



# north central news

the voice of the north central phoenix community since 1999

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www.northcentralnews.net

## Job market on fire despite pandemic

By Colleen Sparks

While the COVID-19 pandemic has caused tremendous job loss, there is a bright spot in Phoenix as many companies are expanding and relocating here, bringing hundreds of positions to the area.

Hiring for jobs in logistics in Maricopa and Pinal counties increased by 14.3 percent in February, compared to that month a year earlier, according to a state report. The banking industry in Maricopa and Pinal counties increased its workforce by 5.2 percent in February over that month last year. There was an increase of almost 1 percent in bioscience healthcare hires last year compared to 2019 in Maricopa and Pinal counties. In February, Maricopa and Pinal counties gained 13,400 jobs over January, according to the Arizona Office of Economic Opportunity.

Arizona tied for the top spot in personal income growth comparing 2020 to 2019. It and Montana reported an 8.4 percent increase in personal income,

*please see JOB MARKET on page 4*



Meredith Russell Francis, in front, her partner Amanda Nieman, and Russell Francis' two sons, Jackson Francis, 12, and Andrew Francis, 9, bond at Granada Park. Russell Francis and Nieman are examples of the growing number of non-traditional mothers and mother figures in North Central and around the country (photo by Colleen Sparks).

## Nontraditional moms redefine parenting

By Colleen Sparks

As Mothers Day approaches, women in North Central and around the country are redefining what it means to be a parent.

Many women are raising foster children or have adopted kids. It also is becoming more common for grandparents to raise grandchildren. While some mothers are married, others are single and some are in same-sex relationships.

More than 14,000 children are in Arizona's foster care system, according to Arizona's Children Association. Nearly 60,000 grandparents are the heads of household responsible for their grandchildren, who live with them, in Arizona, according to AARP Arizona.

Meredith Russell Francis, 40, of North Central lives with her partner, Amanda Nieman, 35, and Russell Francis has two biological sons: Andrew Francis, 9, and Jackson Francis, 12. Russell Francis had her sons with her ex-husband and they share custody of them.

"We're very clearly committed to each other and then it became a level of commitment to the kids," Russell Francis said. "The kids are so happy. We talk about love is love."

Nieman said she has always liked children and had always envisioned herself adopting kids if she wanted to become a mother. She stayed home with Andrew when his school switched to virtual/online learning earlier in the COVID-19 pandemic. That quality time gave the family a chance to implement more structure for the boys, Russell Francis said.

Nieman advises other people who date someone with children to be upfront.

"Be kind and be honest," she said. "They know when I'm being genuine and when I'm not."

Julie Rhein, 38, of North Central is a single, foster mother, caring for a girl about 18 months old. She

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## COMMUNITY



Adonis Watt, second from the right, sails with (from left) Elle Dingwell, Spencer Churchill and Kaylee Nielsen in the Spanish Virgin Islands. Watt, Dingwell and Nielsen are blind while Churchill is a "human guide" and teacher at the Foundation for Blind Children; the unidentified woman facing him is a sailing instructor. The teens' voyage is part of a documentary "Ocean of Obstacles" (photo courtesy of the Foundation for Blind Children).

## Documentary captures blind teens' journey

By Colleen Sparks

Two Brophy College Preparatory students with visual impairments are among the stars of an award-winning documentary that captures their bold voyage across the sea.

Adonis Watt, 17, a junior at Brophy, and Cesar Yanez, 16, a sophomore at Brophy, were among 12 teenagers with visual impairments who learned to sail through the Spanish Virgin Islands. These teens, known as the Blind Buccaneers, were the subjects of the documentary about courage, perseverance and grit called "Ocean of Obstacles," which Gravitas Ventures, a Red Arrow Studios Company, released on digital and cable video on demand last month. Phoenix-based director Louie Duran sparked the idea of the film after discovering the Foundation for Blind Children, a North Central-based non-profit organization that helps blind and visually impaired people of all ages.

The teenagers, who have grown up in the desert, first gained their sea legs when they visited Lake Pleasant Harbor a few years ago. That excursion, as well as the teens' trip to the Spanish Virgin Islands, is among the many events the Foundation for Blind Children organizes to inspire visually impaired people to achieve more in their lives.

Watt, who is fully blind and plays football at Brophy, said he and the other teens learned about steering sail-

boats and navigating wind when they visited Lake Pleasant Harbor his freshman year of high school. He said he was afraid of the ocean but he enjoyed the journey through the Spanish Virgin

*please see JOURNEY on page 8*

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(From left to right: Erik Jensen, Shelley Caniglia, Daniel Pacconi, Samantha Chiles, Gwen Arroyo, Steve Caniglia)

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## Location & Meeting

Our meetings are held on the first and third Friday of each month beginning at 9:00 am. Our meeting spot is at The Casa patio, 7878 N. 16th St., Phoenix, AZ 85020. Following the meeting, we tour up to 10 homes new to the market. We require those REALTORS who have a property on the tour to attend the meeting and then participate in the virtual tour of all houses on that day's tour. Each agent provides constructive feedback on price, condition, and key features of the home. The goal is to network with fellow REALTORS who also specialize in North Central Phoenix neighborhoods and help sell the property.

## Tour Boundaries

Tour boundaries are Campbell Avenue to the south, 40th Street to the east, 19th Avenue to the west, with the northern border running south of the North Phoenix Mountain Preserve (roughly Peoria) and just north of Lincoln from 16th Street east to 40th St. The Phoenix Country Club area also is included.

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**<https://northcentraltour.com/>**

## COMMUNITY

### *JOB MARKET continued from page 1*

according to the U.S. Bureau of Economic Analysis.

Construction was wrapping up, as of press time, on One Camelback, an adaptive reuse high-rise project at 1 E. Camelback Road. Abrazo Health is preparing for an expansion at its campus on Bethany Home Road, slightly west of 19th Avenue, said Christine Mackay, director of the city of Phoenix's Community and Economic Development Department. Taiwan Semiconductor Manufacturing Company (TSMC) recently broke ground on a plant it is building on land between 51st Avenue and I-17 and between Loop 303 and State Route 74. Another source of jobs already open is ARRIVE Phoenix, a hotel, restaurants, Cartel Coffee shop and other amenities on west Camelback Road.

"Our universities and community colleges create an incredible workforce," Mackay said. "That personal income growth is because of our workforce. I think that we're going to see the rest of 2021 be incredibly strong in job growth."

While the construction industry slowed down a little around Thanksgiving, many new construction projects have started again this year, said Shawn Hutchinson, training director for the Phoenix Electrical JATC (Joint Apprenticeship and Training Committee), which is located at 1520 E. Indianola Ave. The school trains students to become journey-level workers in the electrical industry with students doing on-the-job training at different companies. Hospitals' expansions, school districts upgrading infrastructure and Taiwan Semiconductor's planned move here have led to many jobs for JATC graduates, Hutchinson said.

YellowBird, a national on-demand marketplace that matches Environmental, Health and Safety (EHS) professionals with businesses, also is seeing high demand for workers during this COVID-19 pandemic. Based at 2355 E. Camelback Road, the company has about 2,000 EHS professionals around the country, including about 150 to 200 in Phoenix. Many customers seek these workers to prepare their workplaces for employees to return safely, said Michael Zalle, CEO and co-founder of YellowBird.

"We grew very, very quickly," Zalle said. "We have continued to be engaged

by both large and small companies."

YellowBird recently started providing professional and general liability coverage, free-of-charge to its professionals.

Demand is high for employees to work in health-related fields including as nurses, paramedics, emergency medical technicians (EMT), medical lab technicians and dental hygienists, said Maria A. Reyes, dean of Industry & Public Service, in the Academic Affairs office at Phoenix College. Reyes said there also is much need for workers in the IT and manufacturing industries. The Maricopa IT Institute @ Phoenix College recently opened, where students can earn 30 certificates and six degrees in IT areas.

"Certainly there's a demand and the demand has continued," Reyes said. "Work-based experiences is one of the keystone areas of my work, to provide every student a work-based experience before they leave our college."

## Operation School Bell receives grant support

Assistance League of Phoenix will be able to provide more clothes, shoes, books and hygiene products to children in need thanks to a grant from Fiesta Bowl Charities.

The \$50,000 will support the Assistance League of Phoenix's signature program, Operation School Bell, which runs a mobile unit called the Delivering Dreams Bus. This program serves more than 8,500 students every school year. Assistance League of Phoenix was one of 44 non-profit organizations around the state that received a grant in the 2020-21 season.

Because of the COVID-19 pandemic the Assistance League of Phoenix will provide the bus outreach with safety measures in place to follow Centers for Disease Control and Prevention (CDC)'s recommended guidelines.

Assistance League of Phoenix teams up with more than 90 Title I schools every year for Operation School Bell. Each school can choose up to 100 children who qualify for the program, who are enrolled in the free or reduced-price lunch program. Volunteers help students find the correct sizes when they come on the bus. Every student receives new items valued at about \$200 to \$250.

