



north central news

the voice of the north central phoenix community

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Church pulls request for zoning change

By Teri Carnicelli

It's been a rough road for officials at North Phoenix Baptist Church, 5757 N. Central Ave., whose congregation in May of last year approved plans for a senior living complex on the church's eastern property that currently is mostly underutilized parking spaces.

It wasn't long after the announcement that trouble began to brew, as nearby homeowners and leaders of a large neighborhood association questioned the need to change the underlying zoning from residential to a mixed-use that would include commercial.

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

please see ZONING CHANGE on page 4



Family physician Yarden Tahan, MD, checks Rachel McGregor at the HonorHealth Seventh Street Medical Group offices in North Central Phoenix. Tahan is a graduate of Sunnyslope High School, where she later spent time teaching English and student government before making the decision to pursue a career in medicine (submitted photo).

Former Sunnyslope teacher is now a doctor

By Teri Carnicelli

Sunnyslope High graduate and English teacher Yarden Tahan has come home again. But this time it's as Yarden Tahan, M.D., family practitioner at HonorHealth's Seventh Street Medical Group, where she now sees patients of all ages.

"I really like the variety of people you see in family practice," Tahan says, "and I like the fact that family practice gives you the opportunity to know your patients so you can provide the kind of care that best meets individual needs."

It's coming home in so many ways.

Tahan moved to the North Central Phoenix neighborhood from the West Valley when she was a pupil at Richard E. Miller Elementary School. After attending Royal Palm Middle School, her first community service came as the high school student member of the Sunnyslope Village Alliance.

That was the same time she discovered her gift for communicating with patients. She worked as a high school volunteer at Bryan's Center, the skilled nursing facility formerly owned by John C. Lincoln Health Network. "I made the rounds, taking magazines or other items to patients, but mostly just visiting with them, providing social support," she recalls. "I loved it."

Still, she was pretty sure she wanted to be a teacher, so Tahan went to the University of Arizona and earned her degree in education and political science. In the summers, she worked in the radiology file room at John C. Lincoln Medical Center.

She returned to Sunnyslope High as an English and student government teacher—"I painted S Mountain four years in a row," she smiles. "I really liked my students and I liked the challenges and rewards of teaching."

While teaching, she continued community service and was asked to join as a community member of the John C. Lincoln Hospital Ethics Committee.

please see DOCTOR on page 6

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Recycle your boxes, Xmas tree in early Jan.

For many, the holidays means opening presents packaged in recyclable cardboard. If you have just a few boxes, flatten and place them in your blue recycling container. If you have a large number of cardboard boxes, remove any packing materials and call Public Works customer service 602-262-7251. They will help you figure out what kind of equipment is needed to pick up the load.

In addition, residents have a couple of options for recycling a live Christmas tree. For a donation of \$10, you can let the Madison Simis & Meadows Dads Club pick it up and take it away for you on Monday, Jan. 2. Just reserve your pick up online at <http://simispats.com/product/xmas-tree-pickup>, pay your \$10 donation, and place your tree curbside no later than 9 a.m. on Jan. 2. The tree must be free of tinsel, nails and ornaments.

If you want to enjoy that piney scent



The city of Phoenix Public Works Department will accept your live Christmas trees and wreaths—with all ornaments and metal removed—at several drop-off locations, where they will be turned into mulch and used at various city parks (submitted photo).

a little longer and you have the ability to transport the tree yourself, the city's Public Works Department also offers Phoenix residents a green way to take down their live Christmas trees. Trees and live wreaths can be dropped off for recycling at any of the participating Phoenix parks until Sunday, Jan. 8.

Participating parks include:

- Mountain View Park, Seventh Avenue south of Peoria Avenue
- Washington Park, 23rd and Maryland Avenues
- Madison Park, 16th Street and Glenrosa Avenue

please see RECYCLE on page 4

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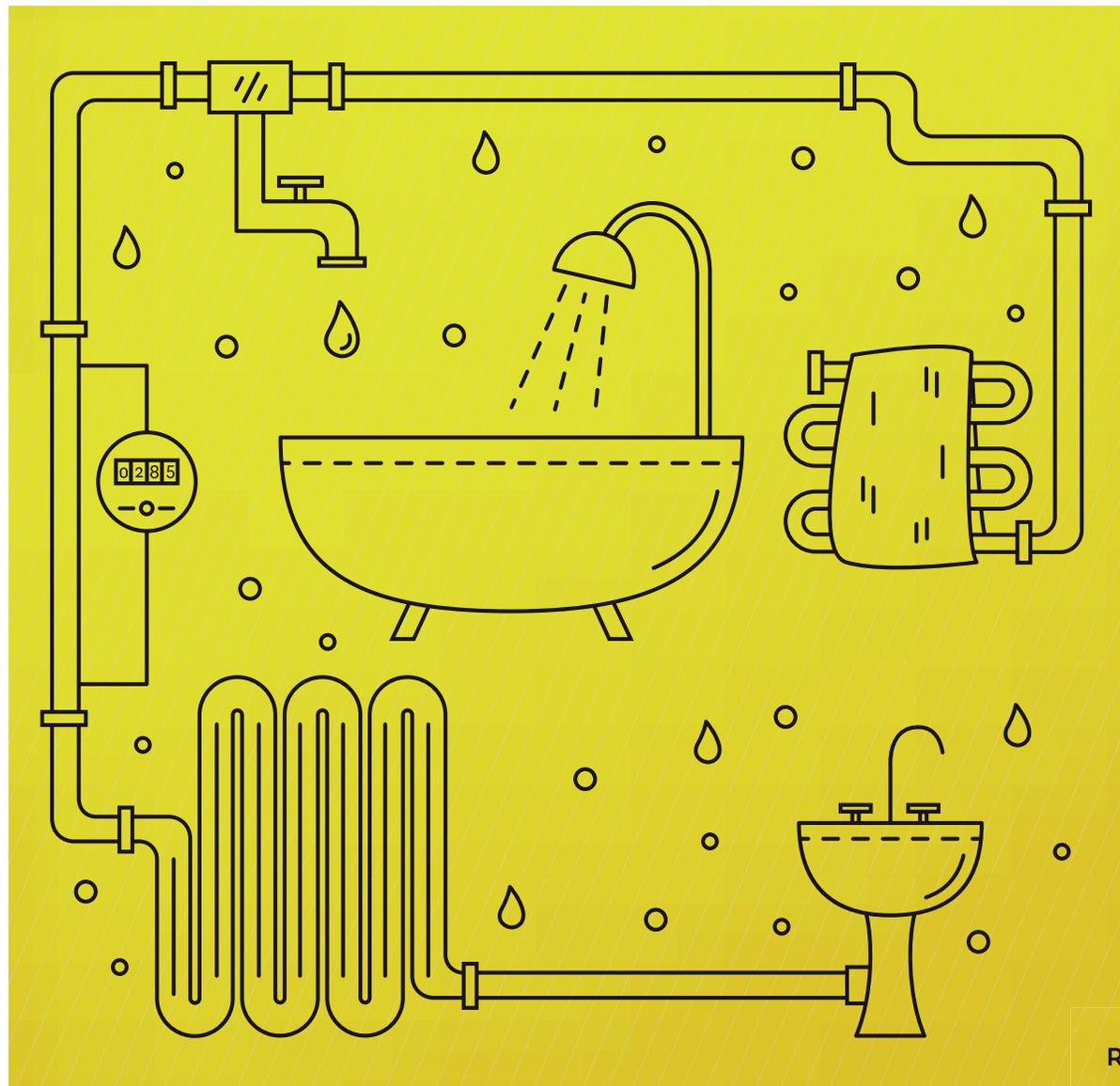
Congratulations to December's winner, Chad Watson, who won six tickets to the Arizona Renaissance Festival!

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Deadline to enter is Jan. 20, 2017. The winner will be announced in our February issue.

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



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COMMUNITY

ZONING CHANGE *continued from page 1*

Care unit, located at the south end of the project, would be two stories.

While few objected to the idea of senior apartments, the main concern lay with the additional uses planned—such as a dining room that serves alcohol, requiring a liquor license, as well as salon that could potentially also be used by visitors and guests of the facility. Any change to the underlying zoning could set a dangerous precedent, argued representatives of the North Central Phoenix Homeowners Association (NCPHA).

“We have over 100 acres of church land within the NCPHA borders. Allowing commercial development on residential land will start the domino effect and provide money-making opportunities for churches who are having financial difficulty (or those that are growing and may need to move their congregation to a larger site),” said the NCPHA in a letter sent out to its members.

Adjacent residents hoped to meet with church officials and representatives of IPA-Arizona to find out more details and air their concerns, but several community meetings scheduled by the development partners were later cancelled, and no meetings ever took place.

In the meantime, the opposition effort went into high gear, with yard signs popping up along Central Avenue and in front of homes around the area, and a robust letter-writing campaign launched. NCPHA also lobbied city officials to help them “preserve the conventional zoning” of the property.

Those efforts began to bear fruit, as first one city council member, and later the mayor, voiced their opposition to the zoning change—well before the request was to come before the official city body.

“In a recent conversation with Phoenix Mayor Greg Stanton, the mayor made it clear to me that he opposes the IPA proposal,” said Mary Crozier, president of the NCPHA, in a Dec. 10 e-mail letter to her members. “More importantly, the mayor assured me that he will contact IPA immediately to urge them to withdraw their application. The mayor’s public opposition is another strong signal to IPA that their plan to site a massive ‘apartment complex on steroids’ in the middle of what has been a residential neighborhood for more than 120 years is, quite simply, unacceptable.”

Councilman Daniel Valenzuela, while not representing the district that

the property lies within, made it clear he also was opposed to the project.

“Development that is not careful—and not attuned to the needs of residents and neighborhoods—cannot be allowed to harm the communities that make Phoenix vital and strong,” Valenzuela said in a Dec. 6 statement.

In the end, the rezoning application was withdrawn. Nicholas J. Wood, an attorney for Snell & Wilmer, sent a letter to Planning Director Alan Stephenson dated Dec. 12 that stated, “Following our discussions with the surrounding neighborhood, and taking into account their concerns and suggestions, my client, IPA, has elected to withdraw [its application].”

In a press release from North Phoenix Baptist Church dated Dec. 15, Jimmy Wood, an elder with the church, pointed out that the church has a long-standing history of being a good neighbor, such as hosting the starting points for the Fiesta Bowl and APS Electric Light parades, providing a home for the Uptown Farmers Markets, and more.

“We remain committed in being a good community partner and will continue to demonstrate our commitment to serving our membership. We felt that our ministry to seniors would be greatly enhanced by IPA’s quality residential senior housing and care facility adjacent to our campus.”

William Fettis, a partner with IPA, stated, “We are confident that this project would have been a treasured asset of the neighborhood and are disappointed that North Phoenix Baptist Church and IPA’s mission to serve the many seniors and their families living in the local community will come to an end.”

RECYCLE *continued from page 3*

- Los Olivos Park, 28th Street and Devonshire Avenue

Residents also may bring their Christmas trees to A to Z Equipment Rentals and Sales, 4050 E. Indian School Road (602-468-1188) or 15634 N. 32nd St. (602-553-4834), which will accept trees at no charge through Jan. 7. Drop-off hours are generally 9 a.m. to 4 p.m., except Dec. 31, when the locations close at noon.

Trees and wreaths should be cleared of any decorations, including tinsel and tree stands, and other hardware should also be removed before recycling. For more information, visit phoenix.gov/publicworks or call 602-262-7251.



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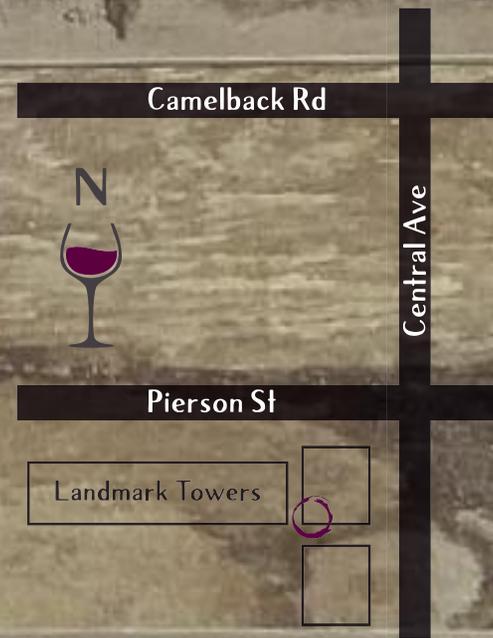
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COMMUNITY

DOCTOR continued from page 1

There she learned about some of the inner workings of the hospital and saw, first hand, the struggles that many families experience during a loved one's hospitalization and end of life.

Then, when serious sickness hit her family, personally illuminating the importance of doctors, she knew she wanted to do more than teach. She wanted to become a doctor, to be able to help people in more profound ways.

"I took the necessary pre-requisite science classes—physics, chemistry, organic chemistry and others—at night and during summers while I was teaching at Sunnyslope High," she explains. "Then I decided to truly pursue medicine as a career and joined the second class of the University of Arizona College of Medicine, Phoenix Campus."

Graduating four years later, she entered Banner/University Medical Center's three-year Phoenix Family Medicine residency program, which she completed in September 2016.

Along the way, she found time to meet the man who became her husband,

Veterans' Administration gastroenterologist Hugo Panillos, M.D. They have since made their home in the North Central neighborhood, along with their 6-year-old son and 2-year-old daughter.

"I have a lot of energy," Tahan laughs. "I love variety and I love challenges. But mostly, I love teaching and helping others reach their goals, whether that is in a classroom or a clinic. That is why I chose family medicine."

It's all about relationships, she explains.

"When you develop long-term relationships with patients, when you really listen to them, and hear what's important to each of them as individuals, you can help them choose the best health care options that will meet their personal priorities.

"There are almost always choices in health care," Tahan points out. "It's rare that there's only one answer. The key is being able to give patients the most appropriate options for them that fits their wants and needs."

The variety of patients in primary care family medicine also offers challenges and rewards, she says. "It's like

having 30 students in a classroom; you learn from each of them and what you learn from one gives perspective and helps when you work with others.

"Connecting with patients comes naturally for me," she says, "and that does go back to my experience as a volunteer with Bryan's on the John C. Lincoln Medical Center campus. A lot of it is still all about teaching, now teaching people how to be more healthy. And I love teaching."

The HonorHealth Seventh Street Medical Group is located at 5333 N. 7th St., #305B. For more information, call 602-812-3080.

Seniors in need of medical equipment

The Foundation for Senior Living (FSL) operates the Kindness Closet at St. Joseph's Hospital, located at 350 W Thomas Road. It provides much-needed at home medical equipment for seniors who are dealing with injuries, illnesses, or issues relating to aging.

The Kindness Closet is a loaner closet that gives patients who are uninsured or underinsured access to items they may not be able to receive through Medicare or Medicaid. Items include wheelchairs, shower benches and chairs, bedside commodes, seated walkers, adult briefs and diapers, toilet seat risers, gait belt, Roho cushions, blood pressure monitors and scales.

