



# north central news

the voice of the north central phoenix community

volume 18, issue 10 • october 2016

www.northcentralnews.net

## 19 North launches collaborative effort

By Teri Carnicelli

One year ago, an alliance formed to leverage momentum created by light rail construction along 19th Avenue, focusing on the newest extension north of Montebello Avenue.

This new group, the 19 North Alliance, hopes to not only promote, but also reimagine, established neighborhoods and businesses along this route as well as highlight newcomers to the area.

Capitalizing on the construction and inspired by success in revitalized areas such as 16th Street and Bethany Home Road and the Melrose District, 19 North's vision is for a walkable, safe and distinctive destination.

19 North invites community members to an Oct. 7 meeting to introduce plans being launched by the team. Neighbors in the 19 North area (Montebello to Dunlap and 15th to 23rd avenues) are invited to meet

*please see 19 NORTH on page 6*



Inger Erickson, left, director of the City of Phoenix Parks and Recreation Department, demonstrates how to use an old scroll saw during the VIP preview of the new "Handcrafted" makerspace, which opens on Oct. 1 inside the Stevens House at Heritage Square (submitted photo).

## Get hands-on with 'vintage' technologies

By Teri Carnicelli

A turn-of-the-century space in downtown Phoenix's Heritage Square will provide hands-on opportunities for adults and children to try their hand at "vintage" technologies, beginning this month.

This 1901 bungalow, known as the Stevens House, will open to the public Oct. 1 as a makerspace—a place offering the public access to experience vintage, pre-electric technologies for collaboration and learning. This new makerspace is called "Handcrafted."

A contemporary idea presented in a historic space will make Handcrafted a genuinely unique makerspace that demystifies the past. If you've ever gone through a museum and had a hard time not touching the antique pieces you see, this is the place for you.

Patrons visiting the Handcrafted zones will be able to print on a letterpress, sew using a treadle sewing machine, and cut wood using a pedal saw. In addition, those with a passion for cooking can use rolling pins to roll out dough and see it baked in a cast iron stove.

There will be additional hands-on activities in various zones throughout the house, and each zone

will be staffed by volunteers. The five zones—Ink, Junk, Fiber, Wood and Food—will provide opportunities for collaboration and workshops.

Handcrafted will be open 10 a.m.-4 p.m. Wednesdays through Saturdays, and workshops will be held at least twice a month, on Thursday evenings and Sunday afternoons. There is no cost to walk through the exhibit, but to participate in a hand-on activity you will need to purchase an interactive kit. Fees range from \$10-\$25, depending on the materials. A family can work on a kit together, or each individual can have their own.

During the month of October (the first month *please see HOME on page 6*)

### in this issue

- Plan for church land sparks debate , page 4
- Sunnyslope Kiwanis will disband, page 20
- Celebrate fall at local festivals, page 22
- Simis unveils newly redone campus, page 30
- Joe's offers nostalgia, late-night fare, page 54

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

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

# THE Caniglia GROUP

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



**REALTY  
EXECUTIVES**

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



Steve Caniglia, Cindy Arend, Shelley Caniglia, Erik Jensen



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



333 W. Berridge Lane - \$1,373,000



1841 E. Rovey Ave. - \$849,000



6826 N. 1st Pl. - \$799,000



910 E. Kaler Dr. - \$790,000



1909 E. Berridge Lane - \$769,000



501 W. Ocotillo Road - \$749,999



727 W. Seldon Ave. - \$730,000



123 E. Kaler Dr. - \$699,000



716 W. Flynn Lane - \$599,000



128 E. Myrtle Ave. - \$575,000



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



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



5211 N. 31st Pl. - \$599,000



515 W. Bethany Home Rd. - \$475,000



12634 N. 17th Pl. - \$499,900



1201 E. Escondido Dr. - \$320,000



7029 N. 14th St. - \$300,000



221 E. Echo Lane - \$289,900



334 W. Townley Ave.

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

**Shelley Caniglia**  
602-292-6862

**Steve Caniglia**  
602-301-2402

**Erik Jensen**  
602-717-0017

[www.TheCanigliaGroup.Com](http://www.TheCanigliaGroup.Com)  
Check us out on Facebook!





COMMUNITY

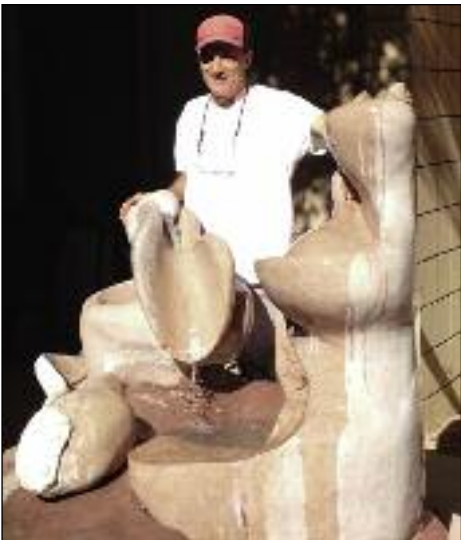
Water sculpture added at Beatitudes Campus

A marble water sculpture, “Tao” by renowned artist Fred Bendheim, was dedicated Sept. 23 at Beatitudes Campus in Phoenix. The sculpture was originally commissioned for Frank Lloyd Wright’s “The Pottery House” in Paradise Valley, and was designed and constructed from 1982-1983. It was donated to Beatitudes Campus by Bendheim.

The sculpture is made from Tennessee pink marble, water and colored concrete, and is over 5 feet high and 4 feet wide. “Tao” is an homage to Arizona desert canyon lands and the artist’s family. It was rebuilt and relocated to Beatitudes Campus in 2013, and installed at the campus earlier this year.

Funds from the Dan, Kathy and Samuel Mardian Memorial Fund at Beatitudes Campus were generously directed for the installation of the water sculpture.

“Being able to enjoy this beautiful



Fred Bendheim, who created this sculpture for Frank Lloyd Wright’s “The Pottery House” in Paradise Valley, reclaimed it after the house was torn down and donated it to the Beatitudes Campus (submitted photo).

sculpture at Beatitudes Campus is a privilege, and we are honored that Fred Bendheim donated such an important piece,” says Michelle Just, president and CEO at Beatitudes Campus.” The

*please see SCULPTURE on page 5*

# Kate Brophy McGee

for  
Arizona Senate - District 28

KateMcGee.com

GENERAL ELECTION  
NOVEMBER 8<sup>TH</sup>

Representation  
with Results

FOLLOW KATE

@KateMcGeeAZ

KateMcGeeAZ

It has been an honor to serve as your State Representative for six years. As of today, Arizona’s economy is stronger and we are focusing on our most important resource – our children.

My legislative accomplishments include providing life-saving care to over 300 uninsured women diagnosed with breast or cervical cancer. I sponsored legislation creating the Department of Child Safety with the sole mission of protecting Arizona’s children. Last session, I brought KidsCare to the House members for a vote, we passed it and the Governor signed it!

ON NOVEMBER 8<sup>TH</sup>, I WOULD BE HONORED TO  
CONTINUE THIS PROGRESS AS YOUR STATE SENATOR

Paid for by Kate Brophy McGee AZ

# AIR CONDITIONING & PLUMBING

# STILL COOL

## AFTER 40 YEARS

## CALL DONLEY & CHILL

602-395-6030  
DONLEYSERVICE.COM

ROC053957 | ROC087142 | ROC069024 | ROC249210

## Enter our monthly Reader Rewards Drawing for a chance to win a great prize!

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

**Congratulations to September's winner, Cindee Badalamente, who won a \$100 Gift Certificate for any Genuine Concepts restaurant!**

Visit our website at [www.northcentralnews.net](http://www.northcentralnews.net) to enter for your chance to win this month's prize, a **\$100 Gift Certificate for Sierra Bonita Grill!**

**Deadline to enter is Oct. 20, 2016.**

**The winner will be announced in our November issue.**

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

## The no-hassle way to purchase your next vehicle

**Buy or lease, new or pre-owned, we will save you time and money!**

- Fleet and wholesale pricing on new and used vehicles.
- Free delivery of your new car to your home or office.
- Arranging the lowest finance and lease rates available.
- The highest trade-in value on your current vehicle.
- No more having to haggle at the dealership!



**Your North Central Specialist**  
**Stuart Klugman**  
**602-739-7151**  
**sklugman@qwest.net**  
**precisionfleetservices.com**



### north central news

The voice of the north central phoenix community

4620 N. 16th Street, Suite D-107

Phoenix, AZ 85016

(602) 277-2742 • Fax: (602) 277-6689

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

Publisher  
Editor  
Staff Writer  
Sales and Marketing

Office Manager

Tara A. Blanc  
Teri Carnicelli  
Patty Talahongva  
Joanne Day  
Connie Dahlin  
Janice Backus

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

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

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

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

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

### COMMUNITY



Generations: North Central Phoenix, a multi-story senior care community by IPA-Phoenix, is being proposed as a Planned Unit Development (PUD) on just under 8 acres of the campus of North Phoenix Baptist Church. However, the plan is being opposed by the North Central Phoenix Homeowners Association (NCPHA) (rendering by Todd & Associates, Inc.)

## NCPHA, developer at odds over land use

By Teri Carnicelli

North Phoenix Baptist Church, 5757 N. Central Ave., has entered into an agreement with a developer to build on just under 8 acres of the church's land that currently is occupied by mostly unused parking spaces. The land is zoned R1-10, which allows for 3 to a maximum of 4.5 dwelling units per acre.

The church put the matter before its congregation for a vote earlier this year, and the congregation agreed to sell off the underutilized land.

IPA-Arizona has submitted preliminary plans to the city of Phoenix to build a 146-unit senior care community, which would be an L-shaped project starting along Bethany Home Road and then turning south along the east property line. The main buildings would be three stories tall, at a maximum of 53 feet, while the less-intensive Memory Care unit, located at the south end of the project, would be two stories.

Significant setbacks are included to buffer the residential units from adjacent roadways and neighborhoods. The campus itself is laid out in an L-shape, with the primary activity core for the residents being located at the northeast corner of the main building. The resident wings extend out to the west and south from this core.

The application for Generations: North Central Phoenix says the development is "best described as a residential use," and therefore it is "appropriate for inclusion in proximity to single-family residential uses, light office uses, as well as the quasi-public use of the church."

The project's outdoor amenity areas, such as the pool, main outdoor dining area and dog park, are located away from Bethany Home Road and are buffered by the buildings them-

selves. Accessory uses are anticipated that may include dining, fitness and media rooms, as well as quasi-commercial accessory uses such as a bistro and salon that, while resident-focused, may provide service to off-site guests (such as resident-invited visitors).

The application describes Generations as "complementary and compatible with existing land uses." The project, which is being designed as a Planned Unit Development (PUD), has caught the attention of the North Central Phoenix Homeowners Association (NCPHA), which has come out strongly in opposition to the proposed development.

The NCPHA opposes the project for several reasons, laid out in a letter sent to its members, the city of Phoenix and other nearby neighborhood groups, citing that the size, scale and architecture of the proposal is "completely inappropriate for our North Central neighborhood."

According to the NCPHA's letter, "The PUD process allows IPA to circumvent the underlying conventional zoning and create their own standards, which in this case, IPA is requesting commercial use on residentially-zoned land. There are no PUDs in North Central. The NCPHA believes that developers should respect the current conventional zoning in mature neighborhoods like ours, where we have been zoned residential for over 120 years."

NCPHA leaders also are concerned about what kind of precedent this might set for future development.

"We have over 100 acres of church land within the NCPHA borders. Allowing commercial development on residential land will start the domino effect and provide money-making opportunities for churches who are having financial difficulty (or those that are growing and may need to move

COMMUNITY

their congregation to a larger site).”

“We have spent countless hours meeting with the city, the church and the developer but to no avail,” said Mary Crozier, president of the NCPHA. “The developer is now aggressively pursuing this issue, which should have been stopped at the city Planning and Development level.”

The project, which was submitted to the city for review on Aug. 16, was presented to the members of the Alhambra Village Planning Committee at its Sept. 27 meeting. The item was for presentation and discussion only; the VPC did not take a vote or make a recommendation. It is not scheduled for further public review at this time.

Forum looks at issues of public safety, guns

The Center for Civic Participation (CCP) hosts “Maricopa Votes,” a series of voter education issues through Nov. 2.

A free forum on “Public Safety: Re-evaluating Our Policies Pertaining to Criminal Justice, Violence, Guns & Policing,” will take place 6 p.m. Wednesday, Oct. 26, in the Bulpitt Auditorium at Phoenix College, 1202 W. Thomas Road.

The Center for Civic Participation, a department of the Maricopa Community College District, strives to help citizens participate in civic education and make informed choices based on non-partisan information. All forums are free to attend and open to the public. No RSVP is needed.

For more information, visit <http://bit.ly/MaricopaVotes>.

Enjoy ‘Ghostly Stories’ on Oct. 29

Marshall Shore, Arizona’s “Hip Historian,” shares stories of local ghosts and haunted histories Saturday, Oct. 29 at Arizona Humanities, located inside the historic Ellis-Shackelford House, 1242 N. Central Ave. This family-friendly program takes place from 5 to 7:30 p.m.

Wear a spooky costume and listen to ghost stories with a historical twist. Enjoy snacks, arts and crafts, a free book giveaway, storytelling, and other family activities. This event is free and fun for families and kids.

For more information, visit [www.azhumanities.org](http://www.azhumanities.org) or call 602-257-0335.

SCULPTURE continued from page 3

sculpture combines many elements of nature and will be admired for years to come by campus residents and visitors alike. Its location on Central Park Mall in the heart of the campus makes it accessible to all who live here, work here and visit here.”

“I donated ‘Tao’ to Beatitudes Campus because I knew it would be enjoyed by more people as a public art sculpture than if it were placed in a private setting,” says Bendheim. “The inspiration for ‘Tao’ was the Arizona canyon lands, Taoist philosophy and my family. The sculpture has had an interesting and difficult journey to its present and, hopefully, permanent manifestation. It took me nine months to carve. It has survived two acts of destruction, three locations, neglect and mishandling; but, like the human spirit, it has found a way to prevail.”

 Like us on Facebook and follow us on Twitter!



Be sure to visit us online at [www.northcentralnews.net](http://www.northcentralnews.net) for the latest local community news

**ELECT**

**Mary Hamway**

Paid for by Committee to Elect Mary Hamway

ARIZONA HOUSE ★ ★ ★ DISTRICT 28

Experience | Leadership | Integrity



- ✓ Improving our state’s public education system
- ✓ Creating long-term and high-wage jobs for Arizona
- ✓ Ensuring the Dept of Child Services has the necessary support and resources to protect our children



**NORTH CENTRAL FAMILY DENTISTRY**  
MATTHEW LONIER, DDS

**MAKE US YOUR TRUSTED DENTAL HOME**  
Dr. Matthew Lonier and the skilled staff at North Central Family Dentistry are dedicated to providing excellent dental care to our community in a relaxed and friendly environment.  
**Welcoming new patients of all ages!**  
**We accept all PPO dental plans.**

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



5225 N. Central Avenue, Ste. 102

**SCHEDULE AN APPOINTMENT TODAY! 602.242.2576 | NCFDENTISTRY.COM**

Let her experience  
love at first sight  
a second time ...



When it comes to purchasing your engagement and wedding rings or a special gift for that special someone, you want something as unique as the two of you. Let Diamond Jim help you find the right ring or gift that will make her fall in love all over again (at a price you can afford).



Made out of 18K white gold, this wedding set includes 1.65 tcw round diamonds. A truly memorable ring for her to treasure forever! Compare elsewhere at \$13,400. Our price only \$6,700!



Made out of 18K white and rose gold, this semi mount moissanite ring has tons of sparkle with an 8.8 mm stone. Compare elsewhere at \$9,000. Our price only \$4,499!



Made of 10K white gold, this awesome ring is set with 12 blue princess cut Diamonds and 50 round brilliant diamonds. Compare elsewhere at \$1,200. Our price only \$599!

# DIAMOND JIM'S

## 6005 N. 16th Street

N.E. Corner of 16th St. & Bethany Home

## 602-466-1772

DiamondJims4Cash.com

**We have diamonds starting at just \$35!!**

**On site jewelry repair!**

### COMMUNITY

#### 19 NORTH continued from page 1

the alliance members and discover ways to get actively involved.

The 19 North Alliance is a collaborative effort by faith communities, the Washington Elementary School District (WESD), representatives from Councilman Daniel Valenzuela's office, city of Phoenix Neighborhood Services Department, local businesses like Abrazo, DeVry, Beatitudes, Los Compadres and others, as well as neighborhood associations including State Street, Royal Palm, Marywood and Washington Park.

"The light rail construction offered many community forums where businesses, community, faith, and schools met to begin building relationships," explained Shannon McBride, 19 North Alliance chairperson. "I kept hearing the same thing as I met with different individuals who all have a vested interest in the area: a safe, walkable destination with a sense of unity and vitality.

"If we're all saying the same thing in different pockets, wouldn't it bring strength and get things moving if we were all in the same room, working across silos, to get things done. We are unifying our vision and future together," said McBride, who is the pastor of Fellowship and Community at Open Door Fellowship Church.

This diverse team already has built incredible momentum with its collective ideas, resources and connections. Branding for 19 North will hang from light posts along 19th Avenue in the coming weeks, inspired by the historic Good Shepherd building on 19th and Northern avenues. The team is also in talks to use city-owned land as a community garden at 19th Avenue and Las Palmaritas. Unlike neighborhood or private gardens, this first-of-its-kind public garden is a unique cooperative effort across city, faith, neighbors, schools and businesses.

Discussions with local landowners and the city also are under way in hopes of establishing a community arts center for 19 North. Another goal will be securing the City's Walkable Urban Code. A commitment from the city will help to enforce new-build projects to incorporate walkable criteria. Any new-build initiatives would require wide sidewalks, rear parking, bicycle parking, shaded walkways, storefront patios and more "to create a more vibrant transit and pedestrian environment."

Aligning with the vision statement of a safe, walkable, unique destination, the Alliance is also assisting the city with blight and safety concerns, and will offer a 19 North Service Summit on Dec. 6, focusing on employment resources for the area.

Several other initiatives are in the works, and as architects, developers and landowners in the area witness the momentum of the 19 North Alliance. McBride and others have been invited into planning meetings for future development along Northern Avenue and 19th Avenue. This community insight and investment can help bring the right mix of new restaurants and businesses to the area as well as promote it as a unique destination.

"WESD is a proud member of 19 North," said Jill Hicks, director of Communications for the school district. "One way in which WESD plans to engage with 19 North is through its mentorship program. The WESD Safety and Mentoring Department will work with three schools—Royal Palm Middle School, Orangewood School and Maryland School—as well as Open Door Fellowship, Councilman Daniel Valenzuela's office, the Phoenix Police Department and school social workers to pair students with mentors to boost their grades and attendance.

"Community engagement and partnerships are among the WESD's top priorities," Hicks adds. "We are thrilled about this new alliance and can't wait to see the many positive results for our students and neighborhoods."

The 19th North community meeting on Oct. 7 takes place from 6 to 8 p.m. at Open Door Fellowship Church, southeast corner of Butler and 19th avenues. For more information, e-mail [info@19North.org](mailto:info@19North.org).

#### HOME continued from page 1

Handcrafted will be open), interactive kits will be half off for anyone who mentions they saw this article in the *North Central News*.

Most important, visitors to Handcrafted will leave with their creation—whether it's a lathed dowel, a quilted square, or a hand-printed sign. Heritage Square is located at 113 N. 6th St. Metered street parking is available as well as a large garage just west of the square. For more information, visit [www.heritagesquarephx.org](http://www.heritagesquarephx.org).



"From start to finish, Jeff did an exceptional job of selling our home. He was always immediately responsive, appropriately energetic and was thoroughly prepared from a marketing perspective. He was tireless with open houses and showings. He delivered a full price offer in 8 days. A superb sale. Our gratitude to Jeff. Would recommend him without hesitation. Truly an A+ agent."

- North Central Resident

**JEFF GOTTSCHALK**  
**REALTOR®**

**480.280.1934**  
**JEFF@THEALCOVEGROUP.COM**

"Jeff acted with total professionalism and responsibility. We were very satisfied with the sales price of our home and the ease in which escrow closed. Jeff is very hard working and honest and as his career matures I am sure he will be a leading force in the realty market of Phoenix"

- Craig Dean  
North Central Resident

"Jeff was incredibly diligent, conscientious and meticulous in all aspects of selling my home, especially in marketing and preparing for open house events. Jeff's communication and responsiveness was excellent throughout the process. Highly recommend Jeff!"

-Steve Rhue  
North Central Resident

# Maria Syms

## Education First

**Maria Syms is dedicated to maximizing the quality of education for all Arizona children. As your State Representative, she will work to create the best environment for high academic achievement by:**

- A+** Making school funding a top priority
- A+** Ensuring resources go to students and teachers in the classroom
- A+** Supporting parental school choice
- A+** Attracting and retaining talented teachers
- A+** Supporting a pro-business agenda to generate the revenue necessary for student and teacher success
- A+** Rewarding achievement and success
- A+** Providing safe and secure learning environments



**STAND FOR CHILDREN,**  
an organization dedicated to  
improving public education,  
**SUPPORTS MARIA SYMS**



***“As a former school board member, North Central Parenting Group board member and mom to children who currently attend public schools right here in LD28, I am committed to improving the quality of education so that all Arizona children have the opportunity to reach their full potential.”***

**- Maria Syms**

**VOTE MARIA SYMS**  
FOR THE ARIZONA HOUSE BY  
**EARLY BALLOT OR ON ELECTION DAY**

SymsForAZ.com | /SymsForArizona | @SymsForAZ

Paid for by Syms for Arizona

### COMMUNITY



North Central third-grader Laine Parnell donates just over \$100 in cash to Catholic Charities' MANA House, represented by Derek Kelley, MANA House senior programs manager (left) and Peter Fleckenstein, assistant house supervisor. She raised the money through lemonade and baked-goods sales this summer (submitted photo).

## Local girl donates lemonade sale profits

For many Valley youths, hosting a summertime lemonade stand is a rite of passage, one that teaches them the value of hard work and perseverance. But for one North Central third grader, Laine Parnell, her stand featuring fresh lemonade and homemade cookies offered her a much greater lesson in charity and compassion for the less fortunate.

Laine, who attends Madison Simis Elementary, came up with the idea of hosting a lemonade stand to raise money for homeless veterans, as she has multiple veterans in her family (both grandpas and her great uncle) and a soft spot for the homeless. She enlisted the help of her grandmother, who helped with baking and packaging, and her neighbor, who helped with the lemonade, and she did all the promotion herself.

Laine made more than \$50, which she was happy to donate to Phoenix's MANA (Marines, Army, Navy, Airforce) House, a transitional housing shelter for veterans at-risk of or currently experiencing homelessness. Inspired by their daughter's generosity, Laine's parents matched the funds she had raised, bringing her total donation to MANA House to more than \$100.

Being 8 years old, "Laine doesn't yet understand how people become homeless, and homeless veterans are even harder for her to see, because she understands that they're the ones responsible for our freedom," said

Shelley Parnell, Laine's mother. Laine says she is happy her donation will help veterans to hopefully get a home.

Despite being busy with gymnastics, basketball and softball, not to mention her favorite school subject—math—Laine plans to continue to raise money for veterans with other community service projects, simply "because she likes to help people."

For more information about Catholic Charities' MANA House or to get involved, visit <https://www.mana-houseaz.org> or contact Derek Kelly at [dekelly@cc-az.org](mailto:dekelly@cc-az.org).

## Food trucks and football in October

CrossRoads United Methodist Church, 7901 N. Central Ave., hosts "Friday Night Food Trucks" 5-8 p.m. Friday, Oct. 7 and Oct. 28.

Food trucks come from La Food Truck Familia, owned by Tim and Kim Cobb. Oct. 7 food trucks include: United Lunchadores, Smokin Hot, Dk Dogs, and DeMarcos, and Oct. 28 include: United Lunchadores, Saffron Jak, Flyin Hawaiian, and Mister Softee.

After getting your grub on, head on over to Sunnyslope High School as the varsity football team takes on the Ironwood Eagles on Oct. 7 and the Apollo Hawks on Oct. 28. Kickoff is at 7:30 p.m. at Sunnyslope High, 35 W. Dunlap Ave.

Proceeds benefit the Sunnyslope Gridiron Club and Cross Roads Preschool & Kindergarten.



# LONG REALTY UPTOWN

*"Property Experts, Neighborhood Enthusiasts"*

3326 W. Belmont Ave. 10487 E. San Salvador Dr.

1712 E. Hearn Rd.



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



3 BR/2 BA- 1,700 SF  
Beth Moorhouse 602.821.1106



4 BR/2 BA- 1,941 SF  
Beth Moorhouse 602.821.1106



4 BR/3 BA- 2,720 SF  
Kim George 602.316.3325



**Kim George**  
REALTOR®  
602.316.3325  
kimgeorge@longrealty.com

155 N. Pasadena St. 4750 N. Central Ave. 2R

14213 N. 37th Pl.



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



3 BR/1 BA- 1,228 SF  
Kim George 602.316.3325



1 BR/1 BA- Landmark Towers  
Office Listing 602.899.4640



3 BR/2 BA- 1,369 SF  
Office Listing 602.899.4640



**Kathleen Davis**  
REALTOR®  
602.882.3106  
kathyd@longrealty.com

7651 N. 22nd St.

915 E. Keim Dr.

11 W. Orangewood Ave.



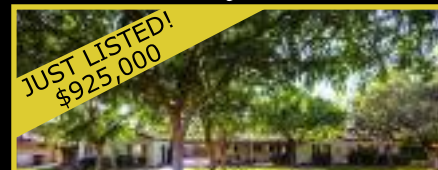
**Heather McDermott**  
REALTOR®/Owner  
602.810.8936  
hmcdermott@longrealty.com



5 BR/5 BA- 5,156 SF  
Heather McDermott 602.810.8936



3 BR/2 BA- 1,300 SF  
Jeffrey Long 404.379.1186



4 BR/3.5 BA- 3,365 SF  
Heather McDermott 602.810.8936



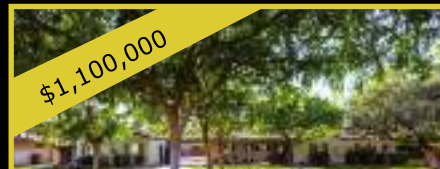
**Diane D. Conners**  
REALTOR®  
602.769.9503  
dconners@longrealty.com

7110 N. Wilder Rd.

5106 N. 17th Ave. 6



**Ken Elder**  
REALTOR®  
520.270.4307  
kene@longrealty.com



4 BR/3 BA/Guest House- 3,962 SF  
Heather McDermott 602.810.8936



2 BR/1.5 BA- 1,082 SF  
Heather McDermott 602.810.8936



**Pete Urbaniak**  
REALTOR®  
602.469.4808  
peteu@longrealty.com

*As we celebrate our one year anniversary, we would like to take the time to thank you for your immense support with which our success would not have been possible. We sincerely appreciate the positive influence you have had on us and our past and future business.*

*Thank you!*



**Jeffrey Long**  
REALTOR®  
404.379.1186  
myagentjeffrey@gmail.com

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



# TONY'S

**CLEANERS & TAILORS**  
**COMPLETE LAUNDRY**

Since 1954

**6322 N. 7TH STREET**  
(Just South of Maryland)

**(602) 265-0453**

Free Pick-up & Delivery at your Home or Office • Delicate Fabrics Our Specialty



COUPON MUST ACCOMPANY ALL INCOMING ORDERS

<p><b>\$5 OFF</b></p> <p><b>\$30 OF DRY CLEANING</b></p> <p><small>EXPIRES 10/31/16</small></p>	<p><b>REGULAR SHIRTS LAUNDERED</b></p> <p><b>\$2</b></p> <p><b>WITH \$10 OF DRY CLEANING</b></p> <p><small>EXPIRES 10/31/16</small></p>	<p><b>COMFORTERS LAUNDERED</b></p> <p><b>\$20</b></p> <p><b>NORMALLY \$28</b></p> <p><small>EXPIRES 10/31/16</small></p>
---	---	--



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

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



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



## COMMUNITY

### Never too early to donate for holidays

Due to high demand, the Desert Mission at HonorHealth John C. Lincoln Medical Center has begun its sign-ups for those wishing to help those less fortunate in the community for the holiday season.