For more information about Assistance League of Phoenix, visit [www.alphx.org](http://www.alphx.org).



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## COMMUNITY

**MOMS continued from page 1**

had thought about being a foster parent for a long time.

Rhein said the biggest challenge initially was transitioning from being a single person only responsible for herself to thinking about a young child. She described herself as “super type A, organized.” Rhein has frequent contact with the girl’s biological parents, who are not together, but is not sure when or if her foster daughter will return to one of them.

“I do love her,” she said. “She is just a little joy.”

Darcy Olsen, founder and CEO of the non-profit organization Generation Justice and a North Central resident, is single and raising four children ages 9, 8, 7 and 4 that she adopted. They were initially foster children. Olsen fostered her first baby girl, Ophelia, now 9, shortly after she was born.

She said being a single parent has been challenging and at times she is exhausted but it is well worth the effort.

“I always think of the Scripture: love is patient, love is kind,” Olsen

said. “It’s the love that fuels you through those challenging times.”

Barbara Covey is married but also encountered challenges when she and her husband decided to raise their three grandchildren, starting when they were 4, 6 and 7. She and her husband already were raising their own two biological daughters. Covey’s son, the father of her grandchildren, is incarcerated.

“On a daily basis it is very encompassing to figure out how to navigate each day because each kid has a different trauma,” she said.

Covey and her husband also had to use credit cards, remortgage their house and tap into their retirement savings to raise their grandchildren but she would do it again in a heartbeat.

“It’s been such a blessing,” she said. “They’re stronger. We’re stronger because of it.”

However, the family has benefited greatly from Duet, a Phoenix-based non-profit organization that provides support, resources and activities for grandparents raising grandchildren. To learn more about Duet, visit <https://duetaz.org>.

## Busy intersection gets new traffic signals

By Colleen Sparks

Traffic will likely be moving along more quickly and safely at the busy intersection of Bethany Home Road and 16th Street, after several major projects were completed there.

A fully rebuilt traffic signal at that intersection was recently activated, with a flashing yellow arrow added on all four approaches, said Heather Murphy, Communications & Public Engagement specialist for the city of Phoenix’s Street Transportation Department. Flashing yellow arrows mean drivers must yield to ongoing vehicles, and then they can turn when the coast is clear.

City officials also are setting up video detection, which helps the traffic signal and traffic management system run the intersection more efficiently. During low-traffic volume times, traffic will be “expedited in the direction with the greatest demand,” Murphy said. It is a good area to improve traffic flow as drivers access State Route 51 from Bethany Home Road, slightly east of its

intersection with 16th Street.

The city also is replacing ramps in and around the intersection by the crosswalks at 16th Street and Bethany Home Road to make them more comfortable for people using wheelchairs, canes, walkers and any other assistive devices. In addition, Phoenix is installing Americans with Disabilities Act (ADA)-compliant pedestrian push buttons near the crosswalks on all four corners of the intersection. There will be an audible beep sound to inform people who are visually impaired that it is safe to cross the street.

“This is an important project for that area and for a busy intersection with retail and eateries and little boutiques on all the corners and a modernization project like this should be welcome and enjoyed,” Murphy said. “It’s a statewide imperative and citywide imperative to remember that we share the roads with people that aren’t necessarily driving a car and we’d all like to safely get home at night so be on the lookout for pedestrians that cross at this and any other intersection.”

To learn more about streets projects, visit [www.phoenix.gov/streets](http://www.phoenix.gov/streets).







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COMMUNITY

JOURNEY continued from page 3

Islands, where he and the other youths stayed on sailboats for several days. Watt, who uses a cane to walk around, said instructors told him and the other teens whether to move right or left and offered other useful guidance on sailboats. The visually impaired students also received some direction on sailing in Braille.

“It was a good time,” Watt said. “The most important thing I learned was teamwork. I like doing things on my own. I kind of learned that it’s okay to have other people do what they’re supposed to do.”

He was born with sight but by age 5 was blind. Watt still remembers colors and shapes he saw before losing his vision. His mother, Veronica Watt said she was nervous about him traveling to the Spanish Virgin Islands but he was “really brave.” Marvel created a Braille comic book based on Adonis and his family and featured Adonis in an episode of “Marvel’s Hero Project” called “The Unstoppable Adonis” on Disney+.

Yanez said he was nervous about

the trip to the Spanish Virgin Islands as he had never been on an airplane before. He said he is “not a very good swimmer” but he was able to swim and overcame his fear of flying. Yanez can see a little and uses a cane.

“The staff were like super helpful and then I was able to swim and follow along,” Yanez said. “For the sailboat we didn’t use canes much. People would announce when they were heading a certain way.”

Marc Ashton, CEO of the Foundation for Blind Children, enjoyed accompanying the teens, ages 13 to 19, on the trip to the Spanish Virgin Islands. In 2009 the foundation took visually impaired students to Mount Kilimanjaro in Africa and on other trips youths swam around Alcatraz in San Francisco and went whitewater rafting on the Grand Canyon. The adults used small models of sailboats to help the teens understand different sails while in the Spanish Virgin Islands, added Ashton, whose son is visually impaired.

“This is really the rite of passage into adulthood,” Ashton said. “We let

them leave home and do this adventure. They were all champions. They were just incredible. The community supported this and these kids all got to do things they never thought they could.”

Duran said he “witnessed the strength and hope these kids possess shine full from challenging themselves.” He added that all the teenagers had to overcome fears and doubt to accomplish their goals and “they all became my heroes.”

The Foundation for Blind Children serves blind and visually impaired people from birth to any age, offering a low-vision clinic, as well as a preschool, elementary school and early intervention programs. Based at 1234 E. Northern Ave., it also provides specialized instruction and materials for youths to succeed in school districts that do not have a teacher of the visually impaired and offers programs to help adults gain workforce skills. To learn more about the foundation, visit www.seeitourway.org.

To see the trailer for “Ocean of Obstacles,” visit www.youtube.com/watch?v=3uHLCDOfr-c.

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**I would also like to say a heartfelt thanks** to the many people out there who are getting vaccinated and practicing safe distancing, hand washing and mask wearing. Without people like you, those of us who have family members with compromised health would not be able to see the finish line. Here's to better times to come. And great job, Carter! Your dad loves you and is so proud of you!

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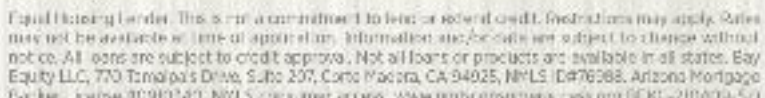
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### COMMUNITY

## Help is available for rent, utility bills

Residents who are having trouble paying their rent and utility costs can seek help due to a recent distribution of \$51 million in new federal Emergency Rental Assistance (ERA) dollars.

Mayor Kate Gallego and members of the Phoenix City Council recently approved that allotment of money to Phoenix residents. Last year the city distributed more than \$29 million in Coronavirus Aid, Relief, and Economic Security (CARES) Act help to more than 5,700 households. However, the COVID-19 pandemic is still causing problems for public health and the local economy.

The new ERA program is structured differently than the previous CARES Act program. With this new program eligible residents can receive up to 15 months of assistance with past due rent. There is no limit on the dollar amount of support but participants have to be recertified every three months. Utility assistance includes help covering past due and current residential, water, gas and electricity bills.

Gallego said the ERA dollars will “give our residents financial and emotional relief, and go a long way toward preventing homelessness.”

New research also suggests this type of assistance might help prevent the spread of COVID-19. Researchers at Duke University discovered a moratorium on local evictions could decrease the number of new COVID-19 infections and deaths, validating the value of keeping families in their homes.

Residents who apply for the ERA money must be earning less than \$62,250 for a family of four and need to have sustained a decrease in house-

hold income because of the pandemic. This program does not cover mortgage payments but it does put a priority on families whose income is less than \$38,900 for a family of four and who have been out of work for more than 90 days before applying for the help.

The city of Phoenix’s Human Services Department and the non-profit organization Wildfire are administering the program. Applications can be provided by phone or online. To learn more, visit [www.phoenix.gov/humanservices/rental-assistance](http://www.phoenix.gov/humanservices/rental-assistance).

## City reaffirms mask requirement

Face coverings in public are required for most people within the city of Phoenix limits despite Gov. Doug Ducey’s executive order eliminating the requirement to wear masks in businesses.

The city of Phoenix issued a statement saying it will not rescind the declaration that Mayor Kate Gallego and the City Council made last June requiring face coverings for most people in the city. That means the mask requirement within the city of Phoenix will stay in place until such time as the City Council votes to change or terminate the declaration.

Everyone in the city of Phoenix, ages 6 and older, must wear a face covering, with some exceptions.

Gallego said the governor’s order has caused confusion and many businesses have “been pushed into the position of having to defend their masking policies with no help or backup from local government.” She said she and the majority of the council believe “protecting public health must come first.”

