



north central news

the voice of the north central phoenix community since 1999

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House of Refuge offers housing, hope

By Colleen Sparks

As a veteran and long-time respiratory therapist who worked long hours at her job, Tammy Lemonds never imagined she would end up homeless ... but life knocked her down.

Luckily for the single 44-year-old, a non-profit called House of Refuge Sunnyslope came to her rescue, not only putting a roof over her head but also boosting her spirits. For 31 years, the faith-based organization has been providing long-term, transitional housing to men, women and children while offering them life skills, spiritual guidance, practical support and camaraderie intended to help them successfully move into their own homes.

In a quiet neighborhood not far from its headquarters on North 7th Place south of Cinnabar Avenue, people who had struggled with homelessness now live in several different houses and apartment-style homes on 11 different properties. They share

please see REFUGE on page 4



Grant Crone (left), of MMR Marketing and project developers Mark Ortman and Walter Crutchfield of Vintage Partners celebrate the Modern Phoenix Week groundbreaking of the ARRIVE Phoenix development, which will include a hotel, a popsicle stand, pool, pool bar/restaurant, Cartel Coffee shop and penthouse-level, "Mad Men" style bar at 400 and 444 W. Camelback Road (Photo by Vintage Partners).

Developers give new life to aging buildings

By Colleen Sparks

Developers are getting new life out of aging office buildings in the area, renovating and redesigning them to create modern, luxury apartments, hotel rooms and innovative workspaces. They say the transformed buildings will meet the needs and desires of people in North Central Phoenix and tourists, who like walking to restaurants and stores and taking the light rail to entertainment venues and jobs.

One such project is at 400 and 444 W. Camelback Road. The development is a partnership among Vintage Partners, a multi-disciplined real estate development company; Venue Projects, a Phoenix redevelopment practice that focuses on adaptive reuse projects; and ARRIVE Hotels, a national hotel chain. Two buildings on the site that had been used for offices are being turned into the main part of ARRIVE Phoenix, a new ARRIVE Hotels location. Three additional, one-story buildings are being constructed between the two mid-century towers and will house a popsicle stand, pool, a pool bar/restaurant and Cartel Coffee shop.

The businesses are expected to open Nov. 1. Walter Crutchfield, partner with Vintage Partners,

grew up in North Central Phoenix and is thrilled to rejuvenate the buildings, which were constructed in the late 1950s.

"The city of Phoenix is very helpful for adaptive reuse because they don't want to see our historical buildings being torn down," Crutchfield said. "A project like this preserves the buildings, gives them a new use and a new life. I went to Royal Palm Elementary with my wife of 38 years. It's the core of our lives and our family."

In North Central Phoenix, 18 different adaptive reuse projects have qualified for funding through the

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COMMUNITY



Resident Ambassadors, who live in Sunnyslope, worked as the voice of their community on the “Access Sunnyslope” project alongside the Maricopa County Department of Public Health (MCDPH). They focused on finding ways to improve residents’ experiences using the free SMART Circulator bus to access low-cost and free resources (photo by John Trevino).

Sunnyslope residents seek more walkability

Many residents of the Sunnyslope community are pushing for improvements in residents’ experiences using the free SMART Circulator.

Over the last several months, 17 members of Sunnyslope worked as the voice of their community on the “Access Sunnyslope” project alongside the Maricopa County Department of Public Health (MCDPH). The focus of the project was to identify ways to boost residents’ experiences using the free SMART Circulator bus to access low-cost and free resources for food, care and places to be active. The community members involved in this project, called “Resident Ambassadors,” recently finished orientation and training on how to assess the walking environment and conducted several field trips using the Circulator bus.

At a recent capstone event, the results of the Resident Ambassadors’ walkability and field trip reviews were revealed. The group said there were five areas of concern: speeding and traffic calming issues, pedestrian crossings, sidewalks and walking areas, shade, and neighborhood stewardship. Resident Ambassadors said the issues they saw created barriers for many residents in using the SMART Circulator. For example, not having proper shade can make it difficult for many people to stand in the heat of summer while waiting for the bus. Creating safe places for people to walk and cross the streets is also important to the group.

Besides the walkability study, a community survey was conducted at

various sites in Sunnyslope and online through the Nextdoor app. The community survey revealed several areas of concern that aligned with what the Resident Ambassadors discovered. Some areas survey respondents said needed the most attention were the addition of street signs and bike racks

please see WALKABILITY on page 4

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COMMUNITY

REFUGE continued from page 1

space with roommates as part of House of Refuge Sunnyslope. Men and women live in different homes. The program has the capacity for 83 residents but the number who live in House of Refuge Sunnyslope homes can vary day to day. There is a program for men, one for single women and a third one for single women with children. Residents' living costs vary but most pay about \$100 a week to help cover housing, meals and utility costs.

The adult residents in the House of Refuge Sunnyslope homes must be working full-time and participate several evenings a week in Bible studies and life skills classes provided on the campus. They learn about budgeting, nutrition, parenting, job interviewing techniques and other important lessons to survive as independent adults in the life skills classes. Those who live in the House of Refuge Sunnyslope homes also must share meals together several nights a week on campus. The residents have access to scholarships to further their education, as well as help pay for transportation and dental and vision services.

Lemons, who served in the Army for three years, had worked as a respiratory therapist for 10 years but said she was not being compensated fairly at a company and she had to leave.

"I lost everything I own and my dogs," she said. "I was living with my friend for two weeks. I lost my car, which made getting a (new) job a lot



Tammy Lemonds, a veteran who worked for many years as a respiratory therapist, is grateful to live in one of the houses that House of Refuge Sunnyslope offers to people who have struggled with homelessness (photo by House of Refuge Sunnyslope).

harder. When you become homeless, it is absolutely devastating to your whole being."

While she studies to regain her license as a respiratory therapist, Lemonds said the staff members, volunteers and fellow residents at House of Refuge Sunnyslope offer her support.

"I can walk up to anybody here and I get a hug," she said. "It's not just a

place to live, it is a place to take a breath and just settle and figure out where it went wrong."

That is the kind of comfortable "sense of community" House of Refuge Sunnyslope aims to provide, Julie Supplee, executive director of the organization said. Volunteers prepare meals for the residents. Residents also are matched with volunteer mentors.

There are many success stories about men and women who have graduated from the program and moved into their own homes. Some of them recovered from substance abuse issues and some lost their jobs. The residents must be clean and sober to live in the homes.

While the maximum length of time people can stay in the men's and women's housing is a year, the typical stay is six to nine months. Single mothers can stay for up to 24 months but the typical stay is 12 to 18 months.

"We love being part of the Sunnyslope community," Supplee said. "We're very volunteer-driven and we love to see people move from homelessness to independence. Our goal is, we try to help them prepare."

Supplee estimates that House of Refuge Sunnyslope has helped 5,000 to 6,000 people in its 31 years of existence. Last year the organization assist-

ed 184 men, women and children and processed 182 tons of food in its food bank, which provided 74,860 meals.

Barbara Andersen of Sunnyslope volunteers at House of Refuge Sunnyslope sorting donations of clothes, linens, blankets and other items.

"I just think they're completely honorable and hard-working and are motivated by a love for Christ and that is why they're here," Andersen said. "It's a needed ministry now more so than ever."

House of Refugee Sunnyslope always is in need of volunteers. Anyone who wants to do cleaning, landscaping, organizing and other work on the campus can attend the Service Project Day at House of Refugee Sunnyslope from 8:30 to 11 a.m. on Saturday, Sept. 14, at the park at 9835 N. 7th St. Those who want to learn about volunteer opportunities can come to the Explore and Engage Meeting from 9 to 10:15 a.m. on Saturday, Sept. 28, at the same park. Anyone interested in participating in either or both events should RSVP to info@refugesunnyslope.com.

WALKABILITY continued from page 3

and a change to the Circulator route. Out of the survey respondents, 70-percent said in order to improve their community, trees and shade were needed most, followed by streetlights and sidewalks. The survey noted most riders use the Circulator to run errands and visit health services and community sites, including places to eat.

The City of Phoenix and Valley Metro have been "very open" to considering the changes to the SMART Circulator route, said Julie Scholer, Community Health Innovations supervisor for the Maricopa County Department of Public Health. Serious consideration has been given to adding a bus stop at Mountain View Park so residents could easily access the park and community garden, Scholer said. The county health department has continued working with the Resident Ambassadors on other projects in Sunnyslope including doing audits to assess the amenities, resources and conditions of parks.

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The voice of the north central phoenix community

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COMMUNITY



Two geodesic dome homes built in 1970 are among the diverse landmarks and businesses Arizona Contractor & Community magazine featured in its recent special Sunnyslope issue (photo courtesy of "Arizona Contractor & Community" magazine).

Special issue features unique spots

By Colleen Sparks

Geodesic dome homes, Dutch-inspired single-family houses and a bank property on which a teenager used to raise pigeons are among the quirky landmarks a magazine is featuring in a special issue on Sunnyslope.

The stories of people and businesses that shaped the area are the subject of *Arizona Contractor & Community* magazine's fall issue, released Sept. 1. The last special issue on Sunnyslope the magazine published was in 2017.

"There's so many good stories about this community," said Douglas Towne, editor of *Arizona Contractor & Community* magazine. "We have a host of interesting articles for our readers."

The issue features The Sunnyslope Domes, three structures that two Arizona State University professors built in 1970 where Hatcher Road deadends into the Phoenix Mountain Preserve. Now husband-and-wife team Patrick and Lisa Harvey rent the two geodesic domes and a central tower through Airbnb. Patrick, an associate broker with West USA Realty, and Lisa, a Realtor with West USA Realty, made some minor upgrades to the buildings but they have kept much of the original look. Towne said the domes look similar to the insides of golf balls and offer "wonderful views of Sunnyslope."

The magazine also explored the rich history of what is now called HonorHealth Desert Mission. In the 1920s people from other parts of the country moved to Phoenix hoping to find cures for tuberculosis and other

health issues. Many of them were financially strapped and lived in tents and shacks. The local Presbyterian Church's Desert Mission learned about their struggles and volunteers brought them food and medical supplies. In 1927 Desert Mission formed as a non-profit organization and built cottages between Central Avenue and 7th Street for people who were ill.

In 1931, Ohio entrepreneur and businessman John Cromwell Lincoln brought his wife, Helen, to Phoenix to recover from tuberculosis and the two began supporting Desert Mission. Later the couple contributed much of the money needed to buy the current HonorHealth John C. Lincoln Medical Center at 250 E. Dunlap Ave.

The issue also highlights a 1963 space-age-themed groundbreaking for what was then Guaranty Bank at the southeast corner of 7th Street and Puget Avenue. A teenager at Sunnyslope High School had been raising pigeons out of a shack on the land to raise money so Guaranty Bank moved the shack to his parents' home. Now a Wells Fargo Bank is on the site.

Arizona Contractor & Community magazine also shared the story of an unusual housing development. The Dutch Village was a single-family home community built in the late 1950s at the southeast corner of 19th and Dunlap avenues. The houses were designed to look like Dutch homes and people would receive tulip bulbs just for visiting the community.

The issue of *Arizona Contractor & Community* magazine is available for \$5.99 at Books bookstore, 9201 N. 7th Ave., or online at www.arizcc.com.



North Central Phoenix
HOMEOWNERS ASSOCIATION

Notice of the North Central Phoenix Homeowners Association Annual Meeting

All Phoenix residents living in the area between 7th Street and 7th Avenue from Missouri Avenue to Northern Avenue are cordially invited to attend the upcoming NCPHA annual meeting:

Date: Thursday, September 26, 2019

Time: 6:00 p.m. to 8:00 p.m.

(meeting will begin at 6:30 p.m.)

**Location: All Saints Episcopal Church
and Day School**

**Manning Hall (on the school campus)
6300 North Central Avenue**

**Our guest speakers will include Mayor Kate Gallego,
Senator Kate Brophy-McGee,
the City of Phoenix Police Department,
Planning and Development, and Neighborhood Services.**

**Please come to the Annual Meeting to learn more about
current issues and how you can help keep North Central
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**If you are a homeowner within our borders and would
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COMMUNITY

ADAPTIVE REUSE *continued from page 1*

city of Phoenix's Adaptive Reuse Program within the last 26 months, Sam McAllen, economic development program manager for the city said. The city program provides development guidance, streamlined processes, a decreased timeframe and cost savings to those who adapt older buildings for new businesses if they meet several criteria.

ARRIVE Hotels, based in Los Angeles, will have a 79-room hotel on West Camelback Road with great amenities at affordable prices, Crutchfield said. It will house a cocktail bar called Don Woods Say When with a 1960s, "Mad Men" TV show-style ambiance and the original neon sign for Don Woods real estate investments.

Rick Mountjoy, chairman of the Traffic Committee for the Medlock Place Neighborhood Association, said he and his neighbors favor developments "conducive to establishing a walkable urban community" and ARRIVE Phoenix will do that.

"We've pretty much said to them, 'if you mitigate the traffic you're going to

cause and prevent it from getting into the neighborhood, particularly on 3rd Avenue, we're okay," Mountjoy said.

Ellen Bilbrey, president of the Medlock Place Neighborhood Association board of directors, agreed. "We've always encouraged redevelopment," Bilbrey said.

Not far from there, another adaptive reuse project is underway. The high-rise One Camelback at 1 E. Camelback Road houses BMO Harris Bank and will be converted into luxury apartments with two to three restaurants on the first floor. The building just east of Central Avenue, built in 1985, will have 163 units in studio, as well as one, two, three-bedroom and penthouse styles. BMO Harris will remain on the first floor.

Dale Phillips, president and founder of Stellar Residential, said his company plans to make the building "more functional and marketable." One Camelback will have a rooftop pool and rooftop yoga classes, as well as a fitness center and pet wash. It is estimated the businesses will open in 2021.

The Orchard, a two-acre site where



Charles Jerkovich (left) and Curt Kremer, co-owners of George Oliver, LLC, are renovating an old office building into CASA, a modern work space (photo by Colleen Sparks).

Luci's at the Orchard, Pomelo restaurant and Splurge Ice Cream & Candy Shop are located, on North 12th Street just north of Glendale Avenue, is another adaptive reuse development. A homestead, another house, as well as a plant and tree nursery and orchards used to be on the site and the original houses were renovated, said Lucia Schnitzer, who owns the three businesses along with her husband, Ken Schnitzer and Jerry Mansoor.

"It's not easy doing a reuse/repurpose

on existing homes," Lucia said.

Elsewhere in North Central Phoenix, an office building erected in the 1980s is getting a major facelift. George Oliver, LLC, a privately owned commercial real estate investment and operating company, is renovating CASA, a community-oriented work environment at 7878 N. 16th St., slightly south of Northern Avenue.

Curt Kremer, managing partner with George Oliver, LLC, said he and co-owner of the company Charles Jerkovich like the Spanish architecture but will add a fitness center, meditation room, yoga room and two-story patio with covered patio space where food trucks can park. A Kaleidoscope Juice café will open inside the building.

"The traditional office of yesterday doesn't fit the demand for today's users," Kremer said. "The type of population we're trying to attract to the building is getting younger and younger."

CASA will feature two large courtyards with outdoor seating and free Wi-Fi, as well as indoor training and conference rooms. The renovations will probably be done in November.

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Happy September!

Happy 30th birthday to my son Sean, who was born on 9/11. Sean works at SRS and specializes in leasing and selling retail, multi-tenant, mixed-use properties and land throughout the greater Phoenix area. I'm so proud of his success. I can still remember Drew Maggi throwing that first touchdown to him in the State Championship game in 2007



... where does the time go? The residential real estate market in our area has been very strong so far in 2019. I see more and more buyers buying a home contingent on their home selling. This way of buying a home is a little tricky because all timelines on the listing and selling of the homes have to coordinate together. But we've already done several of these this year without any issues or delays!

I am very appreciative of all my clients this year. I've sold 85 homes so far this year and we have 12 in escrow. I sell properties in all price ranges -- the lowest sales price was \$156,900 and my high sale was \$5.4 million (just a little difference in sales prices!!). My average sales price in 2019 has been \$625,000. North Central is a very diverse price-range area and I have always enjoyed selling properties in all ranges of value. Give me a call if you'd like to see what your

property is worth.

