



north central news

the voice of the north central phoenix community since 1999

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Residents oppose water pipelines

By Colleen Sparks

Residents in three neighborhoods and in a grass-roots organization are pushing the city of Phoenix to stop plans to build two water pipelines on local streets and in the Phoenix Mountains Preserve.

A group of neighbors gave the City Council two petitions at its Dec. 18 meeting urging officials to halt activities related to the development and construction of the planned 48-inch-diameter and 66-inch-diameter water pipelines until a new alignment study is done. One of the petitions also said the current pipeline alignment study is flawed and the pipelines are unnecessary. The petitions were sent on behalf of residents in the Biltmore Highlands, Madison Heights and Granada Park neighborhoods.

The Phoenix Mountains Preservation Council, Inc., sent city officials a letter in late October relaying concerns about the city's plan to run the 66-inch-diameter pipeline from the 24th street water treat-

please see PIPELINES on page 6



Jesse Ary, on left, will receive the Dr. Martin Luther King, Jr., Calvin C. Goode "Lifetime Achievement Award" at the 34th Annual Dr. Martin Luther King, Jr. Awards & Scholarship Breakfast on Jan. 16. He serves on the administrative council of the First United Methodist Church of Phoenix, where he is standing here with Senior Pastor Denny Silk holding a photo of the late Dr. Martin Luther King, Jr., who he met (photo by Colleen Sparks).

Community activist to receive MLK honor

By Colleen Sparks

Jesse Ary grew up in southern Louisiana raised by parents who were sharecroppers during the time Jim Crow laws were in effect but racism and other obstacles never held him back.

The North Central Phoenix resident as a young man became the first African American director of a YMCA in the Valley and he served on the Arizona State Board of Education for several years. Ary, who will turn 80 years old this month, will be honored with the Dr. Martin Luther King, Jr., Calvin C. Goode "Lifetime Achievement Award" at the 34th Annual Dr. Martin Luther King, Jr. Awards & Scholarship Breakfast from 7 to 9 a.m. on Thursday, Jan. 16 at Sheraton Downtown Phoenix at 340 N. 3rd St. The Arizona Dr. Martin Luther King, Jr. Celebration Committee is hosting the event, where four other people will be recognized with different awards.

The City of Phoenix Human Relations Commission (HRC), Awards Selection Committee reviewed nominations and chose Ary for the lifetime honor. Felicia Davis, Virginia Fargo, Colby Jeffers and Timothy Seay will receive the Dr. Martin Luther

King, Jr. "Living the Dream Award" at the same breakfast.

Ary, who volunteers on the administrative council of the First United Methodist Church of Phoenix on North Central Avenue, said he is honored to be selected for the award ahead of Martin Luther King, Jr. Day, which is on Jan. 20.

"That is really a tremendous honor," Ary said. "I always stayed on the positive side of life. If you put away all of those idiosyncrasies about race and ethnicity, we're all human beings trying to get through life and do the right thing."

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COMMUNITY

Seniors stay active, socialize at center

By Colleen Sparks

Mature adults smiled as they danced in a Zumba class, prayed and sang during a Taste of Shabbat service and listened to classic music at a sock hop, all part of a day's activities at a senior center recently.

They participated in the many, diverse offerings that the Jewish Family & Children's Service Center for Senior Enrichment offers at The Palazzo, a senior living services community at 6250 N. 19th Ave. While housed in The Palazzo, any residents in the community may attend the free classes, programs and clubs, even if they do not live on that campus. Activities are offered from 9:30 a.m. to 2:30 p.m. Tuesdays through Fridays at the center, during which time anyone in the public also may eat lunch for \$4 in the luxurious Palazzo dining room.

A recent, major renovation at The Palazzo created a more inviting, modern ambiance even more ideally suited to meet seniors' needs and interests in the center. The center is open to anyone of any faith, geared towards people at least 60 years old.

"It's definitely expanded with the renovations here," said Jennifer Brauner, site director for the Center for Senior Enrichment. "Our class sizes have definitely increased. The word is getting out about us. Our senior center is very unique because senior centers are typically not in senior living communities."

Aging adults take chair yoga, chair Flamenco, Tai Chi and other exercise classes, as well as participate in a book club, a checker and chess club, Yiddish Club, writers' group, Phoenix Art Museum visits, painting classes and many other activities aimed at keeping their minds and bodies active and giving them a chance to socialize. A Chanukah lunch and musical entertainment also was recently offered. More than 270 people participated in at least one of the center's activities last year. Transportation is provided to seniors who live within a five-mile radius of The Palazzo for \$2 round-trip.

Valeria Gheorghies of North Central Phoenix, comes to the center frequently.

"I love the classes," Gheorghies said.

"The instructors are wonderful, so patient with us. I learn so much here. What I like is we come here and we socialize."

Arnie Wininger, who lives at The Palazzo, started the Yiddish Club.

"There's lots of activities," Wininger said. "You never go hungry in here number one. You'll never be lonely."

The Center for Senior Enrichment has been providing its programs at The Palazzo before The Palazzo's current ownership but the recent renovations there have made the partnership even stronger, said Mark Aronauer, director of sales and marketing for The Palazzo. The lobby was expanded, a bar was added for happy hours, a fitness center was built and an intergenerational room established with video games and toys for residents' grandchildren to play, among many other enhancements.

To learn more about Jewish Family & Children's Service Center for Senior Enrichment, visit jfcasaz.org/programs-services/older-adults/center-for-senior-enrichment/.

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Dave Eastman
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COMMUNITY

HONOR continued from page 1

Growing up with four brothers and two sisters (who are now deceased), Ary's father picked cotton and pulled mules while his mother babysat other families' children. Ary received a scholarship to attend a YMCA training college in the Chicago, Illinois area called George Williams College. After earning his bachelor's degree, he took a job as the youth program director at a YMCA in Cleveland, Ohio. Ary later was promoted to become the executive director of the Glenville YMCA, where he had a chance to meet King in the 1960s and capture a picture with him by the Y's pool.

“He was very, very nice,” he said. “When his widow came to Phoenix after I moved out here she gave a speech. I gave her a copy of that photo.”

Ary said his first wife, who has since died, had health issues that brought them to Phoenix 50 years ago. At 29 years old in 1969 he became the director of the Northeast branch of the YMCA on East Clarendon Avenue, which has since closed. While he likes Phoenix and found it progressive, racism was more common then. Someone carved “KKK” on a palm tree near his family’s house in one incident and another time a boy playing with his son assumed his wife was a housekeeper, but Ary said he and his family were “not going to be intimidated.”

After about five and a half years at the Northeast Y, he was selected as

executive director at a downtown Phoenix YMCA. His oldest son, Brentley, was the first African American student to be enrolled in one of the Madison School District's schools.

Ary later went to work for Carolyn Warner, who was then the state superintendent of education. Gov. Janet Napolitano appointed him to the Arizona Board of Education, on which he served for two terms.

Ary, now a grandfather and remarried, has volunteered for many organizations, including the board for Family Service Agency. He volunteers on the administrative council for the First United Methodist Church of Phoenix at 5510 N. Central Ave., helping make decisions tied to the congregation's goals and mission. Denny Silk, senior pastor at First United Methodist Church, praised Ary.

“He’s got a very mature and caring spirit,” Silk said. “People recognize that and they trust his input.”

Ary also was recently appointed to the national United Methodist Higher Education Foundation board of trustees.

Ron Williams, chairman of the AZ MLK Celebration Committee Events & Activities, said Ary is “one of the most respected people in Phoenix” and is “very personable, just the ultimate professional.”

To learn more about the 34th Annual Dr. Martin Luther King, Jr. Awards & Scholarship Breakfast and other events in the state, visit azmlk.org.

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COMMUNITY

PIPELINES *continued from page 1*

ment plant around 24th Street and Lincoln Drive north, winding up in Dreamy Draw Recreation Area in the Phoenix Mountains Preserve.

While City Council members legally were not allowed to respond to residents’ specific comments as they were not on the agenda, Mayor Kate Gallego and City Councilmember Sal DiCiccio did say staff members were trying to address residents’ concerns, said Katherine Roxlo, a Biltmore Highlands neighborhood resident who is organizing the neighbors’ action.

“It’s not that we don’t think these pipelines are needed,” Roxlo said. “Our ask is, press pause, give us time to allow community input into the process. We really want both of these pipelines to not go through the neighborhoods.”

Roxlo and other neighbors also do not want the pipeline to run in the Preserve. Her group said it does not want pipelines under their residential streets as they believe the work will cause major traffic disruptions, as well as generate health and safety risks to neighborhoods and schools and possibly damage home

structures, among other problems.

The city plans to rehabilitate and/or replace a 48-inch-diameter water main that provides water to the north part of the system, going from the water treatment plant at 24th Street west to Maryland Avenue, to 20th Street and north to Orangewood Avenue, where it will cross the 51 freeway and tie into the existing pipeline, according to Stephanie Bracken, public information manager for the Phoenix Water Services Department.

The existing 48-inch-diameter pipeline is at the “end of its useful life,” said Darlene Helm, deputy Water Services director for the city of Phoenix. The 66-inch-diameter main is needed to address drought concerns on the Colorado River and will provide alternative water supplies to north Phoenix as that water shortage looms, Bracken said.

“Obviously most of our infrastructure we build in roadways so it’s something that we hear frequently, not just in this neighborhood but when we’re doing construction in roadways people are concerned,” Helm said. “Our response to that is we know there’s going to be an impact and we’re trying our best to minimize that, to make sure residents can still go about their normal activities, Amazon deliveries, garbage picked up.”

The Phoenix Mountains Preservation Council, Inc. in its letter to the city said the group is “gravely concerned that the proposed pipeline alignment through the Phoenix Mountain Preserve will negatively and irreversibly impact important undisturbed Preserve areas and the integrity of the Preserve as a whole.” The Preservation Council members and residents in the three neighborhoods said they feel the city has not given the public enough time to learn about the pipelines and not studied other routes sufficiently.

Clayton Freed, civil engineer three for the city’s Water Services Department, said fences would be put up around areas where the pipeline is being installed in the Preserve. Some trails will likely be closed for a few weeks at a time but there will be hiking allowed in other areas. Helm said experts are working with the city to determine how to put native plants back in the Preserve after the pipeline is installed.

The current alignment for the 66-inch diameter pipeline is being reviewed and may change, Bracken said. To learn more, visit phoenix.gov/waterservicessite/Pages/droughtpipelineproject.aspx.

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Say it ain't so ...
2020 – Wow!

Welcome to another decade. I certainly hope the past 10 years have been good to you and your family and your next 10 years will be even better.

