



north central news

the voice of the north central phoenix community

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County to help retrofit fireplaces

By Ashlee Larrison

With winter weather making its way to the Valley, the season of keeping warm by the wood-burning fireplace is upon us. Yet that very action has consequences greater than just the messy clean up.

Director of the Maricopa County Air Quality Department and Clean Air Make More campaign, Philip McNeely, said he expects many in the Valley to “reach for the matches” over the holidays and light up the fireplace. “This collective activity causes increased particulate matter for our already sensitive skies, especially on days with inversion. Of all of the pollution sources, wood burning is one that we individually can control, but we need everyone’s help,” he explained.

The action of burning wood has been proven to contaminate the air with carbon monoxide, formaldehyde, sulfur dioxide, as well as numerous irritant gases that can cause lung damage. Wood smoke has been

please see FIREPLACES on page 4



Celebrating the launch of a Little Free Library inside Roy’s Barbershop at 19th Ave. and Osborn Road are some neighborhood schoolchildren from Maie Bartlett Heard School, along with (from left) Phoenix Mayor Greg Stanton, Jason Barlow, president and CEO of for Humanity of Central Arizona, and Dist. 4 Councilwoman Laura Pastor, who hand out free books and library lanyards to the children (photo by Teri Carnicelli).

City is part of effort to launch little libraries

By Teri Carnicelli

It looks like a child’s dollhouse, except that instead of furniture and little dolls in the cubbyholes, it is filled with children’s books for a variety of age levels.

The newly unveiled “little library” inside of Roy’s Barbershop at 3334 N. 19th Ave. is the first of 10 to be rolled out through a new partnership with the city of Phoenix, local businesses like Roy’s, Habitat for Humanity, and city school districts serving low-income populations.

The inspiration came from Little Free Library (www.littlefreelibrary.org), a national movement to build free book exchanges across the country, and Read on Phoenix (ROP), a program dedicated to ensuring that every child in the city will have the skills and resources necessary to read at or above grade level by the end of third grade.

Tim Valencia, director of Youth and Education for the city of Phoenix, liked the concept of the Little Free Library, which is a community collaborative where families and kids can pick-up or drop-off free books at a designated space. He wanted to find a way the city could create these pocket libraries in underserved parts of the community—without having to spend any city tax dollars.

He contacted Habitat for Humanity of Arizona, well known for building much larger “houses” for lower income families. Valencia got a positive response back.

“When we got the call to help with the little libraries, we were delighted,” said Jason Barlow, president and CEO of for Humanity of Central Arizona. “It’s a great idea, to take a book and leave a book, or read a book while you are here in the barbershop. Literacy is so important to kids as they are growing up.”

Habitat provided the supplies and the construction of the dollhouse-like structure, which was built by Habitat volunteer Wayne Needham. Habitat also is developing a model that can be placed outside if needed.

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COMMUNITY

Storybook recounts life in a ‘grandfamily’

Growing up can be stressful enough, but imagine doing so if your parents were not around. Arizona State University graduate student Brittany Avent shared the joys and struggles of being raised by her grandparents, who live in North Central Phoenix, in a new children’s book that was released at a special event last month.

Avent and author Dr. Nichola Gutgold co-wrote “Growing Up in a Grandfamily, Within Our Chosen Family Village” about Brittany and her younger brother, Bryant’s experiences being raised by their grandparents. The nonprofit interfaith organization Duet held a book signing Nov. 4 at the Encanto Park Clubhouse. Avent and Gutgold signed and gave away copies of the book to grandchildren being raised by their grandparents.

Many children listened intently as Avent read passages from the book at



Brittany Avent (left) and Dr. Nichola Gutgold display their new children’s book, “Growing Up in a Grandfamily, Within Our Chosen Family Village” (photo courtesy of Duet).

the event, which drew dozens of people and supportive community partners including SRP representatives and Phoenix City Manager Ed Zuercher.

The goal of the book is to show to children being raised by their grandparents or other relatives who are not their parents that they are not alone. The

children’s book also gives helpful tips on how grandchildren and grandparents can build strong connections and lead happy family lives.

“I wish I had had a book or anything that would have helped me understand what being raised in a grandfamily was all about so that when

children asked me why old people were bringing me to school and picking me up after school, I could have had some answers,” said Avent. “Dignity and pride are what my brother and I feel, and I hope this book will encourage all children raised by grandparents to feel the same.”

It’s a hot topic because almost 5 million American children are being raised solely by their grandparents, according to 2010 U.S. Census data. Just in Arizona, more than 100,000 children are being raised by grandparents or other relatives, not their parents.

Avent graduated last year with a bachelor’s degree in Interdisciplinary Studies from ASU and is working on her master’s degree in the W.P. Carey School of Business at ASU. She started a club on campus for other students raised by grandparents.

The Avent family and other private donors also raised funding to endow the Brittany Nicole and Bryant

please see STORYBOOK on page 4

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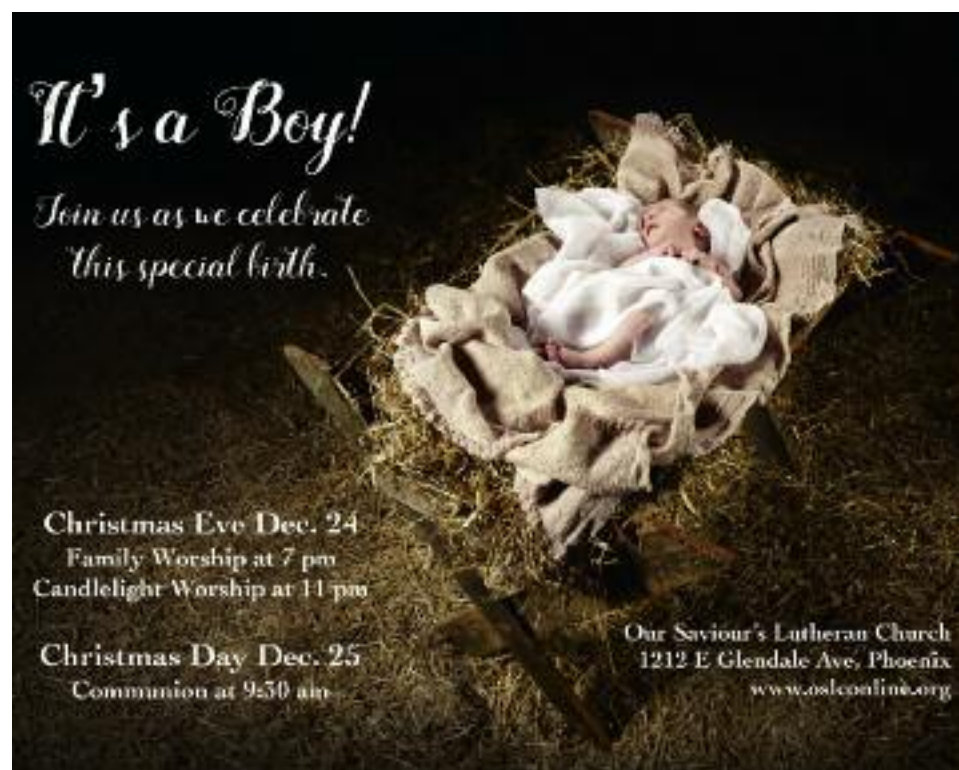
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COMMUNITY

FIREPLACES continued from page 1

known to lower one's immune system functionality, making it difficult for the lungs to protect themselves.

Wood smoke also allows lower respiratory infections to have an advantage particularly in children, infants and those with asthma, making them more susceptible to infections such as bronchitis and pneumonia.

The Maricopa County Board of Supervisors, as of this summer, found a solution to help Valley residents find a better use for their old fireplaces while helping clean up the air above. The Maricopa County Air Quality Department has developed the fireplace retrofit pilot program.

The initial budget is set at \$300,000, allowing 200 homes to have their chimneys converted from wood burning fireplaces to natural gas (if the home is already plumbed for natural gas). Or, as an alternative, the county will retrofit a wood-burning fireplace with an air pollution reduction device. About \$1,500 is expected to be spent on each home in the pilot program, coming from funding collected from penalty and settlement money, with no charge being made to the resident. The boundaries for the programs pilot will be from Northern Avenue to Baseline Road, and 59th avenue to 16th Street.

Other alternatives to wood burning include transforming fireplaces and fire pits into permanent flower or plant holders, or candle displays. Many home décor and hobby stores offer workshops on how to transform these spaces into beautiful mantels, minus the fire.

Particles of wood smoke are extremely small and therefore are not filtered out by the nose or the upper respiratory system. Mitigate fine particulate matter, or PM-2.5 emissions, are known to have harmful effects on residents, ending up deep in the lungs. In Maricopa County, PM-2.5 concentrations have been significant during the months of November through February. McNeely believes that the fireplace retrofit program will reduce those PM-2.5 levels by up to 75 percent.

District 5 Supervisor Steve Gallardo said the Fireplace Retrofit program would provide added safety for residents as well as keep the air cleaner.

"It's critical to take a proactive approach not only to improve community well-being, but also to reduce or eliminate costs associated with violations. We look forward to seeing the results of this

pilot program, and to helping other residents of Maricopa County who can benefit from this service," Gallardo said.

For more information about the Fireplace Retrofit Program, call 602-372-WOOD (9663) or visit www.CleanAirMakeMore.com.

Editor's note: Ashlee Larrison is a journalism student at the ASU Walter Cronkite School for Journalism and Mass Communication.

LIBRARIES continued from page 1

The owner of Roy's Barbershop, Oralia Hernandez, was excited to be the first site of the new little libraries that will be popping up at businesses around the city. Her shop services a large number of families with multiple young children, who will now have something to occupy their time while they wait.

"We are now making it even easier to go to the library," said Mayor Greg Stanton at the mini-library's official launch on Nov. 16. "You don't have to go downtown or to a city branch. We are trying to bring libraries to as many kids around the city as possible, and we need more businesses who are supportive of great programs like this."

Future locations for additional Little Free Libraries are being scouted. The collaborative is looking at places where kids and families can gather and share stories—including barbershops, coffee shops, city parks, community gardens, bike trails, jogging paths and dog parks.

"Little Free Libraries are a great way to promote literacy in the community," says Councilwoman Laura Pastor, whose district Roy's Barbershop is in. "But most importantly, reading proficiency will increase if more reading materials are available to kids in their homes and community."

Each mini library will be officially registered with Little Free Library, which will send a commemorative plaque to be placed at each site.

STORYBOOK continued from page 3

Nicholas Avent Grandfamily Scholarship to provide financial help to a student whose primary childhood caregivers were their grandparents.

Part of Duet's mission is to help grandparents who are raising grandchildren. The organization offers support groups, workshops on gaining guardianship of grandchildren and fun activities for grandfamilies around the Valley. For more information, visit www.duetaz.org or call 602-274-5022.

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Bobby Lieb

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It really amazes me driving all day long in North Central how lucky my family is to live here, especially when it comes to the **Murphy Bridle Path**. I had to cheat a little bit to get some facts on the path, of which I did not know the details and always take for granted. The bridge path begins at the corner of Bethany Home Road and Central Avenue and extends 2.5 miles north to the Arizona Canal Path. Many years ago I used to run the path every day but now I walk it with my dog. It not only is therapeutic but very social seeing many old faces and new ones (humans and animals!!). This property is now on the Phoenix Historic Property Register. Horses have been replaced by joggers, walkers and families with strollers and it just makes you proud to live in this area.

I know our area has changed in the past five years but I continue to enjoy all the new families that have moved to North Central. The reasons that I hear are the proximity to downtown, the variety of schools, the new businesses that are thriving and my two cents worth would be the vast amount of construction of new homes that have been built here in the past three years and will continue for the next three to five years, if not longer, which brings new families to our 'hood.

In the past five years I have been very fortunate to have sold close to 600 homes and I am representing some incredible buyers and sellers as well as the top builders in the area. Three years ago **Porchlight Homes** hired me to sell 15 homes on 7th Avenue between Maryland and Bethany Home (**Claremont Estates**), which were priced between \$550k and \$900k and 10 homes on Central Avenue just north of Northern (**Sendero Villas**), which were priced between \$350k and \$450k and both subdivisions were located in gated communities and sold out in less than eight months. This year,

Porchlight Homes developed eight homes on two acres on Central and Georgia Ave (**200 East**) priced between \$725k and \$950,000 and we sold that out in three months.

Porchlight Homes is now developing a two-acre parcel that I sold them on the northeast corner of 15th ave and Myrtle and will build six homes similar to **200 East** in the first quarter of 2017. They also will build 24 homes on the southwest side of Orangewood and 15th Avenue (similar to **Sendero Villas**) in the second quarter of 2017. I don't have prices or specs yet but should have them in December, so please email me if you have any interest.

I am also representing other builders. **Empire Residential Communities** is building 10 homes in a gated community on the southeast corner of 7th Avenue and Butler. These will be similar to their new project on Osborn and 40th Street. They will break ground on two homes in the next 30 days. **Regal American Homes'** newest North Central project is located at 5th Ave and Bethany Home, which will include four new homes from 3,300 to 3,800 square feet and no HOA. Prices will be in the mid to high \$700,000s. **Encanto Living** is building 16 new homes in Moon Valley at 7th St and Thunderbird, which will be 1640 to 1932 square feet with prices starting at \$276,900. Finally, I am representing **Diamond Key Homes**, which is building four luxury homes at 18th Street and Palmdale Avenue (we have sold two) and two homes on Aurelius Ave and 18th Street, just north of Glendale.

Thanks to all of you for all of your support over all of the years and have a healthy and happy remaining days in 2016.

Bobby Lieb

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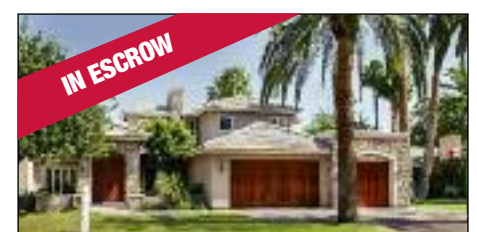
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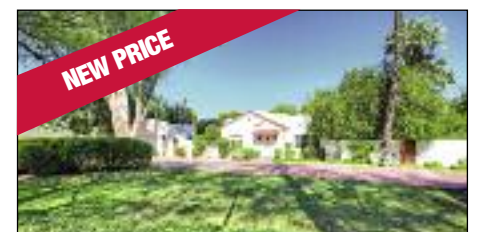
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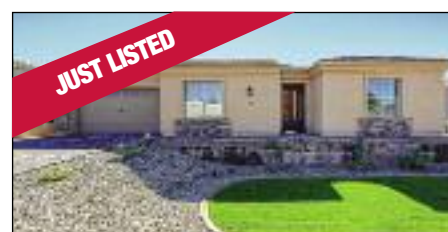
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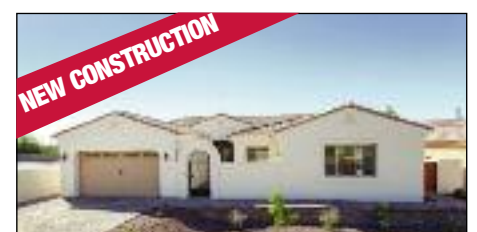
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COMMUNITY

Scout troop honors its latest Eagles

Boy Scout Troop No. 41 hosted an Eagle Court of Honor on Nov. 12 to recognize seven new Eagle Scouts.

Each Eagle Scout candidate selects a project, devises a plan, raises the funds and purchases or has supplies donated, gathers volunteers, and completes the project. Once the project is completed, along with many merit badges and rank advancements over the years, Eagle candidates must create a final report and pass a Board of Review at the district level.

Those receiving their Eagle Scout rank this year included Caelin Cox-Gonzalez, who was awarded in March.

For his Eagle service project, Caelin planned and led a group of scouts, siblings, friends and parents to convert two storerooms into a teacher's lounge at the Weekday School at First United Methodist Church in Phoenix. The group sorted through piles of old games, toys, books, records, organizing what was useable, donating items to a resale center, and throwing out the rest.



Some of Boy Scout Troop 41's most recent Eagle Scout recipients are, from left: Caelin Cox-Gonzalez, Sam Riess, Spencer Sandvig, Jaxson Haggard (awarded in 2014), Tatum Quinley, R. Alec Arthur and Jett Haggard (awarded in 2015).

The group tore out old carpeting, filled a dumpster with trash, and also cleaned and disinfected the rooms, which had become rat infested.

Two scouts were awarded in April. Anuj Patel built a composting system at Sonoran Sky Elementary School to help the gardening program at the school. It will be used to help teach sci-

ence to the third grade classes. Spencer Sandvig built a split-rail fencing entry feature to the Spur Cross Ranch Conservation Area in Cave Creek. The new fencing was added to remove and replace an existing rusted barbwire fence that was a hazard to the wild life, horses and hikers.