Please see below the write up from Tara Fischer, who can help you get your home ready to sell or just to live in it by de-cluttering. I am OCD so it works for me!!

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COMMUNITY

Grant money to help first-time homebuyers

TruWest Credit Union has received a \$1.7 million grant for the Workforce Initiative Subsidy for Homeownership (WISH) program, through the Federal Home Loan Bank of San Francisco (FHLB). The WISH grant is awarded every year to financial institutions to give people in lower income households an opportunity to make down payments and to get help with closing costs when buying their first home. This marks the sixth consecutive year TruWest has been awarded a WISH grant. The 2019 grant is more than a 50-percent increase in awarded money compared to last year.

The WISH Program encourages homeownership for households for those with very low to moderate incomes. Individuals and families can receive a match of four times their down payment and closing costs, up to \$22,000 towards their new home's final purchase price. The funds may be used in combination with other local, state and federal homeownership programs.

To be eligible for WISH funds, applicants must: Enroll in the WISH program; successfully complete a free homebuyer counseling program; be a first-time homebuyer; meet income eligibility guidelines (at or below 80 percent of the HUD area median income); and meet required credit qualifications to obtain a TruWest loan.

For more information, visit www.truwest.org/wish.

VFW Post hosts two essay contests

VFW Post 9400 in Sunnyslope will host its Voices of Democracy essay contest for high school students (grades 9-12) and a "Patriot Pen" essay contest for middle school students.

The topic for the 2019-20 Voices of Democracy program is "What Makes America Great." High school students who enter must complete the statement in a written essay and a three- to five-minute recording on a CD or flash drive. Judging is based on originality, content, and for the recording speech delivery. The essay, CD/flash drive and

entry form must arrive at the VFW Post 9400, 804 E. Purdue, Phoenix, 85020, by Oct. 31. Students can download the entry form at www.vfw.org/VOD.

Certificates will be presented to all entrants, and the first-place winner will advance to the district competition. Winners of the district contest will advance to state, and that winner could receive an all-expense-paid trip to Washington, D.C., for the national competition and a chance to win the \$30,000 scholarship prize.

The theme of this year's Patriot's Pen Contest also is "What Makes America Great." All sixth- through eighth-grade students are eligible to write an essay of 300-400 typewritten words. Each first-place state winner will advance to the national competition. The national first-place winner will win \$5,000 and an all-expense-paid trip to Washington, D.C.

Entries with accompanying entry forms also must be received by Oct. 31 at the Post. Download the entry form at: www.vfw.org/PatriotsPen.

Judging is done by the local Post,

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

For more information, call the contest chairman at 602-361-0147 or e-mail vfwpost9400vod@gmail.com.

Art center offers veterans free classes

Female veterans can express their creative sides in free art classes at Phoenix Center for the Arts.

The arts center at 1202 N. Third St. offers All Women Veterans Art classes the third Monday of every month from 5 to 9 p.m. The next one will be held on Monday, Sept. 16. Female veterans can explore art and no experience is needed. Arizona Art Alliance artists will share their love of art with participants.

To sign up for the art classes, contact Kait Ahlschwede at kait.ahlschwede@phoenixcenterforthearts.org.

For more information, visit <https://phoenixcenterforthearts.org>.



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COMMUNITY



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- Provide speakers for programs for church, school & secular organizations

FREE lunch - yes, a free lunch will be served 11 AM - 1 PM

Questions? Please visit www.crossroadspfx.com or call (602) 944-1524



Get a lot of produce for a little money

The nonprofit Borderlands Food Bank holds a monthly “Produce on Wheels” distribution of slightly bruised or past-date fruits and vegetables that otherwise would have been dumped in a landfill. Donors who contribute \$12 receive up to 70 pounds of seasonal produce at locations around the Valley each month.

Crossroads United Methodist Church, 7901 N. Central Ave., will host Produce On Wheels from 6 to 9 a.m. Saturday, Sept. 28, in the parking lot. To learn more, visit www.borderlandsproducerescue.org.

If you don't want to stand in line you can contribute \$13 online (\$12 for the produce box and \$1 for the PayPal processing fee) per box and drive up to pick up (ID and PayPal receipt required) your pre-prepared produce boxes. Bring your ID and Paypal receipt. All Drive Up pre-pays must be received by the Thursday before the Saturday market, which in this case is Sept. 26. Register and pre-pay at <https://bit.ly/2Nlfyg4>.

Beth Ami Temple holds open house

Beth Ami Temple is offering active adults ways to make more connections and meet people of a similar faith.

The temple will hold its annual Wine & Cheese Open House at 6:30 p.m. on Friday, Sept. 13 in the sanctuary at Palo Cristi Presbyterian Church at 3535 E. Lincoln Drive. The community is invited to meet Rabbi Allison Lawton and cantorial soloist Mike Robbins and learn about the congregation's High Holiday and Shabbat services, social events and other Beth Ami activities, such as special holiday observances and community involvement projects.

This boutique synagogue comprised of active adults looking for Jewish religious and social connections describes itself as being a “small temple with a big heart” and it has been offering a place of worship for 42 years.

After the open house, the public is invited to stay at the temple for Friday night services. The open house is free to attend, but people should RSVP by calling 602-956-0805 or emailing bethamitemple@hotmail.com. To learn more about Beth Ami Temple, visit <https://bethamitemple.org>.

Volunteers needed to help grieving children

Anyone who loves children and wants to give back to the community might find a good fit volunteering with the New Song Center for Grieving Children, a Hospice of the Valley program.

The program provides grief support groups for children and their families after a significant person in a child's life has died. Volunteers offer their caring hearts, open ears and playful spirits to support groups and assist families while they attempt to navigate their new world. There is no cost to attend the support groups and they are provided at six locations around the Valley including at Hospice of the Valley's offices at 1510 E. Flower St.

Volunteer trainings will be held from 8 a.m. to 5 p.m. on Saturday, Sept. 21; from 5:30-9 p.m. on Tuesday, Sept. 24; from 5:30-9 p.m. on Thursday, Sept. 26 and from 8:30 a.m. to 4:45 p.m. on Saturday, Sept. 28, at the Hospice of the Valley offices on Flower Street.

To learn more, call 480-951-8985 or visit newsongcenter.org.

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COMMUNITY

Boost your speaking and leadership skills

By Colleen Sparks

Katherine Creech used to lose sleep for days, riddled with anxiety before she had to give a speech to colleagues at the company where she works.

Six months after joining the Valley Toastmasters Club in North Central Phoenix, she said she felt more at ease talking to groups and her boss told her she had “made enormous improvements” in public speaking.

Creech, 45, a director of operations at a B2B communications company, is among the 23 members of the club that meet to polish their public speaking and leadership skills at 6:15 a.m. every Thursday at Church of the Beatitudes, 555 W. Glendale Ave.

The group is affiliated with Toastmasters International, a worldwide, nonprofit, educational organization that has assisted thousands of people with their speaking, listening, thinking and leadership abilities. Members give formal, prepared speeches and also tackle impromptu speaking on diverse subjects called “table topics” at meetings.

“It’s a safe and supportive environment,” Creech said. “It’s more about opportunities for growth and feedback. The goal is to leave the individual motivated and inspired.”

Joel Konopken, 66, a retired accountant and president of Valley Toastmasters Club, joined a Toastmasters Club in the East Valley in 1992 as a way to bond with his wife. He said at the time he also knew he had problems communicating with colleagues.

“I was kind of full of myself and I think it showed,” Konopken said.

He said participating in Toastmasters has helped him relate more to people and make eye contact when talking. The organization also helps people know their audience, as well as use “vocal variety,” organize their speeches and effectively use body movement. At each meeting up to three formal speeches are given and evaluators give each speaker feedback and coaching. Other members can provide written feedback.

“It’s not just speaking, it’s leadership,” Konopken said. “We have a lot of fun.”

Members of Valley Toastmasters, as well as other Toastmasters clubs, also teach public speaking fundamentals to

non-members at businesses, nonprofit organizations and colleges through the Speechcraft program. Some Toastmasters members teach young people similar skills in the Youth Leadership Program.

Membership in the Valley Toastmasters costs \$11.50 a month and you must be at least 18 years of age. To learn more about Valley Toastmasters, visit <https://valleytoastmasters.net>.

More library branches opening Sundays

There will be more chances to check out books and other offerings at more branches of the Phoenix Public Library.

Starting Sunday, Sept. 22, four additional locations of the library system will be open from 1 to 5 p.m. on Sundays. They are Acacia Library at 750 E. Townley Ave.; Agave Library at 23550 N. 36th Ave.; Desert Broom Library at 29710 N. Cave Creek Road; and Desert Sage Library at 7602 W. Encanto Blvd.

All 17 Phoenix Public Library locations will now be open on Sundays. To learn more, visit www.phoenixpubliclibrary.org.

Phoenix to turn plastics into fuel

The city of Phoenix Public Works Department has formed a partnership with Renew Phoenix that aims to turn plastics destined for the landfill into fuel.

This repurposing of what’s known as “Plastics 3-7,” or low-value plastics, is the latest venture in the city’s “Reimagine Phoenix” initiative to increase its diversion rate to 40 percent by the end of 2020. The goal is to reach zero waste by 2050.

The plan is for Renew Phoenix to work with the city to build a facility to process the materials on the city’s Resource Innovation Campus.

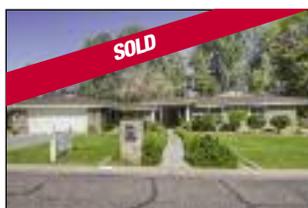
This involves a proprietary chemical recycling process to reverse the plastic back into its basic molecular structure, which will allow them to convert the plastic waste into fuel. Renew Phoenix will bring as many as 15 full-time jobs to the Valley after investing more than \$5 million dollars in the project.

Once at full production, the project is expected to divert 10 tons per day of mixed plastic waste, which is equal to 60 barrels of liquid fuel.

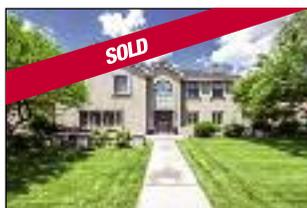
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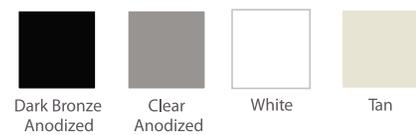
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Pet of the Month Cairn Terrier mix is easy to like

People are sure to “like-a” sweet Lika, an adorable eight-year-old Cairn Terrier mix.

She was surrendered to the Arizona Humane Society when her previous owners were unable to give her the care she needs. Lika is used to spending most of her time with her favorite human friends. This bundle of wiry cuteness would prefer a home where her peeps are around most of the time to keep her company and give her a warm lap on which to snuggle.

See how cute Lika is in person by visiting her at the Arizona Humane Society’s Sunnyslope Campus at 9226 N. 13th Ave. Her adoption fee includes her spay surgery, microchip, current vaccinations and a free follow-up vet exam. For more information, visit azhumane.org/adopt, call 602-997-7585 and ask for animal number 611455.

Please note: This pet might have been adopted by the time you visit the



Lika is a sweet eight-year-old Cairn Terrier mix who likes to snuggle. This bundle of wiry cuteness would prefer a home where her people are around often to keep her company (photo courtesy of Arizona Humane Society).

shelter, however AHS has dozens more wonderful pets who also need loving homes. Please take a moment to meet some of the other dogs, cats and other companion animals at the shelter! To see all adoptable animals right now, visit www.azhumane.org/findapet.

Humane Society hosts foster open house

Anyone interested in learning about fostering dogs and cats with the Arizona Humane Society can come to an event on Saturday, Sept. 21.

The Arizona Humane Society will have a Foster Open House from 10 to 11 a.m. that day at its Sunnyslope Campus at 9226 N. 13th Ave. Light refreshments will be served.

There are a limited number of spots available for the open house. To register, visit www.azhumane.org.

Animal rescue group gets grant

An animal rescue non-profit organization is getting a boost to help aid with adoption.

HALO Animal Rescue of Maricopa County announced it has been awarded a \$75,000 grant from the Petco Foundation to assist with its rescue efforts. The money will pay for new doors on the adoption floor, radios for the staff members and new cameras. HALO said the Petco Foundation investment will help with new doors on the adoption floor to offer a better presentation of HALO’s pets to increase adoptions. The organization said the money also will go toward improving communication among employees to

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COMMUNITY

help ensure safety measures and new cameras that will help with better quality photos on the website for potential adopters to view.

Since 1994, HALO (Helping Animals Live On) has helped animals by boosting adoption, sterilization and pet care education in Maricopa County. The organization has saved more than 65,000 pets since then and has seven locations around the county. HALO is a “no-kill” animal rescue organization that provides temporary shelter to abandoned cats and dogs until they can be adopted into permanent homes.

Petco Foundation since 1999 has invested more than \$250 million in life-saving animal welfare work. It has more than 4,000 welfare animal partners and encourages communities to invest in adoption, medical care programs, spay and neuter services, pet cancer research and service and therapy animals.

To learn more about HALO, visit www.halorescue.org. For more details about Petco Foundation, visit www.petcofoundation.org.

Initiative helps get older dogs adopted

Two Pups Wellness Fund is helping to get older dogs at the Maricopa County Care and Control (MCACC) shelters adopted.

“Grown Pups for Grown Ups” features dogs 5 years and older and addresses in advance the roadblocks and concerns that might keep people from adopting them.

Under the program, Two Pups Wellness Fund is covering the adoption fees as well as providing:

- Money for wellness blood tests to rule out significant disease prior to adoption
- Funding treatments for diseases that are discovered and treatable
- Financial support of promotional events and materials to showcase older animals and increase the community’s awareness of these grown pups in need of homes

“People are sometimes hesitant to adopt an older dog because they’re afraid something may be medically wrong,” said Mary Martin, director of

MCACC. “The reality is, these dogs can and do make great companions and still have a lot of life left in them.”

MCCAC houses the Grown Pups in refurbished rooms that make it easier for potential adopters to see and interact with these older dogs. “Grown Pups for Grown Ups” aims to show people that adopting an older dog might suit someone’s lifestyle better than a puppy that needs housetraining and lots of activity.

You can donate directly through the Two Pups Wellness fund at <https://twopups.org>.

Experienced vet takes reins of Altered Tails

An experienced veterinarian with a passion for animal welfare work is now heading Altered Tails, the biggest non-profit spay/neuter organization in the state.

Dr. Nellie Goetz, who has joined Altered Tails as executive director, manage operations at the organization’s North Central Phoenix and Mesa clinics. The clinics perform about 18,000 low-cost or free-of-charge spay and

neuter surgeries every year. Goetz also will help expand the depth, breadth and reach of Altered Tails’ services and represent the non-profit in the community.

Goetz came to Altered Tails after serving as a clinical assistant professor of Shelter Medicine at Midwestern University where she taught courses, managed relationships with 12 clinical service partners and created the operations manual for a Midwestern University mobile clinic.

Prior to that, she served as a high-quality, high-volume spay and neuter veterinarian at many organizations in New Mexico and worked as the lead surgical veterinarian for the American Veterinary Medical Association Reaching UP project in that state. Goetz had also worked as medical director of the National Spay/Neuter Response Team at Humane Alliance, now called ASPCA Spay/Neuter Alliance, where she trained teams in high-volume, high-quality spay and neuter “best practices.”

Altered Tails’ North Central Phoenix clinic is located at 950 W. Hatcher Road. Visit www.alteredtails.org.

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CrossRoads United Methodist Church
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Learn about volunteer opportunities and available service from dozens of non-profit organizations. CrossRoads United Methodist Church's young women's group will provide a free lunch from 11 a.m. to 12:45 p.m. To learn more visit <https://crossroadsphx.com> or call Max McQueen at 602-944-1524.

"Mystery & History: Two Pillars of Tradition"

7-9 p.m. Wednesday, Sept. 11
St. Stephen Byzantine Catholic Cathedral
8141 N. 16th St.

Dr. Sister Vassa Larin, a member of the Catholic Theological faculty at the University of Vienna in Austria and host of an online catechetical program, "Coffee with Sister Vassa," will discuss the unchangeable and changeable aspects of the church. Tickets are \$25 and must be purchased ahead of time. For tickets, visit <https://stsbcc.org>.