"This is such an important service to the community," said Kira McClinton, FSL transitional care program director. "There are so many patients who simply can't afford the medications or equipment they need. We're in need of donations and supplies now. If you or your company would like to help, we'd be incredibly grateful."

If you'd like to assist the Kindness Closet, you can donate medical equipment and supplies or make a cash donation that will help purchase new supplies, provide patients with transportation to and from doctor's appointments and assist with their prescriptions. Cash donations qualify for the Arizona charitable tax credit. Married couples may donate up to \$800 and single people can donate up to \$400, and receive a dollar-for-dollar write-off on their state taxes. Donations can be made up to April 15, 2017, to qualify for the tax credit.

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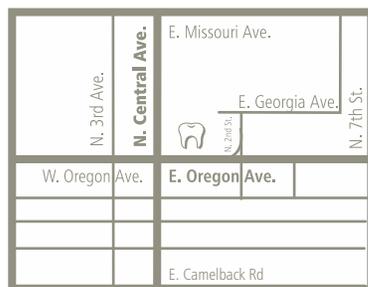


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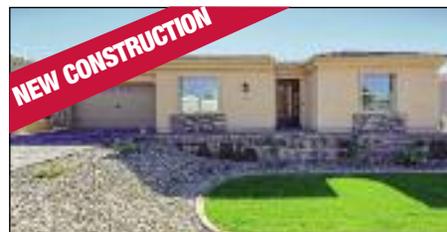
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COMMUNITY

City continues effort to add more officers

By Teri Carnicelli

Like most major cities around the country, Phoenix is made up of a diverse population, including ethnically, socioeconomically, and philosophically. But there is one thing that everyone can seem to agree on: the need for a stronger police presence on our city streets.

The city has struggled with budget limitations for the last five or more years, and one area that remains affected—despite city officials doing their best to limit financial cuts to it—is the Phoenix Police Department. Because of a six-year hiring freeze, vacant positions were left unfilled and patrol officers were pulled off the street to serve other duties, leaving response times up and citizens feeling more dissatisfied with their city and law enforcement officials.

“As chairman of the City Council’s Public Safety and Veterans Subcommittee, I listened closely to residents at last year’s budget hearings con-

cerned about police staffing,” said City Councilman Michael Nowakowski. “Among residents’ No. 1 concern was the need for more officers patrolling our streets and faster response times.”

In May 2015, the Phoenix City Council voted on a multi-year hiring plan to add more officers. Those numbers have been slowly but steadily increasing, with the city now boasting approximately 2,890 sworn officers and authorized to increase that number to 3,125.

“Since we started with our new police staffing plan, we’ve added 380 officers, and we are authorized to hire an additional 200 this fiscal year,” Nowakowski said. “This will provide our officers even more support as they work every day to keep our streets safe.”

In addition, the new Phoenix Police Chief, Jerry Williams, also is making strong efforts to put more “boots on the ground.”

“After [a short time] as the Phoenix police chief, I am moving to improve first responder functions,” Williams said. “This means reallocating approx-

imately 170 positions to patrol services. This is necessary to ensure both community and officer safety.

“This plan is a delicate balance of utilizing officers and detectives from the entire department while minimizing impact to other workgroups,” Williams explained. “The goal is to ensure we maintain expected levels of service to the community and improve response times.”

Williams added that Community Action Officers (CAOs), who work most closely with residents regarding long-term neighborhood solutions, will not be re-assigned as their current roles directly support the department’s patrol mission and community policing programs. However, some units within the department could be dissolved altogether as officers get shifted. The reassignments are slated to begin in February.

“I can assure you we are doing everything we can to protect our residents, protect our officers, and maintain our healthy police department within our resources,” Williams said. “The mayor, city council and city man-

ager have consistently provided support to ensure we hold true to our mission, ‘to serve, protect, and reduce crime in Phoenix while treating everyone with dignity and respect’.”

In the meantime, the city continues its efforts to hire more police officers, but it is a long process. “Keep in mind that from time of application until a recruit is solo qualified is just over one year,” pointed out Sgt. Jonathan Howard, part of the Phoenix Police Department’s Public Affairs Bureau. “The police academy, a joint operation serving agencies statewide, also has capacity limitations that require careful planning and hiring dates.

“Our Employment Services Bureau is hiring as quickly as possible while maintaining the high standards that have historically been the expectation of the Phoenix Police Department,” Howard added.

Potential recruits must first pass a written exam. Exams are offered monthly through June. The next exam date is 2 p.m. Friday, Jan. 20. To view the minimum qualifications and apply online, visit www.phoenix.gov/police.

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COMMUNITY

Volunteer tutors sought for schools

A local tutoring program is seeking Phoenix adults to go back to school and donate their time to make a significant impact on early literacy.

The OASIS Intergenerational Tutoring Program is for community members who are interested in sharing a love of reading with a child. By becoming a literacy mentor, you will support a student once a week for an hour during the school day to experience enjoyment and success in the skills of reading, writing, and communication. The program is as rewarding for adults as it is for children.

OASIS is a nonprofit organization that partners with the Madison School District to pair adults, who may or may not be retired, with students needing literacy support. This program serves kindergarten through fourth-grade children in four of the district's elementary schools: Heights, Camelview, Rose Lane and Simis.

Tutors receive training by a reading specialist along with a tutor handbook, bag, and materials. The next tutor training will be held Jan. 23-25 from 8:30 a.m. to 12 p.m. at Camelview Elementary, 2002 E. Campbell Ave.

For more information or to register for training, contact Kim Gullo at kgullo@madisoned.org or 602-664-7285.

Cooking classes offer health, flavor, fun

North Central resident Nancy Matsui has had a lifelong love of cooking, which she now shares with the community through her Onion Enterprise-Education in Flavor series of

classes. Matsui offers cooking classes in her home near 15th and Northern avenues, and occasionally features guest chefs. Each class includes demonstrations with each dish served, and a copy of all recipes.

A new series begins in February, will classes taking place 11 a.m.-1:30 p.m. Saturdays. All classes are \$45 each. Space is limited, so RSVP quickly. Payment must be received prior to the class in order to hold the reservation. To RSVP or for more information, e-mail Nancy Matsui at onionenterprise@cox.net, or call 602-618-6527.

To pick up a hard copy of the Education in Flavor brochure, with a full description of each class, the Uptown Farmers Market information booth, 9 a.m.-1 p.m. Wednesdays and Saturdays at North Phoenix Baptist Church, 5757 N. Central Ave.

Kharma Life hosts artist reception

Fitness and wellness may be the focus of Kharma Life Center, 700 W. Campbell Ave., but that doesn't mean the owners don't appreciate the stimulating benefits of art as well. That's why Kharm Life Center will host an art reception for local artist Stacie Schimke from 4 to 6 p.m. on Saturday, Jan. 14.

Schimke's art is drawn from her passion for design: architectural, graphic and interior. She makes use of color and texture in a "less is more" approach that offers the viewer the opportunity to see the extraordinary in the ordinary. She is a self-taught artist, personal trainer and avid cyclist.

Wine and cheese will be served. The event is free and open to the public. For more information, call 602-795-9767.

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COMMUNITY

Therapy students adapt toys for kids

Northern Arizona University Occupational Therapy students, as part of a class learning experience, recently adapted toys for children with significant visual and physical impairments at the Foundation for Blind Children (FBC), 1234 E. Northern Ave. FBC serves the blind and visually impaired of all ages, from birth to currently 103 years old, through education, tools and services.

The students delivered the adapted toys to FBC on Nov. 28, staying to work with some of the children to demonstrate the modified toys.

In their second year of a doctoral program, the occupational therapy students are learning how to assess children's skills and abilities as well as their limitations in fully engaging in play activities. "Off-the-shelf" toys often require skills that limit or prevent children with visual and physical impairments from using and playing with them. After the child's skills are assessed, NAU students identify and adapt battery-operated toys that fit the



Occupational therapy students from Northern Arizona University visit with children at the Foundation for Blind Children in Phoenix, bringing with them off-the-shelf toys that have been modified to meet the children's needs for operating them (submitted photo).

interests of the child and meet their needs for operating them.

"Blind children want to play just like all kids, and with a little adaptation, they can play with any toy," said Marc Ashton, CEO, Foundation for Blind Children (and a NAU graduate). "We are extremely grateful to the stu-

dents of NAU for adapting these toys to meet the needs of our kids and helping to brighten their holiday season."

A total of 13 toys were adapted for children at FBC. This project was made possible by a donation from Jim Bennett at ADL Solutions, who purchased the toys.

New partnership offers affordable music classes

Community Music @ The Center is a music learning series and youth development project that capitalizes on the expertise of three strategic partners—ASU's Herberger Institute for Design and the Arts, Phoenix Center for the Arts, and ASU's School of Community Resources and Development—in order to strengthen the artistic and civic life in the Phoenix metro area.

The result of this partnership is a series of affordable music classes for youth and adults offered at Phoenix Center for the Arts, 1202 N. 3rd St., that strive to reflect the needs and interests of those living nearby. Open to all, regardless of experience, CM@C is a uniquely accessible opportunity to learn from and interact with some of the Herberger Institute's finest music educators.

For more about Community Music @ the Center, and to see a list of upcoming classes beginning in January, visit <http://phoenixcenterforthearts.org/programs/cmac/> or call 602-254-3100.

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COMMUNITY

Pet of the Month

Energetic pup needs active family, friend

Max is one unique looking dog who is sure to attract plenty of attention on neighborhood walks. The spunky 1-year-old boasts short legs and a hefty Basset Hound build, expressive brown puppy dog eyes, a strikingly handsome brown brindle fur coat and floppy ears that flap around when he runs.

Max is not difficult to buy for and this pup loves any stuffed, squeaky, or rope toy that you toss across the yard. He's an energetic guy who is constantly in motion and ready to have fun making him the perfect dog for hiking, jogging or simply a long walk around the park. He's housetrained, knows the "sit" command and would love a rowdy canine playmate or older kids in his new home.

Meet Max at the Arizona Humane Society's Sunnyslope Campus located at 9226 N. 13th Ave. His adoption fee is \$200 and includes his neuter surgery and vaccinations. For more information, call 602-997-7585 and ask for animal number A547444.



Don't let Max's short legs fool you, he's full of energy and looking for an active owner or a family with another dog to play with (submitted photo).

A fun celebration of and for pets

The second-annual Doggie Street Festival is set for 10 a.m.-4 p.m. Saturday, Jan. 28 at Steele Indian School Park, 300 E. Indian School Road. Enter off of Central Avenue.

Enjoy a dog and cat adopt-a-thon while browsing pet products and services, listening to guest speakers, munching on yummy eats, playing in a kids area, participating in an auction, listening to live music, and more.

Admission is free; food will be available for purchase. No glass containers allowed in the park. For more information, visit <http://doggiestreet-festival.org/phoenix/>.

Enjoy Dogs' Day in the Garden

The Desert Botanical Garden, 1201 N Galvin Pkwy., in conjunction with the Arizona Humane Society, hosts Dogs' Day in the Garden from 8 a.m. to 2 p.m. on Saturday, Jan. 28.

Activities will include crafts, doga (dog yoga), special presentations, and much more. Bring the whole family, dogs included, to the garden to benefit the Arizona Humane Society. Go for a walk on garden trails, meet other dog lovers, heel for family photo opportunities, learn about local dog-related nonprofits, shop and enjoy samples with your pup, and experience hands-on, canine-themed activities.

AHS will have a Waggin' Wheels Mobile Adoption vehicle near the garden entry, if you are looking for a furry friend to add to your family.

Cost is regular garden admission, plus \$4 per dog (dog admission benefits AHS). For more information, visit www.dbg.org.



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COMMUNITY

Free nail trim at Puff & Fluff

Come by Puff & Fluff at 5835 N. 16th St., Suites D and E, between 12 and 2 p.m. on Sunday, Jan. 8 and receive a free canine nail trim, along with a treat bag to take home. In lieu of payment, donations will be collected for Wiggle Butts Rescue.

For more information, visit www.puffandfluffspa.com.

Low-cost spay, neuter in Jan.

Altered Tails wants you to ring in the New Year by making a resolution to neuter your male dog or cat during its "Happy Neuter Year" campaign.

Sponsored by PetSmart Charities, the "Happy Neuter Year" campaign will provide \$20 neutering surgeries for male dogs and cats during the month of January at the clinic, located at 950 W. Hatcher Road in Sunnyslope. Pets also will receive vaccinations including rabies for dogs and rabies and FVRCP for cats.

Pet parents who wish to take advantage of this offer must mention the "Happy Neuter Year" campaign when they schedule their appointment. This campaign is based on availability.

Altered Tails will provide 1,350 "Happy Neuter Year" sterilizations for \$20 in January. Visit www.AlteredTails.org or call 602-943-7729 for more information or to schedule an appointment. Altered Tails is located on 11th Ave and Hatcher.

Calendar pairs models with pets

The Arizona Animal Welfare League has released a 2017 calendar made entirely by volunteers to raise money for its no-kill shelter. It features local models posing with adoptable animals from the shelter—all of which have found forever homes since the calendar's release.

It's the second year of the "Models | Mutts | Meow" calendar, and it's proving just as popular as last year, says Whitney Steele, the creator and organizer of the annual AAWL calendar and the shelter's director of volunteer and events.

The models, the professional photographer and the shelter pets donated their time to this worthy cause. The models are from The Agency Arizona, and the photographer is Eric Cassee.

All the animals used for the images

were up for adoption at the time of the shoot (many of them long-timers), and during the shoot they became very comfortable and friendly with the models.

The calendars are available for purchase online at www.aawl.org, and are \$15 (plus shipping). You can purchase them in person at the Phoenix shelter at 25 N. 40th St., or at any of the shelter's adoption events around the Valley.

'Stress Relief' party benefits shelter pets

Christa Sorenson, founder of SMASHN (Social Mobile Assistance for Spay, Health, and Neuter), knows that pet overpopulation is "a people problem, and we need more help from the public to fix it. Spay and neuter programs will help. Adoptions, foster parents and more volunteers will help."

Sorenson's business, Twisted Events, will raise funds for SMASHN and one other charity with a Stress Relief Party from 4:30 to 7:30 p.m. on Saturday, Jan. 7. The event will take place at The Rock, 4129 N. 7th Ave., and is for ages 21 and older. Come to the event for

games, creative contests and loads of laughs. The entrance fee is \$10.

SMASHN has partnered with Friends of Animal Care & Control to raise money to support low-cost surgeries and help inform people of the benefits of spay and neuter through social

media. The goal is have a spay and neutering clinic every time there is enough money. Each clinic requires \$3,500 and can alter approximately 45 animals.

To RSVP for the party, visit www.twistedevents.org/smashn. For more information, call 602-292-3200.