Receiving his award in June, R. Alec

Arthur refurbished the Capri 14.2 sailboat fleet for the Arizona Sailing Foundation Youth Programs. He coordinated the efforts by hauling boats from Tempe Town Lake to a remote boatyard and repair facility where a large group of adult and teen volunteers lifted, cleaned, repaired and polished hulls in preparation for a new season.

Two additional scouts were awarded in September. Tatum Quinley built a flagstone walkway and patio, with flower boxes and a new shade tree, for an outdoor area students at Villa Montessori School can use. Sam Riess upgraded and restored a desert tortoise habitat for ANLC (Arcadia Neighborhood Learning Center) by rebuilding the pond and replacing plants for the partially destroyed habitat. Children utilize the habitat for studying the relationship of the tortoise and the desert plants in our environment.

Connor Mattison, who received his Eagle Scout ranking just last month, worked on a curb-appeal project for the VA Veterans Home at 7th St. and Indian School Road. He and a group of volunteers trimmed the bushes, scraped



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the rust off the metal fence and repainted the fence.

Troop 41, currently led by Scoutmaster Brian Cook, has a long, notable history in the Phoenix area. It was formed during the 1930s and has met continuously at Madison No. 1 since its inception. Thousands of boys have passed through the ranks of scouting in the troop, and more than 170 have earned their Eagle Scout ranking. Cook received his from the troop in the 1980s. Visit the troop’s website at <http://bsatroop41az.org> for a list of members from the community who have received the rank of Eagle Scout over the last 80-plus years.

Weekly meetings are held at Madison No.1 at 7 p.m. on Wednesdays. The annual BSA Troop 41 Christmas Tree Lot returns this year at 1104 E. Northern Ave. The hours are weekdays, 4-9 p.m., and weekends, 9:30 a.m. to 9 p.m. The lot will be opened through Dec. 18 (or until all the trees are sold). The tree lot is a service operated by the scouts to raise funds for troop camp and summer adventure trips.

Stark, DeRose head for runoff election

It took longer than expected to finish counting all the ballots for the city of Phoenix District 3 council seat, as they were part of the backlog of Maricopa County early and provisional ballots that took more than five days to complete.

When all the votes were finally tallied, interim Dist. 3 Councilwoman Debra Stark had a commanding lead, with 19,526 votes, or 41 percent. However, she needed more than 51 percent of the votes to win outright.

Her three competitors posted a tight race for second, with Chris DeRose inching out his two other competitors by a relatively small margin. DeRose captured 9,854 votes or nearly 21 percent, followed by Sunnyslope businessman Jim Mapstead with 9,067 votes and real

estate agent Dan Carroll with 9,061 votes, each of whom earned approximately 19 percent.

The race now heads to a March 14 runoff election between Stark and DeRose. The last date to register to vote in the runoff election is Feb. 13; early voting by mail begins Feb. 15. The last date to request an early ballot by mail is March 3.

You can register to vote or update your existing registration online at www.servicearizona.com.



Chris DeRose



Debra Stark

High school club holds coat drive

Wintertime in the desert means nighttime lows in the 40s. For people on the streets, the cold may be inescapable.

Sunnyslope High School’s student-led humanitarian activism group, S.T.A.N.D., will hold a winter

coat drive Dec. 14-21 to help those living on the street find some warmth this winter. New and gently-used, clean coats for both adults and children can be dropped off at the Sunnyslope High School front office, 35 W. Dunlap Ave., between 7:30 a.m. and 3:30 p.m. Monday through Friday.

An additional drop-off site is located at the Kharma Life Center, 700 W. Campbell Ave., Ste. 1. Hours of operation are 9 a.m.-7 p.m. Monday through Friday, and 9:30 a.m.-12:30 p.m. Saturday and Sunday.

Donations will be sent to local Arizona shelters to benefit homeless families this winter.

S.T.A.N.D. unites compassionate, like-minded activists to raise awareness and funds for humanitarian issues across the world. Each school year, the club provides its members and community with several opportunities to develop a global perspective, spread awareness, and promote empathy.

For more information about the local coat drive, e-mail standing4humanity@gmail.com.

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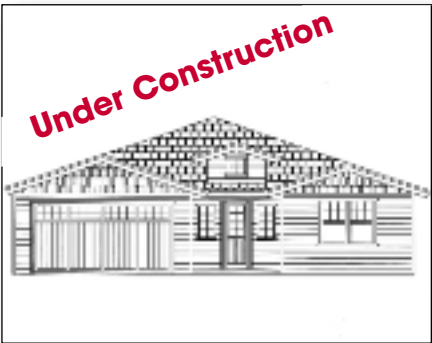
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Year Up Arizona helps youth to better future

Phoenix has one of the highest rates of disconnected youth in the United States—16 percent of young adults are out of work and out of school. Meanwhile, Arizona companies are struggling to find qualified talent.

In 2015, Year Up launched a site in Arizona to provide low-income young adults with six months of technical and professional skills training (in areas including programming and hardware repair), followed by a six-month internship at companies like JPMorgan Chase, American Express, Bank of America, AZ Federal Credit Union, Safeway, and Liberty Mutual Insurance. Students are then on track to complete their associate's degrees at Maricopa Community Colleges the following year.

Central High School graduate Alicia, a North Central resident, is part of the fourth Arizona class for Year Up. She began her 12-month workforce development program in August. Earning college credits in Business Operations from GateWay Community College and professional soft skills from Year Up staff, Alicia looks forward to applying these skills to her future career.

Before enrolling in Year Up, Alicia, 20, worked as a phlebotomist. She knew she wanted to be involved in the healthcare industry, but felt there was a missing component to her service delivery. Alicia realized that she yearned to understand how the healthcare industry operated from a business standpoint. Soon after enrolling in the Year Up program, Alicia learned that the professional skills like customer service, communications and brand development would also help her be successful in this field and to better serve patients.

Several months into the program, Alicia now has a professional coach, a five-year professional plan and will earn an internship this January. In addition to earning a weekly educational stipend, at the time of program completion, she can earn transferable college credits.

Within her first few weeks in the program, someone told her that participating in Year Up is like winning the lottery. Today, Alicia understands what they meant and says that, "Year Up is an opportunity nobody should turn down."

Year Up Arizona has opened enrollment for young adults interested in



North Central resident Alicia, 20, is participating in a 12-month workforce development program offered by Year Up Arizona, and is looking forward to a career-boosting internship in January (submitted photo).

developing the skills needed to reach their potential to succeed in today's professional business world. This year-long program begins in January. Year Up Arizona is open to all 18-24 year olds in Arizona with a high school diploma or GED certificate. Interested candidates are encouraged to visit www.yearup.org/apply or contact the Year Up admissions team at 480-376-0898 or azadmissions@yearup.org.

F.Q. Story hosts holiday home tour

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

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

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



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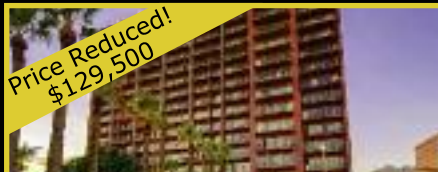
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COMMUNITY

Group's mission will focus on more trees

Valley Permaculture Alliance (VPA) has refocused and fine-tuned its mission to inspire and promote an increased tree canopy in the Valley under its new name, Trees Matter.

"Why Trees Matter? Many reasons," said Executive Director Aimee Williamson. "Aside from shade and helping clean the air, you can eat them and from them; they provide comfort, beauty and calmness and even increase property values. We see a need to provide important resources to the public so they can properly choose, plant and care for trees in the desert environment. We hope to encourage a culture of tree advocates and stewards."

After VPA began teaching classes in the mid-1990s through a mission to inspire sustainable urban living in the desert Southwest, the organization grew to include a seed library, online informational forum, classes and an annual Shade Tree Giveaway in partnership with SRP. VPA also put on several events during the year including



One of Valley Permaculture Alliance's more popular programs, the Shade Tree Giveaway, will continue on under the organization's new name, Trees Matter (submitted photo).

the annual Tour de Coops and a Mesquite Pancake Breakfast.

"As VPA grew, a number of individuals and organizations embraced our message and started their own classes and programming," Williamson said.

"Taking note from the first permaculture principle: observe and interact, we began a very strategic discussion about who we should be and how do we adapt for the future. It became very clear that with the capacity and growth in our tree

program paired with the immediate need for an increased tree canopy we would become Trees Matter."

Williamson said that current VPA programs are being moved "to other well-matched organizations as we shift our attention to advocating for more trees in the ground and to provide information and insight into how to care for those already planted."

Trees Matter will continue organizing the Shade Tree Giveaway in partnership with SRP and will host the annual Mesquite Pancake Breakfast, scheduled April 28 at the Songbird Café in downtown Phoenix.

The VPA seed library is moving to The Mollen Foundation and the forum will be managed by the Maricopa County Food System Coalition. Arrangements to shift other programs, including the Tour de Coops, are being finalized.

"The saying goes: the best time to plant a tree was more than 20 years ago. The second best time is now," Williamson said. "We're excited to see what the next 20 years might look like." For more information, visit www.treesmatter.org.

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

COMMUNITY



More than 150 fourth- through eighth-grade girls recently participated in the Arizona Science Center's 4th annual Girls in STEM event, which concluded with a simultaneous rocket launch on the center's front courtyard (submitted photo).

Contribution helps local girls 'CREATE'

On Nov. 5, Arizona Science Center unveiled the new "Innovation Hallway" at CREATE honoring Jon Madonna, a retiring AT&T board member, and his wife, Lynn Madonna, who is a trustee with the center.

AT&T contributed \$250,000 to the Arizona Science Center in Madonna's name to support CREATE, which is a community hub dedicated to using state-of-the-art, computer-controlled equipment to collaborate on science, technology, engineering, and mathematics (STEM) projects.

The unveiling was part of the Arizona Science Center's 4th annual Girls in STEM event, which provided hands-on workshops mentored by women in STEM careers. Throughout the day, 150 fourth- through eighth-grade participants designed and built their own rockets, concluding with a simultaneous rocket launch event. Phoenix Mayor Greg Stanton and Councilwoman Kate Gallego were in attendance. In addition, \$15,000 of AT&T's contribution will support the Girls in STEM program.

For more information about the Arizona Science Center, visit www.azscience.org.

Grant received for therapy wedges

Upward for Children and Families, 6306 N. 7th St., recently received a \$4,822 Quality of Life grant from the

Christopher & Dana Reeve Foundation (www.ChristopherReeve.org). These funds will support Upward's therapy, special education and adult programs with the purchase of two physical therapy positioning wedge systems.

The two physical therapy positioning wedge systems will be used to serve children ages 18 months to 22 and young adults who have paralysis. These wedge systems, which typically consist of blocks, wedge pillows, positioning pillows, body pillows and adaptive cushions, can be used in a variety of ways, dependent upon the individual user's special needs, goals and requirements.

Benefits of the wedge systems for our children and young adults include improving respiration and reducing respiratory complications; building head, neck, trunk and shoulder strength; improving range of motion; providing lower extremity weight bearing positioning opportunities; improving engagement in classroom activities; pressure relief to reduce skin breakdown complications; and relief of stress and pain help to enhance overall comfort and health.

Sharon Graham, director of programs, stated, "Upward provides critical services for children and young adults with special needs in our community. Thanks to the Reeve Foundation Quality of Life grant, which allows us to purchase two therapy wedge systems, we will be able to enhance these services even more."

For more information about Upward for Children and Families, visit www.upwardaz.org.

WHY YOU SHOULD TRUST YOUR MECHANIC (REALLY!)



They're not always seen as truthful, but MAZVO Auto Care Center is working to put trust back into auto repair.

For a long time, auto mechanics have gotten a bad rap. They're often perceived as dishonest, swindling crooks, their business practices as greasy as the floors of their shops. But just as a few bad apples shouldn't spoil the bunch, auto repair shops in general shouldn't be mistrusted. In fact, says Shahe Koulloukian, owner of Mazvo Auto Car Care Center, the myth of the untrustworthy mechanic should be put to rest once and for all – and he's helping us debunk it with some straight talk.

Myth: Auto repair shops will often suggest extra work on your vehicle so you'll spend more money.

Reality: If an auto repair shop isn't looking for potential problems, they're actually doing you a great disservice. Professional auto repair shops will examine your vehicle in great detail in order to find any indications of wear and tear before they lead to pricey repairs – or worse, replacements. "You'd hate to have your car break down on the roadside and have to pay an expensive towing bill, as well as a repair bill, because your mechanic didn't investigate your car thoroughly enough," Shahe points out. That's why at Mazvo Auto Care Center, ASE-certified technicians always take the time to do a courtesy inspection before every repair, giving each vehicle a thorough checkup.

Myth: A shop can give you an accurate auto repair estimate over the phone without seeing your vehicle.

Reality: There's no way that an auto repair shop can give you an exact price quote over the phone. Unless they have an opportunity to personally inspect and test-drive the vehicle, they cannot properly diagnose the problem; chances are they'll give you a low initial quote, and charge you a higher price later. To ensure accuracy, Shahe doesn't offer quotes until his shop has examined the vehicle. "If you bring your automobile in to Mazvo, we can provide you with an auto repair estimate that you can trust," he advises.

Myth: All auto repair shops are the same.

Reality: "So false!" says Shahe. "There are big differences between auto repair shops and even the technicians that work there." Car manufacturers are constantly incorporating new technology into vehicles, he explains, so it's important to have a repair shop that is up-to-date with all those changes. Technicians should obtain constant training to keep up with certifications, and the shop should have the latest diagnostic equipment available. Not all auto repair shops have the skill, expertise, and equipment to work on foreign and domestic cars, which is why it's important to find one that fits your specific needs. Mazvo has the latest diagnostic equipment, enabling them to work on any type of vehicle – car or truck, gas or diesel, foreign or domestic. All technicians are up-to-date with their ASE-certifications, and are consistently incorporating new, innovative technologies into their repairs and services.

It's important to develop a relationship with your auto repair facility: an open, effective communication that allows you to discuss your car's needs and question repair options. And like any relationship, it should be based on trust. "When consumers develop this trust, they're more likely to comply with their mechanic's recommendations, having the needed repairs taken care of," Shahe states. "If you passively take in what your mechanic tells you, you're not involved – and less likely to be on-board to getting your vehicle back to normal to keep you safe on the road."

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COMMUNITY

Local youth achieves 100 world records

On Nov. 12, Phoenix high school senior Evan Pittman guaranteed himself a place in the sports record books, becoming the youngest powerlifter in history, and the only high school student to break more than 100 lifetime world powerlifting records.

Pittman won the World Natural Powerlifting Federation (WNPF) world championship titles in New Jersey in the 17-19 teen and men's open classes in the 148 lb. class, and also won three individual deadlift titles. In doing so, he also raised \$3,500 for combat-injured veterans through the national nonprofit Bob Woodruff Foundation, with an effort he started 19 months ago called "Lift for Heroes."

Competing "Raw" with no specialized equipment and weighing 147 pounds, the North Central Phoenix teen set 11 national and 11 world records with lifts of 395 lbs. in the squat, 235 lbs. in the bench press, 485 lbs. in the deadlift, and a three-lift total of 1,115 lbs.

Pittman began lifting weights in fourth grade with his father to augment his Taekwondo sparring, and soon after entered his first powerlifting competition, breaking a bench press record in his first meet. After breaking world records in four different meets in 2014, he made the decision to try to surpass 100 world powerlifting records before graduating from Phoenix Country Day School, and six months later, he launched a fundraising effort for combat-injured vets, soliciting donations for each record he broke, to serve as his training motivation.

"I was after the records, but I also wanted this effort (surpassing 100 world records) to be meaningful," Pittman said. "Raising money for combat-wounded vets through the Bob Woodruff Foundation was a great fit because of my family's long-time military service and my dad's service in Afghanistan. Breaking 100 world records was important to me, but helping support wounded vets while doing it served to motivate my training and kept pushing me forward." In the end, Pittman raised \$3,500 for the charity through individual and corporate donations.

With 97 world records prior to this year's world championship, Pittman's performance takes him to 108 lifetime world powerlifting records across eight weight classes since he began powerlift-

North Central teen Evan Pittman recently became the youngest powerlifter in history, and the only high school student to break more than 100 lifetime world powerlifting records (submitted photo).

ing at age 10. Pittman also surpassed nine WNPF historical world records in teen's and men's open categories which were set during the last 25 years of WNPF competition; those historical world records were recently retired.

A week prior to the world meet, Pittman also placed third in the Arizona Division III state high school diving championships. He is also a black belt in Taekwondo, with multiple state sparring titles and national medals.

In addition to powerlifting, he holds numerous records in the AAU strongman competition (known as Feats of Strength), is a three-time AAU Junior Olympic Games Allsports combine winner (a competition that tests speed, strength and athleticism), and a two-time AAU Strength Sports National Athlete of the Year.