I mentioned last month that I was fortunate to sell 118 homes in 2019 with sales prices ranging from \$150,000 to \$5.4 million. We actually sold 17 homes for more than \$1 million but I have stated here in this column for many years that I will sell any price home that you have for me. I have a family with two dogs, a wife and kids and they have to eat!!

Some of you may be relocating to another state in the coming year or maybe moving to an independent living facility in our area, so I just want to caution you about dealing with a relocation company. Most of the relocation companies out there are very professional but many of them are located out of town and do not know our area values. They charge realtors around 40 percent, which is a steep amount, but YOU have the right as a seller to pick your realtor. The relocation companies always insist on two broker evaluations, which is a fair request for a seller.

Let me give you an example on what could happen to your bottom line number. I was hired to sell 321 E. Pomona (located on 3rd Street just south of Orangewood) in November and initially I was not on the preferred agent's list for the relocation company. My sellers insisted that I was to be one of the two agents to be interviewed to list the home and I was required to do a broker price evaluation with comps and a suggested list and selling price.

This home was 3,000 square feet located in North Central, situated on 1 acre and built in 1957. The other competing agent played down the acre lot and based her opinion mainly on the square footage of the home. She used comparable comps in our area based on 3,000-square-foot homes even though some of the lot sizes were under 15,000 square feet. Her evaluation of this home was to list the home at \$925,000 and sell around \$875,000.

My evaluation was based on more than just looking at a computer for comparable sales. Mine was based on knowing every home in North Central and also knowing how valuable a large lot is in our area. I based my evaluation more on the lot size of an acre and less on the square footage of the home because I know there are three to four buyers right now who want a large lot and might tear the home down if the home is older. I placed a listing value of the home at \$1.3 million and said I felt we would get around \$1.25 million. I also know there are a few cash buyers looking in our area currently and are not concerned about an appraisal.

The relocation company then called me and insisted I redo my numbers because they said I was way off on my value because they felt I was \$300,000 - \$350,000 too high. I told them I would not change my numbers because the other agent has never sold a home in North Central and has no idea about our prices here. After two weeks the relocation company allowed the seller to hire me and we sold the home in one day for \$1.25 million cash. I represented both the buyer and the seller. If the relocation company had had its way, my seller would have lost close to \$400,000, which would have been a travesty for my seller.

I have sold more than 3,500 homes in 27 years in real estate and I think I know North Central values pretty well. We are getting more and more families moving to our area for many reasons and I hope that you and your family will consider me to be your realtor. If you are a current homeowner in our area, don't hire an inexperienced realtor to list your home because you may be leaving a lot \$\$\$\$ on the table. HIRE ME!!

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Bobby Lieb

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COMMUNITY

Home deemed historic, but the fight is not over

By Colleen Sparks

A historic designation for a home on North Central Avenue is in place after a protracted debate between its owners and neighbors but the issue is likely not resolved.

The Phoenix City Council at its Dec. 4 meeting approved the Historic Preservation zoning overlay for what is known as the McElroy-Young House at 7019 N. Central Ave. in a 6-3 vote. Their votes came after many neighbors spoke in favor of preserving the historical feel of the site and several others urged the City Council to allow the homeowners to exercise their private property rights.

City staff members had recommended the City Council approve the zoning overlay, as did the Alhambra Village Planning Committee, the Planning Commission and Historic Preservation Commission. The site had been formally identified as historic property in 2013 when the city of Phoenix Historic Preservation Office added it to the inventory of eligible properties. Then in

April of last year the City of Phoenix Historic Preservation Office received a demolition application request from Karl Tunberg of Midland Real Estate Alliance representing the homeowners, David and America Young of the America M. Young Trust.

The Youngs at the City Council meeting said the house needs much work and they have suffered health problems so they want to sell it. They said the zoning overlay would create an economic hardship as they would not receive as much money selling the property with the house still on it as they would if it was demolished.

“We have not been allowed to put our property on the open market,” America Young told the City Council. “We have been sick; my husband’s been sick. If you’re voting that way, you’re taking our rights away.”

William Fischbach, an attorney representing the America M. Young Trust, said the Youngs want to sell the property and “that’s their right.” He said approval of the historic designation would result in a lawsuit being filed tied to Proposition 207, the Private

Property Rights Protection Act.

Community members and residents in the North Central Phoenix Homeowners Association (NCPHA) urged the Council to approve the historic designation.

“This home is worthy of preservation because it dovetails with what our neighborhood and its residents have worked hard for years to protect,” said Mary Crozier, president of the NCPHA.

A city staff report said the home is significant because of its “association with early 20th century agricultural development in Phoenix.” The late William Frank McElroy and his wife, Sara Ray “Cherry” bought the property in 1926 and started constructing the home a few months later.

Delivering Dreams bus brings children clothes

A new bus will keep a program that offers students in need clothes rolling.

The Assistance League of Phoenix announced a new Delivering Dreams Bus that was revealed last month at the Rotary 100 meeting at the Phoenix

Country Club on North 7th Street. This vehicle is the mobile unit of Operation School Bell, an Assistance League of Phoenix signature program, and it serves more than 8,200 students every school year via the bus and a Philanthropic Center at 5th Street and Hatcher Road in Sunnyslope.

Students go to either the Philanthropic Center or the bus brings the donations directly to their school. Assistance League of Phoenix teams up with more than 85 Title I schools throughout the year. Every school may choose up to 100 children who are eligible for the program (students who qualify for free or reduced-price lunches). Once they get on board the Delivering Dreams Bus, students receive several clothes including pants, underwear, sweatshirts, belts and shoes, as well as hygiene items. The bus visits partner schools Tuesdays through Fridays every week starting in August and the Philanthropic Center operates Tuesdays through Thursdays starting in September.

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HAPPY HOUR *with* HERSCH

2019 was quite a year for new music. An abundance of old and new artists from all genres making excellent art. Below are my favorite 20 songs from last year. I hope you enjoy (parental guidance suggested).

- 20

Lose You To Love Me - Selena Gomez
- 19

Click - Charlie XCX w/ Kim Petras & Tommy Cash
- 18

Memphis - Kitten
- 17

Charlie - Mallrat
- 16

Just Exist - Eliza & The Delusionals
- 15

Love Me Anyway - P!nk w/ Chris Stapleton
- 14

Mariners Apartment Complex - Lana Del Rey
- 13

Rocket Fuel - DJ Shadow w/ De La Soul
- 12

Thrill Of It - The Dose
- 11

Coming Home - Pusha T w/ Lauryn Hill
- 10

Heroin - Badflower
- 9

Not In Kansas - The National
- 8

Seventeen - Sharon Van Etten
- 7

Just The Way It Is - Action Bronson & The Alchemist
- 6

It Just Doesn't Happen - Destroyer
- 5

Craigslist Personals - WRENN
- 4

Tempo - Lizzo w/ Missy Elliott
- 3

Till We're In The Sea - RKCB
- 2

Dead of Night - Orville Peck
- 1

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COMMUNITY

Pet of the Month

Sweet Fitz is tiny ball of cuteness

Only seven-and-a-half pounds, Fitz is a little ball of cuteness that fits perfectly in your arms, lap and heart. The adorable three-year-old Chihuahua, terrier mix was surrendered to the Arizona Humane Society when it was discovered his owners were not able to properly give him the medical care that he needed.

After about a month of receiving care and some extra TLC in an Arizona Humane Society Foster Hero home, this sweet but shy pup now needs a perfect, fur-ever home. He is house-trained, an expert prancer while walking and a top-notch snuggler. Fitz will make a great addition to any family.

Say “hi” to Fitz when you visit the Humane Society’s Sunnyslope campus at 9226 N. 13th Ave. His adoption fee includes his neuter surgery, microchip, current vaccinations and a free follow-up exam with a veterinarian. Ask for animal number 622100. He might have been adopted by the time you visit the shelter but the Humane Society has many other



Fitz is a little, sweet Chihuahua, terrier mix who loves to snuggle. He is available for adoption at the Arizona Humane Society’s Sunnyslope campus (submitted photo).

great animals you may adopt. To see all the animals available to adopt, visit www.azhumane.org/findapet.

HALO Animal Rescue receives honor

HALO Animal Rescue has been chosen by the Petco Foundation as a 2019 Honorable Mention recipient for its Holiday Wishes grant campaign. That is a national campaign that asks those who adopt pets to share how their animal brightens their life to help the animal welfare organization they adopted from get a grant.

HALO Animal Rescue may now earn up to another \$25,000 if the community helps. Winners were expected to be announced after the deadline last month to submit feedback on petcofoundation.org.



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Get discounts on dog classes

Receive 20 percent off when you sign up for the Arizona Humane Society’s dog training classes all this month, as well as private lessons. They are taught by certified professional trainers to make your furry friend the best-behaved canine in the neighborhood.

There are four-week training courses in basic, intermediate and advanced lessons, as well as specialty classes in tricks, reactive Rover, Agility for Fun and puppy parties. As long as you book them this month, you can take them anytime. Reactive Rover is for dogs who bark at other dogs while walking and Agility for Fun involves running through poles and other activities seen in dog competitions. Puppy parties are for pups ages six months and under to help them get socialized.

To sign up and learn more, use promo code **SITFOR20** and visit www.azhumane.org/dog-training-classes.

COMMUNITY

Local woman shares inspiring story in book

The stories of a successful North Central Phoenix woman and other women who overcame tremendous obstacles are being shared in a new book, “The Lemonade Stand From Sour to Sweet Inspiring Women’s Stories.”

Inspired by the “Chicken Soup for the Soul” series, “The Lemonade Stand” provides its own unusual take on the concept by sharing real stories of brave women who showed their vulnerability. One of them is Charlotte Shaff of North Central Phoenix, the owner of The Media Push and a wife and mother of two sons who beat breast cancer.

Michelle Faust, a content specialist and author who compiled the short stories, said she chose women to share their tales based on the gravity of their challenges and their willingness to reveal their most vulnerable selves. Faust discovered others like her had overcome tragedies but found strength and the desire to help others. The common theme among the 19 women is that health, joy and success do come back after you overcome the bumps in the road.

Faust said the book is suitable for anyone who has gone through or is currently living through obstacles or challenges in their lives.

Find the book on Amazon.com.

Food bank receives new truck

More families in need will be able to receive food due to a new, HonorHealth Desert Mission Food Bank refrigerated food truck unveiled last month.