To learn more, visit [www.phoenix.gov/newsroom/em-and-hs/1353](http://www.phoenix.gov/newsroom/em-and-hs/1353).



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COMMUNITY

Shortage of vets poses concern for pet owners

By Maryn Weeks

We all love our four-legged friends and would do anything to keep them safe, but what happens if they get hurt and there's no veterinarian to help them?

North Central is experiencing a shortage of veterinarians and veterinary technicians, which can affect the health of pets in the Valley.

"If we don't have the doctors and the staff then there are less appointments that are available for the pets," said Dr. Melissa Thompson, vice president of Medical Operations at the Arizona Humane Society (AHS).

Thompson suspects there is a shortage in the veterinarian field due to Baby Boomers retiring and closing their practices and an insufficient number of students graduating from veterinary schools. It takes around eight years for someone to go through veterinary school and become a certified veterinarian.

AHS is looking to hire veterinarians and veterinary technicians. Thompson encourages those who have a passion for



Dr. Julia Schuab, a veterinarian in the Arizona Humane Society's Second Chance Animal Trauma Hospital treats a dog (photo courtesy of the Arizona Humane Society).

helping animals and who might be interested in becoming a veterinarian to apply to become a veterinary technician. AHS provides on-the-job training for those interested in becoming a veterinary technician. It also has an open position for those wanting to be a receptionist.

Because of the shortage, it is advised to keep your pets healthy and up-to-date on shots. Taking extra precautions to keep your pet healthy

include keeping dogs on a leash, not giving your pets human food and keeping them on a steady diet.

For more information on where to apply for a veterinarian, veterinary technician or receptionist position at the Arizona Humane Society visit [www.azhumane.org/careers](http://www.azhumane.org/careers).

Maryn Weeks is a student in Arizona State University's Walter Cronkite School of Journalism and Mass Communication.

Local dog nominated for national hero award

A North Central dog is in the running to be named the best shelter dog in the country.

Tucker, who was adopted in the summer of 2018, has been nominated for one of the 11th annual American Humane Hero Dog Awards. He was nervous and anxious when around people initially because a previous owner had been abusive but he helped his current owner work through severe depression and panic attacks.

People around the country are encouraged to vote once per day for their favorite dogs in each of seven categories. After the first round of voting ends on May 6, 21 semifinalists will advance to the second round. From that group, the field will be narrowed down to the seven category finalists. The winning dog in every category will participate in the nationally televised Hero Dog Awards in the fall and this year's top American Hero Dog will be announced.

To vote for Tucker, visit <https://herodogawards.org>.

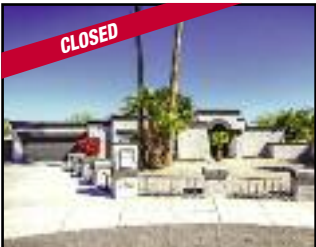
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COMMUNITY

Pet of the Month

Sweet Mae Mae loves hikes, treats, seeks loving family

Mae Mae is so cute that she was given two first names.

This sweet two-year-old American pit bull terrier mix is one of hundreds of pets given a second chance every year through the Arizona Humane Society’s Project Reachout Program. This lifesaving program provides sweet pets like her a change of scenery and another chance at finding their “fur-ever” homes when other shelters are overrun and the Arizona Humane Society has space to house them.

A transfer from the Arizona Humane Society’s partners at Maricopa County Animal Care and Control in February, Mae Mae is one of the shelter’s longest residents, as of press time, but she knows there is a special family that will fall in love with her big brown eyes and beautiful freckles.

Once Mae Mae is comfortable, she shows just how gentle and sweet she is with all the people she meets. She also is a huge fan of going on hikes, getting yummy Puppuccinos and is very treat motivated when learning new tricks. Although she is not showing it off in this picture, all of Mae Mae’s friends say she has the sweetest, most beautiful smile! Because this cutie is a bit shy, she would benefit from a home that has children that are at least eight years old and being the only dog in the home.

All Arizona Humane Society adoption locations are temporarily closed, but the organization’s Virtual Adoption Matchmaking Program by appointment is available to place pets, including Mae Mae, with their families.

Mae Mae’s animal number is 657619. While she might have been adopted by the time you meet in your Virtual Matchmaking Adoption by Appointment session, there are dozens more wonderful pets at the Arizona Humane Society who also need loving homes. You can check out all the adorable furry friends at [www.azhumane.org/adopt](http://www.azhumane.org/adopt).

Expert offers tips for hiking with dogs

As the warm weather begins to hit the Valley, residents love to venture outdoors to their favorite hiking spots, with many choosing to bring their dogs on the trails with them.



Mae Mae is a sweet, gentle two-year-old American pit bull terrier mix who has been seeking a loving home for a long time (photo courtesy of the Arizona Humane Society).

Trails give dogs a change of scenery from their usual visits to dog parks but to ensure a wonderful outdoor experience for yourself and your pet you should practice the National Parks’ B.A.R.K. rule wherever you hike, said Alessandra Navidad, CEO of the Arizona Animal Welfare League. B.A.R.K. stands for “bag your pet’s waste,” “always leash your pet,” “respect wildlife” and “know where you can go.” By keeping your pet on a suit-

able hiking leash, including easy walk harnesses, you allow your animal to have ample mobility while on the trail and to keep them safe from unexpected encounters with wildlife. There are many different forms of wildlife in the state and when the weather changes in the spring and summer rattlesnakes often frequent hiking trails.

Navidad also urges pet owners to keep in mind that while their dog might be playful and friendly off leash, many dogs are not as comfortable around strangers. Remember that dogs are hikers wearing a fur coat. Navidad recommends people plan their hikes around a time of day that will not exhaust their dogs like early mornings or evenings. Your pet also should drink an ounce of water for every pound per day and even more than that when hiking.

The mission of Arizona Animal Welfare League is to offer excellent care, protection and compassion for animals and to take a leadership role in promoting humane values to benefit animals and people. To learn more, visit <https://aawl.org>.

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## COMMUNITY

### Madison partners with company for testing

By Colleen Sparks

A synthetic biology company is using its expertise to help the Madison Elementary School District test students for COVID-19.

Ginkgo Bioworks has partnered with laboratories around the country to assist school districts in providing testing for the virus in their classrooms. The company, which has its headquarters in Boston, Mass., also helped Moderna with process optimization so Moderna could manufacture its COVID-19 vaccine.

The Madison district provides batch testing once a week on its campuses to students and employees who choose to participate. It stopped testing for the month of April temporarily to minimize distractions because students were taking state exams. Samples from the Madison district are sent to Sonora Quest Laboratories.

Students use swabs to collect samples from inside their noses, then a teacher or other adult puts all the samples from one class in a collection site, said Scott Robertson, commercial development director and manager for Arizona for Ginkgo Bioworks. The samples are sent to a local laboratory, where experts can determine if anyone in that classroom has COVID-19. Robertson said in a typical classroom of 25 second-graders, the process to collect samples takes about 10 minutes on average.

He said Madison Elementary School District Superintendent Kenneth Baca has been "a great partner" with Ginkgo Bioworks.

"We've had a really warm, good relationship with Madison," Robertson said. "They seem to be enjoying the program. We know that a significant portion of people who are carrying the virus don't have any symptoms. We know that to be especially true in younger age cohorts. One of the most powerful parts about testing in schools is that we turn the schools themselves into a community health hub."

Students and employees in the Madison district have been eager to take part in the testing, officials said. The tests allow students and staff members to know if they can safely come to classrooms.

To learn more about the Madison Elementary School District and its COVID-19 safety measures, visit

[www.madisonaz.org](http://www.madisonaz.org). For more information about Ginkgo Bioworks, visit [www.ginkgobioworks.com](http://www.ginkgobioworks.com).

### Teens, young adults can apply for internships

Teens and young adults can apply for jobs through the city of Phoenix's annual Phoenix Youth RISE (Reach and Invest in Summer Employment).

This program offers work experience and paychecks for up to 20 hours over four weeks for a total of 80 hours of employment in the summer. Applications are being taken through May 15.

Young workers will have a chance to explore career opportunities, build their resumes and earn \$12.15 per hour. Interns are paid for up to 20 hours of work a week and Phoenix offers basic screening and job training.

To learn more, visit [www.phoenix.gov/HR](http://www.phoenix.gov/HR).

### Adult scholarships for college available

Some North Central residents are among the recent recipients of the GK Legacy Foundation's Keep Your Chin Up and Healthcare Heroes scholarships.

More than \$37,000 was awarded during this latest round of scholarships from the non-profit organization that offers scholarships to Arizona residents ages 25 and older. A North Central woman, Amanda Little, received a scholarship of \$3,438 to study accounting at Arizona State University. She said there are advantages to pursuing higher education later in life, including more experience and greater focus, but also some drawbacks that she is feeling more "keenly" now after having lost her job during this COVID-19 pandemic.