Through the Adopt-A-Family program, community members purchase toys and a holiday meal for struggling neighbors in their own community; adopters can choose the size of the family they wish to serve. Adopters can then deliver the gifts to them directly or bring them to the Desert Mission Food Bank, 9229 N. 4th St., for the family to pick up.

In order to be matched with a family in time for the holidays, please contact Desert Mission by Oct. 31. Call Lola Ortiz at the Desert Mission office to learn more: 602-870-6060, ext. 1345 or [aurora.ortiz@honorhealth.com](mailto:aurora.ortiz@honorhealth.com).

For more information about the program itself, visit <http://www.desertmission.com> and click on the "Adopt A Family" link below Latest News & Events.

### Sunnyslope Art Walk cancelled

For the second time this year, the Sunnyslope Art Walk has been cancelled. Originally funded in large part by the John C. Lincoln Health Network as part of its community, the art walk has been under the purview of the Sunnyslope Village Alliance (SVA) for the last few years.

The art walk costs an average of \$12,000 to put on after its move to Central Avenue, and only about half is raised from vendor fees. While some sponsored helped with expenses such as

generators and lighting, it is still an expensive endeavor for the SVA.

Earlier this year the April art walk was cancelled, with plans for it to return in October 2016. However, it seems that will not be the case.

"Earlier this year, the SVA Board had discussed organizing the Art Walk once a year," said Caroline Lobo, interim president of the SVA. "Yes, this is SVA's signature event and involves a lot of time, money and coordination effort. We have enjoyed putting this together for our community. However, ever since John C. Lincoln (HonorHealth) stopped supporting the art walk, we have not been able to make this a break-even event yet.

"Our board is looking into fundraising strategies to make this a financially viable event for the SVA," she added. "We are looking at scheduling this [in the spring] next year."

### Free workshop to inspire future leaders

Valley youth and young adults, as well as those looking for inspiration for a new life path, are invited to a free conference and workshop beginning at 2 p.m. Saturday, Oct. 29 at Morning Star Sanctified Church, 9237 N. 5th St.

The purpose of the event is to offer ideas and solutions to inspire tomorrow's leaders. Bestselling author Randy E. King will be the guest speaker and will be signing copies of his latest book, "Dream 2 Achieve." The first 100 attendees will receive a free copy of the book.

There also will be other guest speakers, a mini fashion show, entertainment and more. A free meal is included.

RSVPs are requested by Oct. 24 to Evelyn Holden with Extreme Change Youth Org. at 602-791-7277 or [eholden@extremechange.org](mailto:eholden@extremechange.org).

*The most luxurious sport,  
in America's most livable city presents  
The World's Most Beautiful Art Collection.*

*J. Levine*  
AUCTION & APPRAISAL

Consign today to have your art featured at the Bentley Scottsdale Polo Championships.

10345 N. Scottsdale Rd. Scottsdale, AZ 85253    [jlevines.com](http://jlevines.com)    844 868 9006

ADVERTISEMENT

**Real Estate Corner**

# Bobby Lieb

*Your North Central and Biltmore residential real estate specialist*

## Thanks for your support!

Happy October to all of you in North Central land.

Probably the most difficult thing that I have done in the past 10 years is writing this monthly column because it



is not easy doing this since I am not a writer. I truly appreciate the 25-30 emails and calls that I get every month complementing me on this article and its content.

My dad moved to Phoenix (North Central) in 1964 and my brother and I would come out here twice a year to visit him from Atlanta. It is absolutely incredible how this area has changed in the past 50 years and even more amazing in the past five years.

Growing up in Atlanta, my friends would always make fun of sleepy Phoenix, Arizona, which they imagined consisted of only desert and cactus (they were not too far off). When my brother and I would fly from Atlanta to Phoenix, there were zero non stop flights. We always had to touch down in two different cities before touching down in Phoenix. Nobody makes fun of Phoenix anymore and thank goodness we can fly non stop between cities now! It is safe to say that Phoenix has changed for the better in the past 25 years.

Once my dad and I sold our nightclub, The Jockey Club, in 1993, I knew that I wanted to specialize in selling real estate in Central Phoenix. Guess what? Twenty-five years ago the realtors who sold in Arcadia, Paradise Valley and Scottsdale made fun of North Central, similar to what my Atlanta buddies used to say about Phoenix. Twenty-five years later, with all the new housing, new

businesses, great schools and incredible location, the agents realize how powerful North Central is now and even try to sell or list here. Very similar to what the country use to think about Phoenix, Central Phoenix is a very powerful area to live in and raise your family. It took some changes but nobody makes fun of us anymore!!

I want to thank everyone for helping me achieve the #2 ranking for residential real estate in the 2015 *Business Journal* based on sales volume and sales. There are more than 20,000 licensed realtors in Maricopa County so this is an incredible honor for me, especially considering that I specialize in North Central.

I also want to thank North Central resident attorney Ben Green and his firm, Benjamin C Green, P.L.C., for providing two recent presentations before two separate HomeSmart groups on the risks of DUI, license suspension issues and underage drinking issues. Ben practices in the areas of criminal/DUI defense and MVD administrative proceedings. Ben represents both adults and minors in criminal, DUI and other alcohol-related offenses. He also assists clients with driver's license suspension issues. Ben can be reached at [www.bengreenlaw.com](http://www.bengreenlaw.com).

I look forward to hearing from all of you every month. You can email me at [bobb Lieb@aol.com](mailto:bobb Lieb@aol.com) or call me at 602-376-1341.

Thanks!

**Bobby Lieb**

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



For all your escrow and title insurance needs, contact  
**Kathy Zobel**

**AVP/Branch Manager**

5225 N Central Ave., Suite 100 • Phoenix, AZ 85012

602-910-5679 • [kzobel@wfgnationaltitle.com](mailto:kzobel@wfgnationaltitle.com)

[arizona.wfgnationaltitle.com/location/north-central-branch/](http://arizona.wfgnationaltitle.com/location/north-central-branch/)

# Bobby Lieb

Associate Broker

**Your North Central and Biltmore Specialist**

**602-761-4646**

View our listings at [www.centralphx.com](http://www.centralphx.com)

and [www.biltmoreazagent.com](http://www.biltmoreazagent.com)

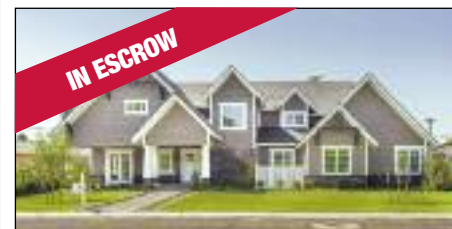
## Luxury Homes for Sale!



5120 N. 22nd St. ■ \$1,495,000



512 E. Tuckey ■ \$1,095,000



35 E. Myrtle Ave. ■ \$1,475,000

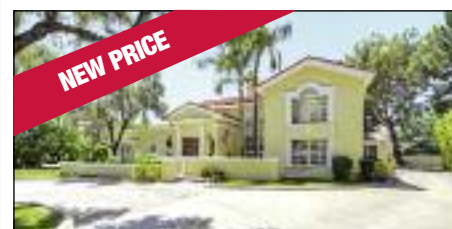


JUST LISTED

6030 N. 5th Ave. ■ \$825,000



1316 W. Myrtle Ave. ■ \$975,000



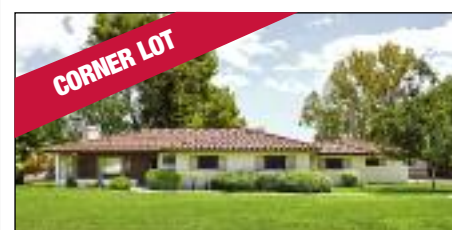
101 W. Morten Ave. ■ \$775,000



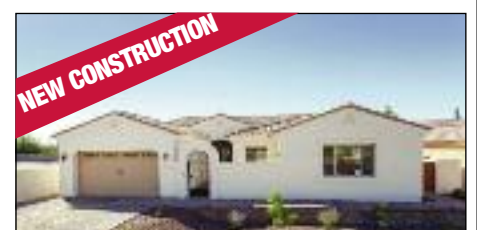
8824 N. 9th Ave. ■ \$725,000



5741 N. 4th St. ■ \$799,999



5845 N. 2nd Ave. ■ \$749,500



1823 E. Palmaire Ave. ■ \$749,000

[www.centralphx.com](http://www.centralphx.com) ■ [www.biltmoreazagent.com](http://www.biltmoreazagent.com)



**(602) 279-1641**  
[www.stephaniekdentistry.com](http://www.stephaniekdentistry.com)  
 727 East Bethany Home Road, Suite A-100

**STEPHANIE K DENTISTRY**

**Mention this ad when requesting an appointment!**

**Now Offering FREE  
Lifetime Whitening!**

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

Exp 10/31/16





**E2 Innovations, Inc.**


- Metal Manufacturing
- Design and Innovation
- Fabrication
- Computerized Plate Metal Cutting

4001 North 28th Ave. Phx AZ 85017  
 Phone: 602-212-9515  
 Fax: 602-212-9512

email: [e2i@e2innovations.com](mailto:e2i@e2innovations.com)  
 web: [www.e2innovations.com](http://www.e2innovations.com)  
 facebook [www.facebook.com/E2Innovations](http://www.facebook.com/E2Innovations)








**Jewels & Estate Gallery**  
BY G. DARRELL OLSON

**914 E. Cameback Road**  
**602-956-0606**

*Licensed buyers of diamond, vintage and gold jewelry  
and precious gems*



## COMMUNITY



From left: Guest speakers Carl Hardgrave, former NFL coach, and Mike Broomhead, Morning Drive host for News Talk 550 KFYI, at the unveiling of the Veterans' Resource Room at DeVry's campus in Phoenix with the campus Veterans Club leadership: Angela White, Douglas Brook, April Rosscup, Joseph Guevara and Laura Saenz (submitted photo).

### DeVry adds resources to aid veteran students

DeVry University on July 6 unveiled its Veterans Resource Room at its campus in Phoenix, located at 2149 W. Dunlap Ave. The resource room on the second floor, which will become the newly dedicated space for military and veteran students, will provide an opportunity for military students—whether active-duty or veterans—to connect with each other, network, and obtain the resources, support and advocacy needed to succeed in college.

Resources and ongoing workshops will be offered to encourage these students to develop their leadership style, implement new ideas, develop strong organizational skills and collaborate with fellow students and staff.

"DeVry University is committed to providing the necessary support and resources these students need to be successful in their academic career," said Greg Pace, national director, Military and Veterans Affairs. "We will continue to identify the specific needs of our military students to assist them in achieving their educational goals."

For more than 80 years, DeVry University has helped military members, veterans and their families achieve their career goals through education—from training Army Air Corps instructors on electronic devices in the 1940s to being one of the first schools approved to accept the original GI Bill after World War II.

To learn more about the options for

veterans and military students at DeVry University, visit [www.devry.edu/admissions/military.html](http://www.devry.edu/admissions/military.html).

### Donate to nonprofit to help ladies 'wig out'

Breast cancer strikes more than 230,000 women every year, and over 4,500 of them will reside in Arizona. If found in the early stages, women have close to 100-percent chance of surviving.

October is Breast Cancer Awareness Month, and Don't Be a Chump! Check for a Lump! is seeking donations to help sustain its valuable education program all year long to teach women the facts—like the fact that less than 10 percent of breast cancer is hereditary with 90 percent caused by lack of proper nutrition, lifestyle choices, toxins in our environment and other unknown factors.

In addition, the nonprofit organization provides direct assistance to women undergoing chemotherapy for breast cancer with a free new wig through its Wig Out program. The nonprofit allows up to \$250 for a wig paid directly to the wig shop, not the client.

Don't Be a Chump! Check for a Lump! has assisted more than 700 women with a free wig since its inception, and helped 267 women with breast cancer obtain wigs in 2015. The organization is now assisting close to one woman a day with a free new wig.

For more information, visit [www.checkforalump.org/donate.htm](http://www.checkforalump.org/donate.htm).





SCORE A TOUCHDOWN  
FALL KICK OFF EVENT

# LASTING IMPRESSIONS

ARIZONA'S WINDOW AND DOOR SPECIALISTS

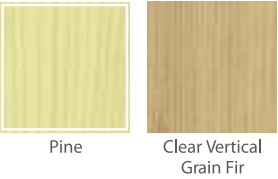


## Design that *moves*



Introducing MILGARD® MOVING GLASS WALL SYSTEMS. This innovative solution blurs the line between inside and out of the question. Aspirational yet realistic, this sliding wall seamlessly transitions between dreams and reality.

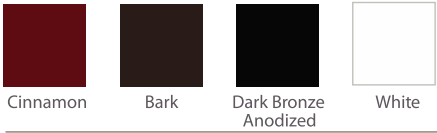
Aluminum Clad Wood  
Interior Colors:



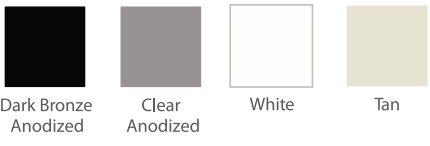
Hardware



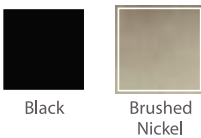
Aluminum Clad Wood  
Exterior Colors:



Aluminum Colors:



Hardware Finishes:



## ANTIQUES ON CENTRAL



### From Glass To Glass

Fall is in the air. The pressure is building to get out and shop again. We offer a huge variety of items for you or gifts for that special someone in your life. If you buy before October 23rd, and use our layaway program, you can have your items in hand in time for Christmas. We also offer Gift Certificates in any denomination. This is always a great gift if you would like the recipient to enjoy the hunt for treasure on their own.

**730 E. Missouri Avenue • 602-264-4525**

www.antiquesoncentral.com • antiques@antiquesoncentral.com  
Open Mon. through Sat. 10 am - 5:30 pm • Sun. noon-5 pm



## TRICK OUT YOUR TREAT!!!

**Halloween pictures for your pet!  
October 16, 22 and 23!**

\$15 per photo • Enter our drawing to win a gift basket for Dogs and Cats!

## Kodi's Natural Pet Foods

*Natural and Holistic Pet Foods*

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

**602-265-0462 • 6058 N. 16th St.**

www.kodisnaturalpetfoods.com • kodi6@cox.net

## COMMUNITY



These best friends came to the shelter after their owner passed away, and are seeking a forever home together (submitted photo).

## Pet of the Month

### Best buddies need a home together

Though small, these two canines pack a lot of attitude per pound. Taz is the leader and risk taker who throws himself into any situation with an eagerness to investigate and explore. The 7-year-old Pomeranian often leaps before he looks, especially when treats are involved.

On the other paw, Digger is wise and distinguished at the age of 8 and the Miniature Pinscher acts as though he's only a day away from retirement. Digger is a dog who lives by-the-book and likes to play it safe by occupy someone's lap or being toted around under your arm. When he's feeling frisky however, he will play a few rounds of fetch. Digger often beats Taz to the punch but allows his Pomeranian comrade the honor of taking the ball

back to their master.

The two dogs have spent most of their lives together and practically know each other as well as a married couple but ended up at the Arizona Humane Society after their owner passed away.

Taz and Digger are on the Buddy System and are available at the Sunnyslope Campus, 9226 N. 13th Ave. Their adoption fee together is \$150. For more information, call 602-997-7585 and ask for animal numbers A539599 and A539601. They may have been adopted by the time you visit the shelter but there are hundreds of other pets in need of a home. Visit www.azhumane.org to see them all.

## Have your dog's behavior approved

Does your canine friend good manners at home as well as out in the community? Receive an AKC Canine Good Citizen Evaluation 8 a.m.-12 p.m. Sunday, Oct. 16 at the North Mountain Visitor Center, 12950 N. 7th St.

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

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

Reservations are available through

*We have what you'll need to get you growing this fall!*



- Create a colorful display of flowers in a bright new pot
- Liven up your home with new shrubs, cactus or succulents
- Plant your fall edible garden
- Take advantage of our **FREE** Gardening Seminars that can help you get started on any project

 SummerWindsNursery.com  
We Guarantee Success!  
**SummerWinds® Nursery**

**1515 E. Bethany Home Rd.**  
**Midtown Phoenix • (602)759-1667**  
SW Corner of 16th St. & Bethany Home Rd.

PRESENT TO RECEIVE

Expires: 10/31/16 | SummerWinds® Coupon

**20% OFF**



057789765037

**Entire Purchase**

Limit 1 coupon  
per customer

Discount off Regular Price. Cannot be used with other discounts or coupons. Not valid on previous purchases and not valid on Rye Seed Packages, Gift Cards, Talavera Pottery, Garden Coach Fees or Planting & Delivery Fees

## COMMUNITY

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

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

## Free dog wash or nail trim for charity

Puff & Fluff Grooming is hosting a special Bath & Brush event 10 a.m.-2 p.m. Sunday, Oct. 16 at 32 Shea, 10626 N. 32nd St.

Don't miss this incredible opportunity to get your pup freshly cleaned and fluffed by the Puff & Fluff bath crew (first-come, first served). The full-service dog bath & brush includes shampoo, conditioner, and blow dry (dematting not included in this event). This is a \$21-\$50 value, offered for free, however, donations will be gladly accepted and given to Gabriel's Angels.

While a nail trim is not included with the bath and brush, the Puff & Fluff team will provide a nail trim instead of a bath, also for a donation to Gabriel's Angels. For more information, visit [www.puffandfluffspa.com](http://www.puffandfluffspa.com).

## Halloween pics with your pet

Kodi's Natural Pet Foods is celebrating the season with photos of your furry friends in Halloween gear at the store, located at 6058 N. 16th St., just north of Bethany Home Road.

Bring your pet already in costume or choose from a limited selection that will be offered for the photo shoots, which will take place 12-4 p.m. Oct. 16, 22 and 23. While there, enter into a drawing for a pet-centric gift basket (winner drawn on the 23rd) and enjoy giveaways.

For more information, call 602-265-0462.

## Get your pets blessed Oct. 2

Encanto Community Church, 2710 N. 7th Ave., hosts a special Animal Blessing 10 a.m. Sunday, Oct. 2 in the Sanctuary. Church officials will honor First Responder working dogs, as well as bless your companion animals.

Also on hand will be representatives from HALO Animal Rescue and Herman the 6-month-old miniature donkey. All animals and people are welcome; pets should be leashed or in a secure carrier.

## Nonprofits join to host Pittie Palooza

National Pit Bull Awareness Day is in October, and to celebrate these often misunderstood and maligned canines, several rescue organizations are gathering together on Saturday, Oct. 15 for a Pittie Palooza.

The event takes place 10 a.m.-2 p.m. near the west entrance of Metrocenter Mall, 9617 N. Metro Parkway W. Participants include the Arizona Humane Society and Fix.Adopt.Save.

This free event will feature booths focused on the many services offered in the Valley for pet adoptions, affordable spay/neuter programs, vaccinations, volunteering/fostering, dog training demonstrations, and more. Pet retail

*please see PALOOZA on page 16*

## Changing Stories Counseling, LLC



*What you do today can improve  
all of your tomorrows ...*  
- Ralph Marston



Samantha  
Nordvold,  
LSCW and  
Trained  
Storyplay  
Practitioner

I work with children and families who are dealing with depression, anxiety, grief and life changes related to divorce. If you need extra support and guidance through a challenging situation or you are just ready to move in a new direction in your life, I look forward to working with you to achieve your goals.

**602-892-5253**

**7315 North 16th Street # 101, Phoenix, Arizona 85020**

**changingstoriescounselingllc.com**

**changingstoriescounseling@gmail.com**

*I accept BCBS, United Health Care/Optum Behavioral Health, Health Net and other plans*



**kinesphere center**  
FOR MOVEMENT EDUCATION

**FREE  
30-MINUTE  
CONSULTATION**

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

**KINESPHERE IS CELEBRATING  
15 YEARS of MOVEMENT EDUCATION**

**Join us October 8th for the Women's Pelvic Health Seminar!**

**RESTORATIVE EXERCISE™ • GYROTONIC EXPANSION SYSTEM®  
Z-HEALTH • YOGA TUNE-UP • CLASSICAL AND ADAPTIVE PILATES**

## COMMUNITY

### **PALOOZA continued from page 15**

outlet Petique will be on site with goodies for the whole family. You can adopt a pit bull for just \$20, get your pit bull vaccinated for \$15 or microchipped for just \$20. There also will be a limited number of free spay/neuter vouchers for pitbulls.

Come find your fur-ever friend while also helping dispel the myths about pit bulls. For more information, visit [www.fixadoptsave.org/pittiepalooza/](http://www.fixadoptsave.org/pittiepalooza/).

### **Adopt a dog for just \$20 at MCACC in Oct.**

The dog days of summer may be coming to a close, but fall is bringing great things to Maricopa County Animal Care and Control (MCACC).

In order to promote the adoption of shelter dogs, MCACC will offer reduced canine adoption fees throughout the month of October. All dogs will be \$20 to adopt. All pets are spayed and neutered, and dogs over 3 months of age are rabies vaccinated and go home with their county dog license.



Volunteer dog walkers hit the trail with shelter dogs from Maricopa County Animal Care and Control (MCACC) as part of its Wag N' Walk Adoption Hike program (submitted photo).

For more information and to see adoptable animals, visit [www.maricopa.gov/pets](http://www.maricopa.gov/pets) or go to the MCACC West Valley Care Center, 2500 S. 27th Ave., Phoenix.

In addition, MCACC's award-winning Wag N' Walk Adoption Hike program will begin Oct. 1 and run through April—taking advantage of cooler weather and allowing shelter dogs the chance to enjoy it, too.

Partnering with Maricopa County Parks and Recreation, volunteers bring dogs from MCACC's East Valley Animal Care Center, 2630 E. Rio Salado Parkway in Mesa, to Userly Mountain Regional Park in Mesa. Hikers (canine and human) meet at the park's Merkle Trail for an easy 1-mile, barrier free hike. The program features dogs that would make great active companions and provides hikers the chance to meet and see the dogs outside of the shelter environment.

All dogs come to the hikes with their adoption paperwork to allow for on-site adoptions should hikers fall in love with a new furry hiking companion. While MCACC always hopes for adoptions, if a dog is not adopted, the hikes still provide a great opportunity for animals to get out of their kennels for some exercise and socialization.

Hikers meet at the trail the first Saturday of every month at 8:45 a.m. to begin hiking at 9 a.m. There is a \$6 per car park entry fee.

The Wag N' Walk kick off is a great way to celebrate Adopt-A-Shelter-Dog month. In the past eight months, 19,260 dogs entered MCACC shelters and the agency is urging the public to consider adopting a homeless pet. Visit [www.maricopa.gov/pets](http://www.maricopa.gov/pets).



**SERVEPETS**  
Caring Pet Services



## **We're Celebrating Our 1st Anniversary!**

**ServePets** offers you a place where you can wash your dog yourself, take advantage of grooming services, drop your dog off for a day of play or training at doggie day camp and much more.

### **Our Services Include:**

**Grooming • Self-Wash • Pet Play Camp  
Obedience Training Classes by Christine Filler & Barbara Nagy  
Conformation Classes • Seasonal Activities • Club Programs**

**Receive a FREE gift and 20% OFF on your first visit!**



**ServePets** is the creation of Dr. Gabor Vajda, a Phoenix veterinarian who, with his family, has been a North Central resident since 1962. He is a well-respected veterinarian during his 50-plus years of practice in the Valley. He is now retired, but cannot divorce himself from his love and passion: animals. This passion is what led him to start **ServePets**.

**Call 602-841-1700 to schedule an appointment**  
**2605 W. Northern Ave.**

**[www.servepets.com](http://www.servepets.com)**

**Open Mon-Fri: 8am-6pm • Sat: 8am-4pm**

As Roger Caras said: "Dogs are not our whole life ... But they make our life whole"

# Helping you move from where you are ...



1026 N. 10th St.  
775 sf, 2 bed/1 bath  
\$215,000



4239 N. 9th Ave.  
821 sf, 2 bed/1 bath  
\$235,000



7802 N. 5th Ave.  
2609 sf, 5 bed/3 bath  
\$515,000



25680 W. Williams Ct.  
2,596 sf, 4bed/3 bath  
\$235,000



5401 E. Van Buren  
789 sf, 2 bed/1 bath  
\$110,000



3549 E. Cannon  
2557 sf, 5 bed/3 bath  
\$340,000



8630 N. 15th Drive  
2106 sf, 3 bed/1.75bath



8555 N. Sendero Tres M  
3,998 sf, 4 beds/4bath  
\$1,150,000



1242 W. Ruth Ave.  
1967 sf, 3 bed/2 bath,  
19k lot, \$439,000



4834 E. Turquoise Ave.  
3560 sf, 4 bed/ 4.5 bath  
\$850,000



7734 N. 3rd Ave.  
3156 sf, 4 bed/3 bath  
\$499,000



1403 W. Royal Palm Rd.  
4 bed/3 bath  
\$675,000



1124 W. Northview  
1975 sf, 3 bed/2 bath  
\$480,000



15218 N. 43rd St.  
2342 sf, 3 bed/2 bath, pool  
\$364,000

to where you want to be.



**Jill Yancey**  
Realtor  
HomeSmart Elite Group  
Cell 602.770.3250  
www.jillyancey.com



5225 N. Central  
Suite 104  
Phoenix • 85012



**Mary King**  
Realtor  
HomeSmart Elite Group  
Cell 602.319.4055  
www.soldbymaryking.com



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





# HAPPY HOUR WITH HERSCH

Do you ever feel like you are swimming against the tide or do not quite fit in. This feeling can lead many to label you as stubborn, which has occurred to me on occasion. I finally decided to look up the definition of stubborn to see if the shoe fit. Stubborn is having or showing dogged determination not to change one's attitude or position on something, especially in spite of good arguments or reasons to do so. This made me reflect and "yes" on the surface I can possess characteristics of the word. It is true I do not change my mind very often. However, to me the full definition has an intent aspect that I think most do not consider. Not agreeing simply because you have different points of view does not make one stubborn, it makes one principled. On the surface it seems like swimming upstream should be uncomfortable, and it is at moments, but in most instances it is very empowering and freeing. As long as one is being true to themselves and at the same time respectful of others and their opinions then swim upstream, **stand on your own, beat to your own drum – it is so rewarding!**

*If you have a mortgage need and would like to talk to someone who will have "dogged determination" for you, call me. I guarantee you will get the unique and individual service you deserve.*

## TRIVIA *Contest*



**Taurus is considered by many to be the most stubborn Zodiac sign. What is my Zodiac sign?**

First to answer correct will win \$100 to whatever I decide, I am stubborn.

**Winner for Last Month:**  
**Lisa Kamps**

**Last Month's Answer:**  
**\$240,000**

### ERIC HERSCHEDE

VICE PRESIDENT / BRANCH MANAGER  
DIRECT: 602.689.2588

ERIC.HERSCHEDE@NOVAHOMELOANS.COM

@ERICHERSCHEDE

FACEBOOK.COM/ERIC.HERSCHEDE

NOVAHOMELOANS.COM/ERIC.HERSCHEDE

3900 E. Camelback Rd., Suite 200 • Phoenix, Arizona 85018

NMLS 211628 / CA-DOC211628 / BK 0902429 / NOVA NMLS 3087 / Equal Housing Opportunity  
Licensed by the CA-DBO under the CFL (6036566) and CRMLA (4131230).  
Loans made or arranged pursuant to CFL or CRMLA License.



### ARIZONA BILTMORE LINKS #12 TEE BOX

2626 E. Arizona Biltmore Circle, #14



### 0.71 ACRE ON A TOP NORTH CENTRAL STREET

501 W. Berridge Lane



### SPECTACULAR REBUILD

2009 E. Marshall Avenue



### SOLD IN 8 DAYS

6114 N. 13th Street



### Mike Weeks

602-625-7058 mobile

Mike@MikeWeeksRealtor.com

www.MikeWeeksRealtor.com



HOME SMART  
Elite



**Authentic. | Altruistic. | Adaptive.**

## COMMUNITY

## Care Cards benefit shoppers, hospital

The Board of Visitors 17th annual Care Card shopping event will take place Oct. 28-Nov. 6. Cardholders save 20 percent on their purchases from more than 500 participating retailers and restaurants. Care Cards are \$60 and may be purchased online at [www.thecarecard.org](http://www.thecarecard.org) or from several participating retailers.