Open House

9 to 11 a.m. on Thursday, Sept. 12
Music Works Community, LLC
302 W. Bethany Home Road
602-264-5188

Learn about the offerings at Music Works, an association of music teachers offering quality music instruction and providing year-round lessons and classes in piano, guitar, voice and beginning strings for all ages. It is also the home of Prelude: A Musical Beginning, which provides music classes to the very young. To learn more visit <https://music-workscommunity.com>.

AAUW Hosts Yvonne Pastor

6:15 p.m. Tuesday, Sept. 17
Beatitudes Luther Life Center
1616 W. Glendale Ave.

The Phoenix Branch of AAUW (The American Association of University Women) will host Yvonne Pastor, Youth and Education Program Manager for the Phoenix City Manager's Office, who will discuss the Experience Corps and how it functions to increase literacy and fluency for Phoenix's second and third-graders. There is an optional dinner at 5:30 p.m.

Open to the public; RSVP to attend the dinner by calling 602-283-4884 by Sept. 13. The dinner cost is \$15.

Desert Horizon

Coffee with a Cop

8-9 a.m. Wednesday, Sept. 18
Christown Spectrum Shopping Center
Costco Food Court Seating Area
1703 W. Bethany Home Road

Ask questions, voice concerns and get to know the Desert Horizon Precinct police officers who patrol the neighborhood over a cup of coffee. Free and open to the public. Visit www.phoenix.gov/police/precincts/desert-horizon for more information.

"Advanced Congestive Heart Failure Treatment"

Screenings at 5 p.m.; seminar at 6 p.m. Thursday, Sept. 19
Abrazo Arizona Heart Hospital
Second Floor Conference Room
1930 E. Thomas Road

In this free seminar, interventional cardiologist Dr. Gopi Cherukuri will discuss the causes, risk factors and surgical and non-surgical treatment of congestive heart failure. Free heart health screenings will be offered before the program starts. To register, call 1-833-737-2762 or visit www.AbrazoHealth.com/HeartSeminar.

Civitan Foundation's Annual Dance-A-Thon

11 a.m. Friday, Sept. 20
Gateway Academy
3939 E. Shea Blvd.

Individual, group and corporate teams can dance for fun with Civitan's community of adults with intellectual and developmental disabilities, sponsor a dancer or team or help fundraise by creating an online fun-raiser dancer page. The event includes food, face painting, games and other activities. A \$10 donation at the door is requested for those who have not pre-registered. To register or to become a sponsor, visit www.civitanfoundationaz.com/dance-a-thon.

Lura Turner Homes 25th Annual Golf Tournament

Starts at 6 a.m.
Saturday, Sept. 21
Raven Golf Club
3636 E. Baseline Road

The annual fundraiser will featured guest Bobby Freeman, Arizona Diamondbacks' organist. Register, buy *please see CALENDAR on page 18*

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What is adult ADHD?

When we think of ADHD, we typically picture a hyperactive 6-year-old boy causing mayhem in the classroom. Unfortunately, the condition affects a much wider segment of the population and is often undiagnosed until adulthood.

Attention Deficit Hyperactivity Disorder (ADHD) is a chronic neuropsychiatric condition that affects both children and adults. The term Adult ADHD is actually a misnomer, as the condition is often diagnosed in adulthood but the symptoms have been present since early childhood. Unfortunately, the condition is often missed in childhood or diagnosed but left untreated.

ADHD is characterized by a variety of symptoms that can have a major impact on a person's personal and professional success. It is estimated that 9% of children and 4% of adults in the United States have ADHD. The major symptoms include:

- Impulsiveness
- Disorganization and problems prioritizing
- Poor time management skills
- Problems focusing on a task

- Trouble multitasking
- Excessive activity or restlessness
- Poor planning
- Low frustration tolerance
- Frequent mood swings
- Problems following through and completing tasks
- Hot temper
- Trouble coping with stress

While most people will experience these symptoms at some point in their lives, those with ADHD will often recognize that they have been present and problematic for their entire lives. Identifying and treating ADHD in adulthood is often an emotional and gratifying revelation after years of struggle.

Many of the symptoms of ADHD co-occur in other conditions as well, so if this article resonates with you or someone you know, please reach out to schedule an evaluation. In the typical Uptown fashion, we'll complete a comprehensive confidential evaluation and explain the results and all treatment options in detail.

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COMMUNITY

CALENDAR continued from page 16

raffle tickets, enter a putting contest and enjoy breakfast from 6-7 a.m. A shotgun start will take place at 7:30 a.m. Lunch, raffle prizes and awards begin at noon. All proceeds benefit Lura Turner Homes, which help Valley adults with special needs. Register online at www.luraturnerhomes.org. Contact Max McQueen at 602-943-4789 for more information.

Phoenix Writers Club

Noon to 2 p.m.

Saturday, Sept. 21

Bluewater Grill restaurant
1720 E. Camelback Road

Author Karen Shiffman Lateiner, who wrote "Timeless Dance: A Story of Change and Loss," will talk about her writing process. The cost is \$20 for club members and \$25 for non-members for lunch and the speech. To RSVP, contact Navissa Kaiser at navissak@gmail.com.

Valley Young Professionals Happy Hour Golf Clinic

4-7 p.m. Wednesday, Sept. 25

Arizona Biltmore Golf Club
2400 E. Missouri Ave.

The event combines a networking mixer with golf. Check-in is from 4-4:30 p.m. and the program runs from 4:30-7 p.m. Brush up on your golf game, sip drinks from the cash bar and enjoy complimentary appetizers. Free for members of Valley Young Professionals and Greater Phoenix Chamber of Commerce but \$20 for non-members. To register visit <https://business.phoenixchamber.com/events>. For more information contact Ashley Caronna at acaronna@phoenixchamber.com or 602-495-2194.

'Some Memories: Growing Up with Marty Robbins'

9:30 a.m.-noon Thursday, Sept. 26

Sunnyslope Historical Society and Museum

737 E. Hatcher Road

Andrew Means discuss his book, "Some Memories {Growing Up With Marty Robbins}" as remembered by Robbins' twin sister, Mamie. Country-Western singer Robbins grew up in Arizona and bought property in Sunnyslope for his mother and sister. Chuck Herrera Band will perform following the talk. Admission is free; the

cost of the book is \$15 and lunch is \$10. Members of the Sunnyslope Historical Society and Museum will receive a 25-percent discount. Seating is limited, RSVP at www.SunnyslopeHistoricalSociety.org or call 602-331-3150.

2019 Phoenix Fantastical Festival

10 a.m. to 5 p.m. Saturday, Sept. 28
Corner of 1st Avenue and Washington Street

There will be lots of family activities, including appearances by P.J. Masks, mystery-solving heroes, on the main stage from 12:30-1 p.m. and 2:30-3 p.m. Support a Back to School Clothing Drive with donations of school supplies or financial contributions at the event or online when ordering tickets. General admission tickets are free for children ages 12 and younger with a downloaded ticket and \$5 for those ages 13 and older. Visit <https://fantasticalfestival.com> for details.

Great American Seed Up

5-9 p.m. Friday, Sept. 27 and 10 a.m. to 2 p.m. Saturday, Sept. 28
North Phoenix Baptist Church
5757 N. Central Ave.

This seed saving festival focuses on seed diversity and education and features presentations and classes. Kimber Lanning of Local First Arizona will discuss the importance of local, healthy food systems, as well as why people should promote local seed saving at 6:30 p.m. on Sept. 27. Attendees can buy seeds from 10 a.m. to 2 p.m. Sept. 28. There will be more than 100 varieties of climate-appropriate seeds to take home for planting or saving. Tickets can be bought ahead of time for \$7.50 each at <https://greatamericanseedup.org>.

Downtown Phoenix Oktoberfest

3-9 p.m. Saturday, Sept. 28

Civic Space Park
424 N. Central Ave.

This event for people ages 21 years old and older will feature beer, traditional German food, live polka music and "wurst" Oktoberfest competitions. Single admission is \$10 online and \$15 the day of the event. Admission includes access to the ground, entertainment, games and contests but food and drinks are sold separately. For tickets and information visit www.dtpfx-oktoberfest.com.



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-Vivian Taylor (founder of AIRES)

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6038 N 21ST PL
4 BED | 3 BATH | 3,602 SF



UNDER CONTRACT

2016 E STATE AVE
5 BED | 3 BATH | 3,433 SF



2035 E GARDENIA AVE
5 BED | 3 BATH | 3,258 SF



SOLD

6734 N 13TH PL
1,995 SF HOME + 650 SF GUEST



7202 N 13TH WAY
3 BED | 2 BATH | 1,817 SF



NEW LISTING

1702 E MARYLAND AVE
3 BED | 2 BATH | 1,482 SF



SOLD

1213 E ECHO LN
3 BED | 2 BATH | 1,789 SF



SOLD

1915 E ROYAL PALM RD
3 BED | 2 BATH | 1,861 SF



UNDER CONTRACT

749 E MONTEBELLO AVE #115
1 BED | 1 BATH | 630 SF

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Centrally located Townhome. Partially updated. Long term tenant in place, great investment property.

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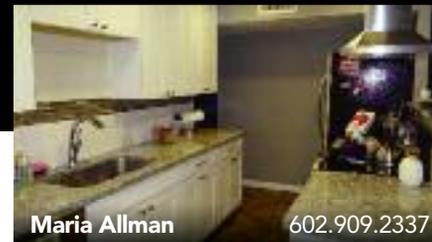
Erik Jensen 602.717.0017

8225 N. CENTRAL AVENUE #40
PHOENIX, AZ 85020

2 Beds / 2 Baths / 1,470 SF

Located in the heart of North Central Phoenix and steps from Murphy Bridal Path, this charming two story home has been beautifully remodeled.

\$ 255,000



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PHOENIX, AZ 85019

3 Beds / 2 Baths / 1,505 SF

Beautifully Remodeled! Designer Touches! New cabinets, granite counters, subway and glass tile backsplashes, and stainless steel appliances, woodlook tile flooring and more.

\$ 239,000

JUST LISTED



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19750 E. GREEN VALLEY ROAD
BLACK CANYON CITY, AZ 85324

3 Beds / 2 Baths / 1,815 SF

Small town charm with a sizable covered front porch and a white picket fence. Recently remodeled and expanded with brand new kitchen cabinets, custom countertops, microwave, dishwasher, flooring, tubs, vanities, fixtures, roof, and more.

\$ 285,000



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1807 W. NORTHVIEW AVENUE
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2 Beds + Den / 3 Baths / 1,600 SF

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1336 E. MARSHALL AVENUE
PHOENIX, AZ 85014

3 Beds / 2 Baths / 2,023 SF

Lots of potential on a 1/2 an acre irrigated lot. Lot sits in the back of a cul-de-sac in a coveted neighborhood. Plenty of room for expansion.

\$ 499,000

PENDING



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3235 E. ROMA
PHOENIX, AZ 85018

3 Beds / 3 Baths / 1,830 SF

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\$ 540,000



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2132 E. NORTHVIEW AVENUE #40
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2 Beds + Office / 2 Baths / 2,172 SF / 2 Car Garage

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NEW PRICE



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\$ 995,000



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PHOENIX, AZ 85021

4 Beds / 3.5 Baths / 4,180 SF / 3 Car Garage / 19,158 SF Lot

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\$ 1,275,000



COMING SOON

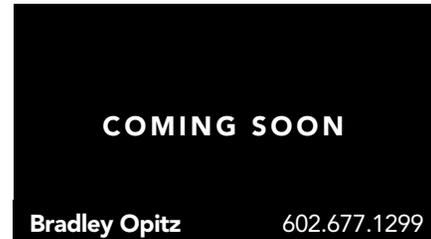
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COMING SOON



COMING SOON

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COMING SOON



NMLS# 76988



NMLS# 188625



TAKING CARE OF BUSINESS



Andrea L. Claus
*Director of Estate Planning,
 Probate and Trust Administration*

5 Common Estate Planning Mistakes

#1: Not having a plan at all

Failing to plan means you relinquish, to the state, the right to decide who will receive your property and serve as your executor.

#2: Not thinking through a well-intended gift

Beneficiaries with Special Needs can be negatively impacted if not properly planned for.

#3: Not planning for minor children

Having a plan in place that addresses both inheritance issues and guardianship of minor children is crucial for any parent or guardian.

#4: Not updating an established estate plan

Changes to state laws, changes to federal tax law, separation/death of a loved one, or changes in beneficiary circumstance are all examples of reasons to review your plan regularly.

#5: Not having a proper estate plan in place

DIY is great for crafts and home projects, but attempting a do-it-yourself estate plan can have unforeseen consequences in the event of incapacity or after death.

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Christine Mackay, city of Phoenix Community and Economic Development director, talks about business growth in Sunnyslope and around the city at the Hatcher Urban Business Alliance (theHUB) meeting Aug. 8 in Sunnyslope (photo courtesy of theHUB).

Hatcher Road group gets boost from the city

By Colleen Sparks

A group of business and property owners in the Hatcher Road area is thrilled that the City of Phoenix is on board with their efforts to revitalize their neighborhoods.

Cheers erupted and supportive words were expressed often during and after a presentation city of Phoenix Community and Economic Development director Christine Mackay gave at the Hatcher Urban Business Alliance (theHUB) meeting Aug. 8 in Sunnyslope. Mackay talked about Phoenix's economy, how to bring new businesses onto Hatcher Road and ways the city can help with small business development and retention at the regular theHUB meeting at HonorHealth John C. Lincoln Medical Center.

A group of business owners along Hatcher Road, which formed the Hatcher Urban Business Alliance (theHUB) more than a year ago, is determined to clean up the business corridor, and rejuvenate the surrounding Sunnyslope area. The group charges no dues and has about 120 members.

Mackay answered participants' questions, talked about ways the city can assist with revamping vacant properties and discussed grants and funding mechanisms neighborhoods may be eligible to seek. She explained the differences between business improvement districts and opportunity zones and how they benefit neighborhoods and business communities.

"What you guys are doing here in the HUB is amazing," Mackay said. "We're super excited to work with you in Sunnyslope in the HUB. We can drive new business, new development, drive down vacancies."

According to Mackay, Phoenix is the fastest-growing city in the country and is "attracting high-tech, knowledge economy, very robust jobs."

Mackay said she and her economic development team could help communities market their areas and drive tenants into buildings. She, members of theHUB and Phoenix Councilwoman Debra Stark, whose district includes Hatcher Road, plan to create marketing materials to try to attract investment in property in Sunnyslope. The vacant real estate in the area is being documented to try to get businesses to expand into the area.

"You bake the cake," Mackay said. "We just get to come in and put a little icing on it."

Caroline Lobo, co-chairwoman of theHUB, told Mackay she believes Hatcher Road is not up to the same standards as other streets in the city and asked how Phoenix could help improve it with enhanced trees, landscaping and other amenities. It also has poor lighting and sidewalks, Lobo said.

Mackay said she spoke to Stark to see if the city could "reprioritize" the road. She also said the Opportunity Zone program, which was established after Congressional approval in 2017, was created to increase investors' investments into specific, low- and median-income communities. Part of

ECONOMIC OUTLOOK 2020
LOCAL. NATIONAL. GLOBAL.
THURSDAY, OCTOBER 10, 2019

<p>Local Perspective Elliott Pollack, Elliott D. Pollack & Company</p>	<p>National Perspective Jim Huntzinger, BOK Financial</p>	<p>Global Perspective Alexandra Hall Hall, British Embassy Washington, D.C.</p>
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TAKING CARE OF BUSINESS

Sunnyslope is in an Opportunity Zone, as are several other areas in the city chosen by the Phoenix City Council. These spots are “meant to encourage people to take their capital gains and reinvest it into very specific areas of the community,” Mackay said.

Mackay also noted that a business improvement district (BID) could provide improvements to a particular area, including new streetlights, landscaping and safety services. Property taxes fund these districts but they can only be formed if a certain percentage of property owners in the affected area approve it.

The advice and support Mackay provided was well-received.

