



north central news

the voice of the north central phoenix community

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Preventing drowning, spreading awareness

As the summer approaches, it is more crucial than ever for children to know how to swim—and it is not something that comes naturally.

Lisa Pearce, 40, a mother of 10-year-old twins, made sure to get her kids in the pool as early as possible. “I had them in the pool with me before they started lessons around the age of 3,” Pearce said. Parents should be worried if their child does not know how to swim because it is putting them in a dangerous situation, Pearce said.

“Watching them achieve every skill was so rewarding,” Pearce said. “They would get so excited to show me their new trick and it made me feel more at ease knowing that they would be safe.”

Jessie Moreschini, 20, a lifeguard and swim instructor for the past four years at pools across the city, says water safety knowledge is the best thing that parents and kids can have going into summer.

“If they know the dangers then they know what

please see PREVENTION on page 6



Ashley Ezell, a fourth-grade teacher at St. Francis Xavier School who is legally blind, holds her new IrisVision “goggles,” which were purchased with the help of members of her school family, including Girl Scout Troop 532—represented here by Hazel Vynalek, left, and Annika Dowdal—and fellow fourth-grade teacher Nancy Gucky (photo by Teri Carnicelli).

‘Life saving technology’ assists teacher

By Teri Carnicelli

Ashley Ezell was born with a rare eye disease, called Stargardt macular degeneration, which causes progressive vision loss. It is an inherited disorder in her family; her father, younger brother, an uncle and two aunts all have it, to varying degrees. She was first diagnosed when she was 12 years old. It wasn’t long after that she was declared to be legally blind.

“It’s rare, especially in children,” Ezell explains. “There’s not a lot of research about it. You basically have to learn what works for you. You memorize a lot of things—shapes and colors, and directions of how to walk from one place to another.”

Regardless, Ezell was determined to achieve her goal of becoming a teacher. In college, she had a note-taker to help in class. She used computers that could greatly enlarge what she was reading on the screen. Everything was a challenge, but Ezell refused to give up.

Five years ago she joined the teaching staff at St. Francis Xavier School in North Central Phoenix. For the last two years, she has taught the fourth grade. She’s learned the layout of the school, and of her classroom. As for her students, she gets to know their voices, their shapes, and even the way they move.

Ezell says she’s a Type-A personality, which helps her to be super organized and to plan things thoroughly in advance. Particularly when she has to use a regular teacher textbook to plan her lessons.

It’s been fun and rewarding—but the challenges remain.

Until now.

Ashley’s family first started looking into any technology that could help them. There aren’t a lot of options out there, but one of the first to break ground in this area was eSight Electronic Glasses. However, the glasses are expensive, close to \$10,000.

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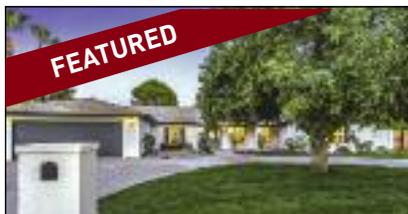
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COMMUNITY



Phoenix residents are being sought to become volunteer Community Emergency Response Team (CERT) members, who are trained to assist first responders during emergency situations in their community (submitted photo).

Learn what to do in a local disaster

In the event of large-scale natural disasters, first responders are often spread thin and can't be everywhere where help is needed. That's where members of the community who are part of the Community Emergency Response Team (CERT) program come in.

The Phoenix CERT program exists to support the mission of the Phoenix Homeland Defense Bureau. The Bureau consists of the Phoenix Fire Department, Phoenix Police Department, the Office of Emergency Management, and the Department of Public Health.

The CERT program helps train people to be better prepared to respond to emergency situations in their communities. After a disaster, first responders (fire and police) and other government service providers are overwhelmed. Public services cannot be delivered everywhere that help is needed. Experience has shown that in a disaster setting, ordinary citizens make over 80 percent of successful rescues as they respond to the emergency in their community. However, many untrained volunteer rescuers actually may cause harm or become injured in the process.

When emergencies happen, CERT members can give critical support to first responders, provide immediate assistance to victims and organize spontaneous volunteers at a disaster site. CERT members can also help with non-emergency projects that help improve the safety of the community.

The CERT course is taught by a

trained team of first responders and community members who have completed a CERT train-the-trainer course. You'll learn many basic first-aid skills as well as how to set up a treatment area, how to use safe techniques for debris removal and victim extraction, how to work as a team to apply basic fire suppression strategies, and more.

The next 20-hour training session is set for July 13-15 at the Phoenix Fire Administration Building, 150 S. 12th St. Training hours are 6-10 p.m. Friday, and 8:30 a.m.-4:30 p.m. Saturday and Sunday. To register for the next training session, visit <https://www.phoenix.gov/fire/directory/cert>. Be sure to sign up for all three days.

Prior to class you will need to fill out the CERT Application, which can be downloaded from that site as well. Fill out your CERT application, then save it and send it via e-mail to: Phoenixcert@gmail.com. For more information, call 602-534-9206.

Summer reading fun returns to libraries

Help your kids keep the summer learning loss at bay with assistance from the Phoenix Public Library.

Kids, teens and adults can participate in the summer reading program from June 1-Aug. 1. Register online at www.maricopacountyreads.org to track your progress and earn prizes. You can also download a favorite book, music or a movie to your electronic device.

For more information, stop by your local library, or call 602-262-4636.

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COMMUNITY

TECHNOLOGY continued from page 1

It was fellow fourth-grade teacher Nancy Grucky who picked up the torch to keep searching, and SFX music teacher Nancy Nemeth who eventually landed on IrisVision, which uses a modified Samsung virtual reality (VR) platform and goggles.

"They were willing to come out and see Ashley in the classroom, let her see the goggles firsthand and answer her questions," Grucky explains. "When she put the goggles on she was able to clearly see somebody standing in the courtyard from the upper balcony."

The IrisVision goggles cost just over \$2,500, so Grucky asked the school community (staff, parent volunteers, etc.) if anyone would like to donate. Within three days, Ezell had the money for the goggles and the order was placed. She even had enough left over to pay for the next two software upgrades. One of the largest contributors was SFX Girl Scout Troop 532, who donated \$532 from their cookie sales.

Ezell's vision is 2200/40 without the goggles. With it, her vision is 20/30. "I don't think I ever saw that well, even as a child," she says.

IrisVision uses magnifiers, a gyroscope and specialty software, allowing the user to zoom in up to 12x magnification, and perceive a 70-degree field of view. If you pop open the phone-like attachment, the view screen is divided into two identical boxes, which look like a video, but are actually real-time

images that can be blown up to whatever size is needed while keeping the overall scene in context.

When standing in front of the large dry-erase white board, she would often have to be right up against it, facing forward, to read what is written on it. "I was blocking the students' view and moving all around to read it. Now I can stand in the back of the room and still see the board," Ezell explains.

Hazel Vynalek, 10, and Annika Dowdall, 9, both members of Girl Scout Troop 532 and students in Ashley's class, were excited to help their teacher. When they saw Ashley wearing the unit, they thought it "looked really cool." But they were astonished to discover how well she could see with them on.

"She could recognize us when we were at P.E., and when we played a board game in class, she could see all the pieces," Annika said.

"At first I was worried, it's so big, but the kids made me feel comfortable wearing them," Ezell says. "It's amazing—I can read along with a chapter book, easily. I can follow along where they are, help them when they are stumbling on a word, which is what a teacher is supposed to do. It's been a game-changer for me."

"I think it has been a life-changer," Hazel says. "It really helps her be a great teacher."

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Free summer food for kids

For many struggling families, summertime poses a critical health issue for their children. During the school year, children from low-income families receive free breakfast and lunch while at school. But during the summer, many of those children face the risk of going hungry each day.

In Arizona, only 11 percent of school children who rely on free or reduced-price school lunches during the school year currently participate in summer meal programs. These free programs are available to kids and teens age 18 and under at dozens of summer meals sites across the Valley. Sites are registered with the U.S. Department of Agriculture (USDA) and are held at safe local places such as schools, churches and community centers.

Several North Central school districts, as well as three area library branches and one community center, are offering free meals for kids during the summertime. Participating schools include: Madison Park; Madison

Camelview; Mountain View School; Solano Elementary; Sunnyslope Elementary; The Torah Day School of Phoenix; Washington High School; and Washington Elementary.

For more details, see this article online at www.northcentralnews.net.

'Paint' your own cookies for dad

Local entrepreneur and food decorator Michelle Ingalls will present a Father's Day Cookie Decorating Class 4-6 p.m. Saturday, June 16, at Craft Nights by The Hippie Hobby, 10832 N. 32nd St.

Ingalls is the inventor of Sugarprism food paints, which can be applied to most edible using regular painting methods. The paints are vibrant and can overlap, and taste like vanilla.

The class, for ages 12 and older, will involve decorating pre-made cookies with "dad-themed" artwork. A gift bag will be provided to take the cookies home. Cost is \$35 per person. To register, visit www.craftnights.com or call 602-341-3570.

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PREVENTION continued from page 1

they have to do to be safe,” Moreschini said.

Several programs are available in the Valley to kids and their parents to prevent childhood drownings or water injuries.

Local hospitals and the Drowning Prevention Coalition of Arizona are leading the way in efforts spreading awareness about water safety, with events year-round, but especially in the summer.

“Drowning is the No. 1 injury-related cause of death for children ages 1-4 years old in Arizona,” said Tiffany Isaacson, senior injury prevention specialist at the Phoenix Children’s Center for Family Health and Safety, one of the leaders in the Valley in trying to keep children in pools safe.

The children’s hospital staff have seen too many near-drowning victims whose lives are changed because of not knowing how to swim, and Isaacson says the hospital’s research shows their education programs are having a positive impact, saving kids lives by spreading awareness



AquaTots general manager and instructor Nicolas Veaco works with a student on his side stroke (submitted photo).

of parental responsibilities, too.

Phoenix Children’s Hospital partners with SRP to host a workshop around the Valley called Playing it Safe. This workshop provides parents with free life jackets and one-hour classes to help families create water safety plans.

The program is for parents and caregivers of children ages 5 and younger, Isaacson said, because 73 percent of drowning deaths from 2010 to 2016 were children in that age range even though they only make up 32 percent of the population of children and teens.

Due to the high summer temperatures in Arizona, many people are drawn

to the water no matter what aquatic skills they possess, Isaacson points out. The Playing it Safe programs “talk about ways to reduce parent stress during swim time, through discussion of the protective factors and basic water safety.”

Since the program began, nearly 1,500 parents have attended, with close 500 parents taught since the program was improved in 2016.

Interested groups, such as HOA boards, PTOs, and other organizations that service parents with children ages 5 and younger, can contact Tiffany Isaacson at 602-933-1712 or tisaacson@phoenixchildrens.org to arrange a class at their location.

Hubbard Family Swim School, 13832 N. 32nd St., offers helpful “Four-Day Blitz Lessons” through Aug. 2. These weekly swim lessons occur on four consecutive days in one specific week. These special swim lessons are held for 30-minutes at the same time each day. You can sign up for one week at a time. The 30-minute classes are offered Monday through Thursday, from 9 a.m. to 1 p.m. Cost is \$84 per week for ages 3 and older; \$120 per week for semi-private classes for ages 24-36 months. Call 602-971-4044 or visit www.hubbardswim.com.

AquaTots, founded in Scottsdale in 1991, has a swim school located at the southwest corner of 12th Street and Northern Avenue. Swim lessons are available in groups, from age 4 months (with parent) to 4 years and older. Levels include beginner to advanced. There also is a swim club and a swim team for more experienced children to join. For more information, call 602-753-5101 or visit www.aqua-tots.com.

The City of Phoenix Parks and Recreation also offers swim lessons to children as young as 6 months through adulthood, at its various city pools, including at Sunnyslope Pool, 301 W. Dunlap Ave., and Washington Pool, 6655 N. 23rd Ave. Summer swim lessons are offered in four sessions, beginning June 4 and continuing through July 26 (varies by location). Cost is \$15 per swimmer, per session. Recreational swim and dive teams also are available. For more information, call 602-262-7165 (Sunnyslope) or 602-262-7198 (Washington), or visit https://www.phoenix.gov/parks/pools/programs.

Editor’s note: Hanna Plotnik, Hana Dement and Maia Ordonez from the ASU Cronkite School for Journalism and Mass Communication contributed

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COMMUNITY

New rules enacted for 'sober living' homes

By Teri Carnicelli

Sober living homes are a growing business in the Valley of the Sun, and with little regulation imposed by the city of Phoenix, residents who are living near one of these facilities began to call in complaints such as trash, loitering, noise, and other “nuisance” issues along with concerns about the safety and well-being of residents of the homes themselves.

More than a year ago the city formed a coalition of stakeholders to look into beefing up the city’s ordinance related to these residential facilities. As a result, the Phoenix City Council on April 18 approved changes to the city’s group home and sober living home regulations, and those changes went into effect last month.

The amendment to the current Zoning Ordinance was drafted by the Planning and Development Department with input from citizens and industry stakeholders, most significantly from Take Action Phoenix (TAP), spearheaded by neighborhood activists Wally

Graham, Jeff Spellman and Linda Colino. The amendment strengthens protections for the residents of group homes to ensure they are not victims of unscrupulous operators, while protecting neighborhoods and meeting the Fair Housing Act and Americans with Disabilities Act.

“In combination with a new state law [recently] signed by Gov. Doug Ducey, Phoenix will now become the nationwide leader in addressing the myriad problems of this fast-growing industry; protecting the vulnerable population counting on these facilities to aid their journey to sobriety, and in so doing ensuring a quality neighborhood environment for every resident,” said Councilman Sal DiCiccio, who represents District 6.