More than 500 retailers, restaurants, and spas are participating this year, including Anthropologie, Arhaus, Bungalow, Calypso St. Barth, COACH, Crate and Barrel, Diane von Furstenberg, Eileen Fisher, Gap/Gap Kids, Hugo Boss, J. Crew, Jimmy Choo, Joie, Joyride Taco House, Kate Spade, lululemon athletica, Massage Envy, Michael Kors, PB Kids & Teen, Postino WineCafe, Pottery Barn, Restoration Hardware, Schmitt Jewelers, Sundance, Tory Burch, Williams-Sonoma, and many more.

Net proceeds from Care Card 2016 will benefit the Developmental Pediatric Program, part of the Barrow Neurological Institute at Phoenix Children's Hospital.

## VFW Post hosts two essay contests

VFW Post 9400 in Sunnyslope once again hosts its Voices of Democracy essay contest for high school students (grades 9-12). In addition, the group presents a "Patriot Pen" essay contest for middle school students.

The topic for the 2016 Voices of Democracy program is "My Responsibility to America." High school students who wish to enter the contest will complete the statement in both a written essay and a 3- to 5-minute recording on a CD or flash drive. Judging is based on originality, content, and speech delivery on the recording. Students must speak clearly on the recording and the volume should be reasonably high enough to hear.

The essay, CD/flash drive and entry form must arrive at the VFW Post 9400, 804 E. Purdue, Phoenix, Ariz., 85020, by Nov. 1. You can download the entry form at <http://www.vfw.org/VOD>.

Certificates will be presented to all entrants, and the first-place winner will receive a cash prize and advance to

the district competition. Winners of the district contest will receive an additional cash prize and advance to state, and that winner could receive an all-expense-paid trip to Washington, D.C., for the national competition and a chance at the \$30,000 scholarship prize.

The theme of this year's Patriot's Pen Contest is "The America I Believe In." All sixth- through eighth-grade students are eligible to write an essay of 300-400 typewritten words. Each first-place state winner receiving a minimum of \$500. The national first-place winner wins \$5,000 and an all-expense-paid trip to Washington, D.C.

Entries with accompanying entry forms also must be received by Nov. 1 at the Post. Download the entry form at: <http://www.vfw.org/PatriotsPen>.

Judging is done by the local Post, then by district, then by state judges. Judging is based on how well the student understands, develops and presents the theme. A positive approach is recommended.

For more information, call Contest Chairman Tom Landy at 602-295-4394 or e-mail [tmlandy@gmail.com](mailto:tmlandy@gmail.com).

## Free fall movies at Patriot's Park

CityScape Phoenix has released the movie lineup for its free outdoor fall movie series, City Lights Movie Nights, which takes place the second Friday of the month either on Central Avenue (closed for event) or at the outdoor movie theater in Patriots Park.

On Friday, Oct. 14, the event will close down Central Ave. where turf will line the street. In partnership with Arizona Ghostbusters, there will be a special screening of Ghostbusters and photo opportunities with the Ghostbuster characters and vehicles. Guests are encouraged to dress up as their favorite character from the movie, with prizes for best dressed.

Guests are encouraged to bring their blankets and chairs to watch a feature film on the big screen. The family friendly event also offers giveaways, special-themed contests and prizes. Upcoming movies include: "Hook," Nov. 11; and a double feature with "Home Alone II" and "Elf" on Dec. 9. Movies begin at 6:30 p.m. Arrive early to get a good spot.

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

**Come in for a  
FREE WATCH BATTERY**  
*NO GIMMICKS! • 1 per visit • Installation Included*  
**FREE Verbal Appraisals**  
*While You Wait • No limit*

### Expert Engraving

Personalize it and  
make it a special gift!

### Expert Jewelry Repair

Gold, Platinum, Silver  
& Precious Stone Items  
High Tech Laser Welding Work

### High Grade Watch Repair

Dials and Bezels  
Replacement Bands

**VOTED BEST BUYER  
VOTED BEST PLACE TO SELL**

Jewelry • Diamonds • Silver • Watches • Native American Items • Coins

**Authorized eBay Seller - Let us sell it for you on eBay!**

**Purveyor & Dealer of Fine Items & Collectibles**

**JAY GOLDMAN LTD.**  
**JEWELERS**

A LANDMARK JEWELER SINCE 1976

Bethany East Shopping Center

1515 E. Bethany Home Road #156

**602-241-1333** (Anytime 24/7)

Facebook.com/JGoldmanLtd

Furniture, home accessories and decor

**Aesthetics**  
Interior Design

Aesthetics invites you,  
your family and friends to our  
**FALL OPEN HOUSE**

Let Aesthetics help get your home holiday ready!

- See our brand new line of upholstered furniture from Norwalk Furniture
- Our new Children's section
- Local Artists Three Mac Studio will be here to introduce their new designs
- Lots of Food, Fun & Shopping

**THURSDAY, OCT. 27  
2 - 7 P.M.**

For details, call  
**602-265-1077**  
or visit  
[www.aestheticsaz.com](http://www.aestheticsaz.com)

**4747 North Central Ave. • 602.265.1077**

[www.aestheticsaz.com](http://www.aestheticsaz.com) [f aestheticsaz](https://www.facebook.com/aestheticsaz) [@aestheticsaz1](https://www.instagram.com/aestheticsaz1) [@aestheticsaz1](https://www.pinterest.com/aestheticsaz1)

## COMMUNITY

## Sunnyslope Kiwanis Club bids farewell

By Teri Carnicelli

The Sunnyslope Kiwanis Club, first chartered in 1987 by a group of local business owners, has made a significant impact on the community it has tirelessly served over the years. Students of the Month were celebrated; local police officers were honored; children at Desert View Elementary received a Christmas party and gifts; and all third graders in the Washington Elementary School District receive a dictionary each year.

Club members served as Salvation Army bell-ringers during the holidays, provided refreshments at the annual Spring Fling at the Sunnyslope Community Center, served as volunteer readers in local elementary school classes, and more.

But over the years, club membership has dwindled, and some of the programs, such as the Officer of the Month and Student of the Month, have gone away.

With longtime members aging, and a lack of younger community members joining up, the club has struggled to find its footing and maintain its momentum.

The remaining active members made the tough decision this summer to formally disband the club as of Sept. 30.

"We cannot maintain a large enough member base of individuals who want to take over leadership responsibilities," explained Craig Dean, former president of the club. "Many clubs are merging and it is a problem nationwide with not only Kiwanis but Rotary, Lions and many others. Young people are not joining and we just can't sustain our goals anymore."

However, it does not mean an end to some of those important, ongoing programs, such as the high school scholarships, the third-grade dictionaries, and the club's sponsorship of two Key Clubs at local high schools.

Instead, former members are being encouraged to sign on with the North Phoenix Kiwanis Club, a much larger group with its own affiliated nonprofit foundation.

"We, as a club, discussed this at length and felt merging was the best way to serve our community," Dean said. "North Phoenix will continue to serve Sunnyslope with the dictionary program and other activities we have done in the past."



Among the few remaining Sunnyslope Kiwanis Club members, who met for a final farewell on Sept. 22, are, clockwise from bottom left: Betsy Durkin, club member for six years and Key Clubs coordinator; Julie Sertich, club treasurer and a member for 16 years; Dave Hanner, a charter member of the club since 1987; and Kay Schnizlein, a member for four years (photo by Teri Carnicelli).

"Sunnyslope Kiwanis has been a vital partner to the 24,000 students in WESD and the Sunnyslope and Central Key Clubs," said Jill Hicks, director of Communications and Public Engagement Department for the Washington Elementary School District—who also is a longtime Sunnyslope Kiwanis Club member. "Kids count on us; imagine if there was a student who had been waiting since kindergarten to get his very own dictionary and we didn't do it."

The two clubs held their first "get to know each other" joint meeting on Sept. 6 at Spoke & Wheel Tavern in Sunnyslope. The North Phoenix Kiwanis Club actually meets in the Sunnyslope community the first and third Tuesdays of the month for lunch at Spoke & Wheel, so it makes the transition a little easier for former Sunnyslope Kiwanis Club members.

"I think it will be a wonderful fit ... and a great way to plan to continue the great work Sunnyslope has been doing," said Jim Day, incoming president of North Phoenix Kiwanis.

A handful of Sunnyslope Kiwanis Club members got together for a final lunch on Sept. 22 at North Mountain Brewing Company to discuss the transition and air their concerns. How many members will join with North Phoenix? Who will keep their signature programs, such as the annual Dinner in the Desert—which funds the third-grade dictionaries—going under the umbrella of the new club?

There were a lot of uncertainties, but also an underlying hope that the Sunnyslope community will still be served, perhaps in new ways and with new faces as members of the North Phoenix Kiwanis bring their passion and interest to this unique and close-knit community.

One project that both clubs have partnered on in the past is the annual Walk-A-Thon, which is set for 7:30 a.m. Saturday, Oct. 22, at Metrocenter Mall. All groups who participate in the one-hour walk will receive a significant percentage of the funds they collect for use by their organization, and the remaining pledges will go to the North Phoenix Kiwanis Foundation, a nonprofit organization that benefits local children's charities. The event includes a raffle, course contests to challenge walkers, door prizes and snacks.

Teams can still register for the Walk-A-Thon, and supporters are welcome to come and make last-minute pledges. For more information, call Jim Day at 602-799-6868 or e-mail [watteam@northphoenixkiwanis.org](mailto:watteam@northphoenixkiwanis.org).

## Tovrea Castle tour tickets now available

Tour tickets for the historic Tovrea Castle at Carraro Heights are on sale now for the 2017 season. While it may be hard to plan that far ahead, tour tickets are limited and generally sell out fast!

Twilight tours of the Tovrea Castle at Carraro Heights, 5025 E. Van Buren

St., take place every Friday and Saturday in June, at 7:30 and 8:30 p.m.

On your tour of the castle, you'll cruise by tram around the cactus gardens and the outbuildings before exploring the castle's first floor and basement.

Tickets are \$20 per person plus fees. To purchase tickets, go to: <http://www.brownpapertickets.com/event/2606448>. For more information, e-mail [tours@TovreaCastleTours.com](mailto:tours@TovreaCastleTours.com) or call 602-256-3221 (message).

## Volunteer to help with tax preparation

The city of Phoenix's Earned Income Tax Credit (EITC) Campaign provides free tax preparation and e-filing services through the Volunteer Income Tax Assistance Program (VITA).

VITA is looking for individuals who are interested in volunteering, no prior tax experience is required, and free training is provided. The minimum age for volunteers is 16.

A Volunteer Orientation is set for 10 a.m.-12 p.m. Saturday, Oct. 8 in the second Floor College Depot space at Burton Barr Central Library, 1221 N. Central Ave. Tax season begins January and ends mid-April 2017.

To register, visit <https://volunteer.phoenix.gov> and use the keyword VITA under the "Search for opportunities" link. For more information, call Briselda Rodriguez at 602-534-0543 or e-mail [briselda.rodriguez@phoenix.gov](mailto:briselda.rodriguez@phoenix.gov).

## Go behind-the-scenes at the Arizona Opera

See what it takes to direct an opera as Joshua Borths, director of "Rusalka," will show and discuss how he creates his magic, 2 p.m. Sunday, Oct. 23, at Arizona Opera, 1636 N. Central Ave.

Based on Hans Christian Andersen's original story, when the water nymph Rusalka wants to be a part of our world, she sacrifices everything for the chance at true love.

Enjoy a glass of wine and a light snack, and see how Borths brings the opera to life. After the presentation, stay to watch a rehearsal for "Rusalka," which will be on stage at Phoenix Symphony Hall Nov. 11-13 ([www.azopera.org](http://www.azopera.org)).

Cost is \$25 per person. RSVP to Kim Smith of Valley Friends of Arizona Opera, 480-510-3517 or [kimpainter77@gmail.com](mailto:kimpainter77@gmail.com).

# ENJOY MORE YOU TIME.

1+ and 2+ bedroom residences starting from the mid-\$300s to the low-\$600s.  
Come by our Model Gallery at 1702 E. Highland Ave, Suite 105 to see why  
CONTOUR is a breath of fresh air in the urban condo market.

Call **602.225.2242** today to take advantage of pre-construction  
pricing and **special incentives valued at more than \$10,000.**

CONTOUR  
ON CAMPBELL AVE

COMMUNITY

Fall festivals return to North Central

It's that wonderful time of year when the daytime temperatures drop just enough to make being outside bearable, and the nighttimes are nearly perfect for sitting out around a cheerful fire pit.

It's also that time of year that outdoor festivals return to the area, particularly those with fall and holiday themes. Some are full of family fun, others are fundraisers for charities or churches. There are also some that pay tribute to the diverse cultures in the Phoenix community.

**In North Central**  
**Greater Phoenix**  
**Greek Festival**  
**Oct. 7-9**  
**Holy Trinity Greek Orthodox**  
**Community Center**  
**1973 E. Maryland Ave.**  
**602-264-2791**

The 56th annual Greater Phoenix Greek Festival features Greek food, music, dancing, jewelry, art, grocery



Both youth and adult cultural dance groups will entertain visitors at this year's Greater Phoenix Greek Festival, Oct. 7-9 at the Holy Trinity Greek Orthodox Community Center at 1973 E. Maryland Ave. (submitted photo).

items and a full Kids Zone with activities for children, as well as guided tours of the cathedral. Parking is free at the Charles Schwab lot at 24th Street and Lincoln Drive with shuttles every 15 minutes; parking is \$5 in the church lot. Admission is \$3, free for children younger than 12. Hours are 5-10 p.m. Friday; 11 a.m.-10 p.m. Saturday, and 11 a.m.-8 p.m. Sunday. Saturday,

admission is free for age 60 or older from 11 a.m. to 3 p.m. No pets allowed except service dogs. Visit [www.phoenixgreekfestival.org](http://www.phoenixgreekfestival.org).

**Otsukimi**  
**Moonviewing Festival**  
**6:30-9 p.m. Oct. 14-15**  
**Japanese Friendship Garden**  
**of Phoenix**

**1125 N. 3rd Ave.**  
**602-274-8700**

A traditional Japanese celebration of the full moon. The garden will be lit up with candles and luminaries, and there will be entertainment from talented musicians. Enjoy traditional Japanese food (for an additional cost) and more. Admission is \$25 in advance and \$30 at the gate. Youth ages 3-12 pay just \$5. Gates open at 6 p.m. Tickets are available at: [www.japanese-friendshipgarden.org](http://www.japanese-friendshipgarden.org). This event usually sells out.

**Rainbow Festival**  
**10 a.m.-6 p.m. Oct. 15-16**  
**Heritage & Science Park**  
**113 N. 6th St.**  
**602-277-7433**

Drawing a crowd in excess of 15,000 friends, families and allies each year, this free annual event is open to the public and celebrates the diversity of the LGBTQ community. Enjoy an international food court, artists, merchandise vendors, and two stages of entertainment. Free and open to the public. Visit <http://phoenixpride.org>.

Smile. We're bringing modern dentistry to Phoenix.

We offer thoughtful, modern dental care.  
Call for an appointment today.  
Emergency appointments are available.

20% off  
Dentistry\*

480-385-1955 | [CamelbackSmilesDentistry.com](http://CamelbackSmilesDentistry.com)



Alex Sharifian, DDS, MS  
742 E Glendale Ave, Ste 118, Phoenix, AZ 85020  
Located on the northeast corner of 7th St and Glendale in the Safeway plaza near Pei Wei.

\*Regular value of at least \$290. In absence of gum (periodontal) disease. New patients only. Cannot be combined with any other offers. Coupon must be presented at appointment. Limit 1 per patient. Subject to insurance restrictions; cannot be applied to insurance co-payments or deductible. Not valid for appointments with pediatric dentist. †Not valid on previous or ongoing treatment. Cannot be combined with any other offers. Coupon must be presented at appointment. Limit 1 per patient. Excludes cleaning, exam, Digital X-rays, root planing and scaling and/or periodontal maintenance. Subject to insurance restrictions; cannot be applied to insurance co-payments or deductible. Not valid for appointments with pediatric dentist, orthodontist, periodontist, endodontist or oral surgeon. AZ, CO, ID, NM Delta Dental members: valid toward cosmetic dentistry only. No cash redemption value. If full value is not redeemed, no credit value. Offer expires 12/31/16.

## COMMUNITY

**Dia de los Muertos  
PHX Festival****12-6 p.m. Sunday, Oct. 23  
Steele Indian School Park  
300 E. Indian School Road**

Masked entertainers and musicians will greet everyone with amazing performances in music, dance and theater. There also will be children's crafts, face painting, an Artists Mercado, and many vendor booths including food booths (purchase required). Stick around for a candlelight procession at 5:30 p.m. alongside "Las Flacas," which are 8-foot-tall animated puppets. Presented by Cultural Coalition; free and open to the public. Visit <http://www.diadelosmuertosphx.com>.

**Pumpkins at the Peak****5:30-7:30 p.m. Friday, Oct. 28  
Pointe Hilton Squaw Peak Resort  
7677 N. 16th St.**

Glowing jack-o-lanterns, ghosts and goblins will transform the resort's River Ranch water park to a whimsical and spirited poolside carnival experience for the 20th year. Open to the

public with a canned food three cans per person) or cash (\$5) donation to St. Mary's Food Bank for admission, families will enjoy live entertainment, festive treats, family games, crafts and costume fun. From face painting to fortune telling, families can trick-or-treat their way through 20 activities and craft booths surrounding the resort pool. Families are encouraged to dress in their most spirited Halloween costumes. In addition, the resort hosts a pumpkin-carving contest 3 p.m. Thursday, Oct. 27 at River Ranch. All pumpkins will be on display the following evening.

**Out of Area  
HarvestFest 2016****Weekends, Oct. 15-30  
Pioneer Living History Museum  
3901 W. Pioneer Road.  
623-465-1052**

HarvestFest will be held Saturday and Sunday beginning Oct. 15 from 9 a.m. to 5 p.m. and is set within 90 acres of an expansive re-creation of a Western town from Arizona's territorial days.

Tickets (\$10 adults, \$8 youth) can be purchased in advance at [www.pioneer-harvestfest.org](http://www.pioneer-harvestfest.org). They are \$24 at the gate. Children ages 3 and younger admitted for free. A pumpkin patch, petting zoo, hay maze, pony rides, and gold panning are just a few of the scores of activities that will be offered. Every family of four or more receives a free pumpkin. Visit [www.pioneeraz.org](http://www.pioneeraz.org).

**Great Pumpkin Festival****Oct. 21-23  
Desert Botanical Garden  
1201 N. Galvin Parkway  
480-941-1225**

Take a hayride to the garden's pumpkin patch, where children 12 and younger can choose their own free pumpkin. Get lost in the Amazing Hay Bale Maze, visit with adorable farm animals in the petting zoo, enjoy lively Country and Western entertainment and carnival-style games. Hours are 8:30 a.m.-12 p.m. Friday, and 8:30 a.m.-3 p.m. Saturday and Sunday. Regular garden admission applies; children ages 3 and younger admitted free. Visit [www.dbg.org](http://www.dbg.org).

**Community  
Central****Annual Church  
Rummage Sale****8 a.m.-5 p.m. Saturday, Oct. 8  
Our Saviour's Lutheran Church  
1212 E. Glendale Ave.**

Donations will be accepted in Peterson Center Fellowship Hall during the hours of 8 a.m. to 4 p.m. the week of Oct. 3-7. So commence your fall cleaning in preparation for the holidays, and come out to support OSLC and its various missions to help the community.


**Job Fair****1-4 p.m. Wednesday, Oct. 12  
Paradise Valley Community College,  
KSC 1000  
18401 N. 32nd St.  
602-787-7073**

Employers will be on site to interview for internships and employment opportunities. Bring several copies of your resume, dress appropriately and come prepared for a possible interview.

*please see CALENDAR on page 24*


**They call it lunch.  
We call it social hour.**

**CELEBRATING COMMUNITY. ENRICHING LIVES.**



**Beatitudes  
Campus**

**BeatitudesCampus.org**

*Beatitudes Campus is a life plan community and a not-for-profit ministry of the Church of the Beatitudes.*

We're changing retirement living. Come see for yourself by calling (602) 428-9206.



## COMMUNITY

# Earlier detection. powerful results.

Virginia G. Piper  
Cancer Center

**HONORHEALTH™**

HonorHealth.com/cancercare

## CALENDAR continued from page 23

More than 25 employers will be on hand. Open to the community. For more information, visit: [www.paradise-valley.edu/careerservices](http://www.paradise-valley.edu/careerservices).

## Community Yard Sale

Oct. 14-16

Holiday Spa

Mobile Home Community  
10401 N. Cave Creek Road  
602-309-8804

Residents will display their wares on their driveways or patios. There will be furniture, TVs, clothing, knick-knacks, collectibles and more. Home-baked goods also will be available for purchase. Hours are 8 a.m.-2 p.m. all three days.

## WHS Band Car Wash

10 a.m.-2 p.m. Saturday, Oct. 15

Washington High School  
2217 W. Glendale Ave.

Presented by the Washington High School Marching Band, in conjunction with its Purple Pride Parents Band Boosters. The Mary Coyle Ice Cream Truck (<http://marycoyle.net>) will be

on-site selling treats to the community and will donate a portion of the day's proceeds back to the school.

## Horn's 'Midtown Phoenix'

10 a.m. Saturday, Oct. 15

All Saints' Episcopal Church  
6300 N. Central Ave.  
602-550-1050

Central Village hosts author Derek Horn, who will discuss his new book, "Images of America: Midtown Phoenix," which showcases the development of Midtown Phoenix and Central Avenue "from its rural roots to the dynamic urban center it is today." A signed copy of the book will be given as a door prize; Horn will be available to sign additional copies (\$21.99, Changing Hands Bookstore-Phoenix). The event is free and open to the public. Visit [www.centralvillagephx.org](http://www.centralvillagephx.org).

## More Than a Rummage Sale

6 a.m.-2 p.m. Saturday, Oct. 15

Our Saviour's Lutheran Church  
1212 E. Glendale Ave.  
602-733-2933

Presented by the Phoenix Foley Alliance in honor of the memory of slain journalist, James Foley, the first American journalist killed by ISIS. Shop gently used clothing, books, electronics, furniture, toys and more. Proceeds benefit the James Foley Scholarship Fund, which seeks to create educational opportunities for the families of economically disadvantaged young people in Phoenix through scholarships. Visit [www.phoenixfoleyalliance.org](http://www.phoenixfoleyalliance.org).

## Phoenix Writers Club

12-2 p.m. Saturday, Oct. 15

Bluewater Grill

1720 E. Camelback Road

Guest speaker Ann N. Videan shares her expertise in writing, publishing and promotion. Cost is \$17 members/\$20 guests. RSVP to [navissak@hotmail.com](mailto:navissak@hotmail.com) with Phoenix Writers Club in subject. All are welcome.

## Learn About Political Mapping

6:30 p.m. Tuesday Oct. 18

Beatitudes Luther Life Center  
1616 W. Glendale Ave.  
602-992-8145

The Phoenix Branch of AAUW (The American Association of Women) will be discussing political mapping. *please see CALENDAR on page 26*

# MAJOR LEAGUE CONDITIONING CENTERS

# 30minuteworkout.com

## Home of the "Original" 30 Minute Workout

## Where Working Out **Smarter** Makes Your Body Last **Longer!**

### 1-on-1 Personal Training, Not Group Training Weight Loss Programs • Sports Conditioning

**TWICE THE RESULTS IN HALF THE TIME!**

**Set up your consultation TODAY!**

**602-230-8581**

**NW Corner of 7th Street & Rose Lane**

When Experience Matters, Call Rodney Coty



**1326 N. Central Ave. Unit 410 • \$455,000**  
2 bdms • 2.5 baths • 1957 SF • Loft • 2 car parking



**1924 W. Roma Ave. • \$239,900**  
3 bdms • 1.75 baths • Updated • 2092 SF main house, 500 SF guest house



**8522 N. 15th Drive • \$619,900**  
5 bdms • 2.75 baths • 2947 SF • Guest qtrs • Basement • 2 car garage



**1171 E. Belmont Ave. • \$134,900**  
2 bdms • 1.75 baths • 816 SF • 2 car carport • Updated



**1514 E. Charleston Ave.**  
3 bdms • 1.75 baths • Fully Updated • 1505 SF • 2 car garage



**309 W. Echo Lane • \$379,900**  
4 bdrm • 3 baths • 2223 SF • 2 car carport • 10,524 SF irrigated lot



For more information about these and other properties, contact  
**Rodney Coty**  
Cell: 602-570-2689  
Fax: 602-749-6114  
www.RodneyCoty.com



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



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

Call us today  
to discuss  
your home  
loan needs!



**Andrew Nametz**  
Vice President of Sales  
NMLS: #323454

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



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

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

# Ron's Handyman Service

drywall repair specialist  
electrical and plumbing • stucco repair  
other handyman services

Ron Wilson  
602.367.9194



Not a licensed contractor

Photo designed by Onlyyouq - Freepik.com



Gallery Wrap/Canvas Picture (ex 11x14) - \$30  
Coroplast sign with H stakes - \$35  
Car Magnet 12" x 18" Full color - \$35  
3' x 6' Vinyl Banner Hem/Grommets - \$65  
33 x 81" Retractable Banner w/stand - \$155  
Econo 1 sided flag - \$145  
Feather 2 sided flag - \$220  
Table Throw, Top & 4 sided - \$184



Our 40 point  
Bus Cards are  
Super Thick!  
Come on in  
& check  
them out!

Impression Makers Printing  
1505 W. 10th Place Tempe • 480.967.2180



Morris Hall PLLC presents ...

**ASK AN ATTORNEY!**



Morris Hall attorneys, **Andrea Claus & Ronald G. Wilson**,  
invite you to drop by and enjoy a donut and coffee on us:  
**October 12th**

(With Guest Speaker Amy Powell from HealthMarkets Insurance Agency)

or **October 18th.**

**Get your questions answered, such as:**

- Should we list our checking account in the trust?
- When death occurs, what do we do about insurance on the car and house?
- How to deal with sale of personal property after a loved one passes
- Who should have your list of digital passwords?
- What are the current exemption amounts for estate and federal taxes?

WEDNESDAY OCT 12TH  
10:00am - 11:00am  
**Burton Barr Central Library\***  
1221 North Central Avenue  
Phoenix, AZ 85004  
\*4th Floor Lecture Room

TUESDAY OCT 18TH  
10:30am - 11:30am  
**Yucca Public Library\***  
5648 North 15th Avenue  
Phoenix, AZ 85015  
\*Located in: Christown Spectrum

**MH**  
a premier estate  
planning law firm

MORRIS HALL PLLC

WWW.MORRISHALLPLLC.COM

**No need to register,  
simply stop by!**  
Friends, neighbors, and family members  
are also welcome

## COMMUNITY

### CALENDAR continued from page 24

University Women) hosts Tony Sissons, owner/president of Research Advisory Services. Sissons has done consulting work on Arizona redistricting, the Voting Rights Act, and demographics. He will discuss redistricting and political mapping. The program will begin after an optional dinner (\$15) at 5:30 p.m. RSVP to 602-992-8145 by noon on Oct. 17. Visitors are welcome.

### Books & Ceramic Sale

Oct. 17-21

Buxton Library,

Paradise Valley Community College  
18401 N. 32nd St.

Sale includes handmade ceramic items, including bowls, plates and cups; serving bowls; platters; and vases. All are one-of-a-kind creations, made by PVCC students and faculty. Books and media just \$1. All items cash only. All sales final. Hours are 7 a.m.-5 p.m.

### 'Some Truths, But Lots of Lies: Indigenous Peoples in Children's Literature'

7 p.m. Thursday, Oct. 20

Steele Auditorium,

Heard Museum

2301 N. Central Ave.

The free lecture is by Debbie Reese, scholar, critic and nationally and internationally acclaimed publisher of the blog, "American Indians in Children's Literature." Many credit her writings with bringing change to depictions of indigenous peoples in children's books.

### Brophy/Xavier 30-Year Reunion

5:30 p.m. Saturday, Oct. 22

Private Residence,

22nd St. and Colter

Enjoy live music from Sugahbeat, food trucks, an open bar and lots of catching up at this private home. Cost is \$60 per person, and spouses/significant others are welcome. There will BCP and XCP tours on Friday, Oct. 21. For more information, visit <http://brophyxavier1986.myevent.com> or the Brophy/Xavier Class of 1986 FaceBook page.

### History of Route 66

12-1 p.m. Saturday, Oct. 22

North Mountain Visitor Center

12950 N. 7th St.

Route 66 turns 90 years old in November and author and travel writer

Roger Naylor will discuss the route's history and cultural significance. Arizona saved Route 66 and Naylor, author of the book "Arizona Kicks on Route 66," will tell the story. The book retails for \$12.95 and will be available following the presentation. Seating is limited to the first 100 guests.