Another North Central woman, Kenya Emary, will use her scholarship of \$1,769 to obtain her bachelor's degree in healthcare administration from Grand Canyon University. It is her second time winning a scholarship from the foundation.

Peggy Baze, founder and CEO of the GK Legacy Foundation, began this non-profit in honor of her late father, George (GK) Keown, to help adults improve their lives through education. Keown's favorite saying to his family was "Keep your chin up, kid."

To learn more, visit [www.gklegacyfoundation.org](http://www.gklegacyfoundation.org).





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## Business Briefs

### Learn to be inclusive at Chamber forum

If you want to implement practices that promote diversity and inclusion in your business, the Greater Phoenix Chamber of Commerce can help.

The Chamber will host a Diversity & Inclusion Employer Forum from 9:30 to 11 a.m. on Wednesday, May 19 on Zoom. At this event representatives from the Chamber's D&I committee will answer questions and offer guidance on developing and carrying out inclusive workplace strategies. Participants will have the opportunity to ask questions about the D&I for Employers Toolkit, as well as to hear what other organizations have applied and found success doing. They can learn from experts in the D&I industry and share challenges and opportunities with others who are making a more inclusive workplace a priority.

Placing an emphasis on diversity, inclusion and equity in your organization help you attract and retain top talented employees. The cost for this forum is \$25 for non-members and it is free of charge for Greater Phoenix Chamber members. To register, visit <https://phoenixchamber.com>.

### Local woman promotes inclusiveness in new role

A North Central woman is leading centers that advocate for public policy and research to advance inclusiveness for people who have autism and other neurodiversities.

The First Place Global Leadership Institute recently hired Maureen Casey to be its director of its centers for public policy and research. Casey has worked for 20 years in the disability community as a professional and family advocate. Previously she had served as the senior advisor to the director of the Arizona Department of Economic Security, as well as an assistant director and the Arizona Early Intervention Program administrator for that department. Casey also was a member of the Arizona Health Care Cost Containment System's Autism Spectrum Disorder Advisory Committee's Evidence-Based Treatment Work Group.

The First Place Global Leadership

Institute, part of First Place AZ, focuses on critical concerns for accessibility to more community, housing and independent living choices for individuals who have autism and other neurodiversities. It acts as a multi-disciplinary, hands-on training center for educators, professionals, support staff members and medical personnel, as well as a thriving site for research and advancements in public policy.

Casey is leading the Global Leadership Institute's Daniel Jordan Fiddle Foundation Center for Public Policy and Colonel Harland Sanders Center for Applied Research. She is focusing on existing programs and developing new ones to spark more supportive policies in the state and country.

To learn more, visit [www.first-placeaz.org](http://www.first-placeaz.org).

### Vaccine requirement could be tricky for employers

Employers need to take several factors into consideration when evaluating whether to require workers to obtain a COVID-19 vaccine.

So says Debora Verdier, a senior member of The Cavanagh Law Firm, which a core group of 30 attorneys founded in 1999. Verdier said employers "have a duty to ensure that the health and safety of their employees is a top priority." However, she added while employers can encourage or require employees to obtain vaccines, they have to follow the Americans with Disabilities Act, Title VII of the Civil Rights Act of 1964 and other workplace laws.

Employers should consider several exceptions and circumstances when developing a policy. Verdier said under the Americans with Disabilities Act employees may choose not to receive a COVID-19 vaccine for legitimate medical reasons. These reasons include a worker who has a severe allergy to the vaccine or to an ingredient in the vaccine, as well as immune system disorders. In those cases, the employer would have to offer a "reasonable accommodation," which could include allowing the employee to work remotely or establishing strict safety protocols, Verdier said.

*please see TRICKY on page 18*



## AVOID "LIVING PROBATE"

**Andrea L. Claus, Esq.**

Director of Estate Planning, Probate and Trust Administration

Most people know probate can be necessary when someone dies, but are unaware it can also be needed while a person is alive. "Living probate" refers to guardianship and conservatorship proceedings. These proceedings are handled in probate court and are necessary when someone becomes unable to manage his or her own affairs due to incapacity. In these cases, the court appoints a surrogate decision-maker(s): a guardian and conservator. Ultimately, it is up to the court to decide who acts in each of these capacities.

While living probate serves a very legitimate and often necessary purpose, it can also be costly and time-consuming. Worst of all, without pre-planning, the result in these proceedings can be vastly different from what an individual actually wants. Fortunately, with proper planning, living probate can be avoided. Valid powers of attorney can eliminate the need for living probate. It is always better to have a plan in place before you need one.

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TAKING CARE OF BUSINESS

TRICKY continued from page 17

She said if employers require their staff members to obtain COVID-19 vaccines they will have to be ready to address and respond to objections based on “sincerely held religious beliefs.” Personal beliefs including ethical objections to the vaccine or veganism are generally not going to be considered sufficient reasons to refuse a vaccine. Verdier said employers also should take into account human rights/bodily integrity against the right of other workers and public safety.

North Central real estate market one of hottest

The real estate market in North Central and around Phoenix is on fire. That is according to Trevor Halpern, J.D., the founder of Halpern Residential at North&Co. and the number one independent agent at Phoenix-based North&Co. Halpern recently identified the five hottest neighborhoods in Phoenix and the Paradise Valley area based on the appreciation of sold price per square foot, as

well as the turnover rate for the number of homes in those areas. He also said the Phoenix real estate market is one of the hottest in the country, with less than 4,000 current available homes on the market, as of press time, down from 23,000 two years ago. North Central was ranked the second hottest neighborhood in the area. The number one area was Arcadia-Biltmore, number three was downtown and historic Phoenix, the fourth spot went to the Kierland/Paradise Valley Mall area and the 32nd Street Corridor was ranked fifth hottest.

In North Central, the average price per square foot of homes sold in March of last year was \$251.23. The average price per square foot of homes sold in March of this year in North Central was \$292.82. Halpern said with a smaller supply of homes and more homes selling in the area, properties are being assumed or purchased faster than ever before. The demand for spacious homes is higher for many reasons, including residents working from home during this COVID-19 pandemic, merging families seeking in-law suites

or casitas, as well as low-interest rates. Halpern recommends people who want to buy a home expect to pay more than the asking price. He also urges buyers to take action right away when they see a house they like and to be aware of other offers and when offers are due. Halpern added the more cash buyers have, the better. He urges buyers to get pre-approved for a mortgage before making an offer on a home.

Halpern said in a buyer’s market, those who want to purchase a home could haggle over closing costs, repairs and other items. But the power has shifted in favor of sellers in today’s market so many buyers are offering concessions as part of their bids.

To learn more, visit [www.halpern-residential.com](http://www.halpern-residential.com).

Scholarships being offered for beauty professionals

Students and professionals in the beauty and wellness industry can apply for a \$2,500 scholarship to start or advance their careers.

The BeautySchoolsDirectory.com is offering this scholarship that recipients

can use for tuition and education expenses. Those applying can be any students, even those under age 18 with parental consent, as well as current students actively enrolled in or applying to an accredited beauty-related program, including a cosmetology or esthetician school. Or they can be attending another eligible beauty and wellness degree program. Part-time students also are eligible for the scholarship.

The scholarship can be used for tuition, books and housing. These scholarships are provided twice a year to one student each round. Students must be enrolled in or applying to one of several programs, including cosmetology, esthetics, massage therapy, barbering, electrology, laser hair removal or trichology, makeup artistry and other programs.

Some of the local schools that scholarship recipients can attend using the funds are The Studio Academy of Beauty and D’Image Beauty College.

The deadline to apply for the next scholarship is Sept. 1. To apply and learn more, visit [www.beautyschoolsdirectory.com](http://www.beautyschoolsdirectory.com).