Sober Living Homes are a relatively new business model that take people directly from short-term inpatient drug and alcohol rehab programs and, in theory, help them transition to a productive, sober life. “Unfortunately, since there was previously no regulation or oversight of these businesses, many are little more than insurance or government-subsidized flophouses—places with as many as 10 people, newly released from rehab, living together in questionable conditions entirely without professional assistance or supervision,” DiCiccio pointed out.

The amendment simplifies the definitions of Assisted Living Homes and Centers, Residential Care Homes and Centers, and Sober Living Homes. All those homes will be called Community Residence Homes or Centers.

The amendment also includes the following provisions: Provides accommodations for people with disabilities; extends permitting requirements to more neighborhoods; adds protections to prevent an oversaturation of Group Homes in one neighborhood to prevent clustering; and adds standards for parking requirements and restrictions to limit on-street impact. It also addresses the use of multifamily apartments as community residence centers.

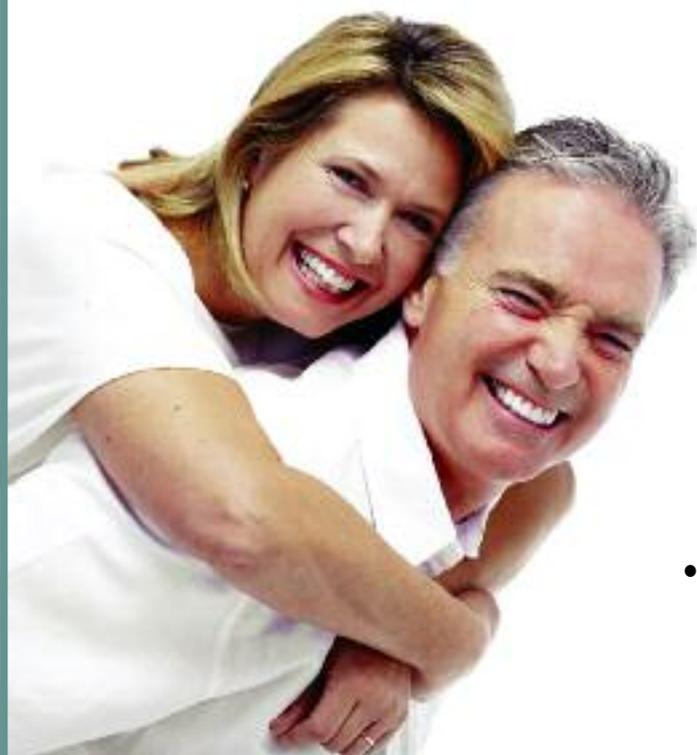
Included in some of the new requirements are measures that require Community Residence Homes to have a trained, on-site supervisor, a discharge plan to protect residents from being dumped on the streets when their insurance coverage runs out, along with basic safety measures to ensure the safety and security of residents and neighborhoods alike.

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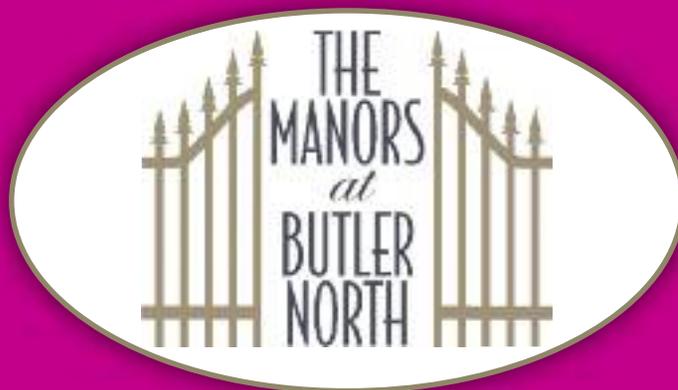
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Kiwanis spread the love—and the funds

By Teri Carnicelli

The North Phoenix Kiwanis Club on May 3 conducted its annual distribution of funds to area nonprofits, school-based groups, and other organizations that serve the Valley's youth. The club is a subsidiary of Kiwanis International, whose mission is to "improve the world by making lasting differences in the lives of children" around the globe.

The bulk of the local club's funds are raised every year as part of its Walk-A-Thon, which invites teams to participate and splits the profits raised through sponsorships and donations with those teams. North Phoenix Kiwanis Club President Jim Day said last year the Walk-A-Thon had more than 32 groups participating, and grossed approximately \$360,000—half of which went to the club's nonprofit foundation.

That money is then used to benefit other area groups that also service youth in the community. This year's recipients included:

- The Andy Hull Sunshine Foundation, whose mission is awareness, prevention and encouragement for those contemplating or impacted by suicide with a "You Matter" approach.

- First Mennonite Church, 1612 W. Northern Ave., and its summer programs that serve at-risk youth.

- Heart for the City, which provides sports, workforce development, after-school/summer programs and more for at-risk, inner-city youth in Phoenix.

- Kitchen on the Street, which started as a weekend food backpack program for low-income youth in schools, and has grown to include a café, food truck and catering services which provide on-the-job training for adults and income for the Bags of Hope program.

- MIKID, providing services to children with mental and/or behavioral issues and their families, including respite, support groups, direct care in the home, and more.

- Military Assistance Mission, founded to provide financial support and morale aid to current Arizona active duty military, their families, and wounded warriors—regardless of overseas deployment status.

- OCJ Kids, which offers support, programming, guidance and more for children in Arizona's foster care system, particularly those living in group congregate care.



Jim Day, left, president of the North Phoenix Kiwanis Club, presents Cletus Thiebeau, president and CEO of VALLEYLIFE, with a donation check to support the nonprofit's programs that serve those with developmental and/or physical disabilities (photo by Teri Carnicelli).

- Sunshine Angels also is a nonprofit organization that was founded to support foster children living in group homes within the Phoenix Metro area. Programs include Welcome Boxes, birthday celebrations, summer camp, scholarships, and more.

- VALLEYLIFE provides services to individuals with developmental and/or physical disabilities and their families through therapy, day programs, vocational programs, and group home care. Various departments in the Washington Elementary School District (WESD) also received checks (see this month's School News section for more details).

The North Phoenix Kiwanis Club also has other philanthropic programs, many of which take place during the holidays, including a Turkey Trot, Holiday Food Boxes, and a Christmas party for about 140 kids in WESD. It also purchases and donates student dictionaries to approximately 3,000 WESD third-graders each year.

For more information, visit <http://www.north-phoenix-az.kiwanisone.org>.

Fire ban regulations for preserves in effect

The Phoenix Parks and Recreation Department has initiated its summer ban of open fires in the city's desert and mountain preserves. In consultation with the Phoenix Fire Department, smoking and charcoal fires are included in the ban due to the extreme fire dan-

ger that the combination of low humidity, increasing temperatures and frequent high winds create each spring. Additional information about the ban is available at phoenix.gov/parks/trails.

For those using the preserves, the fire ban stipulates the following: Open, wood and charcoal fires are prohibited in any part of Phoenix's preserves, including Camelback Mountain, Papago Park, all areas of the Phoenix Mountains, North Mountain and surrounding areas. The ban does not apply to traditional city parks. Propane or gas grills may be used, but only in established picnic areas.

In addition, smoking outside of enclosed vehicles will continue to be prohibited.

To protect their homes, residents whose property borders the preserves may remove dry shrubs, brush and grasses, and trim dead branches from trees within the 10-foot strip of preserve bordering their property. By creating this 10-foot "buffer zone," residents can help to protect their homes from brush fires in the adjacent preserve. Preserve neighbors also should check irrigation lines and pool backflush hoses to ensure that water is not seeping into the preserve. Outside water sources encourage unnaturally dense vegetation growth, which increases fire risk.

For general information regarding removing vegetation, residents can contact a park ranger by calling 602-495-5458 or e-mailing natural.resources.pks@phoenix.gov.

Hospice of the Valley hosts volunteer training

Hospice of the Valley needs volunteers to visit patients at their Phoenix homes and provide breaks to family caregivers.

Orientation will be held from 9 a.m. to 3:30 p.m. Saturdays on June 9, 16, and 23 at the agency's administrative office, 1510 E. Flower St., Phoenix.

Volunteers visit with patients, run errands and offer emotional support. Opportunities also are available for activities that don't involve patient care, including administrative duties, working at the White Dove Thrift Shoppe and sewing.

Advance application is required at www.hov.org/volunteer-opportunities. For more information, call 602-636-6336.

Summer programs at Japanese garden

The Valley of the Sun will be hot this summer, but the Japanese Friendship Garden of Phoenix will continue to provide an oasis downtown. The garden will be open this month Saturdays and Sundays, from 7-11 a.m., and in the cool of the evening from 6-9 p.m. It will then close July-September.

Programs at the garden this month include a Mindfulness Workshop, set for 8:30-9:30 a.m. Sundays, June 3 and June 10. Cost is \$20, and includes admission to the garden. Instructor Jin Sokushin will show you simple ways to relax your mind and body.

Come back the evenings of June 3 & 10 to enjoy Sunday Jazz and Wine in the Garden, 6-9 p.m. The event includes live jazz, wine sampling, lantern display and happy hour. Hiro Sake also will present samplings of Watermelon Sakeinis and Sake Mules. Cost is \$7 for adults, \$6 for seniors and \$5 for members of the military, and includes one sampling ticket. Extra tickets will be available for purchase.

Space might still be available for the Public Tea Ceremony set for Saturday, June 16. Cost is \$30 general admission, \$25 for seniors. Call for more information.

The Japanese Friendship Garden of Phoenix is located at 1125 N. 3rd St. Call 602-274-8700 or visit www.japanesefriendshipgarden.org.

HAPPY HOUR *with* HERSCHE

The Phoenix Suns, the Valley's longest running sports team, has fallen on challenging times over the last 8 seasons having finished no better than 9th in their conference. This year was the 2nd worst in history only behind their inaugural season in 1968-69. However, the month of June is when hope springs eternal for all NBA fan bases with the potential influx of talent from the draft. Phoenix has two picks in the first round and potentially the #1 pick overall. It seems like better days are ahead for Phoenicians as long as the brain trust does not make a mistake. With that being said, below is a list of the 5 worst #1 picks in the NBA draft in the last 20 years and who they could have selected.

- 5 **Andrew Bogut** by the Jazz in 2005, could have been Chris Paul.
- 4 **Greg Oden** by the Blazers in 2007, could have been Kevin Durant.
- 3 **Michael Olowokandi** by the Clippers in 1998, could have been Dirk Nowitzki.
- 2 **Kwame Brown** by the Wizards in 2001, could have been Tony Parker.
- 1 **Anthony Bennett** by the Cavs in 2013, could have been Victor Oladipo.

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Students from the Phoenix campus of DeVry University who recently competed in the Arizona Phi Beta Lambda 48th Annual State Leadership Conference are, from left: William Fullmer, Vincent Finona, Richard Hobbs, Sereina Brown and Ruth Melissa Nuñez (submitted photo).

DeVry students excel in competition

DeVry University has a strong chapter of dedicated members of Phi Beta Lambda (PBL), and on April 13-14 five PBL members from the Phoenix campus, located at 2149 W. Dunlap Ave., competed in the Arizona PBL 48th Annual State Leadership Conference.

Phi Beta Lambda (PBL) is the oldest and largest national organization for students preparing for careers in business leadership.

More than 93 students competed in 42 events, representing major Arizona universities including Arizona State University, Embry-Riddle University, Northern Arizona University, Phoenix College and Eastern Arizona College.

The five Phoenix students—William Fullmer, Richard Hobbs, Vincent Finona, Sereina Brown and

Ruth Melissa Nuñez—were able to win seven awards overall, and three of them placed in the top three of their individual categories.

Fullmer captured first place in Computer Concepts and Cyber Security, and second place in Entrepreneurship Concepts. Hobbs took home third place in both Project Management and Retail Management. Nuñez captured second place in Justice Administration, and third place in Personal Finance.

“I think it is a great confirmation to DeVry University that these students were capable of not only competing with students from larger universities, but also succeeding against them in these academic competitions,” said Peter Newman, chapter faculty advisor from DeVry University’s College of Business & Management, and faculty of the College of Engineering & Information Sciences/Media Arts Technology.

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Real Estate Corner

Bobby Lieb

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Teen seeks help with pageant

I received the notes below from a mother and daughter who live in North Central and couldn't resist making this request the focus of my June article:

Bobby,

Hope all is well with you. I know that you are very generous to programs in the North Central neighborhood and I told my daughter she should reach out to you for an advertisement sponsorship in the Miss Arizona publication. Her message is below and if you're looking for an article in the Central Corridor for June this might interest you as well. She is a very special girl representing a cause that has affected half a dozen families and four schools in our neighborhood - childhood cancer.

Hi Mr. Lieb! It's me, Kate Blair!

As you may know, I am working towards becoming Miss America's Outstanding Teen. I am really excited for this June when I will have the chance to compete on the Miss Arizona stage at the Mesa Arts Center! I really love competing in this program! Not only do I love working with Children's Miracle Network Hospitals through Miss Arizona's Outstanding Teen program but I also love having my personal platform, "Raise a Voice for Childhood Cancer - #shareaheartofgold".

What you may not know about me is that it has been my dream since I was seven years old to be Miss America someday. In my eyes, Miss America, Cara Mund, stands for everything I believe in. She is strong, confident, smart, and an incredible woman leader! I really look up to her! She is passionate about the Make-A-Wish Foundation, which makes me love her even more! As you know my sister, Elizabeth received a Make-A-Wish, which forever healed our entire family. So I'm sure you can guess when I heard Miss America would be coming to our state competition this year, I almost fainted!

I can't believe I may have the opportunity to meet her, which brings me

to the reason why I am writing to you today. Contestants like me are selling full color advertisements for the pageant competition program book, which will be handed out at the Miss Arizona and the Miss Arizona's Outstanding Teen pageant at the Mesa Arts Center in June. Full color competition books are printed, reaching the hands of people from all over Arizona. Thousands of people will see the advertisements!