The new truck will allow HonorHealth Desert Mission Food Bank at 9229 N. 4th St. to pick up donated foods to supply the food bank for families around Maricopa County. It is the first donation of this caliber for the food bank and a major upgrade for the equipment needed. The food bank was given a \$125,000 fundraising donation to help buy the truck. It is expected to bring in 3.6 million pounds of food for more than three-million meals this year. The food is given to the most vulnerable people in the community. The truck replaces one that is more than 10 years old. To learn, visit desertmission.com/programs/food-bank.



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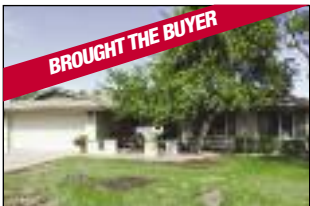
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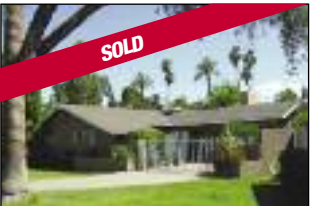
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\$545,000



3410 W. Los Gatos
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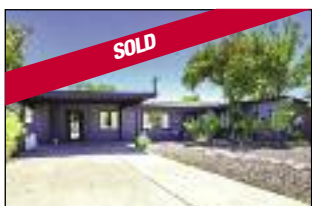
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COMMUNITY

Police officer will run to honor fallen comrades

By Marjorie Rice

Marathon runners and spectators are used to seeing costume-clad teams at many charity runs, but one group at the Jan. 19 Humana Rock 'N' Roll Arizona Marathon is sure to stand out, thanks to Phoenix Police Lt. Russell Frederiksen.

Frederiksen and about a dozen of his colleagues – several in full uniforms and utility belts adding an extra 15 to 20 pounds – will run to honor comrades who have been killed in the line of duty. Most of the runners are from Cactus Park Precinct, where Frederiksen is stationed and part of the marathon route goes through North Central Phoenix.

"I think it's going to shock some people," he said. "They're going to think, 'What did we just see? Are they chasing somebody?'"

What he hopes they'll see—and honor—is the sacrifice that officers made, giving their lives to protect the city. It's a tribute that combines two of

Frederiksen's passions – athletics and his fellow Phoenix Police officers.

"I've been interested in sports all my life, and I like challenges," he said.

That includes adventure races that incorporate kayaking, rappelling, running, mountain biking and the like.

The Rock 'N' Roll Marathon will be Frederiksen's last as a Phoenix Police employee – he's retiring in May after 30 years on the force. Four employees will be running in uniform with him and others will wear shirts that say "Honor the Fallen" on the back, with the names of fallen Phoenix police officers. They also will carry a flag with ribbons representing the fallen officers.

"Because it's my last event as a police employee I wanted to honor those who sacrificed everything, during my career and before I came," Frederiksen said. "We have had 39 Phoenix police officers who were killed in the line of duty. The first was Haze Burch, in 1925. Then you fast forward to earlier this year and Paul Rutherford who was killed. Of those 39, 21 have been during my 30-year career. I either knew them or they



Phoenix Police Lt. Russell Frederiksen will run in the Humana Rock 'N' Roll Arizona Marathon to honor comrades killed in the line of duty. (photo by Marjorie Rice).

were friends of mine.

The history of every law enforcement agency unfortunately includes people who have been killed in the line of duty," Frederiksen added. "They've sacrificed

for something they believe in, and for people they don't even know. The most important thing we hope people will take from it is honor and respect for police officers and what they do every day."

The Humana Rock 'N' Roll Arizona Marathon

The marathon is a three-day event that includes a free Health & Fitness Expo on Friday, Jan. 17, and Saturday, Jan. 18; a 5K and a kids' event on Saturday, Jan. 18; and a 10K run, a half marathon, and the full marathon on Sunday, Jan. 19. There will be live music and entertainment all along the routes.

The full marathon starts at the Arizona Center at Van Buren and Second streets in Phoenix. The half marathon and 10K start at University Drive and College Avenue in Tempe. All runs end at Rio Salado Parkway at Ash in Tempe.

In North Central, the marathon route will go north on Seventh Avenue, then east on Missouri Avenue to 24th Street, where it turns south.

For start times and more information, visit runrocknroll.com.



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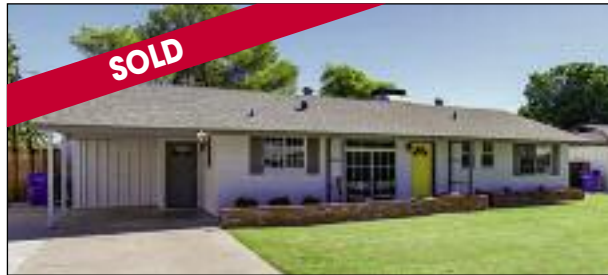
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1017 E. Butler Drive • Leased \$1027
6209 N. 12th Place • Leased \$1150
912 W. Frier Drive • Leased \$2000
6229 N. 12th Place #3 • Leased \$1095
912 W. Frier Drive • Leased \$2310
4869 N. 183rd Lane • Buyer Side \$302,490
345 W. Las Palmaritas Drive • Buyer Side \$510,000
1439 E. Flower Street • Seller Side \$315,000
1439 E. Flower Street • Buyer Side \$315,000
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8909 N. 13th Avenue • Seller Side \$430,000
20900 W. Ridge Road • Buyer Side \$323,000
7938 W. Wethersfield Road • Seller Side \$247,000
901 W. Vista Avenue • Seller Side \$412,500
7014 N. 11th Avenue • Buyer Side \$350,000

24346 W. Atlanta Avenue • Seller Side \$217,000
13238 W. Hubbell Street • Seller Side \$335,000
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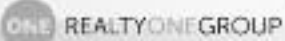

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COMMUNITY

rate changes and express your opinions at this meeting the city of Phoenix is holding. The city is asking for public input on recommended rate change options for trash and recycling services for city residents. City Council was given five options during a November presentation, which included suggestions from a Citizen Advisory Committee and a consultant study. To learn more, visit phoenix.gov/public-works/trashandrecycle.

Phoenix Branch of AAUW Meeting and Dinner

6:15p.m. Tuesday, Jan. 21
Beatitudes Luther Life Center
1616 W. Glendale Ave.

Join the The American Association of University Women as it hosts Kristin Roberts, who will speak on "Kicking Off the 2020 Legislative Session." Roberts is executive director of the Civics Beyond Voting organization. Dinner is at 5:30 p.m. and the presentation starts at 6:15 p.m. The dinner is optional and costs \$15. To reserve a spot for dinner, call 602-283-4884. The public is invited to attend.

Lura Turner Homes’ Annual Spaghetti Dinner
4 and 6 p.m. seating Saturday, Jan. 25
Madison Baptist Church
6202 N. 12th St.

Diamondbacks’ organist Bobby Freeman and vocalist Charlene Freeman will be featured at this dinner. Hidden Treasures Antiques will sell collectibles and original artwork. All proceeds will help the special needs residents at Lura Turner Homes for Developmentally Disabled Adults. Tickets are \$20 for adults and \$10 for children. Call 602-943-4789 for tickets.

Discover Your Ancestry Genealogy Presentation

10 a.m. Monday, Jan. 27
Sunnyslope Senior Center
802 E. Vogel Ave.

Learn about exploring your roots from the West Valley Genealogical Society & Library at this event. The society is a non-profit corporation dedicated to researching, recording and sharing genealogical, as well as ethnic information. To learn more, visit azwvgs.org. It's free and open to the public.



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Stop and smell the flowers at Lotuswei

By Colleen Sparks

In a busy world where skyrocketing stress levels are causing people to get sick, a novel local business offers a sanctuary where anyone can stop and smell the roses, lilies, daisies, orchids and other colorful healing flowers.

Lotuswei began in 2007 and has blossomed in an expansive building called the Self-Arising Nature (SAN) Center that it bought at 810 W. Bethany Home Road, where it has been selling its elixirs, anointing oils, aura mists, bath salts and serums made with flowers and other ingredients since late 2018. Dark chocolate, jewelry and other products, as well as flower readings, meditation, as well as full moon circles, which are sacred rituals of awakening truth with flowers and Tai Chi, Qi Gong and art classes are offered in the large structure where colorful pillows and pictures of flowers are spread.



Katie Hess is the owner and founder of Lotuswei, at 810 W. Bethany Home Road, which offers products made with flowers intended to help people heal from a wide variety of issues (submitted photo).

The products, classes and gatherings are designed to help people find balance, recover from stress and thrive using the benefits of nature.

"Everything that we do stems out of reconnection to Mother Nature," said Katie Hess, owner and founder of Lotuswei. "Innately we know plants and flowers have different qualities for us. You'll always be drawn to the flowers you need the most."

A Flower Essence New Moon Circle will be held at 6:30 p.m. on Friday, Jan. 24 in the SAN Center. Visitors may enjoy just "being" as they sip a full moon beverage with flower elixirs chosen spontaneously and engage in meditation and an interactive circle experience with flower elixirs. The cost is \$25.

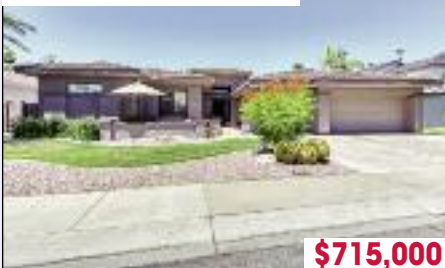
Hess, who has a staff of 10 people at Lotuswei, travels to Singapore, Taiwan, Canada, Mexico, India, Iceland, Costa Rica and Korea, as well as other parts of the United States to find flowers. She has a bachelor's degree in sociology from University of Wisconsin at Madison and has been studying natural remedies for many years. Hess said customers tell her they feel better after only having used the products for a day.