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777 E Circle Rd .....	In Escrow .....	5093SF .....	4BR/5BA .....	\$1,650,000
549 E Hayward Ave .....	New Price .....	2915SF .....	3BR/3BA .....	\$ 995,000
1364 E Victor Hugo Ave .....	In Escrow .....	4742SF .....	5BR/5.5BA .....	\$ 950,000
6246 E Helm Dr .....	In Escrow .....	3495SF .....	5BR/4BA .....	\$ 925,000
5139 N 10th Pl .....	In Escrow .....	2837SF .....	4BR/3BA .....	\$ 895,000
10261 N Central Ave .....	Just Listed .....	3010SF .....	4BR/3BA .....	\$ 850,000
15504 E Chicory Dr .....	Just Listed .....	2491SF .....	3BR/2.5BA .....	\$ 849,900
77 E Missouri Ave #72 .....	Just Listed .....	3575SF .....	3BR/2.5BA .....	\$ 625,000
340 E Osborn Rd #1 .....	New Construction .....	2255SF .....	3BR/3.5BA .....	\$ 599,000
340 E Osborn Rd #2 .....	New Construction .....	2255SF .....	3BR/3.5BA .....	\$ 599,000
700 W Northern Ave .....	In Escrow .....	1320SF .....	2BR/1BA .....	\$ 510,000
6522 N 5th Ave .....	In Escrow .....	1934SF .....	3BR/3BA .....	\$ 425,000
1132 E Orangewood Ave ....	In Escrow .....	1879SF .....	2BR/2BA .....	\$ 419,000
1536 E. Mission Ln .....	In Escrow .....	1375SF .....	2BR/1.5BA .....	\$ 349,900



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Featured Homes for May



646 E Helm • \$925,000



5139 N 10th Pl • \$895,000



340 E. Osborn Rd. #2 • \$599,000



15504 E Chicory Dr • \$849,900



1536 E Mission Ln • \$349,900



6522 N 5th Ave • \$425,000



117 W Oregon Ave • \$475,000



340 E Osborn Rd #1 • \$599,000



10261 N Central Ave • \$850,000

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6035 N Central Ave .....	\$3,500,000	6520 N Central Ave .....	\$ 850,000	6418 N 13th Ave.....	\$ 483,850
8634 N 52nd St.....	\$2,395,000	5428 E Cannon Dr.....	\$ 825,000	117 W Oregon Ave .....	\$ 475,000
7234 N 3rd St.....	\$1,860,000	1309 W Linger Ln.....	\$ 670,000	1414 E Earll Dr .....	\$ 425,000
17 W Sierra Vista Dr.....	\$1,350,000	340 E Osborn Rd #3.....	\$ 669,000	3920 W Sandra Terrace.....	\$ 460,000
3312 E Sells Dr.....	\$1,180,000	1 W Cheryl Dr.....	\$ 640,000	1026 E Wagon Wheel Dr .....	\$ 450,000
6 E Cactus Wren Dr.....	\$1,075,000	1555 E Ocotillo Rd #17.....	\$ 627,500	5 E Butler Dr .....	\$ 429,900
2685 E Canyon Pl.....	\$1,000,000	1345 E Missouri Ave .....	\$ 609,000	1414 E Earll Dr .....	\$ 425,000
6846 N 3rd Ave.....	\$ 925,000	5338 E Questa Tierra Dr .....	\$ 540,000	1 E Butler Dr*.....	\$ 420,000
5501 E Beryl Ave* .....	\$ 925,000	4231 W Monte Cristo Ave ....	\$ 520,000	1232 E Palacio Ln .....	\$ 395,000
7140 N 9th St.....	\$ 901,000	15 W Cochise Dr .....	\$ 520,000	100 W Maryland Ave L1 .....	\$ 351,000
		2040 W Trotter Trail .....	\$ 500,000	2019 E Campbell Ave #115 ..	\$ 299,900
		6301 N 14th Pl .....	\$ 495,000		

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## HEALTHY LIVING

## Health Briefs

### How to spot the warning signs of strokes

During National Stroke Awareness Month, Abrazo Health is offering tips on how to spot the signs and symptoms of a stroke.

A stroke occurs when blood supply to part of the brain is blocked or when a blood vessel in the brain bursts. In either case, parts of the brain become damaged or die. Stroke is a leading cause of death in the U.S. and around the world, causing lasting brain damage, long-term disability, or even death.

Every minute counts when someone suffers a stroke. It is important to know the signs and symptoms of strokes as well as to have a capable treatment center nearby.

Warning signs include sudden numbness or weakness in the face, arm or leg, especially on one side of the body, as well as sudden confusion, trouble speaking or difficulty under-

standing speech. Other signs of a stroke are trouble seeing in one or both eyes and sudden trouble walking, loss of balance, lack of coordination or dizziness. Another sign of a stroke is a severe headache that comes on quickly with no known cause.

The Centers for Disease Control and Prevention (CDC) provides a simple test to act "FAST" if you believe someone might be having a stroke. The "F" stands for face and means you should ask the person to smile to see if one side of their face droops while the "A" represents arms and means you should ask them to raise their arms to see if one arm drifts downward. The "S" stands for speech, meaning if you ask the person to repeat a simple phrase and their speech is slurred or strange it could indicate a stroke. Officials say "T" is for time, emphasizing that if you see any of these signs you should call 9-1-1 immediately.

To learn more, visit [www.abrazohealth.com](http://www.abrazohealth.com).

### Support group aids those who have lost a baby

The Pregnancy & Infant Loss Support Group provided by HonorHealth helps those who lost a baby through miscarriage, stillbirth, ectopic pregnancy and neonatal death. The group meets the first Thursday of the month from 6 to 8 p.m. The next online meetings take place on May 6 and June 3.

This support group allows parents to share their experiences and obtain encouragement and help from other parents. Educational topics are delivered and discussed each month.

To register, visit [www.honorhealth.com/events/pregnancy-infant-loss-support-group-virtual-session](http://www.honorhealth.com/events/pregnancy-infant-loss-support-group-virtual-session). To learn more, call 480-323-3878.

### College's dental clinic offers low-cost treatments

There is good news for anyone looking for dental treatment that needs to find affordable options.

The Phoenix College Dental

Hygiene Clinic is accepting new patients with rates that start at \$35. Students perform all procedures but are closely monitored by licensed instructors.

Patients can receive preventative and therapeutic care in PC's modern facility through the college's Dental Hygiene and Dental Assisting programs, which are among the oldest in Arizona. The dental clinic is open from 8:30 a.m. to 4:30 p.m. Mondays through Fridays at 3144 N. Seventh Ave.

Students evaluate the oral health of every patient so it generally takes four or more multi-hour appointments to finish patient care and the cleaning process.

To schedule a consultation, call 602-285-7323. For more information, visit [www.phoenixcollege.edu/community/community-services/dental-clinic](http://www.phoenixcollege.edu/community/community-services/dental-clinic).

### Good posture is crucial to health

Sitting at a desk all day, driving in traffic and other everyday stressors can lead to having poor posture.

In honor of National Posture Month this month, Katie Mollica, co-founder of Anato-Me, a strength training gym at 3031 E. Indian School Road, is offering advice on maintaining good posture. Correct posture is vital to your overall health as it can enhance circulation, decrease back and shoulder pain, as well as boost energy levels, among other benefits. Mollica said the key to improving a body's alignment is building strength through weightlifting and bodyweight exercises.

She emphasizes that the core is the foundation of posture and it is much more than just your abdominal muscles. Mollica said core is an umbrella term that encompasses hips, lower back and the abdominals. She said the top three exercises that help strengthen those muscles are planks, "dead bug" variations and anti-rotation band holds.

Besides core work, Mollica said an exercise that targets the "pulling" muscles of your body, which are primarily the back muscles, will help strengthen backs and improve posture by eliminating subconscious slouching. You can try a rear delt fly, seated rows and band or cable face pulls to work on this area.

To learn more, visit [www.bit.ly/AnatomePHX](http://www.bit.ly/AnatomePHX).

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SCHOOL DAYS

ciplines: art, music, theater and dance, enrolled at least 60 percent of their student population in an arts class and increased enrollment in all programs.

MADISON ELEMENTARY SCHOOL DISTRICT  
Summer program provides academic intervention

Students can participate in Summer Academic Intervention in the Madison Elementary School District from June 21 to July 22.

The program, which addresses identified learning gaps and offers learning opportunities over the summer, will be provided four hours a day Mondays through Thursdays at centralized locations. Lessons will focus on English Language Arts and math.

The district also has been exploring the possibility of delivering online tutoring for students. To learn more, visit [www.madisonaz.org](http://www.madisonaz.org).

Madison Rose Lane shines with state arts distinction

Madison Rose Lane Elementary School has received a Gold Designation from the Round Table Advisory Committee for AZ Arts Education's Exemplary Arts School Program. The program was created as a way to distinguish schools in the state that offer excellent arts education programs by providing access to many artistic disciplines. Schools also receive this award for demonstrating robust student participation in programs and efforts to grow arts enrollment.

Arizona schools were designated as developing, bronze, silver or gold for the 2019-20 academic year, based on that criteria and utilizing the Arizona Arts Education Data Project standards.



Amanda Cowen and her fourth-grade class raised \$400 recently towards Madison Rose Lane Elementary School's fundraiser in support of The Leukemia & Lymphoma Society (photo courtesy of Madison Elementary School District).

Rose Lane fundraiser helps cancer organization

A Madison Rose Lane Elementary School fourth-grade teacher and her class are showing their hearts for helping others.

Amanda Cowen and her fourth-grade students raised \$400 towards Madison Rose Lane's fundraiser in support of The Leukemia & Lymphoma Society. Rose Lane teachers and students took in a total of \$3,000 for this organization.

The Leukemia & Lymphoma Society funds research for all types of blood cancers and advocates on behalf of blood cancer patients and their families to try to prompt lawmakers to adopt policies that tackle the serious burdens of these diseases. To learn more, visit [www.lls.org](http://www.lls.org).