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COMMUNITY

Original Bashas' store may soon be no more

The Bashas' grocery store located at the southwest corner of 7th Avenue and Osborn Road is unique for two reasons: it is the first Bashas' store ever built in Phoenix, and it is a fine example of midcentury modern design.

However, with much of that center now sitting vacant, save the grocery store itself, and with the Phoenix rental housing market on the rise once again, the property owners are looking to make a significant change. Which may result in that landmark grocery store being partially or even wholly torn down.

The center was once home to a Skaggs/Osco Drug Store and a Chinese restaurant. But both have been closed for some time, and more than 50 percent of the corner is actually occupied by a massive parking lot.

The property owner, G.B. Investment Company/Bashas' Inc., is requesting to rezone the 6.93-acre site from C-2 (Intermediate Commercial) and P-1 (Passenger Automobile Parking, Limited) to PUD (Planned

Unit Development) for a Planned Unit Development to allow for a mix of uses including multifamily residential and retail. The multifamily residential component is planned to be a five-story, woodframed building surrounding a concrete five-level parking structure. This structure is planned to occupy the southern portion of the site along Flower Street.

The balance of the site is planned for multiple new uses such as retail and restaurants.

The Phoenix Historic Preservation Office has recommended that the original Bashas' building receive Historic Preservation (HP) zoning as part of the PUD application. It is significant for its Midcentury Modern design, and as the first Bashas' store in Phoenix, advertised as "state's largest complete food store" when it opened in 1956. The property is featured in the book "Midcentury Marvels: Commercial Architecture of Phoenix 1945-1975," which was published in 2011.

The Historic Preservation Office has no objection to the removal of the south addition to the Bashas' building, which

was apparently built in 1970 when Skaggs Drug Center relocated from the north end of the building. However, it appears from the site plan that more than just the addition is being removed. The Historic Preservation Office does not support demolition of any portion of the original building, as it will likely make the property ineligible for historic designation.

The developer, while not having committed to retaining and revitalizing the historic-eligible Bashas' building, has expressed an interest in retaining as much of the building as is feasible if an appropriate tenant and/or tenants can be identified to occupy the space.

The rezoning request was approved by the Encanto Village Planning Committee on Dec. 5 after committee members added several modifications and stipulations, including adding bicycle parking, protecting the mature tamarisk trees along the east property line, paving the alley, and maintaining a turf lawn in the area west of the existing parking area.

It now goes before the Phoenix Planning Commission at 6 p.m. on

Thursday, Jan. 5 in the City Council Chambers, 200 W. Jefferson St. The agenda was not posted as of press time; for more information, visit www.phoenix.gov and click on the Public Meeting Notices link. Look for case number Z-65-16 on the Phoenix Planning Commission agenda.

Learn more about Save Our Mountains

The Sunnyslope Historical Society hosts its annual meeting and elections at 10 a.m. on Saturday, Jan. 28, followed by guest speaker Leslie Spencer-Snyder, vice president of the Save Our Mountains Foundation (SOMF). The event takes place at the Sunnyslope History Museum, 737 E. Hatcher Road.

Spencer-Snyder will share her knowledge of the Phoenix Mountain Preservation effort with members and guests. The event is free and open to the public. Stay for snacks and enjoy visiting with folks working to preserve Sunnyslope's history.

For more information, call 602-331-3150.

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COMMUNITY

Community Central

New Member Coffee

10-11 a.m. Thursday, Jan. 12
ALP Philanthropic Center
9224 N. 5th St.
602-559-5635

Assistance League of Phoenix will host a coffee introducing its programs, membership and volunteer opportunities at its Phoenix Philanthropic Center. For more information or to RSVP to attend, e-mail info@alphx.org.

Blood Drive

Thursday, Jan. 12
Abrazo Central Campus,
West Auditorium
2000 W. Bethany Home Road

To help replenish blood supplies after the holidays, Abrazo Central Campus is hosting a blood drive. Appointments can be made from 8:30 a.m. to 1 p.m. All donations are encouraged with a special emphasis on O-Negative blood. O-negative blood type donors are universal donors as their blood can be given to people of all blood types. United Blood Services is conducting the blood drive. To sign up to donate blood, call 1-877-827-4376 or go to bloodhero.com (Sponsor Code: AbrazoCentral).

Protecting Arizona's Environment

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

The Phoenix Branch of AAUW (The American Association of University Women) hosts Sandy Bahr,

director of the Grand Canyon Chapter of the Sierra Club. Her responsibilities have included advocating for environmental protection with State and Federal agencies, conducting research, fundraising, and developing priority projects. She will speak about "Making a Difference for Arizona's Environment: Opportunities to Protect Our Air, Land, and Water." An optional dinner (\$15) will precede the program at 5:30 p.m. RSVP for the dinner to 602-992-8145 by noon on Jan. 14. Visitors are welcome. Enter the Beatitudes at the gate on Glendale Avenue.

WHS Band Boosters Goodwill Donation Drive

10 a.m.-1 p.m. Saturday, Jan. 21
Washington High School
2217 W. Glendale Ave.
602-672-1876

Save your donation items of clothing, shoes, books, electronics, housewares and more, and bring them to the drive. WHS Band earns money for every pound of donated goods. All donations are tax deductible (to Goodwill). To schedule a pick up of larger items such as furniture, call Kathryn Miller at 602-672-1876 and she will coordinate with Goodwill.

Beth El Early Childhood Center Alumni Hoedown

4:30 p.m. Sunday, Jan. 22
Beth El Early Childhood Center
1118 W. Glendale Ave.
602-944-3359, ext. 113

Beth El Early Childhood Center invites all alumni students, parents, teachers, staff, and other friends (adults only) to join in this fun event. Saloon Hour starts in the preschool

building at 4:30 p.m., with the main event to follow featuring a Western Style BBQ Buffet, Cowboy Auction, Silent Auction, country music, and more. Tickets are \$54 each. Sponsorships and auction donations are appreciated. If you are an alumni of Beth El's Early Childhood Center, send in copies of any pictures from years past so they can be featured at the event. Contact Alicia Moskowitz (amoskowitz@bethelphoenix.com) or Joanie Charnow (jcharnow@bethelphoenix.com) for more information.

Scavenger Hunt and Car Rally

9:30 a.m. Saturday, Jan. 28
First Watch
3110 N. Central Ave.
602-534-3751

The Phoenix Sister Cities, Catania, Italy committee hosts a Classic and Exotic Car Scavenger Hunt to benefit the Youth Ambassador Exchange Program (YAEP). The program gives Phoenix high school students an opportunity to experience life in one of 10 international sister cities. Upon their return, their counterparts come to Phoenix to experience American life. Check in begins at 8 a.m. All you need is a reliable vehicle and a smart device with Internet access. The entry fee, which goes to support international travel for the students, is \$25 for car club members, Phoenix Sister Cities members, and members of the Arizona American Italian Club, and \$35 for non-members and includes a gift bag (one per vehicle), prizes and lunch for the participants. Children age 11 and younger admitted for \$12. Go to www.phoenixsistercities.org or call for more information and to register.

Chinese New Year of the Rooster Festival

10 a.m.-6 p.m. Saturday, Jan. 28
North Mountain Visitor Center
12950 N. 7th St.

A free event, open to the public, featuring 40+ vendors, food trucks, musicians, Lion Dancers, martial art performers, physic & intuitive readers, healers, massage therapists and Reiki masters. Visitors also can enjoy yoga, Tai Chi, and Qi Gong demonstrations. For more information, visit <http://northmountainvisitorcenter.org>.

Teacher Interview Fair

8:30 a.m.-12 p.m. Saturday, Jan. 28
WESD Administrative Center
4650 W. Sweetwater Ave.
602-347-3598

The Washington Elementary School District (WESD) will hire teachers for the 2017-2018 school year. 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 2017-18 teaching contract. For more information, contact the WESD Recruitment Office at angela.oransky@wesdschools.org.

All Saints' Annual Book Sale

Jan. 28-29
All Saints' Episcopal Church
6300 N. Central Ave.

The book sale benefits the All Saints' music department. Books are donated by the congregation. Prices are 25 cents to \$5. There are CDs and some puzzles. Hours are 8 a.m.-2 p.m. Saturday and 8:30 a.m.-1 p.m. Sunday. Free admission.



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1819 N. 11th St., Phx
911 W. Montecito Ave., Phx
5551 N. 12th Ave., Phx
3828 N. 32nd. St. #224, Phx
5033 N. 6th St., Phx
1577 W. Lawrence Ln., Phx
30 W. Cambridge Ave., Phx
225 E. Oregon Ave., Phx
15432 N. 50th St., Scottsdale
6537 E. Paradise Ln., Scottsdale

1819 E. Fairmount, Phx
5846 W. State Ave., Glendale
6263 N. 4th Dr., Phx
10733 W. Paso Trail, Peoria
8602 N. 18th Ave., Phx
1113 W. Stella Ln., Phx
203 E. Medlock Dr., Phx
45 W. Edgemont Ave., Phx
2039 E. Gardenia Ave., Phx
1449 E. Mulberry Dr., Phx
1906 E. Medlock Dr. Phx
902 W. Glendale Ave., #107, Phx
1734 W. Tuckey Ln., #15, Phx
6816 S. 8th Dr., Phx
134 E. San Miguel Ave. Phx

6820 N. 8th Ave., Phx
301 E. Northern Ave., Phx
10 W. Georgia Ave. #31, Phx
413 E. Oregon Ave., Phx
1727 W. Earll Dr., Phx
1880 E. Morten Ave. #124, Phx
539 W. San Juan Ave., Phx
7017 S. 18th St., Phx
315 E. Oregon Ave., Phx
1215 W. Seldon Lane, Phx
925 W. Why Worry Ln., Phx
1631 N. 9th Ave., Phx
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Greg Peterson of The Urban Farm shows off some of the trees that will be available for purchase this winter and spring at pop-up nurseries in North Central Phoenix (submitted photo).

Pop-up nurseries to feature fruit trees

Greg Peterson, owner of The Urban Farm, has announced the dates for his fruit tree pop-up nursery events in January as part of his annual Fruit Tree Program. Thousands of trees are set to arrive in Phoenix and are ripe for picking.

Shoppers can choose from an incredible selection of deciduous trees such as apples, peaches, apricots, plums, figs, and berries. Tropical fruit trees and citrus trees will be available at events in February and March.

"I am really excited about all that The Urban Farm has to offer," says Peterson. "I hand select trees that will continue to grow and provide food for you year after year."

Over the last 27 years, Peterson has made a name for himself in the urban farming and gardening community,

transforming his 1/3-acre home in North Central Phoenix into what is known as The Urban Farm.

The Pop-Up Nursery will take place Jan. 13-14, 20-21 and 27-28 at 4549 N. 7th St. Hours will be 9 a.m.-3 p.m. Peterson will answer questions throughout the day and offer tips on how to plant and nurture new trees. Gardening supplies will also be available for purchase. Vilardi Gardens will be on hand to offer other plants and vegetables for your landscape. Prices of fruit trees, berries and grapes begin at just \$10.

"I have helped plant more than 15,000 fruit trees around the Valley and I know we have thousands and thousands more to go," says Peterson.

For more information on The Urban Farm, visit www.Urbanfarm.org or follow it on Facebook at [Facebook.com/TheUrbanFarm](https://www.facebook.com/TheUrbanFarm).

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- What Health Care docs do we need?
- How do your kids/loved ones manage your estate when you die?

<p>THURSDAY JAN 12TH 10:00am - 11:00am Burton Barr Central Library* <i>With Guest Speaker Anne Paulus from the Desert Mountain Adult Day Care Center</i> 1221 North Central Avenue Phoenix, AZ 85004 *First Floor Meeting Room A</p>	<p>TUESDAY JAN 17TH 10:30am - 11:30am Yucca Public Library* 5648 North 15th Avenue Phoenix, AZ 85015 *Located Across from Christown Spectrum</p>
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HOME & GARDEN

H & G Briefs

Home and garden show set for Jan. 13-15

The Maricopa County Home & Garden Show, the largest home show in the Valley, will mark 25 years of innovation, ideas and inspiration in 2017.

During the weekend of Jan.13-15, the first of five shows in 2017 will feature nearly 1,100 booths at the Arizona State Fairgrounds, 1826 W. McDowell Road. Known for unique opportunities and displays like the Tiny Home Street of Dreams, HGTV celebrity meet-and-greets, Local Artisans Marketplace and DIY workshops, there are several reasons that more than 160,000 attend the Home Show each year.

Enjoy home improvement and Master Gardener seminars, consult with members of the Phoenix Rose Society, tour a selection of “tiny homes,” check out the latest in landscape design and technology, and more.

Admission is \$8 for adults, \$3 for children ages 3 to 12, and free for children 2 and younger. Members of the military (with ID) pay just \$2. Bring a 24-count case of bottled water and receive two free admission tickets. Water drop-off will be at the 100 Club of Arizona’s tents at the parking entrances.

For more information or for discount tickets and download exhibitor coupons, visit www.MCHomeShows.com. Follow them on Facebook at facebook.com/HomeShows.

Out with the old, in with the new

The next I Recycle Phoenix festival will be 8 a.m.-1 p.m. Saturday, Jan. 7, at the Christown Spectrum Mall, 1703 W. Bethany Home Road.

Acceptable items include laptops and electronics, rechargeable batteries, inkjet cartridges, small appliances and holiday décor. Document shredding, up to five boxes full, will be offered along with hard drive shredding. Live Christmas trees can be brought to be turned into mulch for city parks and common areas, and canned food donations will be collected for a local food bank.

Unacceptable items include CRT TVs and monitors, household hazardous waste items including tires, all kinds of paint, pool chemicals, cleaning solutions, and any kind of light bulbs and non-rechargeable batteries.

Visit www.PhoenixRecycles.org or call 602-262-4820 for more information.

Tovrea Castle tour tickets now available

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

Tours of the Tovrea Castle at Carraro Heights, 5025 E. Van Buren St., take place twice in the morning Fridays through Sundays, from Sept. 15 through Dec. 10. They are approximately two hours long and include the castle’s main floor and basement and the grounds and cactus gardens. Tickets are \$15. The tour is not recommended for children younger than 12.

The tour is ADA accessible for those using a basic wheelchair or walker. Electric scooters cannot be accommodated. Any other special arrangements should be arranged at least two weeks prior to your tour date and time.

To purchase tickets, call 800-838-3006 or go to www.brownpapertickets.com/event/2711891.

For more information, e-mail tours@TovreaCastleTours.com or call 602-256-3221 (message).

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Longtime Phoenix resident and rock legend Alice Cooper, left, and his wife Sheryl accept a check for the Solid Rock Foundation from Hopdoddy Burger Bar as part of the eatery’s charitable giving program, “Goodnight for a Good Cause” (photo courtesy of Solid Rock).