The contestant who sells the most pages will win a lunch with Miss America! By sponsoring a page I will make sure to highlight your business on all my Miss Grand Canyon's Outstanding Teen public figure social media pages for even more advertising. All ads are in full color and my photo would appear on the ad page along with your advertisement. Please see sample attached with pricing. If you have any questions, please feel free to contact my mom, Heidi, at 602-910-8531. Checks can be made out to Miss Arizona Scholarship Foundation and I will pick it up. All my advertisements need to be mailed in together. Graphics for your ad can be emailed to nmeszaros@cox.net.

Thank you so much for taking the time to read my letter and helping me achieve my goals.

*Sincerely,
Kate Blair*

We'll be rooting for Kate to win the competition in June. If you'd like to place an ad in the program, call Kate's mom at the number above. Have a great June and keep cool!

Bobby Lieb

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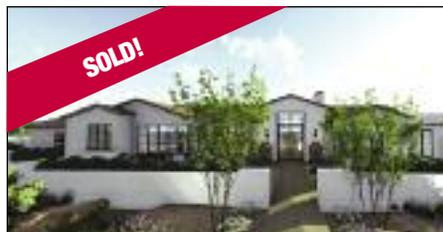
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Pet of the Month
Young cat ready to be pampered

As beautiful and captivating as the galaxy she is named after, Andromeda lives up to such a name. Brought to the Arizona Humane Society as an owner surrender with her litter of kittens, this 2 year old has already been a great mama but is looking forward to having a human mother of her own. Because her kittens were too young to wean, Andromeda and her kits spent about a month with an AHS Foster Hero until they were old enough to be on their own.

Andromeda is a sweet cat who loves chin scratches and back pats as much as the next adorable kitty. She has lived with other cats before but would still benefit from a slow introduction so each of them can get to know each other and become best of friends. If you have treats, fun toys and a nice, warm spot for her to lie on, Andromeda is sure to become your best kitty friend, too.

Visit her at the Arizona Humane Society's Sunnyslope Campus, located at 9226 N. 13th Ave. Her adoption fee



Andromeda is a sweet 2-year-old who was turned in to the shelter with a litter of kittens, but has now been spayed (submitted photo). is \$50 and includes her spay surgery, microchip and vaccinations. For more information, call 602-997-7585 and ask for animal number A578476.

Please note: This pet might have been adopted by the time you visit the shelter, however AHS has dozens more wonderful pets who need loving homes. Visit www.azhumane.org/findapet.

Car raffle benefits homeless animals

The Arizona Humane Society is revving up for its first-ever AHS Car Raffle, thanks to friends at the Valley Toyota Dealers Association who have donated a 2018 Toyota C-HR to benefit AHS' homeless pets.

Tickets can be purchased for \$20 each or three for \$50, and 100 percent of your purchase will go right back to the pets in need at AHS. Just 6,000 tickets will be sold for this cool new ride and the big winner will be selected on, Aug. 3, on the AHS Facebook page. For more details, visit www.bit.ly/2Jz0oBB.

AAWL expands pet clinic hours, space

One of the leading reasons pet owners surrender their animals to shelters is an inability to afford the high cost of medical and dental care.

To help with this issue, the Arizona Animal Welfare League (AAWL) has expanded its low-cost vet clinic's space, equipment and staffing. It has also expanded the hours it's open to the public.

The clinic doubled its exam rooms, hired another veterinarian to serve the public and is now be open Tuesday through Sunday from 7 a.m. to 4:30 p.m. These changes were made with the help of a grant from the Nina Mason Pulliam Charitable Trust and \$30,000 donated by the public.

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largest no-kill animal shelter, MDPet Care has helped more than 7,000 animals since it first opened to the public four years ago. The clinic is located at 30 N. 40th Pl. in Phoenix, behind the main shelter. For more information or to make an appointment, call 602-358-7267 or visit <https://aawl.org>.

Have your dog's behavior certified

Does your canine have good manners at home as well as out in the community? Receive an AKC Canine Good Citizen Evaluation 8 a.m.-1 p.m. Sunday, June 24, at the North Mountain Visitor Center, 12950 N. 7th St.

The Canine Good Citizen Program stresses responsible pet ownership for owners and basic good manners for dogs. All dogs who pass the 10-step CGC test may receive a certificate from the American Kennel Club. In addition, the CGC title is necessary for dogs who are in the process of becoming a certified therapy animal.

The certified evaluator (Brenda Hutton) will test your dog for this AKC

recognized title and give you the paperwork to mail in to AKC on the same day.

Reservations are available through Leslie Spencer-Snyder at 602-679-1955. Only one dog is evaluated at a time so time slots are limited. Cost is \$20 per test per dog. A portion of the proceeds from this event goes toward the operations costs of the North Mountain Visitor Center.

Gabriel's Angels gets boost from Cenpatico

Gabriel's Angels, an Arizona non-profit committed to offering healing pet therapy to at-risk children, announced the organization has fostered a corporate partnership with Cenpatico Integrated Care and Health Net of Arizona.

"Cenpatico's generosity will support our ability to reach almost 15,000 at-risk children this year," says Pam Gaber, founder and CEO of Gabriel's Angels, whose corporate office is located at 727 E. Bethany Home Road.

For more information about Gabriel's Angels, call 602-266-0875 or visit www.GabrielsAngels.org.

First United Methodist Church

UNDER New Management

...but we still report to the same Boss!

While most everything in Central Phoenix slows down during the summer, life at First Church is about to pick up! This month, we welcome a new senior pastor into our church and our lives, and we are as excited as ever to show them (and you!) what sets First Church apart. Whether you are looking for groups or classes to join, volunteer opportunities to participate in to help pass the dog days of summer, or you are interested in finding meaningful, relevant and impactful worship services with amazing music, you should definitely give First Church a try. We pride ourselves on offering opportunities for people of all ages, and our staff, along with our congregation, work tirelessly to make First Church a place where everyone feels at home. Plus, we have air conditioning! What more could you want??



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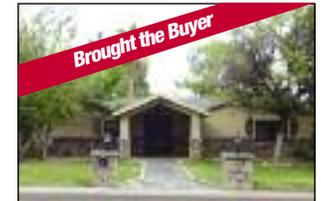
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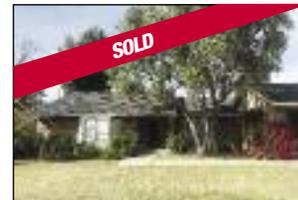
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Recognizing a 'good neighbor'

Michael Anderson is well known in his Coronado neighborhood for being the guy who will lend a hand to pick up trash in the alleys, help a neighbor fix a mailbox, give a neighbor a ride to a medical appointment, or just be the go-to guy to help out a neighbor in need.

Similarly, Blanca Manubag-Melgoza is well known in Phoenix's historic Pasadena neighborhood for, as one neighbor put it, "looking out for broken street light fixtures, abandoned cars, boarded up houses, starving cats and dogs, and wandering, wayward children." She also hosts a yearly pancake breakfast in her own front yard to welcome new neighbors, recruit volunteers and listen to their concerns.

Not surprisingly, both of these people are past recipients of Trellis' Good Neighbor Bench Award, which was launched by the nonprofit in the spring of 2015. Honorees receive a one-of-a-kind front porch bench created by a local artist as a reward for being a positive pillar in the community.

Each June, NeighborWorks America and its network of local organizations mobilize tens of thousands of volunteers, businesspeople, neighbors, friends, and local and national elected and civic leaders in a week of neighborhood change and awareness.

To celebrate NeighborWorks Week (June 2-9), Trellis is once again hosting its annual Good Neighbor Initiative. When you nominate your neighbor, they can win a one-of-a-kind front porch bench, made by a local artist.

Anderson, who is past president of the Coronado Neighborhood Association (CNA), was surprised with his bench in July last year, with more than 25 neighbors, Trellis staff, and city representatives turning out for the presentation.

Kellie Kreiser, Michael's wife, says, "He's always helping people. Not only does he volunteer hours of time with the CNA, but he's always the guy who will help someone in need—whether he's fixing something for someone, checking in to make sure neighbors are OK, and a million other small, but important gestures that make people feel included in the neighborhood."

Manubag-Melgoza, who received her bench in May 2016, was nominated by London Lacy, who noted that, "Blanca voluntarily makes her neighborhood strong. She is devoted as a city



Michael Anderson, seated center, was surprised with a Good Neighbor Bench Award last July from Trellis, a Phoenix-based nonprofit dedicated to making stable homes and communities possible. If you have a neighbor who goes above and beyond to help out, nominations are being accepted (photo courtesy of Trellis).

of Phoenix resident and spends many hours being a good neighbor, by learning the issues that affect her community, lending tools to neighbors who need a hand-saw, wrench, or a lawnmower, or to reach a city service and are hindered by a language barrier, or the complexities of dealing with a local municipality.

"If anyone deserves recognition, it's Blanca for being the eyes and the ears of her neighborhood, keeping residents alert and informed of City of Phoenix programs and services and making her neighborhood safe and free of graffiti and blight," Lacy wrote.

But it isn't only Phoenix residents who can be nominated as a Good Neighbor. Many business owners might also fit the bill. For example, Julie Meeker, owner of Mother Bunch Brewing in downtown Phoenix, is an advocate for women in the craft-beer scene. Meeker even created a beer to advance women's education in the beer industry, with proceeds donated to The Pink Boots Society. Meeker was presented with a Good Neighbor Award Bench, appropriately, just before Mother's Day last year at her downtown brewery.

To nominate a "Good Neighbor," visit <https://trellisaz.org/goodneighbor/>.

Don't leave kids, pets in hot cars

This year, the "Don't Leave Me Behind" vehicular heatstroke awareness campaign is kicking off with new partners to help spread this important

safety message.

Working together with the Arizona Humane Society, Phoenix Children's Hospital and Penguin Air & Plumbing, the Maricopa County Attorney's Office is challenging everyone to keep the number of incidents of children and pets left in hot cars this summer to zero.

Data compiled by the nonprofit KidsandCars.org rank Arizona as one of the top five states for these fatalities. Statistics compiled by San Jose State University ranked Arizona third nationally for child deaths due to heatstroke from being left in a hot car.

As part of the 2018 partnership campaign, an updated SafeKidsAZ webpage can be found at www.safekid-saz.org/vehicular-heatstroke. The website is filled with information, tips and videos to help people understand the dangers of hot cars and how the tragic loss of life in these scenarios is 100-percent preventable.

Leaving a child or pet in a vehicle is not only potentially fatal, in some circumstances it is a criminal offense. Never leave a child or an animal alone in a parked car—even with the windows rolled down or air conditioning on. The risk of vehicular heatstroke can occur in air temperatures of 80 degrees or less and even as low as 57 degrees. Interior temperatures can quickly rise to 125 degrees even with the windows slightly rolled down.

Never let children play in an unattended vehicle, and always check the back of the vehicle before locking the

door and walking away. If a child is missing, quickly check all vehicles, including the trunk.

If dropping a child off is not part of your normal routine, take steps to remind yourself that the child is in the car:

- Place something you need to take with you in the back seat next to the car seat so that you'll check the back seat before you leave.
- Set a reminder on your cell phone or calendar.

- Instruct your daycare provider to call you if your child does not show up. Last year, the Arizona Legislature passed a bill that aims to end hot-car deaths and allows Good Samaritans to take action without risk of civil liability if they rescue a child or a pet from a hot car.

If you see a child or pet in a hot car and believe they are in imminent danger of physical injury or death: Call 911; determine if the vehicle is locked; if unlocked, open a door to enter the vehicle; if locked, you may break the window. Do not use more force than is necessary, and remain with the child or pet until the authorities arrive.

Changes coming to Phoenix City Council

Get ready for some anticipated changes to the city's mayor and council seats.

Mayor Greg Stanton officially stepped down on May 29, having announced his intention last year to run for the Arizona Congressional District 9 seat, being vacated by Kyrsten Sinema, in the fall 2018 election. The special election for a new mayor will take place on Nov. 6.

There are five people who have indicated their intention to run for mayor, including current Councilmembers Daniel Valenzuela and Kate Gallego. If any councilmember chooses to run for mayor, they would also have to resign as councilmember. If they resign before June 19, the election to replace them also would be held Nov. 6. Interim councilmembers will be appointed by the Phoenix City Council until the election.

City Charter requires the city council to select one of the remaining council members to serve as mayor until the special election; Vice Mayor Thelda Williams was chosen to serve as interim mayor. Williams also continues to serve as the councilmember for her district.



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COMMUNITY

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'Protecting a Way of Life'

6:30 p.m. Wednesday, June 6

Pueblo Grande Museum

4619 E. Washington St.

602-495-0901

Royce Manuel, Akimel O'odham artist and educator, describes his work through the "Tools of Yesterday" using plant fiber, primitive bows and arrows, knapping stone, and making agave plant cordage. A tribal and cultural educator and member of the Salt River Pima-Maricopa Indian Community, Royce and his wife, Debbie, specialize in teaching artistic traditions while renewing and protecting indigenous knowledge for generations to come. Free and open to the public. Visit www.pueblogrande.com.

'Arizona: Land of the Water Haves and Water Have-nots'

6-8 p.m. Wednesday, June 6

Arizona Humanities

1242 N. Central Ave.

A resilient, long-term water supply is

crucial to our prosperity and quality of life. Yet, some communities in the state may be extra vulnerable to shortages. They may lack access to water for basic needs. And they have little control over the stewardship of their water resources. Sarah Porter of the Kyl Center for Water Policy at Arizona State University's Morrison Institute for Public Policy will discuss the underpinnings of water uncertainty and policy reforms to address the problem, during this public program. While the program is free, RSVPs are requested at: www.arizonahumanities.eventbrite.com.

Pineapple Triangle

10 a.m.-4 p.m. Saturday, June 9

DeSoto Central Market

915 N. Central Ave.

Featuring crossroads of local artisans, community and charity, this event offers an array of handmade and custom design pieces. These events boast solely Arizona-based vendors, food trucks and live music. A minimum of 20 percent of all purchases go back to local nonprofits. Admission is \$10, advance purchase required. Visit www.pineappletriangle.com.