Pittman is also heavily involved in community and service activities, and received the Presidential Volunteer Service Award for his 2015 volunteerism. He is an appointee to the 2016-2017 Arizona Governor's Youth Commission, and was one of the 2016 City of Phoenix Outstanding Young Men of the Year.

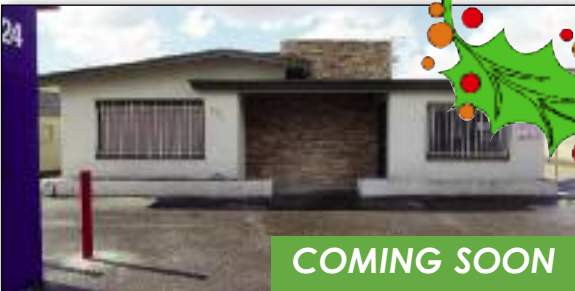
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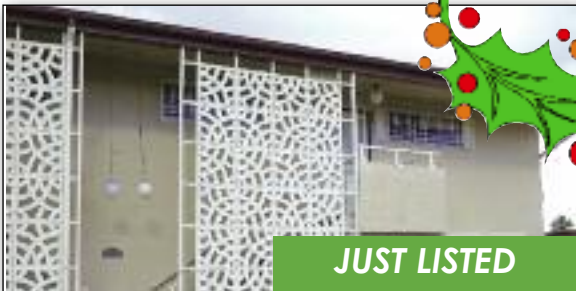
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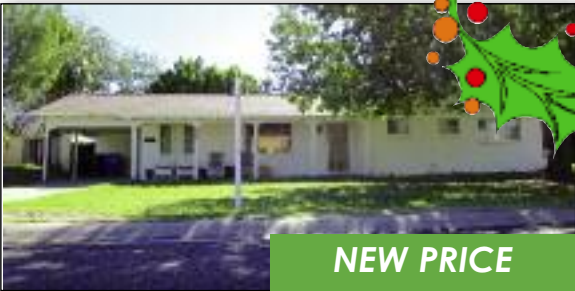
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COMMUNITY

These two buddies need a home together

Ralph and Gina are best buddies who were formally down on their luck and arrived at the Arizona Humane Society malnourished and in need of medical treatment. Now healthy, the 3-year-olds are ready for a home and hope to find one big enough for them both.

They have been together their entire lives and are joined at the hip. When they aren't snuggled on your lap or snoozing on a dog bed, they enjoy challenging each other to tug matches with a rope toy and dashing out the dog door for a romp through the yard. Well-mannered and social, you're sure to attract lots of attention when you take these two pups out on the town to any Fido friendly restaurant or coffee shop.

Both Ralph and Gina greet every new friend they meet with tail wags and kisses. They are good with other pets and kids and would make an excellent addition to any home, even an apartment as long as you are able to take them for a brisk walk each day.

Meet these two best buddies at the AHS Sunnyslope Campus, located at 9226 N. 13th Ave. Their adoption fee together is \$120. For more information, call 602-997-7585 and ask for animal numbers A542838-68. They may have been adopted by the time you visit the shelter but there are hundreds of other homeless pets at the shelter. Visit www.azhumane.org to see them all.



Ralph, a Petit Basset Griffon Vendéen (or PBGV), and Gina, a Chihuahua, are best friends who need to be adopted together. They get along well with children and other pets (submitted photo).

Foster homes sought for injured, young pets

Sometimes the greatest gift you can give an animal is time, love and a place to call home—even if only for a short while. The Arizona Humane Society currently is seeking foster homes for sick, injured or very young animals.

When you become an AHS foster hero, you are giving a second chance to an animal who needs temporary respite from the shelter as they heal from injury or illness. Fostering is an amazing way to help save animals, and you can involve the whole family. The animal might be with you for a few days, or a few weeks, depending on its needs, before being ready to be placed up for adoption at the AHS shelter.

In addition, you can select an animal to foster from the Project Active Duty Program, which allows loving pet owners leaving for a tour of duty to entrust their pets with AHS, providing not only peace of mind during their deployment, but comfort knowing that when they return, their pet will be waiting for them. For foster families, these are longer-term placements, but the animals are generally in good health and already house trained.

To open your home and become a hero to these needy pets, register for the upcoming Foster Hero Volunteer Orientation, set for 12-2 p.m. Saturday, Dec. 10 at the Sunnyslope Campus, 9226 N. 13th Ave. To register or for more information, call 602-997-7585, ext. 1040, or visit <http://www.azhumane.org/get-involved/volunteer/be-a-foster-hero/>.

Pictures of your pets for holiday

Dress up your pets in their holiday best and bring them by Kodi's Natural Pet Foods, 6058 N. 16th St., for some festive holiday photos.

There will be a special holiday display and photographer to capture them in the spirit of the holidays. The photo shoots will take place 11 a.m.-4 p.m. Saturdays, Dec. 4 and 10, and 12-4 p.m. Sundays, Dec. 4-11. Cost is \$15 per photo, and you will receive a nice holiday photo cardholder to place it in, as well as a complimentary treat bag and coupons. You also will receive a free raffle ticket for a selection of pet-themed gift baskets.

No appointment needed. For more information, call 602-265-0462.

COMMUNITY

Altered Tails offers 'Meow Fixmas'

Thanks to generous funding from Nina Mason Pulliam Charitable Trust, you can get your pet cat fixed and vaccinated at Altered Tails during December for just \$20. This special includes the spay or neuter, a Rabies and a FVRCP (4-in-1) vaccine.

Animal must be an owned pet. Not valid for rescue organizations or feral/stray cats. Owner must be a Maricopa County resident.

Appointment must be scheduled during December 2016 at Altered Tails, 950 W. Hatcher Road. Space is limited. To schedule an appointment, call 602-943-7729.

Hoarding animals is now a misdemeanor

The City of Phoenix recently passed a new ordinance that imposes stiffer penalties for people convicted of hoarding animals.

Individuals will now face a Class 1 misdemeanor if they are convicted of owning, possessing, keeping, harboring, or maintaining 10 or more animals under circumstances "injurious" to the health or welfare of any animal or person. "Injurious" can include:

- Unsanitary conditions
 - Overcrowded or other inhumane conditions
 - Failure to provide appropriate medical care, water suitable for drinking or food appropriate for the species
- In addition to the Class 1 misdemeanor, individuals convicted of hoarding will be ordered to receive a mental-health evaluation and must pay restitution for the cost of care for the animals. The court may also order periodic property inspections and prohibit the individual from owning animals in the future.

Councilwoman Thelda Williams led efforts to implement the new ordinance, which covers mammals, birds, reptiles and amphibians but excludes feral or free roaming cats, who can continue to be fed by caregivers.

Over the last few months alone, AHS' animal cruelty investigators have responded to several hoarding cases and taken in over 100 animals, including a recent case in which 67 animals were removed from one home.

"Animal hoarding is a serious problem that we sadly see all too often," said

AHS President and CEO, Dr. Steven Hansen. "Many of these cases are truly heartbreaking, and we thank the City of Phoenix and Councilwoman Williams for helping us take a major step forward in protecting animals in our community."

Get your pet's photo with Santa

Bring your pet to meet Santa Dec. 10-11 at the Arizona Humane Society's Petique at Biltmore Fashion Park, 2502 E. Camelback Road, Ste. 167. Park near the east end of the mall.

"Santa Paws" will be at the store 12-4 p.m. both days. Photos will be \$15 each, with proceeds benefitting the Arizona Humane Society. For more information, call the Petique at 602-761-2972.



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COMMUNITY

City cracking down on illegal signs

Cooling fall temperatures make for a perfect time for homeowners to clear clutter and make some money by having a yard sale. However, be warned: don't leave those directional signs out after the sale is over, or you could be fined.

The city of Phoenix ordinance governing signs in the right-of-way includes severe penalties for anyone violating the ordinance, ranging from \$250 to \$2,500 for each violation. The purpose of the ordinance is to ensure Phoenix thoroughfares and neighborhoods remain safe and well maintained.

Examples of illegal signs in the right-of-way include: weight loss advertisements posted on utility poles; signs on the shoulder of the road promoting a business; A-frame signs placed on sidewalks; and garage sale signs on boxes placed on sidewalks or posted on utility poles, among others.

Illegal signs can become a hazard if they fall into the street. They can block the view of drivers and pedestrians and they can damage the structural integrity

of utility poles. Signs also litter our neighborhoods and contribute to blight conditions.

Right-of-way areas include streets, curbs, medians, utility poles, unimproved shoulders of streets, etc. The sign ordinance allows police officers to cite individuals placing illegal signs and businesses or individuals who may benefit from the illegal signs, even if the business or individual did not post the sign.

For more information, visit www.phoenix.gov/nsd/programs/illegal-signs. To report a violation, call 602-534-4444, e-mail blight@phoenix.gov or use the smartphone app, "MyPhxAz." For more information about political signs, call 602-495-0301.

Model train members hold open houses

Enjoy a rare opportunity to see working model trains running through the landscapes of two Phoenix homes during the Christmas Open House of the Arizona Big Train Operators, Dec. 10-11 and Dec. 17-18.

The public is invited to see all of the detail as twinkling lights brighten the trains as they speed across the countryside of each holiday-themed layout.

Phoenix residences on the open house tour include the homes of John and Pat Meyers at 3235 W. State St., and Terry and Carolyn Fields at 19020 N. 12th Place.

The open houses take place from 5:30 to 8 p.m. For more information or to find a map with locations of other ABTO Christmas Open Houses around the Valley, visit <http://azbigtrains.org>.

World bazaar, market at light rail stop Dec. 3

Come celebrate the rich culture of the Phoenix area in the Fall 2016 World Bazaar & Phoenix Community Market on Saturday, Dec. 3, presented by Local First Arizona, International Rescue Committee in Phoenix, Valley Metro, and the city of Phoenix.

The event will take place at the light rail train station located at 19th Avenue and Camelback Road, from 10 a.m.-2 p.m. Enjoy food, fun, and shopping with vendors from around the world. Free to attend. Take the light rail and show your pass for special prizes.

For more information, visit www.facebook.com/events/337360886607879/.

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Happy Holidays!



HAPPY HOUR WITH HERSCH

Seriously, why did someone not create a manual for parenting? The saying that it is the best and hardest thing you will ever do could not be truer. It's been enlightening watching my contemporaries and trying to figure out best practices. I have been told I am on the more lenient side, which is probably correct. But it is such a conundrum trying to teach them independence, actions have consequences and yet keeping them safe. My generation has been called helicopter parents, which is accurate and I'm sure will lead to some issues in the future. But with the speed of information our children face, it is hard to not try and guide and protect. They hear and see things as children that I know I never did. I have realized that I do not have a parenting style, which probably drives my spouse crazy – thanks for sticking through babe. I think the only thing I constantly lean on is my kids know through my words and actions that my love for them will never dissipate. Hopefully everything will work out for them. I hope you get to spend time with your children, family and loved ones this holiday season and really take in the beauty of it.

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

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This parenting book has sold more than 50 million copies since its release in 1946?

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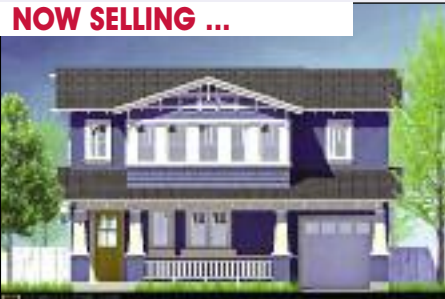
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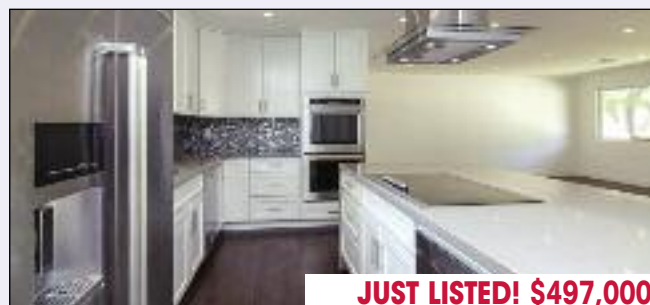
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COMMUNITY

Spotlight On ...

Bohannon honored for fundraising efforts

North Central resident Tamara Bohannon, vice president of Advancement at Catholic Charities, last month was honored with the Outstanding Fundraising Executive Award from the AFP (Association of Fundraising Professionals).

With more than 20 years of fundraising and communication experience, Bohannon leads a team of staff and volunteers in the areas of development, marketing, volunteer services and community engagement.

Currently, Bohannon and her team are championing an effort that encourages community members to take advantage of the Arizona tax credit. "The tax credit costs individuals nothing, but makes a huge difference in helping veterans, the domestically abused, foster care families and others in need," says Bohannon. "Fundraising is a passion for me, especially when I can see how much of an impact our dollars make in creating a path to self-sufficiency for families in



Catholic Charities' Tamara Bohannon, left, accepts her Outstanding Fundraising Executive Award from Torrie Taj, the president of the Arizona chapter for the Association of Fundraising Professionals (photo by Ben Arnold).

need. The tax credit is a way for others to choose where their tax dollars go and make a difference."

Bohannon was recognized Nov. 9 at the AFP Spirit of Philanthropy Leadership Awards luncheon at the Camelback Inn. She was nominated by John Scola from the Phoenix Rescue Mission.

Founded in 1933, Catholic Charities provides care for the vulnerable of all faiths in Phoenix and northern Arizona through programs in foster care, early start education, housing, veteran services, refugee relocation and poverty reduction. For more information about Catholic Charities and the tax credit, visit www.CatholicCharitiesAZ.org.

Wallack inducted into AZ Runners Hall of Fame

North Central resident Rob Wallack last month was inducted into the 2016 Arizona Runners Hall of Fame.

In 1978, Wallack founded specialty running gear store, Runner's Den, in Phoenix. Many would consider this to be the first running footwear store in Arizona. A few years later, Wallack created Raceplace Events, a data processing company for athletic events, launched in 1981.

Through his company, Raceplace Events, and his involvement in the staging of hundreds of running/multi-sport events, Wallack played an integral part in building the running and fitness community of Arizona. In addition to Runner's Den and Raceplace Events, he also founded Raceplace Magazine and GetSetUSA.com.

After 30-plus years in the business,

TAKING CARE OF BUSINESS



ABOVE: Dr. Art Mollen, left, presents North Central resident Rob Wallack with a medal and plaque commemorating his induction into the 2016 Arizona Runners Hall of Fame (submitted photo). RIGHT: Josh Kaplan, a North Central resident, has been named at Hasbro Community Action Hero (submitted photo).



Wallack has stepped back from Raceplace Events. Wallack's longtime store manager, Ron French, the staff at Runner's Den and his son, Nate, will keep the company on the right track for many more years.

Wallack was recognized with other inductees during a special dinner held at the Camelback Inn on Nov. 4 to kickoff the 41st Annual 3TV Phoenix 10K & Half Marathon, held on Nov. 6 and benefiting the Mollen Foundation.

The Arizona Runners Hall of Fame, created in 2011 by Dr. Art Mollen, honors these individuals—both living and posthumously—for their quintessential commitment to the health and well being of the Arizona community and for facilitating the rising of Arizona to the pinnacle of running in the United States.

Mollen was the first person Wallack met after he moved to the Valley. The pair met in the summer of 1978 when Wallack was out running. After the introductions, Wallack shared his plans for Runner's Den and Mollen immediately jumped on board and became an advocate for it.

At the 2016 Runners Hall of Fame, Wallack decided to present an award to Mollen to honor him for his own contributions to further running in Arizona.

Kaplan named a 'community hero'

North Central resident Josh Kaplan, 17, last month was named a Hasbro Community Action Hero for his volunteer efforts to create positive change in the community. He is one of 10 youth recognized nationwide by Hasbro Inc., a global play and enter-

tainment company, and generationOn, the youth division of Points of Light. The award recognizes young volunteers whose service achievements have demonstrated the qualities of a hero—kindness, courage and leadership—to serve their communities.

Recognizing that kids with intellectual disabilities are often isolated socially, Josh created GOALS (Giving Opportunities to All who Love Soccer), a nonprofit Unified Soccer Program for youth ages 8-14 with and without special needs to help build a forum for positive social interaction between the groups. The program has impacted more than 200 kids of all abilities, creating inclusive opportunities for all to feel welcome, encouraged and cared about.

"Together with Hasbro, we are encouraging the next generation to build empathy and take action by reaching out in their school or community when they see a problem," said Delores Morton, executive director of generationOn and president, Programs Division, Points of Light. "The Hasbro Community Action Hero program allows us to recognize and celebrate these young changemakers for the impact they are able to make on society."

Josh is a senior at Rancho Solano Preparatory School and has been an avid soccer player since he first joined a team at age 7. He has been playing club soccer ever since. He created GOALS after his younger brother's teammate, who had Down Syndrome, was unable to play on a regular soccer team. His program creates positive peer-to-peer interaction while spreading the value of sports in everyday life.



