. "There's much love for all of the food trucks vitalizing the street food scene."

Though The Flying Pigeon will be making appearances at festivals, farmers markets and food truck roundups, its home base is right on the property of Mazvo Auto Car Care. Mazvo will continue as usual with its normal Monday through Friday hours – but as soon as 11:00 am hits, the space at 4610 North 7th Street transforms into a whimsical pop-up restaurant called the "NEST" Serving up gourmet sandwiches and salads until 2:00pm. We offer very unique subterranean lunch spot says Shahe. We have tons of bistro tables on our patio overlooking 7th street. Imagine sitting under a shaded umbrella enjoying a gourmet lunch your getting your oil changed, how easy is that...

Shahe and Lena strive to maintain their food truck the same way they have Mazvo Auto Repair: with the utmost quality, backed by sincere smiles, familiar faces, and a fun, relaxed experience.

Servicing hungry customers and their cars? Why not! The Koulloukians are excited to share their passion for food and their vibrant culinary heritage with the community – while continuing to set the bar for excellence in automotive repair. After all, variety is the spice of life!

www.theflyingpigeonphx.com
facebook.com/flyingpigeonfoodtruck

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FOOD FOR THOUGHT

POPS continued from page 49

For every new customer who signs up in November, Purpose Pops will donate \$5 to Phoenix Children’s Hospital. For more information, visit www.purposepops.com. Purpose Pops also works with schools and businesses looking to offer healthy snack options. For wholesale inquiries, e-mail sales@purposepops.com.

A specialty beer to honor fallen soldiers

Sierra Bonita Grill is the first Valley restaurant serving Dog Tag Brewing Legacy Lager, a beer that was created to honor the lives and legacies of military heroes. One hundred percent of Dog Tag Brewing’s profits are donated to the Dog Tag Brewing Foundation, whose mission is to support and enhance Gold Star Family initiatives. The term “Gold Star Family” refers to the family of a military serviceman or servicewoman who died in service to the nation.

To further support Dog Tag Brewing Foundation’s initiatives, Sierra Bonita Grill will donate 50 percent of

the purchase price from the sale of each beer to the organization. Guests can enjoy the beer at the restaurant or take it to go. Whether enjoyed in the restaurant or taken to go, each can of Legacy Lager will be available for \$10.

Dog Tag’s Legacy Lager is brewed with premium quality two-row pale and specialty malts, Magnum and Saaz hops, and it is fermented with a timeless American lager yeast. Dog Tag Beer is produced and distributed independently of Dog Tag Brewing Foundation and pursuant to a license agreement between Dog Tag Brewing, LLC and Pabst Brewing Company. For more information, visit www.dogtagbrewing.org.

Sierra Bonita Grill is located at 6933 N. 7th St. For more information, call 602-274-0700 or visit www.sierria-bonitagrill.com.

McDonald’s finishes extensive remodel

After an extensive remodel, Camelback Corridor’s busiest McDonald’s restaurant at 1635 E. Camelback Road is now re-opened.

The remodeled restaurant features

the new McDonald’s exterior design, incorporating glass and metal for a modern, relevant look compatible to local surroundings.

The interior has natural finishes in the lobby; zoned seating areas with a variety of seating types and comfortable configurations; and pendant lighting fixtures throughout the dining area. The restaurant also has flat-screen televisions and free WiFi.

If customers are in a hurry and can’t stop inside for their McDonald’s meal, the restaurant’s drive through now has digital menu boards, making ordering even easier.

Flying Pigeon food truck now found at Nest Café

Just over one year ago, the owners of Mazvo Auto Repair gave into their culinary passions and launched the Flying Pigeon Food Truck, which has been spotted most weekends at farmer’s markets, street festivals and fairs, and other locations around town. During the week, the truck has been parked, silently waiting, at Mazvo Auto Repair, 4610 N. 7th St.

Demand has grown, and last month Shahe “Shawn” Koulloukian and his wife, Lena, introduced The Nest Café, a patio-like dining space adjacent to the repair shop, where diners can enjoy lunch 11 a.m.-2 p.m. Monday through Friday. There are bistro-style tables and umbrellas, free WiFi, and piped world music to enjoy while dining on world cuisine or pick up an order to go.

Orders can be placed in advance via e-mail at myflyingpigeonfoodorder@gmail.com and online at <http://theflyingpigeonphx.com>, where you also will find the lunch menu, which includes an assortment of sandwiches and salads (vegetarian and vegan options available). Orders also can be placed in person but advanced ordering will save time.

Streets of New York anniversary specials

Streets of New York, one of the oldest family-owned pizza chains in Arizona, commemorates its 40th anniversary with the 40 Days of Streets celebration. It includes prizes and special dining offers through Nov. 12, with a portion of the proceeds from the 40th anniversary special benefitting Make-A-Wish Arizona.

The restaurant chain was the brainchild of Bernd Glaeser, a master pastry chef from Dresden, Germany, who immigrated to the United States in 1959 and joined the U.S. Army. He later met and married Lorrie, the current president and owner of Streets of New York. Once arriving in Arizona, Bernd worked to formulate a special recipe for pizza dough, and together they created the business plan and menu that is now Streets of New York.