Historical Society Hosts Ted Kraver

10 a.m. Saturday, June 9

Sunnyslope History Museum

737 E. Hatcher Road

602-331-3150

Ted Kraver, longtime member of the Sunnyslope Historical Society, is launching his autobiography, "The Life Story of Theodore C. 'Ted' Kraver, Éminence Grise" (\$22). Kraver's remarkable life story traces the transformation of technology and education of an innovative engineer and civic entrepreneur. He will give a presentation followed by a book signing and reception with complimentary refreshments. The event is free and open to the public, however, RSVPs are requested. The museum closes on June 16 for the summer, and will re-open in September.

Free Family Weekend

June 9-10

Phoenix Art Museum

1625 N. Central Ave.

602-257-1880

Through the generosity of Discount Tire, the Museum offers free

general admission and discounted special exhibition admission on the second weekend of each month, with exciting activities, scavenger hunts, live performances, story time, free tours, and more. Each Discount Tire Free Family Weekend features an opportunity to learn about and make art with a featured local Valley artist, from muralists to dancers and more. Free and open to the public on Saturday from 10 a.m.-5 p.m. and Sunday from 12-5 p.m.

Legislative Wrap-Up

6:30 p.m. Tuesday June 19

Elaine's Fine Dining, The Beatitudes

1616 W. Glendale Ave.

602-510-1544

The Phoenix Branch of AAUW (The American Association of University Women) is continuing the tradition of hosting political and legislative reporter Mary Jo Pitzl, who will provide the Arizona Legislative Review for the group's final meeting of the year. The program begins at 6:30 p.m. after an optional dinner (\$15) at 5:30 p.m. RSVP for the dinner to 602-510-1544 by June 15. Visitors are welcome.

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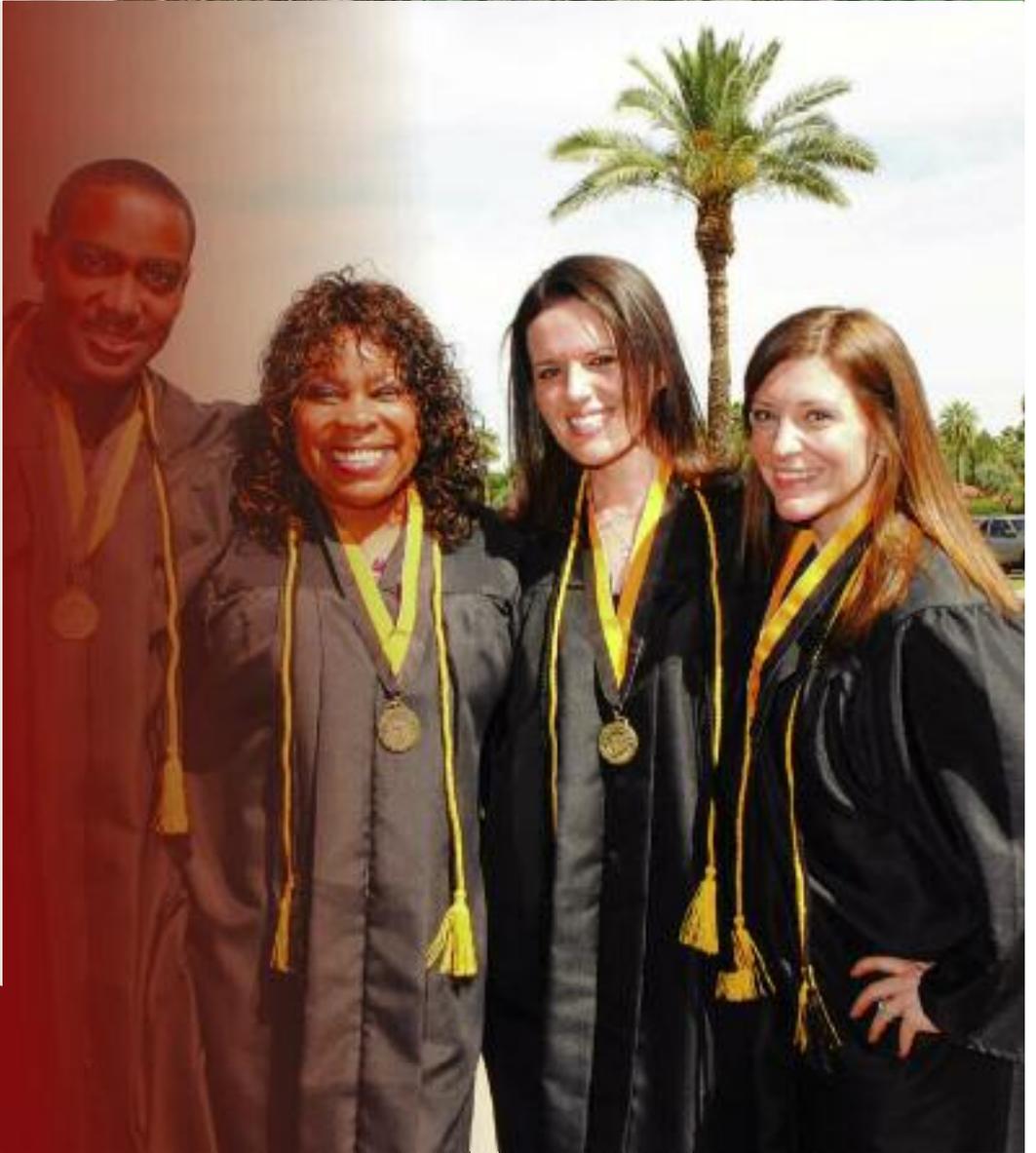
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TAKING CARE OF BUSINESS

Business Briefs

Boutique aids those with brain injuries

An upscale resale clothing and accessories boutique, with volunteer opportunities for, and proceeds benefiting those with is traumatic brain injuries, was set to open May 31 at 2322 E. Indian School Road.

Let's Begin Again will offer a large inventory of new or gently used clothing, jewelry, shoes, handbags, home decor and housewares at affordable prices. The store's nonprofit application is pending, and donations will be accepted during business hours: 10 a.m.-6 p.m. Tuesday-Sunday (closed Mondays).

Let's Begin Again will benefit traumatic brain injury survivors by providing volunteer opportunities for survivors reintegrating into the community after rehabilitation. To schedule an interview to become a volunteer, e-mail letsbeginagainphx@gmail.com.

Proceeds will be donated to nonprofit organizations that provide resources and organize social activities for survivors and their family/caregivers.

CenturyLink awards local teacher a grant

During the month of May, CenturyLink awarded \$124,000 to 27 teachers across Arizona in support of providing supplemental funding to schools and enhancing the innovative use of technology in classrooms. In the Central Phoenix area, BioScience High School Teacher Melanie Engstrom received \$4,982 in grant money for a new Thermal Cycler and Adjustable-Volume Pipettors for the school's laboratory and science department. The school is located at 512 E. Pierce St.

CenturyLink's Teachers & Technology program provides grants to schools on behalf of PreK-12 teachers to help introduce young people to science, technology, engineering and math, or STEM, concepts. The winning schools plan to use the funds for items such as iPads, computers, 3D printers and laboratory equipment.

CenturyLink is providing a total of \$1.4 million in Teachers & Technology grants for STEM programs nationwide.

Find your culture, define your brand

Maintaining a strong company culture has never been more important than today, and connecting your culture to your brand story is an essential ingredient to remaining relevant in the modern marketplace. Matt Clyde, president and founder of Ideas Collide, will share key strategies and takeaways for you to grow your business by effectively telling your story, during the Greater Phoenix Chamber of Commerce's Annual Luncheon, 11:30 a.m.-1 p.m. Friday, June 8, at Pointe Hilton Squaw Peak Resort, 7677 N. 16th St.

Learn how to get fully invested in the new, modern branding focused on building your story and investing in your people and the community in which they work, live and play. Through inspiring examples and real application, see how your organization can take this new level of culture and brand for any organization to drive stronger performance and results.

Cost is \$45 for Chamber members, and \$65 for nonmembers. RSVP by June 4 at <https://phoenixchamber.com>.

Classy Kitchen set to close on June 16

The Classy Kitchen, an upscale housewares consignment store housed inside a quaint house-turned-store at 7118 N. 7th St., will close its doors on Saturday, June 16.

North Central residents Sandy and Butch Grunow, both third-generation Phoenicians, took over the store from Linda Klein and Terri Mainwaring just short of two years ago.

"Children and grandchildren tug at your heart, letting you realize what is important, and Butch and I have decided it is time for us to fully retire," Sandy explains.

Shoppers will be able to find special deals in advance of the closing. Items still available in the store will be discounted by the following: items dated over 1 month, 20 percent off; over 2 months, 30 percent off; over three months, 50 percent off; and over four months, 65 percent off. Exception items such as Waterford crystal and AllClad cookware will be discounted at 30 percent if dated over two months.

please see CLOSING on page 22



5 Step Checklist for a Successful Estate Plan

Thursday, June 28
12:00 p.m. to 1:00 p.m.

Andrea L. Claus, Attorney at Law

Director of Estate Planning, Probate, and Trust Administration
Bivens & Associates, PLLC

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TAKING CARE OF BUSINESS

CLOSING continued from page 20

In addition, as the closing date approaches, some store fixtures will be sold off as well. See in store for details.

For more information, call 602-870-3530 or visit www.theclassykitchen.com.

New clothing drive for foster children

Now through June 17, all Mattress Firm stores in Phoenix will be accepting much-needed new clothing and undergarment donations to provide to local foster children and teens.

All donations collected during the Mattress Firm Foster Kids Clothing Drive will stay in the Phoenix community and will be distributed through local nonprofit partners, Arizona Children Association and Arizona Helping Hands at the end of the eight-week drive.

Drop off your donations of new clothing in all sizes—infant to teen—at any Phoenix Mattress Firm store (www.mattressfirm.com).

Estate planning firm honored at conference

Phoenix law firm, Morris Hall PLLC, was honored at the annual Spring Summit of the American Academy of Estate Planning Attorneys, held in late April in Las Vegas. The conference marked the 25th Anniversary of the Academy, a national organization dedicated to promoting excellence in estate planning, and Morris Hall was noted as one of the Academy's charter members.

As part of the celebration, Academy founders Robert Armstrong and Sanford M. Fisch took time to recognize Theron M. Hall Jr., senior partner of Morris Hall, for his participation, contributions, and friendship over the last 25 years.

Over the past two and a half decades, the American Academy of Estate Planning Attorneys has become the premier national organization promoting excellence in estate planning by providing member attorneys with research and continuing education in estate planning, business planning, and tax laws.

"Academy membership has given us the education, training, coaching, and resources to expand our practice while ensuring our clients and their experience stay at the center of the firm's

focus," Hall said. "The Summit was a nice opportunity to pause and reflect on the past 25 years, but it was also an exciting glimpse at what's next in terms of the technological advances and the new legal strategies I'll be able to use to help my clients."

Morris Hall PLLC, with offices in Arizona and New Mexico, has devoted its practice to estate planning matters for more than 40 years and has been a member of the American Academy of Estate Planning Attorneys since 1993. Morris Hall is one of only two of firms in Phoenix to be admitted to Academy membership. For more information, call 602-249-1328 or visit www.morristrust.com.

Silva celebrates 30 years with Allstate

Insurance agent Tony Silva reached a major milestone this year, celebrating 30 years of helping Phoenix residents protect what matters most to them—their families, their homes, their cars and their lives.

Silva, who has owned and operated his Allstate agency at 12801 N 28th Drive, Ste. 11 since February 1988, provides auto, home, life and commercial insurance as well as a variety of financial products.

Silva's office can be reached at 602-863-2909 or online at www.allstate.com/tonysilva2.

New acupuncture studio sports 'Zen Den'

Scottsdale-based Modern Acupuncture has opened a second location, in the Arcadia Village Complex at 3925 E. Camelback Road.

Modern Acupuncture is an acupuncture franchise that brings the natural health and cosmetic benefits of acupuncture to the mainstream at an affordable price. The 875-square-foot clinic has eight zero-gravity acupuncture chairs located in the Zen Den, a relaxing retreat outfitted with sound-proof insulation, calming sounds, and cool earth tones, ensuring a multi-sensory experience as acupuncture services are delivered.

Modern Acupuncture will service the high demand for wellness and holistic-minded people and provide an opportunity for cosmetic acupuncture to individuals interested in maintaining a youthful complexion. For more information, call 602-753-1499 or visit www.modernacupuncture.com/az011.