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- How do my kids/loved ones manage my estate when I die?
- How does my IRA and trust work together?
- What will happen to my small business when I die?
- What specific issues should a small business owner consider when drafting an estate plan?

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*First Floor Meeting Room B

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COMMUNITY

Community Central

Music and Merriment on Melrose

6 to 9 p.m. Friday, Dec. 2
The Melrose District
7th Avenue south of Camelback Road
www.melroseon7thavenue.com/events

The Osborn School District Music Department, the Osborn Education Foundation and the Seventh Avenue Merchants' Association (SAMA) host this shopping and music event. Walk the Melrose District from one end to the other and shop, eat, listen to music and donate. All donations will directly benefit the hundreds of students who participate in the Osborn music programs by contributing to instrument repairs and purchases. Shops along 7th Avenue in the Melrose District will host musical acts throughout the evening, including local professional musicians, high school music groups, the OMS Firedrums, and many other musical groups representing the Osborn elementary schools.

Winter Celebration

5-7 p.m. Saturday, Dec. 3
Sunnyslope Historical Museum
737 E. Hatcher Road
602-331-3150

Members and friends of the museum are welcome to enjoy light refreshments and musical entertainment to welcome winter. Free and open to the public.

APS Electric Light Parade

7 p.m. Saturday, Dec. 3
Central Phoenix
602-262-6437

A Phoenix family tradition marks its 30th year, and will travel south on Central Avenue from Montebello to Camelback, east on Camelback to 7th Street, and 7th Street south to Steele Indian School Park. The parade features electrified floats, marching bands, performance groups, car groups and more. For more details, visit www.phoenix.gov/parks/special-events/electric-light-parade.

HonorHealth

Holiday Tree Lighting

5:30-8:30 p.m. Monday, Dec. 5
John C. Lincoln Medical Center,
Third Street & Dunlap Avenue
602-870-6060, ext. 1345

Join the Crystal Princess, who will

serve as Master of Ceremonies. The whole family will enjoy games, crafts, activities, hot cocoa and cider, hand-decorating your own cookies, and a free photo with the Crystal Princess for each individual or family.

Duet Volunteer Orientation

4-6:30 p.m. Thursday, Dec. 8
Duet offices
555 W. Glendale Ave.
602-274-5022

Learn how you can help a homebound elder or adult with disabilities in your neighborhood by providing free-of-charge services such as rides to appointments, grocery shopping, friendly phoning or visiting, paperwork assistance, handyman services, respite, or computer assistance. Duet is a non-profit that promotes health and well being through a broad range of services to homebound adults. Duet's free-of-charge services are available in the greater Phoenix area. Visit www.duetaz.org.

Phoenix Festival of the Arts

Dec. 9-11
Margaret T. Hance Park
1202 N. 3rd St.
602-254-3100

Featuring more than 125 art vendors and cultural organizations. The festival's newest element takes the form of a huge 100 x 40 foot entertainment pavilion, located within the center of the festival grounds. In addition to live music and dance performances, those wanting to learn more about the artistic mediums represented can participate in live artist demonstrations scheduled throughout the day. As always, there are plenty of opportunities for adults and kids to get in on the artsy action. Beer and wine purchased at the event can be carried throughout the festival grounds, and there will be several food trucks and food vendors on site. Admission is free. Hours are 12-5 p.m. Friday, and 10 a.m.-5 p.m. Saturday and Sunday. Visit phoenixfestivalofthearts.org.

40th Annual Pueblo Grande Indian Market

9 a.m.-4 p.m. Dec. 10-11
Pueblo Grande Museum
4619 E. Washington St.
602-495-0901

Browse more than 200 Native American artisans with handmade art

ranging from jewelry, baskets, pottery, paintings, to Katsina dolls, weavings and sculptures. Participate in raffles, enjoy the children's area, traditional and contemporary music performances, and of course, fry bread. Admission is \$10, free for age 12 and younger. Visit www.pueblogrande.org/indian-market/.

Learn About

Changing Lives Center

6:30 p.m. Tuesday Dec. 13
Beatitudes Luther Life Center
1616 W. Glendale Ave.
602-992-8145

The Phoenix Branch of AAUW (The American Association of University Women) will feature Changing Lives Center director Terry Smith and case manager Blake Dellariva. They will speak on the center's programs for women and children. Their wish list includes hygiene and basic clothing items, socks, gift certificates, and tax-deductible cash or checks. The program will begin after an optional dinner (\$15), which starts at 5:30 p.m. The program begins at 6:30 p.m. and is free. RSVP for the dinner in advance. Enter the Beatitudes from Glendale Ave. by the large flagpole.

Phoenix Writers Club

12-3pm Saturday, Dec. 17
Bluewater Grill
1720 E. Camelback Road

Come celebrate PWC's 90th Anniversary! Enjoy a three-course meal and non-alcoholic beverage while mingling with fellow writers. Cost is \$35 (value of \$47). There will be a raffle and exhibition of PWC members' work. RSVP to navissak@hotmail.com with Phoenix Writers Club in subject. All are welcome.

69th Annual Arizona National Livestock Show

Dec. 27-Jan. 1
Arizona State Fairgrounds
1826 W. McDowell Road
602-258-8568

Livestock shows and sales, along with a Cowboy Classics Western Art & Gear show, working ranch horse competition, Chuck Wagon Cook Off (Friday), Dutch Oven Cook Off (Saturday), ranch rodeo, Farm Experience interactive area for children, and more. Cost is \$15 per vehicle and includes admission for all in the car. Visit <http://www.anls.org>.

46th Annual Fiesta Bowl Parade

10 a.m. Saturday, Dec. 31
Central Phoenix

Take in the pageantry of brilliantly colored floats, giant balloons, equestrian units, specialty and charitable groups, local celebrities and marching bands as they make their way along the 2-mile parade route through Central Phoenix, leaving off from the south parking lot of North Phoenix Baptist Church at Central and Montebello. While viewing the parade is free, you can reserve bleacher seating for \$25 or disabled seating for \$10. Visit <http://www.fiestabowl.org>.

Meet the new police chief at free forum

Join Dist. 3 Councilwoman Debra Stark for a community chat with the new Phoenix Police Chief Jeri Williams, 6 p.m. Thursday, Dec. 8 at the Sunnyslope Community Center, 802 E. Vogel Ave.

Williams was appointed Police Chief of the Phoenix Police Department on Oct. 28. She



Chief Jeri Williams

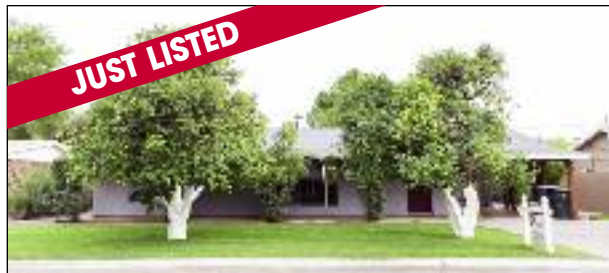
brings nearly three decades of law enforcement experience back to the agency where she began her law enforcement career.

From 2011 to 2016, Chief Williams served as the police chief for the City of Oxnard, Calif. Before her appointment in California, Chief Williams served 22 years with the Phoenix Police Department. She worked in nearly all divisions of the department and rose quickly through the ranks. She retired as an assistant police chief where she managed approximately 1,000 employees, to include the Air Support Unit, the Community Relations Bureau, four Patrol Precincts, the Academy and the Special Assignments Unit.

This event will also serve as the District 3 holiday celebration, including a toy drive to benefit children ages birth to 12, in partnership with VFW Post 9400. Light refreshments will be provided.

There is no event cost but attendees are encouraged to RSVP by e-mail at council.district.3@phoenix.gov or by phone at 602-262-7441.

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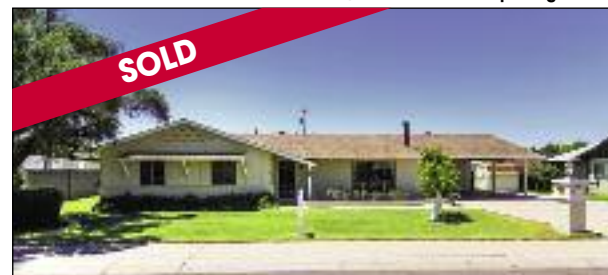
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This year's ATHENA Award winners, as announced by the Greater Phoenix Chamber of Commerce, included, from left: Catherine Alonzo, founding partner of Javelina, ATHENA Young Professional Award recipient; Rebecca Clyde, co-founder & CXO of Ideas Collide, ATHENA Businesswoman of the Year Award in the private sector; and Maria Harper-Marinick, Ph.D., chancellor of Maricopa Community College District, ATHENA Businesswoman of the Year Award in the public sector (submitted photo).

Chamber announces ATHENA winners

The Greater Phoenix Chamber of Commerce announced the 2016 ATHENA Public Sector, Private Sector and Young Professional Award recipients during its 29th Annual ATHENA Awards Luncheon, held Oct. 26 at the Westin Kierland Resort & Spa.

Rebecca Clyde, co-founder & CXO of Ideas Collide, was awarded the 2016 ATHENA Businesswoman of the Year Award in the private sector. Maria Harper-Marinick, Ph.D., chancellor of Maricopa Community College District, earned the 2016 ATHENA Businesswoman of the Year Award in the public sector. Catherine Alonzo, founding partner of Javelina, took home the 2016 ATHENA Young Professional Award.

"All of the 2016 ATHENA Award finalists do more than push the boundaries of achievement, they shatter them," said Todd Sanders, president and CEO of the Greater Phoenix Chamber of Commerce. "These businesswomen and role models are respected leaders who embody the spirit of ATHENA and understand that giving back is a major component of personal success.

"Their altruism, passion, mentorship

and dedication are an inspiration and make a positive impact on our community," Sanders added. "It is an honor to highlight their achievements and celebrate their leadership and vision."

Business Briefs

Casano named to board of examiners

Abrazo Central Campus executive and North Central resident Jayleen Casano has been appointed to serve on the United States Department of Commerce's board of examiners that reviews American companies who have applied to receive the national Baldrige Quality Award.

Casano, who serves as chief nursing officer and chief operating officer at Abrazo Central Campus, has been named senior examiner and team leader for Baldrige Performance Excellence Program for another one-year term. She has served on the board since 2010. She is the only Arizona resident serving as a senior examiner on the board.

Casano will complete an independent business review and will lead a team of examiners through a business diagnostic, evaluation processes, site visits, and recommendations for companies that demonstrate excellence in performance.

please see BOARD on page 24

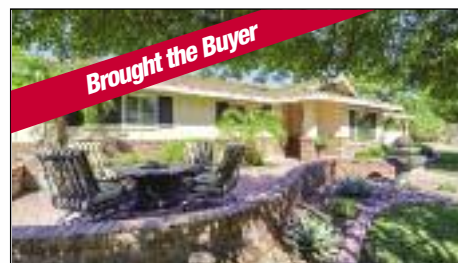
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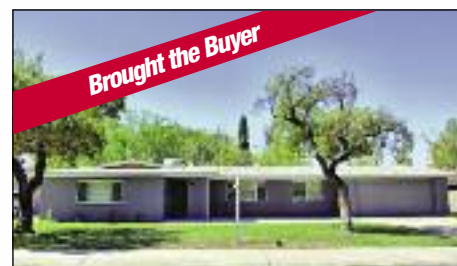
311 E. Rose Lane
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\$1,200,000



7736 N. 4th Drive
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\$525,000



426 E. Deepdale
2394 sf, 4 bed/3 bath
\$469,000



805 W. Glenn
2373 sf, 4 bed/3 bath
\$500,000



6509 N. 28th GLN
2330 sf, 4 bed/3.5 bath
\$250,000



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



10575 E. Mission Lane
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\$525,000



15218 N. 43rd St.
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TAKING CARE OF BUSINESS

BOARD continued from page 22

Their findings will be used to select the winners by a panel of judges.

Named after Malcolm Baldrige, the 26th Secretary of Commerce, the Baldrige Award was established by Congress in 1987.

Century 21 purchases AZ Foothills' office

Daum Commercial Real Estate Services has negotiated the \$1.1 million sale of a 7,900-square-foot office building located at 8936 N. Central Ave. The buyer of the office facility was Central 21, LLC of Phoenix. The seller was Floyd Scott of Scottsdale.

The building houses the offices of Century 21 Arizona Foothills and is a multi-story gray structure with copper-toned metal awning accents.

David Wilson and Carter Wilson with Daum Phoenix represented both the buyer and the seller in the investment sale-leaseback transaction.

DAUM Commercial Real Estate Services provides brokerage, consulting, leasing, sales, corporate services and asset, construction, project and property management services. For more information, visit www.daum-commercial.com.

JCF leader to discuss acquisition of Jewish News

Jewish Community Foundation of Greater Phoenix President and CEO Richard Kasper will speak on the foundation's activities and its recent acquisition of the Jewish News as part of the Speakers Series, 7 p.m. Friday, Dec. 16 at Beth Ami Temple, located inside Palo Cristi Church at 3535 E. Lincoln Drive.

The JCF is the largest resource for Jewish philanthropy in the Greater Phoenix area. The transfer of ownership of the *Jewish News* from Jaime Stern to the Jewish Community Foundation of Greater Phoenix in July 2016 is the first time that an independent Jewish community foundation has owned a Jewish newspaper.

Kasper joined the Jewish Community Foundation in 2013, bringing more than 20 years of experience in law, nonprofit governance, community building, and philanthropy to his role as President and CEO. He most recently served as a partner with Ryan Rapp & Underwood PLC, where he provided legal counsel for many sec-

ular and Jewish nonprofit organizations, individuals, and publicly traded or closely held companies, and worked as the Arizona regional director for the Anti-Defamation League.

The public is encouraged to attend this informative evening of discussion. A brief Shabbat service will be held before Kasper leads a question-and-answer session with the audience. Light refreshments will follow. Free and open to the public, but reservations are required. Call 602-956-0805 or e-mail bethamitemple@hotmail.com.

New housing, wellness center opened by NAC

Native American Connections (NAC) last month hosted the grand opening of its new Cedar Crossing & Patina Wellness Center at 337 E. Virginia Ave.

This unique community helps residents obtain housing stability and overall wellness by co-locating two core services of behavioral health and affordable housing with 74 affordable residential units and a behavioral health center. The health center offers substance-abuse treatment and other supportive services for residents who were homeless or are at risk of homelessness.

During the development phase, graduate-level architecture students from Arizona State University worked with NAC and local architects. The team created a space that blends Native American traditions and customs with a practice energy-efficient design.

Cedar Crossing was financed largely with low-income housing tax credit equity from National Equity Fund, an affiliate organization of Local Initiatives Support Corp. (LISC).

In addition, Cedar Crossing & Patina Wellness Center last month was named the 2016 Exemplary Project of the Year by LISC Phoenix.

Nominations open for IMPACT Awards

The Greater Phoenix Chamber of Commerce (GPCC) seeks nominations for its 2017 IMPACT Awards, which honor the accomplishments of outstanding Valley organizations and the positive impact they've made on the Greater Phoenix business community.

Nominations—which can come from anyone in the community—are open from now until Jan. 6, 2017, and can be submitted through the cham-

TAKING CARE OF BUSINESS

ber's website at www.phoenixchamber.com/impact. Two businesses, one with fewer than 250 employees and one with 250 or more employees, will be honored in each of the four categories: Community Champion, Economic Driver, Exceptional Innovator and Arizona Advocate.

An IMPACT Business of the Year will also be selected from among the four category recipients in each business sector and will be announced at the 30th Annual IMPACT Awards Luncheon on May 10, 2017.

In addition, the IMPACTful Nonprofit Award is open to 501(c)3 nonprofit organizations. This award recognizes the value of nonprofits in the Valley, while also taking into consideration the unique situation, scope and abilities of a nonprofit organization. Nominate a 501(c)3 nonprofit Valley organization that serves a valuable mission and is deserving of special recognition at phoenixchamber.com/IMPACTful.

Associate joins law firm's business group

Dominick San Angelo, associate, has joined the Business Law & Transactions group of Gallagher & Kennedy, a full service business law firm.

San Angelo's practice will span all stages of the business life cycle, including business formation and governance, contracts and commercial transactions and mergers and acquisitions, as well as securities law and franchise law.

"Dominick interned with us during the summer of 2015 and we were impressed with his contributions during that time," said Dean Short, managing partner.

A recent graduate of Duke University, San Angelo received his Juris Doctor from the School of Law and Master of Arts in Philosophy from the Graduate School.

Village Health Club collecting shoes

This holiday season, Village Health Clubs & Spas wants to do its part in spreading holiday cheer by giving back to those who don't have the funds or resources to buy winter necessities such as shoes this holiday season. Starting this month, there will be a donation bin inside the location at 4444 E. Camelback Road to collect new and used shoes of all sizes for St. Vincent De Paul.