### 'Greatest Sale of the Century'

7 a.m.-3 p.m. Saturday, Oct. 22

Crossroads United Methodist Church  
7901 N. Central Ave.

THEMA Hospice Foundation hosts a rummage sale featuring gently used items including clothing, furniture, books and many other treasures. Support the Foundation and help send grieving kids to camp with your purchases.

### 'Conflict Resolution: A Spiritual Approach'

2-3 p.m. Sunday, Oct. 23

Second Church of Christ, Scientist

250 W. Bethany Home Road

602-265-9445

A free talk by international speaker John Tyler on how we can get involved in healing conflicts in our own lives and for the world. Learn about prayer-based action that involves love and forgiveness. Tyler is a practitioner and teacher of Christian Science healing. The program is free.

### College Fair

6:30-8:30 p.m. Monday, Oct. 24

Xavier College Prep

4710 N. 5th St.

Xavier College Preparatory and Brophy College Preparatory will host their annual Xavier/Brophy College Fair for high school students and their families. Representatives from more than 150 colleges and universities will be in attendance. All are welcome, and there will not be a charge for admission.

### Fall Open House

2-7 p.m. Thursday, Oct. 27

Aesthetics Interior Design

4747 N. Central Ave.

602-265-1077

This home furnishing, décor and interior design service store will unveil its newest upholstery collection from Norwalk Furniture. ThreeMacStudio also will introduce its newest designs. See all of the new kids lines, too. Lots of food, fun and shopping at this free event. Visit [www.aestheticsaz.com](http://www.aestheticsaz.com).



**Phil Geretti**  
Designated Broker  
602-510-1492  
pgeretti@cox.net

# HIGHLAND

REAL ESTATE

*A North Central Brand*

North Central born, raised, owned and operated, we're a small, local team of area experts who focus on what's best for you!

**Experience The Difference**

**This Month's Featured Properties**



**Rick Ramella**  
Realtor  
602-809-8909  
rickramella@yahoo.com



**NEW LISTING**

**240 E. Bethany Home Road**  
Gated home with 3 bed/3.75 bath and 3577 sq ft. Guest house with 480 sq ft. \$649,000



**COMING SOON**

**1211 W. Rovey Ave.**  
This Mid Century Modern home has 4 bed/3 bath, 2750 sq ft



**COMING SOON**

**7208 N. 3rd St.**  
This remodeled home has 4 bed/3bath and is 3677 sq ft  
Priced to sell at \$679,000



**NEW LISTING**

**6809 N. 15th Place**  
Ranch home features 3 bed/2 bath and is 1595 sq ft with Pool.  
\$295,000



**IN ESCROW**

**\$639,000**  
6319 N. Central Ave.



**IN ESCROW**

**\$275,000**  
6805 N. 11th Place



**SOLD**

**\$439,900**  
1227 E. Gardenia Drive



**IN ESCROW**

**\$615,000**  
320 E. State Ave.



**SOLD**

**\$289,900**  
221 E. Echo Lane  
Buyer's Agent



**SOLD**

**\$439,000**  
1002 W. Wagon Wheel  
Buyer's Agent



**SOLD**

**\$475,000**  
11 E. Marlette Ave.



**SOLD**

**\$564,750**  
210 W. San Juan Ave.



**Learn more about us online at [www.highlandreaz.com](http://www.highlandreaz.com)**



Honor your health, live your best.

HONORHEALTH™

John C. Lincoln Medical Center



Maggi Griffin  
CEO

HonorHealth John C. Lincoln Medical Center offers unparalleled patient care and is committed to the community and recognized nationally for that support.

Inflammation: friend and foe

Inflammation can be both helpful and harmful. Inflammation initiates healing and protecting from some sort of irritant, infection, toxin or trauma. However, Karla Birkholz, MD, HonorHealth wellness medical director, says inflammation also is a root cause of just about every chronic disease.

**What conditions are linked to chronic inflammation?**

Allergies, Alzheimer’s disease, arthritis, bowel disease, cancer, cardiovascular disease, depression, diabetes, gum disease and stroke are among the many health conditions initiated or made worse by chronic inflammation.

**What are the signs of inflammation?**

When fighting an infection, inflammation presents as heat, redness, swelling, pain or loss of function in the affected area. In an otherwise healthy individual, it’s a normal and healthy response.

**When is inflammation worrisome?**

When the body is out of balance, usually due to poor lifestyle and occasionally genetic factors, it can’t properly regulate the inflammatory response. Inflammation may become excessive, essentially causing the body to turn on itself.



About HonorHealth John C. Lincoln Medical Center



John C. Lincoln Medical Center is a leader in robotic and scarless surgery and has extensive heart and lung services. The hospital is an American College of Surgeons-verified Level I Trauma Center, a Primary Stroke Center, and an accredited Chest Pain Center.

Other services include:

- A specialty surgery unit to care for orthopedic, urology, neurology and other surgery patients.
- Inpatient and outpatient rehabilitation services.
- A critical care unit.
- Interventional radiology.
- Medical imaging – inpatient and outpatient.
- An outpatient surgery center.

- Accredited Primary Stroke Center.
  - Specializing in the care of older adults.
- National awards and certifications:**
- 2015 CVICU, PCCU and ICU Beacon Award for Critical Care Excellence.
  - 2015 US News and World Report Top AZ Hospital.
  - 2016 Truven Health Analytics Top 50 Cardiovascular Hospital.
  - 2016 Becker Top 100 Great Community Hospitals.
  - 2016 Comparion Medical Analytics #1 in AZ for Pulmonology.
  - Magnet Award for Nursing Excellence
  - Primary Stroke Center.
  - Certified Chest Pain Center.
  - Heart Failure Center.

**What causes chronic inflammation?**

Chronic inflammation generally results from lifestyle factors such as poor diet, too little or even too much exercise, stress, not enough sleep, and exposure to toxins in your regular surroundings.

**What foods are linked to inflammation?**

Triggers include sugar and refined carbohydrates (flour), soda and other sugary drinks, deep-fried foods, low-fat dairy products, margarine and other foods high in trans fats.

**What foods can help prevent and/or fight inflammation?**

Colorful fruits and vegetables, fatty fish, nuts, olive oil and coconut oil help prevent and/or fight inflammation. In addition to a diet rich in these foods, try omega-3 fish oil supplements, green tea, tart cherries and the spice turmeric for their anti-inflammatory properties.

Is inflammation interfering with your life? Talk to your HonorHealth doctor about how to overcome inflammation or call **623-580-5800** to find a doctor at HonorHealth John C. Lincoln Medical Center.

# Sugar: The good, the bad and the ugly



Despite its sweet taste, too much sugar can sour your health, leading to chronic inflammation, diabetes, heart disease, obesity and more. While certain natural sources of sugar can be good, added sugars are not.

From the granulated white variety found in the baking aisle, to naturally occurring sugars, artificial sweeteners and the hidden added variety, sugar comes in many forms.

### Natural sugars

Fruit and even some vegetables are great sources of natural sugar that have the added benefit of being loaded with phytochemicals, vitamins and minerals. Milk contains the natural sugar lactose. Nutritive sweeteners

such as honey, maple syrup and molasses are sugars. Even nutritive sugars turn into glucose in the body and should be consumed in moderation to avoid blood sugar spikes.

### Artificial sweeteners

Although considered safe by the Food and Drug Administration, artificial sweeteners and other manufactured sugar substitutes such as aspartame, saccharin and sucralose (Splenda) may have negative health implications. Often praised for having no calories and commonly used to sweeten processed foods and beverages, they add chemicals to the diet that may alter the body's response to what you eat and drink.

### Side effects of artificial sweeteners:

- Craving more sweets and overeating due to the body's inability to properly count calories.
- Digestive issues.
- Imbalances of the natural gut bacteria vital to disease prevention.

### Read ingredient lists for added sugars and total sugars

Processed foods and beverages contain both natural and added sugars, but current food labeling doesn't distinguish the two. New food labeling proposals slated to be unveiled in 2018 distinguish between added sugars and total sugars in a serving of a food product. Read ingredient lists to better understand the type and amount of sugar you're consuming.



You may be surprised to see just how much sugar is in salad dressings, sauces, condiments, grain products and sweetened coffee beverages. Even foods low in sugar may contain other unhealthy ingredients.

### Sugar recommendations

The American Heart Association recommends that women limit added sugar to 24 grams or 6 teaspoons per day. For men, it's 36 grams or 9 teaspoons per day. Strive for natural

sugars that come from fruits, vegetables and plain dairy whenever possible. Remember to consume sugar in moderation.

Want to learn more about the effects of sugar and other trending nutrition topics on your health? Talk to your HonorHealth doctor or call **623-580-5800** to find a doctor at HonorHealth John C. Lincoln Medical Center.



## Free hearing screening

**Tuesday, Nov. 15**  
**3-5 p.m.**  
**Cowden Center**

**HonorHealth John C. Lincoln**  
**Medical Center Campus**

9202 N 2nd St, Phoenix AZ 85020  
All ages welcome.  
Register at 623-580-5800  
[HonorHealth.com/events](http://HonorHealth.com/events)

Because screening appointments are limited, registration is recommended.



**HonorHealth John C. Lincoln**  
**Medical Center**

250 E. Dunlap Ave., Phoenix, AZ, 85020  
602-943-2381  
[HonorHealth.com](http://HonorHealth.com)



**GREATER PHOENIX CHAMBER OF COMMERCE**

**ATHENA AWARDS**

**JOIN US AT THE 29TH ANNUAL ATHENA AWARDS!**

11 A.M. - 1 P.M.  
WEDNESDAY, OCT. 26, 2016  
WESTIN KIERLAND RESORT & SPA

Celebrate with us as we honor 11 outstanding Valley businesswomen at the 29th Annual ATHENA Awards.

Register today at [www.phoenixchamber.com/ATHENA](http://www.phoenixchamber.com/ATHENA)



**MORE than just INK ON PAPER**

**IMPRESSION MAKERS**

VINYL BANNERS  
YARD SIGNS  
TABLE THROWS  
WINDOW CLINGS  
Banner Stands  
CUSTOM FLAGS  
Large Format  
... and more

**Gallery Wrap/Canvas Picture (ex 11x14) - \$30**  
**Coroplast sign with H stakes - \$35**  
**Car Magnet 12" x 18" Full color - \$35**  
**3' x 6' Vinyl Banner Hem/Grommets - \$65**  
**33 x 81" Retractable Banner w/stand - \$155**  
**Econo 1 sided flag - \$145**  
**Feather 2 sided flag - \$220**  
**Table Throw, Top & 4 sided - \$184**

**IMPRESSION MAKERS PRINTING**

**Wendy Howe**  
wendy@impressionmakers.com  
**480.967.2180**

1505 West 10th Place • Tempe, AZ 85281

**Are your Business Cards 40 points thick? Ours Are! Printed right here in the Valley of the Sun!**

**Impression Makers Printing**  
**1505 w. 10th Place Tempe • 480.967.2180**



## Business Briefs

### ATHENA finalists honored at lunch

The Greater Phoenix Chamber of Commerce will celebrate the 11 women chosen as finalists for its prestigious ATHENA Awards at a luncheon from 11 a.m.-1 p.m. on Wednesday, Oct. 26, at the Westin Kierland Resort & Spa, 6902 E. Greenway Parkway.

The ATHENA Businesswoman of the Year Award recognizes a woman in the public and private sector, in addition to highlighting an upcoming leader in the Valley as an ATHENA Young Professional. ATHENA finalists are chosen for their excellence in business and leadership, dedication to the community and support and mentorship of other women.

The ATHENA Award, a program of the international ATHENA organization founded by Martha Mertz in 1982, supports, develops and honors women leaders and pushes them to reach their full potential by invoking the ideals of the Greek goddess of courage, wisdom, arts and science.

Three ATHENA Award recipients will be announced at the chamber's 29th Annual ATHENA Awards luncheon. Tickets are \$80 for chamber members and \$95 for nonmembers. To register, visit <http://phoenixchamber.com/events/signature-events/athena/>. Registration for this event closes on Wednesday, Oct. 19 at 5 p.m. Call 602-495-2182 for more information.

### How do Arizona and Mexico work together?

Arizona Town Hall presents a community outreach program on Arizona & Mexico, in conjunction with Soroptimist International of Phoenix, 12-1 p.m. Thursday, Oct. 13 at the Wyndham Garden Phoenix Midtown, 3600 N. 2nd Ave.

This is a free presentation and action-focused discussion on recommendations from the 108th Arizona Town Hall on Arizona & Mexico. At most community outreach programs, the participants have the opportunity to develop a community consensus statement.

Moderator is Leigh Wales, president of Soroptimist International of Phoenix. Presenters include Mary

Grier, attorney; and John Hoopes, vice president, Salt River Project (SRP). Additional speakers pending.

Lunch is served at a cost of \$25 per person. If you would like to have lunch, register by Monday, Oct. 3 at <http://aztownhall.org/event-2269253>. If you choose not to have a lunch, the program is free.

### Shops on Camelback celebrates first year

The Shops on Camelback, 1030 E. Camelback Road, celebrates its first anniversary with a storewide sale Oct. 8-16. Visitors to The Shops, a home and garden store featuring fine antiques and new selections, can enter into a drawing for a chance to win a \$100 gift certificate to the store.

Business hours are 10 a.m.-5 p.m. Monday through Saturday, and 11 a.m.-4 p.m. Sundays. For more information, call 602-277-1030 or visit [www.theshopsoncamelback.com](http://www.theshopsoncamelback.com).

### Donate new shoes for foster children

As part of Mattress Firm's Foster Kids' initiative, Mattress Firm stores in Phoenix are accepting new shoe donations from now through Oct. 30 to help give local foster children what they need to get around during everyday activities.

Your support allows foster families to pick up new shoes at a moment's notice from one of Mattress Firm Foster Kids' local nonprofit partners, Arizona Children's Association and Arizona Helping Hands.

All 105 Mattress Firm stores in Phoenix are hosting the shoe drive. The stores will accept new shoes and monetary contributions. To find a store near you, visit <http://stores.mattressfirm.com>.

### Lieb named a top real estate agent

The *Phoenix Business Journal* recently released its rankings for Maricopa County's Top-25 Residential Real Estate Agents, ranked by total dollar volume closed in 2015. HomeSmart's top-selling agent Bobby Lieb, was ranked No. 2 on the list. Lieb sold 118 homes in 2015 totaling \$54.35 million in sales.

Lieb manages the North Central

## TAKING CARE OF BUSINESS

HomeSmart office, 5225 N. Central Ave., Ste. 104, which now totals over 400 agents and has been open for more than five years.

So far in 2016, Lieb has sold more than 120 homes ranging in price from \$65,000 to \$1.9 million. For more information, visit [www.centralphx.com](http://www.centralphx.com).

### New owners, workshops at the Classy Kitchen

The Classy Kitchen, an upscale kitchen consignment store with a venue to offer BYOB kitchen-related demonstrations, has new ownership.

Linda Klein and Terri Mainwaring, who opened the store at 7118 N. 7th St. in early 2014, passed the official pitcher to new owners Sandy and Butch Grunow on July 1. The Grunows come from a long line of Phoenicians with all their grandparents arriving in the 1920s.

Klein and Mainwaring continue to be a part of The Classy Kitchen family by working in the store each week. The Classy Kitchen is now open seven days a week. Hours are 10 a.m.-5 p.m. Monday through Friday; 9 a.m. to 4 p.m. Saturdays; and 11 a.m.-3 p.m. Sundays.

Reservations for holiday entertaining classes are now being taken and classes fill up fast. Choices include:

- Appetizers, Desserts & Liqueur for the Season, 12-1:30 p.m. or 6:30-8 p.m. Thursday, Nov. 3
- “A Fun Supper” with Cathy Bua, featuring her signature Rum Cake, 12-1:30 p.m. or 6:30-8 p.m. Monday, Nov. 7
- Wrapping and Bows, 1:30-3 p.m. or 6:30-8 p.m. Tuesday, Nov. 8
- Holiday Side Dishes That Travel Well, 12-1:30 p.m. or 6:30-8 p.m. Monday, Nov. 14.

Prepayment of \$38 per person is required 72 hours before the class. Credit cards accepted over the phone; call 602-870-3530. Bring your favorite wine or soft drink to enjoy during class.

### Local antique store survives ups, downs

Forty-nine years ago, Sunnyslope residents Winifred and Frank Green bought some property on Cave Creek Road, which at the time was an unimproved, two-lane road. They turned one of the buildings into the Antique Outpost, the name being inspired by the still rural nature of the area. But they had vision enough to know the area would grow—and so would their business.

“Cave Creek Road was the main way to north Phoenix where the population was sure to grow, even though it was a narrow two-lane street at the time with no sidewalks or improvements,” Winn Green recalls.

The idea of an antique store appealed to both of them. “We liked antiques and collectibles and wanted to know more about them,” Winn explained. She enjoyed tending to the shop and Frank enjoyed the search and hunt for fun and unique items. The store is full of old postcards, jewelry, pictures, china, Western items, small furniture, dolls, and other collectibles.

Antique Outpost is the oldest operating antique store in the Sunnyslope community. Winn says their success is based in part on the fact that when a customer comes in, he or she talks to one of the owners. There are no employees—it is strictly a family-run business, and has been from the beginning.

Winn says they haven’t considered retiring. “We have been blessed to have good solid antiques and collectibles that our customers appreciate, and a good location to attract new customers, both locally as well as out-of-town visitors. Why would anyone retire when you enjoy what you are doing?”

Antique Outpost, 10012 N. Cave Creek Road, is open 10 a.m.-5 p.m. Tuesday - Saturday. For more information, stop by or call 602-943-9594.


### Maloney merges with Hayes Mechanical

W.J. Maloney Plumbing has merged with Hayes Mechanical to strengthen its capabilities.

Now serving as a division of Hayes Mechanical, W.J. Maloney Plumbing has been operating in the Valley for more than 50 years, providing new commercial plumbing construction, working with top general contractors in the area. W.J. Maloney Plumbing will also continue to provide commercial plumbing service and residential plumbing service.


Hayes Mechanical is new to the Valley but has been in business since 1918, serving multiple markets across the nation. Hayes provides HVACR service for commercial and residential customers, low-pressure and high-pressure boiler maintenance and steam and process piping maintenance.

Call 602-944-5516 or visit [www.hayesmechanical.com](http://www.hayesmechanical.com) for more information.



PHOENIX CC  
1899

EXPERIENCE AN  
URBAN  
OASIS



**PHOENIX COUNTRY CLUB**  
SEVENTH STREET & THOMAS ROAD

☎ **PHONE:** (602) 636-9823  
✉ **EMAIL:** [MGrass@PhoenixCountryClub.com](mailto:MGrass@PhoenixCountryClub.com)  
🌐 **WEB:** [PhoenixCountryClub.com](http://PhoenixCountryClub.com)



**Bobby Lieb**  
Associate Broker  
602-376-1341 mobile  
E Mail: bobby@centralphx.com

*Bobby Lieb's  
Honors and Awards*

**HomeSmart Hall of Fame**  
2014 Award  
First Inductee

**HomeSmart's #1  
Top Performing Agent  
2011 through 2015**  
by volume and units sold  
out of more than 10,000  
agents worldwide

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

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

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

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

Winner  
**Double Diamond Award  
2003 through 2010**

Winner  
**Diamond Club  
1999 through 2002**

**Kathy Wright**  
Licensed Assistant

**Juliann Lieb**  
Licensed Assistant

# Bobby Lieb

Associate Broker

**Your North Central and Biltmore Specialist**

**602-761-4646**  
View our listings at [www.centralphx.com](http://www.centralphx.com) and [www.biltmoreazagent.com](http://www.biltmoreazagent.com)

Current Listings/Escrows

5120 N. 22nd St. ....	<b>IN ESCROW</b>	5938 SF	5BR/5.5BA	\$1,445,000
35 E. Myrtle Ave. ....	<b>IN ESCROW</b>	5150 SF	4BR/5BA	\$1,475,000
512 E. Tuckey Ln. ....	<b>NEW PRICE</b>	5112 SF	5BR/4.5BA	\$1,095,000
1316 W. Myrtle Ave. ....	<b>IN ESCROW</b>	Lot		\$ 975,000
6030 N. 5th Ave. ....	<b>JUST LISTED</b>	3737 SF	4BR/3.5BA	\$ 825,000
1815 E. Palmaire Ave. ....	<b>IN ESCROW</b>	3110 SF	4BR/3.5BA	\$ 799,000
101 W. Morten Ave. ....	<b>NEW PRICE</b>	3435 SF	4BR/4.5BA	\$ 775,000
5318 N. 2nd St. ....	<b>IN ESCROW</b>	4058 SF	4BR/3.5BA	\$ 754,900
5741 N. 4th St. ....	<b>IN ESCROW</b>	3234 SF	4BR/3.5BA	\$ 749,500
5845 N. 2nd Ave. ....		2871 SF	4BR/3BA	\$ 749,500
1823 E. Palmaire Ave. ....	<b>NEW CONSTRUCTION</b>	2970 SF	4BR/3.5BA	\$ 749,000
5322 N. 2nd St. ....	<b>IN ESCROW</b>	4058 SF	4BR/3.5BA	\$ 744,900
8824 N. 9th Ave. ....	<b>NEW PRICE</b>	3940 SF	5BR/5.5BA	\$ 725,000
5314 N. 2nd St. ....	<b>IN ESCROW</b>	3501 SF	4BR/3.5BA	\$ 724,900
1104 W. El Camino Dr. ....	<b>NEW PRICE</b>	3443 SF	5BR/2.75BA	\$ 675,000
700 W. Drey Dr. ....		3850 SF	4BR/3BA	\$ 675,000
4 W. Frier Dr. ....		Lot		\$ 625,000
210 E. Keim Dr. ....		2182 SF	3BR/2.5BA	\$ 599,995
8 E. Orangewood Ave. ....	<b>IN ESCROW</b>	2212 SF	3BR/2.5BA	\$ 529,000
1110 W. Orangewood Ave. ....		2440 SF	3BR/2BA	\$ 499,900
714 W. Frier Dr. ....	<b>JUST LISTED</b>	2555 SF	3BR/2BA	\$ 475,000
5244 N. 15th St. ....	<b>NEW PRICE</b>	2667 SF	3BR/2BA	\$ 475,000
1579 W. Lawrence Ln. ....		3879 SF	3BR/5BA	\$ 469,900
642 W. Linger Ln. ....	<b>JUST LISTED</b>	3186 SF	7BR/4BA	\$ 459,000
2525 E. Minnezona Ave. ....	<b>NEW PRICE</b>	2282 SF	4BR/4.5BA	\$ 445,000
8449 N. 1st Dr. ....	<b>NEW PRICE</b>	2204 SF	4BR/2.5BA	\$ 439,000
301 E. Rovey Ave. ....	<b>NEW PRICE</b>	1819 SF	3BR/2BA	\$ 429,900
101 W. Southern Hills Rd. ....		2709 SF	4BR/3BA	\$ 410,000
1302 W. Keim Dr. ....	<b>NEW PRICE</b>	2325 SF	3BR/3BA	\$ 409,000
6848 N. 12th Way ....	<b>JUST LISTED</b>	2317 SF	4BR/3BA	\$ 399,000
14621 N. 27th Pl. ....	<b>IN ESCROW</b>	2551 SF	4BR/4BA	\$ 390,000
9007 N. 14th Dr. ....	<b>NEW PRICE</b>	2332 SF	4BR/3BA	\$ 345,500
1124 E. Rose Ln. ....		1959 SF	3BR/2.5BA	\$ 277,900
701 E Belmont Ave. ....	<b>IN ESCROW</b>	2003 SF	4BR/2BA	\$ 270,000
6520 N. 10th Pl. ....	<b>JUST LISTED</b>	1883 SF	3BR/2.5BA	\$ 230,000
1834 W. Citrus Way ....		1752 SF	3BR/2BA	\$ 199,000
10301 N. 70th St. #109 ....	<b>IN ESCROW</b>	1088 SF	2BR/1.75BA	\$ 169,000



**Bobby Lieb**  
Associate Broker

602-761-4646

Featured Homes for October



1104 W. El Camino Dr. ■ \$675,000



1110 W. Orangewood Ave. ■ \$499,900



714 W. Frier Dr. ■ \$475,000



5244 N. 15th St. ■ \$499,500



6848 N. 12th Way ■ \$399,000



8449 N. 1st Dr. ■ \$439,000



7623 N. 7th Pl. ■ \$485,000



1302 W. Keim ■ \$409,000



1124 E. Rose Ln. #10 ■ \$277,900

82 SOLD in 2016 and 15 properties currently in escrow.  
Call 602-761-4646 today for a complimentary marketing consultation!

SOLD Homes for 2016

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

For all your escrow and title insurance needs, contact

Kathy Zobel, AVP/Branch Manager

5225 N. Central Ave. Suite 100

Phoenix Arizona 85012

602-910-5679 • kzobel@wfgnationaltitle.com

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



WFG National Title Company  
a Williston Financial Group company



Cholesterol and String Quartets

People don't like taking pills.

This is not something my pharmacology professors taught me, but it's a message I've heard loud and clear from patients over the years. People especially don't like taking pills for chronic conditions that require prolonged or indefinite treatment.

There are good reasons for this. High cholesterol and high blood pressure levels typically produce few symptoms, while medication side-effects are often obvious and obnoxious. It's a classic case of a "cure" that makes you feel worse rather than better. And the dubious-sounding origins of modern medications don't help. Treating people with stuff derived from moldy bread or rice (penicillin and statins) or from snake venom (ACE inhibitors) sounds alarmingly like an idea hatched by the witches in Macbeth ("eye of newt, toe of frog, wool of bat").

Twenty-nine percent of patients report muscle symptoms with statin drugs. Twenty-five percent of people don't take their blood pressure medications correctly, 50% will quit medication in the first year, and only 53% will have their blood pressure controlled.

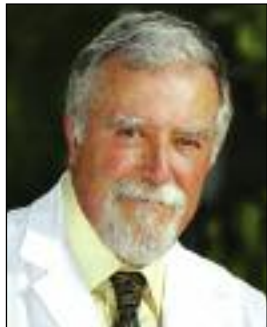
As a cardiologist, this troubles me. These drugs are effective and even life-saving, but how do I convince myself that making patients feel worse is a good idea? And why write prescriptions for drugs that people aren't going to want to take? Recently, though, I found an possible answer hidden in a string quartet composed in 1876.

Bedrich Smetana, "the father of Czech music", suffered from tinnitus (ringing in the ears). Most of us have experienced tinnitus at one time or another, but for Smetana, this was a continuous high-pitched whistling that never went away. In his First String Quartet, he interrupts a melody in the third movement with a sustained high E, to let the listener hear firsthand what it was like to compose with a constant din in his head.

There is still no medication or operation that can cure tinnitus, a condition which many sufferers find maddening. (Smetana died in the Prague Lunatic Asylum in 1884). So I was extremely interested to read that a Swedish trial of ACT (Acceptance and Commitment Training) produced marked improvement for over 50% of those suffering from tinnitus. The treatment involved no medication, nor did it actually eradicate the tinnitus. The ringing sounds simply became less intrusive, less bothersome, and less likely to limit activities.

What if we could lessen the negative impact of unwanted drug effects in a similar fashion, rather than 1) trying to eliminate them (an apparent impossibility), 2) leaving people to cope as best they can, or 3) watching folks throw their prescriptions away in the parking lot? Drug side effects are undoubtedly a nuisance, but none of my patients has been committed to an asylum as a result of them. Relatively speaking, this should be a walk in the park.

I think it's worth a try. We're going to be starting our own ACT program at North Mountain Cardio soon.



**We're North Mountain Cardio,  
9812 N. 7th Street, Phoenix 85020.**

**Stop by, give us a call at 602-714-6783,  
or take a look at  
www.northmountaincardio.com.**

**To your continuing good health!  
John Sutherland, M.D.**



**ACT at NMC**

Tools for  
Fitness  
Weight Management  
Drug Side-Effects

**NORTH MOUNTAIN Cardio**  
9812 N. 7th Street, Phoenix, AZ 85020

602-714-6783  
www.northmountaincardio.com



Life is good when you have a houseful of grandchildren like these to play with, says Susan Lynch, who survived major surgery at HonorHealth John C. Lincoln Medical Center in Phoenix, in order to retain the blessing. From left are Dre McBeth, Kinsley Geib, Jayda McBeth, Addison Anderson on Mishayla McBeth's lap and Cannon Lynch on Susan Lynch's lap (photo courtesy of Kyle Anderson).