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1643 W. El Caminito Drive • \$795,000
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ACTIVE LISTING

7340 N. 6th Way • \$699,000
5bed/3bath, 3,026 sq ft
Prime cul-de-sac location



ACTIVE LISTING

27646 N. 83rd Ave. • \$1,199,000
4bed/3.75bath, 4,007 sq ft
Westwing Mountain



ACTIVE LISTING

5225 W. Desert Drive • \$935,000
4bed/5bath, 5,559 sq ft
Estrella Mountain views



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19 W. Frier Dr	JUST LISTED	4915 SF	5BR/4.5BA	\$1,050,000
7211 N. 3rd St	IN ESCROW	3318 SF	4BR/2.5BA	\$1,000,000
21 E. Cactus Wren Dr	NEW PRICE	6718 SF	4BR/3.5BA	\$ 995,000
10442 N. 48th Pl	NEW PRICE	4120 SF	4BR/4BA	\$ 950,000
421 W. Northview Ave	NEW PRICE	4166 SF	4BR/4.5BA	\$ 925,000
7110 N. 18th St	NEW PRICE	4107 SF	4BR/3.5BA	\$ 899,000
902 W. El Camino Dr	NEW PRICE	4560 SF	4BR/3.5BA	\$ 875,000
6725 N. 7th St	JUST LISTED	3473 SF	3BR/2.5BA	\$ 875,000
310 S. 4th St. #2001	VIEWS	1981 SF	3BR/3BA	\$ 849,000
3030 E. Squaw Peak Cr	GATED COMMUNITY	2564 SF	3BR/2.5BA	\$ 775,000
14392 E. Becker	NEW PRICE	5167 SF	4BR/4BA	\$ 605,000
219 E. Northern Ave	NEW PRICE	2688 SF	5BR/3BA	\$ 589,000
3402 N. 35th Pl	NEW PRICE	2573 SF	4BR/2BA	\$ 558,900
4214 E. Carol Ann Ln	JUST LISTED	2725 SF	4BR/3.5BA	\$ 564,500
4210 E. Carol Ann Ln	IN ESCROW	2725 SF	4BR/3.5BA	\$ 599,000
11303 N. 34th St	IN ESCROW	2617 SF	4BR/2.5BA	\$ 549,500
210 E. Keim Dr	NEW PRICE	2182 SF	3BR/2.5BA	\$ 549,000
1629 E. Echo Ln	MOVE IN READY	2026 SF	3BR/2.5BA	\$ 525,000
1801 E. Stella Ln	JUST LISTED	3750 SF	5BR/3BA	\$ 549,900
11307 N. 34th St	IN ESCROW	2515 SF	4BR/3BA	\$ 549,500
4230 E. Carol Ann Ln	IN ESCROW	2617 SF	4BR/2.5BA	\$ 549,500
4238 E. Carol Ann Ln	IN ESCROW	2617 SF	4BR/2.5BA	\$ 549,500
3411 E. Cholla St	IN ESCROW	2131 SF	3BR/2.5BA	\$ 494,500
8401 N. 17th Pl	NEW PRICE	2209 SF	4BR/3BA	\$ 499,500
7140 N. 15th St	NEW PRICE	2168 SF	4BR/2BA	\$ 469,500
7602 N. 17th Ave	REMODELED	2209 SF	4BR/3BA	\$ 449,500
11430 N. 12th Pl	NEW PRICE	2488 SF	4BR/2.5BA	\$ 435,000
310 S. 4th St. #2006	VIEWS	1533 SF	2BR/2.5BA	\$ 449,000
6846 N. 14th Pl	REMODELED	1980 SF	4BR/2BA	\$ 409,000
6317 N. 14th St	IN ESCROW	1766 SF	2BR/2BA	\$ 349,900
2747 E. Amelia Ave	IN ESCROW	1352 SF	3BR/2BA	\$ 319,000
706 E. Boca Raton Rd	IN ESCROW	1912 SF	3BR/2.5BA	\$ 329,871
722 E. Boca Raton Rd	IN ESCROW	1767 SF	3BR/2.5BA	\$ 306,941
711 E. Boca Raton Rd	NEW CONSTRUCTION	1784 SF	3BR/2.5BA	\$ 295,900
718 E. Boca Raton Rd	NEW CONSTRUCTION	1640 SF	3BR/2.5BA	\$ 282,900
715 E. Boca Raton Rd	NEW CONSTRUCTION	1640 SF	3BR/2.5BA	\$ 282,900
1333 E. Morten Ave. #139	JUST LISTED	961 SF	2BR/2BA	\$ 159,900
12831 N. 17th Pl. Lot 10	NEW PRICE	14,972 SF LOT with views		\$ 159,900

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Featured Homes for June



7602 N. 17th Ave. • \$439,500



219 E. Northern Ave. • \$589,000



1629 E. Echo Ln. • \$525,000



11430 N. 12th Pl. • \$435,000



2807 N. 21st St. • \$375,000



1333 E. Morten Ave. #139 • \$159,900



6317 N. 14th St. • \$349,900



310 S. 4th St. #2006 • \$449,000



4214 E. Carol Ann Ln. • \$564,500

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HEALTHY LIVING



Customers enjoy a massage while getting a “boost” from IV wellness treatments at The Drip Room, which recently opened at The Colony in North Central Phoenix (submitted photo).

Two health-focused shops in one stop

The Drip Room hopes to work its way into the veins of the North Central Phoenix community with the opening of its second Valley location at The Colony, 5538 N. 7th St.

The Drip Room provides wellness treatments that were once only available at the doctor's office, now in a comfortable and social setting. The Scottsdale-based company's proprietary blend of vitamin drips, boosters and B12 shots are said to increase energy, encourage better sleep and make skin more radiant.

The Drip Room's menu includes drips that promote energy, weight loss, immunity, anti-aging, detoxification, post-party recovery and more. For full menu and details, visit www.thedrip-room.com.

Guests also will enjoy an Oxygen Bar and Vitamin Bar of “cocktails” that are good for you, including drips, shots, boosters, wellness packages and more. It can all be enjoyed from the comfort of The Drip Room Lounge or relax in your own massage chair.

The Uptown Phoenix location will be twice as big as the Scottsdale location, offering an expanded retail selection and also an Elixir Bar where health enthusiasts can enjoy a variety of shooters, energy drinks and detox items.

“We are so excited to bring this permanent location of our Drip Room to Uptown Phoenix,” said Shirley Kelly,

RN, founder of The Drip Room. “We know this is an area of the Valley where people are extremely health conscious and always looking for ways to increase their energy and immunity, improve their sleep and see many more of the tremendous benefits that our Vitamin Drips can provide.”

The Drip Room opened early last month, while neighbor BURN Total Body Conditioning was set to open on June 1.

BURN Total Body Conditioning, also located at The Colony, is powered by the Lagree Fitness Method, a practice developed by Los Angeles-based Pilates master Sebastien Lagree. The patented, all-encompassing method uses a Megaformer—a spring-based resistance machine—to channel an abs-burning, thigh-and-buns-shaking, total-body-conditioning workout that strengthens, lengthens and sculpts the entire body. The method offers a blend of cardio, flexibility, core, balance and strength and typically burns between 500 and 800 calories per session.

“Uptown Phoenix is about to get the best workout of its life,” said Rebecca Costa, owner of BURN Total Body Conditioning. “We look forward to seeing quivering thighs and transformed bodies at The Colony.”

These two new businesses join another recent health-conscious tenant at The Colony: Farm & Craft, a restaurant that focuses on healthy and sustainable food with several vegetarian and vegan options available.

HEALTHY LIVING

**Health Briefs
Blood drives
held on June 11**

The American Red Cross is counting on volunteer donors to give blood and help ensure patient needs can be met this summer.

Around Memorial Day, the Red Cross sees a steep decline in blood donations. Busy summer schedules, vacations and school breaks also cause a drop in donations. Accidents and medical emergencies don't take a summer break—patients need blood every minute, every day.

The public is asked to schedule an appointment to help ensure that hospitals and patients have the blood they need this summer. Upcoming blood drives include: 9 a.m.-2:30 p.m. Monday, June 11 at Homewood Suites by Hilton Phoenix-Biltmore, 2001 E. Highland Ave.; and 9 a.m.-3 p.m. June 11 at the American Red Cross Greater Phoenix Chapter, 4747 N. 22nd St., Suite 100.

Make an appointment to donate blood by visiting www.RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

Non-invasive, drug-free pain relief

San Diego-based AVACEN Medical is the maker of the drug-free, pain relief product, the AVACEN 100, which offers a unique approach to treating fibromyalgia widespread pain. Treatments with the AVACEN 100 are now available at Kharma Life Center, 700 W. Campbell Ave., Ste. 1.

Prior to the AVACEN 100, the only way to systemically treat the widespread pain associated with fibromyalgia was to use drugs such as Lyrica, Cymbalta, or Savella. The AVACEN 100 has been successfully helping those with widespread pain associated with fibromyalgia in the European Union, and recent studies in the United States have show improvements with those being treated with the device.

The AVACEN 100 is a Class II medical device that uses the AVACEN Treatment Method, which noninvasively and safely infuses heat into the circulatory system to create muscular relaxation while increasing microcirculation throughout the body. Unlike other medical devices providing local pain relief, the AVACEN 100's unique mechanism of action offers widespread pain relief.

See study details at <https://www.avacen.com/fms>.

Cost for a 30-minute session at Kharma Life Center is \$30; a 10-session package is \$199. To book an appointment for a treatment, contact Kharma Life Center at www.kharma.life.com or 602-795-9767.

**Treating injuries
out on the trail**

The Central Arizona Mountain Rescue Association (CAMRA) hosts a Wilderness First Aid course, 8 a.m.-5 p.m. June 9-10 at the North Mountain Visitor Center, 12950 N. 7th St. It is for the outdoor enthusiast or trip leader who wants a basic level of first aid training for short trips with family, friends and outdoor groups. It also meets the ACA guidelines.

The class is 16 hours long (two days), and focuses on the basic skills of response and assessment, musculoskeletal injuries, environmental emergencies, survival, soft tissue injuries, and medical emergencies. Tuition is \$155. You will receive a WFA certification.

To register, call Mike Englund at 623-692-1908 or e-mail WildernessMedicine@cox.net.

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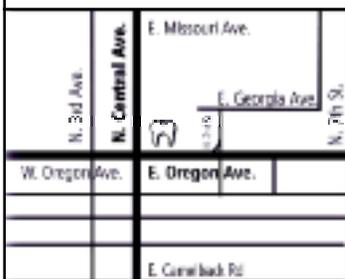
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SCHOOL DAYS

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Monibelle Townsend, 7, was presented with a Life Saving Award for getting her little brother, Abel, 6 and her grandmother out of their apartment during a fire. Congratulating Monibelle on her award are Firefighter Tommy Reeve (left) and Fire Captain Robert Johnson (photo by Teri Carnicelli).

Girl helps save family from fire

By Teri Carnicelli

Second grader Monibelle Townsend, 7, was one of dozens of students at Desert View Elementary who last month were taught fire safety skills and drills by members of the Phoenix Fire Department on the school's campus, located at 8621 N. 3rd St.

The fire department even brought its "smoke house" trailer, which simulates a room filling with smoke and setting off a fire alarm.

No one could predict that just a few days later, Monibelle's own home would be destroyed by fire—and that what she had learned would save not only her life, but the life of her little brother and her grandmother as well. Her grandmother was babysitting while the children's mom was at work.

For her brave actions that night, the Phoenix Fire Department on May 22 presented Monibelle with its citizen Life Saving Award. The event took place at her school.

The fire at her apartment occurred just after 9 p.m. on April 13. When Engine 7 arrived on scene, the two children and their grandmother were already safely outside.

"I woke up and I thought I smelled smoke," Monibelle recalled. "I heard the

fire alarm and I went out of my room and saw fire. I woke up my grandmother and brother and told them to get out of the house. My brother was scared and didn't move so I grabbed him and we ran outside."

She recalled that the visiting firefighters at her school had taught her if you hear an alarm, you get out of the house right away, don't stop to take anything with you, just go.

"They also taught me to feel the door, and see if it was hot or cold. I felt the door and I thought I had to get away because it's getting a little bit dangerous," Monibelle said. "I didn't want my family to get hurt. I just had to do something to save them."

Fire Captain Robert Johnson and Firefighter Tommy Reeve, who made the presentation to the students last month, were on hand for Monibelle's award presentation, and said they couldn't be prouder of her.

"We're just really happy that we were at the school at that time and that she was able to remember what we taught her," Reeve said.

The apartment was a total loss, but Desert View Elementary's social worker put out a school-wide e-mail requesting aid for the family, and several gift cards were donated. The family also had other family members who were able to donate furniture.

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SCHOOL DAYS

School Briefs

GLENDALE UNION HIGH SCHOOL DISTRICT JROTC Academic Team heads to nation's capitol

The Sunnyslope Air Force JROTC Academic Team qualified for the National Championship competition in Washington, D.C. this summer. The College Options Foundation sponsors the tournament each year hosting the top 16 Air Force schools out of 327 teams that competed this year.

This is the fourth year in row that Sunnyslope has made it to the final round. Questions cover a variety of ACT/SAT topics that include chemistry, math, astronomy, and current events. In addition, the team will visit Smithsonian Museums and historic monuments while in Washington, D.C.

Bocce team gets boost from CFP Foundation

Deanne Streich, who works with students at Sunnyslope High School in Special Education as well as English



Bella Strumpfer recently competed in the annual Doodle 4 Google competition, and she was the only student from Arizona who was chosen for the final round in her age group (submitted photo).

Learning Language (ELL), recently needed \$518 to fund her fledgling bocce ball team in the fall. The students are part of a unified sports team, and this is their first experience in organized sports.

Team members wanted to be able to

practice during the summer, but desperately needed a shade structure, a large ice chest and some supplies to keep them safe and cool while outdoors. "Keeping our athletics together in the shade and keeping them hydrated is imperative in the Arizona sun-

shine," Streich pointed out.

Her project, which was posted to a crowdfunding site available only to educators, was fully funded in May thanks to the generosity of The College Football Playoff (CFP) Foundation and its Extra Yard for Teachers platform, which during Teacher Appreciation Week funded DonorsChoose.org's sports-related projects in the host communities of the CFP National Championship. Streich will now receive a pop-up canopy, ice chest and several cases of Gatorade.

MADISON ELEMENTARY SCHOOL DISTRICT Student's artwork chosen by Google

Madison Traditional Academy student Bella Strumpfer was selected as the Arizona winner of the Doodle 4 Google competition, for the Grade 4-5 Category. Bella was selected from more than 200,000 entries from students in Arizona. Online voting from the public closed on May 18.

please see ARTWORK on page 30

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SCHOOL DAYS

ARTWORK *continued from page 29*

Bella said, "I drew this picture because I love magical creatures. They help me believe anything is possible. They inspire me to be creative."

Bella was one of 53 students from across the nation vying for the national award, which includes a \$30,000 college scholarship and \$50,000 technology package for her school. The five national finalists will be revealed on June 4.