“This was an amazing presentation,” Andy Sobczak, secretary for the East Sunnyslope Neighborhood Association & Block Watch said. “To have this momentum in Sunnyslope, I’ve never seen it go up like this before.”

Lobo, who owns suoLL Architects, also was happy with Mackay’s comments.

“Knowing what the opportunities are for us is immense,” she said. “For her to say she’s willing to help, that’s a big win for us.”

Business Briefs

Shaneland Arts offers classes, gallery

A new store and gallery is giving people a chance to unleash their inner artists and get coaching to reach their creative potential.

Shaneland Arts opened last month at 301 E. Camelback Road. Co-founders Shane R. McCall and Mike Stein designed it to be an intimate, inclusive space for everyone. The retail store offers novelty merchandise, art supplies and artisan products.

In its eclectic gallery, visitors will see art that rotates every two to three months from all different mediums and themes. Curated instructors will teach classes in drawing, painting, watercolor, mixed media, visual journaling, sculpture and other creative outlets.

Artists facing mental roadblocks or those looking to harness their creative gifts can visit the business for creativity coaching. One-on-one and group-themed workshops will be taught by McCall, a Creativity Coach who has over 30 years of creative and manage-

ment leadership experience. Regardless of background, artists of all mediums will learn personalized strategies to find and express their inner talents, including writers who have trouble with the last chapter and actors dealing with stage fright.

To learn more about Shaneland Arts, visit www.facebook.com/shanelandarts.

Camelback Sports Therapy opens second location

Need help recovering from sports injuries or reaching the next performance level? There’s now another Camelback Sports Therapy location to serve you.

The new therapy center, located at 100 E. Camelback Road, will host an open house from 3-7 p.m. on Thursday, Sept. 12. Food and drinks will be served and tours of the center will be available.

The new location, along with the original center at 4800 N. 44th St., offers physical therapy, dry needling therapy, ergonomic assessments, stretching programs and many other treatments to help improve wellness.

Camelback Sports Therapy is open 6 a.m. to 7 p.m. Mondays through Fridays with same-day appointments frequently available. To learn more, visit <http://camelbacksportstherapy.com/>

Kaya Hemp Co. focuses on wellness

A new store on North 16th Street offers customers a chance to explore alternative forms of wellness along with a variety of interesting gift items.

Kaya Hemp Co. at 6102 N. 16th St. celebrates the complimentary cultures of hemp, health and sustainability. Products include a variety of CBD-infused tinctures/oils, spray and skin-care products as well as edibles (candies, honey, tea, coffee and chocolates) in the CBD Apothecary. Kaya Hemp’s collection of eco-friendly and hand-crafted products for the kitchen, bath and body, baby and pets has been assembled with the notion of “Conscious Goods for Conscious People” in mind.

Hemp is a variety of the Cannabis Sativa L plant grown specifically for the

please see HEMP on page 24

ONLY A FEW PATIO HOMES LEFT!

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Since our groundbreaking in February, it’s been exciting to watch our new Patio Homes take shape. If you’re ready for more choices, connections and opportunities, then a Patio Home might be perfect for you.

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Beatitudes Campus is a not-for-profit life plan community founded by the Church of the Beatitudes.



TAKING CARE OF BUSINESS

HEMP continued from page 23

industrial purposes of its derived products. Though hemp and marijuana are both derived from the Cannabis Sativa L plant species, they are very different in many ways. Industrial hemp plants are used mainly for products ranging from skincare to paper while marijuana plants are generally used for medicinal benefits.

Kaya Hemp Co.'s goal is to be a center of hemp and CBD-based advocacy and education to empower clients to live healthier lives, Cathleen Mitchell, the founder and CEO of Kaya Hemp Co. (kayahempco.com) said.

To learn more about Kaya Hemp Co. visit <https://kayahempco.com>.

NAI Horizon negotiates long-term lease

NAI Horizon represented the tenant, Phoenix Children's Center, Ltd., in a long-term lease renewal at Camelback Arboleda located at 1661 E. Camelback Road, in Phoenix.

NAI Horizon Vice President Kevin Higgins negotiated the \$1.317 million lease totaling 4,215 square feet.

"The pediatric group has occupied space in the building since 2009," Higgins said. "The landlord, Fenway Capital Advisors, recently started a major building renovation and the tenant is excited to continue to serve its patients in this centrally-located gem."

Built in 1982, Camelback Arboleda totals almost 180,000 square feet. It is located in the Camelback Corridor with easy access to the SR-51 and is supported by more than 2 million square feet of retail amenities within a 2-mile radius.

Fenway Capital Advisors, based out of Solana Beach, California, has been an active owner of office properties throughout Maricopa County over the past 15 years.

Bug & Weed Mart to offer anniversary sales

A long-time business is celebrating its 40th anniversary but its customers are the ones who will get presents.

Bug & Weed Mart, which has several Valley locations including one at 5030 N. Central Ave., will offer specials and donate \$1 from every sale the

week of Sept. 23-29 to the Two Pups Wellness Fund, a local, non-profit organization that provides support for animals needing medical care.

Bug & Weed Mart offers professional products, equipment and instruction related to pets and weed control. For more information, visit <https://bugweedmart.com>.

Two join local office of Coldwell Banker

Bart Mruz has joined the Coldwell Banker Residential Brokerage office at 3113 E. Lincoln Drive as an affiliate agent. He has worked in the real estate business for 16 years.

"I specialize in helping buyers from my native Nebraska and Iowa with second home and vacation home purchases. As for home styles, I know a lot about condominiums, urban living and single-family homes," Mruz said.

Before affiliating with Coldwell Banker, Mruz worked as an agent with Realty Executives. He has a bachelor's degree in journalism with a minor in English from Midland University.

Kurt Nishimura also recently joined

the Lincoln Drive office of Coldwell Banker Residential Brokerage as an affiliate agent. He has 20 years of real estate experience.

"I specialize in connecting clients with properties, high-end or otherwise, that will allow them to wealth-build," Nishimura said. "My education and professional experience make me uniquely qualified to ensure sure the properties purchased by my clients make sense not only on an emotional level but on a financial one as well."

Prior to affiliating with Coldwell Banker Residential Brokerage, he was the owner of KN Realty Group, a successful real estate consultant practice. Before that, he served as vice president of acquisitions for Pivotal Group, where he achieved more than \$400 million in sales. Nishimura has a bachelor's degree in business administration from Western Illinois University and an MBA with an emphasis on real estate development from DePaul University.

Coldwell Banker Residential Brokerage runs 26 offices with 1,550 independent agents in Arizona. For more information, call 602-954-6888 or visit www.coldwellbankerhomes.com.

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 7th year in a row**
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 Realtors nationwide for total
 volume and units sold in 2016

**Ranked #1 Agent
 in Maricopa county for
 number of closed
 transactions in 2017**

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 in North Central
 for the 17th year in a row

Ranked
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 by the *Phoenix Business Journal*
 for total dollar volume
 closed in 2014

Ranked
#3 Agent in Arizona
 by *Real Trends Magazine*
 for sales in 2016
 Over \$70 Million SOLD!

Ranked
**#2 Agent Residential Realtor
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 for sales in 2016 for
 Over \$70 Million SOLD!

Kathy Wright
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Current Listings/Escrows

5437 E Cortez Dr	JUST LISTED	.5536SF	.6BR/6BA	\$1,950,000
7151 N. 3rd St	JUST LISTED	.4250SF	.5BR/4BA	\$1,395,000
2123 E. Bethany Home Rd	VIEWS	.3984SF	.3BR/3BA	\$1,295,000
6611 N. Central Ave	IN ESCROW	.6339SF	.6BR/4.5BA	\$1,295,000
2935 E. Madison Vistas Dr	NEW PRICE	.4303SF	.5BR/5.5BA	\$ 995,900
902 W. Claremont St	JUST LISTED	.3479SF	.4BR/3BA	\$ 799,000
1555 E Ocotillo Rd #6	NEW CONSTRUCTION	.2875SF	.4BR/3.5BA	\$ 655,000
1555 E Ocotillo Rd #2	IN ESCROW	.2875SF	.4BR/3.5BA	\$ 639,104
8219 N. 3rd Ave	NEW PRICE	.2774SF	.4BR/2BA	\$ 615,000
1555 E. Ocotillo Rd #19	NEW CONSTRUCTION	.2875SF	.4BR/3.5BA	\$ 637,861
1555 E. Ocotillo Rd #17	NEW CONSTRUCTION	.2209SF	.3BR/3.5BA	\$ 636,631
4430 N. 22nd St #13	JUST LISTED	.3202SF	.3BR/4.5BA	\$ 625,000
1555 E. Ocotillo Rd #3	IN ESCROW	.2875SF	.4BR/3.5BA	\$ 625,000
1555 E. Ocotillo Rd #1	NEW CONSTRUCTION	.2432SF	.4BR/3.5BA	\$ 613,071
1555 E. Ocotillo Rd #14	NEW CONSTRUCTION	.2432SF	.4BR/3.5BA	\$ 613,000
1555 E. Ocotillo Rd #18	NEW CONSTRUCTION	.2515SF	.4BR/2.5BA	\$ 599,000
6806 N. 7th St	JUST LISTED	.2459SF	.4BR/3BA	\$ 595,000
1555 E. Ocotillo Rd #9	IN ESCROW	.2432SF	.3BR/3.5BA	\$ 592,000
1555 E. Ocotillo Rd #11	IN ESCROW	.2432SF	.3BR/3.5BA	\$ 592,000
1555 E. Ocotillo Rd #8	NEW CONSTRUCTION	.2515SF	.4BR/2.5BA	\$ 578,000
1555 E. Ocotillo Rd #4	IN ESCROW	.2209SF	.3BR/3.5BA	\$ 580,000
1340 E. Luke Ave	IN ESCROW	.2623SF	.3BR/3BA	\$ 565,000
6418 N. 13th Ave	IN ESCROW	.2567SF	.4BR/3BA	\$ 459,000
7748 N. 7th Ave	JUST LISTED	.1632 SF	.4BR/2BA	\$ 374,900
1012 E. Rose Ln	JUST LISTED	.2004SF	.2BR/2BA	\$ 369,000
8938 N. 18th Ave	NEW PRICE	.1963SF	.3BR/2BA	\$ 325,000
6535 N. 14th Pl	IN ESCROW	.1267SF	.2BR/1.75BA	\$ 314,900
8039 N 7th Ave			LOT	\$ 175,000
8035 N 7th Ave			LOT	\$ 160,000

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Bobby Lieb

Associate Broker



602-376-1341 (mobile)



Featured Homes for September



7151 N. 3rd St. • \$1,395,000



2935 E. Madison Vistas Dr. • \$995,900



6611 N. Central Ave. • \$1,249,000



4430 N. 22nd St. #13 • \$625,000



902 W. Claremont St. • \$799,000



6806 N. 7th St. • \$595,000



6535 N. 14th Pl. • \$314,900



7748 N. 7th Ave. • \$374,900

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4842 E Cheryl Dr	\$1,387,749	11 E. Lamar Rd	\$ 707,440	521 W. Mariposa St	\$ 548,000	16 W. Oregon Ave	\$ 380,000	619 E. Manzanita Pl	\$ 269,500
5131 E. Desert Park Ln	\$1,375,000	7247 N. 6th Pl.	\$ 700,000	1322 W Frier Dr	\$ 545,000	3030 N 38th St C105	\$ 363,000	8426 N. Central Ave D	\$ 267,000
522 W. Northview Ave	\$1,300,000	310 S. 4th St #2001	\$ 699,000	7603 N. Central Ave	\$ 540,000	27344 N. 91st Ln	\$ 360,000	2329 W Berridge Ln	\$ 265,000
7339 N 2nd Ave	\$1,250,000	5710 N 10th Ave	\$ 677,000	7344 N 14th Dr	\$ 532,700	1102 W Glendale Ave #125	\$ 350,000	8000 N Central Ave #8	\$ 235,000
3934 E Crittenden Ln	\$1,210,000	6246 E Helm Dr	\$ 665,000	1940 E. Cactus Wren	\$ 500,000	7338 N. 11th Way	\$ 350,000	1828 W Lawrence Ln	\$ 230,000
3934 E. Crittenden Ln	\$1,210,000	1205 W Orchid Ln	\$ 606,000	1251 W. Rancho Dr.	\$ 499,000	2323 N Central Ave #1804	\$ 350,000	1285 E Maryland Ave #A	\$ 205,000
115 W. Morten Ave	\$1,100,000	1555 E Ocotillo Rd #21	\$ 600,000	77 E Missouri Ave #36	\$ 497,500	29 E Butler Dr	\$ 349,000	2919 N Casa Tomas Ct	\$ 175,000
318 W. Lawrence Rd	\$1,059,000	8045 N 7th Ave	\$ 595,000	2431 E. Squaw Peak Dr.	\$ 485,000	5709 N 8th Pl	\$ 344,000	1123 E. Maryland Ave #1	\$ 165,000
6111 N 2nd Pl	\$ 940,000	110 E. Lawrence Rd	\$ 590,000	1205 W Stella Ave	\$ 450,000	321 E Hayward Ave	\$ 337,500	3302 N. 7th St #242	\$ 159,000
4201 N. 42nd Pl.	\$ 875,000	521 W Mariposa St	\$ 548,000	1022 E. Wagon Wheel Dr	\$ 440,000	3008 N 17th Ave	\$ 330,000	8241 N Central Ave #8	\$ 156,900
546 W Kaler Dr	\$ 865,000	1555 E Ocotillo Rd #4	\$ 580,000	1160 E McLellan Blvd	\$ 439,000	5637 N. 14th Dr.	\$ 316,000	257000 N. 16th Ave	\$ 145,000
4817 E. Arroyo Verde	\$ 775,000	7010 N. 13th Pl.	\$ 575,000	15106 E. Sierra Madre	\$ 425,000	718 E Boca Raton	\$ 309,036		
27 E San Miguel	\$ 752,000	301 E Berridge Ln	\$ 575,000	812 W Earll Dr	\$ 417,500	1102 E Vista Ave	\$ 302,500		
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We had a photographer scheduled within a couple days. Drone shots and a well-worded professional summary were on MLS, websites and social media.

The entire process was pretty seamless. Remember, there are always negotiations, concessions to buyers, and hurdles. Ours were minor and were property-related, not realtor-related.

Bobby worked tirelessly to help us get top dollar for our home and be confident in his ability throughout the process. We would definitely recommend him to others (and have) in the future.

~ Ashely and Josh Hein

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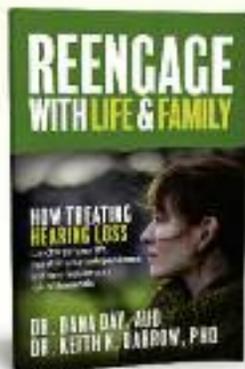
HEALTHY LIVING

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September is Suicide Prevention Month

Not a day goes by that the topic of mental illness isn't making news. Whether connected to the passing of a well-known celebrity or the mental state of an alleged gunman at a mass shooting, the discussion surrounds mental health and the stigma associated with it.

September is National Suicide Prevention Awareness Month. It's a time to shed light on the topic and Phoenix has plenty of resources for those struggling with depression or trying to help a loved one. Suicide was the eighth leading cause of death in Arizona in 2017, according to the Centers for Disease Control and Prevention. Nearly five times as many people died because of suicide in Arizona in 2017 than they did due to alcohol-related motor vehicle accidents.

According to the Suicide Prevention Resource Center (<https://www.sprc.org/>), some behav-



iors may indicate that a person is at immediate risk for suicide, including talking about wanting to die or kill oneself; looking for a way to kill oneself, such as searching online or obtaining a gun; or talking about feeling hopeless or having no reason to live.

Other behaviors also may indicate a serious risk, especially if the behavior is new, has increased, and/or seems related to a painful event, loss, or change. These include talking about feeling trapped, being in unbearable pain, or being a burden to others; increased use of alcohol or drugs; anxiousness or agitation; or sleeping too little or too much.

Many people are afraid to ask questions of those they believe might be suicidal because they are worried that it will increase the chance they will hurt themselves. But Dr. William Marsh, PsyD, Program Director Outpatient Services at Southwest Behavioral & Health Services, said asking questions about how people are feeling or what they are thinking shows people that someone cares about them.