Valley woman advises:  
don't delay testing

September is Healthy Aging Month, yet the most effective medical test to ensure health for those 50-plus—the only one that can actually prevent cancer—is the colonoscopy, the one so many folks dodge and delay.

Like many of us, Valley watercolor artist Susan Lynch put off her regular screening colonoscopy far longer than she should have. "I didn't want to do it," she admitted.

Her opinion has flipped following a colon cancer scare and the "best-ever medical experience," thanks to da Vinci robot surgeon Rick Low, M.D., and his handpicked team of nurses and support staff members at HonorHealth John C. Lincoln Medical Center, 250 E. Dunlap Ave.

"Get regular checkups!" Lynch says now.

Early in 2016, her new family medicine physician told 65-year-old Lynch she really must get a very overdue colonoscopy, a screening recommended for age 50. The test revealed growth of a number of pre-cancerous polyps, including a massive two-inch polyp deeply embedded in her intestinal wall.

Gastrointestinal specialists can usually clip suspicious polyps during a colonoscopy, stopping them from becoming problematic or cancerous. But these were too big and too embedded in Lynch's colon to be removed this

way. A surgeon needed to remove them.

"My daughter's coworker recommended Dr. Low," Lynch recalled. "He was so upbeat—the first thing he said was, 'You're not going to die,' and I really appreciated that."

She also appreciated the fact that he was clear about the surgery's risks and benefits. "He told me everything that could go wrong and mentioned that in 2018 a new medical laser device will be available that will make the procedure even safer. I wanted to wait, but he told me that would be a bad idea."

Lynch finally decided to have her surgery and now says she's glad she did. "It really was the best experience, medically, I've ever had," she said. When she arrived, "the check-in process was smooth, the nurses were ideal, and they had relaxing Zen music playing," she said. "Dr. Low and his assistant met me and explained what would happen next, and then I got the IV, and I don't remember anything else."

Low used the medical center's da Vinci surgical robot through a single incision in Lynch's belly button. The surgery went smoothly and she doesn't have the tiniest visible scar.

"It was tricky because she had severe pre-cancerous polyps, and I had to remove almost a foot of her colon, but she did remarkably well," Low said.

The fact that Lynch was healthy and physically fit prior to surgery helped ensure her optimal recovery, Low noted.

## HEALTHY LIVING

Lynch went home on Mother's Day, in time to celebrate with her husband, Stewart, and some of her five daughters, two sons and 18 grandchildren.

"When the hospital released me, they told me I could start doing anything I wanted, and I haven't had any problems," said the retired Valley Christian High School art and photography teacher. She's gone back to golfing, yoga and babysitting for grandchildren.

However, she notes, it would have been a lot easier to get her colonoscopy on time and avoid all the surgery. That's why she's planning to make sure everyone in the family gets all their recommended medical screenings on time.

## Health Briefs

### Free seminar on new heart tech

New frontiers in cardiovascular care is the topic of a free seminar to be presented from 6-7:30 p.m. Tuesday, Oct. 4 at Abrazo Arizona Heart Hospital, 1930 E. Thomas Road.

The presentation will be in the Arizona Heart Foundation building's

second floor classroom. Participants will learn about the most common heart conditions, tests, procedures and breakthrough treatments that improve the lives of people facing even the most complex heart and vascular conditions.

The seminar is free to the public, but seating is limited. Individuals can register at <https://AbrazoHealth.com/HeartSeminar> or by calling 855-292-9355.

### How homeopathy can aid your kids

Ben Ta'ati, certified Homeopath of 20 years, will conduct a presentation on "Children's Health and Homeopathy," 6 p.m. Thursday, Oct. 13 at Jewel's Bakery and Café, 4041 E. Thomas Road.

The presentation will address childhood conditions including ADHD, sleep issues, asthma, ear infections and more. Attendees will learn the science of Homeopathy, remedies to have at home and will have the opportunity to see clinical videos of cured patients.

Cost is \$10, however, participants will receive a \$10 gift card to Jewel's

Bakery and Café. Space is limited, pre-register at <http://bit.ly/2deVxps>.

### Improve your overall health, move your DNA

Learn about common ailments and issues of the female pelvic floor and simple exercises to restore your pelvic floor to health during the Women's Pelvic Health Seminar, 1-4 p.m. Saturday, Oct. 8 at Kinesphere Center for Movement Education.

Whether you experience discomfort, pain, fear, or all three, the instructors will provide you with necessary information and strategies to help you. Join a supportive group of women as you regain control over your own pelvic health. All ages are welcome. Cost is \$75 (\$25 may be applied toward future instruction at Kinesphere).

Lisa Thorngren shows you how to "Move Your DNA," 8a.m.-5 p.m. Nov. 5-6. This two-day intensive is designed to give you hands-on experience with all of the exercises taught in the book *Move Your DNA* by biomechanist Katy Bowman. This is a fantastic opportunity for anyone interested in improving

their health through practicing these correctives. Space is limited to 10 students to allow for plenty of individual attention. Reading "Move Your DNA" is a prerequisite for this course. Cost is \$179.

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](mailto:info@kinesphere-studio.com) for more information.

### Those with heart conditions gather

The Valley of the Sun Mended Hearts support group, sponsored HonorHealth, invites the public to an evening of support and education for individuals with heart conditions including heart failure, atrial fibrillation, valve replacements, etc.

The support group meets 6:30-8 p.m. Thursday, Oct. 6 in Barb's Conference Room at the Cowden Center, Center 9202 N. 2nd St. The group is free and open to the public.

For more information, visit <http://HonorHealth.com/events> or call 623-580-5800.



Dr. Lisa

# NATURAL BIOLOGICAL DENTISTRY

602-956-4807

Integrative Dental Associates

4210 N. 32nd St. | Phoenix, AZ 85018

[IntegrativeDentalAZ@gmail.com](mailto:IntegrativeDentalAZ@gmail.com) | [IntegrativeDental.com](http://IntegrativeDental.com)




Dr. Amelia

*Connecting the relationship between a healthy mouth and a healthy body for a fully integrated body-based healing experience!*

### Non-Metal Zirconia Implants

- **Biocompatibility:** Zirconium is an inert material that seldom causes allergic reactions.
- **Metal-free:** No corrosion, no galvanism effect, no metallic taste, no electronic disturbances.
- **Color:** You don't have to worry about a gray or dark line forming along your gums.
- **Strength:** Zirconia dental implants are exceptionally strong, as strong or stronger than titanium.
- **Gum Growth:** Ceramic dental implants are so biocompatible that soft tissue actually grows up around the abutment.





**First United Methodist Church**

**Annual  
Used Book Sale  
and Bake Sale**

**Saturday, Nov. 5, from 8 a.m.-3 p.m.  
and Sunday, Nov. 6, from 8 a.m.-1 p.m.**

Choose from a large selection!  
Sunday all books, CDs and DVDs will be reduced by 50%.  
Sponsored by the Library Committee.

**5510 N. Central Ave. • Phoenix, AZ 85012**



**PURPLE LIZARD**

**BOUTIQUE**

AN ECLECTIC MIX

- Clothing • Art Gallery
- Gifts • Jewelry

**"Check out"**  
**Purple Lizard CASA**  
**Just across the breezeway!**

Visit us on Facebook!

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

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



**Hubbard**  
Family Swim School

**HUBBARDSWIM.COM**  
602.971.4044



**SPLASH, PLAY & LEARN** *the Hubbard way!*

*Our programs are internationally-recognized stop in and find out why!*

Heated indoor pool & small class sizes **FREE BABY SPLASH** ages 8 wks - 5 mos  
**LITTLE SNAPPERS** ages 6 - 35 mos **GROUP LESSONS** ages 3 - 12 yrs

**HUBBARDSWIM.COM • 602.971.4044**



Enjoying the natural light and kid-friendly window sitting space inside one of the new Madison Simis kindergarten classrooms are, from left: Quinn Kellis, superintendent of the Madison Elementary School District; Steve Poulin, project director, McCarthy Building Companies; and Joyce Flowers, principal of Madison Simis (photo by Teri Carnicelli).

## Simis holds celebration for 'new' campus

By Teri Carnicelli

After nearly 13 months of construction, Madison Simis' new campus was finished just in time to greet the 1,000-plus students for the new school year. Parents and students alike were delighted with the new state-of-the-art buildings, plentiful open spaces and play areas, and expansive new garden beds for the DIGGS program.

Families who didn't get a chance to see everything, as well as interested members of the surrounding neighborhood, are invited to check out this \$15 million K-4th grade campus during a special dedication ceremony set to begin at 5 p.m. on Monday, Oct. 17 at the school, 7302 N. 10th St. There will be hot dogs, drinks and entertainment by the school's drumming corps.

The campus, originally constructed in the late 1950s, was experiencing a lot of issues with aging buildings that were no longer up to code, sewer backups flooding floor areas, and more. The Madison District asked voters to approve a \$15 million bond to construct a new school from the ground up (except the cafeteria, which was replaced four years ago), and voters in November 2014 overwhelmingly said "yes."

Phase I included a new two-story classroom where the old basketball

courts were, so that no actual class time was disrupted. Once that building was complete, 30 classrooms for grades 2-4 were moved in—and those older buildings torn down to make way for the next, and so on. The project was done while kids were in attendance and completed over the summer.

The campus sports a variety of new technologies and energy efficiencies, such as LED lighting, Dyson hand driers, roll-up garage style doors on the cafeteria and music room to let in fresh air and natural light, and chilled and filtered drinking fountains that have a space where you can refill your own water bottle—and it tracks how many bottles are saved from landfills each time one is refilled. In the library, more e-books are being offered, and throughout the school there is a 3-1 ratio for students-to-computers. Most teachers support a BYOD policy, aka "bring your own device."

All rooms are now accessed from interior hallways, which reduces the temperature and noise and prevents a lot of dirt and debris from being tracked in from the outside. It's also better for security.

Quinn Kellis, superintendent of the Madison School District, said he is concerned about discussions taking place at the state level about doing away with school bonds and initiatives, to "make the playing field more even"

## SCHOOL DAYS

for all school districts.

“Our Madison district really embodies the essence of local control. They wanted a new school, they voted for it, and they paid for it. For the state to say ‘you can’t do it’ is disrespectful to these neighbors.”

A good school district makes for a good community, he points out. “This school just enhanced this community ten-fold,” he says. “It is no longer a crumbling, dilapidated school, but something both parents and surrounding community members can be proud of.”

Madison Simis has been, and will continue to be a partner with The Recreation Association of Madison Meadows-Simis (RAMMS), with two ball fields on the revamped campus available for use to the parent-run, volunteer organization that provides competitive league and instructional play opportunities for children in grades K-8.

The project was completed by McCarthy Building Companies, which worked with a committee of teachers, parents, administrators and community members to focus on their suggestions for “building a better school.”

## Noon Salute returns for school bands

Local high school and middle school music programs will again have the chance to win \$1,000 and have their talents showcased on KOOL FM.

For the sixth consecutive year, Tempe-based homebuilder Fulton Homes has partnered with 94.5 KOOL FM for its popular Noon Salute program. Noon Salute recognizes local middle school and high school music programs that submit their version of “The Star Spangled Banner.” Each week a winner is chosen to have their performance played on KOOL FM at noon each day. At the end of each month, one of the monthly winning musical programs will be awarded a \$1,000 check from Fulton Homes.

Additionally, each band’s performance will be on an Internet URL for others to listen to.

Band directors, principals and others can enter their school’s version of the “The Star Spangled Banner” for a chance to be featured and win the \$1,000. Mail a CD to: KOOL FM, 840 N. Central Ave., Phoenix, Ariz., 85004. To listen to the bands play the National Anthem, tune in to 94.5 KOOL FM every day at noon.

## School Briefs

### GLENDALE UNION HIGH SCHOOL DISTRICT District office receives two finance awards

The Glendale Union High School District Finance Department has been awarded with two prestigious awards for the 26th year in a row.

The department received the Association of School Business Officials International (ASBO) Certificate of Excellence in Financial Reporting award and the Government Finance Officers Association (GFOA) Certificate of Achievement for Excellence in Financial Reporting award.

By participating in these programs, the district ensures that those who access financial statements have the information they need to assess the district’s financial health. The district receives constructive feedback to improve the clarity and completeness of its financial reports, demonstrates a commitment to fiscal integrity and is

*please see AWARDS on page 38*



## Arizona Gynecology Consultants

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

**602-358-8588**

## Arizona Fibroid Institute



Kelly H. Roy, M.D.

**Do you have  
heavy periods?**

**Have you been diagnosed  
with uterine fibroids?**

**You are not alone.**

Fibroids are common in many women before the age of 50 and can cause pelvic pain and heavy periods.

Our Specialists at Arizona Gynecology Consultants are here to educate you on the latest treatment options.

**602-358-8588**

**Saturday and Wednesday  
evening appointments available!**



# Arizona Sunrays

## GYMNASTICS • DANCE

**Time to get #SunraysStrong!**

**Ongoing Classes for boys & girls, babies-adults!**

**Join us in Phoenix or Arcadia!**



**New!**

**YOGA classes**

**for kids**

**and adults!**



**DANCE CENTER: 13832 N. 32nd St. #162, Phx**

**GYM: 3110 E. Thunderbird Rd., Phx**

**arizonasunrays.com**

**602-992-5790**





## Trampoline Park and Gymnastics Center

**FLIP DUNK OFFERS FALL BREAK CAMP!**  
**October 10-14**



**Daily options • Half or full day options**

**Wiggles & Giggles Camp: ages 3-4 • Going Bananas: Ages 5 & up**

**1515 E. Bethany Home Road #160**

**602-277-0067**

**www.flipdunksports.com**



**ST. FRANCIS XAVIER**  
*A Jesuit Elementary School*  
*Preschool - 8th Grade*



## Preschool and Kindergarten Open House

**Please join us on Tuesday, October 25th**  
**8:00 am to 9:30 am**

Parent Ambassadors will give tours; parents will visit classrooms, and listen to a presentation given by our Principal and Teachers.

**Visit our website at [school.sfxphx.org](http://school.sfxphx.org) to register.**

## Discover the possibilities at St. Francis Xavier Jesuit Parish School

As a Jesuit Catholic school we bring a strong sense of mission into every aspect of our school community, including everyday practices and decision-making.

- Preschool (3 year olds) through 8th grade
- Extended day program available
- iPad technology • Eureka Math • Spanish
- Superkids Reading • Art in new art studio and Music

Applications can be found on our website at [school.sfxphx.org](http://school.sfxphx.org)

[www.facebook.com/sfxphx](https://www.facebook.com/sfxphx)

4715 North Central Avenue | Phoenix, AZ 85012 | 602.266.5364

## SCHOOL DAYS

**AWARDS** *continued from page 37*

able to improve its bond rating for credit evaluations.

These awards recognize the district for preparing a comprehensive annual financial report that shows a spirit of excellence, transparency and full disclosure. "The awards document the district's long-standing commitment to the transparency and fiscal accountability critical to success in today's dynamic education environment," said Chief Financial Director Louis Wiegand.

"We believe these awards validate the dedicated work of district financial staff and provides taxpayers, grantors and the public assurance that we are using resources efficiently and effectively," Wiegand added.

Comprehensive annual financial reports are reviewed by selected members of the ASBO/GFOA professional staff with expertise in public sector financial reporting and include financial statement preparers, independent auditors, academics and other finance professionals.

## MADISON ELEMENTARY SCHOOL DISTRICT Learn more about kinder programs

Madison School District hosts its annual Discover Madison Tour on Thursday, Oct. 27, for families interested in learning more about the kindergarten programs at Madison Camelview, Madison Simis, Madison Rose Lane, Madison Heights, and Madison Traditional Academy.

The tour will begin at 8:30 a.m. in the Madison District Office Governing Board Room, 5601 N. 16th St. Attendees will board the school bus and visit each of Madison's elementary schools to receive a guided tour by the principal and learn more about each school. The tour includes a luncheon at the District Office and will conclude by noon.

For more information and to RSVP, visit [madisonaz.org/2016DiscoverMadison](http://madisonaz.org/2016DiscoverMadison) or contact the Madison District Office at 602-664-7900.

## OSBORN ELEMENTARY SCHOOL DISTRICT Clarendon students enjoy 'mobile' learning

Students at Clarendon Elementary School are experiencing a new, mobile way of learning. Thanks to The Walking Classroom, 90 of Clarendon's fourth-graders are learning while they walk. Lessons on everything from history to wellness to English come easier during their 20-minute walks around campus.

Material comes pre-loaded on special audio players that students began using early in 2016. The classes stride around the school while listening to the lesson, after which they return to the classroom to discuss and write about what they learned. Best of all, the material is aligned to current standards, so teachers can keep their kids moving while they're learning critical material.

At this Title 1 school where most students are eligible for free or reduced lunch, and many are minorities that traditionally face higher rates of obesity, keeping youth physically active is especially important.

Movement also is beneficial in keeping children focused and keeping their brains active. Classes at Clarendon have been doing other short movement breaks in the classroom to help students stay focused, since

SCHOOL DAYS



Students at Clarendon Elementary School are experiencing a new, mobile way of learning through a tool called The Walking Classroom (submitted photo).

research has shown a strong link between physical activity and cognitive function.

The Walking Classroom also aids teachers in developing pupils’ listening and comprehension skills, which are addressed in state standards but can be a challenge to incorporate into the classroom.

One major benefit for English language learners is that the audio players have a dial to adjust speed, which enables students to slow the diction to a pace that they can break down and better understand.

It’s too early to see measurable results, but the school will be monitoring students’ vitals, such as BMI and resting heart rate to determine whether the regular walking improved health. They’re also checking literacy scores and other academic outcomes.

From a qualitative standpoint, fourth-graders are enjoying the program and disciplinary referrals have decreased significantly.

PHOENIX UNION  
HIGH SCHOOL DISTRICT

Students receive  
ABA scholarships

Three PUHSD students were among just 20 high-need scholars in the entire state to earn the Alliance Bank of Arizona scholarship on behalf of College Success Arizona.

Yurian Bustamante graduated from Franklin Police & Fire School and is attending Phoenix College to pursue a degree in Biology/Pediatrics. Yurian

was diagnosed with Tuberculosis at 13 and was quarantined for a long period of time. She is healthier now, but the grave situation taught her a lot about herself. The trauma that she went through ignited her passion for Pediatrics and she now wants to teach kids that even though they are going through hard times it doesn’t mean they have to go through it alone.



Yurian Bustamante

Brianna McDonald graduated from Camelback High School and is attending Glendale Community College to obtain her Associates of Art degree. Brianna comes from a single-parent home in which her mother is the sole provider for a household of five. Her goal is to attend a university in the state of Florida to major in Journalism and eventually hopes to pursue her goal of becoming a playwright.

Jose Soto Nuñez graduated from

*please see SCHOLARSHIPS on page 40*

TRUNK-OR-TREAT

Date and Time: **Sunday, October 30, 4:30-6:30 p.m.**  
Place: **First United Methodist Church Parking Lot**  
**5510 N. Central Ave.**



Calling all kids! Trunk-Or-Treat at First Church is quickly approaching. This is a **FREE** event for the entire family from 4:30 to 6:30 p.m. Our annual event is a safe and fun alternative to the original door-to-door approach to Halloween for our littlest ghost, goblins and princesses. Kids are encouraged to wear their Halloween costumes and partake in the festivities.

This year, in addition to trunk or treat, we will have:

**Bounce House • Giant Slide • Dunk Tank**  
**Games • Food\* • SNOW CONES!**

\*Food for purchase is provided by Cub Scout Pack 232.

CANDY FLOSS

(AKA COTTON CANDY)

NOW AVAILABLE AT:

madison <> pediatric dentistry  
popat <> orthodontics

Isn’t it ironic that a general dentist invented cotton candy back in 1897?

Come and check out our cotton candy machine at your next  
pediatric and/or orthodontic specialist dental visit!  
[Pink toothbrush included of course!]

635 East Maryland Avenue

www.MadisonPedo.com (602-313-8707)

www.PopatOrthodontics.com (602-265-0303)

SCHOOL DAYS

SCHOLARSHIPS continued from page 39

Franklin Police & Fire High School and is attending Phoenix College. Jose’s passions are to help people and to become a Firefighter/EMT. Franklin Police and Fire High School helped Jose prepare both mentally and physically, as he will now attend Phoenix College for their Fire Science program. Not only does Jose want to be a firefighter, but he hopes to get his paramedic license too so that he can better assist people in crisis.



Jose Soto Nuñez

Last year, Alliance Bank of Arizona donated \$100K in scholarships to College Success Arizona to benefit high-need, high-potential students in Phoenix-metro, Tucson and Northern Arizona enrolling in community college this fall. In addition to providing funds to these students, this program assigns each scholar a Success Adviser

who provides support and encouragement to them as they navigate through the collegiate process.

Exchange students visiting Central High

Nine Japanese students and a teacher-chaperone visited Central High School and Arizona, Aug. 18-27 as part of an exchange program with the Global Studies magnet program. The group was from Kotogaoka High School in Himeji, Japan, a sister city of Phoenix. The visiting students were hosted by Central’s students and family. The group also visited Flagstaff, the Grand Canyon and Sedona, visited the Central Japanese and Global Perspectives classes, and the Musical Instrument Museum.

Students from Shude High School in Chengdu, China visited Arizona and Central High School, beginning Sept. 26. The visiting students and teacher-chaperones from one of Central’s sister schools were invited to a welcome reception in their honor that day, joining Central host families, students, faculty and staff.

The Central Global Studies magnet program students will visit Chengdu, as well as sister schools in Himeji, Japan, San Jose, Costa Rica and Grenoble, France during the spring. For more information on the Global Studies magnet program at Central, call 602-764-7569.

Social events replace Friday night football

Metro Tech may not have football games on Friday nights, but that doesn’t stop the school from having a safe social event for students. The school has created Metro Tech Friday KNIGHT Fun Nights. The first one was Sept. 16. It featured a car show, movie night, performances by the Knight Dancers, interactive games such as a Dunk Tank and sales by many of the school’s clubs and organizations.

The event ran from 3:30-5:30 p.m. and was capped by Student Government’s Back to School Dance. Metro’s next Friday KNIGHT Fun Night is scheduled for Friday, Nov. 4 and will be in conjunction with a Dia De Los Muertos cultural celebration.

Weightlifting program at Metro is now certified

Metro Tech Weightlifting has become the only high school certified by USA Weightlifting in the state of Arizona. Currently, the Weightlifting Club supports 70 athletes at Metro Tech. “This a great honor for the Club and this due to the hard work of many athletes and sponsors,” said founder, teacher and coach Mario Malaby said. “We are humbled to be supported by USA Weightlifting and hope that we can have long relationship and possibly produce future Olympians.”

WASHINGTON ELEMENTARY SCHOOL DISTRICT WESD CELEBRATES 125th anniversary

The Washington Elementary School District is celebrating its 125th anniversary. Watch for the district’s #TBT (Throw Back Thursday) posts every week on Facebook as facts and stories from WESD’s rich history are shared. Since the WESD was organized by

Dates to remember:

Open House

Sunday, Oct. 30, 2016

12:00 pm - 3:00 pm

8th Grade Day

Friday, Oct. 28, 2016

9:30 am - 1:00 pm

women of faith pursuing excellence

Xavier College Preparatory

Roman Catholic High School

Photo by chadwickfowler.com

Discover your talents. Discover your future. Discover you.

4710 N. 5th St. | Phoenix, AZ 85012 | www.xcp.org | 602-277-3772

SCHOOL DAYS

13 farm families in a tiny farmhouse in 1891, there is much to celebrate. If you'd like to contribute to the district's walk down memory lane, share your pictures and stories at [news@wedschools.org](mailto:news@wedschools.org).

PRIVATE AND CHARTER SCHOOLS  
School celebrates its Founders Day

St. Francis Xavier School celebrated its Founder's Day on Sept. 21. Eighty years ago on this date, five sisters of Charity of the Blessed Virgin Mary began teaching at St. Francis Xavier School, inside Regis Hall in the present Brophy College Preparatory. To celebrate Founder's Day, a special Mass was held for the entire student body, followed by a reception in Anderson Hall for alumni and friends of SFX. The school has been an important part of the community, with many generations of families attending. Janey Henze Cook, current parent of a preschool student, said, "We've been here for many, many years—my mom



Two generations of North Central's Donaldson family attended the St. Francis Xavier School Founder's Day, including, from left: Pat Donaldson, Class of 1985; Camille Luffy Donaldson, Class of 1945, and Ann-Marie Donaldson Alameddin, Class of 1988 (submitted photo).

Kathleen and all of her siblings attended St. Francis, both my husband Bill and I attended St. Francis and my husband's cousin Josh attended St. Francis Xavier. When you include our children, we've been here for four generations." Cook added, "Having gone here myself, it does feel quite familiar. Even

though the school has a brand new campus (completed in 2013), the feel is the same from when I went to grade school." Celebrations will continue throughout the year at St. Francis Xavier, 4715 N. Central Ave. For more information, visit [www.school.sfxphx.org](http://www.school.sfxphx.org).

SFX hosts open house for preschool, kinder

St. Francis Xavier School will host a Preschool and Kindergarten Open House 8-9:30 a.m. Tuesday, Oct. 25. Parent Ambassadors will give tours; parents will have the chance to visit the classrooms during the school day, followed by a presentation given by the principal and teachers.

Interested parents are asked to register for the open house by visiting the school's website at [www.school.sfx-phx.org](http://www.school.sfx-phx.org). Click on the registration icon on the main page.

St. Francis Xavier School is a Jesuit Elementary School, Preschool (3 year olds)-8th grade, at 4715 N. Central Ave. For more information, call 602-266-5364.

AmeriSchools students get hands-on in garden

AmeriSchools students in the full day summer camp during the month of June were introduced to aquaponic gardening by local plant biologist Tristan

*please see GARDEN on page 42*



7812 N. 12TH ST SUITE B, PHX, AZ, 85020 (602) 870-7574 • [IMPACTGYMAZ.COM](http://IMPACTGYMAZ.COM)



**\$20 OFF ENROLLMENT**

**IS YOUR CHILD A FUTURE OLYMPIAN?**

PARENT-TOT, KINDERGYM, RECREATIONAL, DEVELOPMENTAL, JO TEAM, XCEL TEAM

**15% OFF MILITARY DISCOUNT**



Support Glendale Union High School District students with a tax credit donation today!

AZ Dept. of Revenue allows a state income tax credit of up to \$400 for fees contributed by a taxpayer to a public school for the support of extracurricular activities.

Your contribution can help students in:

- Arts
- Athletics
- Student Council
- National Honor Society
- Culinary Arts
- .... and more!

For more information call 623-435-6000 or email Lou.Wiegand@guhsdaz.org



SCHOOL DAYS

**GARDEN** continued from page 41  
Dunton. Three days a week students were taught the 101s of seeding, planting, water pH levels, pollination, and plant genetics using the Punnett’s Square.

Students built trellises, trimmed tomato plants, pollinated cucumber blossoms, and cloned plants from AmeriSchools and from their own homes.  
AmeriSchools’ students will continue education and curriculum at the garden throughout the next school year.

**Fashion show raises funds for scholarships**

It’s a fun and boisterous affair—with at least a couple of hundred young men walking the runway—but its purpose is quite serious. Over the last 20 years, the Brophy Fashion Show has raised almost \$6 million to fund financial aid for students who would otherwise not have the opportunity to attend Brophy College Preparatory.  
This year’s Fashion Show is Thursday, Nov. 3 at the Fairmont

Scottsdale Princess. Brophy has partnered with Neiman Marcus, and the show will feature the designs of Badgley Mischka, with Mark Badgley and James Mischka on hand to present their clothing.  
The much-anticipated event starts at 10:30 a.m. and includes a social hour, lunch, shopping, raffles, and of course, great clothing showcased by Brophy seniors, as well as professional models. For those wishing to attend, tables can be purchased, as well as individual tickets. To purchase tables, individual tickets, or raffle tickets, go to the Brophy website, [www.brophyprep.com](http://www.brophyprep.com).

**Jones a rising star in water polo**

Which sport was your favorite to watch at the Olympics? For Xavier College Preparatory sophomore Maeve Jones, the answer almost certainly was water polo.  
The North Central teen took up the sport about two years ago and appears to be a rising star. Jones played in the USA Water Polo Junior Olympics at Stanford this summer and was a captain of the 16 U (under) team. That team was from Utah, and she played on that team because there only are a handful of girls playing the sport in Arizona.