The popular flower elixirs contain various flower essences and honey and aim to produce different effects including helping people sleep better, feel more love and experience more energy and creativity. Hess recommends people take five drops in their mouths five times a day of elixirs, either directly in

please see FLOWERS on page 18

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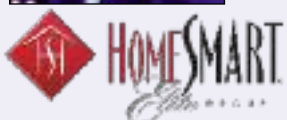
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121 W Harmont Dr
7603 N Central Ave
1007 E Orange Dr
4024 W Wethersfield Rd
4056 E Williams Dr
4310 E Kings Ave
7726 W Vermont Ave

730 E Morningside Dr
5740 N 62nd Dr
4642 N 42nd Pl
7207 W Sunnyside Dr
334 E Kaler Dr
11844 W Rosewood Dr
4518 N 84th Ave
7302 W Charter Oak Rd
13015 N 63rd St
512 W Marlette Ave
507 W Vista Ave
3721 W Carol Ann Way
21976 N 103rd Ln
11746 W Camino Vivaz
6342 N 19th St

3741 E Covey Ln
1643 W El Caminito Dr
1415 E Las Palmaritas Dr
5744 N 11th Way
6645 E Calle Redondo
8601 N 103rd Ave
818 W 17th Pl
27646 N 83rd Gln
8842 N 8th St
8940 W Olive Ave
8161 N 1st Dr
7657 W Missouri Ave
24633 N 39th Ave
8314 N 21st Dr
4228 W Coles Rd

8848 N 8th St
5820 W Heatherbrae Dr
840 E Butler Dr
118 E Loma Ln
5850 W Grovers Ave
2332 E State Ave
711 W Claremont St
8821 N 5th St
7006 N Barbados Pl
7531 W Redfield Rd
1049 S Exeter St
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3130 E Daley Ln
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TAKING CARE OF BUSINESS

FLOWERS continued from page 16

their mouth or in water or tea. The Joy Juice elixir contains African daisy, Birdsfoot Lotus, Chocolate Daisy and Pink Spirea and it reportedly magnifies joy, laughter, euphoria, contentment and enhanced enjoyment of life.

Another well-liked product is the Infinite Love Elixir, which combines Hong Kong orchid, fireweed, wild hawkweed and pink magnolia that enhances unconditional love for yourself and others, as well as dissolves irritation and being tough on yourself. Lotuswei's Quiet Mind Elixir reportedly boosts clarity, focus, a relaxed body, sound sleep and the ability to take breaks and be more effective. The flower elixirs with multiple flowers cost \$35 each and last customers about three to four weeks, Hess said.

Anointing oils, a mixture of flower essences and essential oils infused in organic, jojoba oil, are similar to perfume and offer similar effects as the flower elixirs. You may spray the aura mists that also provide healing while the serums, which are made from flower essences and essential oils infused in an organic safflower oil base, are ideal to rub on skin during massages. Bath salts, for \$12 per packet, also offer another way to unwind and reach your goals. Dark chocolate infused with flower essences from sister company, Wei of Chocolate.com also is sold at Lotuswei.

Hess is founder of the SAN Center and also wrote a book, "Flowerrevolution." Get a flower reading at the SAN Center, where you pick different pictures of flowers you prefer and a staff member tells you what areas of your life you want to improve. Included in the \$90 price of flower readings are a flower elixir, anointing oil and mist. You may relax with a botanical treatment where staff members help you heal with eucalyptus, fresh flowers, flower essences and aromatherapy and also receive a flower reading and hot tea for \$250 for an hour.

Lotuswei's products are sold around the world and Hess and her team even made some for former President Obama and his family. You may book private ceremonies and reserve time for corporate team building in the SAN Center.

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TAKING CARE OF BUSINESS

Flowerlounge Podcast, through which she interviews creative people and spreads knowledge about plants to help anyone bloom. To learn more, sign up for the Jan. 24 Flower Essence New Moon Circle or to schedule a gathering, call Lotuswei at 844-WEI-COOL (934-2665) or visit lotuswei.com or facebook.com/lotuswei. For information about the SAN Center, visit facebook.com/sancenterphx.

Business Briefs

CASA workspace completes upgrades

If something looks different to you as you drive by the northwest corner of Northern Avenue and 16th Street, it is not your imagination; it is the newly renovated CASA work environment.

The upgrades are finished in the community-oriented business space at 7878 N. 16th St. and many new tenants have moved in. While the Spanish architecture remains, workers have built a fitness center, meditation room, yoga room and two-story patio with covered patio space for food trucks to park in to serve tenants and the public.

Kaleidoscope Juice café is open inside the building.

CASA has two large courtyards with outdoor seating, as well as free Wi-Fi and indoor training and conference rooms. It is one of several adaptive reuse projects, where developers renovate aging office buildings, in the area. To learn more about CASA, visit uptowncasa.com.

Network, explore diversity at event

You can network and learn more to help boost your business at the CO+HOOTS: Melanin Magic Presents: Defining the American Dream event on Monday, Jan. 20.

This event will take place from 5 to 8 p.m. at CO+HOOTS Coworking space at 221 E. Indianola Ave. Melanin Magic is all about diversity, inclusion and a multi-cultural collective for entrepreneurs and up-and-coming professionals. It is focused on educating, informing, connectivity and embracing change. There will be a keynote speaker, networking, “Golden Hour Table Talk” and food and drinks

for those ages 21 and older.

The cost to attend is \$47. To register, visit asba.com/events and click on “Events.” For more information, contact Jenny Poon at jenny@cohoots.com or 602-264-6687.

Network, gain tips at Chamber lunch

Make new connections to find a new job or boost your existing business at a lunch the Greater Phoenix Chamber of Commerce is holding later this month.

The Power Connect Lunch will take place from 11 a.m. to 1 p.m. on Tuesday, Jan. 28 at Seasons 52 restaurant at 2502 E. Camelback Road. This event is designed to help people in any industry as it offers a structured place for peers to talk about trends and issues affecting small to mid-sized Valley businesses. It is an opportunity to gain professional tips and talk about other topics important to the business community.

The lunch costs \$35 for Chamber of Commerce members and \$55 for non-members. To buy tickets, visit phoenixchamber.com.

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Current Listings/Escrows				
6020 E. Doubletree Ranch Rd5943SF5BR/5.5BA\$1,995,000
321 E. Pomona Rd	IN ESCROW3017SF4BR/3BA\$1,300,000
9904 E. Quarry Trail	NEW PRICE4173SF4BR/3BA\$1,100,000
209 W. Lamar Rd	IN ESCROW3345SF5BR/3BA\$ 899,500
6522 N. 14th St	IN ESCROW2906SF4BR/2.5BA\$ 750,000
902 W. Claremont St	NEW PRICE3479SF4BR/3BA\$ 725,000
1801 E. Berridge Ln3561SF6BR/4BA\$ 724,999
3853 E. Crittenden Ln	IN ESCROW2459SF3BR/2.5BA\$ 714,900
1516 W. Winter Dr	NEW PRICE3202SF3BR/3BA\$ 675,000
1001 E. Missouri Ave	JUST LISTED2750SF4BR/3BA\$ 675,000
412 E. McLellan Blvd	IN ESCROW2802SF4BR/2.5BA\$ 659,000
517 W. Lamar Rd	IN ESCROW2025SF4BR/2BA\$ 619,900
1555 E. Ocotillo Rd #10	..	IN ESCROW2515SF4BR/2.5BA\$ 599,000
1555 E. Ocotillo Rd #9	...	IN ESCROW2432SF3BR/3.5BA\$ 592,000
1555 E. Ocotillo Rd #11	..	IN ESCROW2432SF3BR/3.5BA\$ 592,000
4430 N. 22nd St #13	NEW PRICE3202SF3BR/4.5BA\$ 550,000
6050 N. 10th Pl	IN ESCROW2329SF4BR/3BA\$ 525,000
6302 N. 11th St	IN ESCROW1672SF3BR/2BA\$ 439,900
1902 E. Coolidge St	IN ESCROW2004SF4BR/2BA\$ 435,000
902 E. Kaler Dr	Vacant Lot\$ 400,000
1007 E. Missouri Ave	JUST LISTED1398SF2BR/2BA\$ 379,000
509 W. Missouri Ave	IN ESCROW1710SF4BR/2.5BA\$ 359,000
847 E. McLellan Blvd1283SF2BR/1.5BA\$ 349,000
1124 E. Rose Ln. #6	IN ESCROW1456SF3BR/2.5BA\$ 259,500
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Featured Homes for January



1801 E. Berridge • \$724,999



1001 W. Missouri Ave • \$675,000



1007 E. Missouri Ave • \$379,000



1516 W. Winter • \$675,000



4430 N. 22nd St #13 • \$550,000



902 W. Claremont St • \$725,000



517 W. Lamar Rd \$619,900



6050 N. 10th Pl • \$525,000



509 W. Missouri Ave • \$359,000

115 homes SOLD in 2019 and 12 properties currently in escrow. I average selling a house every 3 days! Call me to discuss your real estate needs and the value of your home. 602-376-1341 I work 7 days a week and am always available to help.