OSBORN ELEMENTARY SCHOOL DISTRICT

Cross-border summit hosts junior high students

Osborn Elementary School District's Montecito Community School hosted more than 200 junior high students (13-15 years old) from Hermosillo, Mexico, and Arizona for the Cross Border Youth Summit on May 11, where they shared experiences and proposed solutions on topics ranging from prejudice and bullying to commerce, education, and media.

These students joined peers from

different schools in small sessions to learn about each other, discuss perceptions of the current social climate, and create strategic solutions. Each group then shared their views during a plenary session. The objective of this exercise is to give youth a voice and provide their statements to policy makers, business leaders and community stakeholders.

Participating Arizona school districts include Osborn School District, Buckeye Union School District, Paradise Valley School District, and Balsz School District.

The purpose of the Cross Border Youth Summit is to create a safe space for students from border states to share their fears and dreams with each other, discuss perceptions about cross border social issues, create strategies for improving inclusiveness, and have their voices heard.

PHOENIX UNION HIGH SCHOOL DISTRICT Students compete at Educators Rising

Thirty-three students from Metro Tech, North, Alhambra and South traveled to Tucson to attend the 2018 Educators Rising State Conference and Competition in March. Over 500 students from all over the state competed in events that showcased various skills such as teaching, speaking, and writing.

One-third of the Phoenix Union students placed in the top five for their events. Chantel Clark from North was recognized as Arizona Teacher Leader of the Year and her student, Jenny Chinchilla, was elected as next year's Arizona State Officer. Other achievements included Bronze Chapter Awards for Metro Tech, North and Alhambra.

Three Metro Tech students will travel to the Educators Rising National Conference in Orlando, Fla. this summer. Carolina Melendez, State Officer, placed First in Job Interview. Abraham Rivera, dual student from Phoenix Day School For the Deaf, placed First in Lesson Planning: Humanities. Ricardo Rojas placed Fourth in Creative Lecture (TED Talk).

DLA student members receive scholarships

For the past 11 years, Phoenix Union students have participated in the Diversity Leadership Alliance's Youth Leadership Academy. The DLA is a

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SCHOOL DAYS

nationally recognized diversity education organization, working to transform the culture of Arizona and cultivate an inclusive community. The Youth Academy is designed to assist students transitioning from school to work, provide them with resources to build leadership skills, participate in mentoring programs, and earn scholarships.

This year, 13 students from seven Phoenix Union schools earned 16 scholarships, totaling \$16,500. Metro Tech's Niyonkuru-Alexis Pamphile, who participated in the personal leadership training, will receive \$3,500 in scholarships and was selected to give his speech at the DLA conference this fall, after delivering it March 21 to DLA members.

He has been with the DLA Youth Leadership Academy for three years. Born in Tanzania, he is Burundian, speaks four languages, and says in his speech that he is an "asylum seeker, immigrant, African, refugee and first generation," and his goal is to "aspire to inspire."

Other Metro Tech scholarship recipients were Luis Pena, Michelle To, Yamilla Martinez, Rosa Ortega, Angel Gomez and Daniel Cruz.

Building adaptive games for kids

The Bioscience Engineering program has developed a relationship with the ACCEL school (for kids with challenges and special needs) this year. In addition to other tasks, Bioscience students were challenged to create fun carnival-type games that could be accessed by kids with severe physical limitations.

In completing these tasks, the students utilized Career and Technical Education (CTE) equipment at different campuses, their own resources, and many engineering planning tools.) They created bowling, dunk tank, beanbag toss and much more, and tried out the games with the ACCEL students in March.

Senior does well in archery competition

Central High JROTC Battalion Commander, Cadet Amelia "Bingo" Bingochea, competed in the 2018 US Eastern National Tournament of the Archery in Schools Program, held May 10-12 in Louisville, Ky. There was over 15,000 Archers in the competition.

Bingochea scored a 283 out of 300 to rank 304th out of 5,589 girls.

In the High School Division, she was 198th of 2,393 archers, and 46th out of 446 in the 12th grade division.

Franklin repeats as Fire Muster Champs

Franklin Police and Fire High School repeated as Fire Muster Champions at the 15th Annual Arizona High School Fire Science Muster competition, held in Peoria on April 21.

Franklin had five teams competing, among the 35 teams from 10 schools across the state. The team of Christian Simmons, Mark Gutierrez, Josh Javier, Jorge Verdugo, Christian Cota, Gabriel Mora, Miguel Serrano, Angel Sandoval, Alberto Melendrez, and Fernando Flores brought home the title for the third consecutive year.

In the girls division, the Thunderbirds fielded two teams, but after winning the state title five years in a row, a team from Peoria beat them this year.

The fire muster competition is a

please see CHAMPS on page 32



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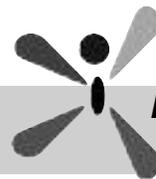
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SCHOOL DAYS

CHAMPS continued from page 31

timed contest testing the skills of donning turnouts (protective fire clothes and gear) putting on the Self-Contained Breathing Apparatus (SCBA), securing a water source from a fire hydrant, advancing a fire attack hose line, performing a rescue drag of a 165-pound mannequin, and two new events: the fire equipment carry, and the forcible entry, where competitors simulate breaking through a (prop) door to make entry into a structure.

WASHINGTON ELEMENTARY SCHOOL DISTRICT Schools benefit from Kiwanis Club donations

Dorothy Watkins, administrator of Social Services for the Washington Elementary School District, has seen families at their lowest, with little to no money for food, or transportation, or medical care—let alone, school supplies for their children.

In the school year that just wrapped up, Watkins had more than 900 students who were identified as homeless



Jim Day, left, president of the North Phoenix Kiwanis Club, presents Kathleen McKeever from the Washington Elementary School District with a donation check to support after-school programs, including one at Desert View Elementary in Sunnyslope (photo by Teri Carnicelli)

via the McKinney-Vento Homeless Assistance Act, a federal law that requires that children and youths experiencing homelessness are immediately enrolled in school and have educational opportunities equal to those of their non-homeless peers.

However, what that act doesn't provide is funding to help these chil-

dren—or their families—with the basic items they need to help them succeed. And state funding for schools cannot be used to purchase things like a gas card, or a bed.

That's where nonprofit service organizations like the North Phoenix Kiwanis Club come in. Watkins was one of three WESD beneficiaries who

received checks from the North Phoenix Kiwanis Club at a social gathering on May 3.

Kathleen McKeever, director of After School Programs for WESD, also received a check from the club. System-wide the programs serve approximately 4,500 children with activities that build social and emotional skills, as well as help those who are struggling in core academic areas such as math and reading. The money from the North Phoenix Kiwanis Club will be used for programming at two WESD schools, including Desert View Elementary, 8621 N. 3rd St.

"We receive federal money via the 21st Century Community Learning Centers Grant, and part of that grant asks us to work with community groups and leverage local resources to help our kids succeed. We have been so grateful to partner with the Kiwanis Club and to be a beneficiary of their commitment to children," she said.

PRIVATE AND CHARTER SCHOOLS Alvarez wins award for artistic drawing

Six Xavier College Preparatory students were honored for their artwork at the Annual Congressional District 9 High School Art Exhibit and Competition awards reception, held April 28 at the Art Institute of Phoenix.

Sophomore Camille Alvarez of North Central Phoenix placed second in the "Drawing" category. All winners received monetary gift certificates. Fiona Pan was also awarded "Third Best In Show" honors and received a \$2,500 scholarship to the Art Institute of Phoenix.

Two days prior to the competition, Xavier hosted its annual Art Feast for parents, families, and friends to showcase its students' achievements in art, theater, music, and dance.

MHP leaps to top at track and field event

Madison Highland Prep finished the Arizona state track and field championship with numerous accolades.

MHP track and field crowned 11 state champions, 11 state runner-ups and eight state medalists over the two-day state meet, May 11-12 at American Leadership Academy-Gilbert North

please see TRACK TEAM on page 34

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SCHOOL DAYS

TRACK TEAM *continued from page 32*

and Arizona State University Sun Devil Stadium.

The women set five school records and 24 personal records, and the men set six school records and 25 personal records. Track Coach Curtis Watson was named Division I Men's Track & Field Coach of the Year.

Women's track and field completed their repeat as Division I State Champions, dominating Paradise Valley Christian by a score of 189-66. The 2018 state champions are: Zoe Ewell in 100 meters and 200 meters; Rose Ritter in 1600 meters and 3200 meters; Madison Jones in 300 meter hurdles; and the 4x400 meter relay of China Pappillion, Jasmine Garcia, Jenn Kobs, and Madison Jones. The 2018 State runner-ups are Jasmine Garcia in 100 meters and 200 meters; Rose Ritter in 800 meters; Edith Townsend in 100 meter hurdles; China Pappillion in 300 meter hurdles; and the 4x800 meter relay of Anai Urbieta, Emily Day, Rose Ritter, and Madison Jones. The 2018 state medalists are Madison



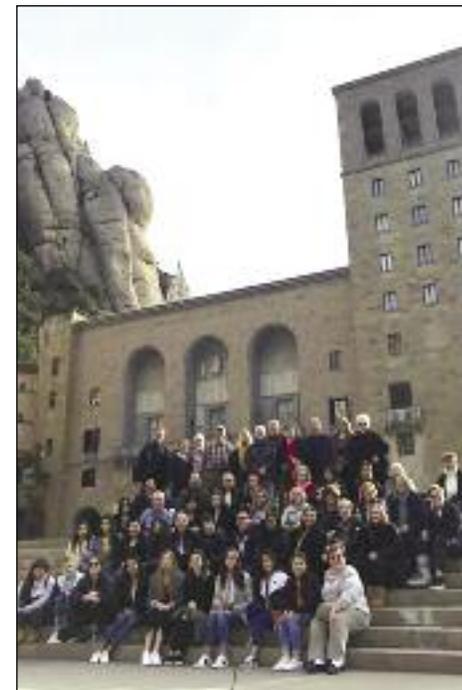
The Madison High Prep men's track and field team, under the direction of Coach Curtis Watson, repeated as Division I State Champions, and Watson was named Division I Men's Track & Field Coach of the Year (submitted photo).

Jones in 200 meters; Layne Fritz in 100 meter hurdles and high jump; and Zoe Ewell in long jump.

Men's track and field also repeated as Division I State Champions, with a commanding victory over James Madison by a score of 183-99. The 2018 state champions are: Hugo Lopez in 400 meters; Simon Bowen in 800 meters; Alex Kobs in Shot Put; the 4x400 meter relay of Carlos Lopez, Cristian Casarubia, Simon Bowen, and Hugo Lopez; and the 4x800 meter relay of Kai Kroodsma, Jay-ar Gloria,

Simon Bowen, and Hugo Lopez. The 2018 state runner-ups are Kai Kroodsma in 800 meters; Zach Larger in 110 meter hurdles; Angelo Garcia in 300 meter hurdles; Drake Morris in shot put and discus; and the 4x100 meter relay of Angelo Garcia, Josh Mowry, Carlos Lopez, and Cristian Casarubia.

The 2018 state medalists are Angelo Garcia in 110 meter hurdles; Drake Morris in 300 meter hurdles and high jump; Alex Kobs in discus; and Zach Larger in triple jump.



A large group of Xavier College Prep students, faculty and family members traveled to Lourdes, France this spring on an Easter pilgrimage (submitted photo).

A group pilgrimage to Lourdes, France

Fifty-two Xavier College Preparatory students, faculty members, parents, and grandparents in March traveled together to Lourdes, France, on an Easter pilgrimage that the all-female high school introduced 18 years ago.

Xavier launched an International Studies Program six years ago to expand upon its Lourdes sojourn and to provide its students and faculty members with additional global religious, educational, cultural, and service opportunities. Since then, nearly 600 of the school's young women and their faculty chaperones have traveled globally to Ecuador, France, Ireland, Germany, Nicaragua, Poland, the Holy Land, and the U.S./Mexico border town of Nogales.

Earlier in the school year, 21 students from Xavier and the Rhein-Maas-Gymnasium school in Aachen, Germany, crossed the Atlantic Ocean with their faculty chaperones to participate in Xavier's annual exchange program that welcomed German students to Arizona in October and sent Xavier students to Germany in February.

This summer, nearly 100 more Xavier students and faculty members will travel internationally with the school's program.

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Artplay founder Liz Tomko, left, and Elizabeth Rowley of The Art of Learning, stand inside the new tutoring space offered inside the expanded Artplay center, located at 1130 E. Missouri Ave. (photo by Teri Carnicelli).

Therapy customized to your child's needs

By Teri Carnicelli

Children who have social, emotional or learning challenges hear the word "therapy" and run for cover. Oftentimes, so do their parents.

But therapy isn't the dry, intimidating and uncomfortable process it used to be—particularly when it comes to children.

Just ask Liz Tomko, founder of Artplay LLC, which recently more than doubled its space at 1130 E. Missouri Ave.

"Artplay has decided to expand into four more offices so we can offer a more comprehensive set of services," Tomko explains. "So, on top of helping kids with their emotions, we can assist with their academic concerns, offer nutritional guidance, assess and treat

behavioral issues, plus support parents with their own sessions."

Tutoring services are available Tuesday through Saturday, for individual, siblings or small groups for those who also need additional socialization skills. Provided by Elizabeth Rowley of The Art of Learning (www.theartoflearningaz.com), children in pre-kindergarten through eighth grade have a comfortable space to work in with their choice of seating areas. Rowley keeps it structured but fun and low-stress.

Tweens and teens have the need to belong, so Artplay has created a group to help align these youth with kind and supportive peers in order to build the social skills they need during this important developmental stage of life. The group, for ages 11-16, meets every-other Monday at 6 p.m.

But the core continues to be art ther-



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GENERATIONS

apy for children, either individually or in sibling groups. Tomko emphasizes the space is a non-clinical environment, with soothing colors, stuffed animals and other sensory-friendly toys, as well as “safe spaces” for children who are having episodes. Therapy is devised based on the individual child’s needs and level of emotional/social development.