Maeve Jones

Back home, she trains mainly with 18-year-old boys at the Mesa Water Polo club. The sport is year-round here, taking advantage of mostly ideal weather conditions.  
“The boys are strong and fast,” Jones said. “And they know the game well. Trying to play at their level is tough, but I think it might give me a little advantage in the girls’ competition.”  
Jones is a center, or set, on offense, and a set guarder on defense. Players more or less “tread water” in the four-quarter games and therefore must have good endurance. But Jones said there also is an element of speed involved.  
“Speed is important because you have to maintain it to get your shots off,” She said. “You have to swim up and down the pool with your head up and protect the ball. Your stroke is tighter and more choppy.”  
She will continue to refine her skills



**Open House**  
Sunday, November 6 | 12:30-3:00 p.m.

Brophy’s premier admission event is open to the public with no registration required. Join us for campus tours and information on academic programs, co-curricular activities, financial aid, transportation, and the admissions process. Students, faculty, administration, coaches, and parents will be present.

**Information Social**  
Central Phoenix  
4701 N. Central Ave., Phoenix 85012  
Tuesday, October 25 | 7:00-8:30 p.m.

This event will be on campus in Harper Great Hall. Eighth grade boys and their parents are invited to attend. Director of Admissions Mike Ward will give a presentation, with time for questions afterwards. Applicants will have a chance to talk to current students. Please check in by 6:55 p.m. Go online to register at [www.brophyprep.org/page#Admissions](http://www.brophyprep.org/page#Admissions).

Admissions Office  
(602) 264-5291, ext. 6233  
[admissions@brophyprep.org](mailto:admissions@brophyprep.org)  
[www.brophyprep.org](http://www.brophyprep.org)

SCHOOL DAYS

over the next three years with the hopes of landing a scholarship to play in college. College water polo is heavily weighted toward western schools, including Arizona State.

Football coach  
lauded for career

Bourgade Catholic High School is hosting “Pat Lavin Night” on Friday, Oct. 14 to thank Varsity Football Coach Pat Lavin for his years of service to the Golden Eagles.

Lavin is certainly no stranger to valley football fans. His 45-year coaching career has taken him to St. Mary's, Northern Arizona University, University of Minnesota, Agua Fria High School, Paradise Valley High School, Phoenix College, Independence High School, and Bourgade Catholic High School. During his 14 seasons at BCHS, Lavin has compiled a 76-57 record.



Pat Lavin

Lavin has been selected "Division Coach of the Year" nine times. He was most recently recognized as a recipient of The National Football Foundation Frank Kush Outstanding Lifetime Achievement Award. Former players, coaches and fans are invited to the Oct. 14 game and post-game reception in the Eagle's Nest on campus, 4602 N. 31st Ave. Contact Shawn Gatson at [sgatson@bourgadecatholic.org](mailto:sgatson@bourgadecatholic.org) or 602-973-4000, ext. 125 for additional information.

AP Program  
participation rises

For the 2016-17 school year, Madison Highland Prep has enrolled 83 percent of seniors, an increase of 29 percent from last year's junior class, and 41 percent of juniors, an increase of 12 percent from last year's sophomore class, in one or more Advanced Placement courses. MHP has 31 percent of sophomores enrolled in one or more Advanced Placement courses. Additionally, one freshman is enrolled in AP Calculus.

Seniors may enroll in up to four AP courses per school year. Juniors who have completed the required pre-requisites as sophomores may enroll in up to three AP courses. Sophomores



Madison Highland Prep student Julian Loffsner received a score of 5, the highest possible score, on the AP Spanish Language and Culture examination taken last May. Loffsner, a junior, has attended MHP since 2014. He is now enrolled in AP Environmental Science and advanced mathematics. He is a member of the National Honor Society and has played varsity men's soccer for three years (submitted photo).

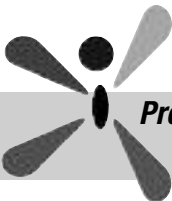
who have completed the required two years of Spanish during their freshman year may enroll in AP Spanish. Sophomores who have completed chemistry honors and biology honors

*please see AP PROGRAM on page 44*

Anxious child?  
Art therapy helps!  
INDIVIDUAL SESSIONS AND SOCIAL GROUPS



602-329-1347 • [artplayhealing.com](http://artplayhealing.com)



AIRES, LLC

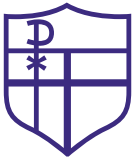
Providing services to children and adults with developmental disabilities, as well as the elderly, since 1978

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

Open positions:

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

Please apply at [www.aires.org](http://www.aires.org) or visit us at  
2140 W. Greenway Rd, Ste 140, Phoenix 602-995-3591 x1000



All Saints' Episcopal Day School

Educating Children Head to Soul

Since 1963, All Saints' Episcopal Day School has offered a top-tier education while encouraging students to realize their highest potential as lifelong learners, artists, athletes, and leaders of the future.

Our teachers teach what they love. We employ 17 specialists in the areas of music, Spanish, physical education, band, art, religion, library, and technology. We also have a full time school counselor, a Learning Resource Coordinator, and Technology and Design Thinking Specialist.

In recent history, 99% of our graduates were accepted to their first-choice high school.

Come see why 90% of alumni respondents rate their overall satisfaction with All Saints' as "high" or "very high."  
— Independent Alumni Survey

Join Us For an Open House November 09 | December 07 | January 11

All Faiths Welcome • Pre-K through Eighth Grade • Indexed Tuition Available • All Saints' Episcopal Day School admits students of any race, color, or national origin.  
All Saints' Episcopal Day School • 6300 North Central Avenue • Phoenix, Arizona 85012 • 602.274.4866 • [www.aseds.org](http://www.aseds.org) • [www.facebook.com/PhoenixASEDS](http://www.facebook.com/PhoenixASEDS)

SCHOOL DAYS

AP PROGRAM continued from page 43

during their freshman year may enroll in AP Biology. Freshman may enroll in AP courses based on prior coursework in middle school or placement test proficiency.

MHP, located at 1431 E. Campbell Ave., offers AP Biology, AP Environmental Science, AP Calculus AB, and AP Spanish, and AP English Literature and Composition.

Renowned drummer hosts master class

Xavier College Preparatory welcomed renowned drummer, educator, and recording engineer Dan Tomlinson to campus on Sept. 21 to teach a drum master class. Invited by Xavier's Classical Music Club, Tomlinson shared his talents and insights with the school's students and faculty members.

Tomlinson has toured and recorded with many world-renowned musicians, most notably Acoustic Alchemy and Lyle Lovett. He has performed on numerous television shows such as The Tonight Show (17 times), David



Dan Tomlinson (in center, wearing tie) hosted a drum master class with Xavier/Brophy students and Xavier faculty members on Sept. 21(submitted photo).

Letterman, The Grammy Awards, Austin City Limits, Good Morning America, and Regis and Kathy Lee. He has also played at the White House twice, along with all of the major venues in the United States and Europe.

With Lyle Lovett and His Large Band, Tomlinson played with guest artists Sting, Bonnie Raitt, Rickie Lee Jones, Bela Fleck, Jackson Browne, Jimmy Buffett, George Duke, Leo Kottke, Alison Krauss, Willie Nelson and many more.

Xavier hosts two welcoming events

Xavier College Preparatory will host its annual 8th Grade Day 9:30 a.m.-1 p.m. on Friday, Oct. 28, and its Open House 12-3 p.m. on Sunday, Oct. 30. Both events are free and will take place on Xavier's campus, 4710 N. 5th St.

Eighth Grade Day is an opportunity for eighth-grade students to experience Xavier on a school day. Scheduled activities will include a welcome assembly, student-led classroom visits, an all-school pep rally, and lunch.

Participation is free, but interested students are asked to register online by visiting [www.xcp.org](http://www.xcp.org), clicking "Admissions," then "8th Grade Day." Please note that this is a student event, so there will not be any planned activities for parents.

Open House is an opportunity for students of all ages and their parents to attend a Xavier information session, tour the school, and meet the faculty and coaches. Information sessions begin at 12:15 p.m. and 1:15 p.m. in the Virginia G. Piper Performing Arts Center, and student-led campus tours will be available throughout the day. Registration is not necessary.

School gardens benefit from coffee grounds

With school back in session, Arizona McDonald's restaurants are again signing up schools to participate in "McCafé School Gardens Grow!" program. Schools recycle their local McDonald's used coffee grounds to help their gardens grow and teach students about the importance of recycling and reuse.



**SAINT MARY'S CATHOLIC HIGH SCHOOL**  
Saint Mary's provides an education that forms the hearts, minds, and souls of virtuous young men and women to be receptive to God's grace and to recognize Him at work in all things that are good, true and beautiful.

[WWW.SMKNIGHTS.ORG](http://WWW.SMKNIGHTS.ORG)



8<sup>TH</sup> GRADE DAY - OCTOBER 21

OPEN HOUSE - NOVEMBER 20

SCHOOL DAYS

Launched in January, the initiative is part of McDonald’s “Good Neighbor Good Grounds” recycling program, designed to divert used coffee grounds from the waste stream by promoting the reuse of coffee grounds to add nutrients to soil or compost.

According to Phoenix McDonald’s owner Dorothy Stingley, the program has reached a new milestone with 150 schools in the Arizona Dept. of Education School Garden Program now recycling their coffee grounds.

Schools pick up the grounds weekly from their local McDonald’s restaurant. McDonald’s also is providing schools with a classroom poster that explains the coffee grounds recycling program.

“I am excited that the Arizona Department of Education has been able to continue its partnership with the McDonald’s Good Neighbor, Good Grounds program,” said Arizona Superintendent of Public Instruction Diane Douglas. “Helping our School Garden Programs using resources that would otherwise have gone to waste is the ultimate win-win, especially for the



Madison Simis Elementary DIGGS co-chairs Leilani Ward-Smith and Rebecca Nieto pick up coffee grounds from the 16th Street and Glendale McDonald’s Manager Nick Gehrke (submitted photo).

students who will have the opportunity to enjoy the gardens that thrive as a result.”

Stingley stated that Arizona restaurants and schools in the coffee grounds recycling program are diverting thousands of pounds of waste from going into

the waste stream. According to a recent waste assessment audit by Waste Management, a McDonald’s restaurant has 29.5 pounds of coffee grounds waste each day, or 11,000 pounds a year.

“Our McDonald’s restaurants serve a lot of coffee,” said Stingley.

“Partnering with our local schools to reduce our coffee grounds waste is beneficial for everyone. Concern for the environment is important to us as well as our customers. We practice responsible coffee sourcing with the majority of our certified coffee purchases from Rainforest Alliance Certified™ farms, including 100-percent of our espresso in the United States.

“Our restaurants work hard to reuse, reduce and recycle,” Stingley continued. “We also currently recycle used cooking oil in nearly all of our restaurants. Our napkins are made out of 100-percent recycled content and we are the first in the industry to have the ‘How2Recycle’ label on many of our recyclable packages, bags and clear cups. We’ve also set a time-bound goal to achieve 100-percent of our packaging from certified or recycled sources by the year 2020.”

Schools or community gardens interested in participating in the coffee grounds recycling program can call Rhonda Grundemann at 602-739-8810 to be assigned to a local McDonald’s restaurant.



**COME ONE, got carnival? COME ALL!**

STA...like no udder.

**MARK YOUR CALENDAR FOR CARNIVAL!**  
**SATURDAY, NOVEMBER 12TH**  
**10AM - 3PM**  
**FREE ADMISSION**  
**ENJOY FOOD, FRIENDS & FUN**



# Gingerbread Open House

Highlighting our Preschool through 2nd Grade Programs

**Tuesday, December 6th**  
**8:45am Check-In / 9:00am Program Begins**

Parents Enjoy a Special Presentation & Tour.  
Attending Children will Enjoy Christmas Entertainment & Craft Time!

To Make Your Reservations  
Visit [www.staphxschool.org/RSVP](http://www.staphxschool.org/RSVP) or Call (602) 954-9089

## Caregivers Needed

### 19th Ave & Northern

We are currently looking for  
responsible, energetic Caregivers to work in home care.  
Monday – Friday 3pm -7pm and/or Saturday & Sunday 10am -4pm.



Changing Lives - Creating Community.

Paid one week training and certification.  
Must pass background check  
and must have reliable transportation.

Please apply at  
[www.valleylifeaz.org](http://www.valleylifeaz.org)

## Paradise Living Centers

### PARTNERS IN CARE

## Let us be your partner in care

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

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

Now open for new residents at our second loca-  
tion, located in historic North Central Phoenix.

**Contact us to schedule a tour today!**

**480-878-4112**

302 E. Maryland Avenue • Phoenix, AZ 85012  
[www.paradiselivingcenters.com](http://www.paradiselivingcenters.com)



### GENERATIONS

## Duet uses grant funds to help caregivers

In Arizona, 130,000 adults ages 65 and older have Alzheimer's disease, according to the Alzheimer's Association. In fact, a 2014 study from the Department of Health and Human Services showed about 20 million unpaid caregivers across the country provide care to almost 10 million adults ages 65 and older.

Family members who care for aging loved ones in Maricopa County will have expanded tools, resources and support from Duet: Partners In Health & Aging thanks to a three-year, \$460,000 grant from Virginia G. Piper Charitable Trust. The grant funding include a new, highly sustainable caregiver-to-caregiver volunteer program to better serve isolated and overwhelmed caregivers; expansion of services for caregivers from diverse, underserved communities including Spanish-speaking caregivers; and new models of service to increase socialization and connectedness, such as book clubs and caregiver movie gatherings.

As part of its expansion of services to Spanish-speaking caregivers, Duet recently hired Daniela Saylor, a North Central resident whose father suffered a debilitating stroke when she was 16 years old. She stepped up to help her mother serve as caregiver for her father, a role that prepared her for her new job as Caregiver Services Program Manager at Duet.

"My experience as a caregiver is the reason I find this work at Duet so important," said Saylor, now 28. "There are so many caregivers who are



Daniela Sayer has joined Duet: Partners in Health and Aging as caregiver services program manager (submitted photo).

overwhelmed and alone."

In her role at Duet, Saylor helps director of Caregiver Services Ann Wheat deliver caregiver support services, which include support groups, a caregiver-to-caregiver mentor program and a caregiver symposium on Oct. 6.

"How to Find Hope While Coping with Stress and Grief," will take place 9 a.m.-1:30 p.m. at Church of the Beatitudes, 555 W. Glendale Ave. Renowned researcher and psychologist, Dr. Pauline Boss, will share proven techniques to help caregivers deal with losses and how to reclaim hope amidst grief. The fee is \$20. To register, visit [www.duetaz.org](http://www.duetaz.org). For more information, call Duet at 602-274-5022.

Boss and Duet also will create a series of professionally produced videos based on Boss's book, "Loving Someone Who Has Dementia." Boss'

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

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

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

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

Join us as a guest  
for lunch!

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

**602-841-2500**

Visit our website  
for upcoming events!

1739 W. Myrtle Avenue • Phoenix, AZ 85021 • [www.thestratford.org](http://www.thestratford.org)



## GENERATIONS

resiliency-based techniques for coping with ambiguous loss and reclaiming hope amidst grief resonate deeply with caregivers. The series of short videos, used as part of facilitated discussion groups, will help give caregivers the tools they need to navigate the losses associated with their journeys.

“Virginia G. Piper Charitable Trust is pleased to support Duet’s efforts to enhance mentoring and services for caregivers,” said Susan Pepin, M.D., President and CEO, Virginia G. Piper Charitable Trust. “Both Duet and Piper Trust are committed to helping older adults remain healthy, independent, and productive. We are humbled by these selfless caregivers; their well-being also plays a critical role in healthy aging and independent living.”

## Senior Living

### FSL hosts daylong caregivers retreat

In honor of National Family Caregiver Month, Foundation for Senior Living (FSL) hosts its second annual Resource & Relaxation Retreat (R & R) 8 a.m.-5 p.m. on Friday, Nov. 4 at the FSL Caregiver House, located at 1201 E. Thomas Road.

This event is a day for caregivers, who are typically unpaid for their service, to learn about community resources that will simplify their daily lives while providing them the opportunity to put themselves first for an afternoon. Enjoy massages, manicures, door prizes, and demonstrations, and get community resources to help make your job as a caregiver easier. There will be caregivers on-site to provide supervision of care recipients.

To RSVP, call 602-285-1800 or e-mail [marketing@fsl.org](mailto:marketing@fsl.org). To learn more about FSL’s programs and services, visit: [www.fsl.org](http://www.fsl.org).

### Brokers can show all Medicare options

Medicare Open enrollment starts Oct. 15 runs through Dec. 7. If you miss the Open Enrollment deadline, you will likely have to wait a full year before you can make changes to your plan. So, it is important to plan ahead and not wait until the last minute to make an important decision such as which Medicare insurance plan is best for you. Even if you are happy with your current plan, there might be something even better out there for you.

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

One such independent broker serving the North Central community is Yvonne Kudray-Baraban, who has been specializing in selling Medicare insurance since 1996 and has been a Phoenix resident since 1977. She can help walk you through what changes may occur to your existing plan in 2017 and what options are available to you. For more information or to make an appointment, call 602-575-0622 or e-mail [Yvonne.Kudray@Cox.net](mailto:Yvonne.Kudray@Cox.net).

### Two free programs geared to seniors

The public is invited to a series of free information sessions held at Aldersgate UMC, 3530 N. 32nd St.

“Fall Prevention” IS set for 10 a.m. Tuesday, Oct. 11. Rebuilding Together Phoenix will address how to prevent slips, trips and falls. Then Area Agency on Aging will discuss the warning signs of elder abuse or exploitation and where to find help.

Robbin Coulon, director of Legal Services for the Area Agency on Aging, presents a “Life Care Planning” program 10 a.m. Tuesday, Oct. 25. Who do you want to manage your financial and/or medical affairs in the event of an emergency, illness or incapacity? Silver Sneakers also will discuss effective ways to stay fit as we age.

For more information or to RSVP for either program, call 602-956- 3710 or e-mail [aldersgatephx@gmail.com](mailto:aldersgatephx@gmail.com).

## Kids & Families

### Halloween events at Arizona Sunrays

The Arizona Sunrays Gymnastics & Dance Center will host a Halloween-themed Kids’ Night Out from 6 to 10 p.m. Saturday, Oct. 15. Ages 3 to 14 are invited to come dressed up in their Halloween costumes for an evening of gymnastics, dancing, a haunted house, costume contest, foggy maze, jumping in a bounce house and on trampolines,

*please see EVENTS on page 48*

## Medicare Open Enrollment

is  
**October 15th thru December 7th!**

*On Medicare or approaching age 65?  
Need to know your insurance options?*

Call or email

**Yvonne Kudray-Baraban**

*Licensed Sales Representative*

**(602) 575-0622**

[Yvonne.Kudray@cox.net](mailto:Yvonne.Kudray@cox.net)

*Providing insurance solutions  
for Seniors since 1996*

### Abode of Acupuncture – special care! special treatment!

## SPECIAL!!

***I treat you as a person – not a symptom . . .***

I am Patricia Martin, Licensed Acupuncturist and ***I promise you*** that I provide you with professional attention for ***all*** your health needs. I take time to listen to you. I use a light touch with the tiniest of needles in my treatments. I help you feel so much better.

Asian medicine is ***my profession***; helping you get well, feel better and become healthier is my ***specialty***. And I do it all with the ***passion*** you have sought (and not found) in other health care practitioners.

**Take a look at [www.AbodeOfAcupuncture.com](http://www.AbodeOfAcupuncture.com) to learn more about my fascinating world of Asian Medicine.**

**And, do, please, call me for a**

**FREE 30-minute consultation: 623 974 5555.**

**You can experience all this wonderment at my office in the  
North Mountain Cardio Health & Fitness Center,  
9812 North Seventh Street.  
I’m there for you every Tuesday.**

## 21<sup>st</sup> Century Family Medicine

**Primary Care Physicians for Adults, Children, and Seniors**

Over 50? We specialize in healthcare for you.

Visit us online at

Free blood pressure check Fridays 12-2pm

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

We accept all insurance plans including Medicare



[www.21stCenturyFamilyMedicine.com](http://www.21stCenturyFamilyMedicine.com)

**Now Accepting New Patients**

Call to schedule your appointment

**(602) 973-3100**

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

## GENERATIONS

**EVENTS** *continued from page 47*

obstacle courses, fort building in the foam pits and a Halloween-themed movie.

Cost is \$30 per child with a \$5 off sibling discount. Pizza and drinks are included. The additional sleepover option is for ages 5 to 14. Pick-up is the following morning at 8 a.m. A light breakfast will be served. Cost for the Kids Night Out and sleepover is \$50 per child; \$5 off sibling discount. Advanced registration is required.

Dress up your baby or toddler in their adorable Halloween costume and have fun at the Baby Spook Halloween Party, 10:30-11:30 a.m. Friday, Oct. 21. All little ones will have a great time jumping and playing on the trampolines, foam pits, and bouncy castles. There will be a special costume contest and professional photos will be taken and emailed to parents. Cost is \$15 per child; \$10 per additional sibling. Advanced registration is required.

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

**Youth volunteers sought for award**

The Prudential Spirit of Community Awards has begun its search for Arizona's top youth volunteers of 2017. Now through Nov. 8, students in grades 5-12 are invited to apply for Prudential Spirit of Community Awards if they have made meaningful contributions to their communities through volunteer service within the past 12 months.

The program, sponsored by Prudential Financial in partnership with the National Association of Secondary School Principals (NASSP), was created in 1995 to recognize middle level and high school students for helping people in need, promoting health and safety, protecting the environment, or volunteering in other ways. The awards are presented annually on the local, state and national level. National winners receive \$5,000.

Applicants for 2017 awards must complete their online applications by Nov. 8, then submit them for certification to a middle or high school principal, Girl Scout council, county 4-H

agent, American Red Cross chapter, YMCA or HandsOn Network affiliate.

The application is available at <http://spirit.prudential.com> and [www.nassp.org/spirit](http://www.nassp.org/spirit). Paper application forms can be requested by calling 877-525-8491.

**Local author pens third book in series**

Ruth S. Thomas of Phoenix is not letting her retirement years be wasted. The 89 year old recently published her third young adult book set in Depression-era Illinois, where Thomas is originally from. She grew up on a farm in Toledo, Ill.

A retired teacher, Thomas has penned "Call Me Seamus," the third book in the series starting with "The Rawleigh Man Told Me" and "The Red Headed Girl." It picks up the life of Seamus and his twin sister in the 1940s in Marshall, Ill. It is there the twins meet their birth father who tells them the true facts about the divorce that has tormented Seamus' life. Now, he and Shannon must come to an understanding of why they were left in a New York orphanage.

While Thomas doesn't gloss over the hard facts about Midwestern life in the 1940s, it is the tender story of twins who came to Illinois on the orphan train, were separated at the age of 2, and grew up in different economic settings. Now 15, the twins have different last names, but the same birth parents. For the first time they share a single home when Livy, Seamus' adoptive sister, marries the judge, Shannon's widowed father.

This was the age of the Roosevelts in the White House, and Seamus gets to meet the First Lady when she comes to Charleston, Ill., on a fact-finding trip for her husband. The meeting takes place at Eastern Illinois College, the very school where the author graduated in 1949.

Seamus, a talented singer and dancer, also meets and gets acquainted with Smiley Burnette who started his entertainment career at a local Illinois radio station, WDZ. It was a station Thomas listened to in her youth and that is still functioning today.

Thomas lives in Phoenix with her cats, Seamus and Katie. This is her fifth book. All are available as ebooks or soft cover editions at Amazon.com.



**Join us for a free, family-friendly tailgate!**

**HOMECOMING 2016**  
**Saturday, October 15 at 5:30 p.m.**  
[phoenixcollege.edu/homecoming](http://phoenixcollege.edu/homecoming)

  
**PHOENIX COLLEGE**  
*A Maricopa Community College*

DECREASES  
YOUR TAXES



North Central Phoenix has a long history of supporting the Madison Elementary School District. The Madison Elementary School District and the local community have been partners in investing in our schools and keeping our community strong.

The override is an important way for our local community to continue to support Madison's future and mitigate the cuts by politicians over the past six years.

## WHY VOTE YES

- ☒ Stronger Local Schools
- ☒ Strengthen Communities
- ☒ Ensure Adequate Funding
- ☒ Mitigate Cuts by Politicians
- ☒ Decreases Your Taxes

Vote YES on November 8th | Early Voting begins October 12th



Learn more at [YesOnMadison.com](http://YesOnMadison.com)

Paid for by Madison Advocates



HOME & GARDEN

## Complete Building and Design Services for All Residential Remodeling Projects



### Free Estimates • Free Professional Designs

Room Additions • Guest Houses • Major Remodeling • City Ready Blueprints

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



Bonded • Insured  
Licensed  
ROC #237983



Angie's list  
Preferred Provider

Residential Remodeling General Contractor

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

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

**602.577.5005**

## Another summer of wasted cash in your attic???



Updating your attic insulation can **GREATLY REDUCE** your electric bills. Don't wait until next summer, call today for your free estimate!!

Attic Retrofit | Spray Foam | Cellulose  
Fiberglass | Insulation Removal  
*Custom Homes, Remodels & Additions*

**602-773-7060**

**www.IndigoFoamInsulation.com**

**INDIGO**  
FOAM & INSULATION



Members of the Washington High School Interact Club, led by club advisor Jill Green (far right), volunteer twice a month in the fall at the Grown Together: A Giving Garden, located on the grounds of Living Streams Church (submitted photo).

## Community gardens offer great alternative

October is prime planting season for Phoenixians. But what if you don't have the right kind of yard, or soil, to grow your favorite fall veggies?

One option may be to "rent" a small garden plot from one of the North Central area's community gardens, including Growing Together: A Giving Garden. The community garden located just west of Central and Glendale avenues at Living Streams Church grows fruits and vegetables for those in need in the community.

The garden's Adopt-a-Bed program is in its fifth year and is the primary fundraiser each season. It works like this: volunteers (a family, youth group, individual, company, school club, etc.) can purchase a garden bed for a tax-deductible donation and be part of the bed preparation, planting, watering, weeding and harvesting. Ninety percent of the harvest is donated to those in need, while donors get to keep 10 percent and enjoy a Veggie Swap with other volunteers at the end of the season. "We typically have 15-20 families and groups adopting a bed each planting season," says garden volunteer coordinator, Britton Sanchez. "All donations support our watering needs, supplies, seedlings and seeds."

Washington High School Interactors like to get their hands dirty on the weekend—the school club has been volunteering at the garden almost

since its inception. "It's one of our favorite service events," said Jill Green, who advises the campus club. "It is awesome for the students to see the gardening process start to finish each season. And knowing our harvest is going to those in need is a bonus."

Interact is sponsored by Sun City Rotary and has 250 members who complete more than 60 events each year.

Growing Together: A Giving Garden began as a vacant lot in November 2009 and has harvested more than 30,000 pounds of food, received 6,000 hours of volunteer service hours and serves four local nonprofit organizations who typically go without fresh fruits and vegetables. In the fall, most volunteers come the first and third Saturday of the month at 7 a.m. For more information about the Adopt a Bed program, visit: [www.growingtogetherphx.org](http://www.growingtogetherphx.org).

Another option is to use one of the pre-made raised garden boxes at the PHX Renews site, located at the northeast corner of Central Avenue and Indian School Road, accessed off of Central Avenue just before the light at Glenrosa. These plots are available for free on a first-come, first-served basis, and gardeners are required to bring their own seeds or plant starters and gardening tools to use. All boxes are set with drip systems in place, so watering is taken care of.

To see whether there are any boxes available, e-mail [PHXRenews@keep-phoenixbeautiful.org](mailto:PHXRenews@keep-phoenixbeautiful.org), or call 602-920-0229.

HOME & GARDEN

Neighborhood groups can borrow tools

The Phoenix Community ToolBank is a nonprofit tool-lending program that provides fellow not-for-profit organizations with year-round access to an inventory of tools for use in volunteer projects and for facility and grounds maintenance.

The Phoenix ToolBank maintains a 5,000-square-foot warehouse just off I-10 at 40th Street and an inventory comprised of more than 200 different types of tools and equipment in volumes large enough to equip thousands of volunteers at a time. Access to ToolBank tools eliminates the need for agencies to incur the expense of purchasing, repairing, and storing tools, reducing the costs associated with service projects and allowing these agencies to focus more of their resources on their mission.