SOLD Homes for 2019

6045 N Foothill Dr	\$5,400,000	7051 N 1st Ave	\$ 740,000	1010 E Pierson Sr	\$ 555,000	7714 E Primrose Path	\$ 400,000	6535 N 14th Pl	\$ 300,000
4724 E. Arroyo Verde	\$1,735,000	19 W. Frier Dr.	\$ 715,000	1321 S. Camellia Dr.	\$ 550,000	401 E. Rose Ln.	\$ 390,000	1529 E Cortez St	\$ 299,900
5437 E. Cortez Dr	\$1,730,000	101 W. Lawrence Rd	\$ 710,000	521 W. Mariposa St	\$ 548,000	16 W. Oregon Ave	\$ 380,000	715 E. Boca Raton Rd	\$ 292,696
4625 E. Exeter Blvd	\$1,685,000	11 E. Lamar Rd	\$ 707,440	1322 W Frier Dr	\$ 545,000	726 E. Tuckey Ln	\$ 370,000	619 E. Manzanita Pl	\$ 269,500
4842 E Cheryl Dr	\$1,387,749	711 W Claremont	\$ 705,000	1340 E Luke Ave	\$ 542,500	1601 W Indianola Ave	\$ 369,500	8426 N. Central Ave D	\$ 267,000
5131 E. Desert Park Ln	\$1,375,000	711 W. Claremont St	\$ 705,000	7603 N. Central Ave	\$ 540,000	3030 N 38th St C105	\$ 363,000	1650 E. Rancho Dr.	\$ 267,000
7151 N. 3rd St.	\$1,300,000	7247 N. 6th Pl.	\$ 700,000	7344 N 14th Dr	\$ 532,700	27344 N. 91st Ln	\$ 360,000	2329 W Berridge Ln	\$ 265,000
522 W. Northview Ave	\$1,300,000	310 S. 4th St #2001	\$ 699,000	345 W. Las Palmaritas	\$ 510,000	1102 W Glendale Ave #125	\$ 350,000	8000 N Central Ave #8	\$ 235,000
7339 N 2nd Ave	\$1,250,000	5710 N 10th Ave	\$ 677,000	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	6246 E Helm Dr	\$ 665,000	1251 W. Rancho Dr.	\$ 499,000	7748 N. 7th Ave	\$ 350,000	1285 E Maryland Ave #A	\$ 205,000
3934 E. Crittenden Ln	\$1,210,000	231 W. Frier Dr.	\$ 610,000	121 W. Georgia Ave	\$ 499,000	2323 N Central Ave #1804	\$ 350,000	2919 N Casa Tomas Ct	\$ 175,000
2123 E. Bethany Home Rd	\$1,160,000	1205 W Orchid Ln	\$ 606,000	77 E Missouri Ave #36	\$ 497,500	29 E Butler Dr	\$ 349,000	750 E. Northern Ave #108	\$ 175,000
115 W. Morten Ave	\$1,100,000	1555 E Ocotillo Rd #21	\$ 600,000	30850 N. 74th Way	\$ 485,000	5709 N 8th Pl	\$ 344,000	1123 E. Maryland Ave #1	\$ 165,000
6611 N. Central Ave	\$1,060,000	8045 N 7th Ave	\$ 595,000	2431 E. Squaw Peak Dr.	\$ 485,000	1012 E. Rose Ln	\$ 340,000	3302 N. 7th St #242	\$ 159,000
318 W. Lawrence Rd	\$1,059,000	110 E. Lawrence Rd	\$ 590,000	1205 W Stella Ave	\$ 450,000	321 E Hayward Ave	\$ 337,500	8241 N Central Ave #8	\$ 156,900
7319 N. 6th Pl	\$ 995,000	521 W Mariposa St	\$ 548,000	1022 E. Wagon Wheel Dr	\$ 440,000	3008 N 17th Ave	\$ 330,000	257000 N. 16th Ave	\$ 145,000
6111 N 2nd Pl	\$ 940,000	1555 E Ocotillo Rd #4	\$ 580,000	1160 E McLellan Blvd	\$ 439,000	8938 N 18th Ave	\$ 328,000	8035 N. 7th Ave	\$ 125,000
4201 N. 42nd Pl.	\$ 875,000	3474 E. Lions St	\$ 576,180	6418 N 13th Ave	\$ 435,000	5637 N. 14th Dr.	\$ 316,000	8039 N. 7th Ave	\$ 125,000
546 W Kaler Dr	\$ 865,000	7010 N. 13th Pl.	\$ 575,000	15106 E. Sierra Madre	\$ 425,000	718 E Boca Raton	\$ 309,036		
4817 E. Arroyo Verde	\$ 775,000	301 E Berridge Ln	\$ 575,000	812 W Earl Dr	\$ 417,500	1102 E Vista Ave	\$ 302,500		
27 E San Miguel	\$ 752,000	525 W. Lamar Rd	\$ 575,000	1836 W Redfield Rd	\$ 415,000	14640 N. 90th Dr	\$ 300,000		
31 W. Marlette Ave	\$ 752,000	8216 N. 14th St	\$ 575,000	1710 E. Palo Verde Dr	\$ 410,000	6535 N. 14th Pl	\$ 300,000		



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HEALTHY LIVING

Health Briefs

Support group helps women deal with anger

Women who are struggling with anger can learn how to take back their own power and find more peace in a local support group.

Respecting Anger in Women (RAW) meets from 6:30 to 8 p.m. on select Thursdays at Believe Counseling Services at 8841 N. 1st Street, Suite B. The group offers a series of psycho-educational sessions where women learn and practice skills including a processing component where thoughts/cognitions, emotions and behaviors in specific situations are deconstructed and reconstructed, said Theresa De Armond, a licensed professional counselor who leads the group. Women may join the group at any time but are asked to commit to at least six sessions in order to gain the full benefits. Before coming to a session, you must undergo a 10 to 15-minute phone consultation

in order for De Armond to learn more about you and whether the group might be a good fit for you.

The group helps women examine their anger, commit to self-care and take back the power anger has stolen from them. Learn how to use mindfulness, to identify personal triggers and how to better manage your anger responses internally and towards others.

The group costs \$40 per session or \$216 if paid in advance for six sessions. Insurance may be accepted. The next session will be held on Thursday, Jan. 9. To register and learn more, visit believeinyourtruth.com.

Class teaches mothers about breastfeeding

If you are expecting a baby, there is a class where you can learn about breastfeeding.

An OB Breastfeeding Class will be held from 1 to 4 p.m. on Saturday, Jan. 18, at Banner University Medical Center Phoenix at 1111 E. McDowell Road. In this prenatal class you will learn how to get started nursing your baby, including breastfeeding techniques, nutrition and breast milk production/storage. You also will learn about how to handle breastfeeding when you return to work.

The class is \$30. Park in the garage on 12th Street and enter the medical center through the third-floor parking garage Maternity Entrance. To register or find other dates for classes, visit bannerhealth.com.

Mission of Mercy moves clinic to church

Mission of Mercy Arizona (MOM), a non-profit organization that provides free primary, medical care and medicine to people in need, is running its mobile healthcare clinic in a new location.

MOM relocated its clinic to North Phoenix Baptist Church at 5757 N. Central Ave. as of last month. MOM had been operating the clinic at Shepherd of the Valley Lutheran Church at 1500 W. Maryland Ave. but moved because the church is undergoing a big demolition and renovation work on its campus.

There is no prequalification process to access free or low-cost healthcare at

HEALTHY LIVING

Mission of Mercy Arizona clinics. The clinic is open from 8 a.m. to 3 p.m. every Wednesday except for on holidays. Access a bilingual appointment line from 1 to 6 p.m. on Tuesdays and 9 a.m. to 2 p.m. on Thursdays by calling 480-486-7798.

In fiscal year 2019, MOM offered almost 15,000 free patient visits facilitated by about 250 active volunteers, including physicians, nurses and support staff members who donate their time at no cost. There are six other mobile clinics in Phoenix, Mesa, Avondale, Maryvale and Chandler. To learn more, visit amissionofmercy.org.

Wellness celebration coming to Sunnyslope

If you are looking for a way to make getting healthy fun, you might want to check out an event on Saturday, Feb. 8.

The HonorHealth Heart of Sunnyslope Celebration of Wellness will be held from 10 a.m. to 2 p.m. at the southwest corner of 5th Street and Hatcher Road at Desert Mission Food Bank. The gathering is free and will feature health screenings, fresh food, games, entertainment and other activities.

HonorHealth offers many resources for anyone who wants to improve their heart health. One of them is the HonorHealth Cardiac Rehab – North 2nd Street – John C. Lincoln Medical Center at 9202 N. 2nd St. This cardiac rehabilitation center offers clinically monitored exercise to help you regain stamina, nutritional counseling about heart-healthy food, resources to relieve stress and anxiety and social support. Cardiac rehab is recommended if you have had a heart attack, angioplasty/stents, coronary artery bypass grafts, valve surgery or heart failure.

To learn more about HonorHealth's services, visit honorhealth.com.

DNA can be link to fitness goals

If you want to get in shape this New Year, you may want to get information about your DNA first.

A DNA test can help you and a personal trainer, if you decide to hire one, learn about your genetic profiles related to how your body responds to nutrition and fitness. Some people might struggle to achieve their fitness goals because of their genetics, according to International Sports Sciences Association (ISSA). The ISSA, which has its headquarters at 7227 N. 16th

St. is kicking off a new certification called Genetics-Based Program Design. It is an opportunity for personal trainers to learn about this type of testing and once they receive the certification they can provide it to clients, probably by early this year.

There are also home DNA testing kits including 23andMe Ancestry Kit, Helix and Vitagene. ISSA will help trainers learn how to aid clients in discovering their three main genetic traits that influence their ability to lose weight: weight loss ability with exercise and diet; fat loss response to cardio workouts and body composition reaction to strength training. Then they can customize personal training programs for people.

DNA testing also may provide personalized information about your health, risk of disease and other traits, according to the U.S. National Library of Medicine. There are many places to obtain a DNA test in Arizona and to find one visit DNA Services of America at dnasoa.com/Arizona.

For more information on ISSA, visit issaonline.com.

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.

Victims have until December 30, 2020 to file a lawsuit, seek justice and expose the truth.

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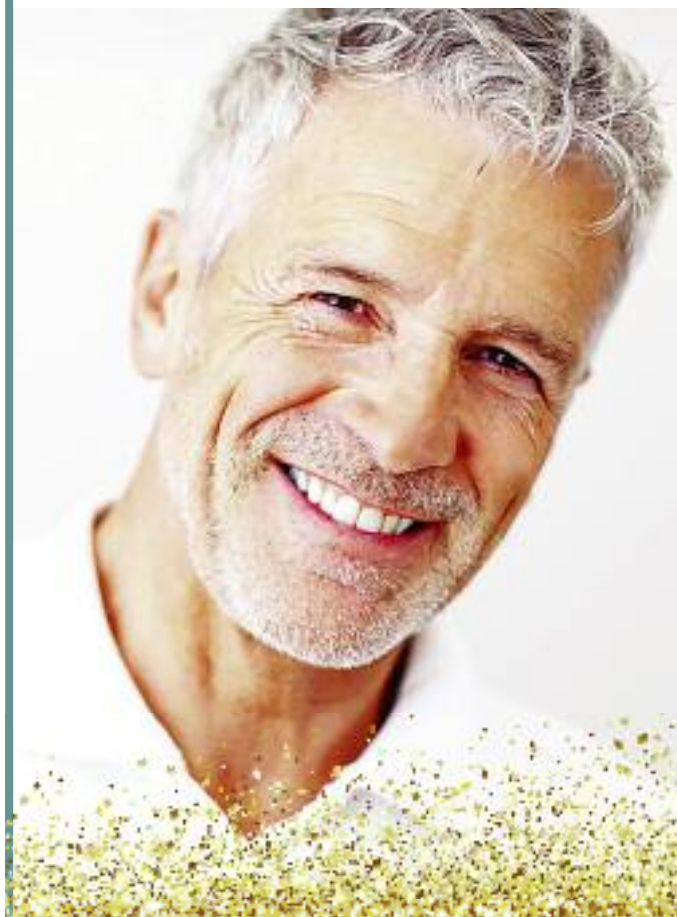
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Wildell Deh (left), Nevaeh Kelly and Magdalena Kaliwambo show their creation, one of the boats fifth-graders at Solano Elementary School made and steered in the pool at the Legacy Foundation Chris-Town YMCA (photo courtesy of Osborn School District).

Boat building sparks excitement in learning

Dozens of students at Solano Elementary School got their sea legs and gained valuable scientific lessons in an unusual project.

The 68 students launched 11 boats in the pool at the Legacy Foundation Chris-Town YMCA at 5517 N.17th Ave. recently. They tried to stay afloat and paddle in their boats over 10 yards. Their teachers had posted a challenge to them: Make seaworthy vessels using only three sheets of cardboard and two rolls of duct tape. Some of the boats struggled but all the sailors returned to land unscathed and learned lessons in buoyancy and geometry.