Parents, who generally stay on site during therapy, are given feedback after every session, so that they can continue the work at home and also share strategies with the child’s school.

With its expansion, Artplay gained a space that was perfect to turn into a small kitchen. Tomko introduced a periodic kids cooking class for virtually any age, as no real “cooking” is done (though there is a stove/oven in the kitchen). In a cooking class, kids can learn the magic of transforming ingredients into delicious food with their hands.

Tomko says that many children who have social and emotional issues also tend to have food issues—meaning, they often reject food and eat very little. But she says that studies have shown that children who take part in

making food are more likely to try it, as they have touched it and smelled it for some time before it is ready, which engages their senses and might also pique their hunger.

For families with children identified in the Autism spectrum, specialized service is available at Artplay through Harmony Behavioral. Call for more information.

Currently Artplay and its various programs serve approximately 150 children. With the recent expansion, there is room for many more.

For more information, call 602-329-1247 or visit www.artplayhealing.com.

Senior Living

Free event looks at long-term care planning

Fellowship Square Phoenix hosts a long-term care planning seminar 1-2 p.m. Thursday, June 21. Daniel Nunez, director of elder care at JacksonWhite Law Firm, will be the keynote speaker, presenting information and advice on, and answering attendees’ questions about: Long-term care in Arizona; tips

on how to plan for long-term care; and Veterans Affairs aid and attendance.

The complimentary seminar is open to residents, their families and prospective future residents. The presentation will be held in the Center Community Room at Fellowship Square Phoenix, 2002 W. Sunnyside Drive. For more information, call 602-833-4330 or visit www.fellowship-squareseniorliving.org.

Haeseler performs during Memory Café

Jewish Family & Children’s Service’s June Memory Café will feature the multi-talented musical artist, Lynne Haeseler. The event will take place 10-11:30 a.m. Thursday, June 7 at Beth El Congregation, 1118 W. Glendale Ave.

Haeseler is a versatile artist who has performed internationally and nationally as a soloist, accompanist and dance pianist. She currently is a staff pianist with Ballet Arizona.

The Memory Café is a meeting place for those with changes in their thinking or memory, mild cognitive impairment or dementia due to

Alzheimer’s disease or a related disorder, along with their care partners. Coffee and snacks are provided. There is no charge to attend, but registration is required. To register or for further information, e-mail kathy.road@jfc-saz.org or call 602-452-4627.

Kids & Families

GCU hosts STEM one-day camps in July

Grand Canyon University (GCU) will provide STEM field industry exploration for incoming middle school students (grades 7 and 8), from July 16-19. Explore today’s top STEM careers with interactive, hands-on learning, engaging activities and experts from the field.

Each camp is one day and students may register for one camp or up to all four. Space for each camp is limited.

Camps include Biovision, July 16; Cybervision, July 17; Robovision, July 18; and Technovision, July 19. Camps run from 8:30 a.m. to 3:30 p.m.

The cost for each day of STEM

please see CAMP on page 38



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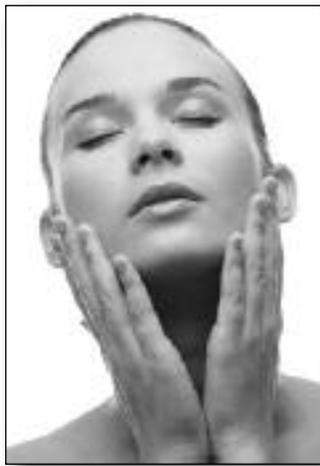
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GENERATIONS

CAMP continued from page 37

Day Camp is \$50 (includes lunch and snacks). To register and for more details about each camp, visit www.gcu.edu/STEMCamp.

Hubbard offers co-ed summer sports camp

Camp Hubbard is a co-ed summer sports camp offering one-week sessions to campers 4.5 to 16 years old. Camp Hubbard will be offered through Aug. 3 at Sunnyslope High School, 35 W. Dunlap Ave.

Kids will learn all kinds of new sports and games: basketball, volleyball, soccer, baseball, archery, swimming and more. The goal at camp is to guide and teach every camper according to their ability while making the activities fun and rewarding.

The Teen Leadership Camp is for ages 13 to 16 and gives teens the chance to work with younger campers; mentoring, guiding and helping them throughout the day. The teen campers also play a variety of sports, participate in helping the younger campers with their activities and enjoy a variety of training sessions about leadership, responsibility, and safety. A Teen Leadership camper can come for one week or all summer long. The leadership curriculum will be different each week.

There are half-day and full-day options. Extended care is also available from 7:30 a.m. to 6 p.m. For more information or to register, call 602-786-6789 or visit www.camphubbardaz.com.

Parents take a night –or two–off to relax

Arizona Sunrays Gymnastics & Dance Center, 15801 N. 32nd St., offers two opportunities for parents to enjoy a relaxing Saturday night without the kids. On June 9 and 23, from 6 to 10 p.m. the Sunrays will host its Kids' Night Out event for ages 3 to 14.

Kids get to have their own Saturday night fun by enjoying gymnastics, dancing, jumping in a bounce house and on trampolines, obstacle courses, fort building in the foam pits, and then they wind down the evening by watching a movie.

Cost is \$30 per child with a \$5 off sibling discount. Pizza and drinks are included. Advanced registration is required. Call 602-992-5790 or visit www.arizonasunrays.com.

Learn fundamental skills at Bourgade sports academy

Bourgade's Athletic Department will host elementary students from across the Valley during a three-day Summer Sports Academy, 8 a.m.-3 p.m. June 11-13 on the Bourgade Catholic High School campus, 4602 N. 31st Ave.

Students entering fourth through eighth grades will learn fundamentals and compete in some of their favorite sports including: basketball, volleyball, football, baseball, softball, wrestling, cheer, track, and soccer.

Cost is \$100, and \$75 for each additional sibling. Register and get more information at www.bourgade-catholic.org/sports-academy.

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- **Take a Senior Care Vacation** **Wed., July 11th | 4pm**
Learn about Respite Stays in Assisted Living
- **Free Dementia Screenings** **Wed., August 15th | 4pm**
How to Determine the Early Signs of Cognitive Decline



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ARTS & ENTERTAINMENT

A & E Briefs

'The Greatest Show'

Dancers Domain
6:30 p.m. June 5-6
Herberger Theater
222 E. Monroe
602-252-8497

Come see Dancers Domain students show off all of their hard work from this dance season in their annual recital. Tickets are \$26 plus fees. Visit www.herbergertheater.org.

'L.O.V.E.'

Scorpius Dance Theatre
June 7-9
Metropolitan Arts Institute
1700 N. 7th Ave., #100

An all-original show choreographed by Scorpius' Director, Lisa Starry, with live original music by Kristofer Hill. 'L.O.V.E.' is a series of short stories portraying the various types of relationships and stages of love that impact our lives. Told through dance, theatrics and live music, this unique production will take audiences on a journey of emotions while exploring one common theme: love is everything. The show debuted in 2016. Show times are 7:30 p.m. Thursday and Friday, and 2 and 7:30 p.m. Saturday. Tickets start at \$25. For more information, visit www.scorpiusdance.com.

'Little Shop of Horrors'

Through June 10
Phoenix Theatre
100 E. McDowell Road
602-254-2151

Seymour, a nerdy floral clerk, discovers a new peculiar plant he names "Audrey II" after his co-worker crush. This foul-mouthed, R+B-singing plant might just be Seymour's ticket to fame, fortune and the girl of his dreams! Soon, however, Seymour discovers Audrey II's intent towards global domination. Can Seymour save the world and get the girl? Tickets are \$36-\$86 plus fees. Visit www.phoenixtheatre.com.

'Annie the Musical'

Valley Youth Theatre
June 15-July 1
Herberger Theater
222 E. Monroe
602-252-8497

Little orphan Annie charms everyone's hearts despite a next-to-nothing start in 1930s New York City. She is determined to find the parents who abandoned her on the doorstep of a New York City Orphanage that is run by the cruel Miss Hannigan. In adventure after adventure, Annie foils Miss Hannigan's evil conspiracies, adopts a lovable mutt named Sandy, befriends President Franklin Delano Roosevelt and finds a new home and family with

please see ANNIE on page 40

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ARTS & ENTERTAINMENT



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Tara, Teri, Joanne, Janice and Patty,

Prissy & Sadie

ANNIE continued from page 39

billionaire, Oliver Warbucks. Tickets are \$20.50-\$39.50 plus fees. Visit www.herbergertheater.org.

Jazz Matinee Featuring Delphine Cortez

3 p.m. Sunday, June 17
The Nash
10 E. Roosevelt St.
602-795-0464

Valley-icon vocalist Delphine Cortez sang in top jazz clubs on Rush Street in Chicago, and has been one of the most in-demand vocalists since the mid-80s. While clearly having her own style, Delphine carries on the tradition of the great ladies of jazz, such as Sarah Vaughan, Ella Fitzgerald, and her musical idol, Nancy Wilson. She performs with unique style and grace. She is joined by Tony Vacca (sax/flute), Joel Robin (piano), Adrian Goldenthal (bass), and Julian Goldenthal (drums). Tickets are \$20 general, \$15 seniors (60+), \$10 for students with ID, and 11 and younger admitted for free. Visit www.thenash.org.

Craft Rave

6-11 p.m. Friday, June 29
Changing Hands-Phoenix
300 W. Camelback Road

Attendees will enjoy five hours of nonstop crafting with one-on-one instruction from local artists. Admission is \$5 per person (choose admission time of 6 or 7:30 p.m. when registering). Exchange a set number of \$5 tickets (varies by craft) to participate in each crafter's 15-25 minute project. Food and drink will be available for purchase. For more information or to register, visit www.changinghands.com/craftrave-june2018.

Disney's 'Mary Poppins'

Arizona Broadway Theatre
July 6-22
Herberger Theater
222 E. Monroe
602-252-8497

Magically appearing just when she's needed most, Mary Poppins leads the Banks household on zany adventures with chimney sweeps, shopkeepers and an assortment of astonishing characters. With infectious music by Disney's legendary Sherman brothers (Chitty Chitty Bang Bang and The Aristocats), "Anything Can Happen" in the world of Mary Poppins. Get ready for something "Supercalifragilisticexpialidocious." Tickets are \$44-\$73 plus fees. Visit www.herbergertheater.org.

Student Art Exhibit

Through Aug. 30
Church of the Beatitudes
555 W. Glendale Ave.

Featuring the artwork of AP Art students and art instructors from Sunnyslope and Washington high schools. Admission is free, and the exhibit can be found in the narthex (lobby) of the sanctuary. It is viewable Sunday mornings, and by appointment on other days. Hosted by the Beatitudes Art Council. For more information, contact Marcia Nix at 602-274-8992.

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FOOD FOR THOUGHT



From left: George Tompras and his mother, Maria Tobras, took over Feeney's in 2012, and are helped out by George's daughter Maria, 4, George's girlfriend and bartender Amanda Kenly, and longtime bartender Judy Medina (photo by Teri Carnicelli).

Café Chat

Feeney's is long-time neighborhood favorite

By Marjorie Rice

In a part of North Central Phoenix where new restaurants seem to spring up like wildflowers after a rain, there's a clubby, cozy steakhouse that's been drawing folks from all over the Valley since the '60s.

Feeney's Restaurant & Bar is one of those places where everyone does indeed know your name. Step into the entry and you'll feel like you've stepped into the past. Dark wood, low ceilings and brick-lined dining nooks give the place its cozy atmosphere, though the restaurant, which can seat 120 patrons at a time, is deceptively roomy.

You'll be warmly greeted by long-time bartenders Amanda Kenly or Judy Medina. And you'll likely get a hug from them or Maria Tobras, who was a server there for several years before buying the place in 2012 with her son, George Tompras.

(And yes, their names are spelled differently, thanks to immigration officials who mixed up the spellings when they came to this country from their native Greece.)

Feeney's began as Cork 'N Cleaver in 1965. In 1983, Pat Feeney, who worked there, bought the place and changed its name. Not one to fix what wasn't broken, Feeney kept the steak-

house focus from the original menu, adding some Irish touches, especially around St. Patrick's Day. Later it was purchased by Louie Panos, a Greek who added his own cultural culinary notes.

"Louie kept a lot of recipes from the original Cork 'N Cleaver, like the cream of broccoli soup that everybody was always asking for," George says. "We still have that recipe even today."

While they made a lot of changes in updating the building, including adding a private dining room at the front, Maria and George wisely kept the feel and the format that brings patrons from all over the Valley. Beef—certified prime Angus beef—leads the menu, and prime rib (a customer favorite) has pride of place along with steaks, ribs and burgers.

And Feeney's enormous loaded twice-baked potatoes (the size of a kid's Nerf football) are the perfect side.

This is a place for hungry people. Dinner patrons have a choice of 8-, 10- and 16-ounce servings (ranging from \$22.95 to \$32.95). "Some people go beyond that," George says. "They go for 32 ounces sometimes. We have a customer who adds 2 ounces every year on his birthday."

"He's up to 50, 52 ounces," Maria adds, "plus a lobster tail."

The menu also features Greek dishes, including terrific lamb chops with Greek seasonings (\$29.95), Greek

please see FAVORITE on page 42

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FOOD FOR THOUGHT

FAVORITE continued from page 41

salad with feta and kalamata olives (\$9.95), saganaki (flaming Greek cheese served with pita bread for \$10.95), and spanakopita with tzatziki sauce (Greek spinach pie with a yogurt and cucumber sauce for \$8.95). Harkening back to Feeney and his Irish flavors, there's shepherd's pie (\$15.95), and a killer beef Wellington, rarely seen on many menus these days.

Good food draws customers, and great service keeps them coming back for years—certainly the case with Feeney's.