There are many resources in Arizona for help, including Southwest Behavioral & Health Services (www.sbhservices.org), the Arizona Suicide Prevention Coalition (www.azspc.org), Arizona Health Care Cost Containment System (www.azahcccs.gov/suicideprevention) and EMPACT – Suicide Prevention Center (<http://lafrontera-empact.org/>).

Crisis lines are available through Maricopa County at 602-222-9444, EMPACT at 480-784-1500 and the National Suicide Prevention Lifeline at 1-800-273-8255.

Health Briefs

New hope for ovarian cancer patients

One of the most difficult cancers to treat, ovarian cancer, is in the spotlight this month during Ovarian Cancer Awareness Month. For the 22,530



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HEALTHY LIVING

women estimated to receive a new diagnosis of ovarian cancer this year, the prognosis is expected to be poor – nearly 80 percent of them will be diagnosed in advanced stages. Sadly, another 14,000 women are expected to die this year from this disease.

Dr. Mike Janicek, medical director of gynecologic oncology at Abrazo Central Campus, said there is no way to screen for ovarian cancer. In most cases, ovarian cancer starts in the fallopian tubes. By the time it travels down to the ovaries, it typically has metastasized, which is why most women are diagnosed with stages 3 and 4 cancers.

The good news is that medical advancements are helping to better diagnose and treat women. Abrazo Central Campus at 2000 W. Bethany Home Road is one of the few hospitals/surgical centers in the country performing an innovative type of procedure to attack the cancer. For some patients with very advanced abdominal cancers, such as ovarian cancer, HIPEC or Hyperthermic Intraperitoneal Chemotherapy, is a treatment that involves surgically removing a tumor and then dispensing an extremely high concentration of heated chemotherapy directly into the abdomen. The goal is to shock and kill remaining cancer cells directly, without diluting through the bloodstream.

Ovarian cancer also can be slow to reveal itself. Some of the warning signs to watch for include bloating, pelvic or abdominal pain, trouble eating or feeling full quickly, urinary symptoms, such as urgency or frequency, or a family history of breast, ovarian, or multiple other cancers.

Some women have genetic mutations that make them more likely to develop ovarian cancer, Janicek said. To learn more, visit www.abrazohealth.com.

Wellness weekend offers relaxation freebies

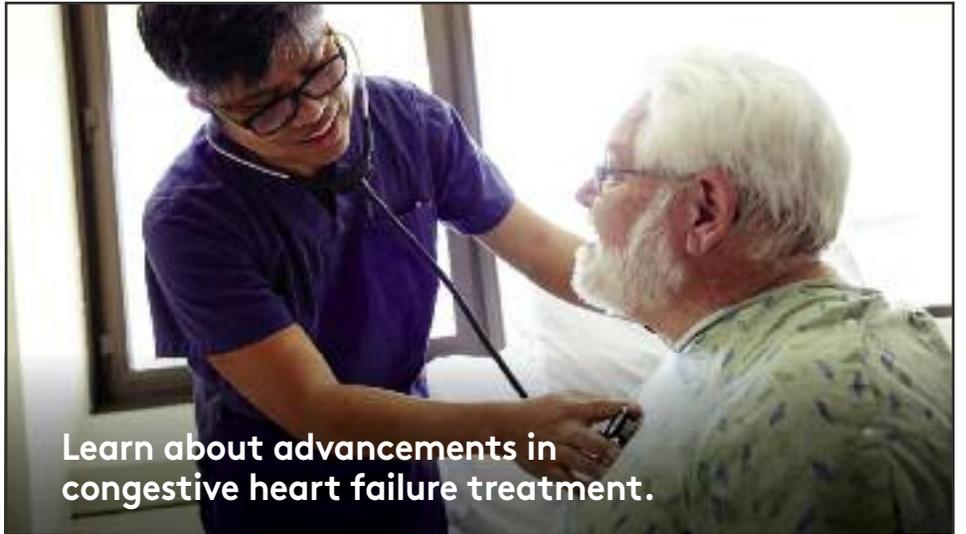
Celebrate World Wellness Weekend with some relaxing deals at Massage Envy locations in North Central Phoenix and around the Valley.

Massage Envy will provide free trials of three services from 10 a.m. to 1 p.m. Saturday, Sept. 21, and Sunday, Sept. 22. The treatments include a free skincare analysis with a free product from PCA skincare, a free 10-minute trial of Rapid Tension Relief or a free 10-minute trial Total Body Stretch.

Customers can experience a rapid vibration movement that addresses muscle tension, focusing on up to 11 different target areas with the Rapid Tension Relief. The Total Body Stretch is a head-to-toe assisted stretch that aids with increasing mobility, performance and flexibility.

In North Central Phoenix, there are Massage Envy locations at 1660 E. Camelback Road and at 3162 E. Indian School Road.

Nearly 50 organizations, including the United Nations Global Sustainability Index Institute and the European Commission, support World Wellness Weekend. It aims to boost the creativity of the hospitality, fitness and beauty industries to open their doors on the same weekend and reveal the expertise and passion of their teams. World Wellness Weekend kicked off in France and Belgium in 2017 and 633 venues in 88 countries celebrated it last year. To learn more about World Wellness Weekend, visit www.worldwellness-weekend.org. For more information on Massage Envy, visit www.massageenvy.com.



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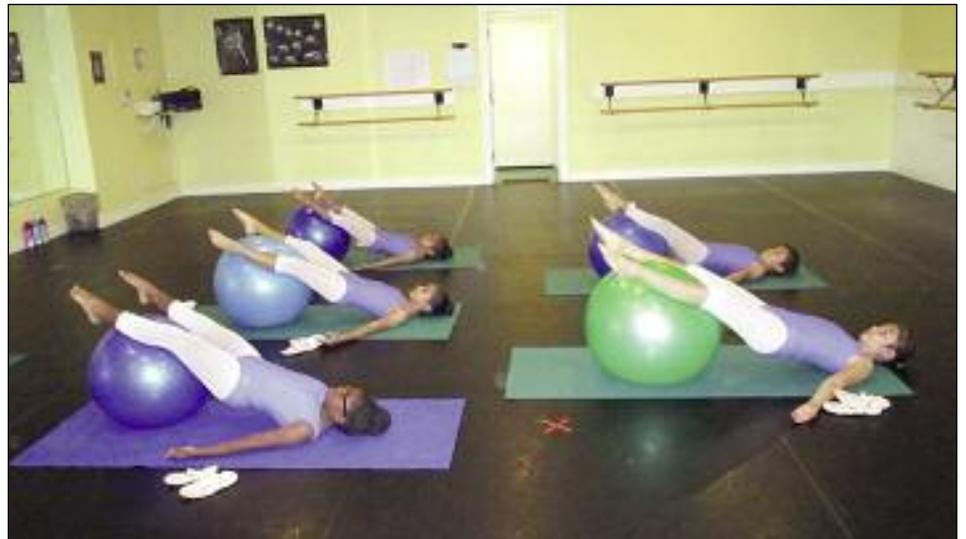


SCHOOL DAYS

*There's room for you
and room for him,
room for her
and room for them.
Room for young,
room for the old,
room for the shy,
room for the bold,
room for the short
and room for the tall.
Tell me how is there
room for all?
Here is the secret
to making rooms great:
we refuse to ever
make room for hate.*



A Poem About Room by Brad Montague



Five lucky students from Loma Linda Elementary will begin free ballet classes this month as part of Convergence Ballet Co.'s PLIES program. They will receive free tights, leotards and shoes, thanks to community sponsors (photo courtesy of Convergence Ballet Co.).

Loma Lindadancers bloom in ballet classes

By Teri Carnicelli

A partnership between Loma Linda Elementary and North Central-based dance company, Convergence Ballet, is entering its third year this month. Five lucky students will be selected to participate in a free after-school ballet class throughout the school year.

The program is called PLIES, or "Providing Leaps In Elementary Schools." Jennifer Cafarella, artistic director for the nonprofit Convergence Ballet Co., says that after a short presentation at the school, students are given permission slips to bring home in order to "audition" for the five coveted spots.

Most of the families wouldn't have the funds to pay for ballet class, she said. Not only are the classes free, the shoes, tights, leotards and more are paid for by sponsors. Each student has their own cubbyhole to store their gear at the ballet company's home at 2326 E. Indian School Road. The students come two days a week, and spend 30 minutes on "conditioning" and 1.5 hours for ballet class.

The school district, for its part, has made the ballet company an official stop for the school bus on that route so that the children don't have to worry about how they will get there after school—often when parents or caregivers are still at work. The school is just a short distance away at 2002 E. Clarendon Ave.

During the year, the student dancers get to perform in two of Convergence

Ballet's productions: its spring recital, and the holiday favorite, "The Nutcracker." Each student receives two complimentary tickets to each show so that loved ones can attend.

Students who have participated in the first two years of the program also are invited to continue on, if they so choose, again paid for from sponsorships. But since the program is now entering its third year, those sponsorship dollars are starting to be stretched thin, Cafarella admits.

So she's asking members of the community who'd like to chip in to help these students continue receiving free ballet classes to contact her at 602-957-3364 or info@convergenceballet.org. "Every dollar helps," she says. "But the most important thing is how incredible these kids really are, and how much you see them change from the beginning of the program to the end. They just bloom."

School Briefs
GLENDALE UNION
HIGH SCHOOL DISTRICT
Shively named an
Administrator of Year

Glendale Union High School District Director of Career and Technical Education Amanda Shively is once again being recognized for her achievements.

Arizona DECA recently named her the 2019 Administrator of the Year. Shively was honored at the DECA International Career Development Conference in April.

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SCHOOL DAYS

In 2013, she was named the Region V Outstanding Career and Technical Education Administrator of the Year. The Association for Career and Technical Education of Arizona selected Shively for this award and recognized her at the ACTE Summer Conference for Career and Technical Education, held in Tucson.

She also was a finalist for that same ACTE award in 2015.

Shively previously served as treasurer of the Glendale Union Education Association (GUEA), the professional organization made up of members in the Glendale Union High School District.

Former grads can connect on online

Getting in touch with high school graduating classes and looking for information about upcoming class reunions is only a click away.

The Glendale Union High School District provides an online alumni contact form that allows graduates to get in contact with their former classmates. Personal information provided on the website will never be sold to a third party and only helps the district keep track of where its alumni go after they graduate from its schools. It also allows reunion organizers to reach out to classmates to tell them about planned events.

To fill out the online form, visit <https://bit.ly/2TN7B5m>.

Alumni also can stay up-to-date about what's happening at their former alma maters by following the school on Facebook. Last year every district high school launched its own Facebook page, including SunnyslopeHighSchoolAZ, ThunderbirdHighSchoolAZ and WashingtonHighSchoolAZ. Pages are updated regularly.

Governing Board honors employees

Glendale Union High School District honored 38 employees on May 1 at the annual 25-Year Employee and Retiree Recognition Reception. Of those recognized, 14 are current employees while 24 are retirees.

Those recognized included Michael Fenton, Lynn Murphy and Sheila Novak from Sunnyslope High School; and Dale Duncan of the district office. The 2018-2019 retirees included Rhonda Kiehn, William McClure and Lynn Murphy from Sunnyslope; Robert Falk, Chris Francis, Renee Kaye, Lauren Kelly, Anita Kratzer, Mitsuko Mehnert, Jeannie Paparella and Kim Woods from Thunderbird; Linda Dooling and Jose Romero-Lopez from Washington; and Trina Carricart, Maryellen Coburn, Brad Nassif and Lou Wiegand from the district office.

MADISON ELEMENTARY SCHOOL DISTRICT

Madison Park receives STEAM grant from SRP

Students across Arizona will explore how to use drones, virtual reality and energy-efficient architecture to learn more about math and science, thanks to Learning Grants from SRP.

The grant program, which awarded a record \$147,855 to 33 schools, provides an opportunity for schools and teachers to develop projects and programs that improve student performance objectives in math, science and engineering.

Among the grant recipients was Madison Park Elementary, which received a grant of \$4,710 for the

please see GRANT on page 32



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SCHOOL DAYS

GRANT continued from page 31

2019-20 school year. The grant will provide the school with essential STEAM materials intended to enhance the classroom lessons, enabling students to have a more hands-on approach in their learning. The grant also will provide material for the library that will supplement science, math and technology classes.

Volunteers needed to help students with reading

Volunteers are needed in the Madison School District to help children learn to read. The Oasis Intergenerational Tutoring Program is looking for volunteers to donate time by visiting with students once a week for an hour during the school day to help a child improve reading, writing and communication skills.

The program serves students in grades kindergarten through fourth in Heights, Camelview, Rose Lane and Simis elementary schools. A reading specialist trains tutors and the volunteers receive tutoring handbooks, sup-



Tutor Gayle Stuart works with fourth-grade student Kimberly Castaneda at Madison Camelview Elementary School. Stuart is one of the tutors through the Oasis Intergenerational Tutoring Program (photo courtesy of Madison Elementary School District).

plies and other materials. Training to become an Oasis tutor takes place twice a year, with the next training events will be Sept. 23-25 from 9 a.m. to noon at Camelview Elementary School, 2002 E. Campbell Ave.

Anyone interested in becoming a literacy mentor should contact Kim Gullo at kgullo@madisoned.org or 602-664-7285.

OSBORN ELEMENTARY SCHOOL DISTRICT Programs target special needs students

Two new programs have come to the Osborn Elementary School District, both housed at Montecito Community School.

The SEAS Program (Social,

Emotional, and Academic Support) provides services to students with profound social and emotional needs, as identified through an evaluation. Montecito provides three, multi-grade classrooms that have a maximum of 12 children in each one. The students benefit from academic instruction and personalized support to develop resilience and social capacities.

The other new program is the Changemakers Alternative Education Program. The program educates students who have shown a need for intensive behavioral support. Changemakers is designed as an alternative to the suspension program and offers personalized instruction and support to students until they are able to safely and successfully reintegrate into their home campus.

iTeachAZ Program expanding around Valley

An innovative professional program started in Osborn School District has expanded to many other districts in the Valley.

The Osborn district was the original home of the iTeachAZ Program for imbedded teacher certification. Arizona State University has taken the iTeach model to its next form, moving away from the traditional 1:1 pairing of a lead teacher and student teacher in one classroom, to three student teachers working with a lead teacher in two classes. This decreases the student-to-teacher ratio and increases the amount of contact time students have with adults.

Begun last year in Pendergast and Avondale, ASU has reached out to many school districts in the Valley to continue the partnership in developing a strong cadre of future teachers for the state. Osborn has six Professional Pathways models in action this year at Encanto, Longiew, and Solano elementary schools and Osborn Middle School, as well as two models at Clarendon Elementary School.

Safety, technological upgrades made

It is easy to see the face changes and improvements in safety and security around the Osborn School District that came about through voter approval of \$50 million dollar bond.

Just 18 months after the bond elec-

please see BOND on page 34

Where great gets its start.

Madison School District has a 125-year history of helping students realize their full potential—students like Eileen and David, who first met in kindergarten at Madison Heights and went on to found Fairytale Brownies, selling more than 60 million brownies since 1992.



Give your child a great start by applying at one of our eight schools for the 2019–2020 school year. Open enrollment is going on now. Hurry. Space is limited. Learn more at madisonaz.org/great-start.



WHERE EXTRAORDINARY GOES TO SCHOOL. 

HAPPY HOUR *with* HERSCH

Interesting times we live in. We just had two more mass shootings, this time within a 24 hour period. As usual everyone retreats to their corner and does not budge on solutions that might help stem this tide of violence. What was more noticeable in the aftermath of these shootings was the quick and larger response from many that one of the main drivers in this is the increase of atheism in our county, the lack of belief in God, no school prayer et cetera. I imagine the decline in faith in our country is not healthy long term and could certainly play a role in this issue. But what is fascinating to me is that there is no recognition of the reasons behind the decline.

Many main stream religions have done a poor job in leading from example and allowing people who are searching for more to find the love and strength of that faith. It seems we have too many pulpits pitting our differences against each other instead of holding us accountable and requiring us to come together for the greater glory of all. If our spiritual leaders are more worried about protecting their own and increasing the divisive rhetoric, how is the flock supposed to find the grace that is needed in times like this?