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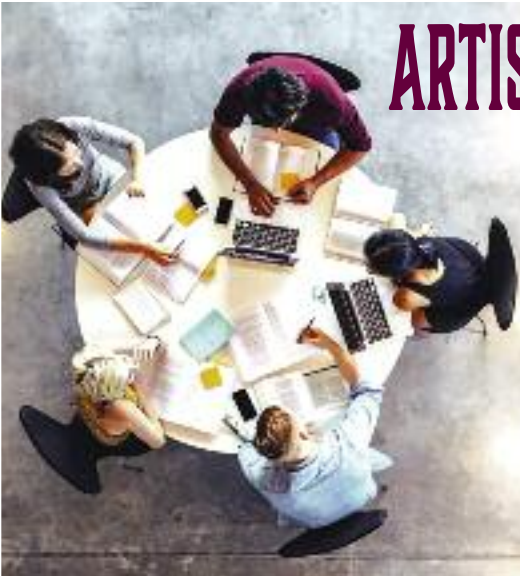
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## SCHOOL DAYS

### Brophy seniors walk runway, raise money

Brophy College Preparatory presented its annual Brophy Fashion show in March at the JW Marriott Camelback Inn Resort & Spa in Scottsdale. Although the event traditionally is held in the fall, the event took place this year in conjunction with the spring Brophy Auction.

The event featured Brophy seniors who took to the walkway to show off men's clothing from local retailers along with Brophy spirit wear and sports uniforms. The show also featured professional models. During "Senior Sentiments," a tradition at this annual event, members of the class of 2021 reflected on their own pursuits of excellence, the impact of the Jesuit education and how it has prompted them to become "Men for Others."

Because of the COVID-19 pandemic, the Brophy Auction was held online, offering opportunities to bid on travel packages, gifts and a 2021 BMW. The fashion show raised \$610,000 to provide financial aid to students, while the auction raised \$160,000 for the same purpose.

A beloved tradition at Brophy for the past 37 years, the annual Brophy Fashion show has raised more than \$10 million in support of the school's mission of providing need-verified assistance to every qualified student whose family applies for financial aid.



Brophy College Preparatory seniors walked the runway during the school's annual fashion show, which raised money for financial aid (photo courtesy of Brophy College Preparatory).

### School Briefs

#### GLENDALE UNION HIGH SCHOOL DISTRICT Students' artwork will take spotlight online

The talent and creativity of students will be on display at the Glendale Union High School District's upcoming virtual Student Art Show on Monday, May 3.

The virtual event will feature paintings, sculptures and photographs. Judges will choose several pieces of artwork for awards. To learn more, visit

[www.facebook.com/GUHSDAZ](https://www.facebook.com/GUHSDAZ) or [www.guhsdaz.org](https://www.guhsdaz.org).

#### WHS students to compete in Educators Rising event

Several Washington High School students with a passion for education will be competing in a national virtual conference in June.

Students who won awards at the state level and will attend the virtual Educators Rising National Conference include state champions Citlali Lopez for Children's Literature Pre-K, Lisette Garcia for Lesson Plan and Delivery in Arts, and Bianca Luna and Marianne

Martinez Diaz for Researching Learning Challenges; second-place students Garcia, Vanessa Bailon Barrera and Adelen Bowen for Ethical Dilemma; and third-place students Diana Ortega for Creative Lecture and Karen Gonzalez Suchet for Children's Pre-K Literature.

EdRising Arizona offers students opportunities to use what they learn in their Early Childhood Education and Education Professions classes and apply them in scenario-based, relevant competitions at the annual State Leadership Conference.

#### Boys basketball team wins state championship

The boys basketball team at Sunnyslope High School is basking in the glory of becoming state champions. This team beat Mountain Pointe High School in a 63-62 game to win the 6A boys basketball championship at Mesquite High School this spring.

#### Washington High earns gold ranking for arts

Arts are thriving at Washington High School, demonstrated by the campus' recent Gold rating in the Arizona Exemplary Arts Schools Awards.

There were 28 schools that received a Gold rating out of 1,542 schools evaluated. Schools were ranked on their access to arts, participation in arts and growth of arts programs. The gold-rated schools provide four artistic dis-

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SCHOOL DAYS

Second-grader gets a look at school board work

A second-grade student at Madison Simis Elementary School had a chance to show off his ambition and enthusiasm for education.

Levi Powers recently provided the Madison Elementary School District governing board a report on what is happening at his school and said he was excited to be back learning in-person. He said he is enjoying physical education classes and basketball.

Levi, who wants to be a superintendent someday, had the chance to sit next to Madison district Superintendent Kenneth Baca and watch the system that board members use to vote. He also was asked to adjourn the meeting.

OSBORN ELEMENTARY SCHOOL DISTRICT District prepares specialized programs

The Osborn Elementary School District is making plans for its Dual Language and Montessori preschool programs.



Levi Powers, a second-grade student at Madison Simis, recently attended a district governing board meeting and had a chance to sit next to Superintendent Kenneth Baca. Levi wants to be a superintendent someday (photo courtesy of the Madison Elementary School District).

The Montessori program had a limited online component in the first quarter of this school year due to the COVID-19 pandemic but was fully put on hold so it can completely open in a robust program in the next school year. This Arizona Department of Education-

certified program is offered at Montecito Community School and features individualized learning, brain-based strategies and practical life skills. While there is tuition for the preschool program, it is tuition-free for students starting at 5 years old (kindergarten age). The pro-

gram is building to eighth grade.

The district’s Spanish Dual Language program aims to help children become bilingual, biliterate and bicultural. Teachers have provided whole group and small group instruction in English and Spanish since the pandemic began, as well as provided students access to supplemental programs and digital books in both languages. It is delivered at Encanto, Longview and Solano elementary schools.

To learn more, visit [www.osborn-net.org](http://www.osborn-net.org).

Non-profit donates books in honor of cycling activist

The Osborn School District Educational Foundation (OSDEF) recently purchased and donated sets of books named “The Radtke Collection” to all the schools in the district. These books honor former Osborn governing board member Maxine Radtke’s long, distinguished service from 1990 to 2020. She focused on improving student achievement and wanted every child to become a life-long, effective reader.

Because Radtke was a role model for boosting health and fitness, as well as protecting the environment, which she demonstrated by riding her bicycle everywhere, the books focus on bikes and their impact on the environment.

Kindergarten through sixth-grade schools each received five picture books while Osborn Middle School was given two challenging books for bike lovers on the history of cycling. Each book has a book-plate honoring Radtke’s work, designed and printed by Core Construction.

Children will be able to check out the books at each school.

PHOENIX UNION HIGH SCHOOL DISTRICT District offers in-person, virtual summer classes

Students in the Phoenix Union High School District will have a chance to get a jump-start on learning and stay busy over the summer both in-person and virtually.

The district’s summer school will take place in the mornings and afternoons May 24 to June 24. There will be classes on site Mondays through Thursdays while students who choose online/virtual courses will check in

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## SCHOOL DAYS

weekly through TEAMS. Students can schedule on-site academic help during the designated class period. Assessments will be taken in person during scheduled class periods.

Youths also can enroll in student workshops, which are non-credit offerings, Mondays through Thursdays on site. Students have to show up on time and stay on campus for the whole planned period each day.

For details, visit [www.pxu.org/summerschool](http://www.pxu.org/summerschool) or email [summer-school@phoenixunion.org](mailto:summer-school@phoenixunion.org) or call 602-764-0020.

### 'Nerdcare Rapper' chats with Coding Academy seniors

Phoenix Coding Academy seniors recently met virtually with Raheem Jarbo, an American "Nerdcare Rapper," DJ and record producer known as Mega Ran, who talked with them about leaving a positive legacy.

These talks coincided with seniors' final project on what "legacy" means to them. An Arizona resident, Mega Ran is an influencer on gaming and hip hop, who recently published a book, "Dream Master." A former teacher, he also holds a Guinness Book of World Records title for having the most songs about video games.

### Students dance their way back onto campuses

Students around the Phoenix Union High School District are staying on their toes and bringing their love of movement to the community.

Dance teachers around the district recently created a video showing students from the various schools dancing on a football field, in classrooms and other areas of campuses wearing face masks. After a year of online/virtual learning, dance teachers were excited for students to return to their studios for in-person learning.

You can watch the video at [www.smores.com/89pa7](http://www.smores.com/89pa7).

### WASHINGTON ELEMENTARY SCHOOL DISTRICT Summer programs to engage students

The Washington Elementary School District will offer a number of summer programs, including 32 morning programs at 24 locations for eligible students.

The Summer Academy programs

will be held June 1-24. More information on these programs will be provided at [www.wesdschools.org](http://www.wesdschools.org).

KidSpace Summer Camp will run from May 26 to July 31. The KidSpace Summer Camp will be provided at Lookout Mountain Elementary School at 15 W. Coral Gables Drive and at Sunburst Elementary School.