**Hopdoddy aids free
kids music programs**

Hopdoddy Burger Bar, serving craft burgers and local beer with a lively neighborhood vibe, recently made a substantial donation to Solid Rock, a non-profit organization that provides Phoenix-based teens with a place to learn and practice music, creative arts, dance, culinary arts and more—all for free.

Hopdoddy CEO Jeff Chandler and CFO Kristina Cashman presented Alice Cooper and his wife Sheryl, founders of the Solid Rock Foundation, with a check for \$18,102 during Cooper’s 15th Annual Christmas Pudding Show at Celebrity Theatre on Dec. 3.

Solid Rock was the beneficiary of the Hopdoddy charitable giving program “Goodnight for a Good Cause.” Through this program, one dollar from every Goodnight Burger purchased at the Scottsdale and Phoenix restaurants is donated to Solid Rock. The partnership with Alice Cooper’s nonprofit began with the opening of the burger joint’s Town & Country location in February 2016.

“We are thrilled to partner with an organization that inspires teens to explore their creativity, and we are humbled by our fans who helped us raise this tremendous donation for Solid Rock in only 10 short months,” said Chandler.

“Hopdoddy Burger has been a

remarkable partner to work with and they are very like-minded with Alice Cooper’s Solid Rock to be engaged in the community and to enhance the lives of young people,” said Randy Spencer, Community Partnerships director for Solid Rock. “We are very grateful for their support and we look forward to working with them more in the future.”

Business Briefs

**Businesses who dump
green can save green**

Have you heard of the city of Phoenix’s Certified Clean Green Program? It’s designed to offer savings to businesses who frequent Phoenix transfer stations to dump their green waste loads. Participants will be required to attend a free Certified Clean Green class. After completion, business participants will be entitled to special savings at the 27th Avenue and North Gateway transfer stations.

For class information, e-mail pwsolve@phoenix.gov.

**New luxury apartment
ownership changes**

Broadstone Sixteen 75, a 225-unit luxury apartment community located at 1675 E. Morten Ave., recently was purchased for \$60 million by an entity formed by ConAm Asset Management Corporation of San Diego, Calif.

please see APARTMENTS on page 24

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TAKING CARE OF BUSINESS

APARTMENTS *continued from page 22*

Cushman & Wakefield Executive Managing Directors David Fogler and Steven Nicoluzakis of the Phoenix office represented the seller, a limited partnership formed by Phoenix-based Alliance Residential.

Broadstone Sixteen 75, built in 2015, is a recently completed and leased apartment community located on five acres at the base of Piastewa Peak near 16th Street and Morten Avenue, near the AZ-51 freeway. This location offers immediate access to major employment, shopping, dining and entertainment corridors, and outdoor recreation.

“Broadstone Sixteen 75 represents a best-in-class core quality multifamily community located in a premier infill location in the highly desirable North Central neighborhood of Phoenix,” said Fogler.

Self-defense training for the whole family

Maccabees Krav Maga, an International Krav Maga Federation School, recently opened in North

Central Phoenix at 7828 N. 19th Ave., Ste. 11.

At Maccabees Krav Maga, you get the best training characterized by protection and appropriate response level. Learning it gives you a sense of awareness, preparedness, and mental fortitude. Based on real-life situations, it is effective, easy to learn, and makes sense. You will develop strength, confidence, and peace of mind through self-defense training.

Kids classes, a unique program in the world of Krav Maga, also are offered for ages 5 and older. Children will learn how to keep themselves safe from bullies, kidnappers, and other threats they may face.

Instructor Steven Comas is a Bronx native who began training in martial arts to better deal with his environment as a teen. Throughout his youth, he has had the opportunity to study various styles from wrestling, Kung-Fu (tiger style), American Kickboxing, Muay Thai, and boxing. It wasn't until his adult years that he began researching about Krav Maga and became enamored with its concept and principles.

Comas has been training for more than four years with the IKMF and has earned the rank of Graduate Level 1, making him an IKMF Certified Civilian Instructor. In all, he has six years of training experience.

Through Maccabees Krav Maga, Comas passes his knowledge and self-awareness to his students so if they are ever so unfortunate to encounter a violent or threatening situation, they can respond appropriately.

For more information, call 347-766-KRAV or visit <http://maccabeeskravmaga.com>.

Shops on Camelback makes a short move

The Shops on Camelback has moved to a new location, 835 E. Camelback Road, just one block west of the original store.

The Shops will continue its theme: a multi dealer marketplace, still with an open, light, well-organized, and spacious store that it is known for its beautifully laid out and artful displays. The showroom is the perfect size for a fun and enjoyable shopping experience. An

abundance of parking in the rear of store will be used for future parking lot events.

The Shops is a venue showcasing a mix of handpicked antique, vintage and new home and garden furnishings and accessories. In addition to the unusual finds you will find unique gifts, jewelry, fresh plants and flowers. The Shops offers furnishings that blend timeless pieces with current trends for your own personalized look. An interesting find—new or old—will become an heirloom to pass down for generations.

With central Phoenix and the central corridor becoming increasingly popular, The Shops' unique offering of multi stores all under one roof is a welcomed addition along with the many new restaurants coming the area.

In addition to ongoing painting clinics, the store hosts annual events such Antique Treasures (an appraisal clinic offered two times a year and benefiting the Phoenix Children's Hospital), Wreaths For Life benefiting the Ronald McDonald House Charities, a Lampapaloosa sale, Holly Days, and pieces of history contest. New and unusual events will be scheduled this year.

For more information, visit www.theshopsoncamelback.com.

Historic preservation as an economic driver

Historic Preservation as an Economic Driver will be the topic at the Arizona Association for Economic Development's (AAED) January luncheon, set for 11:30 a.m.-1:15 p.m. on Jan. 10 at the Phoenix Country Club, 2901 N. 7th St.

Kathryn Leonard, state historic preservation officer, will be the speaker. She will discuss how historic preservation can be the focal point for economic development. She also will share information about what tools are available to assist communities in their own historic preservation efforts.

William Jabjiniak, economic development director for the city of Mesa, will also provide an update on economic development activities in Mesa.

The cost of the luncheon is \$40 for AAED members and guests, \$55 for non-members and \$60 for late registrants. To register, visit www.aed.com/event/jan10. Registration deadline is Thursday, Jan. 5 by noon.

For more information, call AAED at 602-240-AAED (2233), or visit www.aed.com.



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LOVE – what does that mean? It’s a widely used word yet has a mystery to it. Heck if you look up the definition in Merriam-Webster it has numerous slightly nuanced definitions. I “love” hot dogs and I LOVE my wife but those mean two completely different things don’t they? Nothing takes the place of good hot dog – just kidding babe. I think the following quote is one of the best I have seen recently, “The best love is the kind that awakens the soul; that makes us reach for more, that plants the fire in our hearts and brings peace to our minds.” That quote so resonates with how I would define love, how I would hope to show love and how I would hope to receive love. Recent events, political and global, have seemed to keep us distracted from what is important to ourselves and our neighbors. If we could show that kind of love to each other there are no issues we could not conquer together. I am baffled by those who think love is a limited resource when truly it is unbounded. It is only limited by one’s own walls. I wish you all a fabulous and, more importantly, loving 2017!

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Last Month’s Answer: The Common Sense Book of Baby & Child Care by Dr. Spock

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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
7026 N. 23rd Pl.	JUST LISTED	3376 SF	3BR/3.5BA	\$1,125,000
512 E. Tuckey Ln.	IN ESCROW	511 2SF	5BR/4.5BA	\$1,095,000
130 E. Glendale Ave.	NEW PRICE	4009 SF	4BR/3.5BA	\$ 899,950
1819 E. Paltaire Ave.	NEW CONSTRUCTION	3415 SF	4BR/3.5BA	\$ 839,900
1815 E. Paltaire Ave.	IN ESCROW	3110 SF	4BR/3.5BA	\$ 799,000
6030 N. 5th Ave.	NEW PRICE	3737 SF	4BR/3.5BA	\$ 785,000
5845 N. 2nd Ave.		2871 SF	4BR/3BA	\$ 749,500
1629 E. Montebello Ave.	JUST LISTED	3033 SF	4BR/3.5BA	\$ 749,000
1823 E. Paltaire Ave.	NEW CONSTRUCTION	2970 SF	4BR/3.5BA	\$ 749,000
735 W. Las Palmaritas		4061 SF	4BR/3.5BA	\$ 725,000
2101 E. Bethany Home Rd.	JUST LISTED	3013 SF	4BR/3BA	\$ 699,500
1020 E. Maryland Ave.		Lot		\$ 675,000
124 E. Wagon Wheel Dr.		Lot		\$ 675,000
6010 N. 5th Ave.	JUST LISTED	3300 SF	5BR/3BA	\$ 650,000
6837 N. 23rd Pl.	NEW PRICE	3153 SF	3BR/3BA	\$ 649,900
4 W. Frier Dr.		Lot		\$ 625,000
7747 N. 13th Pl.	NEW PRICE	4130 SF	4BR/3.5BA	\$ 624,750
15815 E. Burro Dr.		4346 SF	5BR/3.5BA	\$ 619,900
316 W. Glendale Ave.	NEW PRICE	3721 SF	5BR/3.5BA	\$ 550,000
1232 E. Oregon Ave.	JUST LISTED	2551 SF	4BR/3BA	\$ 519,000
1538 E. Solano Dr.	JUST LISTED	2465 SF	3BR/2BA	\$ 495,000
7623 N. 7th Pl.	NEW PRICE	2474 SF	4BR/2.75BA	\$ 460,000
1110 W. Orangewood Ave.	NEW PRICE	2440 SF	3BR/2BA	\$ 459,000
642 W. Linger Ln.		3186 SF	7BR/4BA	\$ 459,000
2525 E. Minnezona Ave.	NEW PRICE	2282 SF	4BR/4.5BA	\$ 429,900
8449 N. 1st Dr.		2204 SF	4BR/2.5BA	\$ 429,000
101 W. Southern Hills Rd		2709 SF	4BR/3BA	\$ 410,000
6848 N. 12th Way	NEW PRICE	2317 SF	4BR/3BA	\$ 384,900
1302 W. Keim Dr.	NEW PRICE	2325 SF	3BR/3BA	\$ 369,000
7349 N. 11th Pl.		1972 SF	3BR/2BA	\$ 359,900
1910 E. Missouri Ave.	IN ESCROW	2116 SF	3BR/2.5BA	\$ 349,900
6608 N. 13th St.	JUST LISTED	2295 SF	4BR/2BA	\$ 340,000
9007 N. 14th Dr.	NEW PRICE	2332 SF	4BR/3BA	\$ 327,500
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
7231 N. 6th Way		1450 SF	2BR/2BA	\$ 250,000
5350 N. Central Ave. #34	JUST LISTED	2540 SF	2BR/2BA	\$ 250,000

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7747 N 13th Pl. ■ \$624,750



316 W. Glendale Ave. ■ \$550,000



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1538 E. Solano Dr. ■ \$495,000



1302 W. Keim ■ \$369,000



7349 N. 11th Pl. ■ \$359,500



5350 N Central Ave. #34 ■ \$250,000



7231 N. 6th Way ■ \$239,900

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325 E. Ocotillo Rd. \$1,900,000	1811 E. Palmyra Ave. \$ 829,000	6524 N. 4th St. \$ 635,000	521 W. Las Palmaritas \$ 455,000	3104 N. 32nd Way \$ 388,124	8449 N. 1st Dr. \$ 305,000	9437 N. 5th Ave. \$ 189,000
6019 N. 20th St. \$1,875,000	5718 N. 24th St. \$ 795,000	1518 W. Orangewood Ave. \$ 582,000	14 E. Laurie Ln. \$ 450,000	2623 N. Walker Way \$ 385,748	2891 E. San Tan \$ 299,000	3010 E. Corrine Dr. \$ 182,500
6050 N. Paradise View Dr. \$1,875,000	5315 N 2nd St. \$ 791,555	600 W. Las Palmaritas \$ 568,000	7234 N. 11th Ave. \$ 450,000	2627 N. Walker Way \$ 375,285	125 E Echo Ln. \$ 275,000	1715 E. Turney Ave. \$ 185,000
130 E. Missouri Ave. \$1,800,000	7539 N. 21st Pl. \$ 787,500	1911 E. Claremont St. \$ 565,000	3103 E. Hazelwood St. \$ 445,000	5301 N. 6th St. \$ 375,000	6155 N. 18th Ave. \$ 275,000	6527 N. 10th Pl. \$ 175,000
9202 N. 52nd St. \$1,850,000	5319 N. 2nd St. \$ 782,236	22608 N. 39th Run \$ 565,000	2607 N. Walker Way \$ 434,330	1020 E. Georgia Ave. \$ 375,000	4220 N. 19th St. \$ 275,000	10427 W. Puget Ave. \$ 173,800
5120 N. 22nd St. \$1,340,000	5310 N. 2nd St. \$ 768,871	27 E. San Miguel Ave. \$ 558,000	9026 N. 16th St. \$ 431,000	14621 N. 27th Pl. \$ 365,400	701 E. Belmont Ave. \$ 270,000	10301 N. 70th St. #109 \$ 167,000
1316 W. Myrtle Ave. \$ 975,000	5311 N. 2nd St. \$ 767,382	2737 E. Az Biltmore #30 \$ 545,000	907 W. Augusta Ave. \$ 430,000	14621 N. 27th Pl. \$ 356,400	1026 E. Wagon Wheel Ave. \$ 256,000	50 E. Northern Ave. #1046 \$ 145,000
5323 N. 2nd St. \$ 922,868	15223 N. 12th St. \$ 750,000	131 W. San Juan \$ 525,000	7319 N. 6th Pl. \$ 423,000	1307 W. Rose Ln. \$ 350,000	1020 E. Georgia Ave. \$ 254,000	10420 N. 10th St #2 \$ 144,000
5706 N. Central Ave. \$ 920,500	5741 N 4th St. \$ 725,000	7627 N. 11th Ave. \$ 520,000	2615 N. Walker Way \$ 415,000	1640 E. Aurelius Ave. \$ 350,000	1613 W. Verde Ln. \$ 252,500	750 E Northern Ave. #1093 \$ 142,000
123 W. Frier Dr. \$ 907,000	209 E. Myrtle Ave. \$ 680,000	7148 N. 13th Pl. \$ 516,000	1002 W. Wagon Wheel Dr. \$ 401,000	902 E. Rovey Ave. \$ 350,000	739 E. Orangewood Ave. \$ 250,000	2623 W. Pershing Ave. \$ 140,000
5322 N. 2nd St. \$ 860,874	550 W. Las Palmaritas \$ 675,000	8 E. Orangewood Ave. \$ 515,000	3107 N. 32nd Way \$ 400,000	5402 E. Pinchot Ave. \$ 349,000	7 E. Muriel Ave. \$ 248,000	312 W. Maryland Ave. \$ 97,500
5314 N. 2nd St. \$ 857,334	1104 W. El Camino Dr \$ 660,000	4613 N. 31st St. \$ 495,000	225 E. Oregon Ave. \$ 399,000	77 E Missouri Ave. #16 \$ 325,000	3601 E. Bloomfield Rd. \$ 235,000	
10 W. Vista Ave. \$ 850,000	7627 N. 11th Ave. \$ 650,000	1011 W. Palo Verde Dr. \$ 495,000	33 E. Butler Dr. \$ 397,000	1219 W. Rovey Ave. \$ 320,000	6520 N. 10th Pl. \$ 230,000	
2509 E. Montebello Ave. \$ 850,000	105 E. Lamar Rd. \$ 650,000	5810 N. 25th Pl. \$ 485,000	2647 N. Walker Way \$ 393,558	1613 E. Sierra Vista \$ 320,000	6518 N. 10th Pl. \$ 226,000	
5318 N. 2nd St. \$ 840,720	5301 N. 6th St. \$ 650,000	1717 E. Earll Dr. \$ 462,000	2611 N. Walker Way \$ 390,000	5729 N. 13th St. \$ 309,000	3312 N. Randolph Rd. \$ 214,000	

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HEALTHY LIVING



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The Tarot Reader and the Doctor

According to Wikipedia, Janus is “the god of beginnings, gates, transitions, doorways and passages.” January is typically a time when we ask what the next year may hold--which brings me to the story of the Tarot reader.