Every day, St. Vincent De Paul works to meet requests for shoes from community members across the Valley. This adds up to thousands of pairs of shoes every year. "We are a premier health club that strongly promotes community engagement, so we are very proud of our members for helping to organize such a great drive for a great cause," says Carol Nalevanko, President of Village Health Clubs & Spas.

Both Village members and community members can donate their new and used shoes through Friday, Dec. 16. For more information, call 602-840-6412.

Winterberg named program manager

The Recovery Empowerment Network (REN), a community service behavioral health agency, has hired North Central resident Hayley Winterberg as the new HERO program manager.

The HERO (Hope, Empowerment, Recovery, Opportunity) young adult center promotes peer and community inclusion to create a path to wellness for young adults 18-25 who receive behavioral health services. REN is an approved service provider of Mercy Maricopa Integrated Care, with offices at 212 E. Osborn Road.

"Hayley is a great addition to the Recovery Empowerment Network team whose experience in the peer support and behavioral health community will benefit our young adult members," said Recovery Empowerment Network CEO Gaye Tolman.

In 2008, Winterberg cofounded MY LIFE (Magellan Youth Leaders Inspiring Future Empowerment), which started with 10 members and at its first event attracted more than 3,000 participants. Since then, she has traveled all over the nation to speak, organize events, and inspire similar groups supporting behavioral health and substance abuse. By age 17, she received the "M Power" award from Mental Health America for being the top youth advocate for mental health in the 50 states.

In 2015, Winterberg was awarded the Young Adult Leadership award by the Substance Abuse and Mental Health Administration (SAMHSA). Winterberg has a strong passion to make a difference in the lives of young people and transform the systems that serve them.



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*Bobby Lieb's
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and
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for sales in 2014

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2003 through 2010**

Winner
**Diamond Club
1999 through 2002**

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Licensed Assistant

Juliann Lieb
Licensed Assistant

Bobby Lieb

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325 E. Ocotillo Rd.IN ESCROW	6420 SF	6BR/5.5BA	\$1,975,000
5045 N. 22nd St.JUST LISTED	6359 SF	5BR/5.5BA	\$1,700,000
5645 E. Exeter Blvd.IN ESCROW	7500 SF	6BR/7.5BA	\$1,695,000
35 E. Myrtle Ave.IN ESCROW	5150 SF	4BR/5BA	\$1,475,000
512 E. Tuckey Ln.IN ESCROW	5112 SF	5BR/4.5BA	\$1,095,000
1316 W. Myrtle Ave.IN ESCROW	LOT		\$ 975,000
130 E. Glendale Ave.NEW PRICE	4009 SF	4BR/3.5BA	\$ 899,950
1819 E. Palmdale Ave.JUST LISTED	3415 SF	4BR/3.5BA	\$ 839,900
1815 E. Palmdale Ave.IN ESCROW	3110 SF	4BR/3.5BA	\$ 799,000
6030 N. 5th Ave.NEW PRICE	3737 SF	4BR/3.5BA	\$ 795,000
5845 N. 2nd Ave.		2871 SF	4BR/3BA	\$ 749,500
1823 E. Palmdale Ave.NEW CONSTRUCTION	2970 SF	4BR/3.5BA	\$ 749,000
735 W. Las PalmaritasJUST LISTED	4061 SF	4BR/3.5BA	\$ 725,000
124 E. Wagon Wheel Dr.JUST LISTED	LOT		\$ 675,000
7747 N. 13th Pl.JUST LISTED	4130 SF	4BR/3.5BA	\$ 650,000
6837 N. 23rd Pl.NEW PRICE	3153 SF	3BR/3BA	\$ 649,900
15815 E. Burro Dr.JUST LISTED	4346 SF	5BR/3.5BA	\$ 639,000
4 W. Frier Dr.		LOT		\$ 625,000
328 E. Keim Dr.IN ESCROW	2232 SF	3BR/2BA	\$ 565,000
316 W. Glendale Ave.NEW PRICE	3721 SF	5BR/3.5BA	\$ 550,000
1110 W. Orangewood Ave.NEW PRICE	2440 SF	3BR/2BA	\$ 475,900
7623 N. 7th Pl.NEW PRICE	2474 SF	4BR/2.75BA	\$ 460,000
1579 W. Lawrence Ln.NEW PRICE	3879 SF	3BR/5BA	\$ 439,900
642 W. Linger Ln.NEW PRICE	3186 SF	7BR/4BA	\$ 435,000
2525 E. Minnezona Ave.NEW PRICE	2282 SF	4BR/4.5BA	\$ 429,900
8449 N. 1st Dr.		2204 SF	4BR/2.5BA	\$ 434,000
101 W. Southern Hills Rd.		2709 SF	4BR/3BA	\$ 410,000
1302 W. Keim Dr.NEW PRICE	2325 SF	3BR/3BA	\$ 395,000
6848 N. 12th WayNEW PRICE	2317 SF	4BR/3BA	\$ 390,000
1020 E. Georgia Ave.IN ESCROW	1548 SF	3BR/2BA	\$ 385,000
935 E. Georgia Ave.JUST LISTED	1731SF	4BR/1.75BA	\$ 382,500
7349 N. 11th Pl.		1972 SF	3BR/2BA	\$ 359,500
9007 N. 14th Dr.NEW PRICE	2332 SF	4BR/3BA	\$ 327,500
1751 E. Aurelius Ave. Lot 1 ..	.NEW PRICE			\$ 285,000
1751 E. Aurelius Ave. Lot 2 ..	.NEW PRICE			\$ 285,000
714 E. Boca Raton Rd.NEW CONSTRUCTION	1784 SF	3BR/2.5BA	\$ 289,900
710 E. Boca Raton Rd.NEW CONSTRUCTION	1640 SF	3BR/2.5BA	\$ 276,900
917 E. San Juan Ave.IN ESCROW	1170 SF	2BR/1.75BA	\$ 250,000
7231 N. 6th WayNEW PRICE	1450 SF	2BR/2BA	\$ 239,900



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735 W. Las Palmaritas ■ \$725,000



124 E. Wagon Wheel ■ \$675,000



7747 N 13th Pl. ■ \$650,000



316 W. Glendale Ave. ■ \$550,000



7623 N. 7th Pl. ■ \$460,000



1302 W. Keim ■ \$395,000



935 E. Georgia Ave. ■ \$382,500



7349 N. 11th Pl. ■ \$359,500



7231 N. 6th Way ■ \$239,900

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6019 N. 20th St.	\$1,875,000	5718 N. 24th St.	\$ 795,000	6524 N. 4th St.	\$ 635,000	1717 E. Earll Dr.	\$ 462,000	2647 N. Walker Way	\$ 393,558	1613 E. Sierra Vista	\$ 320,000	6520 N. 10th Pl.	\$ 230,000
6050 N. Paradise View Dr.	\$1,875,000	5315 N 2nd St.	\$ 791,555	1518 W. Orangewood Ave.	\$ 582,000	521 W. Las Palmaritas	\$ 455,000	2611 N. Walker Way	\$ 390,000	5729 N. 13th St.	\$ 309,000	6518 N. 10th Pl.	\$ 226,000
130 E. Missouri Ave.	\$1,800,000	7539 N. 21st Pl.	\$ 787,500	600 W. Las Palmaritas	\$ 568,000	14 E. Laurie Ln.	\$ 450,000	3104 N. 32nd Way	\$ 388,124	8449 N. 1st Dr.	\$ 305,000	3312 N. Randolph Rd.	\$ 214,000
9202 N. 52nd St.	\$1,850,000	5319 N. 2nd St.	\$ 782,236	1911 E. Claremont St.	\$ 565,000	7234 N. 11th Ave.	\$ 450,000	2623 N. Walker Way	\$ 385,748	2891 E. San Tan	\$ 299,000	9437 N. 5th Ave.	\$ 189,000
5120 N. 22nd St.	\$1,340,000	5310 N. 2nd St.	\$ 768,871	22608 N. 39th Run	\$ 565,000	3103 E. Hazelwood St.	\$ 445,000	2627 N. Walker Way	\$ 375,285	125 E Echo Ln.	\$ 275,000	3010 E. Corrine Dr.	\$ 182,500
5323 N. 2nd St.	\$ 922,868	5311 N. 2nd St	\$ 767,382	27 E. San Miguel Ave.	\$ 558,000	2607 N. Walker Way	\$ 434,330	5301 N. 6th St.	\$ 375,000	6155 N. 18th Ave.	\$ 275,000	1715 E. Turney Ave.	\$ 185,000
5706 N. Central Ave.	\$ 920,500	15223 N. 12th St.	\$ 750,000	2737 E. Az Biltmore #30	\$ 545,000	9026 N. 16th St.	\$ 431,000	14621 N. 27th Pl.	\$ 365,400	4220 N. 19th St.	\$ 275,000	10427 W. Puget Ave.	\$ 173,800
123 W. Frier Dr.	\$ 907,000	5741 N 4th St.	\$ 725,000	131 W. San Juan	\$ 525,000	907 W. Augusta Ave.	\$ 430,000	14621 N. 27th Pl.	\$ 356,400	701 E. Belmont Ave.	\$ 270,000	10301 N. 70th St. #109	\$ 167,000
5322 N. 2nd St.	\$ 860,874	209 E. Myrtle Ave.	\$ 680,000	7627 N. 11th Ave.	\$ 520,000	7319 N. 6th Pl.	\$ 423,000	1307 W. Rose Ln.	\$ 350,000	1026 E. Wagon Wheel Ave.	\$ 256,000	50 E. Northern Ave. #1046	\$ 145,000
5314 N. 2nd St.	\$ 857,334	550 W. Las Palmaritas	\$ 675,000	7148 N. 13th Pl.	\$ 516,000	2615 N. Walker Way	\$ 415,000	1640 E. Aurelius Ave.	\$ 350,000	1020 E. Georgia Ave.	\$ 254,000	10420 N. 10th St #2	\$ 144,000
10 W. Vista Ave.	\$ 850,000	1104 W. El Camino Dr	\$ 660,000	8 E. Orangewood Ave.	\$ 515,000	1002 W. Wagon Wheel Dr.	\$ 401,000	902 E. Rovey Ave.	\$ 350,000	1613 W. Verde Ln.	\$ 252,500	750 E Northern Ave. #1093	\$ 142,000
2509 E. Montebello Ave.	\$ 850,000	7627 N. 11th Ave.	\$ 650,000	4613 N. 31st St.	\$ 495,000	3107 N. 32nd Way	\$ 400,000	5402 E. Pinchot Ave.	\$ 349,000	739 E. Orangewood Ave.	\$ 250,000	2623 W. Pershing Ave.	\$ 140,000
5318 N. 2nd St.	\$ 840,720	105 E. Lamar Rd.	\$ 650,000	1011 W. Palo Verde Dr.	\$ 495,000	225 E. Oregon Ave.	\$ 399,000	77 E Missouri Ave. #16	\$ 325,000	7 E. Muriel Ave.	\$ 248,000	312 W. Maryland Ave.	\$ 97,500
1811 E. Palmaria Ave.	\$ 829,000	5301 N. 6th St.	\$ 650,000	5810 N. 25th Pl.	\$ 485,000	33 E. Butler Dr.	\$ 397,000	1219 W. Rovey Ave.	\$ 320,000	3601 E. Bloomfield Rd.	\$ 235,000		

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A holiday gift for yourself

For most people, once upon a time a holiday was just that: a day of relaxation and respite from the grind of everyday routine. Now, of course, we don't have holidays. We have a holiday season that begins in November and continues into January. Apparently now we're supposed to be enjoying a whole marathon of relaxation and respite.

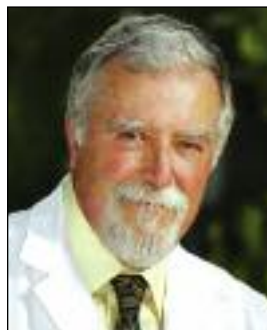
When USA Today asked readers about their holiday emotional state, 18 percent of respondents reported feeling relaxed, and 31 percent were joyful. But 27 percent picked "stressed" and 24 percent were depressed. For over half of us, winter holidays have become a case of having "too much of a good thing."

A logical next question might be, "What should we do about this," but it's not one I want to ask. How likely is it that the solution to having too much going on in our lives would be to add on one more task? The urge to do so reminds me that, in a Christmas essay, Robert Louis Stevenson once wrote: "We require higher tasks because we do not recognise the height of those we have. The task before us, which is to co-endure with our existence, is one of microscopic fineness, and the heroism required is that of patience."

How about holidays where "less is more?" We can't prevent seasonal marketers from bombarding us with hype, but we can ask ourselves about what we want—what is truly important to us about this holiday—rather than what sellers are telling us we need to make the season bright. Too often, holiday "traditions" can ossify into engrained "trigger/reward" behaviors. We respond automatically to external cues—"The 12 Warning Signs of Christmas"—even after the reward has ceased to be rewarding.

So let's think about the things we've done on previous holidays that gave us real enjoyment. Make a list (and check it twice), because it can tell us about genuine pleasures of the season, not ones made up for us by somebody else. Let's see if there is a common theme that connects these activities, because that can help clarify what exactly it is that makes us value this time of year for what it is.

And perhaps, if we do this, we may also find ourselves in agreement with another of Stevenson's ideas: "The kingdom of heaven is of the childlike, of those who are easy to please, who love and who give pleasure." Stevenson was convalescing at Saranac Lake from the chronic lung disease that plagued him all his life when he wrote this. Yet despite his illness and the severe December cold in upstate New York, he sounds neither stressed or depressed. Perhaps there's a message here for the rest of us.



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Wishing everyone a happy holiday!

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HEALTHY LIVING

Tips for dealing with holiday depression

The holidays can bring out the best and worst in us. Instead of joy and peace, some people experience depression.

People who are depressed may feel sad, hopeless, or uninterested in daily activities like taking care of your family or going to work or school. This may be particularly difficult to navigate during the holidays when we stretch ourselves too thin with commitments.

- **Take time for yourself.** It's easy to get caught up in "what needs to be done" and completely forget about taking care of yourself. Even a short break can help you refocus and avoid getting overwhelmed.

- **Have realistic expectations.** Sometime our expectations are set so high in our mind that it is almost impossible to reach or sustain. There will be highs and lows to every holiday, which is a typical holiday experience for just about everyone.

- **Simplify when possible.** Holiday events don't have to be extravagant. Choose to simplify dinners with a potluck or buying prepared desserts instead of making homemade. Likewise, simplify your gift giving by planning a budget. Although it may be difficult, sticking to your budget will help you avoid post-holiday buyer's remorse.

- **Make healthy choices.** Although the season may be marked by overindulgence, making healthy choices will go a long way to keep you from being too depressed. Drink in moderation, if at all. As tempting as all those holiday beverages are, alcohol can exacerbate depression.

Catholic Charities Counselor Toni Durda advises that exercise is a great way to combat depression. "If the weather permits, go walking and even enjoy the Christmas lights," Durda says.

"Most importantly remember this is a season of love and forgiveness, so the greatest gift you can give is to be gentle with yourself," Durda points out. "Love and forgive your shortcomings."

Remember that depression is treatable. If you or someone you love is depressed, contact Catholic Charities and schedule an appointment with one of their counselors. Catholic Charities has a counseling office in North

Central Phoenix at 1825 W. Northern Ave. Rates are offered on a sliding scale based on income. For more information, call 602-749-4405.

Health Briefs

Homeopathy and plant-based diets

Join Ben Ta'ati, homeopath practitioner of 20 years and faculty member at the American Medical College of Homeopathy, and raw vegan chef Haley Cloud to learn how homeopathy and a plant-based diet can help you to lead a healthy and balanced life.

A presentation and food demonstration and tasting will take place 11 a.m. Saturday, Dec. 10 at The Rock at 32nd Street, a community center located at 13625 N. 32nd St.

Learn how to make Nacho Cheeze, Orange UnChicken, and a Pinky Smoothie—all plant based treats. Register for only \$5 per person at <http://bit.ly/2fG6Ren>.

Hicks leads series of wellness classes

Kharma Life Center, 700 W. Campbell Ave., now offers naturopathic care as well as Chinese medicine and nutritional counseling.

Dr. Christine Hicks, NMD, who has been working in alternative medicine for 20 years with a focus on mindfulness and stress reduction, joined the center's staff in October. She specializes in hormone balancing, bioidentical hormone replacement, weight loss, thyroid balancing, adrenal fatigue and recovery, GI tract disorders, digestive problems, allergies, food allergies, food sensitivities, chronic pain, migraines, mood imbalances, sleep disturbance, menstrual disorders, detox and cleansing.