Obtain registration forms for KidSpace Summer Camp by contacting Aimee Adams at [Aimee.Adams@wesdschools.org](mailto:Aimee.Adams@wesdschools.org). If you have other questions, contact Keri Moore at 602-896-6971 or through [Keri.Moore@wesdschools.org](mailto:Keri.Moore@wesdschools.org).

The KidSpace Summer Camp will not be provided on Memorial Day, May 31, on July 5 due to Independence Day on July 4; and the week of Aug. 2-6.

### PRIVATE AND CHARTER SCHOOLS Brophy soccer scores state championship title

Brophy College Preparatory's soccer team is the Division I boys state champions for the third consecutive year. It is Brophy's 10th state title in program history.

The Broncos entered the playoffs with only one regular-season loss, sweeping their early competition and ultimately meeting the San Luis Sidewinders in the title game.

In other sports news, Brophy basketball headed into the playoffs seeded in the top eight for the fifth year in a row. The Broncos made it to the semi-finals — the final four, then lost to Sunnyslope, which went on to win the Division 1 title.

Brophy's wrestling team put two Broncos on the podium at the state meet - sophomore David Sweetman, who finished in third place and freshman Ty Trickle, who finished fourth at state.

### Xavier soccer team scores state championship

Xavier College Preparatory scored its 11th girls soccer state title in the 6A conference state championship.

The team won the state title after beating Scottsdale Chaparral, 2-0 recently at Campo Verde High School. This was the 15th time the Gators soccer team has competed at a state cham-

*please see SOFTBALL on page 28*

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Juan  
Beltran Caballero



Meseret Berhane

Carson Bidwell

Dylan Biondi

Hayden Blake

Geovanny  
Brambila Castro

Zaim  
Brooks-Watson

Victor Browning

Annalise Calleja



Jehnna  
Campos-Lopez

Jordyn  
Campos-Lopez

Aidan Carmody

Gerardo Carrera

Kenneth  
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Moran

Vanessa Chavez

Lucas Clements



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Azela Covarrubias

Elizabeth Curtis

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Martin Esquer  
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Felix Leyva

Tatiana Rhose  
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Esteban  
Flores Encinas

Mason Flower

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Anna Foley

Leslie Garcia

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SCHOOL DAYS

**SOFTBALL** *continued from page 27*

pionship. Xavier’s climb to the top came from the semi-final game that ESPN featured. Bella Leonard, a sophomore, kicked the winning 41-yard goal with just three seconds left in the game.

Xavier’s soccer team is in good company as the school’s golf and five-person stunt teams also became state champions this year. The soccer team’s victory marks Xavier’s 143rd state championship in Arizona.

**Phoenix Christian back into swing of things**

Phoenix Christian Preparatory School students are embracing the rituals of the last days of school in person after the COVID-19 pandemic caused schools to shut down for in-person learning and many sports and other extracurricular activities for most of the previous year.

The month of May saw the return of regular seasons of softball, baseball, track and field, as well as men’s volleyball, middle school basketball and golf. From athletics to academics, students

also were able to take their College Board Advanced Placement final exams and complete dual enrollment (college and high school) classes covering U.S. History, calculus, Spanish and literature.

Phoenix Christian seniors also will be able to participate in the school’s commencement ceremony at 6:30 p.m. on May 28 at Bethany Bible Church at 6060 N. Seventh Ave. Of the 38 graduating seniors, nearly half will be the first-generation college-bound students in their families, earning about \$3 million altogether in college scholarships. They will make up the 70th graduating class at Phoenix Christian.

**Midtown Primary School receives tech donation**

Midtown Primary School recently received a boost from the Million Dollar Teacher Project and its partner, which organized a “tech device drop,” that donated much-needed technology to the school. Midtown Primary received 60 computers and 20 WiFi hotspots earlier this school year. The computers and hotspots have been



Midtown Primary School recently received support from the Million Dollar Teacher Project, which donated 60 computers and 20 WiFi hotspots to the school (photo courtesy of Midtown Primary School).

used for math, meetings with teachers, read-alouds and other lessons during the COVID-19 pandemic.

Access to technology became increasingly important to Midtown Primary in the past year in helping the school meet its mission to give each student a “strong educational foundation that embraces creativity, as well as critical thinking skills.”

**Xavier students sign national letters of intent**

Several Xavier College Preparatory student-athletes have signed their National Letters of Intent.

Mia Alejos, a soccer player, accepted an offer at Arizona Christian University, where she plans to major in political science/criminal justice.

Jaden Campbell, who also plays soccer, will attend Benedictine University and major in psychology.

Emmie Paulson, also a soccer player, received an offer from University of San Francisco, where she intends to major in computer science.

Kaori Robertson, who plays volleyball, committed to the University of Arizona, where she plans to study pharmaceutical science.

Elliana Steely-Judice, a crew member, has secured an offer from Bucknell University, where she is going to major in business and environmental science.

Jamie Stelnik, who runs cross country and track and field, has committed to attending Johns Hopkins University and plans to major in computer science.



B

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## GENERATIONS

### Senior Living

#### Get help filing taxes via AARP Foundation Tax-Aide

Find free-of-charge help filing your taxes through the AARP Foundation Tax-Aide available in North Central and other areas of the Valley.

AARP Foundation Tax-Aide offers in-person and remote tax assistance to anyone, with a special focus on taxpayers who are at least 50 years old or who have low to moderate incomes. Because of COVID-19 pandemic restrictions, in-person services are available by appointment only. Taxpayers can meet with IRS-certified volunteers via short meetings, online or by phone. AARP Foundation Tax-Aide also offers taxpayers access to tax-filing software if they want to prepare their taxes on their own. A Tax-Aide counselor coaches them through the process using computer screen-sharing.

To learn more and make an appointment, visit [www.aarp.org/money/taxes/aarp\\_taxaide](http://www.aarp.org/money/taxes/aarp_taxaide).

#### Nonprofits offer help for seniors, caregivers

Nonprofits Duet: Partners In Health & Aging and ACCESSMed Foundation have teamed up to help Valley senior citizens access their healthcare benefits.

Most seniors, ages 65 and older,

receive Medicare help from the federal government but the benefits do not cover all their medical bills. Determining the appropriate Medicare and Medicaid coverage can be confusing. With the help of ACCESSMed Foundation, Duet now provides highly experienced health insurance professionals who donate their time, personal expense and travel to help vulnerable seniors understand and enroll in their complete range of Medicare and AHC-CCS Medicaid entitlements. To learn more, call Duet at 602-274-5022.

Duet also is offering a new Caring for Parents Virtual Support group that meets via Zoom from 3 to 4:30 p.m. the first and third Saturdays of every month. This group helps people who are caring for their parents come together to share challenges and learn resources and tips to help them cope. To participate in this support group, contact Deanne Poulos at Duet at 602-274-5022, ext. 115 or through [poulos@duetaz.org](mailto:poulos@duetaz.org).

To learn more about Duet, visit <https://duetaz.org>.

#### HOV educates caregivers about dementia

Those caring for someone who has dementia can learn tools and gain support through Hospice of the Valley.

The non-profit organization pro-

*please see DEMENTIA on page 32*

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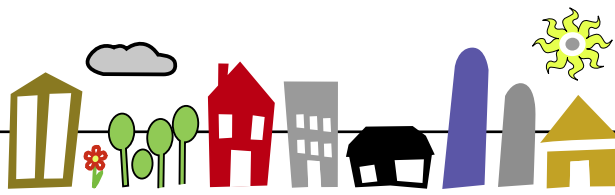
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## ARTS &amp; ENTERTAINMENT

## Local engineer shares tales of the coal mines

A North Central engineer is sharing frightening and humorous stories about his family's history working in coal mines while revealing details about his Italian heritage in a new book.

Louis Ronald Scatena, who retired from SRP in 2003, recently published his non-fiction book, "ANTHRACITE BOOT CAMP." Now the associate vice president of Carollo Engineers, Inc. in Phoenix, Scatena wrote this book about his childhood working with his father in and around coal mines in northeastern Pennsylvania from 1951 to 1959. From the ages of 9 to 17 he worked at small, dangerous dungeons that anthracite miners of that time called "dog-holes." One of the stories that Scatena shares in the book is about how he saw a large power shovel his father operated about to topple into a mine pit at what is near the present day town of Pittston, Pa. In another anecdote, he reveals how he had to travel underground at age 11 to help miners, where they barely fit in a dog-hole near Suscon. One of the humorous episodes Scatena wrote about in the book was when miners frightened him at age 9 into believing a hungry bear was pursuing him outside a dog-hole.

The book also includes amusing references to the cultural standards that Scatena's Italian ancestors held, including angry linguistic outbursts when mining equipment failed to work and their joyful dialogue in bocce league matches at the miners' Italian Citizen's Club.

Find the book at <https://store.bookbaby.com/book/Anthracite-Boot-Camp-print>. It also is available through [www.amazon.com](https://www.amazon.com) and other book-stores online.