I didn’t understand why a cardiologist would need to know anything about Tarot cards, but the young lady was clearly determined to educate me. “Don’t be distracted by the exotic aspects of Tarot,” she advised. “There is nothing occult or magical about any of this.” Obviously recognizing a novice, she gave me a simple rule to remember. “Even-numbered cards represented portals, and odd-numbered cards represent movement through those gateways.”

Apparently, the fact that I had expressed no interest Tarot cards didn’t faze her in the least. For my part, I thought this was polite, if quirky, small talk at a holiday gathering. Only later did I stop to think that life does show us “gateways” all the time. How many potential new opportunities will present themselves this month, or this week? How many will I take advantage of? How many will I even recognize?

I guess we don’t know when we’ll be given good advice, or sometimes even that we have just been given good advice.

At New Year’s, we often choose a goal for ourselves and imagine how good we’ll feel when we attain it. That sounds reasonable—after all, the promise of a sought-after reward should motivate us to make changes. But we all know what typically happens by March to January’s resolutions.

I wonder if the problem is that we expend more energy contemplating the final outcome and less asking what the starting point and the path forward need to be. So here’s a suggestion for making New Year’s resolutions: **DON’T**.

Instead of picking an end-point and then hoping that some means of reaching it will manifest itself, perhaps we should ask, “What opportunities for doing things differently—things that I may not have even noticed--are here in my life right now?” My experience is that if we look, we’ll find some. And then we can at least poke our heads through the “gateway” and look at the path it opens onto and where that leads. If we do this, I think we’ll find a variety of new desirable goals, along with ideas about how we can attain them from where we are now.

Feel free to use a deck of cards if you think that will help. I believe the young lady was right: there is no special magical instrument needed for this. We do a lot of “finding our values” work here at North Mountain Cardio with good results. The first step is always the same: “Start where you are.”



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

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From left: Hayden and Sage Harper, whose son, Trigger, was born on Thanksgiving Day, accept a new crocheted hat for the baby from Theresa Richards and Pamela Martin, both Cigna employees and volunteers with “A Common Thread” (photo courtesy of Banner-University Medical Center).

Newborns receive free crocheted caps

This holiday season, the tiniest among us received the warmest of gifts. “A Common Thread” is the name of a group of Cigna employees who started a community service project as a result of Cigna’s national sponsorship of the March of Dimes. Their annual project involves crocheting hundreds of tiny caps for babies in the hospital.

This year, 1,505 caps were made and ultimately donated on Dec. 7 to the Neonatal Intensive Care Unit (NICU) at Banner-University Medical Center, 1111 E. McDowell Road. The caps provide warmth for babies facing serious health challenges.

More than 700 babies are admitted in the NICU at Banner-University Medical Center every year who are facing a health complication that requires them to be hospitalized for continuing care.

Since “A Common Thread” started, more than 10,000 baby hats have been donated to NICUs throughout the country and more than 2,500 have been donated in Arizona. Cigna has been a partner of the March of Dimes and a national sponsor of March for Babies for the past 22 years.

Health Briefs

Are you living with back pain?

HonorHealth presents a free presentation about back pain, 5:30-7 p.m. Tuesday, Jan. 17 in Barb’s Conference Room at the Cowden Center on the John C. Lincoln Medical Center campus, 9202 N. 2nd St.

This two-part talk will include tips for strengthening your back from an HonorHealth physical therapist. Dr. Robert Waldrop, orthopedic surgeon, will discuss the causes of pain and treatment options available and most importantly answer your questions.

Pre-registration is required. Call 623-870-6300 or go online to <http://HonorHealth.com/events>.

Free heart seminar scheduled for Jan. 24

Abrazo Central Campus, 2000 W. Bethany Home Road, presents a free seminar on preventing heart attacks from 6-7:30 p.m. Tuesday, Jan. 24.

Coronary artery disease, which is a major cause of death in the United States, is a build-up of plaque in the arteries that restricts the flow of oxygen-rich blood and nutrients to the heart. The build-up of plaque could

HEALTHY LIVING

rupture, resulting in a heart attack or sudden cardiac death.

Board-certified Cardiologist Nirav Metha, M.D., will discuss how to recognize symptoms and life-saving treatments. A question-and-answer session will follow his presentation.

The seminar will be in the Abrazo Central Campus South Building, Arlene Copley Wellness Center. Light refreshments and giveaways will be provided. Space is limited. Please reserve your seat by calling 855-292-9355 or at <https://Abrazohealth.com/HeartSeminar>.

Free sample classes at Lifestyle Pilates

Are you ready to start the New Year with a healthier you, but not sure what exercise program would suit you the best? Take advantage of Lifestyle Pilates' free class offer, available from Jan. 2-8.

Men and women are invited to try out any one of the studio's class offerings for free during the designated week, anytime between 5:30 a.m. and 6 p.m. Lifestyle Pilates, 1321 E. Northern Ave., is an equipment-based Pilates studio featuring reformers, chairs, trapeze table, ladder barrels, TRX suspension springs, and other apparatus. Also available are Power Plate whole body vibration sessions, used by professional sports teams, elite athletes, and beginners use to get a full body workout in less than a half hour.

In lieu of a class fee, donations will be accepted on behalf of the Wounded Warriors Foundation. Call 623-910-1314 to schedule your free class. To view a list off all class offerings and times, visit <http://www.lifestyle-pilates.com>.

Group fitness in the park

Come together at Granada Park, 6505 N. 20th St., on Sundays from 9 a.m. to 10 a.m. to enjoy a group fitness class for P90X Live!

This specialized workout is a full-body, strength-training format featuring cardio, strength, and core. P90X Live! is a 55-minute high-intensity group fitness workout based off the popular at-home DVD exercise series. The P90X workout can be modified for people of all fitness levels.

Classes are \$5 each. Dumbbells are recommended but not required. Participants can bring their own set of dumbbells or rent a pair for \$3. Visit

Energized By Exercise With Lauren on Facebook or contact energizedbyexercise@gmail.com for details.

Special class to help strengthen pelvic floor

Learn about common ailments and issues of the female pelvic floor during the Women's Pelvic Health Seminar, 1-6 p.m. Saturday, Jan. 28.

Understand physiology and self-palpation techniques, as well as how surgery can affect function, and learn simple exercises to restore your pelvic floor to health. Whether you experience discomfort, pain, fear, or all three, the instructors will provide you with necessary information and strategies to help you.

Join a supportive group of women as you regain control over your own pelvic health. All ages are welcome. Cost is \$125 if paid by Jan. 14; the cost goes up to \$150 after Jan. 14.

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 yoga teacher training course

Kharma Life Center, 700 W. Campbell Ave., now offers Yoga Teacher Training to any student who is interested in gaining deeper understanding of the Yoga Practice or who wants to become a certified teacher.

Now an approved school by the national organization, Yoga Alliance, Kharma Life Center has added a 200-hour yoga certification course to its list of offerings among yoga classes, massage, acupuncture and other holistic therapies. Jane Mayer Gleason, a veteran yoga teacher and trainer, will be the lead teacher in the program that will cover an intention-driven Hatha yoga practice.

Students will learn the foundations of philosophy, anatomy, how to offer the yoga poses, an insight into the business of yoga and how the practice applies to daily living. "You don't have to be an experienced practitioner to take the course," says Mayer. "This program is a great way to find a deep connection to yourself and others, creating self-empowerment and clarity of purpose." Students may use the course for their own knowledge and deeper understanding and/or to teach others.

The 200-hour Yoga Teacher *please see TRAINING on page 30*

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HEALTHY LIVING

TRAINING continued from page 30

Training Program begins Tuesday, Jan. 10 and finishes on May 11. Students may register online or at the center. For more information, visit www.kharma.life.com or call 602-795-9767.

Visitor center hosts 'Changing Lives' expo

"Changing Lives" The Beyond Today Experience Expo, set for Sat., Jan. 7, from 10 a.m. to 4 p.m., aims to nurture and encourage your holistic wellness journey for self-discovery, empowerment, healing, education and change to fulfill a prosperous life.

The event, held at the North Mountain Visitor Center, 12950 N. 7th St., offers diverse activities that include guest speakers, interactive workshops, nutritious foods, synergistic music and vendors for wellness and metaphysical products and services.

While admission is free to the center and the vendors, some speakers and activities do require an all-inclusive fee of \$25 (in advance, \$35 at the door) and an RSVP. A portion of the proceeds will

benefit the Save Our Mountains Foundation. For more information, visit www.eventbrite.com and search for the "beyond today experience expo."

Free webinar looks at women's health

Homeopathy Care LLC hosts a free online webinar beginning at 11 a.m. local time on Tuesday, Jan. 24. The webinar will focus on women's health including Insomnia, Hormonal Issues, Depression and Anxiety, using homeopathy as a treatment.

Learn about natural remedies that will treat all types of chronic conditions, how to restore your condition that is often accompanied by other symptoms, and how homeopathy is different than supplements, herbal medicine and healthy foods. Register at bit.ly/2dMc8An or call 602-888-7222.

Dementia and legal options for loved ones

Do you have a friend or loved one struggling with dementia and are seeking support and advice on what to do? The CenPho Advocates for Dementia

Awareness (CADA) hosts a monthly get together that's free and open to anyone seeking more information about the diseases and conditions that cause dementia, such as Alzheimer's, and the resources available in the community. The next meeting is set for 5:30-7:30 p.m. Monday, Jan. 9 at Sierra Bonita, 6933 N. 7th St. (note that because of the reverse lane commuter hours, you cannot turn east from the center lane if you are traveling in the southbound lanes of 7th Street).

The topic of the meeting is "A Caregiver's Journey Through Dementia: Love, the Law and Mindfulness," and the guest speaker is Alisa Gray, attorney at Tiffany & Bosco, and she also is a yoga instructor at Desert Song Healing Arts Center.

Caring for a loved one who has dementia presents so many challenges for the caregiver. Not only must they deal with the progressive nature of the disease, but our complex legal system can often exacerbate feelings of helplessness and confusion. In this discussion, Gray will provide a basic overview of the options for becoming a decision maker

for your loved one (power of attorney vs. guardianship) and what to consider when determining how best to proceed.

In addition, Gray will provide some mindfulness tips and techniques to handle the physical, mental and emotional stress. A brief Q&A will follow. Food and non-alcoholic drinks provided courtesy of AARP Arizona.

You must RSVP to attend this free event. RSVP to Suzette Armijo at sarmijo@beatitudescampus.com or 602-478-6972, or RSVP through the Facebook page at CADAPhx.

Stroke survivor, caregiver support

A stroke survivor and caregiver support group takes place the third Monday of the month at the Cowden Center on the John C. Lincoln Medical Center campus, 9202 N. 2nd St. The next meeting is set for 10 a.m.-12 p.m. on Jan. 16.

The stroke survivor and caregiver education and support group is open to the stroke survivors, caregivers, family members and friends.

For more information, call 623-870-6300.



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SCHOOL DAYS



Students in Bourgade Catholic High School's Hi Tech program work on repairing some student tablets (photo courtesy of Bourgade Catholic High School).

Students serve as IT tech repairers

Bourgade Catholic High School is raising the bar for the rest of the Valley schools in the realm of technology. Bourgade boasts not only top of the line technology on campus, but has a student-run IT program called Hi Tech.

Bourgade, 4602 N. 31st Ave., has implemented the use of technology in every classroom throughout the school and students are given Chromebooks for use in class, to conduct research, and complete homework. The Hi Tech team is in high demand with the amount of technology being implemented by students and faculty, as wear and tear is inevitable.

Unique to Bourgade is the ability to make in-house repairs to student Chromebooks. "When a screen cracks on one of our student's Chromebooks, the cost to have the manufacturer repair the screen is over \$100. When Hi Tech fixes the screen, the cost is around \$25," states Educational Technology Director Lyn McLaren.

Hi Tech students are able to repair the Chromebooks very quickly; in a matter of 7 minutes, a new screen can be installed and handed back to the student.

"Students in Hi Tech not only provide IT solutions and repairs for when something stops working properly, but also assists the faculty in the proper use of equipment in the classroom," McLaren added. "When the school

starts to implement a new piece of technology or equipment, Hi Tech students are able to evaluate the new technology and then teach faculty and other students how to use it properly."

At least one Hi Tech student is available on-call during each class period to help troubleshoot and resolve IT problems on campus. Hi Tech has also developed various self-guided YouTube videos for faculty and students to utilize when issues occur.

Students involved with the Hi Tech team are not only an integral part of the Bourgade student body, but also raise the bar for other local schools to follow Bourgade's implementation and resourceful use of technology. Students wanting to be part of the Hi Tech team are encouraged to apply in the spring of 2017 for the 2017-2018 school year.

For more information about the technology used at Bourgade Catholic or the Hi Tech program, contact Lyn McLaren at lmclaren@bourgade-catholic.org.

School Briefs

GLENDALE UNION HIGH SCHOOL DISTRICT

Himenez receives prestigious award

Sunnyslope High's teacher-librarian Patricia Jimenez was honored by being named the 2016 Follett School Librarian of the Year. This award is given by the

please see AWARD on page 32



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SCHOOL DAYS



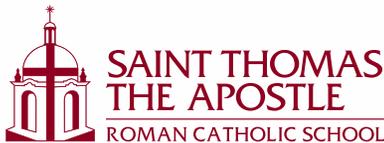
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The Madison Education Foundation (MEF) Teacher Grant Committee congratulates grant recipient Julie Thibodeaux (second from left), band and music teacher at Park Middle School, who will use her funds to purchase steel pans, congas, cymbals and music for her percussion class (submitted photo).

AWARD continued from page 31

Arizona Library Association (AzLA).