Beginning in January, Hicks will offer a four-month class series, Foundations of Wellness, from 1-2:30 p.m. the second Saturday of the month. Each class is \$25 for one, or \$45 for two, and includes handouts. Topics include Diet, Exercise and Detox: Healthy Resolutions, Jan. 14; Hormone Replacement for Men and Women, Feb. 11; Thyroid and Adrenal Dysfunction, March 11; and Inflammation, Digestion and Food Sensitivity, April 8.

In addition, Hicks will lead a six-

HEALTHY LIVING

week class in Beginning Meditation, 7-8 p.m. Jan. 9-Feb. 23 and again from 11 a.m.-12 p.m. Jan. 23-Feb. 27. Class size is limited to 10 people.
Call 602-451-9098 or e-mail drchristinehicks@gmail.com to RSVP and for further inquiries for either class.

Improve your breathing, strengthen pelvic floor

Enjoy a more robust respiration with a Better Breathing Community Class, led by Isabelle Barter, 4-5:30 p.m. Saturday Dec. 10 at Kinesphere Center for Movement Education.
Improve your breathing habits, liberate your breathing muscles, and reset your nervous system from the inside out. You will un-bind the muscles of respiration and reboot your breathing strategies through a combination of therapy ball rolling, mobility exercises, and pranayama. Cost is \$10.
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, Saturday, Jan. 28. Time is TBD.

Whether you experience discomfort, pain, fear, or all three, the instructors will provide you with information and strategies to help you. Join a supportive group of women as you regain control over your pelvic health. All ages are welcome. Call for cost and to RSVP.
Kinesphere Center for Movement Education is located at 711 E. Missouri Ave., Suite 180. Call 602-532-3111 or e-mail info@kinesphere-studio.com for more information.

New massage studio offers intro special

The Elements franchise welcomes a new location, slated to open on Saturday, Dec. 17 at 4325 E. Indian School Rd., Suite #105. Elements Massage Phoenix-Arcadia is offering a pre-booking special of \$39 for guests who schedule services prior to opening day.
Sessions will be customized to meet the needs of each client, while promoting relaxation, healing and wellness.
To take advantage of the pre-booking special, call 480-445-9111 or visit <https://elementsmassage.com/phoenix-arcadia>.

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SCHOOL DAYS



Leslie Schexnayder, founder of the Discovery is Growing Gardens at Simis (DIGGS) Program who passed away in December of last year, will be honored in a special ceremony at the school on Dec. 7, when the garden will be renamed in her honor (submitted photo).

Garden to be dedicated to longtime volunteer

When Madison Simis students returned to a newly built school earlier this year, they not only had new buildings, technology, furniture, and cubbies. They also had a brand-new student garden.

The Discovery is Growing Gardens at Simis (DIGGS) Program was founded by parent volunteer Leslie Schexnayder, a local Master Gardener who attended a youth gardening conference in 1998 and came home inspired.

DIGGS was created to enhance the school's science curriculum and bring meaningful enrichment activities to the campus. During the summer of 1998

and with the help of friends, parents and teachers, Schexnayder and fellow Master Gardener and volunteer Vicki Maus oversaw the installation of two separate vegetable gardens, wrote teacher manuals with suggested activities, had a wealth of tools donated, and acquired a gardening resource library that dovetails with the district's science curriculum.

What started out to be two vegetable gardens and 360 third- and fourth-grade students has blossomed into more than 60 planting beds and 1,000 students participating. In 1999, the National Gardening Association awarded the program its "Outstanding School Garden Award" and Schexnayder received "Outstanding Volunteer in a School Garden" from the University of Arizona's



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SCHOOL DAYS

Cooperative Extension.

With the help of countless parents, grandparents and community members, the program has flourished for over 18 years.

Sadly, Schexnayder lost her battle with cancer on Dec. 18, 2015. To recognize her years of volunteerism and passion, Madison Simis will rename the new DIGGS garden as Leslie's Garden in a ceremony set for 4:30 p.m. Wednesday, Dec. 7. The event is open to the public.

"It is a testament to Leslie's vision that the program has been sustainable; evolving with changing educational standards and expectations and has expanded into a multi-grade level activity with a variety of gardens that not only provide a hands-on learning environment for the students but also beautify the campus," said Sue Mulligan, a longtime friend of Leslie's who wrote the memorial garden proposal that was submitted to the Madison District School Board on Feb. 16 for approval.

This year is the 17th school year of the DIGGS program, which continued to operate despite the school rebuilding construction project. It has contributed to the academic growth and understanding of nearly 1,000 students annually. Today, every classroom at Simis participates in the program, including a first-time kindergarten garden area. The program also now integrates new educational standards and International Baccalaureate (IB) themes with gardening. Mulligan said the program is also one of the most popular on campus among students, parents and teachers.

"The program also engages parents and grandparents in the classroom," Mulligan said, adding that, annually, nearly 100 people deliver the program at Simis.

School Briefs

GLENDALE UNION HIGH SCHOOL DISTRICT District lauds those who go 'above and beyond'

Recipients of the Achievement Above All awards from Sunnyslope High School were honored at the Glendale Union High School District office on Oct. 19. The awards highlight the accomplishments and commitments of one teacher, student, support staff member, student group, and volunteer.

Sunnyslope's Student of the Year

award went to senior Jake Dean. Dean is currently in the running to be a National Merit Finalist and has aspirations of receiving a doctorate degree in an astronomy-related field such as astrophysics or astrobiology and work in scientific research. During his four years at Sunnyslope, Dean has taken a total of 12 advanced placement courses and he is in the top 1 percent of his class with a weighted GPA of 5.37. He has been a National Champion in Congressional Debate and the recipient of the National Student Congress House Leadership Bowl. He is a three-year varsity athlete in cross country and track and field and was a cross country state qualifier in 2014.

The Volunteer of the Year Award was given to Jamie Cunningham, who is also a graduate of Sunnyslope High School and has children who also attend. She began volunteering about 15 years ago when her oldest son, Josh, was a freshman on campus and involved in extra-curricular activities. She found herself supporting football, basketball, banquets, award cere-

please see ACHIEVEMENT on page 32

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SCHOOL DAYS



Recipients of the Achievement Above All awards from Sunnyslope High School, which included (from left) Jake Dean, Jamie Cunningham, Sarah Stahlbus and Firas Werdy, were honored at the GUHSD office in October (submitted photos).

ACHIEVEMENT continued from page 31

monies, teacher appreciation events and more. Her volunteering capacities now include feeding a healthy and hearty meal to the football team on Thursdays and helping out with summer registration, and graduation. The Achievement Above All teacher recipient was awarded to Sarah Stahlbush, a Viking alumna herself and the school's Foreign Language Department chair. She also teaches AP Spanish. Technology assistant Firas Werdy was awarded the support staff person of the year award.

The Air Force Junior ROTC pro-

gram was named the Student Group recipient. The Academic Team has earned trips to the national competition in Washington, D.C., for two consecutive years and on both occasions finished second in the nation. The Air Rifle team consistently produces national qualifiers and the Color Guard is highly sought after on campus and throughout the Sunnyslope community.

Bowden to play softball for Ducks

The softball season may not have started yet in Phoenix, but Sunnyslope High School senior Shaye Bowden already knows where she will be this season and beyond. The Vikings catcher and shortstop will be heading to the University of Oregon after graduation next year to play for The Ducks.

Bowden signed her national letter of intent (NLI) in a small ceremony in Sunnyslope's media center on Nov. 9, surrounded by her coaches, family and friends. This will be her fourth and final year on the team and she already has set numerous records, including most home runs in a season, highest batting average in a season, First Team All District and First Team All Section every year thus far, and she is on tap to receive several career records.

Her stats read like this: .559 career batting average, 133 hits, 109 runs batted in (RBIs), 33 doubles, 31 stolen bases, and 24 home runs. She has been in the top five in the state every year of her career so far, in any division and at any level.

"I saw her play at the middle school level and I knew I wanted to keep an eye on her," says Head Coach Mike Fenton. When she came to Sunnyslope as a freshman, "I watched her to see how she would build into her leadership role. She had a lot of hustle and desire, but she needed to use her voice more. When she started to speak up, her teammates looked to her for direc-

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Embracing Our Community



SCHOOL DAYS



Sunnyslope High School senior Shaye Bowden signs her national letter of intent (NLI) to play softball for the University of Oregon, and is joined by her SHS coaching staff, from left: Head Coach Mike Fenton; Assistant Coaches Andy Page and Tim Chelgren, along with Assistant Principal/Athletic Director, Tim Matteson (photo by Teri Carnicelli).

tion, even as a freshman. Her actions and leadership helped build this into a better team. The things she did for this program are not just her stats, which are amazing, but people know that we can play and play competitively.”

Remarkably, Bowden has only struck out once in three years of play (259 plate appearances) for the Vikings, who current sit in Division 5A, which has replaced Division II. But Sunnyslope is not the only team she bats for.

Bowden, who carries a 3.9 GPA, also has played club softball for the Alabama-based Birmingham Thunderbolts for the last two years. The Bolts finished third at Nationals earlier this year. She was rated the 23rd recruit in the nation for her 2017 class by FloSofball. Bowden will try out for the National Junior Olympics Team this winter, with hopes of playing in the Olympics in 2020.

OSBORN ELEMENTARY SCHOOL DISTRICT

Doherty named the Teacher of the Year

The Arizona Educational Foundation (AEF) last month announced that Michelle Doherty, a first-grade teacher at Encanto School, was the winner of its coveted 2017 AEF Arizona Teacher of the Year title. The announcement was made at the annual Teacher of the Year Awards Luncheon held on Nov. 17 at The Arizona Biltmore before more than 500 attendees, including Arizona educators,

elected officials and business leaders.

Doherty, who was named one of five finalists in early October, is in her 22nd year of teaching at Encanto School. Much of her success as a teacher can be attributed to her belief

please see TEACHER AWARD on page 34

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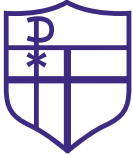
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SCHOOL DAYS

dropped by to give an inspirational talk and presented each of the schools with a \$2,000 donation to their program. A video clip of the clinic was on the Monday Night Football game telecast.

“It went really well. The kids had a great time and the coaches were able to actually have conversations with Jon Gruden,” said Camelback Coach Joseph Brissette.

Anane-Wae named a finalist for award

North High Senior Rita Anane-Wae was one of 10 finalists for the Brilliant, Beautiful and Bold Role Model Awards, a program of the Girls Rule Foundation. The foundation offers empowerment, leadership and educational programs for girls 12-18, to help them become the next generation of leaders.

The final four award recipients were announced at the Shine Brightly Summit, held Oct. 29 at Arizona State University. While Anane-Wae was not one of the four winners, she enjoyed attending the summit, designed for teen girls and the moms (or

women/guardian/mentee/aunt) who support them. The girls heard from inspirational key-note speakers and participated in breakout sessions about building confidence, setting goals, STEM, getting to college and achieving their dreams.

Culinary students cook at charity dinner

Twenty-three culinary students from Central High School and teacher Erin Sullivan played a big role in the 4th Annual Phoenix Suns Slam Dunk Charity Dinner, held Nov. 5 at Talking Stick Arena. The students were given the opportunity to do a very large-plated dinner service.

They were put into groups of five and were each assigned a component of the dish. From the time the dinner service started to the end, all 800 plates were completed in 19 minutes. The dish for the night was Agave Roasted Chicken over a bed of quinoa with corn and black beans, an adobo sauce covered the chicken, topped with cotija cheese and pico de gallo.

“The kids worked hard to stay

focused on just their dish while moving at a lightning speed. I am so proud of these kids and the way they represented Central and the Phoenix Suns,” Sullivan said.

New ‘store’ on campus sells student-made items

Students at Metro Tech High School celebrated the grand opening for “The Shop,” a new student-run retail space on campus, on Oct. 27.

Students applied and interviewed for positions within The Shop. The Shop will allow all groups and classes on campus to sell items in a gift shop environment. The store is run and operated by students in Jen Colvin’s Small Business Operations & Floral Design classes.

The Shop is selling balloons, stuffed animals, gift items, plants from the Horticulture Department, and the staff will start selling any other items from clubs/classes on campus. For example, Fashion students are making hair clips/bows. Welding and Construction is also excited about the opportunity to sell some student-made items.

Fundraiser aids AZ Make-A-Wish Foundation

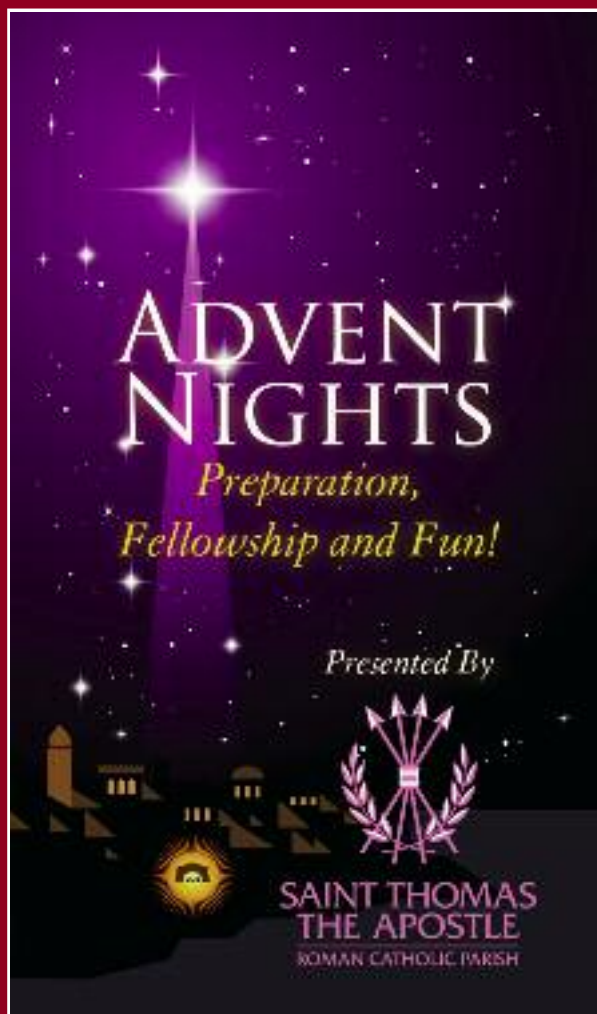
Camelback High School Student Government hosted a month-long fundraising campaign for the Arizona chapter of the Make-A-Wish Foundation in October. The entire campus and many student groups (including DECA and over 30 Advisory classes) got involved with the fundraising through car washes, collecting donations, buying T-shirts, lunch activities, and more.

Through this team effort, the Spartans were able to raise almost \$4,000 to benefit Arizona kids struggling with a life-threatening illness. The campaign efforts were headed by the Student Government Director of Service & Sustainability, Marissa Martinez.

WASHINGTON ELEMENTARY SCHOOL DISTRICT Robotics teams win awards

Two WESD schools recently took top honors in a robotics competition.

please see ROBOTICS on page 36



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A team of students from Orangewood School competes at the VEX IQ Tournament, presented by the Robotics Education & Competition Foundation. The team, dubbed the "Robo-Cougars Team A," won the overall Excellence Award and will compete at the state tournament in February (submitted photo).

ROBOTICS continued from page 36

Orangewood School and the Arizona Cardinals Preparatory Academy (ACPA) won awards at the VEX IQ Tournament, presented by the Robotics Education & Competition Foundation.

Orangewood fielded four Robo-Cougars robotics teams, which all performed well in individual categories, but the overall Excellence Award went to the Robo-Cougars Team A, qualifying them for the state competition to be held in February 2017.

A second Robo-Cougars team won the Design Award, while two teams from the ACPA won first and second place in the Teamwork challenge, also qualifying them for state.

WESD interview fair for teachers

The Washington Elementary School District (WESD) will host a Teacher Interview Fair on Saturday, Dec. 10, to hire teachers for the 2017-18 school year. The fair will be held from 8:30 a.m. to 12 p.m. at the WESD Administrative Center, 4650 W. Sweetwater Ave., Glendale. Contracts for the 2017-18 school year will be offered to qualified candidates.

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

candidates may be recommended for a 2017-2018 teaching contract.

For more information, contact the WESD Recruitment Office at 602-347-3598 or e-mail angela.oransky@wesdschools.org.

PRIVATE AND CHARTER SCHOOLS
Xavier teams keep coming in on top

Xavier College Preparatory's badminton team captured its fourth consecutive state championship title by defeating Gilbert Perry High School in the final round of the state tournament, held Oct. 27 at Sunnyslope High School.

The match lasted more than two and a half hours, with the Gator team (seniors Tatum Clarke, Annie Kamps, Kiana Valentova Macdonald, and Emily Woodrow; juniors Maddie Reinhart and Alex Wolfson; and sophomores Misaal Irfan and Maeve Lee) ultimately emerging victorious by a 5-3 margin. The win was Xavier's seventh state championship title since 2004.