The first store opened on Oct. 29, 1976, at 32nd Street and Cactus Road. Forty years later and with 26 locations including two in Prescott and two in Las Vegas, Streets of New York has remained a household name in the Valley.

Today, Lorrie Glaeser and her family, including her three children and their spouses, run the restaurant chain.

Streets of New York has long been actively involved in local charities, including Make-A-Wish Arizona. The charity will receive a portion of the sales from the “40th Anniversary Weekend Special” (Friday through Sunday), which is a 16-inch cheese pizza and 24 baked chicken wings for \$20, as well as \$1 for each person who enters the campaign. The goal is to raise a total of

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We are CLOSED Saturday, December 3rd for the APS Light Parade which is held on this campus.

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bo@uptownmarketaz.com

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\$5,000 to benefit Make-A-Wish.

Guests may sign up for the campaign contest online (www.streetsofnewyork.com/40days) or in store for a bevy of prizes, including five grand prizes, which will be drawn each week throughout November.

Jazz & jambalaya pair at Southern Rail

The hustle and bustle of the week can finally wind down with the soothing sounds of live jazz music every Sunday from 5-8 p.m. on Southern Rail's front porch through Nov. 27, as a part of the Phoenix restaurant's Jazz & Jambalaya series.

Southern Rail, 300 W. Camelback Road, is the second restaurant from the people behind Beckett's Table—Chef Justin Beckett and his wife Michelle. Enjoy Chef Beckett's signature jambalaya, stuffed with Shreiner's Andouille sausage, smoked chicken, shrimp and veggies.

Southern Rail's Jazz & Jambalaya performance dates include: the Joe Costello Project, Nov. 6 & 20; Adam Simon Music, Nov. 13; and Notes from Neptune, Nov. 27.

There is no admission charge for the Sunday night concerts. To make a reservation, call 602-200-0085. For more information, visit southernrailaz.com.

Two food fests are all about the pie

The Second-Annual Phoenix Pizza Festival is set for 11 a.m.-5 p.m. Saturday, Nov. 19 at Margaret T. Hance Park, adjacent to Burton Barr Central Library at 1202 N. 3rd St. With limited tickets available, the inaugural Phoenix Pizza Festival sold out before the gates opened, and the event is on pace to repeat a similar sell-out.

Attendees will have access to approximately 15 pizza vendors, dessert food trucks, related food vendors and a full, park-filled festival. Pizza makers will serve \$2-\$4 slices, full pies, and everything in between. Some participants include: Fabio on Fire, La Piazza Al Forno PHX, Dang Brother, Dough Mama, Fireside Pizza, Lacy & Wendy's, Nicastro's, SuperFarm SuperTruck, Vicious Circle, Whiskey Ranch, and others. Craft beer and wine tasting stations, lawn games, and live bands will add to the pizza enjoyment.

Tickets are \$10 and available online only at www.phoenix.pizza. For more

information, call 480-442-9176.

Save room for dessert and head on over to the Roosevelt area to let your sweet tooth be satisfied with the seventh-annual Roosevelt Row Pie Social, celebrating community and pie in the courtyard of Phoenix Union Bioscience High School, 512 E Pierce St.

The Pie Social, which takes place from 2-5 p.m. also on Nov. 19, is all about pie sharing, featuring the culinary masterpieces of celebrity chefs and community members alike paired with live music, on-site screen printing by ACME Prints and cold glasses of milk from Danzeisen Dairy.

Bake up a storm and bring two pies (no pies that need refrigeration, such as cream pies, are permitted by home bakers), or pay \$12, in exchange for five pie-tasting tickets. Proceeds benefit Bioscience's after-school arts program. For more information, find them on Facebook at Roosevelt Row Pie Social.

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

In 1963, Phoenix's nightlife was alive and well. Andy Womack, a famous rodeo clown, had his sights set on opening a country & western bar on 7th Ave. and Indian School Rd. His wife at the time had a different plan.

Maureen Womack's vision was to open what became Chez Nous Cocktail Lounge. The dimly lit vintage barroom became a staple throughout the decades, and forever remains in Phoenix's collective memory bank.

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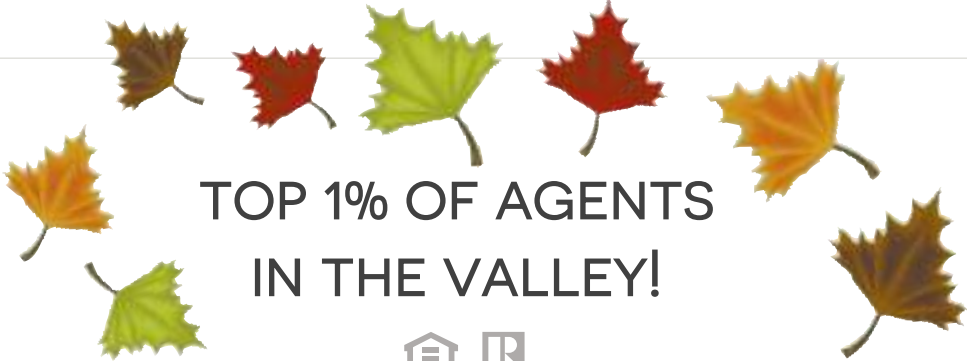
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