Fifth-graders kicked off the boat lesson by learning about the weight of water, calculating volume and making prototypes using paper and Scotch tape. By the time the students got the boats into the pool, the watercraft had been transformed into decorated, geometric materials. Students received a tangible lesson in a fun setting.

The whole project was possible because of a donation from the Osborn Education Foundation and the support of the YMCA. Younger students and retired and current staff members and parents came to the event to see students' discipline and whimsy in the water.

Teachers hope this will become a new Solano tradition. The lead teacher on the project was Julia Hammond.

School Briefs

CREIGHTON ELEMENTARY SCHOOL DISTRICT

Two schools earn Apple recognition

Monte Vista School and Biltmore Preparatory Academy were recently recognized as Apple Distinguished Schools for 2019–2022 for inventive practices incorporating Apple technology into classrooms. Schools are honored for three years at a time and may renew their distinction during the invitation period in which school leaders must submit an application request. Apple then reviews them to ensure the campuses meet current program criteria.

Schools receive banners to mark their accomplishments and were recognized at a governing board meeting.

GLENDALE UNION HIGH SCHOOL DISTRICT

Sunnyslope High holding career fair

Students at Sunnyslope High School can find out about jobs for the summer or to start immediately at a career fair on Wednesday, Feb. 26, from 8:30 a.m. to noon at the school. Companies will send representatives and talk to students about entry-level positions for immediate hire and summer positions.

The career fair is open to Sunnyslope High juniors and seniors only. Companies interested in participating in the event should contact

SCHOOL DAYS

Deirdre Eagar, College & Career Center advisor, at 623-915-8705.

Sunnyslope High to orient incoming freshmen

Sunnyslope High School will host Future Freshman Night on Thursday, Jan. 16, at 6:30 p.m. at the school at 35 W. Dunlap Ave. Students and their parents will meet teachers and administrators and learn about academics, sports and other extracurricular activities.

Sunnyslope seniors earn recognition

Two Sunnyslope High School seniors are on their way to bright futures based on their accomplishments.

Yoslyn Salcido Vega was awarded among 16 high school seniors in Phoenix and Glendale to receive the Students Inspiring Students (SIS) Full-Tuition Scholarship, a full-tuition scholarship to Grand Canyon University (GCU). Designed to boost educational opportunities for students with limited financial means, the scholarship is a collaboration between GCU, area high schools and business and



Sunnyslope High School senior Victoria Arora was named a 2020 Coca-Cola Scholar Semifinalist (photo courtesy of Glendale Union High School District).

philanthropic leaders. Yoslyn plans to study psychology at GCU.

Victoria Arora, also a senior at Sunnyslope High School, recently has been named a 2020 Coca-Cola Scholar Semifinalist from more than 93,000 applicants around the country. A committee will review the Semifinalists and choose 250 students to move on as Regional Finalists; 150 of whom will become Coca-Cola Scholars, who are students committed to leadership, service and taking action that helps others.



Yoslyn Salcido Vega, a senior at Sunnyslope High School, received a full-tuition scholarship to Grand Canyon University (photo courtesy of Grand Canyon University).

High school receives Special Olympics honor

Sunnyslope High School was recently named a Special Olympics Unified Champion School, a distinction that goes to schools with an inclusive climate that demonstrates a sense of collaboration, engagement and respect for everyone in the student body and on the staff. Sunnyslope High met national standards of excellence to obtain this honor, including hosting unified sports activities, where traditional students

and students with disabilities competed and trained as teammates. The campus is among six schools in Arizona to receive the recognition.

Washington High students give back at local event

Students at Washington High School collaborated with the 19North organization and Valley Metro to host Winter World Express at the light rail station on 19th Avenue at Dunlap Avenue last month. Washington High students in the National Honor Society, dance, theater, choir and student council took part in the gathering. They helped run different activities for children and some of them danced and sang songs for the crowd.

MADISON ELEMENTARY SCHOOL DISTRICT Traditional Academy earns award for good behavior

Madison Traditional Academy recently received a 2019 Silver PBISaz Achievement Award, which honors schools for successfully implementing

please see AWARD on page 26

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OPEN HOUSE

Sunday, January 26, 2020
3 pm in School Library

SCHOOL DAYS



Vicki Porell, a tutor with Oasis Intergenerational Tutoring Program, works with Joseph Correa Gutierrez, a student at Camelview Elementary School recently. Oasis is looking for more tutors (photo by Kim Gullo).

AWARD continued from page 25

and demonstrating outcomes of Positive Behavior Interventions and Support (PBIS). Madison Traditional Academy focuses on the emotional, social and academic development of its students by offering a positive, safe learning environment for the youths and community. The PBISaz Award is given to schools based on their scores on national fidelity and integrity measurements, as well as student outcome data.

Tutors needed to help kids with literacy

The Oasis Intergenerational Tutoring Program is looking for volunteers to help Madison School District students successfully finish this second semester of school. Oasis works with the Madison district to match adults with students who need help with literacy. Tutors work with kindergarten through fourth-grade students in four elementary schools in the district: Madison Camelview, Madison Heights, Madison Rose Lane and Madison Simis. Tutors, usually those 55 years old or older, meet with students an hour per week during the school day to try to help them develop a positive self-image.

Kim Gullo, Oasis tutor coordinator, trains new tutors twice a year and will hold the next tutor session from 9 a.m. to noon on Tuesday, Jan. 21, at Madison Camelview at 2002 E. Campbell Ave. To register and learn more, contact Gullo at 602-664-7285 or kgullo@madisoned.org.

**PHOENIX UNION
HIGH SCHOOL DISTRICT
Camelback cheerleader
going to London**

A Camelback High School student Asante Mathews is one of more than 800 high school cheerleaders from across the country who will represent Varsity Spirit in the London New Year's Day Parade. Varsity Spirit, based in Memphis, is a global source for cheerleading and dance that offers educational camps, clinics and competitions.

Asante and the other cheerleaders invited to perform in the parade are part of the All-American program and

SCHOOL DAYS

were chosen from Universal Cheerleaders Association (UCA) and National Cheerleaders Association (NCA) at summer camps around the United States. The All-Americans are selected based on their athletic and leadership skills. Only the top 12 percent of athletes who attend a camp have the opportunity to perform in the holiday parade.

North High senior gets full ride to Harvard

North High School senior Abia Khan has received a full ride for all four years at Harvard University, where she will start in the fall.



Abia Khan

The valedictorian at North High wants to study political science, psychology and math and pursue a career in public service and law, according to her school counselor Abigail Dolin. Abia has taken many advanced placement (AP) exams

and applied for and matriculated into the rigorous International Baccalaureate (IB) Diploma Program on campus.

Abia has been involved in many activities at school including the National Honor Society, Science! Club, math tutoring and yearbook.

WASHINGTON ELEMENTARY SCHOOL DISTRICT

Learn about kindergarten at open houses

A Kindergarten Open House will be held on Tuesday, Jan. 14, at 6 p.m. at 27 schools in the Washington Elementary School District. Parents will meet teachers, see the classrooms and learn more about the community. It will take place at all the elementary schools where kindergarten is offered.

You may enroll your child for kindergarten for the 2020-21 school year at the Welcome and Registration Center at 3200 W. Cholla St.

To learn more about the open house, visit wesdschools.org/registration and click on “Kindergarten Night.”

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SCHOOL DAYS

PRIVATE AND
CHARTER SCHOOLS

St. Francis Xavier School
student wins art contest

St. Francis Xavier School third-grader Isabella Romero is on a roll after being chosen as one of the winners of the Valley Metro Cool Transit STUFF Contest. Isabella's artwork is among the creations chosen for the 2020 Transit Education Calendar. Valley Metro received 330 entries from third-graders and the judges selected 17 winners. The children were encouraged to make a piece of art with the theme, "Ride Valley Metro, it's a New Journey Every Day!" Her artwork will appear in the 2020 Valley Metro calendar.

Isabella Romero, a third-grader at St. Francis Xavier School, recently was chosen as one of the winners of the Valley Metro Cool Transit STUFF Contest. She is pictured here with (from left) Bry Lauck, third-grade teacher, Helen Romesburg of Valley Metro, Ryan Watson, principal; Abby Aspen, art teacher; and Allyson Ladd, third-grade teacher (photo by Sara Hogan).

Second-graders report
fire, receive reward

Second-grade students at St. Francis Xavier School are heroes on campus after they reported seeing small flames burning from the Xavier College Preparatory Convent nearby. The children were playing at recess when they saw the fire and told their teachers, who called 9-1-1. Officials say a Christmas wreath caught on fire outside and firefighters quickly extinguished it. The nuns who live in the convent were so grateful to the students for reporting the blaze, including Sister Mary Lou Wetzell, who made fire safety coloring books for them. She delivered the coloring books to the second-grade classes.

MHP senior earns
Hispanic Scholar honor

The College Board recently named Noemi Soto, Madison Highland Prep senior, a 2020 National Hispanic Scholar. Students are chosen every year for the award based on the results of their PSAT/NMSQT exam. Noemi, 17, performed in the top 2.5 percent among Hispanic high school students in the country to earn the distinction. Students take the qualifying PSAT in October of their junior years and are honored in the fall of their senior years. In order to qualify for the award, a student must be at least one-quarter Hispanic-Latino, earn the minimum required PSAT Selection Index score their junior year and have a cumulative GPA of 3.5 or higher by the middle of their junior year.

SCHOOL DAYS



Christabel Faith Gloria, an eighth-grader at AmeriSchools Academy – Camelback, works in the school’s aquaponics garden (photo courtesy of AmeriSchools Academy – Camelback).

AmeriSchools Academy kids learn about aquaponics

AmeriSchools Academy – Camelback students are digging into lessons about gardening through an aquaponics garden on their campus.

Aquaponics combines aquaculture (growth fish) and hydroponics (growing vegetables with soil). The method of raising vegetables is organic because the fish produce natural fertilizer that the plants use. The Grow Club, which

Danny Starkins runs, maintains the beds of vegetables while students grow and harvest their own vegetables. Students use the vegetables in cooking projects on campus and also sell them at area pop-up markets in the community.

Principal Lorie Eastep said the aquaponics garden gives students a chance to engage in hands-on learning. Teachers also use the aquaponics garden for science, math and language activities for students.

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GENERATIONS

Senior Living

Hospice of the Valley to build dementia campus

Hospice of the Valley will break ground this month on a new center designed to help those suffering from dementia. The groundbreaking for the Hospice of the Valley Dementia Care & Education Campus at 3811 N. 44th St. will take place from 3:30 to 5:30 p.m. on Friday, Jan. 17. Refreshments and entertainment will be provided.