Not to be outdone, Xavier's golf team captured its sixth consecutive state title on Nov. 3, amidst wind, lightning, and rain at the Aguila Golf Course in Laveen. In tournament play that was halted twice due to inclement weather and ultimately declared an 18-hole event, the Gators defeated Chandler Hamilton to win the state

SCHOOL DAYS

championship.

The victory was Xavier’s 34th state title in school history. Xavier senior Elizabeth Caldarelli, Xavier freshman Ashley Menne, and Hamilton senior Hannah Li all shared individual medalist honors.

Students benefit from ‘Tech Trek’

A group of 24 Brophy College Prep and Xavier College Prep students participated in the first “Tek Trek,” a bus tour of three Valley tech companies, on Oct. 21. The goal of the tour was to give students a look at technology career options, as well as the types of technology companies they might find themselves working for, or perhaps running, in the future.

The tour started at WebPT in downtown Phoenix, continued to GoDaddy, and concluded at Phoenix Analysis & Design Technologies (PADT) in Tempe. Company representatives shared information on each company’s history, products, services, and goals, as well as what kind of potential career paths they offer.



Brophy and Xavier College Prep students pause during the inaugural Tech Trek, a tour of local technology companies (submitted photo).

Senior Jack Cody said the trip was excellent and he would go again in a heartbeat. He added, “I hope Brophy and Xavier see the value in it and support it, as it is one of the best experiences that I have had at Brophy.”

Tek Trek was proposed and organized by Tishin Donkersley, managing editor and television correspondent for national technology publication Tech.Co. Donkersley is also a Brophy and Xavier parent.

December full of hope, fun at Midtown

December is a magical Month at Midtown Primary School, 4735 N. 19th Ave. The school turns into a magical wonderland the evening of Dec. 2 for its Winter Fest. The school’s graduates return to run games, help with crafts and do face painting. Santa visits the kids that morning to talk about their wish lists and returns in the evening for family photos.

Dec. 9 is the traditional holiday performance, with each class performing a song; then the whole school sings two songs together. It is a fast and fun night of enthusiastic children singing their hearts out.

All of Midtown’s students have been “adopted” for the holidays. Families filled out Gingerbread men forms with their children’s sizes, favorite colors, and Christmas wishes earlier in the school year. Teachers, individual families, church groups, Choice Hotels, and Zelis have taken those Gingerbread men to be sure that each child has gifts this Christmas.

One of the church groups also will provide a Gingerbread Brunch, 11 a.m. Saturday, Dec. 10, followed by cookie decorating, crafts, and another visit with Santa.

Patterson named an All-American

Xavier College Preparatory senior Makena Patterson has been named to the 2016-2017 Under Armour Girls High School All-American First Team

please see ALL-AMERICAN on page 38

Dates to remember:
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Entrance Exam: Jan 7or Jan 21,2017
Application Due: Jan 27, 2017



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SCHOOL DAYS

ALL-AMERICAN *continued from page 37*
by the American Volleyball Coaches Association.

Patterson, a North Central resident who has already committed to play volleyball for Texas A&M University next fall, was the only Arizona player chosen to receive first team honors. She and twenty-three other players from across the nation will participate in the Under Armour All-America Volleyball Match and Skills Competition in Columbus, Ohio, on Dec. 16.



Makena Patterson

Children’s book author visits with students

Children’s author Bridget Heos on Nov. 2 came to visit the students at SS. Simon & Jude School, located at 6351 N. 27th Ave. Heos is the author of more than 80 children’s fiction and nonfiction books, including her 2016



Award-winning Author Bridget Heos answer’s a student’s question during her recent visit to SS. Simon & Jude School (submitted photo).

Grand Canyon Award winning book, “The Mustache Baby!”
The students at SS. Simon & Jude loved this book, and voted for it last April, helping it win the award. They were excited to actually meet the author.
Heos shared information about how she became an author, spoke about a couple of her books, and even read “The Mustache Baby!” Then she fielded questions from the students, such as “Where do you write your books?” Heos responded, “I usually write my books at home, but I get my ideas when I’m out at the zoo or someplace.”
Students were able to purchase autographed copies of her books.

Wray honored for commitment to PCDS

Phoenix Country Day School last month celebrated the leadership of Gay Firestone Wray. PCDS Head of School Andrew Rodin remarked, “For over 50 years, the Firestone family has been instrumental in shaping our image, shifting our culture, building our buildings, and establishing a philanthropic community at PCDS.”
Generations of Firestones have attended the school, and there has been one constant since the beginning: the family matriarch, Gay Firestone Wray. A former PCDS Parents’ Association president, former president of the PCDS Board of Trustees, and longtime advocate for the school, Wray was one of the early visionaries who set about creating a school in the Southwest that would rival the great private schools around the country. She continues to serve Phoenix Country Day School in the role of Advisory Trustee.
The school recently announced that the Head of School position at PCDS will permanently hold The Gay Firestone Wray Chair for Leadership.

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GENERATIONS



Celebrating the new signage at the Shadow Mountain Senior Center are, from left: Senior Program Supervisor Phillip Moreno; Phoenix Councilwoman Debra Stark; Senior Center Secretary Kelly Reif, and Senior Center Assistant Leslie George (submitted photo).

Senior Living

New signage at Shadow Mountain center

Shadow Mountain Senior Center, 3546 E. Sweetwater Ave., last month celebrated its new building signage, donated by Valley business Pearson's Signs, 1004 N. Black Canyon Highway.

Interim Dist. 3 Phoenix Councilwoman Debra Stark was joined on Nov. 5 by area seniors, city staff and a representative of Pearson's Signs at the senior center to dedicate a new, donated exterior sign for the facility. An open house followed the dedication.

"From my first coffee chat at the Shadow Mountain Senior Center, I heard from our senior community that they felt it was a shame to have such a beautiful building with great programs

and no sign on the outside," Stark said. "I reached out to our local sign community and Pearson's Signs agreed to donate the sign to the senior center. This is a great example of a successful public private partnership with our local business and the city."

The new sign is located on the south side of the center. Additional information about the Shadow Mountain Senior Center is available online at www.phoenix.gov/senior-centers or by calling 602-534-2303.

PIMC helps with Medicare enrollment

Open enrollment in Medicare is happening now until Dec. 7, which you probably already know based on the increased number of commercials

please see ENROLLMENT on page 40

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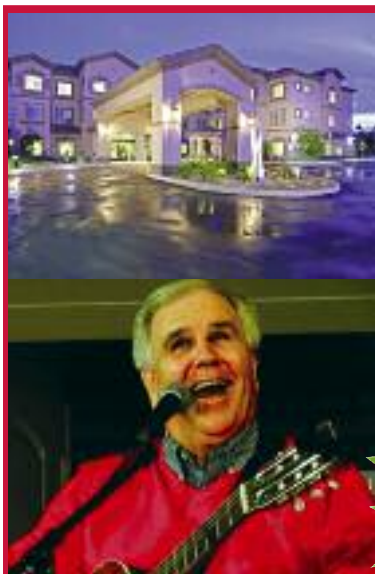
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Christmas Day Service at 11 a.m.

GENERATIONS

ENROLLMENT continued from page 39

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Natives in the country.

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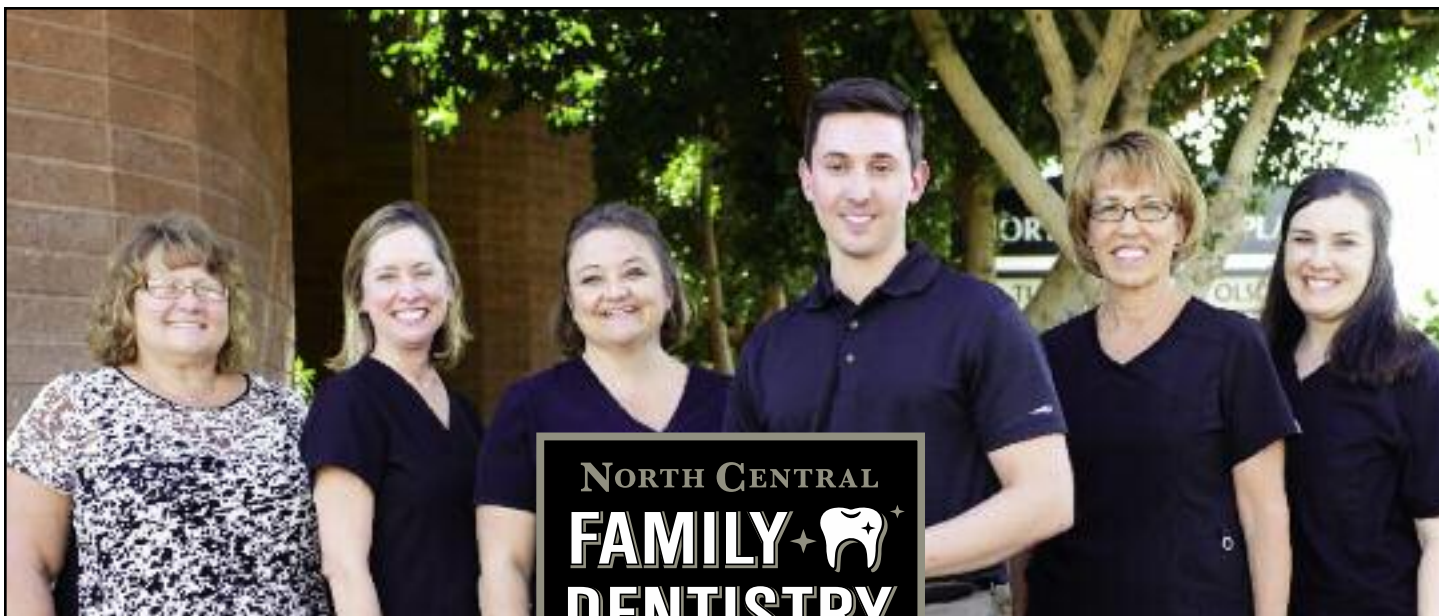
Holiday parties at city senior centers

If you do not currently have a recreation card, you can purchase one at the center for \$20. The card is good for one year from the date of purchase.

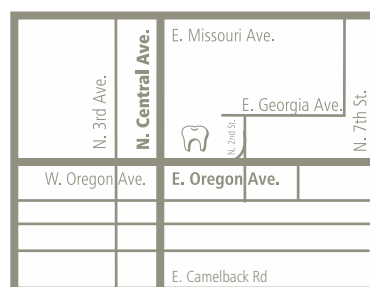
Kids & Families

A holiday visit to the 100 Acre Wood

A very special Friend-and-Relation tells Christopher Robin the story of a Christmas Eve long ago when Eeyore, the old gray donkey who lives by himself in the thistle corner of the woods, believes he has lost his tail and is very miserable. Winnie-the-Pooh, Piglet,



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GENERATIONS

Tigger and all their friends organize a search party to find his tail. Sing along with the delightful songs and follow this enchanting musical along its holiday adventure of sharing, caring, friendship and joy.

Most performances are matinees; there is one evening performance on Dec. 2. For more information, call 602-253-8188 or visit www.vyt.com.

Free holiday movies at Patriot's Park

CityScape Phoenix hosts a double feature of "Home Alone II" and "Elf" on Dec. 9, as part of its fall movie series, City Lights Movie Nights, held at the outdoor movie theater in Patriots Park.

The first movie begins at 6:30 p.m. Come early to participate in the many giveaways and pre-movie fun, including an appearance from Santa and CitySkate Ice Rink ticket giveaways.

Guests are encouraged to bring their blankets and chairs to watch a feature film on the big screen. For more information, visit <http://cityscapephoenix.com/events/>.

Let kids play while you take a break

The Arizona Sunrays Gymnastics Center hosts a New Year's Eve Party & Sleepover on Dec. 31. The party is for ages 3-14 and ends at 10 p.m. Children will enjoy gymnastics, organized games, sports, jumping in a bounce house and on trampolines, and then wind down the evening by watching a movie. Pizza, snacks, and drinks are included.

There is an additional sleepover option for ages 5 to 14, with an exciting countdown to midnight with noise-makers and hats. The Pick-up is on New Year's Day at 8:30 a.m. A light

breakfast will be served.

Cost for the Kids Night Out is \$30 per child with a \$5 off sibling discount. Cost for the Kids Night Out and sleepover is \$50 per child, with a \$5 off sibling discount.

Advance registration is required. The center is located at 3110 E. Thunderbird Road. Call 602-992-5790 or visit www.arizonasunrays.com.

Holiday activities abound at Christown

Starting Saturday, Dec. 3, Christown Spectrum Mall hosts "Christown Cringle's Workshop" every weekend from 12-4 p.m., through Sunday, Dec. 18. This is a free event for the whole family that includes holiday activities such as Santa's elves working on holiday projects, holiday story reading, guest appearances from holiday characters, and more.

There will be an ornament decorating station for kids, where they will be encouraged to decorate the Santa's Workshop tree that will be donated to a local senior center. Children also can make an ornament to take home.

Other on-site activities include Santa's Mailbox, where children can write their letters to Santa; a big-screen TV featuring holiday classic movies; a face painter; and the Santa Station for photos with Santa (for a fee).

In addition, guests are encouraged to "Fill Santa's Sleigh" with toys for the Salvation Army Angel Tree Program. Guests also can "Fill Santa's Shelf" with canned goods, and Christown Spectrum Mall will contribute a matching donation to St. Mary's Food Bank.

Harkins Movie Theater gift cards valued at \$5 will be given away to the first 200 customers to visit the workshop on opening day, Dec. 3.

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ARTS & ENTERTAINMENT

Check out the best kept secret in the North Central area ...

The North Mountain Visitor Center! Christmas with Dolan Ellis

Saturday, December 10 • 7 pm

**Don't miss this special holiday musical event with
Arizona's Official State Balladeer!**

After almost 50 years as Arizona's Official State Balladeer, Dolan Ellis still hangs his professional hat on the title that first came to him in February 1966, as an appointment by Governor Sam Goddard that has now been endorsed by thirteen consecutive governors.

Many well-deserved awards have come to Dolan Ellis over the years: a Grammy, gold records, the Arizona Tourism Hall of Fame. Senator John McCain read Dolan and his music into the Congressional Record. He was the first to be inducted as an Arizona Culture Keeper.

As wonderful as these awards and titles are, nothing means as much to this great musician and folklorist as being The Balladeer.

Tickets are \$20 per person and the event is open to the public.



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The Center is open seven days a week from 8 A.M. to 1 P.M. in the fall and winter.

Socially conscious show in Phoenix Dec. 9-10

MusEffect, a nonprofit that uses elements of film and spoken word to empower social consciousness and healing during its performances, announced its first tour stop in Arizona, Dec. 9-10 at Phoenix Center for the Arts, 1202 N. 3rd St.

The nonprofit's popular PSAs have shed light on some of the most difficult social issues. One campaign—aimed at cyberbullying—generated more than 1.2 million views on YouTube.

MusEffect's stage show, "The Divine Direction," focuses on issues such as marriage equality, domestic abuse, cyberbullying, addiction, mental illness (depression), female empowerment, deception, forgiveness and patience. Creative Director Jessica Starr and Technical Director Nik Gravelle are both Valley natives and professionally trained in Phoenix. Using Starr and Gravelle's unique multi-media delivery, controversial topics are tackled through these performances.

Shows are 7-9 p.m. Dec. 9-10 and general admission tickets are \$25. To purchase tickets, visit www.DivineDirectionPHX.com.

A & E Briefs

'A Bloody Mary Christmas'

Nov. 25-Dec. 30

Space 55

636 E. Pierce St.

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

'Black Nativity'

Black Theatre Troupe

December 2-18

The Helen K. Mason Center for the Performing Arts

1333 E. Washington St.

602-258-8129

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

Christmas Pageant

2 p.m. Sunday, Dec. 4

Piper Performing Arts Center,

Xavier College Prep

4710 N. 5th St.

The pageant is the traditional story of the birth of Christ as told through reverent music and dance, and this year's theme is "Good News of Great Joy." The performance is Xavier's gift to the community, so there will not be a charge for admission.

Frances Smith Cohen's

'Snow Queen'

Dec. 3-4, 9-11 & 16-18

Stage West, Herberger Theater

222 E. Monroe

602-252-8497

Center Dance Ensemble's annual popular holiday production that has become a "don't miss" Valley tradition for the whole family. The classic story by Hans Christian Andersen set to music by Sergei Prokofiev. Show times are 2 & 7 p.m. Saturdays, and 2 & 5 p.m. Sundays. Tickets are \$28 adults, \$23 seniors and \$14 for students, plus fees. Additional lunchtime performances take place Fridays, Dec. 9 and 16, at 12:10 p.m. Tickets are just \$6. Visit www.herbergertheater.org.