\$100 TRIVIA CONTEST

Who said, "If our church is not marked by caring for the poor, the oppressed, the hungry, we are guilty of heresy."?

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Winner for Last Month – TBD | Last Month's Answer – Megan Rapinoe

*First person to correctly answer the trivia question via email, text or phone call will get a \$100 gift card to St. Francis Restaurant. Winner will be notified via the same channel in which they enter. By entering this contest you agree that if you are the winner your name will be publicly announced in Bay Equity's North Central News ad next month.



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SCHOOL DAYS

BOND continued from page 32

tion, a redesigned and reconfigured Firehawk Park opened at Osborn Middle School. Permanent shade structures will finish the project and are expected to be installed over winter break. The school also has a new gym floor.

Solano Elementary School will get a full-size gym while Longview Elementary School received the first installation of 50 Sharp TVs (interactive boards and monitors). The school will get 100 more over the next year to replace the SmartBoards being used over the last decade. By the 2020-21 school year all district classrooms will have Sharp TVs.

The bond also provided funds to redesign schools' front offices to enhance safety and utility. Principals and the design team together created safety features to control access into the schools while still preserving a welcoming space for the community. Solar shading offered at all Osborn campuses will provided more than \$500,000 in budgetary savings per year when fully operational in October.



The Osborn Elementary School District's Longview Elementary School received Sharp TVs (interactive boards and monitors), thanks to voters approving a \$50 million bond. By the 2020-21 school year all district classrooms will have Sharp TVs (submitted photo).

**PHOENIX UNION HIGH SCHOOL DISTRICT
New handbooks set standards**

PUHSD has a brand new Phoenix Union Handbook for students and their families this school year.

The new handbook takes the place of the Student Procedures Handbook.

The book provides not only discipline procedures and policy but also introduces parents to programs and services, including ELL, ESS, as well as Food and Nutrition, Student and Family Services, School Safety and Transportation. It also presents a districtwide dress code, along with attendance requirements, student expectations and restorative practices provid-

ed at school and at home.

Handbooks are available at www.phoenixunion.org, under the "Students" tab.

Bus drivers seeing pay raise

Phoenix Union bus drivers will see a significant raise this school year.

The drivers will receive at least \$18.47 an hour, with more for some bus drivers, depending on experience. The increase reflects the major shortage and demand for drivers in the district and around the state. The position comes with a 30-hour guarantee per week, as well as full benefits and the opportunity for extra hours.

For more information, contact Transportation Director Bryan Henderson at 602-764-1612.

Educator earns Master Teacher certification

Monique Mogro, the professional development specialist at Metro Tech, is the newest Arizona Master Teacher in the Phoenix Union district. Mogro is in her 20th year with the district where

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SCHOOL DAYS

she began as a student teacher in the communications department at South Mountain.

She was hired at Metro Tech in 1999, taught social studies for 14 years, served as the instructional leader of the department and has been the professional development specialist there for six years. Her principal, Bryan Reynoso, who is also a Master Teacher and a mentor, suggested she pursue the distinction.

The Master Teacher Program is an effort to place outstanding and experienced teachers into leadership roles to provide mentoring to new teachers or coaching English or math content teachers.

WASHINGTON ELEMENTARY SCHOOL DISTRICT

Teachers graduate from training program

Dozens of Washington Elementary School District teachers are embarking on this new school year on a high note. Just before the end of last school year, the WESD honored 64 teachers who graduated from BEGIN III (Beginning Educators Growing in Knowledge), the

district's teacher induction program.

The BEGIN program focuses on providing peer support and training opportunities to teachers new to the profession. It enhances new teachers' abilities to provide education that prepares students for the challenges of an increasingly diverse community and changing society. It is one of the longest running "teacher/mentor" programs in the state.

Graduates were honored at a special reception that included speeches from Governing Board Vice President Tee Lambert, Superintendent Paul Stanton and Director of Professional Development, Maggie Westhoff. Each graduate was presented with a special award. Among the honorees were Shayna Adams, Megan Knowles, Ylicia Ramirez and Amber Walker of Royal Palm Middle School; Megan Allen and Martin Brown of Sunnyslope School; Dominic Colonero of Orangewood School; Rachel Dean, Claudia Gallardo and Anne Marie Kessler of Mountain View School; Chanel Turner of Maryland School; and Taylor Roseberry of Desert View School.

PRIVATE AND CHARTER SCHOOLS

MHP students recognized for language skills

The Arizona Department of Education and Madison Highland Prep recently recognized graduating students who demonstrated proficiency in English and at least one other language, as shown by their performance on a state board approved assessment, with the Arizona Seal of Biliteracy on their high school diploma and transcript. In order to be eligible for the diploma distinction, graduating students must complete all English Language Arts requirements for graduation with an overall grade point average of 2.0 or higher on a 4.0 scale; pass all English Language Arts end of course examinations; and demonstrate proficiency in a second language by attaining the required score on a language assessment the Arizona State Board of Education adopted.

MHP, a STEM charter high school in Phoenix, congratulates the following students who were awarded the 2019 Arizona Seal of Bi-literacy diploma dis-

tinctions in Spanish: Jacqueline Chilel, Andy Padilla and Manuel Sotelo. Also the following students demonstrated proficiency and are eligible for the diploma distinction in Spanish, pending completion of English Language Arts requirements: Michelle Almeida, Geovanny Brambila, Annalise Calleja, Corina Cervantes Moran and Jose Guevara.

Brophy forms archery team

Brophy College Preparatory has registered with the NASP (National Archery in the Schools Program) and now offers archery as a club sport. The Broncos will join the Xavier Hotshots archery team in practices and will share coaching staffs.

An introduction, orientation and initial tryout/practice is scheduled for Sunday, Sept. 29, at the Ben Avery Archery Range. The season begins in late September and wraps up at the end of February with the state tournament. The Brophy team needs at least 12 participants and will cap the roster at 24.

please see ARCHERY on page 36



9th Grade Applications Due
Monday, Jan. 27, 2020

Xavier College Preparatory

is a Catholic community that strives to prepare young women of faith with the knowledge, skills, and integrity to meet the challenges of a changing global society in a positive and productive manner recognizing unity in diversity.

8th Grade Day

Oct. 25, 2019 | 9:30 a.m. - 1:00 p.m.

Open House

Oct. 27, 2019 | 12:00 p.m. - 3:00 p.m.

All are welcome

Xavier Entrance Exam

Saturday, Jan. 11, 2020 or Saturday, Jan. 25, 2020
at 7:30 a.m. Registration for exam and application information at xcp.org

Affording a Xavier Education

Financial Aid Workshops available to interested parents during the Entrance Exam Testing, Jan. 11, 2020 and Jan. 25, 2020



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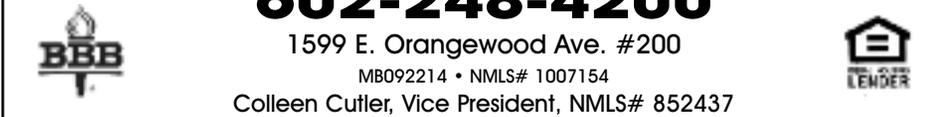
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SCHOOL DAYS



Students in Xavier College Preparatory teacher Nicole Mabante's AP Chemistry classes will use custom booklets, created by their teacher, in class their year. Photos from the classes, including this one, grace the cover of each custom booklet—this one is the cover for the AP Chemistry 2 text (submitted photo).

ARCHERY continued from page 35

Athletes can earn varsity and junior varsity letters at the end of the year.

Lisa Fischer, who also coaches at Xavier, will lead the program as head coach. She is a certified NASP basic archery instructor and a certified level 2 USA archery instructor.

Xavier teacher creates custom texts for students

Xavier College Preparatory teacher Nicole Mabante has introduced a "working text" for instruction in her honors and AP Chemistry classes. After years of making up her own handouts for student instruction that would allow the concepts of chemistry to be more understandable and approachable, Mabante teamed up with Edvantage Interactive to customize working texts for her Xavier classes.

An example of the customization that Mabante is incorporating is QR codes that link to videos of her teaching a lesson.

"If students miss class for any reason, they will be able to access the lesson being taught so work can be made up and they don't fall behind," Mabante said.

Xavier Principal Sr. Joan Nuckols said the school is "blessed to have Ms. Mabante as a member of our faculty." "The innovation that she has brought to our science curriculum is exactly what we strive for in all of our classes—innovative teaching that forms our students for excellence in learn-

ing," Nuckols added.

With AP textbooks changing every few years per the College Board, these customized books serve as textbooks and workbooks generating a cost savings of more than 50 percent per student.

"The cost savings is great for the student," Mabante shared, "But as a teacher, customizing the concepts and problems for maximum learning potential for the students is what I appreciate most."

Academy welcomes new Rabbi principal

Menachem Mendel Academy (MMA) in Phoenix has named Rabbi Yoseph Wernick as principal. Born and raised in Australia, Wernick learned in Yeshivot and graduate programs in Australia and New York and he earned an MBA after returning to Australia.

MMA opened in August 2018 for boys in grades 1-6, with an integrated curriculum of Torah and English studies, built around customized learning for each child. This fall it will expand through grade 8 for boys and will add a separate girls' division, grades 1-6, to its Central Phoenix campus, which is located inside the synagogue facility at 6516 N. 7th St. The school is in the process of securing its own building.

Wernick has nearly 25 years of experience as a teacher and principal in both traditional and innovative settings. with limited facilities and students of diverse ages.

Registration information is available at www.mmafamly.org or by calling 480-909-6942.



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GENERATIONS

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- | | |
|---|--|
| <p>Saturday, September 14 • 10:30 AM
Burton Barr Central Library • Meeting Room A
1221 N. Central Avenue, Phoenix</p> <p>Saturday, September 16 • 3:00 PM
Glendale Main Library
5959 W Brown St, Glendale</p> <p>Monday, September 16 • 6:30 PM
Peoria Main Library • Multipurpose Rm
8463 W. Monroe, Peoria</p> | <p>Tuesday, September 17 • 6:30 PM
Cholla Library • Upstairs meeting rm (elevator avail)
10050 Metro Parkway E near Metrocenter</p> <p>Wednesday, September 18 • 6:30 PM
Yucca Branch Library
5648 N 15th Avenue, Phoenix near Christown</p> <p>Thursday, September 19 • 6:30 PM
Burton Barr Central Library • Meeting Room A
1221 N. Central Avenue, Phoenix</p> <p>Saturday, September 21 • 1:30 PM
Century Library • 1750 E Highland, Phoenix behind Colonnade Mall</p> |
|---|--|



More seminars in December.
Please refer to information in late November on
www.PhoenixMedicareSource.com

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Popular storybook characters will entertain children and adults who come to the Camp Christown Reading Fun Fest on Saturday, Sept. 14 and Saturday, Sept. 21 at Christown Spectrum Shopping Center, 1703 W. Bethany Home Road (photo courtesy of Christown Spectrum Shopping Center).

Storybook characters to entertain at festival

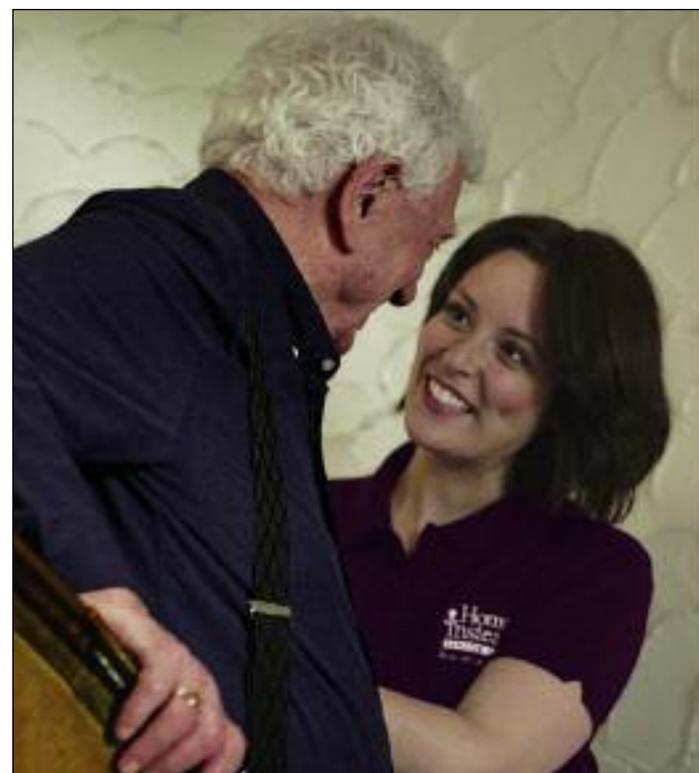
Popular storybook characters will come to life at a festival on Saturday, Sept. 14 and Saturday, Sept. 21 at Christown Spectrum Shopping Center.

Camp Christown Reading Fun Fest will be held from noon to 3 p.m. both days at the mall at 1703 W. Bethany Home Road. Characters from "Alice in Wonderland" on Sept. 14 and "The Cat in the Hat" on Sept. 21 will entertain visitors at the family-friendly, free

festival. Every child will get a free book and kids can also make their own books and create their own stories to bring home.

The festival will also feature storytelling, music, a face painter, a balloon artist and arts and crafts activities.

Christown Shopping Center is sponsoring the event and the Yucca Library, Friends of Phoenix Library, Arizona Department of Education and First Things First are supporting it. To learn more, visit www.christown-spectrum.com.



The first morning I helped Stanley down the stairs, the third step creaked. That's when I found out his wife, Martha always told him to fix it. And now he's just glad he never did, because that's home. I love hearing Stanley's stories about home. And now I get to be a part of them.

Maddie G.
- Maddie G.
Stanley's CAREGiver



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GENERATIONS

Senior Living

JFC offers two Events this month

Jewish Family & Children's Service hosts its monthly Memory Café 10 to 11:30 a.m. on Thursday, Sept. 5, at Beth El Congregation at 1118 W. Glendale Ave. Keyboardist and vocalist Hal Martin will perform big band, Broadway, 1950s and '60s rock and roll and other types of songs. The audience is encouraged to sing along. Coffee and refreshments will be provided. Admission is free; RSVP in advance to Kathy Rood at kathy.rood@jfcfaz.org or 602-452-4627.

A new Kibbitz and Kultur program for Holocaust survivors in the Valley kicks off at noon on Thursday, Sept. 12, at Beth El Congregation. The event includes lunch and an interactive dance and movement program. A JFCS clinician will be available to address any issues or concerns. Admission is free to Holocaust survivors and their spouses. Others may attend for \$10 each or \$18 for 2. RSVP to Kathy Rood at 602-452-4627 or kathy.rood@jfcfaz.org.

AARP offers happy hour for caregivers

AARP Arizona will hold a Caregiver Happy Hour 5-7 p.m. on Monday, Sept. 23, at O.H.S.O. Eatery & Brewery, 4900 E. Indian School Road. AARP will provide food and drinks at the event, designed to give caregivers a chance to have some "me" time, share their experiences and hear from experts and others who have had been through similar situations.

For more information, email azaarp@aarp.org, visit <https://states.aarp.org/arizona/> or call 1-888-OUR-AARP (1-888-687-2277).

Devonshire Senior Center offers diverse activities

The Devonshire Senior Center, located at 2802 E. Devonshire Ave., is giving mature adults lots of ways to get in shape, socialize, have fun and learn safety techniques this month.

A safety fair is set for 9 a.m. on Friday, Sept. 6. Hear from representatives from the Phoenix police and fire departments about safe prescription disposal, fire emergency plans, identity theft and other topics. Admission is free and open to the community.

Seniors can cool down and chat

with their neighbors at an ice cream social at noon on Friday, Sept. 20. Weekly Friday activities include the Sewing Club at 8 a.m. and feature-length movies at 12:15. Coloring and reading are encouraged in the conference room Mondays through Fridays and pinochle, bridge, table games and billiards are offered daily.

Devonshire Community Center is open from 8 a.m. to 8 p.m. Mondays through Thursdays; 8 a.m. to 5 p.m. Fridays and 8 a.m. to 4 p.m. Saturdays. It is closed on Sundays and holidays. For more information, call 602-256-3130 or visit www.phoenix.gov/parks/recreation-and-community-centers/centers-d/devonshire.