ToolBank is embarking on its second year of tool lending under the board leadership of Arthur Korupczynski, who shared, “Our Phoenix ToolBank is at an exciting stage in its progress and has proven to

be a great asset to our community in its first year. Our future looks bright.

“Phoenix Community ToolBank is looking forward to another successful year of deploying blue tools into the local communities to support nonprofits, schools, neighborhood associations, and government departments to do more, building more and be more,” Korupczynski added.

For more information on how to borrow tools, visit [www.phoenix.toolbank.org](http://www.phoenix.toolbank.org).

Free landscape watering workshops

The city of Phoenix Water Services Department hosts a free landscape watering workshop 2-3 p.m. Saturday, Oct. 22 at the Acacia Library, 750 E. Townley Ave. Learn how to properly water your landscape to save time and increases the health and beauty of your plants.

In addition, a “Rain Gardens” class will follow directly after, from 3:15-4:15 p.m. Learn from a Certified Water Harvesting Practitioner how to design an Earth-friendly yard using simple

earthworks and planting to passively cool your home.

The programs are free and open to the public. To RSVP for either class, call 602-261-8367 or register online at <https://www.phoenix.gov/water-services>, and click on the “Conservation Workshops” tab.

Free gardening workshops set

Keep Phoenix Beautiful hosts a series of free fall gardening workshops beginning this month at the PHX Renews site, located at the northeast corner of Central Avenue and Indian School Road, accessed off of Central Avenue just before the light at Glenrosa.

When and Where to Install Drip Lines will take place 9:30 a.m. Saturday, Oct. 15. This hands-on workshop with Ewing Irrigation will show how to proper install drips lines and emitters (nozzles) for vegetable and xeriscape gardens, and how repair damaged lines and move emitters without tearing out the whole system.

A workshop on wildflowers will

take place 5:30 p.m. Thursday, Oct. 20. Enjoy a hands-on mini-workshop about when to seed wildflowers for spring. Free seed choices for participants.

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

Fall plant sale at botanical garden

Desert Botanical Garden offers a its Fall Plant Sale Oct. 15-16, which will feature the largest variety of arid-adapted plants available in one place.

Plants for sale will include desert wildflowers, large and small cacti and succulents, trees and shrubs, agaves and yuccas, and herbs, vines and bulbs.

Shoppers also can purchase pottery and garden accessories from specialty retailers. A farmer’s market and expert advice will be part of the event as well.

Sale hours are Saturday from 7 a.m.-5 p.m, and Sunday from 9 a.m.-5 p.m. Call 480-941-1225 or visit [www.dbg.org](http://www.dbg.org) for details.

North Central & Downtown Phoenix, Scottsdale Specialists



925 W. Why Worry Lane \$1,050,000  
4 BR, 4.5 BA • Guest HS • 2 Fireplaces



5815 & 5819 N. 14th St. \$750K each  
4 BR, 3.5 BA • 3155 SF • 2+ Car Garage



1215 W. Seldon Lane \$595,000  
4 BR, 3 BA • Pool • 3164 SF



315 E. Oregon Ave. \$519,000  
4 BR, 2 BA • Pool • Irrigated Lot



413 E. Oregon Ave \$445,000  
4 BR, 2 BA • Guest HS • Carport



10733 W. Paso Trail \$395,400  
4 BR, 3 BA • Brought the Buyer



301 E. Northern Ave \$299,000  
Fix-up • Priced at 2015 Appraisal



6820 N. 8th Ave. \$320,000  
3 BR, 2 BA • 1508 SF • Gorgeous!



Tom Bryant, GRI  
602-980-7712

See all of our listings at  
**HistoricCentral.com**



Pat Martin, GRI  
602-432-2150



## Countdown to the Holiday Parties

Come dance with the best teachers, build your confidence and ease... and just think of the fun. Come on... Join the new season schedule and dance parties at your studio. Call now for details.

**Gift Certificates Available**

**Arthur Murray**  
Franchised Dance Studios

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

PHOENIX • 1210 E. Indian School Road  
(602) 264-4612 • [www.arthurmurrayphoenix.com](http://www.arthurmurrayphoenix.com)

Credit Cards Welcome

## Art for Fun!

studio and gallery

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

### Art Classes and Parties

### Adults and Children

602-274-6441 • [www.art4funstudio.com](http://www.art4funstudio.com)

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

classes • workshops • customized parties

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

## BUY YOUR CARE CARD TODAY

### 20% OFF PURCHASES

AT MORE THAN 500 RETAIL LOCATIONS & RESTAURANTS

### OCT 28-NOV 6, 2016

## SHOP WITH YOUR HEART

 BENEFITING PHOENIX CHILDREN'S HOSPITAL

The Board of Visitors

## CareCard

Purchase your Care Card for \$60 at many **participating retailers**, online at [thecarecard.org](http://thecarecard.org) or call **602-235-9554**



## ARTS & ENTERTAINMENT

### Folk music fest returns Oct. 8-9

The hills will come alive Oct. 8-9 when the Save Our Mountains Foundation (SOMF) presents the Fourth Annual Music in the Mountains Acoustic Folk Music Festival, held at the North Mountain Visitor Center, 12950 N. 7th St.

More than 30 of the Valley's finest acoustic entertainers will donate their talents to raise money to benefit the Save Our Mountains Foundation's mission of preserving and protecting the Phoenix Mountains Preserve. The monies raised during this year's event will be used for land acquisition to preserve more open spaces and make them available for recreational purposes as well as for wildlife habitat.

Entertainment begins at 12:30 p.m. on Saturday and Sunday and will take place in the Visitor Center Lobby, the bird blind and in the patio and open stage. Each day there will be bidding

on a Silent Auction and a drawing will be in the Visitor Center at 4 and 7 p.m. on Saturday then again at 4 and 6 p.m. on Sunday.

Food and beverages will be available for purchase from Burgers Amore (Saturday), North Mountain Brewing Company (Sunday) along with chips and salsa from Chili's.

There is no admission fee. Tickets are available for the Silent Auction and drawings. All donations to the Save Our Mountains Foundation, a non-profit organization, are tax deductible. For more information, visit [www.northmountainvisitorcenter.org](http://www.northmountainvisitorcenter.org) or call 602-343-5125.

### A & E Briefs

#### 'Charlotte's Web, The Musical'

Oct. 7-23

Valley Youth Theatre

525 N. 1st St.

602-253-8188

Pull your boots on and come on over to the Zuckerman Barn ... home to all the fun and unforgettable animals from E.B. White's beloved classic story. Shows are Fridays through Sundays. Tickets are \$18 general admission plus fees. Visit [www.vyt.com](http://www.vyt.com).

#### 'Alien: A Puppet Show'

Oct. 7-29

Playhouse on the Park,

Central Arts Plaza

1850 N. Central Ave.

602-254-2151

A raucous rip-off of Ridley Scott's space thriller ... with puppets. All Puppet Players bring their outlandish brand of humor, puppetry and downright disrespect to the legendary franchise to bring you an exciting, scary and hilarious homage to the doomed Nostromo crew. Tickets are \$23 plus fees. Visit [www.allpuppetplayers.com](http://www.allpuppetplayers.com).

#### Student Showcase

Oct. 7-28

Phoenix Center for the Arts

1202 N. 3rd St.

602-254-3100

An exhibition showcasing student work. The juried artwork represents a diverse student population of varying ages and skill sets. An opening recep-

## ARTS &amp; ENTERTAINMENT

tion takes place 6-9 p.m. Oct. 7 as well as on Third Friday, Oct. 21. Visit [phoenixcenterforthearts.org](http://phoenixcenterforthearts.org).

**'Veronica's Room'**

**iTheatre Collaborative**

**Oct. 14-29**

**Herberger Theater, Kax Stage**

**222 E. Monroe**

**602-252-8497**

From the author of Rosemary's Baby comes a harrowing labyrinth of suspense, entwining fantasy and reality. Performances are Oct. 14-16, 20-23 and 27-29. Tickets are \$20 general admission; Thursdays are Pay What You Can. Visit [www.itheatreaz.org](http://www.itheatreaz.org).

**'Masquerades'**

**Center Dance Ensemble**

**Oct. 20-23**

**Herberger Theater, Stage West**

**222 E. Monroe**

**602-252-8497**

A special celebration for Halloween featuring "The Return of Dracula" and other premiere works. Show times are 7:30 p.m. Thursday and Friday and 2 p.m. Saturday. Tickets are \$28 for adults, \$23 for seniors and \$14 for students. There also will be Lunch Time Theater performances at 12 p.m. Thursday and Friday; tickets are just \$6 for this shorter performance. Visit [www.herbergertheater.org](http://www.herbergertheater.org).

**Phoenix Fan Fest**

**Oct. 22-23**

**Phoenix Convention Center**

**100 N. 3rd St.**

Celebrate your fandom of all things pop culture including comics, art, cosplay and more. There will be several Pokemon Go events and celebrity guests. Full event pass is \$40, Saturday only is \$30 and Sunday only is \$25. Sidekick badges for ages 3-12 are just \$10. Visit [www.phoenixcomicon.com](http://www.phoenixcomicon.com).

**'La Bayadère'**

**Ballet Arizona**

**Oct. 27-30**

**Phoenix Symphony Hall**

**75 N. 2nd St.**

**602-381-1096**

Set in India, La Bayadère tells the heartbreaking tale of a temple dancer and a young warrior kept apart in life and united only in death. The lovers are wrenched apart by twists of fate and doomed by uncontrollable vengeance. With lavish set designs that conjure up

exotic locales, this ballet will transport you to a world of noble warriors, cruel princesses, and beautiful temple dancers. Tickets are \$25-\$159 plus fees. Visit <http://balletaz.org>.

**'A Vampire Tale'**

**Scorpius Dance Theatre**

**Oct. 27-Nov. 5**

**Phoenix Theatre's Hormel Theatre**

**100 E. McDowell Road**

In "the 'Nutcracker' of Halloween," a young woman is drawn to the dark side and finds herself lured into an assorted band of bloodsuckers. Frightened yet fascinated by their shadowy showmanship and seductive transactions, the girl struggles to avoid becoming part of their underworld when she becomes infatuated with the king vampire. Tickets start at \$25 and can be purchased by calling 602-254-2151 or visiting [www.scorpiusdance.com](http://www.scorpiusdance.com).

**'Seven Nation Riff'**

**MusicaNova Orchestra**

**4-6 p.m. Sunday, Oct. 30**

**Central United Methodist Church**

**1875 N. Central Ave.**

**480-585-4485**

The MusicaNova Orchestra plays Anton Bruckner's Symphony No. 5 (Jack White's inspiration for the guitar riff in the White Stripes' hit "Seven Nation Army"), the world-premiere of a work from a MusicaNova Composition Fellow, and a special Dia de los Muertos work. In collaboration with student-musicians from Tempe high schools. Tickets are \$20 general admission, \$15 seniors and students, plus fees. Visit <http://musicanovaaz.com/tickets/>.

**Desert Gathering**

**Jewish Music Fest**

**12-5 p.m. Sunday, Nov. 6**

**Amphitheater at**

**Steele Indian School Park**

**300 E. Indian School Road**

**480-425-0700**

This free outdoor gathering features a rich diversity of musical styles—roots-rock, soul, Americana, classic rock and traditional Jewish song. Headliners include Rick Recht and Joe Buchanan; local cantors and groups from religious schools also will perform. Free general admission with advance reservation; \$75 for VIP ticket package. Visit [www.desertgatheringaz.org](http://www.desertgatheringaz.org).

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

**The North Mountain Visitor Center!****Music in the Mountains**

**Saturday and Sunday, Oct. 8-9**

Join us for Acoustic Music Entertainment at the North Mountain Visitor Center fundraising event to help acquire land that will continue to preserve open spaces for recreation and wildlife habitats.

**Activities and Music** begin 12:30 p.m.

**Food and Beverages** will be available for purchase.

**Silent Auction** bids will be taken from Saturday morning until 7 pm Sunday evening

**Drawings for Prizes** will be held twice each day.

Drawing tickets are \$1 each, \$5/6 tickets, \$10/13 tickets

**ADMISSION TO THIS EVENT IS FREE!! DONATIONS GRATEFULLY ACCEPTED!!**

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



SOMF  
501-C3

**12950 N. 7th Street**

**602-343-5125**

Visit us at [www.northmountainvisitorcenter.org](http://www.northmountainvisitorcenter.org)

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

**The Center is open seven days a week from 8 A.M. to 1 P.M. in the fall and winter.**

## 1st Year Anniversary Celebration and Storewide Sale!!



**October 8-16**

**Enter our drawing for a \$100 Gift Certificate!**

*The Shops...*  
...on Camelback

**Home & Garden Furnishings and Accessories**

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

**1030 E. Camelback Road • 602-277-1030**

**[www.theshopsoncamelback.com](http://www.theshopsoncamelback.com)**

**DIAMOND JIM'S**

**Honest Sales & Purchases for over 30 Years**

**Jewelry Repair Done on Site • Buy, Sell, Trade**

**We buy Gold, Silver, Platinum, Diamonds, Coins and Valuables!**

**As seen on Channels 5 and 12!**

**You can trust a jeweler. Take your valuables, gold and silver to Diamond Jim's!**



**Get your holiday  
gift cash NOW!!**



**Bring in this ad for a FREE WATCH BATTERY!**

**6005 N. 16th Street**

**N.E. Corner of 16th St. & Bethany Home**

**602-466-1772**

**[DiamondJims4Cash.com](http://DiamondJims4Cash.com)**

**We buy  
broken &  
damaged  
items, too!**

- Locks Rekeyed
- Deadbolts
- Safes
- Commercial Locks
- Auto Locks, Keys & Transponders
- Security Products

**LOCKED OUT? WE CAN HELP!**  
**24 HR. EMERGENCY SERVICE**

**AUTO KEYS & MOST TRANSPONDERS**

**3942 E. Campbell**  
**Phoenix, AZ 85018**  
**602-956-7299 • Fax 602-956-6268**

**Contractor License #**  
**ROC 289851**  
**After Hrs. 602-956-7299**



Rick Cordova, owner of Joe's Midnight Run, shows off some of the customer favorites including the Shrimp Arroz Negro, and the short ribs cooked Korean style. Patrons who order 40-ounce bottles of beer find them delivered in brown paper bags (photo by Patty Talahongva).

## Café Chat

**Joe's combines nostalgia with world-inspired food**

By Patty Talahongva

Joe is back and this time he's serving more than liquor.

Longtime North Central residents will fondly remember heading to Joe's Drive Thru Liquors at 6101 N. 7th St. for a favorite beverage. It was first built in 1961 and through the years other businesses have occupied the spot, each keeping Joe in the name—except the last one. Now, Rick Cordova has brought Joe back with his restaurant infused with the essence of the 1980s and '90s.

Joe's Midnight Run lives up to its name, serving much more than bar food until the wee hours of the morning. Where else can you order bone marrow, skirt steak and short ribs cooked Korean style anywhere near midnight? "You should still be able to get good food later in the evening," says Cordova, who is from Chicago. "Phoenix deserves it."

This is his first venture into the vibrant, locally owned restaurant business. He owns his own construction company and was originally planning to tear down the building and turn it into a parking lot for another restaurant he's building right next door. But

when he took a second look at the place, a huge wave of nostalgia kicked in. He learned about the history of the building and loved the original brick wall hidden by years and layers of paint.

Instead of tearing it down, Cordova decided to build it up into his own version of '80s and '90s nirvana, with food inspired by cuisine around the world.

From the time you park your car and walk into Joe's, you'll see popular lyrics painted on the wall, and inside the atmosphere is loaded with old time goodies like '80s and '90s movies playing on the flat screens, music (slightly edited for young ears) playing overhead, and your check delivered inside a real Garbage Pail Baby book. "That's all the stuff I like," Cordova says of the era.

But it's the food that's the kicker. "I love to grill. I grill every weekend," Cordova says of his own personal habit. So he decided to install a wood-fired grill in his restaurant kitchen. All the food is cooked on that grill. Well, 95 percent of it; there is a gas fryer. "We put it in reluctantly," he admits.

At lunchtime you can get a Sloppy Joe (\$10) or smoked salmon (\$18) and pair it with locally sourced craft beer, wine or, just for kicks, a bottle of Boone's Farm Sunshine Pink or Blue

FOOD FOR THOUGHT

Hawaiian (\$8). Of course there also are plenty of non-alcoholic drinks. There are five salads on the lunch menu, including a watermelon salad and a shrimp Caesar salad, ranging in price from \$7 to \$9.

The dinner menu offers curried cauliflower (\$7), bone marrow (\$14) and arroz negro (\$14) as small plates to share. Four salads also are available and reasonably priced from \$7 to \$15.

A few of the “biggies” on the menu include the short ribs prepared Korean style, an ahi tuna plate prepared Brazilian style, oven roasted foie gras (a French classic), pork chops prepared Midwest style, and flat iron steak prepared the Italian way. Entrees range in price from \$14 to \$24.

“We like to think we’re offering fine dining in a casual environment,” explains Cordova, who also credits his Executive Chef, Michael Goldsmith, who helped to create the menu of foods prepared in global styles.

Cordova does have his favorites, such as the grilled pulpo, which is octopus cooked in garlic and paprika oil, and served with fingerling potatoes. “It’s a must try,” he says.

The Monday special is a burger and a beer for \$10 and you have to see the burger to believe how big it is. A dessert favorite is the tarte, which Cordova describes as an upside-down apple pie.

Brunch is available on weekends. Monkey bread (\$7), pancakes served with apple and raisin chutney (\$9) or good old biscuits and gravy (\$10) are a few of the items. You can also get steak and eggs (\$14), “The Notorious BIG Burger” (\$14) or Joe’s chopped salad (\$6-9, depending on size).

While the whole family can enjoy Joe’s Midnight Run, after 9 p.m. the lights are turned low and the music is cranked up and as it reads on the menu, “Parental Advisory, explicit lyrics after 9 p.m.” And you can drink from a brown paper bag. “Some people do pitchers, we do bottles,” Cordova says of the 16-ounce and 40-ounce bottles served in brown paper bags stamped with a music icon from the era, as well as the Joe’s logo.

A bicycle rack is available for people who can ride rather than drive to Joe’s. The patio is non-smoking and dog friendly. The comment card asks you to rate them on a scale of “Lame” to “Dope.” It even asks what is your favorite movie from the ’80s or ’90s so it can be considered for a future screening.

In October, Joe’s will host a fundraiser for breast cancer research. Check the website or Facebook page for details.

Joe’s Midnight Run is open 11 a.m. to 2 a.m. Monday through Friday. On weekends, brunch is served from 9:30 a.m. to 2:30 p.m., and the restaurant again stays open until 2 a.m. Happy Hour is 3-6 p.m. Monday through Friday and Reverse Happy Hour is 11 p.m. to 2 a.m. Sunday through Thursday, with \$2 off the any item on the menu.

For more information, visit [www.joesmidnightrun.com](http://www.joesmidnightrun.com) or call 480-459-4467.

Dining Briefs

French eatery goes Italian in October

Coup des Tartes, Phoenix’s longest running bistro-style BYOB French-inspired restaurant located at 1725 E. Osborn Road, is throwing off its Gallic roots in favor of some Italian flavor in October.

*please see GOING ITALIAN on page 56*



CATCH \$5 BURGER MONDAYS!  
BAR LUNCH SAT-SUN: \$3 MIMOSAS / \$4 BLOODY BARI  
HAPPY HOURS ON BOOZE M-F 11AM-6PM / FOOD 3-6PM  
[THEVIG.US](http://THEVIG.US) & [GENUINECONCEPTS.US](http://GENUINECONCEPTS.US)



HOURS

MONDAY-FRIDAY:  
5:30 AM - 6 PM

SATURDAY:  
5:30 AM - 5 PM

SUNDAY: CLOSED

Pumpkin is Back!

PUMPKIN MUFFINS AND DONUTS!

Try our new product line  
beginning October 1

NEW KRONUT FLAVOR  
STRAWBERRY PANNA COTTA  
RASPBERRY MOUSSE  
TRIPLE LAYER CHOCOLATE MOUSSE  
YOGURT PEAR PASTRY  
ARTISAN TRUFFLES & CHOCOLATE BARK  
GIFT BASKETS • AND MUCH MORE!

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

602.997.7849



# TK WATER AND ICE CREAM

**We serve the Valley's favorite Thrifty Ice Cream, shaved ice and reverse osmosis water!**



Use our Ozone Bottle Washer free of charge!



We have 56 flavors of shaved ice and 32 flavors of Thrifty Ice Cream!





Our brand-new RO System is state of the art!

**Water Special:**  
**25¢ per gallon**

**Ice Special:**  
**8lb. bag 99¢**  
**20 lb. bag \$1.99**

*Our ice is made from RO water!*  
*Expires 10/31/16*



**111 E. Dunlap Ave. Ste. 21**  
**Phoenix, AZ 85020**  
**602-944-2299**

**Conveniently located on the SE corner of Central & Dunlap**

FOOD FOR THOUGHT

GOING ITALIAN continued from page 55

Enjoy a “Mafioso Murder Mystery Dinner” 6 p.m. Saturday, Oct. 8. Come join the Godfather and his Mob and see if you can figure out who ordered the “hit.” A three-course meal is served including a cheese-and-meat antipasti, your choice of Greek Sea Bass, Moroccan Lamb, Chicken Parmesan or Short Rib Pappardelle for the entrée, and homemade cannoli for dessert. Cost is \$65 per person, tax and tip excluded. Alcohol is extra.

Then on Wednesday, Oct. 19, the bistro hosts the Alto Adige Italian Wine Dinner, beginning at 6 p.m. Cost is \$80 per person or \$150 per couple. Enjoy four courses with wine pairings. For more information or reservations, call 602-212-1082 or visit [www.nice.tartes.com](http://www.nice.tartes.com).

**Outdoor dinner to raise funds for park**

The Hance Park Conservancy is hosting the first “Noche en Blanco” at Hance Park, 5:30-9 p.m. Saturday, Oct. 22. Inspired by a similar “dinner

in white” which got its start in Paris 30 years ago, Noche en Blanco will have a uniquely Phoenix character, featuring live music, skateboard demonstrations, and dancing.

This event will take place just west of the Central Avenue bridge, adjacent to the site of the future Hance Park skate park, which is positioned to be the first new element built on the park as part of the new Hance Park Master Plan.

Guests will arrive at 5:30 p.m. dressed all in white, set up at their reserved tables, and join everyone for a toast at 6 p.m. It will be a fun, elegant event with long rows of tables draped in white, strings of lights and stars overhead.

Online, in advance, guests can choose from a nice selection of picnics and bottles of wine, which will be waiting for them at the event. Or, guests can bring their own picnic and non-alcoholic beverages with them. Wine and other beverages can be purchased at the event as well.

Tickets for this all-ages event are \$10 per person, or \$75 a table (up to eight people). Guests purchase their tickets, picnics, and wine online at: <http://www.hanceparkconservancy.org>.

True Food changes up menu for season

True Food Kitchen, known for preparing simple and delicious foods to help people achieve and maintain optimum health, has introduced new changes to its menu.

The updated signature menu features seasonal ingredients, new food categories, a dynamic lineup of freshly cooked and nutritious dishes, as well as re-invented favorites and more. As always, the restaurant’s menu remains true to the principles of Dr. Andrew Weil’s anti-inflammatory food pyramid.

New menu highlights and re-invented favorites include the Roasted Toybox Squash, Heirloom Tomato Bruschetta and Grilled Avocado, as well as “bowls” such as the Ancient Grains bowl featuring miso glazed sweet potato, turmeric, charred onion, snow pea, grilled Portobello, avocado and hemp seed, and the Spicy Panang Curry with organic potato, long bean, bok choy, carrot, Thai basil and coconut broth.

Diners also can choose from hand-crafted, authentic, artisanal pizzas featuring homemade tomato sauce and a rustic

*please see MENU CHANGES on page 58*



Fast, fresh, and flavorful Italian fare.

**sauce**  
pizza | wine

Madison Village | 742 E. Glendale Ave. | 602.216.2400  
Uptown | 25 E. Camelback Rd. | 602.845.7007  
[SaucePizzaAndWine.com](http://SaucePizzaAndWine.com)

# UPTOWN FARMERS MARKET

SATURDAY + WEDNESDAY MORNINGS | CENTRAL + BETHANY HOME | PHOENIX

A Gather Arizona™ Event



### Uptown Saturday

Fall hours of 9am–1pm  
beginning October 1st

### Uptown Wednesday

Reopens October 5th with new  
hours of 9am–1pm



Mark your Calendars for a  
special Halloween market  
Saturday, October 29



### Uptown Growers Market

Fall season and gardening classes begin Saturday,  
October 1st. Full list of classes on website.  
Thank you to Agave Farms for sponsoring the  
Growers Market!



### Fall Chef Series

October 1	Chef Matt Fenton of <i>Tarbell's</i>
October 8	Chef Tony Rea of <i>Pasta Rea</i>
October 15	Chef Nick Mikolowsky of <i>The Herb Box</i>
October 22	Chefs Jeremy Pacheco and Joe Hobson of <i>Lon's at the Hermosa Inn</i>

### CONTACT

uptownmarketaz.com  
bo@uptownmarketaz.com

### HOURS

Saturdays 9am - 1pm  
Wednesdays 9am - 1pm

### FOLLOW US!

Facebook, Twitter & Instagram  
@uptownmarketaz

### LOCATION

5757 N Central Avenue - Phoenix,  
Arizona 85012

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

## FOOD FOR THOUGHT

**MENU CHANGES continued from page 56**

spelt and flax crust, also made in house. The new Summer Squash Pizza featuring broccolini, sweet onion and lemon ricotta replaces the Braised Artichoke Pizza, a seasonal spring favorite.

True Food's popular salad category, made famous by Dr. Weil's famous Organic Tuscan Kale Salad, now includes a Summer Ingredient Salad—a fresh medley of roasted asparagus, garbanzo bean, cauliflower, broccolini, wax bean, mint, Manchego cheese and pistachio tossed in a Sicilian Vinaigrette.

There are several other menu changes reflecting the late summer season. For more information, visit [www.truefoodkitchen.com](http://www.truefoodkitchen.com).

**Tasty, gluten-free dishes taught in class**

Julie Moreno, award-winning chef and owner of Jewel's Bakery and Cafe, is launching a fall cooking series of moderately priced cooking classes at her gluten-free eatery, located at 4041 E. Thomas Road. The interactive experience is set to take place one Sunday, each month from 5 p.m. to 7 p.m.

Moreno will launch the first class on Sunday, Oct. 9, and will feature an array of gluten-free, tasty fall comfort foods. Guests will learn how to make signature and playful takes on some of her most popular dishes, including cinnamon rolls, loaded baked potato soup and her famous, chicken potpie.

November's class will focus on Thanksgiving dishes, and December will feature that holiday favorite, gingerbread.

Individual tickets can be purchased for \$60 and couple tickets for \$90 at <http://bit.ly/2cKODmA>. Ticket includes take-home recipes, and take-home meals. For more information, visit [www.jewelsbakeryandcafe.com](http://www.jewelsbakeryandcafe.com) or call 602-714-5243.

**Food 'tour' benefits arts in education**

The Madison Education Foundation (MED) is looking for "foodies" who want to enjoy great local cuisine while raising money for children to experience outstanding art programs in the Madison School District.

On Thursday, Oct. 6, MED will host a unique fundraiser where participants will travel on a traditional yellow

school bus to "taste" several of Phoenix's best-loved and new restaurants: Joe's Midnight Run, Stock & Stable, The Herb Box and Phoenix Ale Brewery and Central Kitchen. Food pairings and cocktails will be served at each location. Seating for the tour is limited to 100 total guests.

Groups will depart at 5:30 and 6:15 p.m. from the Madison District Office, located at 5601 N. 16th St. The donation of \$65 per person will benefit the Foundation, which will create teacher grants to support music and the arts in Madison District schools.

For tickets, visit <http://madisoneducationfoundation.org>. For more information, call 602-664-7964.

**Cold brew coffee at The Refuge**

Cold brews are the latest rage in coffee and The Refuge is jumping on board. The café located in the Melrose District now offers two cold brews: a house cold brew with The Refuge's dark roast and a nitrogen-infused cold brew coffee on tap, featuring Yirgacheffe Ethiopian beans.

The house cold brew is made in-house and takes 24 hours to make. The nitrogen infused is not done in house, but has become very popular because of its high caffeine content.