Each year the award is given to an individual who demonstrates notable or outstanding performance in a number of areas for school libraries. Many letters of support and recommendation were submitted, and with more nominations this year than the last, Jimenez was honored

with this prestigious award. She currently is working on her Masters of Library Science at the University of Arizona and has been working tirelessly to keep Sunnyslope's library up and running despite the many renovations currently underway.



Patricia Jimenez

Jimenez also is active in the AzLA as a member of the Professional Development and the Young Adult Summit committees. She has been a faculty member at Sunnyslope for 24 years, 13 as an English teacher, and the last 11 as Media Center director.

MADISON ELEMENTARY SCHOOL DISTRICT Foundation distributes first Teacher Grants

For the first time, the Madison Education Foundation (MEF), the nonprofit supporting additional arts and music education for the students of the Madison Elementary School District, distributed \$5,000 in grants to teachers to help them supplement arts programming in their classrooms.

Funding was distributed on Dec. 6 to five teachers at Madison Camelview Elementary, Madison Meadows Middle School and Madison Park Middle School. "The Madison Education Foundation is pleased to be able to support our amazing teachers by allowing them to purchase additional books, equipment and technology so that all of our students are exposed to more art and



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SCHOOL DAYS



Teachers from the Osborn Elementary School District celebrate their recent awards of mini-grants for classroom programs (submitted photo).

music in school,” said MEF President Suzanne Treviño. “Our goal is to continue to grow the Teacher Grants program so that teachers can increase exposure to the arts which research tells us results in more student success.”

Teachers submitted their grant applications, which were reviewed by a panel of MEF Board Members, community members, and retired teachers using a metric-based evaluation system.

For more information about the program or to make a donation, visit www.madisoneducationfoundation.org or call 602-664-7964.

**OSBORN ELEMENTARY SCHOOL DISTRICT
Osborn congratulates Mini Grant recipients**

Named for former Superintendent Wilma Basnett, the Osborn School District Educational Foundation provides mini-grants in support of innovative projects that improve students’ physical and mental health, literacy, math, science and the arts. For the past two years, this signature program has been funded through the generous support of the Rotary Club of Phoenix West.

This fall’s winners included nine teachers from Longview School. Among the winners (and their classroom projects) were: Maria Green – Classroom Library; Shannon DeCindis – Classroom Read Aloud; Tracy Smith – Flexible Seating; Daria Mason – Hand Bells Refurbished; Aimee Graefe – Listening Center; Jessica Bailey – Osborn Social Thinkers; Taylor Lange – 6th Grade Science Fair; Jane DeBatty – Reach Out and Read (ROAR); Erin Vaughn – Technology in Preschool; Rodi Vehr – Weekend Engagement Bags; and Debra Fields – Where Are Your Muscles?

**PHOENIX UNION HIGH SCHOOL DISTRICT
District honored for energy efficiency**

Salt River Project (SRP) in October honored Valley school districts and businesses for their participation in SRP’s commercial energy efficiency rebate and ENERGY STAR Homes programs and for going “above and

please see ENERGY on page 34

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SCHOOL DAYS

ENERGY continued from page 33

beyond” in their efforts to create a culture of conservation and stewardship within their organizations. Among the honorees was the Phoenix Union District.

By “being smart” and committed to educating staff and students about energy conservation and sustainability, PUHSD has saved close to \$1.5 million. Students and staff are trained to know that leaving on a single computer monitor may only cost one penny per day, but multiplied by 30,000 monitors, the savings can be tremendous.

In addition to cutting off energy “vampires,” the PUHSD has installed LED lights, some with automation and implemented a comprehensive recycling program. Also, through SRP energy-efficiency rebate programs, PUHSD has been able to reinvest savings back into its classrooms.

Phoenix Union knew it couldn't tackle the sustainability changes on its own, so it worked with strategic partners to reduce energy use and costs. These efforts have secured ENERGY

STAR certification for all campuses in the district.

In related news, Phoenix Union is leading the effort in its recycling and sustainability endeavors and the mission of environmental stewardship. All of the district's comprehensive campuses have solar compactors completely off the grid using biodegradable hydraulic fluid to collect recycled material. Students and staff collaborate to have recycling programs on their campuses.

Chief Williams speaks at Central High School

New Phoenix Police Chief Jeri Williams was the guest speaker at Central High's “Bobcat Talks,” on Nov. 28. Hosted by the Central High Multicultural Committee, the monthly speakers series invite guests to address topics related to the promotion of respect for all cultures, dignity for all communities and justice for all people.

Williams shared her story with more than 700 students and talked about what it's like to be a pioneer African American woman in law enforcement. She also gave advice to



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Open House

SCHOOL DAYS

the students on how to be successful and self-empowered. Williams is a 1983 graduate of Phoenix Union's Maryvale High School.

She was asked about discrimination and how she dealt with it, sanctuary cities, her opinion of Donald Trump, how she feels about police killing African Americans, and what was the worst thing her sons did, growing up.

Bobcat Talks is a monthly speakers' series hosted by the Central High Multicultural Committee. Guest speakers address topics related to the promotion of respect for all cultures, dignity for all communities and justice for all people.

North high grad-now with Suns-visits game

Former North High basketball star Alan Williams, now with the Phoenix Suns, came to a Mustangs game on Dec. 1. Williams played on back-to-back state championship teams with North, before going to UC Santa Barbara.

The Mustangs were taking on second-place ranked Corona del Sol. Williams talked to the players during

halftime. According to Coach Joe Bustos, he told the players to never stop playing their best effort, shoot the ball with confidence no matter what the score is and keep playing with intensity throughout the basketball season.

The team listened and made a comeback in the second half. After being down by 28 points, the Mustangs cut the lead to 12 points with three minutes to go in the game.

WASHINGTON ELEMENTARY SCHOOL DISTRICT

WESD hosts stellar fundraising campaign

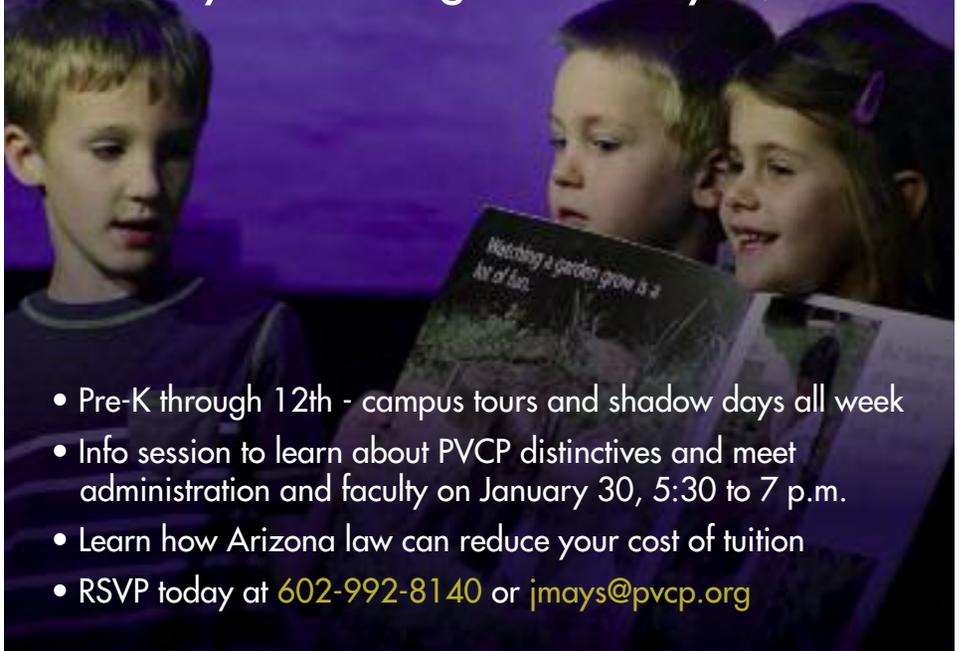
The Washington Elementary School District continues to be a leader in giving, contributing \$46,813 to the 2016 Valley of the Sun United Way campaign, a nearly 20 percent increase from the previous year and \$6,813 more than its goal of \$40,000.

WESD is one of the top three school district contributors to the annual campaign behind Chandler and Gilbert.

This year, the district office led the *please see FUNDRAISING on page 36*

Panther Preview Days

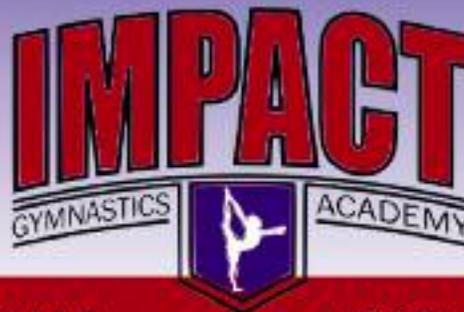
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SCHOOL DAYS



District honors 'Super Students'

Each month, the Washington Elementary School District's Superintendent's Office hosts a pizza lunch for students in the district who, according to their principal, have made extraordinary strides in school. Assistant Superintendent Lyn Bailey (far right) enjoyed lunch with the December SUPER (Student's Unique Performance Earns Reward) Kids who were from the Arizona Cardinals Preparatory Academy, Maryland, Orangewood, Richard E. Miller Elementary and Sunnyslope Schools. In addition to lunch, provided by Peter Piper Pizza, each student received a book of his or her choosing (submitted photo).

FUNDRAISING continued from page 36

campaign in total giving with contributions of \$5,253, but Sunburst Elementary raised the most per capita with a total of \$3,964. As a result, Sunburst campaign coordinator Sally Cook and her principal, Rhonda Warren, were presented with a check for \$500 courtesy of the Washington Education Foundation (WEF).

In addition, the WEF provided five \$50 Westcor gift cards to the campaign. Winners were Esther Heath, John Jacobs Elementary; Mindy Whalen, Palo Verde Middle School; JoAnn Brass, Royal Palm Middle School; Nancy Miller, Sweetwater School and Peggy Pitts, Tumbleweed Elementary. The top five contributors to this year's campaign by school/location are:

District Office, \$5,253; Sunburst, \$3,964; Maryland, \$2,547; Roadrunner, \$2,302; and Manzanita, \$2,090.

Of the total contributions collected, \$18,027 will be donated to the Washington Education Foundation for its employee mini-grant program.

PRIVATE AND CHARTER SCHOOLS Xavier to host Entrance exam

Xavier College Preparatory will host its High School Placement Test (HSPT) Entrance Exam for eighth grade applicants on two upcoming dates in January: Saturday, Jan. 7 at 7:30 a.m., and Saturday, Jan. 21 at 7:30 a.m. Online registration for the entrance

exam and more information about Xavier's admissions process can be found at www.xcp.org. An exam fee of \$50 will be collected at the beginning of the exam, and either cash or a check made payable to Xavier College Preparatory will be accepted. Approximate dismissal time will be 11:30 a.m.

Coaches, students lauded with various awards

Xavier College Preparatory varsity golf coaches Sister Lynn Winsor, BVM and Tui Selvaratnam have been named the 2016 Arizona Sports Awards Girls Golf Coaches of the Year. This year, Xavier's Gators won their sixth-consecutive state championship and their 34th state title in school history.

Xavier senior Elizabeth Caldarelli, senior Emily Mahar and freshman Ashley Menne were all selected to the 2016 All-Arizona Girls Golf First Team. Menne also is one of three finalists for 2016 Arizona Sports Awards Girls Golf Athlete of the Year honors.

Xavier faculty member and varsity badminton coach Susan Contreras has been named this year's "Arizona Sports Awards Badminton Coach of the Year." Under her leadership, Xavier's Gators recorded a perfect 17-0 season and captured the state championship. This season was Contreras' first as a badminton coach.

Xavier seniors Tatum Clarke and Annie Kamps were selected to the All-Arizona Badminton First Team; seniors Kiana Valentova-Macdonald and Emily Woodrow were named to the Honorable Mention Team.

SCHOOL DAYS



Seventh grade students from St. Francis Xavier School, along with their adult chaperones, prepare to go snorkeling at CIMI, off the coast of California (submitted photo).

Cosden named an outstanding educator

Xavier College Preparatory faculty member John Cosden was awarded the 2016 William Hennessy Outstanding Educator Award by Empire Mock Trial for his leadership in mock trial education and competition.

“Watching you interact with your students over the past 10 years has been a blessing,” wrote Empire Mock Trial President Justin Matarrese in his congratulatory letter to Cosden, the longtime moderator and coach of the Elias M. Romley Xavier Mock Trial Team. “(Your) unwavering desire to mentor a young person—to value a student’s ability to honor another even more than their ability to win an objection—makes you not just a great teacher, but a model educator. It makes you someone who all educators, not just mock trial coaches, can aspire to be.”



John Cosden

An ocean of learning For students at CIMI

Seventh grade students from St. Francis Xavier School, 4517 N. Central Ave., spent two nights and three days at the Catalina Island Marine Institute (CIMI) off the coast of California in November.

CIMI is a unique outdoor science school providing an exciting outdoor educational experience for students from public and private schools grades 4 through 12. While attending CIMI, students snorkeled, many for the first time, and were introduced to organ-

isms living in the bay—leopard sharks, garibaldi, giant kelp fish, and even California Sheephead.

Cindy Fernandez, seventh grade science teacher, said, “CIMI’s focus is a hands-on experiential science. CIMI has an area where students can touch, many for the first time, small sharks and rays. In the algae lab, students learned about the importance of algae in the production of oxygen and in use of everyday products.”

please see OCEAN on page 38

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February 9th

4:00pm - 7:00pm

March 9th

4:00pm - 7:00pm

April 8th

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SCHOOL DAYS

OCEAN continued from page 37

Fernandez added, “Students arrived back at St. Francis Xavier School not only tired and full of great experiences and knowledge, but with also the satisfaction that they can do things that they may be uncomfortable doing—snorkeling, dissecting a squid, touching “scary” organisms or even finding their way through a maze with no light.”

School to host VEX qualifying contest

The VEX Robotics state qualifier will take place at Madison Highland Prep, a STEM charter high school, this month. The event will host 25 teams with students from middle and high schools throughout the state.

The state qualifying competition is one of a series of VEX Robotics competitions taking place internationally throughout the year. VEX Robotics is the world’s fastest-growing competitive robotics program for elementary schools, middle schools, high schools and colleges with more than 12,000 teams from over 30 countries that participate in more



Members of the MHP Heat Robotics Team B-MHP, “Twisted Axles,” who claimed first place at the Pima Community College state qualifying event on Dec. 3, are from left: Asif Razack, Liam Matthews, Jay-ar Gloria, Drake Morris and Coach Nick Bonds (submitted photo).

than 1,000 competitions worldwide.

The competition season culminates each spring, with the highly-anticipated VEX Robotics World Championship presented by the Northrop Grumman Foundation and the REC Foundation, which unites top qualifying teams from local, state, and international VEX Robotics events.