"It comes down to being friends," George says. "I think Feeney's has been successful because Maria is very personable. She has a huge fan base and they come to see her.

"We have people who come every day," he points out. "We might close on a Sunday, for a holiday, and they'll say, 'We didn't know what to do because we couldn't come here.'" And it has been going on for decades. "Customers will tell me, 'My grandfather used to come here and I came here when I was 5 years old.' And now that person is 35."

That friendly vibe has become even more important, George says. "When Maria and I bought the restaurant, we didn't have that much competition in the area, but since then more than 30 restaurants have popped up around here.

"We started panicking a little, thinking, 'What can we offer that they can't?' They have new places, beautiful décor, all the fancy stuff. It proves that if you serve good quality food and you take care of your customers with your service, you will never fail. Instead of our business going down, it went up. We couldn't have done it without a great staff and people like Amanda and Judy."

And that's Feeney's. A great neighborhood restaurant that has stood for years in the same spot, serving generations of customers, sticking to a tried-and-true menu format.

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Feeney's Restaurant & Bar is located at 6314 N. 12th St. Hours are 11 a.m. to 10 p.m. Monday through Friday; 4-10 p.m. Saturday; and 10 a.m. to 9 p.m. Sunday. For more information, call 602-274-9700 or visit www.feeneysaz.com.

Dining Briefs

'Family-style' meals for adult fun only

Beckett's Table, 3717 E. Indian School Road, invites guests to unwind from the stresses of being a "grown-up" at the returning Grown-Ups Table Dinner Series. The experience features a three-course meal and drinks by Chef Justin Beckett enjoyed around the community table.

On select Wednesday evenings in June, July and August, patrons are invited to savor a flavorful, family-style meal complete with beverage pairings and a to-go bag of leftovers to enjoy at home. Each week, Chef Beckett will keep diners on their toes releasing the night's one-of-a-kind themed menu on social media.

Starting at 6 p.m. and available for \$48++ per person, Grown-Ups Table is the perfect way to break the mid-week slump. Upcoming dates include: June 13 & 20, July 18 & 25, and Aug. 15 & 22. Reservations can be made by purchasing tickets online at: <https://bit.ly/2rR5im4>. Or call 602-954-1700.

Fried, fizzy—and a little jazzy

If the culinary combination of fried chicken and champagne wasn't good enough, how about adding in some jazz, too? That's exactly what Arizona's most innovative new food truck has done.

In addition to being able to book Fried & Fizzy for special event catering needs, the food truck now offers the option to book Doc Jones, a popular local jazz musician, to coincide with favorite food and drink indulgences.

Jones, a 30-year veteran of the jazz scene, is the founder of the International Jazz Day AZ Foundation, whose mission is to utilize International Jazz Day and jazz month to produce concerts and events that bring attention to tourism in Arizona.

Fried & Fizzy is a joint venture between the owners of the Bentley Scottsdale Polo Championships (where Jones has played) and M Culinary Concepts. The food truck is available for immediate bookings and operated under the direction of M Culinary Concepts, the Valley's largest catering company.

Anyone who would like to book the Fried & Fizzy food truck for private parties and events can choose to add on Doc Jones' band for \$950 for two

hours and \$250 for each hour thereafter. It is not required to book Doc's band to book the food truck. Visit www.friedandfizzy.com or call Mandy McGee at 303-551-5315.

Dads treated like a king at Gallagher's

Gallagher's, a family-owned and operated business for the last 30-plus years, invites you to bring your own family to celebrate Dad on Sunday, June 17.

The restaurant, located at 7575 N. 16th St., offers special brunch items that day in honor of the family patriarch, including: Chicken Fried Steak & Eggs Brunch (hand-breaded chicken fried steak served with two eggs, cooked Dad's way, fruit and toast); Winner, Winner Chicken Sandwich (breaded and fried chicken breast, sweet & spicy pickles, lettuce, tomato and aioli on a toasted brioche bun, choice of side); and a Half-Rack of Baby Back Ribs (slow-smoked baby back ribs and Dad's choice of two sides).

Dad also will enjoy the multiple large TV screens throughout the restaurant, featuring a variety of sporting events, as well as electronic darts and Golden T (it's a golf game).

For more information, visit www.gallaghersaz.com or call 602-997-0084.

Hearty breakfast 'tacos' at Gadzooks

Lunchtime staple Gadzooks Enchiladas & Soup is no longer just a midday favorite. Guests can now enjoy customizable breakfast tacos, enchiladas and nachos complete with a fried egg and added cheese, as the perfect start to the morning.

Made from scratch and baked in Gadzooks' gas-fired, 575-degree wood stone oven, the breakfast options pair Gadzooks' signature flavors with morning favorites, including roasted tomatillo chicken, green chile pork shoulder, smashed jack potato, sautéed spinach mushroom, guajillo-braised short ribs, melted Chihuahua cheddar or asadero jack cheese, and the signature sweet & spicy cornbread.

All breakfast tacos, enchiladas, and nachos, can be topped with Gadzooks' selection of tasty toppings such as hand-smashed guacamole, Uncle Rico's Pico, scratch-made crema, honey v slaw, and crumbled cotija cheese, to name a few.

Guests can pair their breakfast with

cold brew coffee from Press, a local high-quality specialty coffee roaster. Breakfast options are available every day from 8-11 a.m.

Gadzooks now has two locations to choose from: 3313 N. 7th St., and 4031 E. Camelback Road. For more information, visit www.gadzooksaz.com.

Rehab Burger Therapy opens in Central Phoenix

Founded on the idea that it's actually therapeutic to slow down and celebrate life's simple pleasures, Rehab Burger Therapy served up the "treatment" you need in a fun beach environment. A third location has just opened in North Central Phoenix, in the former space occupied by The Garage, at 1534 E. Bethany Home Road.

The first restaurant opened in Scottsdale in May 2012, followed by one in Tempe just off Mill Avenue. Three longtime friends, who previously had been partners in a successful pizza chain, are behind this "by friends, for friends" dining concept.

The restaurant boasts a full bar, and Happy Hour is daily from 11 a.m. to 6 p.m., and 11 a.m. to close every Thursday. Menu includes typical low-key bar food, like chili cheese fries, chicken wings, and calamari for starters, and entrees such as salads, spicy mac-n-cheese, sandwiches, and a plethora of burgers (20, to be exact) to satisfy anyone's particular craving.

For more information, call 602-368-8832 or visit rehabburgertherapy.com.

AZ flavors, history-makers, in cookbook

Arizona history and favorite recipes come together in a new 216-page, hard-cover book, "Tastes & Treasures II: A Storytelling Cookbook of Historic Arizona."

Written by volunteers of the Historical League, it is filled with colorful photographs, unique histories and special recipes from 24 historic Arizona venues. Included are El Chorro, Stockyards, Grand Canyon's Harvey House Café at Bright Angel Lodge, Bisbee's Café Roka, Kai at Sheraton Grand Wild Horse Pass, and Gertrude's at Desert Botanical Garden.

Historymaker's biographies, photos, recipes, and food memories are also featured. Read about the Lazy B Ranch and how to make beef jerky

FOOD FOR THOUGHT

from Justice Sandra Day O'Connor. Lattie Coor, Arizona State University's 15th president, shares his recipe for tamale pie. Arizona's official historian, Marshall Trimble, has contributed the family recipe for Trimble's Tasty Cowboy Beans.

The book retails for \$30 and is available at: www.HistoricalLeague.org/shop.aspx. For more information, call 602-505-1462.

Summertime specials at Lon's Last Drop

From Memorial Day through Labor Day, LON's Last Drop celebrates summer with happy hour pricing from 4 p.m. to close, with reduced pricing on Arizona craft canned beer, wines on tap and draft cocktails, plus half-priced bar snacks. Perfect for sharing, Carafe & Cellar is an incredible value for just \$28, which boasts a board of artisan meats and cheeses "from the cellar" accompanied by house-made pickles, grilled Noble bread and a carafe of wine on tap.

Guests also can savor the flavors of summer with a bountiful BBQ Board for two, offered exclusively in LON's Last Drop through Sept. 3. The board features a hearty rotation of house-smoked favorites such as pulled pork sliders, baby-back ribs and sausages, plus side salads and more, for just \$36. For \$18, add a carafe of draft wine or a growler of draft beer for a great dining deal.

LON's Last Drop is located at The Hermosa Inn, 5532 Palo Cristi Road. For more information, call 602-955-8614 or visit www.hermosainn.com.

New eatery can fit any dietary need

Original ChopShop, a Phoenix-based neighborhood eatery, opened its eighth restaurant last month at 4503 N. 32nd St.

Founders and Arcadia residents, Ryan and Caitlin Jocque, opened their first restaurant in Old Town Scottsdale in 2013. The menu includes protein bowls, acai and pitaya bowls, fresh-squeezed juices, protein shakes, salads and sandwiches that are made from scratch on-site with real, quality ingredients.

Original ChopShop offers a variety of dietary-friendly items for adults and children, including food free of gluten, dairy, lactose and soy, along with vege-

tarian and vegan options.

Original ChopShop's 3,000-square-foot interior will feature the brand's signature cozy atmosphere, including baskets of colorful fresh fruits and vegetables, white shiplap walls, polished concrete floors, chalk boards with handwritten notes, and local historical photography. A 1,000 square-foot patio will offer varied outdoor seating options, bright yellow umbrellas, and custom planters. The restaurant's interior will accommodate 74 guests, while the outdoor patio will seat 46. An additional outdoor common patio will be shared with Provision Coffee.

Original ChopShop is open daily for breakfast, lunch and dinner. Restaurant hours are 7 a.m. to 9 p.m. Monday-Saturday, and 7 a.m. to 8 p.m. Sundays. For additional information, visit www.originalchopshop.com.

Original ChopShop also offers catering for groups of all sizes. A dedicated catering manager can be reached at 480-372-4550 or at lshay@chopshopco.com.

please see BRIEFS on page 44

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FOOD FOR THOUGHT

BRIEFS continued from page 43

Have ‘The Big Daddy’ on Father’s Day

Tell Dad to put down the charcoal, hang up the tongs and let TEXAZ Grill handle the cooking this Father’s Day, where owner Steve Freidkin and his team are serving up a one-day-only steak dinner deal. Plus, all dads receive complimentary strawberry shortcake with purchase of any meal (proof of fatherhood required).

“The Big Daddy” (a 16-ounce, hand-cut, choice, aged NY Strip steak smothered in sautéed onions) will be available for \$28.95, served with bread, salad, and choice of potato. Families also can enjoy TEXAZ’s Smoked Prime Rib dinner or the Sunday supper special of BBQ Spareribs with TEXAZ’s homemade barbecue sauce, both available after 4 p.m. and served with salad and choice of potato.

If the family wants to get its grub on a little earlier in the day, TEXAZ Grill will have available its regular Brunch Menu on Sunday, June 17 until 4 p.m. And of course, TEXAZ Grill’s famed Chicken Fried Steak (nearly 1 million sold and counting) is always available.

TEXAZ Grill is located at 6003 N. 16th St. For more information or to make a reservation (parties of 5 or more), call 602.248.STAR (7827).

Downtown tavern has good food, atmosphere

Neighborhood hospitality group Genuine Concepts has brought affordable comfort food in a casual setting to The Downtown Deli Tavern, located at 130 N. Central Ave.

Genuine Concepts’ Tucker Woodbury and partner, Jim Riley, purchased the space on Monroe Street and Central Avenue two years ago when The Downtown Deli closed its doors after a nearly 46-year run.

While holding onto the roots of The Downtown Deli, Woodbury and Riley have created a new vibe and demeanor of what is now The Downtown Deli Tavern. The interior is a take from big city corner bars with a checkered floor, lime green leather booths, wood and metal finishes, exposed brick walls and, of course, flamingo wallpaper which adds a quirky, yet classic feel.

Genuine Concepts’ Executive Chef, Justin Woodard, has created an

American comfort fare menu of large-portion dishes that keep true to old-time favorites including Mom’s Meatloaf with a house-made bourbon sauce, omelet and hash, turkey noodle soup, an egg salad sandwich and the Best Apple Pie, served a la mode with vanilla ice cream. The menu has a variety of options for everyone with a handful of fresh salads, burgers, sandwiches, as some quirky signature dishes.

The full menu, including breakfast items, will be offered all day long, along with a 50-cent cup of coffee.

A daily brown bag special will be offered for grab n’ go customers and happy hour will include a list of 7 for \$7 food items Monday through Saturday.

There is a full bar with eight local draft beers, many others in cans, an array of spirits and a key-player wine list.

There are two discreet TVs over the bar, and no loud house music to drown out your conversation. It’s a great place to enjoy good food, drinks and company.

Downtown Deli Tavern is open 10:30 a.m.-11 p.m. Monday-Wednesday, 10:30 a.m.-Midnight Thursday, 10:30 a.m.-2 a.m. Friday, and 3 p.m.-2 a.m. Saturday. Closed Sundays. Visit www.DowntownDeliTavern.com.

Ice cream sandwiches available at Creamistry

Just in time for the summer heat rise, Creamistry, the Valley’s most high-tech creator of delicious frozen treats, introduces cool new customizable ice cream sandwiches to the company’s array of frozen delights.

Guests can choose from four varieties: Brownie, Cap’n Crunch Marshmallow Treat, Fruity Pebbles Marshmallow Treat, and Cinnamon Toast Crunch Marshmallow Treat—all of which are freshly baked in-house. The ice cream sandwiches can be made custom-made to order with any ice cream flavor, with Creamistry’s liquid nitrogen freezing process. Ice cream sandwiches retail for \$6.95 each.

Creamistry is located in the Uptown Plaza at 100 E. Camelback Road, #150. You also can find them at 4325 E. Indian School Road, #100. For more information, visit www.creamistry.com.

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

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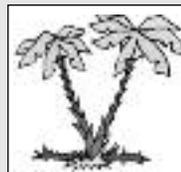
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