The Refuge is a social enterprise of Catholic Charities Community Services that operates a workforce program to help refugees and veterans get back on their feet. Learn more at [www.therefugeaz.com](http://www.therefugeaz.com).

**Pair a beer and a burger at Hopdoddy**

Hopdoddy offers a "Twice the Craft" beer and burger special through Oct. 31 at its Central Phoenix location, 2033 E. Camelback Road, Ste. A13.

The way Twice the Craft works is simple: guests can choose any Hopdoddy burger and pair it with any of their favorite local draft beers for only \$10. The burger and beer selections must be placed at the same time. Twice the Craft is available any time of day, any day of the week through Oct. 31.

Hopdoddy also will host special pint nights featuring the following local craft breweries throughout the Twice the Craft promotional period: Oct. 7, Sonoran Brewery pint night; Oct. 14, Freak'n Brewing Company ping night; Oct. 21, Kombucha bottle

night & release party; Oct. 27, The Shop Beer Co. pint night; and Oct. 28, Grand Canyon Brewery pint night.

Hopdoddy Burger Bar is an Austin-born burger joint that serves fresh, all-natural Angus burgers alongside Kennebec hand cut fries, farm fresh salads and handcrafted milkshakes. The buns are baked in-house from scratch every day. Craft local beer is a passion for Hopdoddy, as well as a full bar including house-made liqueurs and fresh squeezed juices. For more information, visit [www.hopdoddy.com](http://www.hopdoddy.com).

**Spooktacular fun at Half Moon**

Half Moon Windy City Sports Grill will host Alice Cooper's Solid Rock Spooktacular, 5-9 p.m. Thursday, Oct. 27, featuring a highly entertaining, family-friendly Halloween Bash with proceeds to benefit Alice Cooper's Solid Rock Foundation.

Sports, music and Halloween fans of all ages are encouraged to come in costume and support Solid Rock's mission as the evening's festivities include food and drink specials as well as live music from Solid Rock's local bands. Guests also will enjoy a silent auction, raffle, goodie bags for the first 50 children ages 12 and younger (pre-registered online), and a Make Up Station—paint your face like Alice Cooper or your favorite character, ghost or goblin.

Fifteen percent of the proceeds from sales for the entire day will go to Alice Cooper's Solid Rock as well as all the tips the servers collect during the event. Tickets are \$10 per adult and \$5 per child (12 and younger), which gives each adult and child a \$10 and \$5 food credit, respectively. They can be purchased online at [www.HalfMoonSportsGrill.com](http://www.HalfMoonSportsGrill.com).

Half Moon Windy City Sports Grill is located at 2121 E. Highland Ave. For more information, call 602-977-2700.

**Texaz Grill offers State Fair food**

If you've got a craving for the kind of sticky, fried and otherwise decadent food that only a true Texas State Fair can offer, stop on by to Texaz Grill through Oct. 23 to sample the State Fair Menu.

It's only natural that the Valley's most Texas-centric steakhouse gets into the State Fair spirit with such Lone Star State

classics as "Fletcher's Original State Fair Corny Dog" and the iconic Frito Pie.

The Corny Dog (\$6), a State Fair of Texas staple since 1942, comes with two servings accompanied by a bag of Frito's. The Frito Pie (\$5) is said to be invented in the 1930s by Daisy Dean Doolin, mother of the founder of the Frito-Lay company. Texaz Grill's version features homemade chili presented in a small bag of Fritos corn chips, topped with onions, cheese and served with a plastic spoon.

To keep that sweet tooth satisfied, try some Cotton Candy Lemonade (\$7), a cocktail made with cotton candy vodka, lemonade, Blue Curacao and garnished with a lemon slice.

Texaz Grill is located at 6003 N. 16th St. For more information, call 602-248-STAR (7827) or visit [www.texazgrill.com](http://www.texazgrill.com).

**Brunch returns to Wrigley Mansion**

Sept. 18 marked the return of The Wrigley Mansion Club's award-winning brunch experience for the season, featuring a brand-new mix of classic favorites and some soon-to-be favorites from Chef Nixon and his team at Georgie's Steak.

Brunch is served 10 a.m.-2 p.m. Cost is \$54 per guest, half off for ages 6-12 and ages 5 and younger eat for free. The Wrigley Mansion Club is located at 2501 E. Telawa Trail. For reservations, call 602-955-4079. To view menus, visit [www.wrigleymansion.com](http://www.wrigleymansion.com).

**Joy Bus: good food for a good cause**

Now open in Phoenix, The Joy Bus Diner, 3375 E. Shea Blvd. Suite C-1, is a 100-percent nonprofit restaurant that's helping make the Valley a tastier, happier place, one meal at a time.

Housed inside a welcoming space at the southeast corner of Shea Boulevard and the AZ-51 highway, The Joy Bus Diner boasts hearty, made-to-order breakfast and lunch fare served 7 a.m.-2 p.m. Tuesday through Sunday.

Think hearty sandwiches such as Patty Melts made with grass-fed beef or Rubens topped with housemade corned beef brisket; and a double-dipped crispy Chicken in a Biscuit. For more breakfasty fare, enjoy Princess Poppyseed Pancakes stuffed with fluffy lemon, served with fresh fruit and choice of sausage or Tender Belly

FOOD FOR THOUGHT

bacon, or Roasted Chile Benedict with AZ-raised filet and "Woods Bread" topped with roasted chile hollandaise.

Even better, every cent earned will be used to support The Joy Bus, a local charity that's been bringing chef-inspired meals and caring conversations to cancer patients Valley-wide since 2011.

At night The Joy Bus Diner will host community events and cooking classes, as well as serve as the dedicated commercial kitchen for The Joy Bus' weekly meal deliveries.

For more information call 602-595-5884 or visit [www.thejoybusdiner.com](http://www.thejoybusdiner.com).

Sauce invites you to submit pizza recipe

In honor of October being National Pizza Month, Sauce Pizza & Wine is hosting its annual Build Your Own Pizza, or "BYOP," contest.

From Oct. 1-17, guests will be able to submit their own pizza recipe for a chance to win a \$200 Sauce gift card and have his/her pizza featured on the menu during the month of November.

Guests can submit their recipes via Sauce Pizza & Wine's Facebook page (<https://www.facebook.com/saucepizzaandwine>) or in-store. Locations include 1st Street and Camelback Road,

and 7th Street and Glendale Avenue.

The Sauce Pizza & Wine Culinary Team will choose the winner by Oct. 31 based on taste, flavor, and creativity. The winning pizza will then be featured in all stores on chalkboards; \$1 from each pizza sold will be donated to the winner's charity of choice. The winner also receives a \$200 Sauce gift card.

Check out the Sauce menu at [www.saucepizzaandwine.com](http://www.saucepizzaandwine.com) to plan your pizza.

Peking Duck Taco makes top 15 list

Food Network recently came out with its ranking of where to eat great tacos from coast to coast, and Phoenix's Taco Guild was one of two Valley restaurants that made the cut. The local hotspot at the northwest corner of 7th Street and Osborn Road ranked number 11 on the list of 15.

The Peking Duck Taco was deemed "one of the highlights of Taco Guild." Made with plum sauce, fire-roasted poblano apricot compote, Brie cheese—this standout taco is a cut above.

To see the list, visit [www.foodnetwork.com](http://www.foodnetwork.com) and type in the keyword search "Tacos from Coast to Coast." Taco Guild is located at 546 East Osborn Road. For more information, call 602-264-4143 or visit

[www.tacoguild.com](http://www.tacoguild.com).

Pomelo at The Orchard adds brunch menu

Pomelo, the full service restaurant at The Orchard PHX, announces its new brunch menu. Get your daily serving of eggs with decadent dishes like Florentine Benedict, Veggie Omelet or the Breakfast Pizza. And for those who like their breakfast with some southwest spice, there is the Chilaquiles and the Migas (no meat).

In addition to brunch items you can still enjoy non-breakfast food like the Grass-Fed Burgers and Wood-Fired Wings. Pomelo is serving brunch every Saturday and Sunday from 10 a.m. to 4 p.m.

The Orchard PHX is located at 7100 N 12th St. in Phoenix, between Northern and Glendale avenues. To view the complete Pomelo brunch menu, visit them on Facebook at [Facebook.com/PomeloPHX](https://www.facebook.com/PomeloPHX) or [www.PomeloPHX.com](http://www.PomeloPHX.com).

Guest chefs featured at farmers market

Uptown Farmers Market has joined forces with local restaurants, chefs and C-CAP AZ to host a Fall Chef Series at the market each Saturday this month, featuring a different chef from the

Valley. These chefs inspire and educate by transforming seasonal Arizona products into delicious, simple tastes for the community.

Guest chefs include Matt Fenton from Tarbell's on Oct. 1; Tony Rea of Pasta Rea on Oct. 8; Nick Mikolowsky of The Herb Box on Oct. 15; and Jeremy Pacheco and Joe Hobson of Lon's at the Hermosa Inn on Oct. 22.

"This will be the third Chef Series held at Uptown Market, but it will be the first one held during the fall season," says Bo Mostow, Uptown Farmers Market manager. "Our Arizona autumn planting season is so special—while most states are gearing up for cold weather and snow-covered crops, we are cranking out all the best fall has to offer.

"I am excited to see how they utilize these ingredients," she adds.

Uptown Farmers Market is open 9 a.m.-1 p.m. Saturdays on the grounds of North Phoenix Baptist Church, 5757 N. Central Ave., and beginning this month the Wednesday market returns from 8 a.m.-1 p.m. Visit [www.uptownmarketaz.com](http://www.uptownmarketaz.com).

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

BUSINESS DIRECTORY

Shop • Volunteer • Donate



5035 N. 7th Ave.  
Phoenix, AZ 85013  
(602) 776-1540  
Monday–Saturday  
9 a.m.–5 p.m.  
Call for furniture or  
large-item pick-up



Remodeling and Repair Contractor  
Carpentry • Patios • Windows • Painting • Drywall  
Licensed • Bonded • Insured • ROC #201515  
**(480) 217-9663**  
or [WesselandBaker@gmail.com](mailto:WesselandBaker@gmail.com)

LEATHER FURNITURE CARE

Your Leather Looking Shabby?  
Cat, Dog Scratches, Dry, Fading?

**"IT CAN LOOK NEW AGAIN"**



We carry raw local honey!



**602-248-7862**

**UDDER FINERY LEATHER CARE**

ESTABLISHED 1970



*Culinary trained chef and dietitian  
available to prepare meals for homebound*  
Contact  
[tbdfitnessaz@gmail.com](mailto:tbdfitnessaz@gmail.com)  
or **602-692-3180**

X  
C  
A  
S  
H



Joseph Capretto  
480-398-6095  
Free Quotes - Cash Buyer  
PO Box 32204  
Phoenix, AZ 85064

4  
X  
M  
A  
S

SNAPPY LAWN SERVICE, INC.

For all your lawn service needs!

**TIME TO SCHEDULE YOUR  
WINTER LAWN SEEDING!**

CALL FOR A FREE ESTIMATE

**602-275-2745**

Serving the Valley over 40 years  
ROC#236598

BUSINESS DIRECTORY

Call Sandy Holland

35 Years Plumbing • 25 Years Building Homes  
All Types of Maintenance • Remodels and Additions  
Alkaline Drinking Water Specialist  
Work Guaranteed • References on Request  
No Job Too Small!

602-510-9600  
Free Estimates

Not a licensed contractor

Oleander Removal

Ryan's Removal

Oleander, Tree and Stump Removal  
Dirt • Concrete • Hauling • Trenching • Delivery  
Laser Leveling • Lot Clearing  
Insured - Bonded



Call for free estimate  
602-451-6120

ryansremoval@gmail.com • oleanderremoval.com

Specializing in:  
Roofs:  
Shingle  
Kitchens:  
Cabinetry  
Countertops  
Baths:  
Showers  
Vanities  
Flooring:  
Wood  
Tile  
Vinyl plank



602.508.0015

2539 E. Indian School Rd., Phoenix, AZ 85016  
roof2floors@gmail.com fax 602.508.0018

Rick's Grading

Landscape Grading of all Types

Laser Leveling of Irrigated lots  
Drainage and Flood Problems

OVER 20 YEARS EXPERIENCE

Licensed • Bonded • Insured ROC 247729

Richard C. Connolly

p 602.957.3803 • ricksgrading.com



Quandt Landscaping

Landscaping Installations & Makeovers

Sprinklers • Brickwork • Patios • Pavers

Gravel • Sod • Shrubs • Trees

Outdoor Lighting

Call for free estimates

602-481-8571

Pet Sit with Trish

"When Your Dogs & Cats Are Family"

Boarding dogs in my Home with Loving Care

Plus - "Drop-In" Pet and House-sitting

Doggy Day Care • Large Grass Yard • Take 'em home tired!

Retired Exec - 25+ Years Professional Pet Care!

References • 602-363-0273 • tspencer2@cox.net



vintage clothing & accessories  
consignment furniture  
& home decor

Fun and Funky all in one place!  
We make resale affordable!

4314 N. 7th Ave.

602-997-1606

Open 10 - 5 Thursday - Monday  
Closed Tuesday and Wednesday

Looking for quality consignments!

www.pearlymaes.com • fcbk/pearlymaesresale

Put your ad here!

Call

North Central News

at

602-277-2742

to find out how!

Patience Unlimited

PROFESSIONAL DOG TRAINING



BARBARA NAGY

201-924-0208

patienceunlimited@yahoo.com

Professional Member IACP

Group Classes (Pet & Competition) • Private Lessons (Pet & Competition)  
Behavior Consultations

"Quality Training for Owners and Their Dogs"

www.patienceunlimited.com



The Osselaer Company

Homeowners Association Specialists

Fifty year history of  
helping communities.

Excellent service to our clients.

Cost savings measures.

We help communities increase home values by finding  
over- spending, improving appearances and reducing costs.

Contact Mel Kuppinger for a complete no cost evaluation.

Mel@osselaer.com

602-277-4418



Mike Macchiaroli  
Tree Company

Certified Arborist  
Licensed • Insured



• Precision Removals  
• Deep Root Fertilizing  
• Micro Injections

• Artistic Trimming  
• Palms  
• Free Estimates

47 Years Experience

Best Service and Price in the Valley!

(602) 509-2773

www.phoenixtreeremovalservic.com



residential design-build general contractor

new construction, additions, renovations

turnkey from design to permits to project completion

ph:602-510-2969 email:info@masterbuildhomes.com

www.masterbuildhomes.com

licensed, bonded and insured

ROC284511, Architect Registration #61310



Lifestyle  
Pilates

A Fully Equipped  
Pilates Studio

Reformer • Cadillac • EXO Chairs • TRX CoreAlign • Power Plates • Ceragem Massage  
Private, Semi Private and Small Group Training

October is National Breast Cancer Awareness Month

15% off for cancer survivors during October

We offer free 1/2-hour post-breast-cancer foam roller workouts  
at 11a.m. and 11:30 a.m. every Saturday in October.

To reserve your spot, call 623.910.1314

All donations will go to Making strides Walk

1321 E. Northern Ave.

(623) 910-1314

www.lifestyle-pilates.com

KEITH'S UPHOLSTERY



MARYANN

602-997-7633

CHAIRS • SOFAS • PILLOWS • SLIPCOVERS

HIGH QUALITY DESIGNER WORK

746 E. DUNLAP • PHOENIX, AZ • 85020

JUNK REMOVAL

YOU HAVE IT

WE HAUL IT

FREE ESTIMATES


602.339.8989

BUSINESS DIRECTORY


Plugs • Switches • New circuit installs • Spas • Pools

**Jim Sgambati Electric, LLC**  
Residential • Commercial • Remodel • New Construction  
Emergency Service Calls  
35 years experience • Reliable, honest, respected  
On-time service • Guaranteed call backs  
FREE estimates  
**Jim (602) 992-6630**  
ROC # 195188 • JSELLC@cox.net


Ceiling fans • In & outdoor lighting • Panels replaced



Original  
jpg or pdf



We Photoshop  
the reflection  
Edges



We Print and  
Mount on a Wooden  
Frame

Call for Pricing! Allow one week!

Canvas Wrap Your Photos! **480.967.0120**

**If I Were A Rich Man**  
♦ MEN'S CONSIGNMENT STORE  
♦ HIGH END BRANDS, RESALE PRICES  
♦ HANDMADE ACCESSORIES  
♦ ROCK AND SPORT MEMORABILIA  
♦ SHOP-CONSIGN-REPEAT





1576 East Bethany Home Road  
Phoenix, Arizona 85007  
602-687-7552  
@ifwearerichmanresale

**Housecleaning**  
• Affordable  
• Dependable  
• Experienced  
• Honest  
Call Maritza  
602-507-5475





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

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



**Girl Friday** LLC

Executive ASSISTANCE  
Personal ASSISTANCE  
Senior ASSISTANCE



602.619.0079  
www.girlfridayotg.com

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

**FRANK'S PLUMBING**  


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

**Frank Cereska**  
Phone: (623)434-4743  
Fax: (623)780-4541  
Residential & Commercial Lic#260831 • Bonded • Insured

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

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

**602-237-6797**  
Showroom located at 4601 E. Bell Rd. Phoenix, AZ 85032  
Lic. Bonded & Ins. ROC 238942 • Financing Available  
*Min. Sq. Ft. purchase required for sale prices. Special pricing until 10-31-2016*

**FLEMING**

**SPRINKLER/LANDSCAPE**  
INSTALLATION-REPAIRS  
DESIGN/BUILD • LIGHTING  
LICENSED • BONDED • INSURED  
**602-292-5657**  
Doug Fleming, Owner ROC # 098462


**Extra Mile Painting Company**  
*"Going the extra mile in service, craftsmanship and cleanliness"*  
Joseph Pepp, President  
Read our Yelp reviews!  
ROC # 299666  
2207 E. Glenrosa Ave.  
Phoenix, AZ 85016  
www.extramilepaintingcompany.com



North Central News Readers!  
Mention this ad and receive  
**25% OFF**  
all interior and exterior work  
FREE written estimates in 24 hours!  
Call us today at  
**602.521.2662**

CONTRACTORS  
LICENSE 15422  
SINCE 1946

**DYER ELECTRIC CO**  
ELECTRICAL WIRING AND REPAIRING  
2135 EAST INDIAN SCHOOL ROAD  
PHOENIX AZ 85016



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

**Why Live in Pain?**  
**Dragon's Lair Acupuncture**  
602-539-9501  
www.dragonslairacupuncture.com

Irritable Bowel Syndrome  
Ulcerative Colitis  
Crohn's Disease  
Constipation, Diarrhea  
Heartburn, Bloating, Gas, Reflux  
Swelling, Edema

20% off initial visit  
Feel Better - Live Better  
By Appointment Only

**Doors Plus**  
Replace, Upgrade, Repair your old doors  
Interior/Exterior, Custom Woodwork  
Cabinets & Hardware, Wood Flooring  
**Crown Molding & More!**  
35 Years Experience  
• Impeccable References  
• Satisfaction Guaranteed  
W. L. Graves doorsplus@cox.net (602) 788-1105  
Not a licensed contractor



**DIVINE DESIGN Landscaping**

**Tired of the Mow, Blow and Go Companies?**  
**Want a Company That Pays Attention to Detail?**  
**Call Us NOW for All Your Landscaping Needs!**  
WWW.DIVINEDESIGNLANDSCAPING.WEBS.COM  
**602-769-4564**

**Sell your car fast and easy**  
*Any make, even with major problems*  
• Hassle-free offers • Small North Central dealer  
Call/text (602) 252-9134  
anytime (480) 528-1517  
en Español  
directdriveauto.com  
**DirectDriveAuto**  
• Buy • Sell • Trade | Quality used vehicles



BUSINESS DIRECTORY

CONCRETE  
MASONRY • STUCCO

Licensed • Bonded • Insured • ROC #201515

WB

WESSEL & BAKER  
CONTRACTING

(480) 217-9663

or WesselandBaker@gmail.com

The Computer Wizard

Brian Woloshin

PC Support & Repair  
Free Estimates

Phone: 602-717-6382  
E-mail: brian@thecomputerwizard.info  
http://www.thecomputerwizard.info

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

Borrowed Muse  
Marketing & Promotions

When your promotional and  
advertising needs require a little  
extra inspiration ...

Plats • Shirts • Bags • Awards

602-410-1267  
learnicelli@yahoo.com

PAVERS AND  
LANDSCAPE  
INSTALLATION

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

Not a licensed contractor

Affordable Rates

Satisfaction guaranteed  
Call Arturo Bonilla  
602-475-7486

The Best Handyman

Big & Small we do it all

Electrical Plumbing Carpentry

480-322-3594

All Work Done By  
"Owner"  
Free Estimates

Not a licensed contractor

FURNITURE REFINISHED & REPAIRED  
LOOSE CHAIRS REGLUED/ CANE WEBBING  
REPLACED FOR CHAIRSEATS & BACKS  
ANTIQUES RESTORED /FREE ESTIMATES  
PICKUP & DELIVERY AVAILABLE

BERLE CLARK

602-790-6920 berle@q.com 480-998-4468

PAINTING  
Arizona Residential

Small Job Specialist Interiors Only  
Kitchen Cabinets & Vanities Repainted  
Interior & Exterior Doors Repainted  
Decorative Faux & Venetian Plaster  
Free Estimates & References Given  
(No Spraying) 45 years Experience  
Attention To Detail  
(480) 945-4617 Mr. Gary Owner Does All Work!  
See Web Site For Sample Work  
Not a licensed contractor

www.azrespainting.com

Put your ad here!

Call  
North Central News  
at  
602-277-2742  
to find out how!

Residential Window Cleaning

Arizona Glassology

- Quality Cleaning
- Fast & Reliable
- Friendly
- Local

Fall  
Cleanup  
or Party  
Prep!

FOR ESTIMATE CALL 602-791-3783  
ArizonaGlassology@Gmail.com

Drywall Specialist

Anybodys Anything Handyman

35 Years Construction Experience  
Electrical • Plumbing • Painting  
Remodel • Repair

TODD MCGREGOR 602-265-6162

NOT A LICENSED CONTRACTOR

BUY

SELL

Antique Outpost

BOTTLES • CHINA • POSTCARDS • LARGE VARIETY

OPEN 10 A.M. - 5 P.M. DAILY  
10012 N. CAVE CREEK RD. - 1 MI. NO. OF DUNLAP AVE.  
SUNNYSLOPE AREA - PHOENIX, AZ 85020  
CLOSED SUNDAY AND MONDAY  
Mom and Pop Shop Since 1967  
PHONE (602) 943-9594 FRANK & WINN GREEN

Harvey E. Amwake, PLLC

Certified Public Accountant

Tax and Small Business Consultant

Call me for your tax and business planning needs!

6232 N. 7th Street, Suite 105  
Phoenix, AZ 85014  
(602) 753-0377

AMERICAN  
TREE EXPERTS

Still doing it right after all these years.  
Trimming, Thinning,  
Shaping and Removal  
Fertilization and Damage Prevention  
Trees • Hedges • Shrubs

Your satisfaction is our guarantee.

David Wolfe Over 15 Years Experience 100% GUARANTEED FREE ESTIMATES For more information call 602.740.2947

A. J. Birdwell  
Plumbing

602-274-4121

Water • Sewers • Water Heaters  
Repairs are our Specialty!!  
No TRAVEL CHARGES • FREE ESTIMATES

ROC # 0457777 • Licensed • Bonded

Licensed Bonded Insured

A and P  
PAINTING

EXTERIOR & INTERIOR

www.AandPpainting.com

BE SMART.  
Hire a  
Licensed  
Contractor

Power Washing • Trenching • Sanding • Priming • Caulking • Window Glazing  
Drywall Repair • Stucco Repair • Crack Repair • Custom Home Painting

20% OFF

All Exterior or Interior Paint Jobs  
with the mention of this ad

FREE  
ESTIMATES!

602-502-0900  
AandPpainting@yahoo.com

LIC#s  
214967  
230606  
220868

BESPOKE  
PROPERTIES

the  
Suits



IT’S TIME TO CALL CHERYL...

THE WEATHER IS COOLING DOWN AND THE HOME MARKET IS STARTING TO STIR WITH BUYERS AND SELLERS. IT’S TIME TO CALL *The Suits*... CHERYL WILL BE ABLE TO ASSIST YOU WITH YOUR NEEDS IN BUYING OR SELLING YOUR NEXT PROPERTY.

WE ARE #1 IN SERVICE IN CENTRAL PHOENIX!

CONTACT CHERYL M. BARNOLI AT 602.469.2964 OR CHERYL@THESUITSAZ.COM



6720 N 13TH PL  
PHOENIX, AZ 85014

1,865 SQ. FT.  
4 BEDROOM  
2 BATHROOM  
MID-CENTURY MODERN  
SHARP + SLEEK KITCHEN  
2 GARAGE + 3 CARPORT



3192 E STELLA LN  
PHOENIX, AZ 85016

2,954 SQ. FT.  
3 BEDROOM  
2.5 BATHROOM  
MIELE LUXURY APPLIANCES  
PRIVATE POOL + SPA  
ROOFTOP SUN DECK



1007 W LAWRENCE LN  
PHOENIX, AZ 85023

4,758 SQ. FT.  
GUARD-GATED  
COMMUNITY  
TUSCAN STYLE HOME  
IMMACULATE FINISHES  
GOURMET KITCHEN



6402 N 28TH ST  
PHOENIX, AZ 85016

3,375 SQ. FT.  
3 BEDROOM  
3 BATHROOM  
THERMADOR APPLIANCES  
HONED GRANITE COUNTERS  
SEPARATE GUEST CASITA



6612 N 31ST ST  
PHOENIX, AZ 85016

4,244 SQ. FT.  
4 BEDROOM  
4.5 BATHROOM  
INCREDIBLE VIEWS  
GOURMET CHEF’S KITCHEN  
BASKETBALL COURT



2020 E STATE AVE  
PHOENIX, AZ 85020

2,905 SQ. FT.  
5 BEDROOM  
3 BATHROOM  
OPEN FLOOR PLAN  
HARDWOOD FLOORS  
EAT-IN KITCHEN ISLAND

TOP 1% OF AGENTS  
IN THE VALLEY!



TUCKER BLALOCK  
602.561.0445  
TUCKER@THESUITSAZ.COM

OLEG BORTMAN  
602.402.2296  
OLEG@THESUITSAZ.COM

CALL US TODAY TO SELL YOUR HOME 602.888.6375 | THESUITSAZ.COM

# Kirk

Development  
Company

Turning Dreams into Reality Since 1978

## Custom Remodeling Design/Build

Kitchens • Bathrooms • Master Suites  
Additions • Second Stories  
Windows & Doors  
Gut Renovations

**START YOUR  
HOLIDAY REMODEL NOW!**



ROC 057434  
ROC 072088  
Licensed  
Bonded • Insured



CALL FOR YOUR FREE IN-HOME ESTIMATE!

# 602-944-3658

[www.kirkdevco.com](http://www.kirkdevco.com)

Serving the Valley  
since 1978



*Friendly Service,*  
**HONEST ADVICE**

*Backed by the Best Warranty in Phoenix!*  
**3 years/36,000 miles**

*Let's Get Acquainted Specials*



**Jimmy  
Alauria**  
President

**Jim  
Alauria**  
Founder



*Trust In Us*

Google - 4.9 (171) reviews  
Yelp - ★★★★★ (48 reviews)



### Oil Change, Car Wash & Safety Inspection

- Lube, Oil & Filter Replacement
- Adjust Tire Air Pressure
- Tire Rotation (If Needed)
- 65-Point Safety Inspection
- Top Off All Fluids
- Car Wash



**\$29<sup>95</sup>**

\*Up to 5 qts standard oil, synthetic oil not included.  
Most vehicles. Valid through 10/31/16.



### Complimentary "Let's Get Acquainted" Inspection

A no-obligation, no-cost way for us to get acquainted!  
One of our Master Technicians will perform our 65-Point Inspection followed by an evaluation of the results by one of our friendly Service Advisors.  
*\*Please call for an appointment. Valid through 10/31/16.*



**\$20<sup>OFF</sup> Diesel Oil Change**

- Includes all services in Oil Change & Safety Inspection
- \*Most vehicles. Valid through 10/31/16.

*Family Owned for 41 Years*

**3A Automotive  
& Diesel**

1539 W HATCHER ROAD, PHX, AZ 85021 • 602-888-2017 • 3AAUTOREPAIR.COM