The event takes place 7:30 a.m.-5 p.m. Saturday, Jan. 7, at Madison Highland Prep, 1431 E. Campbell Ave. It is free and open to the public. For more information, call 602-745-3800.

In related news, MHP Heat Robotics Team B-MHP, “Twisted Axles,” claimed first place at the Pima Community College state qualifying

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SCHOOL DAYS

event on Dec. 3. With the victory, MHP Twisted Axles earns a berth to the AIA state championships in March.

MHP athletes win All-State Honors

Ten Madison Highland Prep student athletes earned Division 1 All-State Honors for the Fall 2016 athletic season in women's volleyball, football, and men's soccer.

In women's volleyball, junior Hillarie Campbell was named 2nd Team All-State Blocker. In football, sophomore Raul Gutierrez was named 1st Team All-State Receiver; sophomore Jakob Lynch was named 1st Team All-State Defensive End; senior Michael McCann was named 1st Team All-State Kicker; and junior Alex Kobs was named 2nd Team All-State Defensive End.

In men's soccer, senior Christian Lopez was named 1st Team All-State Forward; sophomore Carlos Lopez was named 1st Team All-State Forward; sophomore Isaiah Mata was named 1st Team All-State Forward; senior Harrison Dagher was named 1st Team All-State Goalkeeper; and sophomore Hugo Lopez was named 2nd Team All-State Defender.

Christian Lopez also was selected as Division I Men's Soccer Player of the Year. Lopez is the first student-athlete at MHP to receive this distinction.

Students enjoy living history at festival

Phoenix Hebrew Academy American History Students become part of the amazing 14th year of the American Heritage Festival.

On Nov. 17, 25 sixth and eighth grade Phoenix Hebrew Academy American History students and teachers set out on a field trip to The



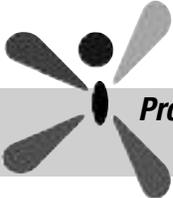
Students from the Phoenix Hebrew Academy get lessons in marching and drilling from a "revolutionary" actor during The American Heritage Festival (photo by Lauren Tillman).

American Heritage Festival, produced by We Make History (an educational nonprofit group) at Schnepf Farms in Queen Creek.

The festival is the largest education focused living-history gathering in the western United States and features a large cast of men, women and children as actors portraying diverse roles and aspects of American history ranging from the Colonial era through the 20th century.

Battle reenactments of the American Revolution, craftsmen, colonists, encampments, soldiers, pioneers, historic merchants, musicians, and actors portraying famous persons from history awaited them. Armed with their assignment to have all the questions provided to them at the festival completed before returning back to school, the student talked to actors, took part in activities, observed, and absorbed all they could.

The American Heritage Festival was not only a fun and exciting time for the PHA students, it also directly relates to PHA's American History curriculum for the sixth and eighth grades and the state of Arizona.



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GENERATIONS

Senior Living

'Life Reimagined' workshops from AARP

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The workshop takes place 2-4 p.m. Thursday, Jan. 5 in the Century Library Meeting Room, 1750 E. Highland Ave., and 10 a.m.-12 p.m. Saturday, Jan. 7 at the Burton Barr Central Library, Meeting Room C, First Floor, 1221 N. Central Ave.

The program also will be held 12-2 p.m. Wednesday, Jan. 18 in the Yucca Library Meeting Room, 5648 N. 15th Ave., and 2-4 p.m. Saturday, Jan. 21 in the Cholla Library Meeting Room, Second Floor, 10050 Metro Parkway E. Space is limited to 15 at Century and 20 at Yucca. Pre-registration is required at all sites by calling 602-262-4636.

Assisted living center has new med tracker

Phoenix-based luxury assisted living provider, Paradise Living Centers, has installed a state-of-the-art Electronic Medication Administration Record (e-MAR) system to enhance the care services provided in the company's group homes located in the North Central Phoenix and Paradise Valley areas.

The system allows its certified caregivers to electronically track the medical needs of each resident and ensure proper medication dosages are administered at all times.

The implementation of the e-MAR system was spearheaded by Licensed Practical Nurse Tracy Strand. Strand has worked in the assisted care industry for more than three decades and is the full-time, 24/7 on-call nurse at Paradise Living Centers.

"It's a very well-rounded program that ties all aspects of care into one comprehensive system, which helps mitigate the risks that can come from a change in medication or a resident's health management needs," Strand explains. "You might find a similar system at a larger assisted living community, but it is rare to find services like we offer in a smaller group home."

When a resident is administered medication, it is recorded through the e-MAR, giving Strand and the staff a real-time record. The system allows Strand to pull reports in order to monitor and assess each resident carefully and provide feedback to their family members and primary care physicians.

Paradise Living Centers operates two assisted living homes in the Valley, including one at 3rd Street and Maryland Avenue. Both offer 24-hour awake staff, a 1:5 caregiver ratio and a full-time dedicated nurse. Both homes offer 10 private suites and include memory care, daily and weekly onsite activities and many other interactive programs. To learn more, visit www.paradiselivingcenters.com or call 480-878-4112.

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Join us as a guest for lunch!

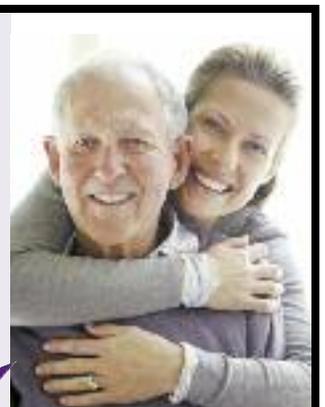
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GENERATIONS

'A Matter of Balance' class starts in Jan.

Many older adults experience concerns about falling and restrict their activities. HonorHealth will present "A Matter of Balance," an eight-week course designed to manage falls and increase activity levels, beginning 1:30-3:30 p.m. Friday, Jan. 13 at the Cowden Center on the John C. Lincoln Medical Center campus, 9202 N. 2nd St.

In this free class, you will learn to view falls as controllable; set goals for increasing activity; make changes to decrease risks at home; and exercise to improve balance and strength. The course meets every Friday through March 3.

Space is limited and pre-registration is required. Call 623-870-6300 or visit <http://HonorHealth.com/events>.

New alert system for seniors who wander

When a senior living with Alzheimer's wanders, it causes immediate panic and concern for family caregivers. Unfortunately, nearly half of families caring for an aging adult with Alzheimer's have experienced a loved one wandering, according to a recent survey by Home Instead, Inc.

To help keep these seniors safe, Home Instead Senior Care has launched a free tool, the Missing Senior Network (MissingSeniorNetwork.com), now available in the Phoenix area. Similar to other alert systems, family caregivers can notify a network about a missing senior with Alzheimer's. What makes this system unique? Families can create a free account and input their network of friends and neighbors before a wandering event occurs. Then, if a senior wanders, families can quickly activate their personal network, sending out an alert via text or e-mail.

The alert system is part of Prevent Wandering—a free community education program that helps families gain insight into what triggers these events and steps they can take to keep loved ones safe, developed in collaboration with the Alzheimer's Association.

Kids & Family**Sunrays offers a winter break camp**

Arizona Sunrays Gymnastics & Dance Center hosts a Winter Break "Supercamp" from Jan. 2-6 at 3110 E. Thunderbird Road.

Kids ages 3 to 13 will stay happy and busy enjoying gymnastics, dance, karate, sports, special guests, a bounce house, and more. There is a half-day camp option from 8:30 a.m. to 12:30 p.m. on weekdays. The full-day camp option is from 8:30 a.m. to 3 p.m. Cost is \$185 for the one-week half day and \$269 for the one-week full day.

Individual half day is \$50; Individual full day is \$70. Sibling discounts are available. Extended care hours are available from 7:30 to 8:30 a.m. and from 3 to 6 p.m. for \$4 per half-hour.

Advanced registration for camp is required. For more information or to register, call 602-992-5790 or visit www.arizonasunrays.com.

Kid chefs invited to compete for prizes

Blue Cross Blue Shield of Arizona is looking for the next great kid chef to create a delicious and healthy side dish recipe. Finalists will sample their culinary creations at a Phoenix Suns home game and win great prizes.

please see KID CHEFS on page 42

What's Your New Year's Resolution?

Get involved in my community

Re-ignite a long-lost passion

Learn a new language

Try something new

Breathe deeply

Widen my sphere of influence

Prioritize spiritual growth

Make new friends

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MARICOPA COMMUNITY COLLEGE

KID CHEFS continued from page 41

For the seventh consecutive year, the company is on the hunt for original, great-tasting and kid-inspired side dish recipes for the Walk On! Kids Cooking Challenge. The program's goal is to motivate Arizona's youngest culinary masterminds to incorporate healthy options into their daily food choices.

Children ages 9-12, living anywhere in the state of Arizona, are encouraged to submit their healthy and tasty side dish creations for a chance to win a new bike. Finalists will also have an opportunity to prepare and share their masterpiece at a Phoenix Suns home game.

Contestants can submit recipes anytime between Jan. 1-25. Recipes must: Be an original recipe for a hot or cold side dish; include at least one fruit and/or vegetable; and be able to be cooked within 20 minutes (not including prep time).

The top five recipes will be selected based on nutritional value, taste and originality. Finalists will be invited to

present their creations at a Phoenix Suns home game Feb. 10 at the Talking Stick Resort Arena. After the cooking demonstrations, recipes will be posted online at www.walkonaz.com for a public vote. Voting will be open from Feb. 10-22.

Visit www.walkonaz.com for complete contest details and to submit a recipe.

Piano lessons begin in January

Music Works Academy, 302 W. Bethany Home Road, starts a new 15-week semester of Prelude Piano Classes for Young Musicians the week of Jan. 16. Registration is now open for these new classes.

Piano Preschool "ShiningStars" classes for children ages 3 to 5 gently prepare little fingers for piano lessons, develop listening skills with solfege singing, and promote hand coordination and rhythm with drumming. "LeapFrog" piano lessons also are offered to kindergarten and first-grade students in small group classes.

For more information and registration forms, <http://musicworksacademy.com> and click on the Prelude tab under "Programs," or call the studio at 602-264-5188.

Moms and babies bond through touch

"Sensational Babies: Tummy Time, Massage and Bonding," with Sarah Schoenbaum, is a four-week class set for Saturdays, Jan. 13th & 21, and Feb. 4 & 11, at Kinesphere Center for Movement Education 711 E. Missouri Ave., Suite 180.

This class, which takes place 9:45-10:45 a.m., provides a space for parents and babies to slow down and be with each other. Part of the time will be instructional but the majority of the time will be experiential, empowering parents to trust their innate wisdom in nurturing their babies. Through the use of loving touch, tummy time and developmental movement, you will become attuned to how your baby takes in and integrates sensation into his/her worldview. You will learn to read cues from your baby as to what is a "just right" amount of stimulation.

Cost is \$30 per class or \$100 for all four. Call 602-532-3111 or e-mail info@kinesphere-studio.com for more information.

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ARTS & ENTERTAINMENT

L.A. orchestra featured in Bach Festival

Top instrumentalists and the Los Angeles Chamber Orchestra Quartet arrive in Phoenix this month to perform Bach masterpieces for the annual Arizona Bach Festival.

First up is Grammy-winning guitarist Jason Vieaux, 7:30 p.m. Saturday, Jan. 14 at Central United Methodist Church, 1875 N. Central Ave.

Next experience young organist Michael Hey, 3 p.m. Sunday, Jan. 15 at All Saints' Episcopal Church, 6300 N. Central Ave.

Enjoy pianist Kimiko Ishizaka in recital 3 p.m. Sunday, Jan. 22, also at Central United Methodist Church.

The series concludes with the Los Angeles Chamber Orchestra Quartet performing "The Art of the Fugue," 3 p.m. Sunday, Jan. 29 back at All Saints'.

A pre-concert talk precedes each event one hour prior to the concert. Tickets are \$23 in advance and \$25 at the door for all concerts. A special Festival Pass for all four concerts also is available for \$80. Student tickets at the door are \$15 with valid high school or college ID.

For tickets or more information, go to www.ArizonaBachFestival.org. For questions, contact Scott Youngs at syoungs7@yahoo.com or 602-279-5539, ext. 128.

A & E Briefs

'Within & Out'

Artists Reception

6-10 p.m. Friday, Jan. 6

Modified Arts

407 E. Roosevelt St.

A glimpse into the wide variety of decision-making processes we apply to our individual existence and creations. The artists in this exhibition are all students of the printmaking tradition. Lithography, photolithography, serigraph, intaglio, and photogravure are some of the ones shown in this exhibition. Each artist uses different techniques and combinations of processes to arrive at their final works. The show closes the same night. If you can't make the free reception, regular gallery hours are 9 a.m.-5 p.m. Monday-Friday and 12-4 p.m. Saturdays or by appointment. Visit www.modifiedarts.org.

'Fiddler on the Roof'

Arizona Theatre Company

Jan. 6-29

Herberger Theater Center

222 E. Monroe

602-256-6995

Based on a series of stories by the great Yiddish writer Sholem Aleichem, "Fiddler On The Roof" is set in the world of the Jewish Pale of Settlement in pre-Revolutionary Tsarist Russia in 1905. Featuring a cast of 28, ATC's first-ever production of "Fiddler" is the largest production the company has produced in over 30 years. The musical features a host of classics including "To Life," "If I Were a Rich Man," "Sunrise, Sunset" and "Matchmaker, Matchmaker." Tickets are \$30-\$80. Visit www.arizonatheatre.org.

Spanish Music Celebration

7 p.m. Friday, Jan. 6

Arizona Opera Center Plaza

1636 N. Central Ave.

Enjoy an evening filled with Latin American music, food, and art. Then move into the Atrium at 7 and 8 p.m., respectively, where the Latin stars of Madama Butterfly will present short recitals of Spanish music and art song. Free and open to the public.

'Saturday Night Fever-The Musical'

Jan. 13-15

Orpheum Theater

203 W. Adams St.

602-262-7272

Theater League presents the iconic story of Tony—the kid from Brooklyn—who wants to dance his way to a better life. Fueled by the vintage Bee Gee hits, this contemporary retelling of the classic story captures the energy, passion and life-changing moments that have thrilled movie audiences since 1977. Tickets are \$35-\$82 plus fees. For tickets, visit <http://theaterleague.com/phoenix/>.