Meetup offers events for those over 50

Those ages 50 and older looking for ways to make new friends and visit restaurants, museums, movie theaters and other venues in the area may want to check out the Over 50 Singles of Central Phoenix Meetup group.

It is one of many groups offered

please see MEETUP on page 40

Are you a victim of sexual abuse?

Arizona recently passed a new law to help victims of child sexual abuse.

Contact our office to learn more.

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September 8 is National Grandparents Day



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- Create a list of simple tasks they can help with or do for you
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MEETUP continued from page 39

through Meetup.com, an online platform that brings people together to make friends, pursue passions and learn new things. Joining Meetup.com is free but many individual groups charge annual fees. Over 50 Singles of Central Phoenix costs \$5 a year to join and is for anyone who is single and at least 50 years old.

The group meets at area restaurants for dinners, lunches and happy hours. Its events are private and only open to members.

To learn more, visit www.meetup.com.

Beatitudes Campus adds more patio homes

Beatitudes Campus at 1610 W. Glendale Ave. is building 34 new patio homes, which likely will be ready early next year. All but four had been leased as of late August. The campus currently has 11 patio homes but demand has been strong enough to launch the additional development.

There are three floor plans that vary in terms of number of bedrooms, bathrooms and square footage. Every patio

GENERATIONS

home has an attached garage and new residents have their choice of finishes with many upgrades available.

Beatitudes Campus residents, who must be at least 62 years old, live in apartments and patio homes and assisting living, as well as access memory support, rehabilitation, skilled nursing and long-term care.

To learn more, visit <https://beatitudescampus.org>.

Kids & Families

Interfaith experience educates kids in fun way

Kids ages 7 to 12 can get a look at four different, major world religions at a special event at Changing Hands Bookstore on Sunday, Sept. 8.

A Kids Interfaith Experience will be held from 3-5 p.m. at the bookstore at 300 W. Camelback Road. Kids will learn about the origins and the basic belief structures and practices of Islam, Sikhism, Judaism and Hinduism along with cultural aspects of these religions including language and music.

The cost to attend the Kids Interfaith

Experience is \$10 per child. To buy tickets, visit www.changinghands.com.

Poster contest to highlight dangers of opioid misuse

Children and teens around the state can learn about opioid abuse and design posters to help raise awareness of the problem through the OpiEnd Youth Challenge poster contest, which is aimed at increasing awareness about opioid misuse and prevention of opioid abuse. Students ages 9 to 14 years old are invited to design a poster to help boost awareness of the issue for a chance to win prizes.

Entries will be judged at the state and national levels, with monetary prizes for the winners' schools or clubs and a savings bond for the winning student applicant. The school or nonprofit organization that helped the Arizona winner enter the competition will receive a \$1,000 prize. The national winner will receive \$5,000.

The deadline to enter is Sept. 20. For more details, visit www.opiendyouthchallenge.com.

Girls Scouts expand badge offerings

Local girls have more ways and incentives to boost their STEM (science, technology, engineering and math) skills and explore rock climbing, backpacking, skiing and other outdoor adventures in North Central Phoenix and around the state.

Girl Scouts-Arizona Cactus-Pine Council (GSACPC), which is actively recruiting new troop leaders and forming new troops, has announced it will launch 42 new badges for girls in grades K-12. new categories include Cybersecurity, Space Science and Think Like a Citizen Scientist.

There are 101 different Girl Scout troops and 1,196 girls who are members in North Central Phoenix. Many Girl Scout events are being held in the area this month, including a Daisy Chemistry Patch Workshop from 1 to 2:30 p.m. on Saturday, Sept. 7, at the Arizona Science Center at 600 E. Washington St. Girls will explore chemistry as they discover states of matter while making chemical concoctions. In order to participate, an adult must register with each girl. The cost is \$5-\$18.

To learn more about Girl Scouts, visit www.girlscoutsaz.org.

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ARTS & ENTERTAINMENT

Arts festival will celebrate furry friends

Anyone who believes dogs are their best friends and felines are the cat's pajamas might want to check out an unusual festival at Shemer Art Center.

The 2019 Furry Friends Fine Arts Festival will celebrate animal-themed artwork from 8 a.m. to 2 p.m. on Saturday, Oct. 5, at the art center at 5005 E. Camelback Road. Drawings, paintings, ceramics, jewelry, photography, mosaics, metal and home furnishings with animal motifs will be displayed at the festival. The Arizona Humane Society will also be there to help those who want to adopt pets.

Visitors also can bring their furry friends for paw readings and children can participate in art activities. There will be an art raffle; live music; food and drink vendors including Black Cat Coffee House and Mein Man (Chinese food); and other vendors offering home and pet-related services.

The Shemer Art Center is in a home built in 1919 originally constructed for the Arcadia Water Company's foreman. It was renovated twice before Martha Shemer bought it in 1984. She donated it to the City of Phoenix as a way to preserve it and to guarantee it would be used as a community center for residents. A gift shop at the art center provides one-of-a-kind pieces Arizona artists have created and the sculpture garden exhibits large-scale, outdoor artwork by some of the state's premier sculptors.

The festival costs \$5 per person, \$10 per family and it is free for furry friends. To learn more and buy tickets visit <https://shemerartcenter.org> or call 602-262-4727.

A & E Briefs

iTheatre Collaborative presents: 'Actually'

Sept. 6-21

Herberger Theater Center (Kax Stage)
222 E. Monroe St.
602-252-8497

This is the Arizona premiere of the play "Actually," about Amber and Tom, who find their way while freshmen at Princeton University. They spend a night together, agree on drinking and



The 2019 Furry Friends Fine Arts Festival will feature animal-themed artwork. This painting, "The Official Furry Friends Hug...Larry, Elsa and Steve the Bird" by Jules Gissler, is the official event photo for the festival (photo courtesy of Shemer Art Center.)

on their attraction to each other, but the issue of consent is unclear. The Thursday shows are \$11, tickets for the Friday and Saturday shows are \$27.50 and Sunday shows cost \$22 per ticket. Visit www.herbergertheater.org.

'Phoenix Unknown: World Music and Night Market'

7 p.m. to midnight Friday, Sept. 13

The Van Buren

401 W. Van Buren St.

480-659-1641

The event features Phoenix Afrobeat Orchestra, Café Jaleo (Colombian), Zazu (French) and many other musical groups and other performers on four stages representing more than 15 countries. Food vendors will sell items from more than 30 different countries. Tickets start at \$10 each. For details, contact Kyle Dehn at kyle@statesidepresents.com, Jessica Hill at Jessica@thevanburenphx.com or visit www.thevanburenphx.com.

'Let Your Lady Out! An Evening of Unsolicited Advice'

7:30 p.m. Sept. 13 and 14

Changing Hands Bookstore Phoenix
300 W. Camelback Road

602-274-0067

A panel of five self-appointed gurus will provide questionable advice on romance, personal finances and other *please see ADVICE on page 42*



"Make a Joyful Noise"

—Psalm 100

All Saints' Chorister Program *Do you know a child who loves to sing?*



Open to all youth in grades K-12, this Royal School of Church Music program is modeled on the British college chapel and cathedral tradition that emphasizes vocal training, challenging repertoire, and musical leadership. And at the same time, helps students build character, develop confidence, possess a sense of belonging, and establishes long-lasting friendships. Rehearsals are divided by age groups **and everyone is welcome regardless of faith background or musical ability.**

To learn more,
contact

Joseph Ripka,
All Saints'

Director of Music

ASMS@allsaintsoncentral.org

or 602.279.5539

AllSaintsOnCentral.org



At the National Cathedral 2019

All Saints' Music School



We offer private lessons for all ages, specializing in violin, cello, piano, trumpet, French horn, tuba, percussion, and voice at our North Central Avenue campus. Weekly lessons are taught by highly trained instructors all of whom hold at least a graduate degree in music. There are many opportunities for performance and scholarships are available to those who qualify.

ADVICE continued from page 41

topics in this immersive theater experiment from the Phoenix-based dance-comedy duo The Ladies. Delivered in the same immersive style as their 2018 hit production, “Ladies Gone Mild,” this performance will take audience members on an open-ended, self-guided tour with surprises everywhere. The Ladies are a pair of hilariously awkward, hard-working mothers trying to live their best lives. Tickets are \$20 each and can be bought at the door or in advance. Visit www.wearetheladies.net.

‘BLUES IN THE NIGHT’**Sept. 13-29****Helen K. Mason**

**Performing Arts Center
1333 E. Washington St.
602-258-8129**

The troupe will open its 2019-20 season with Sheldon Epps’ Broadway blockbuster, “BLUES IN THE NIGHT,” which traces the American musical art form of the blues. The musical features 26 popular songs

including Duke Ellington’s “I’m Just a Lucky So-And-So,” Jimmy Davis’ “Lover Man,” as well as Bessie Smith’s “Reckless Blues.” The Tony-nominated musical ties together blues songs with the story of three women and a lying, cheating man. Tickets are \$41 each and to learn more visit <http://new-wp.blacktheatretroupe.org>

Steve Spurgin**Sept. 14**

**Fiddler’s Dream Coffeehouse
1702 E. Glendale Ave.
602-997-9795**

Singer-songwriter Steve Spurgin began his musical life with lessons in classical piano at age 5, then French horn and choral training in school. His professional music career has stretched over six decades as he has provided the backbeat for bands in rock, bluegrass and other genres. He has played behind Freddy Fender, Mason Williams, The Limelites and the country/bluegrass band Sundance. The performance starts at 8 p.m. and tickets are \$10 if purchased ahead of time and \$15 at the door. Visit www.brownpapertickets.com.

‘After 5 Mixer’**4-6 p.m. Thursday, Sept. 19**

**Arizona Opera’s Wittcoff Black Box
1636 N. Central Ave.
602-495-2195**

People can connect with the local arts community at this event hosted by publisher ON Media. Business and the arts will mix as guests can indulge in sips and bites, get a behind-the-scenes look at the theater and watch an Arizona Opera singer’s performance. Admission is free for Greater Phoenix Chamber of Commerce members and \$25 for non-members. Visit <https://phoenixchamber.com> or email Ashley Caronna at acaronna@phoenixchamber.com.

‘Beethoven’s Symphony No. 5’**Sept. 20-22**

**Symphony Hall
75 N. 2nd St.
602-495-1999**

The Phoenix Symphony is engaging in a two-season-long celebration of the life and work of Ludwig van Beethoven in honor of his 250th birthday with

one of the most well-known opening phrases in music, “Fifth Symphony.” Audiences will hear Shostakovich’s bright, lively Russian, “Festive Overture” in the first concert of the 2019-20 season. The orchestra will also perform “SWITCH” by American composer Andrew Norman, a song inspired by the exciting pace of video games. Phoenix Symphony Principal Percussionist Shaun Tilburg is featured in this concerto, playing 45 percussion instruments. Music historian Robert Greenberg will join Phoenix Symphony conductor Tito Muñoz and the orchestra to offer additional context to the program. Ticket prices vary. Performances are at 7:30 p.m. on Sept. 20, 7:30 p.m. on Sept. 21 and 2 p.m. on Sept. 22. Visit www.phoenixsymphony.org.

Convergence Ballet presents ‘Beguile’

**5:30 p.m. Sunday, Sept. 22
Madison Center for the Arts
5601 N. 1 6th St.
602-664-7777**

‘Beguile’ will feature diverse classi-

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ARTS & ENTERTAINMENT

cal and contemporary dances including special artists and ballroom stars Leela Fazzuoli and Daniel Cavalo. RaShawn Hart, an Arizona native and choreographer, who earned his associate in fine arts degree in dance from Scottsdale Community College, is one of the choreographers for the highly anticipated fall contemporary program. For tickets and information, visit www.themadison.org.

'Director's Choice'

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Sept. 26-29
Orpheum Theatre
203 W. Adams St.
602-381-1096

Ballet Arizona will open its season with an evening featuring contemporary dances that push the boundaries of ballet and highlight masterful choreographers. The company will perform the Arizona premiere of Sir Frederick Ashton's "Les Patineurs," a one-act series of dance sequences imagined to take place in a Victorian-era ice rink. The company also will perform "20 Years," a 20th anniversary ballet choreographed by artistic director Ib Andersen that emphasizes and celebrates some of the public's favorites throughout the years. "Director's Choice" also will include a world premiere new work choreographed by Nayan Iovino. Performances are at 7 p.m. on Sept. 26; 7:30 p.m. on Sept. 27; 2 and 7:30 p.m. on Sept. 28 and 1 p.m. on Sept. 29. Ticket prices vary according to the date of the show. Visit <https://balletaz.org>.

'Special Engagement:

Roxy Coss'
7 and 9:15 p.m. Friday, Sept. 27
The Nash
110 E. Roosevelt St.
602-795-0464

Renowned saxophonist Roxy Coss, who released an album "The Future is Female," will perform two shows with her band. Coss is a major force in the jazz world, having performed as the headliner at huge festivals and venues around the world. According to *All About Jazz*, "Just like Coltrane, Coss achieves a perfect balance of lyricism and intensity in her improvisations through a superb sense of timing, rhythmic and harmonic structure." Coss, who is based in New York City, is the founder of the Women In Jazz

Organization (WIJO) and on the jazz faculty at The Juilliard School, The New School, and the Borough of Manhattan Community College. She won the 2016 ASCAP Herb Alpert Young Jazz Composer Award. Tickets are \$36 for VIP seats, \$31 for preferred seating, \$26 for general admission and \$16 for students (ages 25 years old and under with ID, general seating only). Visit <https://thenash.org>.

THE HIT MEN:
Musicians Hall of Fame
Rock Supergroup'
7 to 10 p.m. Saturday, Oct. 12
The Madison Center for the Arts
5601 N. 16th St.

The group honored by the Musicians Hall of Fame will take the audience on a rock and roll journey. These musicians have recorded or performed with Paul McCartney, Elton John, Rod Stewart, Mick Jagger, Carly Simon, Cat Stevens, David Bowie, Lou Reed, and members of The Who, Cheap Trick, Foreigner and dozens more rock legends. Its members have appeared on more than 85 albums. Tickets for the show are \$14, \$43, \$65 and \$74. Visit www.themadison.org.

'Bandstand'

Dec. 6-8
Orpheum Theatre
203 W. Adams St.
800-776-7469

In this musical, America's soldiers come home to parades and happy families in 1945. Private First Class Donny Novitski, a singer and songwriter, returns to rebuild his life with only the shirt on his back and a dream in his heart. When NBC announces a national competition to find the nation's next great musical superstars, Donny gets inspired. He teams up with a motley group of fellow veterans, each an astonishing musician and they form a band unlike any the country has seen. Along the way, they discover the power of music to face the impossible; they find their voices and finally feel like they have a place to call home. For details, visit <https://americantheatreguild.com/phoenix/bandstand/>.

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Dr. Sr. Vassa Larin teaches Liturgical Studies at the Catholic Theological Faculty of the University of Vienna in Austria, and host of the popular online catechetical program, "Coffee with Sr. Vassa." Sr. Vassa's online-mission includes a daily Newsletter, weekly audio podcasts, an ongoing video-course on Divine Liturgy, and over 100 YouTube videos.

To Learn more about Sr. Vassa, visit her website at:
coffeewithsistervassa.com



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Scott Holmes shows off some of the many hearty meats available at Little Miss BBQ in Sunnyslope. He and his wife, Bekke Holmes, opened the location at Seventh Street south of Dunlap Avenue after launching a location near Tempe in 2014 (photo by Colleen Sparks).

Café Chat

Good things come to those who wait at Little Miss BBQ
By Marjorie Rice

It's 11 a.m. on a hot summer Friday and a long line of salivating customers is snaking its way around the patio at Little Miss BBQ in Sunnyslope. Finally, the doors open and a waft of air redolent with smoke and spices washes over the lucky first in line.

An open cooking area reveals the 1,000-gallon offset smokers where racks circulate through the hot smoke from a combination of olive, pecan and oak.