The campus will offer care for patients at all stages of dementia. It will feature an intergenerational adult and child center and education venue to teach best practices in treating dementia patients. A café will provide a friendly spot to socialize and host support groups for family caregivers. The new multi-purpose campus will be designed help healthcare providers, students, volunteers and community members.

Construction is expected to take a year. To learn more, visit hov.org.

Walk, bike or run at AARP event

Get in shape and socialize at the AARP AZ Walk/Run/Bike event on Monday, Jan. 20. Come by yourself or with a group to walk, run or bike on the Arizona Canal from 5 to 7 p.m., starting at Spoke and Wheel restaurant at 8525 N. Central Ave.

The group will walk, bike or run for 20 minutes and then return to Spoke and Wheel to socialize. You can train for a 5K or just get moving while having fun. Light refreshments will be served after the exercise.

This event takes place almost every Monday with AARP Arizona in Motion. To register and learn more, call 877-926-8300 or visit aarp.org.

Senior Olympics to offer competition

Get geared up for the Arizona Senior Olympics that will take place in February and March around the Valley.

Seniors will compete in a variety of

sports. The games start on Feb. 1 and wind up on March 7.

In North Central, table tennis will take place Sunday, Feb. 2 at Arizona Recreation Center for the Handicapped at 1550 W. Colter St. Check-in is at 8 a.m.; the competition starts at 8:30 a.m. Tai Chi will start at 11:45 a.m. on Saturday, Feb. 29, at North Phoenix Baptist Church, Family Life Center, at 5757 N. Central Ave. Deadlines to register for the events vary.

To learn more, visit seniorgames.org/home.html, call 602-274-7742 or email arizonagames@gmail.com.

Learn mental health first aid to help others

It can be hard to determine whether an older adult is suffering from depression but you can learn warning signs and how to help someone struggling with various mental health issues at upcoming events.

The Area Agency on Aging and the National Council for Behavioral Health

are teaming up to offer the Mental Health First Aid course from 9 a.m. to 1 p.m. on Wednesday, Feb. 5, and Wednesday, Feb. 12, at Burton Barr Library at 1221 N. Central Ave. These classes will teach you how to ask people the right questions, how to identify risk factors and warning signs, how to de-escalate a crisis and a five-step action plan to help someone. You will learn how to help loved ones, neighbors, colleagues and others cope with mental health or substance abuse issues.

To register and learn more, visit aaaphx.org/mental-health-first-aid.

Kids & Families

Itty Bitty Open to teach kids golf

Little ones can get into the swing of things at the Junior Golf Association of Arizona's annual Itty Bitty Open at several different locations.

The free event, for children ages 3 to 5 years old, will be held from 9 a.m.



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GENERATIONS

to noon on Saturday, Jan. 11. Local venues include Los Olivos Park at 2802 E. Devonshire Ave. and Margaret T. Hance Park at 67 W. Culver St. There will be three clinic times per location, beginning at 9, 10 and 11 a.m. Children and their parents will learn basic golf skills from qualified PGA and LPGA professionals.

Children can play non-competitive golf games after the clinics. Every golfer will receive a set of plastic golf clubs and other goodies. An adult “caddie” must accompany every young golfer.

To register, visit jgaa.org/membership/2020-itty-bitty-open.

Children can boost tumbling skills at clinic

If your children want to get better at particular gymnastics skills, they can get extra practice at the Master Class Clinic at Impact Gymnastics this month.

The next clinic will be held from 1:30 to 3 p.m. on Saturday, Jan. 11 at the business at 7812 N. 12th St. Children will work on bars, backhand springs, tumbling, vault and other activities. Each clinic costs \$25.

To register and learn more, visit impactgymnaz.com.

Library to offer kindergarten bootcamp

Get your child ready for kindergarten by enrolling them in Kindergarten Bootcamp, which will take place at 6:30 p.m. Thursdays from Jan. 23 to March 5 at the Yucca

Library at 5648 N. 15th Ave. During this interactive series, you and your children will learn the academic, social and classroom skills kindergartners need to succeed in school. You will receive free tools and participate in activities every week, leading to Bootcamp registration.

If you register, you must agree to participate in all seven sessions. To learn more, visit www.phoenixpubliclibrary.org.

Teens can write, perform stories

Your teenager can be inspired to write and read their own stories on stage and to hone their writing skills as they prepare for college essays at an event at Changing Hands Bookstore next month.

“Shoo Flies Boot Camp” will take place from 9:30 a.m. to 4:30 p.m. on Monday, Feb. 17, Presidents Day, at the bookstore at 300 W. Camelback Road. The creators of the popular monthly reading series “Bar Flies” are holding “Shoo Flies,” where teens will brainstorm, write, workshop, revise, rehearse and perform their writing. Participants must be teens. No previous writing or performing experience is necessary. First Draft Bookbar will provide snacks, drinks and lunch.

“Bar Flies” curators and contributors, including Julie Hampton and Amy Silverman, will provide instruction.

The cost is \$125 per person. To register, visit changinghands.com.



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ARTS & ENTERTAINMENT

Musical tells true story of dashed hopes

By Colleen Sparks

The story of a local man whose dream of enlisting in the Marines was shattered when he discovered he was not a U.S. citizen will come to the stage in an unusual new musical this month.

Antonio Valdovinos de la Mora, a Camelback High School graduate and owner of a political firm, is the subject of “Americano!” which opens Jan. 29 and will run through Feb. 23 at The Phoenix Theatre at 1825 N. Central Ave. Born in Colima, Mexico, he moved with his parents to California when he was 2 years old before moving to Phoenix when he was 4.

While Valdovinos de la Mora said he was not strong academically when he was at Camelback High, he loved taking photos and worked on the school newspaper, as well as weightlifting. His goal was to become a combat photographer in the U.S. Marines.

When he was 17 years old, Valdovinos de la Mora went to a Marine Corps recruiting station in Phoenix and found out he was an undocumented immigrant.

“I wasn’t aware of it growing up,” he said. “To me, I felt completely hopeless to what I was going to be doing with my life. I didn’t have the grades for a scholarship. My father couldn’t afford us going to college.”

Valdovinos ended up taking classes at Gateway Community College but a tuition hike forced him to stop his studies. Then he began volunteering for the political campaign for now Congressman Ruben Gallego. While gathering signatures to help Gallego get elected, he met other students who were also part of what’s called the “Dreamers,” undocumented immigrants brought to the United States as children. Valdovinos later volunteered for the Democratic Party and helped get now Phoenix Mayor Kate Gallego elected. In 2015 he started his political firm.

Jason Rose, a local public relations executive, wanted to produce a show about immigration. The plans came together when he ran into Michael Barnard, producing artistic director of Phoenix Theatre Company, at a wedding. The two of them hired Jonathan



Michael Barnard, producing artistic director of Phoenix Theatre Company, (left), poses with Antonio Valdovinos de la Mora, a Camelback High School graduate who is the subject of “Americano!” (photo by Michael Anthony Scerbo).

Rosenberg of San Diego to help write the script for the musical and the musical is the result of the collaboration between The Phoenix Theatre Company and Quixote Productions, of which Rose is producer and founder. Tony Award-winning producer Ken Davenport is the executive producer of “Americano!” Carrie Rodriguez, a singer-songwriter of Austin, Texas, composed the music for the musical and Sergio Mendoza, a native of Nogales, has arranged the music. Barnard is the co-author of the musical and the director.

Barnard said he and Rose were just “blown away” by Valdovinos’ story.

“We wanted to tell a human story,” Barnard said. “He’s so devoted to this country. We wanted to put a positive spotlight on the ‘Dreamer.’”

Valdovinos is thrilled to see part of his life story be performed in the musical.

“You can’t imagine listening to songs portraying your life,” he said. “

To buy tickets to “Americano!” visit phoenixtheatre.com.

A & E Briefs

Arizona Theatre Company’s ‘Cabaret’

Jan. 4-5; 7-12; 15-19 and 22-26
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ARTS & ENTERTAINMENT

Sally Bowles and the world of the Kit Kat Club. When Sally is fired by the club's owner, who is also her jealous boyfriend, she moves in with Cliff and they fall in love with each other. But the Nazis take control of the German government and the lives and atmosphere of the Kit Kat Club and Cliff and Sally change dramatically. For tickets, visit herbergertheater.org.

Special Engagement: 'Songbirds Together'

7:30 p.m. Saturday, Jan. 18
The Nash
110 E. Roosevelt St.
602-795-0464

Popular vocalists Judy Roberts and Rebecca Kilgore will perform with Greg Fishman on saxophone and Tom Wakeling on bass. Roberts is known for her international recordings and concert performances. Kilgore loves to preserve and interpret the music of the Great American Songbook. Tickets are \$49 for VIP seats, \$39 for preferred guests; \$29 for the general public and \$6 for students ages 25 and younger with ID. For tickets, visit thenash.org.

West by Northwest

Jazz Coffee House Series Concerts
6 p.m. Sunday, Jan. 19
Nelson Hall at Beatitudes Church
555 W. Glendale Ave.

West by Northwest, a band of Jason Carder on trumpet, Angelo Versace on piano, Tom Wakeling on bass and Dom Moio on drums, will perform jazz tunes of the past, present and future. The group has a hard-swinging and adventurous style that gets toes tapping. There is a \$5 suggested donation. To learn more, visit beatitudeschurch.org or call 602-264-1221.

Nancy Elliott and Stewart MacDougall

3 to 5 p.m. Sunday, Jan. 19
North Mountain Visitor Center
12950 N. 7th St.

Elliott, a cowgirl, writes and sings music of the Sonoran Desert and Southwest with some tall tales and poems merged into the tunes. MacDougall, a Canadian singer/songwriter, performed keyboard and vocal work with Laura Vinson, k.d. Lang, Ian Tyson and musicians before pursu-

ing a solo career. Tickets are \$20 each. Purchase them at the center's gift shop by calling 602-343-5125 or through the PayPal account at saveourmountains.org/support (with a \$5 surcharge).

The Phoenix Symphony's 'Cirque Cinderella'

Jan. 24-26
Orpheum Theatre
203 W. Adams St.

Resident conductor Matthew Kasper will guide The Phoenix Symphony as Troupe Vertigo performs a reimagined version of the fairytale "Cinderella." The audience will hear Prokofiev's score as aerialists, jugglers, contortionists, hula-hoops and strong men move on the stage. For times and tickets, visit phoenixsymphony.org.

Holocaust Remembrance Day Concert

6:30 p.m. Monday, Jan. 27
Beth El Congregation
1118 West Glendale Ave.