'Night of the Chicken: Curse of the Crusty Claw'

Weekends, Jan. 13-29

Space 55 Theatre

636 E. Pierce St.

When a science experiment gone wrong first turned Andrea (Andi) *please see CHICKEN on page 44*

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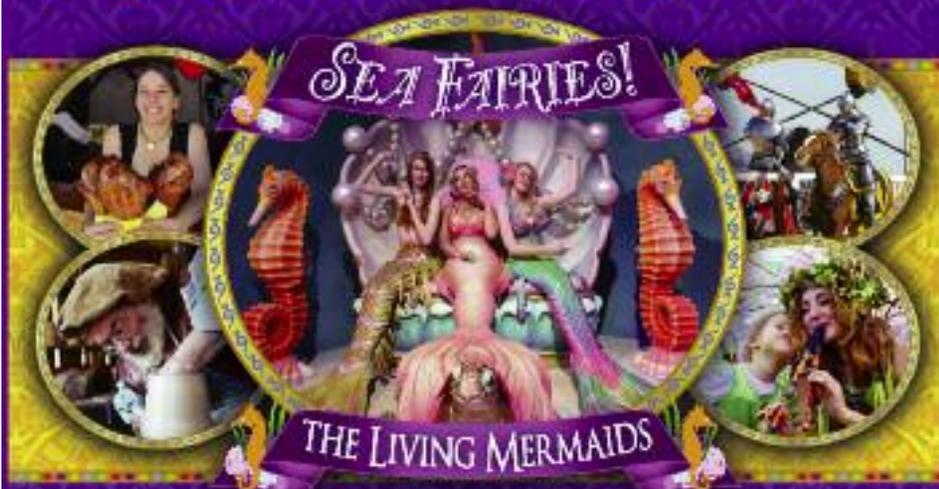
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ARTS & ENTERTAINMENT

CHICKEN *continued from page 43*

Hafferton into a teenage werechicken, she thought she had it pretty bad. Now, three episodes later, things are even worse! Andi is forced to give a disastrous pep rally speech, Taco Tuesday gets cancelled, and someone lays an egg and blames it on her! Meanwhile, she still has to keep everyone at Ronald Reagan Junior High from discovering her monstrous secret. Show times are 8 p.m. Fridays and Saturdays, and 2 p.m. Sundays. Tickets are \$15 general admission, students and children \$10. On Sundays, kids age 9 and younger admitted for free (maximum two kids per adult with this offer). Visit www.space55.org.

'Baskerville'

Jan. 25-Feb. 12
Phoenix Theatre
100 E. McDowell
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A fast-paced comedy about everyone's favorite detective solving his most notorious case. Sherlock Holmes and Dr. Watson must crack the mystery of "The Hound of the Baskervilles" before a family curse dooms its newest heir. Visit www.phoenixtheatre.com.

**R. Carlos Nakai &
The MusicaNova Orchestra**
4 p.m. Sunday, Jan. 29
Central United Methodist Church
1875 N. Central Ave.

Grammy-winning flautist R. Carlos Nakai joins MusicaNova to play Spirit Horses for Native American Flute and Chamber Orchestra by James DeMars, along with other distinctively American works and a world premiere from a MusicaNova composition fellow. Tickets are \$20-\$25. Visit www.musicanovaz.com.

'Cooking with The Calamari Sisters'

Through Jan. 29
Herberger Theater Center
222 E. Monroe
602-252-8497

Hilarity, delicious dishes and two over-the-top plus-size Italian sisters from Brooklyn, stars of their very own fictional cable television show, take you on a tour-de-force of Italian songs and cuisine as they sing, dance, joke and laugh through a very special cooking lesson. Performances are Thursdays at 2

and 7 p.m.; Fridays at 8 p.m.; Saturdays at 2 and 8 p.m.; and Sundays at 2 p.m. Tickets are \$45-\$65 plus fees. Visit www.herbergertheater.org.

'Baby Boomer Baby'

Feb. 2-26
Herberger Theater Center
222 E. Monroe
602-252-8497

Comedy Central and National Lampoon star Tommy Koenig performs a one-man "musicomedy"—a flashback through our times and the music that defined them. Koenig was born in Brooklyn in 1953, the same year Rock & Roll was born. Koenig recounts the years he struggled to keep up with the changing times, just missing Woodstock by a few miles; the rites of passage of college, travel, sex and drugs; and the ever-changing cultural and political landscape that music unleashed as it morphed from Disco to Punk to MTV to Rap and beyond. Tickets are \$40 plus fees. To purchase tickets, visit <http://palmbeachestheatre.org>.

'Madame Butterfly'

Arizona Opera
Feb. 3-5
Phoenix Symphony Hall
75 N. 2nd St.
602-266-7464

Set in the idyllic village of Nagasaki, Japan, an innocent geisha's love for an American naval officer leads to the ultimate heartbreak and tragedy. Sung in Italian with English supertitles. Show times are 7:30 p.m. Friday and Saturday and 2 p.m. Sunday. Tickets start at \$30 and are on sale at www.azopera.com.

'Romeo and Juliet'

Ballet Arizona
Feb. 9-12
Phoenix Symphony Hall
75 N. 2nd St.
602-381-1096

A romance that's sure to set your heart astir, the most famous love story of all time is performed just in time for Valentine's Day. Set in 16th century Verona, Romeo & Juliet chronicles Shakespeare's tale of two passionate teenagers from great families on opposing sides of a bitter feud. With its sweepingly regal ballroom scenes, vivacious swordplay and poignant pas de deux, Ib Andersen's production is a feast for the eyes and ears. Tickets are \$25-\$159 plus fees. Visit <http://balletaz.org>.



FOOD FOR THOUGHT



Cullen Campbell, chef and co-owner at Okra Cookhouse and Cocktails, prepares fresh herbs for a dish to be served at the Southern eatery with an Italian twist (photo courtesy of Okra).

Café Chat

Okra: cooking Italian by way of Memphis

By Patty Talahongva

It's not exactly easy to find Okra Cookhouse and Cocktails (5813 N. 7th St.) because it's not visible from 7th Street, but if you turn east at Palo Verde Drive, just south of Bethany Home Road, and drive around the back, you'll find the doors to this Southern food haven tucked into North Central Phoenix.

"It's probably one of our biggest challenges," admits Cullen Campbell, chef and co-owner, of the location on the backside of the recently revamped Crown Plaza. Still, he likes the location and the fact that his longtime dream is now a reality.

Campbell was born in Arizona but raised in Memphis, where they say supper rather than dinner. His family had a farm in Arkansas and he was raised on Southern food. His parents are in the medical field, so his foray into food was his own idea.

"I was cooking even in high school," he recalls. "I did a lot of pastas," cooking for friends mostly. He worked in a restaurant in Memphis, at first washing dishes but soon was promoted to prepping food for the Mediterranean eatery. "When I saw some chefs cook, I'd think, 'Wow, I should try this out.'"

When it came time for college, he started in Memphis and transferred to Arizona State University, where he majored in Business Management.

He and his business partner, Micah Olson, own and operate Crudo and Bar Crudo, both very successful restaurants in Phoenix with highly acclaimed cocktails. Olson is a mixologist. But Campbell had a yearning.

"I've always wanted to do something Southern," he says. "I miss food from back home."

He took dishes from his favorite restaurants in Memphis and put them on his menu at Okra. The result is Southern cooking with an Italian twist. Campbell says he is pleased with the results. He urges first timers to try the fried chicken, which has proven to be a customer favorite. "People just love it," he says.

Campbell's favorite item is the potpie with pork cheek meat, which is another popular item. "The meat is so tender you can break it off with a fork."

The snacks and shares menu features items that range from \$5 to \$16 a plate. You can try grilled okra and quark (a soft cheese drizzle), fried headcheese and herbed vinegar, mac n' cheese balls with marinara sauce, or grilled oysters with garlic butter and parsley. "A lot of people really enjoy that, you get a few plates for the table and everybody tries everything."

please see OKRA on page 46



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OKRA *continued from page 45*

The chicken wings are cooked in a smoker rather than deep-fried, and the added barbecue sauce gets caramelized in the process. Okra also has a daily special which ranges from lasagna to a fish fry.

The kids' menu is simple: a cheese focaccia, hamburger (plain or with cheese) or crispy mac n' cheese balls. Vegetarian options are on the menu and the kitchen will do its best to accommodate vegans with special orders.

Dessert includes homemade pies from local pie proprietor, the Pie Snob, which offers seasonal options. Cooked in house are the canned biscuit donuts. "It's one of our biggest sellers," Campbell says. If you want to give it that Southern flair, order the donuts with chicken skins. Yes, you read that right.

Southern specialty drinks also can be found at the bar. You can try five different blends of mint juleps, as well as a selection of bourbon-based drinks. Campbell selects the wine list and his partner takes care of the beer and bourbon. There are drink specials after 10 p.m.

Food is his life and so Campbell takes vacations with food in mind. "I actually went on an eating trip with my cousin and we ate just about everything," he says with a laugh. He likes taking trips and trying out restaurants owned by friends in other states. "They're fun because I don't get a lot of time off."

Like most families, Campbell's relatives get together and cook huge meals during the holidays—but he says he's not the one to be found in the kitchen. "Actually, my aunts are very good cooks and so is my mom."

Campbell calls the North Central area home and appreciates the people who like to visit locally owned restaurants. He does have a new year's goal and that is to do more catering in the new year. "I'm always a firm believer that you work around what people need."

Okra is open 4-10 p.m. Monday through Thursday, 4-11 p.m. Fridays, 3-11 p.m. Saturdays and 3-9 p.m. Sundays. Happy Hour is Monday through Friday from 4-6 p.m. and 3-6 p.m. on weekends.

See the menu at www.okraaz.com, like the restaurant's Facebook page or follow it on Instagram. For more information, call 602-296-4147.

Dining Briefs Chef demo featured at Uptown market

Bob McClendon of McClendon's Select Organic Produce is inviting various local chefs, nutritionists and other food-savvy guests to provide a "Chef's Demo" at his booth at the Uptown Farmers Market, located on the campus of North Phoenix Baptist Church, 5757 N. Central Ave. The Chef's Demos take place on select Wednesdays.

McClendon's is a family-run, certified organic farm located on 25 acres in Peoria, Ariz. Three generations of the McClendon family grow over 100 varieties of organic fruits and vegetables, along with dates, honey and bee pollen.

Each guest chef uses items from McClendon's wide selection of offerings. Next up is Nancy Matsui, from 9 a.m.-12 p.m. on Jan. 11, who will serve something hot and healthy for that cold winter morning.

For more information, visit www.mcclendonsselect.com.

Ladera opens in Sunnyslope area

Ladera Taverna y Cocina opened its doors on Dec. 29 in the former home of Corbin's Restaurant in Sunnyslope.

Ladera Taverna y Cocina is the newest project from partners Tucker Woodbury and Jim Riley of Genuine Concepts Restaurant group. The company is venturing north of Uptown into Sunnyslope to bring a classic Mexican restaurant and bar concept headed up by executive chef, Jorge Gomez.

"We wanted to do what the Valley does well, and that's Mexican food, but we wanted to do it in a different way than everyone else, so we took our time to make sure we got it just right," the duo says about their newest endeavor.

Genuine Concepts, the company that brought Phoenix unique bar and restaurant experiences like the Vig, The Womack, The Little Woody, Linger Longer Lounge, The McMillan and Cobra Arcade Bar, now introduces the newest member to the family—with an infusion of Latin flavor.

Ladera's cuisine is not your average tacos and quesadillas but more of an inspiring and eclectic mix of dishes from all over the regional empire of Mexico. Gomez, who is originally from Hermosillo, Sonora, Mexico, is excited to share his love and passion for his home country through Ladera's food,

FOOD FOR THOUGHT

vibe and overall experience.

Chef Gomez's philosophy of using only fresh and locally sourced ingredients with traditional methods of cooking presents a new style of food, a clash with the old and new. He pays close attention to detail and creates food that people crave, feel comfortable with and generates a positive emotion while designing a sense of art on each plate.

Guests will enjoy happy hour Monday through Friday and all day, every day, excellent variety of delicious Mexican cuisine. Normal business hours will be Monday through Wednesday from 11 a.m.-11 p.m.; Thursdays from 11 a.m.-midnight; Fridays and Saturdays from 11 a.m.-1 a.m.; and Sundays from 11 a.m.-11 p.m. For more information, visit <http://www.laderaphx.com>.

Popular taco fest debuts in Phoenix

The inaugural Tacolandia! features unlimited taco samples from 30 of the city's best taquerias serving authentic cuisine, entertainment that highlights Mexican culture, cash bars and awards in various categories. It takes place 1-5 p.m. Saturday, Jan. 28, at Margaret T. Hance Park, 1202 N. 3rd St.

Presented by the *Phoenix New Times*, Tacolandia is a multi-city festival, originating in Los Angeles and produced by *New Times'* sister publication *LA Weekly* for the past four years.

Adults age 21 and older are invited to come celebrate their love for Phoenix's best authentic Mexican street-style tacos. IDs will be checked at the gate. For tickets and more information, visit <http://microapp.phoenixnewtimes.com/tacolandia/2017/>.

Wine fest features local growers

Come meet some of Arizona's wine growers and sample their vino during the Grand Wine Festival: Tasting & Marketplace, set for 11 a.m.-7 p.m. Saturday, Jan. 7 in the Lath Pavilion at Heritage Square, 113 N. 6th St.

The festival celebrates the best in Arizona's four wine growing regions. More than 30 wineries will pour more than 150 wines. There will be wine tasting and sales by the glass, bottle and case.

Other programming includes music, wine seminars, a small selection of vendors, and an auction. There will be live music from Jenny Jarnagin at 11 a.m., Professor James & Dr. T at 1:30 p.m., and Sugahbeat at 4 p.m.

Admission is \$15 for six tasting tickets and a commemorative glass, or \$20 for 10 tasting tickets and the glass. Purchase your admission package in advance online at www.eventbrite.com, and search for "The Grand Wine Festival" in Phoenix. Online reservation fees apply.

Italian dinner features Freeman

Arizona Diamondbacks' organist Bobby Freeman will be featured at Lura Turner Homes' 7th annual Italian dinner, set for Saturday, Jan. 28, at Madison Baptist Church, 6202 N. 12th St. Seating times are at 4 and 6 p.m.

The \$15 tickets for adults (\$7 for children) include all-you-can-eat spaghetti and meatballs, garlic bread, and choice of iced tea, lemonade or water. The meal is prepared by residents of Lura Turner Homes for developmentally disabled adults, under the direction of the Civitan Foundation and its culinary day program.

Each diner also will receive a small sundae from Mary Coyle's Ice Cream's food truck, and Hidden Treasures Antiques will have collectibles and original artwork for sale.

All proceeds benefit the special needs men and women who live at Lura Turner Homes. For tickets or information, contact Max McQueen at 602-943-4789 or maxm@luraturnerhomes.org.

Barbecue joint has slow-smoked meats

Dickey's Barbecue Pit opened its latest Phoenix location on Dec. 1 at 3125 E. Indian School Road, Ste. 104.

The eatery features slow-smoked meats, chicken and kielbasa sausages, along with a variety of side dishes. You can order as plates, or choose from a number of sandwich options.

On Fridays, Dickey's offers 50-percent off to first responders, and guests can donate to Dickey's charitable foundation, Barbecue, Boots & Badges. On Sundays, kids eat free with every purchase of an adult dine-in meal of \$10 or more.

To join Dickey's Big Yellow Cup Club and receive members-only specials, visit www.dickeys.com. For more information, call 480-626-0856.

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

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