At the counter, a happy team of cutters and servers greets the salivating throng, slicing succulent brisket (fatty and lean), pork ribs, sausages and turkey; wrangling enormous, meaty beef ribs; piling pulled pork or chopped brisket onto sturdy Hawaiian sandwich buns from Noble Bakery. The meat is sold by the pound (brisket goes for \$20.50; pork spare ribs \$17) or in combo plates (\$14 for the sliced brisket plate, including two sides; \$10.50 for the popular Jefe sandwich, a tower of three meats, slaw and a side).

Nothing is cut in advance, one reason for the line, and when the day's batch is gone, there is no more. ("I won't sell reheated barbecue," owner

Scott Holmes said. "It just doesn't have the same quality.")

Down the line, servers add ranch beans (home-style, with scraps of meat from the cutting boards stirred in), potato salad, slaw, creamy jalapeno grits and mac and cheese. Go for the grits. You won't be sorry.

The line inches forward as diners carry their plates to a side area to pile on pickles, sliced jalapenos, onions and white bread, then to tables where at last they can feast, drizzling barbecue sauce – three to choose from including regular, spicy and a tangy mustard – over the fragrant, fork-tender meat and washing it down with a beer from the bar.

It's a scene straight out of hill country Texas, though spiffed up a bit in this new (since last November) location for Scott and Bekke Holmes.

The Sunnyslope restaurant, at Seventh Street just south of Dunlap, is the second Little Miss BBQ. The original, near Tempe opened in 2014 in a scruffy industrial area just south of the airport. It's still there, attracting customers from all over the country who are willing to brave lines legendary for their length (we're talking hours).

Why Sunnyslope? "I live three minutes south of here," Scott said. "I drove by and noticed the waffle ceiling and loved it. We'd just had another real estate deal go south and this

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seemed like a great location.”

Scott's journey to barbecue took a few turns before Little Miss BBQ. He went to Scottsdale Culinary Institute in the '90s and worked in a Cuban café. He loved to cook but hated the job so tried a variety of others, including the mortgage business, stocks and construction. Scott said the barbecue bug hit when he and Bekke went to her home state of Texas for a friend's wedding.

“Bekke's parents picked us up at the airport,” Scott said. “Her dad had a cooler filled with beer and said, ‘We're going to the Salt Lick,’ I had no idea what it was.”

What it was is a legendary BBQ spot in Driftwood, in the hill country outside Austin, where patrons line up for some of the best BBQ in the state. It's BYO, thus the cooler of beer. The vibe is friendly, with lots of trading of food and sharing drinks.

Scott, Bekke and later a family friend, decided to try barbecue competitions, honing their skills over the months. They named their team Little Miss (their dog's nickname). That morphed into the original Little Miss BBQ.

Their reputation – for the quality of their food and the offset smoker designs they perfected – grew quickly among a national network of barbecue fans.

Scott and Bekke, along with partner John Rippel, have branched out into the barbecue smoker business and their Camelback Smokers are sold nationwide. These are for serious cooks – the smallest is a 120-gallon model and costs about \$4,500. A smaller home version is in the works.

The design is the result of years of tweaking, an approach Scott brings to his Sunnyslope restaurant as well.

Some alterations are in the works, for one thing to cut down on the substantial noise. And he's planning to update the smoker area.

But some things won't change.

“There are basic things we try to do each day,” Scott said. “We try to cook the best barbecue that we know how. And we try to have a great experience for people, a great atmosphere, welcoming you and treating you as if you're family or a friend. It's about trying to instill that sense of community with everybody.”

Little Miss BBQ, 8901 N. Seventh St., is open Tuesdays and Wednesdays, 11 a.m. to 8 p.m.; Thursdays through Saturdays 11 a.m. to 9 p.m.; and Sundays, 10 a.m. to 3 p.m. Lunch is served from 11 a.m. to 4 p.m., and dinner from 4 p.m. until closing or when they run out of meat. For more information call 602-314-6922 or visit littlemissbbq.com. Online pre-orders for single meals or catering must be placed at least seven days in advance. The original Little Miss BBQ is at 4301 E. University Drive.

Dining Briefs

Postino Wine Café offers rosé packs

People looking to quench their thirst for wine can take advantage of Postino Wine Café's latest wine pack to go, while supplies last.

Buyers can customize the wine, choosing from a variety of rosés hand curated by Brent Karlicek, beverage director of Upward Projects, the restaurant group to which Postino Wine Café belongs. The mix-and-match packages

are available as a two-pack for \$25 or a four-pack for \$45 and both choices come in gift boxes.

Postino has locations at 5144 N. Central Ave. and 3939 E. Campbell Ave. To learn more, visit www.postinowinecafe.com.

Campbell closes Bar Pesce in July

Diners are going to have one less restaurant to visit in the area.

Founded in 2012 as Crudo and reimaged in 2018 as Bar Pesce, Chef Cullen Campbell closed the doors to his award-winning restaurant on July 30.

Throughout the years, Campbell and the restaurant, located at 3603 E. Indian School Road, earned a variety of awards for its food and drink programs including *Phoenix Magazine's* Best New Restaurant, 4.5 stars from *The Arizona Republic* restaurant critic Howard Seftel, Open Table Diner's Choice, Arizona Culinary Hall of Fame Chef of the Year.

“It's bittersweet to close Bar Pesce after seven years, but it was an amaz-
please see CLOSES on page 46

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CLOSES *continued from page 45*

ing ride," Campbell said. "Thank you to all of our customers for making it a wonderful seven years, we appreciate all the love."

The final week saw a variety of special events to bid the community farewell, including a night of Sips, Sushi & Spins, a throw-back mini menu featuring items from Crudo, the final Tacos & Riesling night, the final dinner service (on July 27), and the farewell Pizza & Pét-Nat party featuring former Bar Pesce/Crudo sous chefs on July 29.

**Jazz, jambalaya
coming Sundays**

A taste of the South is coming to a local restaurant, starting later this month.

Southern Rail will kick off its fall Jazz & Jambalaya Series Sunday, Sept. 29. The restaurant at 300 W. Camelback Road will have the special featuring sazeracs, half price bottles of Arizona wine and live music from 5 to 8 p.m. every Sunday through Dec. 1. Some of the jazz artists who will perform are Adam Clark, What's The Big Idea and Andy Galore.

Sazeracs will be offered for \$9 while jambalaya will be served for \$24. The all-day menu will also be available on Sundays.

At Southern Rail, Chef Justin Beckett celebrates modern Southern cooking with a changing menu that highlights seasonal produce, heritage grains and smoked meats, as well as fish. He specializes in flavorful, light versions of the traditional Southern and American dishes he loves. The restaurant has a stylish dining room, extensive patio and comprehensive bar with a broad bourbon list and award-winning wine program. To learn more about Southern Rail, visit <https://southernrailaz.com>.

**Meats, other eats
cheap during happy hour**

People can satisfy their cravings for meat and quench their thirst for cocktails during happy hour at a new restaurant at Biltmore Fashion Park.

Meat the Ball will continue its summer happy hour from 11 a.m. to 5 p.m. daily through Sept. 23. The mini restaurant that boasts a big personality, which is the newest concept from Stefano Fabbri, opened recently at

2502 E. Camelback Road. Fabbri is the man behind Pomo Restaurant Group's Pomo Pizzeria, Luna Gelateria and Mora Italian.

The happy hour specials include red or white wine for \$5, well drinks for \$6 and \$2 off all MTB cocktails. Diners also can take advantage of happy hour bites at discounted prices. During happy hour, cheesy garlic focaccia is \$5, a charcuterie board is \$8 and mozzarella balls are \$5. Customers also can munch on the meatball of the day for \$4 for a single one and the option of a \$2 side dish. The restaurant has 10 different kinds of meatballs including short rib, classica, spicy sausage and eggplant. Vegan and gluten-free options also are available.

Meat the Ball also has organic salads, homemade pastas and fresh appetizers.

The eatery is open from 11 a.m. to 9 p.m. Sundays through Thursdays and from 11 a.m. to 10 p.m. Fridays and Saturdays. To learn more, visit www.meattheball.com.

**New options meet
diverse needs**

Café Zupas, located in the Colonnade Mall at 1935 E. Camelback Road, has launched new chef-crafted menu items.

Diners can enjoy six new protein bowls, including southwest, garden, steak Cobb, Mediterranean, Asian steak and quinoa and harvest quinoa. New chef-crafted salads include a Thai steak and avocado chicken chop.

Those who prefer sandwiches might want to try the turkey avocado club, steak and cheese and chipotle steak club. And kids aren't forgotten with new items like mac and cheese, tomato basil pasta, veggie cup and a fresh fruit cup.

The new additions are aimed at meeting a variety of health goals without sacrificing flavor. Several menu items are tailored to specific dietary needs, including new keto-friendly choices and a new vegan option, the chickpea and vegetable soup.

For additional information, visit www.cafezupas.com.

**Doughnuts, ice cream
to blend at festival**

Those who roll with doughnuts and like to chill with ice cream might enjoy an unusual festival later this month.

The state's first Arizona Donut & Ice Cream Festival will take place from noon to 4 p.m. on Sunday, Sept. 22, at

FOOD FOR THOUGHT

The Pressroom at 441 W. Madison St. Those who purchase early admission tickets can get into the event at 11 a.m.

More than 15 local doughnut and ice cream businesses will offer their treats. Guests also can enjoy cold beer and cocktails. The fun foods will come from around the world. Rolled ice cream, bubble waffle with ice cream, beignets and churros are some of the sweet items that will be offered at the festival. Boba, coffee and lunch foods will also be available to buy at the event.

A curated marketplace with local artists will be part of the gathering, which will be held inside and outdoors at The Pressroom.

Tickets for admission are required. Prices are \$13 per person for early admission, \$8 for general admission, \$4 for children ages 7 to 12 and those ages 6 and under get in for free. Prices do not include fees. Once in the event, food and drinks are sold separately. Most vendors will accept cash and cards. To learn, more visit www.tickettailor.com/events/azdonuticecream.

History and food blend in cookbook

Arizona history, food memories, storytelling and favorite recipes come together in a hardcover, full-color book written by Historical League volunteers.

“Tastes & Treasures II: A Storytelling Cookbook of Historic Arizona” is a 216-page colorful souvenir that is part history book, part cookbook and all Arizona. The first section has unusual histories, photos and special recipes from 24 historic Arizona venues including El Chorro Lodge, Stockyards, Lon’s at the Hermosa Inn, Grand Canyon’s Harvey House Café, Bisbee’s Café Roka, Charlie Clark’s and Gertrude’s at Desert Botanical Garden.

Readers can learn about history makers including Justice Sandra Day O’Connor, who made beef jerky on the Lazy B Ranch. Arizona’s poet laureate, Alberto Rios, also shared an original story. Lattie Coor, a Phoenix native who was the 15th president of Arizona State University, revealed his recipe for tamale pie. Arizona’s official historian Marshall Trimble offered up the family recipe for Trimble’s Tasty Cowboy Beans.

The book retails for \$30 and is available at the store at the Arizona Heritage Center at Papago Park, 1300 N. College Ave. in Tempe, or online at www.HistoricalLeague.org/shop.aspx.

Koi Poke adds chicken to bowls

Koi Poke is giving diners another way to boost their protein and satisfy their meat cravings, as well as another chance to save money.

The restaurant, located at 4280 E. Indian School Road, #108, has added chicken as one of its fresh protein options. Diners can select white meat grilled chicken as a way to top their choice of base, which is white or brown rice or spring mix. The restaurant’s popular poke bowls can be customized with fresh options including Hawaiian tuna, lobster, yellowtail and shrimp, as well. Customers can tailoring their grilled chicken bowl with cucumber, shaved Brussel sprouts, kale, cilantro, jalapeno and other toppings.

Koi Poke diners also can “sauce it up” with teriyaki, house Sriracha aioli and other offerings and garnish their bowls with crispy onion or garlic, sesame seeds and other enhancements.

The grilled chicken bowls come in three sizes: small (four ounces of white meat) for \$9, medium (six ounces of

please see KOI POKE on page 48

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KOI POKE continued from page 47

white meat) for \$11 and large (eight ounces of white meat) for \$13.

Koi Poke is offering 50 percent off alcoholic drinks all day every day, through Sunday, Sept. 22. That includes beer for \$2.50 or a glass of select wine for \$5. To learn more about Koi Poke, visit <https://koipoke.com>.

Steak 44 adds new bar, butcher shop

Steak 44 recently completed a \$1-million-plus renovation, adding 2,000 square feet and several more high-end amenities to its uptown Phoenix location, 5101 N. 44th St.

The expanded space houses a new dining bar, state-of-the-art butcher shop and kitchen improvements, several more dining rooms and approximately 80 more seats.

Unlike the main bar, the newly designed dining bar will allow guests to reserve a seat in advance for a full dinner. The new dining rooms are designed to be unique yet still warm and inviting, offering another option for guests to enjoy.

Steak 44 this spring was named to OpenTable's 2019 List of the 100 Best

Restaurants in America for a Big Night Out. The Phoenix steakhouse is the only Valley restaurant to make the prestigious national list.

For more information, visit www.steak44.com or call 602-271-4400.

Fall flavors coming to True Food Kitchen

It's time to indulge in fall flavors at True Food Kitchen.

The restaurant at 2502 E. Camelback Road, Ste. 135, will offer its fall menu beginning Sept. 4. Some of the highlights include roasted Brussels sprouts with mushroom, miso sesame vinaigrette and chili thread (gluten-free and vegan) and roasted beet and goat cheese flatbread with arugula, pumpkin seed and cilantro pumpkin seed pesto (vegetarian). Another fall menu choice is the "unbeatable burger," which has beet, kuzu, jicama slaw, crushed avocado, butter lettuce, vegan mayonnaise and a flaxseed bun. Several seasonal cocktails and non-alcoholic refreshers will also be on tap including Dr. Weil's Wellness Shot with sea buckthorn, pomegranate and ginger.

For more information, visit www.truefoodkitchen.com/phoenix.

Japanese food on tap at moon festival

If you crave Japanese food and drinks, you might want to indulge in the Otsukimi Festival 2019.

The Japanese Friendship Garden of Phoenix will hold the festival from 6:30 to 10 p.m. Friday, Oct. 11 and Saturday, Oct. 12 at the Japanese Friendship Garden of Phoenix at 1125 N. 3rd Ave.

Several restaurants will serve food while Sapporo USA and Hiro Sake will serve sake cocktails and beer at the bar. Expect seasonal wines, including Japanese plum wine. Pair your beverages with plates from Yatai Ramen and Ohya Korean Kitchen & BBQ.

The garden will transform for this celebration of the Harvest Moon, Otsukimi. Scroll through lantern-lit pathways and look at calligraphy art installations to the sounds of the shakuhachi (Japanese flute) by Jin and Koto. Matcha tea and sweet treats will be served in the Tea Café.

Advanced tickets for admission are \$30 for adults (\$25 for Garden members) and \$7 for youths ages 3 to 12. Admission is free for children under 3 years old. Tickets at the gate are \$35 for adults and \$7 for youths ages 3-12.

Food and drinks are sold separately. To learn, more visit www.japanesefriendshipgarden.org.

Coffee bar offering cocktail, music events

Provision Coffee Bar will serve up more than just coffee this month. The coffee bar at 4501 N. 32nd St. will offer several events throughout September featuring coffee, cocktails and live entertainment. Check out a tequila-centric tasting event with partner Young's Market from 7-9 p.m. on Wednesday, Sept. 4.

Guests can enjoy pop singer-songwriter duo Caleb Wiseman and Amy Estes as they perform modern, introspective sounds and unique lyricism from 8 to 11 p.m. on Saturday, Sept. 7.

A Vermouth 101 Tasting Event will take place from 7-9 p.m. on Wednesday, Sept. 18 at the coffee shop. Learn about this liquor, including where it gets its name, distinct tasting notes and flexible applications.

Visit <https://provisioncoffee.com> for more information.

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

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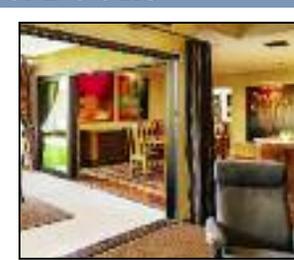


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