'Give Me Christmas!'

iTheatre Collaborative

Dec. 9-18

Herberger Theater, Kax Stage

222 E. Monroe

602-252-8497

Before you go forgetting old acquaintances, don't forget about iTheatre's annual Holiday Cabaret, featuring Jeff Kennedy, a grand piano, some of the Valley's most talented singers and artists, and Cabaret-style seating with plenty of cheer to go around (not to

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ARTS & ENTERTAINMENT

mention brownies). Show times are 8 p.m. Dec. 9-10 and 16-17, and 2 p.m. Dec. 11 and 18. Tickets are \$25 general admission. Visit www.itheatreaz.org.

'Christmas in the Americas'

Phoenix Girls Chorus

7:30 p.m. Saturday, Dec. 10

Camelback Bible Church

3900 E. Stanford Drive

602-252-5562

Hear holiday favorites from North and South America, featuring both traditional carols and beloved tunes from Canada, Mexico, Argentina, Brazil, Jamaica, Puerto Rico, and of course, the United States. General admission tickets are \$15 for adults, \$12 for seniors and students, and \$8 for children; premiere seating is \$23, \$18 and \$10, respectively. Visit <https://girlschorus.org/concertevents/>.

'A Christmas Carol: The Musical'

Arizona Broadway Theatre

Dec. 10-24

Herberger Theater

222 E. Monroe

What better way to capture the holiday spirit than through the joy and merriment of Charles Dickens' enduring tale of hope and redemption. Travel back in time with Ebenezer Scrooge as he journeys through his past, present and future to find the importance of family, friendship and love. Brimming with rousing musical numbers, splendid costumes, and side-splitting "bah humbugs," the show will have you wrapped in the spirit of the holidays. Tickets are \$33.50-\$53.50 for adults, and \$18.50-\$36.50 for children, depending on seating location. Additional fees apply for online orders. Visit www.herbergertheater.org.

'Holidays with Orpheus'

3 p.m. Sunday, Dec. 11

Camelback Bible Church

3900 E. Stanford Drive

602-261-9396

The Orpheus Male Chorus of Phoenix—Arizona's longest-standing, continuously performing choral arts organization—will offer newer, lively repertoire such as "Hodie! Alleluia!" along with classics recognized by all including "Silent Night," "Do You Hear What I Hear?" and "Jingle Bell Rock." They also will have a bit of fun with "Jing-a-Ling, Jing-a-Ling." There will be an audience sing-along featuring everyone's favorite Christmas carols. Tickets are \$20 for adults, \$15 for seniors age 65 and older and for students with ID, and free for children ages 12 and younger. Visit www.orpheus.org.

A Chorale Christmas: Silent Night

Phoenix Chorale

7:30 p.m. Dec. 19-20

Brophy Chapel

4701 N. Central Ave.

602-253-2224

First penned in 1816 for a small pilgrimage church in Austria, "Stille Nacht" has become the iconic carol for the holiday season. Commemorating this 200th anniversary, this Christmas program will be filled with unique arrangements of this evocative hymn. This year's Chorale Christmas also will feature familiar favorites such as "I'll Be Home for Christmas." Advanced tickets are \$34 for adults, \$29 for seniors and members of the military, and \$15 for students with ID; tickets are \$5 more at the door. Visit www.phoenixchorale.org.

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FOOD FOR THOUGHT



Manchester, England-born Grace Unger, co-owner of Phoenix's Tuck Shop, enjoys one of the eatery's Saturday afternoon High Tea services, which includes tea served in the appropriately named "Gracie" China pattern, a selection of finger sandwiches and pastries, and an optional glass of champagne (submitted photo).

Café Chat

Time for tea at the Tuck Shop

By Patty Talahongva

"I didn't like tea when I was a child," admits Grace Unger, adding, "I was the outcast in my English family. Now I like fruit teas."

And now she and her sister, Georgia, offer the public an authentic English Afternoon Tea at their restaurant, The Tuck Shop, located at 2245 N. 12th St. The two were born in Manchester, England and raised in America and eventually acquired a taste for the English tradition.

The tea service started in September and has been growing in popularity ever since. "We've had amazing feedback," she says. "It's like going back in time." Every Saturday from Noon to 3 p.m., tea is served.

The menu is a selection of finger sandwiches such as prime rib roast beef, smoked salmon, classic egg salad and cucumber and chive cream cheese.

"I designed the tea menu," says Grace's mother, Renate Unger, who points out that of course the crust is cut off the bread.

Renate and her five sisters were taught how to bake by their father. Today she uses his recipe for scones.

Guests are served two types of scones and a selection of miniature desserts, pastries and cakes. The hard part is deciding from a list of 20 teas. No worries, the English mum is happy to help you select the right tea.

"I keep a watchful eye," she says.

For the record she has no title other than "mum." She's obviously proud of her daughters and is willing to lend a hand with their business as does her husband, Lee, who helps keep an eye on the books and food orders. His family has been in the food industry business for more than 300 years, according to Grace. They have done everything from owning restaurants to food manufacturing and processing, so Grace says she knew quite well how much work it would be to own and operate a restaurant.

"I like to create a space for people to meet," she says and adds that Tuck Shop is "a cool environment for tea."

That includes kids. The cozy eatery serves two teas that are geared towards children: "Tutti Fruity" and a strawberry tea. Both are caffeine free.

"Would you like a cuppa?" is the proper way an English person would invite you to tea and you would most definitely not drink that tea with your pinky finger pointing up. "Fingers are a no no," says Renate.

You can add a glass of champagne

FOOD FOR THOUGHT

to your teatime as well. Tea with a glass of Nicolas Feuillatte Brut Reserve is \$45 and tea with a glass of Nicolas Feuillatte Brut Rose is \$50.

Fittingly the china pattern is named Gracie China. A Christmas-themed tea party is being planned for Dec. 18th. Check the website or the Facebook page for details closer to the date.

Future specials will have themes around events like the Kentucky Derby, Mother's and Father's Day, the U.S. Open, and others.

It's a mixture of sophistication and fun. Already the local Jane Austin Society has enjoyed English Tea at Tuck Shop. Grace says about 70 of them dressed in character showed up for tea recently.

Renate also points out that 98 percent of the tea comes from states that are a part of the Ethical Tea Partnership, which monitors the working conditions of workers in the tea industry.

Tea is served Saturdays, and you must have reservations at least 24 hours in advance. Call Grace at 602-354-2980 or visit www.tuckinphx.com. You also can sign up for an e-newsletter to keep updated on special events, or follow Tuck Shop on Facebook.

Other options for High Tea

The Arizona Biltmore, 2400 E. Missouri Ave., offers a High Tea Service Thursdays through Sundays for \$50, and a special Teddy Bear Tea for kids now through Dec. 24. The \$75 cost includes a stuffed Biltmore Bear for the child and a glass of champagne for the adult. Reservations are required. Call 602-955-6600 for details.

The Phoenician, 6000 E. Camelback Road, offers a Holiday Tea through Dec. 30. Cost is \$67 without wine or champagne and is served daily starting at 2 p.m. Reservations are required. Call 480-423-2530 for details.

Dining Briefs

Flying Pigeon will land on parade route

If you plan to watch this year's APS Electric Light Parade in person, why not grab a spot along the parade route that also will put you in close proximity to some warm, tasty food?

The parade sets off at 7 p.m. Saturday, Dec. 3, and at some point will travel south on 7th Street, from Camelback Road to Steele Indian School Park. It will pass directly in

front of the Flying Pigeon Food Truck, which will be parked in the Mazvo Auto Repair parking lot at 4610 N. 7th St., between 5 and 9 p.m., serving a limited menu.

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

Enjoy happy hour for you, your dog

Joe's Midnight Run, 6101 N. 7th St., offers new happy hour specials for humans and dining for dogs.

Humans can enjoy \$2 off all food and drink items on the entire menu, excluding Bud Light and King Cobra 40s. This means \$3 to \$6 beers and dishes starting at \$5. Happy hour happens Monday through Friday from 3 p.m. to 6 p.m. and Sunday through Thursday from 11 p.m. to 2 a.m.

Take a bite out of Chef Michael Goldsmith's skirt steak with marinated peppers and chimichurri sauce, or grilled wings in a savory chipotle honey glaze with lime/cilantro crema, each for just \$8 during happy hour. Wash it all down with a signature

please see JOE'S on page 46

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FOOD FOR THOUGHT

JOE’S continued from page 45

cocktail (\$6) or sangria.

But #jomies come in all shapes, sizes, and breeds. Furry friends shouldn't have to stay home and miss all the fun. Puppies and pooches are welcome on the patio dining area at Joe's Midnight Run. Nibble on charcuterie and cheese (\$13) while the pup digs into one of three rice bowl options (\$5): beef, chicken, and veggie. The Doggy Menu is available all day from 11 a.m. to 2 a.m. Monday through Friday and 9:30 a.m. to 2 a.m. Saturday and Sunday.

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

In-N-Out opens at Colonnade Mall

Fast-food chain In-N-Out opened its 30th location in Arizona last month, at the Camelback Colonnade Mall. The made-to-order burger joint is on 20th Street just south of Camelback Road, in the same beleaguered parking lot at the Fry’s Grocery Store that is undergoing an extensive remodel and expansion.

Miracle Mile offers Hanukkah meal

Hanukkah also is known as the Festival of Lights and Feast of Dedication. This holiday season, Miracle Mile Deli is dedicated to giving you a feast.

From December 24-31 the local, family-owned restaurant offers a special Hanukkah meal on its dine-in menu (Miracle Mile Deli is closed Christmas Day and New Year’s Day). Indulge in a Brisket Plate, served with a potato pancake with applesauce or sour cream and a cup of Matzo Ball Soup for just \$12.

Miracle Mile Deli has been a staple in the Valley for 67 years. The restaurant is located at 4433 N. 16th St. For more information, visit www.miraclemiledeli.com

Wrigley Mansion adds new wine bar

It’s no secret that the Wrigley Mansion, 2501 E. Telawa Trail, has one of the world’s finest wine selections, with more than 96,000 bottles of wine poured a year. But the historic one-time home of one of gum’s biggest names has upped its game even further with the launch of Jamie’s Wine Bar.

Elegant and intimate, the wine bar boasts a white marble bar top, a striking back bar and glittering chandeliers. The building’s original, rich mahogany walls remain intact, but the rest of the lounge has been given a chic, blue-and-white facelift, from the white leather adorning the furniture to the subtle hints of blue flanking the walls.

Jamie’s Wine Bar is open 3-9 p.m. Tuesday through Saturday; happy hour is 3-6 p.m., with half-off select wines by the glass and shareable plates. The wine bar also will be available for small parties and special events.

For more information, visit www.WrigleyMansion.com.

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FOOD FOR THOUGHT

Z’Tejas adds sweet, savor brunch items

Z’Tejas Southwestern Grill, 1525 E. Bethany Home Road, has expanded its brunch menu with new entrees. “We took a lot of time with this new menu and really wanted to capture the bold flavors that Z’Tejas is known for,” said James Blanton, Executive Chef at Z’Tejas restaurants. “This is the largest brunch rollout we have ever had and are excited to share it.”

Highlights of this new menu include South of the Border Benedicts, Bananas Foster French Toast, a Stuffed Breakfast Relleno, Barbacoa Breakfast Enchiladas, a Sausage & Sage Puff Pastry, the Farmers Market Skillet, Chicken Fried Chicken & Waffles, and Sweet Potato Pancakes.

Z’Tejas also is open for lunch and dinner and offers terrific happy hour specials. For more information, visit www.ztejas.com.

Herb Box welcomes Chef Alex Stratta

The Herb Box welcomes James Beard Award-winning and Michelin-starred Chef Alex Stratta, who has taken on a newly created role within the company as director of culinary. Stratta will oversee all culinary aspects of The Herb Box’s three restaurant locations—

including inside The Colony at 5538 N. 7th St.—as well as its catering division and grab-and-go market. The owner of The Herb Box, Susan Wilcox, was not looking to create a new position. Through mutual friends, Wilcox and Stratta were connected, and she soon realized they both shared a commitment to the process of running and growing restaurants.

The cuisine style at The Herb Box will remain eclectic American, featuring local ingredients, with vegetables playing a major role on the plate. Stratta will ensure the menu evolves, including the introduction of seasonal menu changes that are in the same spirit as The Herb Box’s existing style. His initial focus is on the dinner menu, elevating the offerings so they are less casual than the lunchtime fare. A new fall dinner menu was unveiled in early November at The Colony location. It features slight tweaks to some existing dishes, as well as eight new appetizers and entrees created by Stratta. A fall lunch menu also was rolled out last month.

“I have spent my entire career in fine dining establishments,” Stratta says. “I’m looking forward to getting back to the basics with food, focusing on simple, delicious ingredients that are more accessible.”

For more information, call 480-393-0432 or visit www.theherbbox.com.

13^

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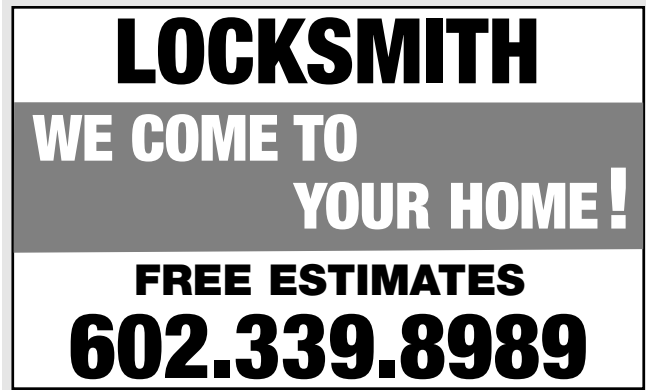
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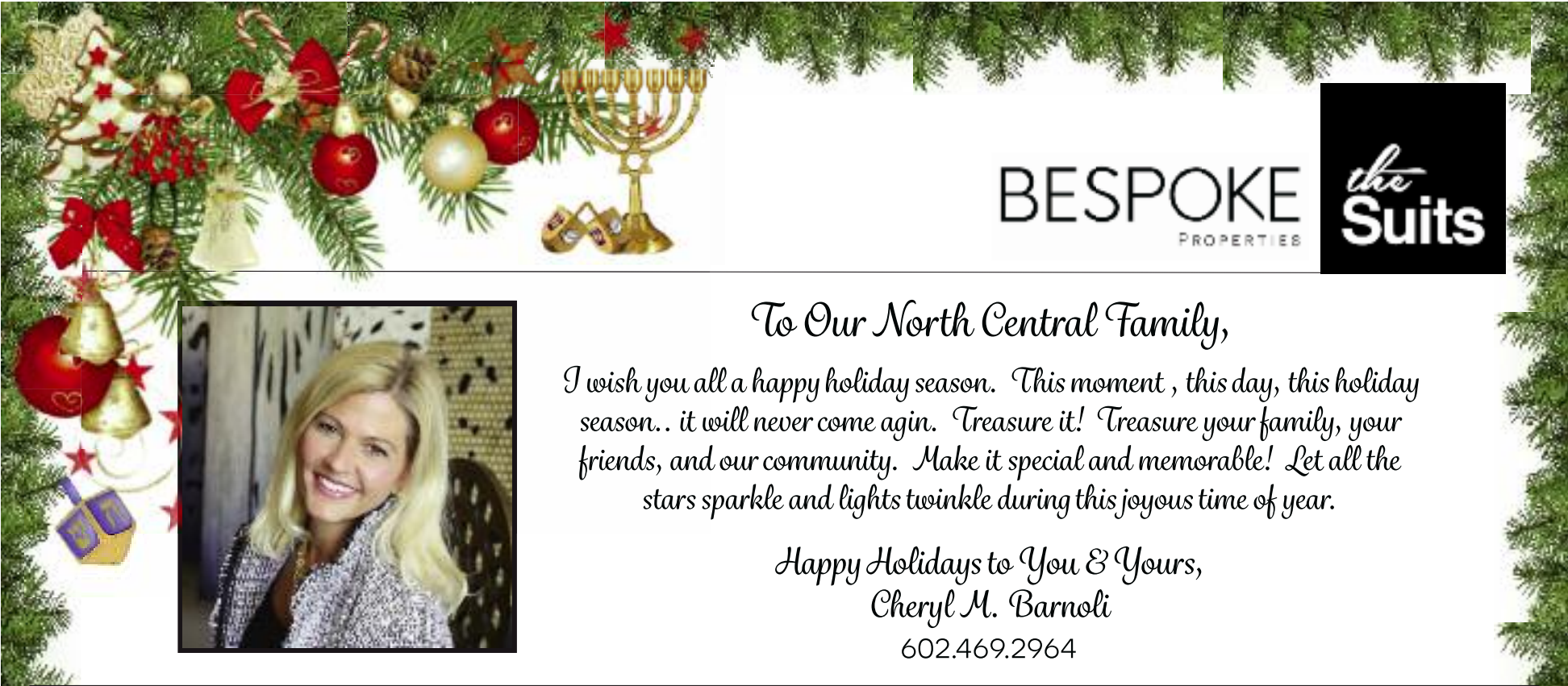
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