In commemoration of International Holocaust Remembrance Day, the pub-

lic is invited to hear guitarist Carlo Fierens perform the music of Castelnuovo-Tedesco (1895 - 1968), who was forced to flee Italy because of fascism. Fierens will be joined by Cantor Jonathan Angress and pianist Daniel Kurek. Beth El congregant Arnie Wininger will recount how he survived the Holocaust while hiding in Italy. For more information, call Alicia Moskowitz at (602) 944-3359, ext. 109.

Tom Chapin Concert Evening

8 p.m. on Saturday, Feb. 1
Fiddler's Dream Coffeehouse
1702 E. Glendale Ave.

See music-maker Chapin, winner of three GRAMMY awards, perform up close in this intimate setting. This singer/songwriter/guitarist's career has covered five decades and 26 albums. Chapin has performed as a contemporary folk artist and a pioneer in the children's music field. Tickets are \$22 each for general admission, or \$20 each if you buy five or more tickets, not including service fees. For tickets, visit brownpapertickets.com.



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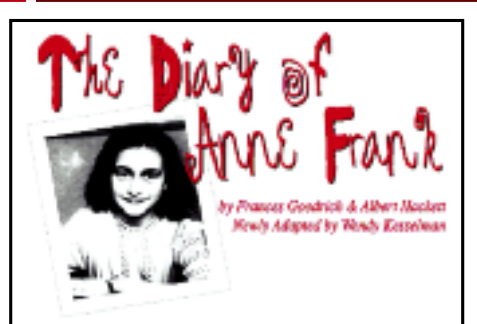


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February 13
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Alexandra Maw, owner and founder of Kaleidoscope Juice, serves a healthy concoction at the location in the CASA office complex (photo by Marjorie Rice).

Café Chat

Kaleidoscope Juice blends healthy smoothies, foods

By Marjorie Rice

Many small food businesses begin over the kitchen table, with would-be entrepreneurs parlaying a family favorite recipe or two into a company. Alexandra Maw took a different path back in 2007 when she began her company, Kaleidoscope Juice. Banking on a solid business plan Maw applied to an Arizona State University program for a grant to fund her startup. Then she had to develop a product line. It's a rather backward way to start a business, but it worked for Maw, 34. She recently opened her sixth location of Kaleidoscope Juice, at the redeveloped CASA business complex at 7878 N. 16th St. A seventh will open this

month in Gilbert Heritage Square. The timing couldn't be better, when many people are looking for healthy eating options after holiday excesses. "When I applied for the grant, I saw that here was a huge opportunity to do healthy food, fast," Maw said. "That was before juice bars. It was kind of a barren landscape at that point and I said 'Let's jump on it.'" For Maw, a culinary career was a natural. "Growing up in Vancouver, with my dad, a food and travel journalist, I'd always been around food and amazing ingredients," she said. "I was obsessed with Julia Child and Jacques Pepin – I loved watching them over cartoons." Bearing bags of organic produce and a newly purchased juicer, she headed to the kitchen table to develop a line of healthy juices.



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FOOD FOR THOUGHT

“I had to start small,” Maw said. “I had a few recipes I absolutely loved and I started delivering, to three clients – just three people – and they told everybody. A few months later I had 15 clients, still with that one juicer. I was doing all the shopping, juicing, delivering – it was 18 hours a day, crazy.” Her first juice bar happened by accident, she said.

“One of our home delivery clients owns a yoga clothing company,” Maw said. “She was developing a corporate headquarters in Old Town Scottsdale and asked if I would put a juice bar in the front.” Kaleidoscope still operates that location, at First Avenue and Marshall Way.

A central production kitchen followed – in a former carpet store. There’s also a gluten-free bakery at the site. Another location, Optima, went into an apartment complex.

“The developer wanted us in there as an amenity,” Maw said. “It was a creative way for us to grow without financial backing.”

The next, Madison in Arcadia, was in a spin and yoga studio, a marriage of

healthy eating and healthy activity.

At CASA, that pattern continues.

CASA is a space for businesses that want more than the traditional offerings. The designers “wanted to create an updated look and feel, centered around health and wellness,” Maw said. Kaleidoscope Juice was a perfect fit amid the upscale, millennial vibe of amenities including a gym, yoga room with Himalayan salt wall, meditation room, lounge areas, co-working space, dog run, library (with color-coordinated book covers) and two tranquil courtyards.

You could call it spiffy serenity.

Finding Kaleidoscope can be a challenge, requiring a walk through the lobby, then two courtyards. But the journey is worth it, bringing customers to a light, airy space with lounge chairs, moss wall, glass-walled private meeting space and a juice bar stocked with the makings for smoothies shakes and special coffees, as well as sandwiches and wraps.

Smoothies run from the esoteric – the Red Eye, blending banana, double espresso, adaptogenic mushroom blend, cacao, D ribose, almond milk, peanut butter and Sunwarrior Protein – to a

simple banana, vanilla, peanut butter and almond milk combo. The Original Bulletproof Coffee is a blend of certified pesticide- and mold-free coffee blended with “brain octane” oil and grass-fed butter. If you have simpler tastes, a plain cup of organic is available.

There’s also solid food, including breakfast burritos and sandwiches, avocado toast – a customer favorite – and the acai bowl, a study in new age nutrition: acai berries blended with banana, blueberries, raspberries, almond butter, coconut oil, cinnamon, coconut water and trace minerals, topped with banana, strawberries, dragonfruit drizzle, house-made hemp granola, hemp seeds and shaved coconut.

For the uninitiated, reading the menu may require an interpreter, and Kaleidoscope’s friendly staff members are happy to define any unfamiliar terms.

Kaleidoscope at CASA is at 7878 N. 16th St., open 7 a.m. to 3 p.m., Mondays through Fridays. For opening hours and information about catering and other locations, visit kaleidoscope.love or call 480-874-1524.

Dining Briefs

Wine festival features Arizona wineries

The Arizona Wine Festival will take place from 11 a.m. to 7 p.m. on Saturday, Jan. 25 and 11 a.m. to 5 p.m. on Sunday, Jan. 26 at Heritage Square at 113 N. 6th St. More than 25 Arizona wineries will pour over 200 different wines and there will be five to seven food trucks, a vintage village and other non-winery vendors. Live entertainment also will be going on during the festival. You must be at least 21 years old to attend. Admission is \$20.

For details, visit willcoxwinecountry.org/event/the-arizona-wine-festival.

Craft brewers event offers 500 beers

If you love craft beer, check out the 20th Annual Arizona Strong Beer Festival presented by the Arizona Craft Brewers’ Build on Saturday, Feb. 8, from 1 to 5 p.m. at Steele Indian School Park at 300 E. Indian School

please see BEERS on page 36

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FOOD FOR THOUGHT

BEERS continued from page 35

Road. More than 500 craft brews from 130 breweries will be on tap. Admission includes 30 drink tickets and a commemorative tasting cup.

General admission ticket prices are \$64.33 each, VIP tickets are \$85.42 and super VIP tickets cost \$106.51 each. The VIP tickets get you into the event at 11:30 a.m. and come with commemorative swag and goodies, access to Fry's Food Store Arizona Taproom Specialty beers and other perks.

For tickets and information, visit arizonabeerweek.com/arizona-strong-beer-festival.

Grinders Coffee Co. reopens after fire

You can order your cup of java, teas, Italian sodas and other flavorful drinks again at Grinders Coffee Co. now that it's open again. The shop at 17 E. Dunlap Ave. reopened recently after being closed for four months due to smoke damage from a fire caused by an espresso machine accidentally turned on at night.

Grinders serves cappuccinos, lattes, espresso macchiato beverages, smooth-

ies, chai tea, slushies and 32 different flavors of Italian sodas. The coffee shop roasts all its own beans and makes all original blends.

Grinders is open from 6:30 a.m. to 4:30 p.m. Mondays through Fridays, from 7 a.m. to 2 p.m. Saturdays and from 8 a.m. to 2 p.m. Sundays. To learn more, visit grinders-coffee-co.business.site.

Helton Brewing offers Vegan Thursday

Helton Brewing Company, 2144 E. Indian School Road, now offers Vegan Thursday featuring three vegan dishes.

Current offerings include soy chorizo tacos for \$10, which pair soy chorizo with roasted butternut squash, cabbage, pico de gallo, house-made vegan cheese sauce and chipotle chili soy crema. Tap Room nachos include corn tortilla chips with pickled jalapeno, black beans, tomatoes, black olives, green onion, house-made vegan cheese sauce and chipotle soy crema for \$12. A mac and cheese dish, which is \$10, has house-made vegan cheese sauce, tomatoes, green onion and rotini pasta.

For more information, visit helton-brewing.com.

Celebrate Chinese culture and cuisine

Feast on Chinese food and explore culture, crafts and kids activities at the 30th annual Phoenix Chinese Week's Culture and Cuisine Festival which takes place from 9 a.m. to 3 p.m. on Feb. 7 and 10 a.m. to 5 p.m. Feb. 8 and 9 at Margaret T. Hance Park East.

There will be food vendors, as well as tea and beer gardens, martial arts demonstrations, live music, a culture and history village, children's rides, a Chinese costume photo booth (Feb. 8 and 9), table tennis and many other activities celebrating the Year of the Rat.

The park is located at 1202 N. 3rd St. To learn more, visit www.phoenixchineseweek.org.

New Tocaya serves healthy Mexican food

Tocaya, a Mexican restaurant serving vegan and gluten-free options, opened last month at 2525 E. Camelback Road, offering salads, tacos, burritos, bowls and quesadillas in a fast-casual ambiance. The restaurant uses meat and fish that are 100-percent free of hormones, antibiotics and steroids and incorporates locally sourced produce into its menu.

Vegan and gluten-free options include Mexican kale Caesar and taco salads, fajitas del Rey, street corn en Fuego, Keto bowls and Cali and Barrio tacos. Happy hour is 3 to 6 p.m. every day with specials on drinks and \$2-dollar bites.

To learn more, visit tocayaorganica.com.

Fired Pie offers cheesy special

In honor of National Cheese Lovers Day, buy one mac 'n cheese dish and get one free at Fired Pie restaurants on Monday, Jan. 20. The mac 'n cheese dish has Parmesan cheese and bread crumbs and it is baked in a stone-hearth pizza oven. Choose from 40 different toppings for your mac 'n cheese.

The deal is for dine-in only and not offered through third-party delivery. The "freebie" will be on a mac 'n cheese dish of equal or lesser value to the one you buy.

Fired Pie has a location at 3110 N. Central Ave. Visit firedpie.com for more information.

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

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