## Drive in for classic puppet show

Bring the family or friends to enjoy a classic show, "Jack and the Beanstalk," at the Great Arizona Puppet Theater.

The show will be performed in the organization's drive-in theater, where you can watch from the comfort and safety of your vehicle. The tale is told using hand puppets, unusual scenery, a growing beanstalk and a giant. It will



Louis Ronald Scatena of North Central recently published a book about working with his father in and around the coal mines in northeastern Pennsylvania (photo courtesy of Louis Ronald Scatena).

be on stage at 9 a.m. on May 8, 9, 15 and 16 in the parking lot on the west side of the puppet theater's building at 302 W. Latham St.

Admission is \$40 per vehicle. Paid reservations are required and must be received before 5 p.m. the day before the performance.

To make a reservation, call 602-262-2050, ext. 0. To learn more, visit [www.azpuppets.org](https://www.azpuppets.org).

## Ballet Arizona stages 'The Four Seasons'

Ballet Arizona will deliver "The Four Seasons," a presentation of movement through the winter, spring, summer and fall from May 18 to June 5 at Desert Botanical Garden at 1201 N. Galvin Parkway. This will be the company's first major public performance since the spring of last year.

"The Four Seasons" will be on stage at 8 p.m. for 15 shows. All patrons must wear face masks when not eating or drinking. Seating will be socially distanced and the general admission section will have assigned seating. A two-ticket minimum purchase is required for these performances. To buy more than two seats at the same table, call the Box Office at 602-381-1096. For tickets and information, visit <https://balletaz.org/performance/the-four-seasons>.

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## GENERATIONS

**DEMENTIA** *continued from page 31*

vides presentations on the “Heart and Science of Dementia Care” to groups in person or via Zoom free of charge. Discussions include the most common types of dementia, behavioral expressions that people with dementia make, mindfulness meditation for caregivers, tips for meaningful engagement with those who have dementia and many other topics. To schedule a presentation, contact Barbara Hawes at bhawes@hov.org or at 602-776-6867.

Hospice of the Valley also offers a Supportive Care for Dementia program at no cost to families that assists patients who are at any stage of the disease. To schedule a dementia educator to visit your home, call 602-530-6920. You also can obtain advice or help over the phone 24 hours a day, seven days a week, by calling a nurse or social worker at Hospice of the Valley at 602-636-6363.

To learn more, visit [www.hov.org](http://www.hov.org).

**Banner Health online event to aid caregivers**

Learn how to develop a more positive mindset while serving as a caregiver in a free virtual event that Banner Health is providing.

“Cultivating Positivity in Caregiving” will take place from 10 to 11:30 a.m. through ZOOM, a video chat system, on Thursday, May 6. Research reveals happiness not only boosts spirits but it also can improve the overall quality of life and well-being. Participants will learn evidence-based tips to enhance their coping skills, emotional well-being and quality of life as they care for someone who has dementia. In order to participate you must have a computer, internet connection and/or a phone.

To register, visit [www.banner-health.com/calendar](http://www.banner-health.com/calendar).

**Kids & Family**  
**Compete with family in virtual trivia night**

Bond with your family members while testing your knowledge of diverse topics during the PHXPlays at Home: Family – Trivia Night.

The next event will be held from 6 to 7 p.m. on Friday, May 7, online, as part of the city of Phoenix’s virtual recreation program for families.

Participants will compete against other families to try to earn the title of Phoenix Family Trivia Champions.

Those who register will receive a unique code to use to join the session virtually through Cisco WebEx. Download the free app through iTunes or Android stores or search for it and download it through your internet provider.

To register and learn more, visit [www.phoenix.gov/parks/classes-and-programs](http://www.phoenix.gov/parks/classes-and-programs).

**Essay contest gives kids chance to save for college**

Children can get a jump-start on saving money for college in the AZ529 (Arizona’s Education Savings Plan) second annual essay-writing contest.

All fifth-graders in Arizona can enter the competition, answering the question “What is your dream job and how do you plan on achieving it in the future?” in their essays. The deadline for entries is May 29. Winners will each receive \$529 towards a new or existing AZ529 Education Savings Plan account. One winner will be chosen from each of the state’s 15 counties, with additional prizes given to children in Maricopa and Pima counties, due to their higher populations. Altogether \$10,580 will be distributed to 20 Arizona students.

For contest rules and information, visit <https://az529.gov/essaycontest>.

**Boys & Girls Clubs camps offer sports, art, robotics**

Want to keep your child or teen busy this summer exploring sports, art, robotics and other activities, as well as taking field trips?

The Boys & Girls Clubs of the Valley is offering its Learn, Engage, Achieve and Progress (LEAP) summer programs for youths ages 5 to 18 at several of its locations including the Harry & Sandy Rosenzweig Branch at 2242 W. Missouri Ave. from June 1 to Aug. 6. Activities will focus on academic success, good character and leadership, as well as healthy lifestyles and career pathways and work readiness. Meals and snacks will be included.

The weekly summer program fees range from \$60 to \$100 per week for youths ages 5 to 12 depending on the club location. Financial assistance is available. The cost is \$60 per week at the Harry & Sandy Rosenzweig Branch

for youths ages 5 to 12. There is an annual membership fee of \$30, which is waived for youths who already are members. Those ages 13 to 18 can attend the summer program for free if they also have paid the annual membership fee of \$30. The LEAP program is offered from 8:30 a.m. to 1 p.m. Mondays through Fridays while there is an afternoon session from 1 to 6 p.m.

Safety measures are being taken at the Boys & Girls Clubs during the COVID-19 pandemic.

To learn more, visit [www.bgc.org](http://www.bgc.org).

**Youths keep in motion at Impact Gymnastics camps**

Kids can turn cartwheels and flip over activities at Impact Gymnastics Academy, located at 7812 N. 12th St., during summer day camps from June 1-4, 7-11, 14-18, 21-25 and June 28 to July 2. There will be additional sessions from July 5-9, 12-16, 19-23 and 26-30 and from Aug. 2-6. Children and teens ages 4 to 18 will take part in gymnastics, tumbling, NinjaZone, games, crafts and other activities.

The full day option runs from 9 a.m. to 3 p.m. with a cost of \$75 per day or \$330 per week. Children can participate in the half-day sessions from 9 a.m. to noon or noon to 3 p.m., with a cost of \$55 per day or \$245 a week. Extended care is being offered from 8 to 9 a.m. and 3 to 4 p.m. at a cost of \$25 per enrollment.

Youths must bring a mask or shield, as well as lunch, snacks and water and wear gym-appropriate clothes.

To register and learn more call 602-870-7574 or visit [impactgymaz.com](http://impactgymaz.com).

**Explore sky, planets in science center shows**

The sky is the limit and the subject of two Arizona Science Center shows.

“Arizona Skies: Winter,” in which audiences learn about the night sky and hear stories about various constellations visible at this time of year, will continue all day through Monday, May 31.

“One World, One Sky: Big Bird’s Adventure” also runs through May 31. This show is about Big Bird and Elmo, who take a memorable journey to the Moon and back. With some help from Big Bird, the two friends learn about the Sun, Moon and the Big Dipper. The audience is invited to sing along.

To learn more and buy tickets, visit [www.azscience.org/visit](http://www.azscience.org/visit).

**Children’s Museum of Phoenix to reopen**

The Children’s Museum of Phoenix will reopen its interior spaces on Saturday, May 29.

It had closed its doors on March 13 of last year to try to reduce the spread of COVID-19 at the beginning of the pandemic. The museum will close to the public for 19 days, starting May 10, as it dismantles its outdoor Adventure Play experience and prepares the interior exhibit spaces for visitors to return. After that the museum will be open from 9 a.m. to 4 p.m. daily from May 29 to Labor Day, Sept. 6.

COVID-19 safety measures will stay in place including limited capacity and timed ticketing. Visitors also must wear masks and socially distance themselves.

The museum will offer in-person summer camps with a reduced number of youths per week, starting May 31. These camps are designed for children ages 5 to 8 and they offer different themes including Dinosaur Discovery, Superhero Adventure and PAWsome Pets. To learn more, visit <https://childrensmuseumofphoenix.org>.

**Explore art with your kids through The Heard Museum**

You can explore artwork at home with your children in a variety of ways through the Heard Museum.

Check out the Heard@Home online, where you can view artworks five artists created in the “Larger Than Memory” exhibition via a family guide. Every section is based on one artist and includes a hands-on activity. A chart organizes activities to correspond with recommended grade levels in Arizona State Standards.

You and your family members also can explore various activities to learn curricula that meets state standards on the same website. There are many activities where your child can create and color something including a Yua Paper Doll, Yosemite postcards, directions for making baskets and a paper saddlebag.

If you have a budding chef at home, the Heard Museum also offers recipes for its Courtyard Café online including posole.

To view the artwork, download the educational guide and activities and see the recipes, visit <https://heard.org/heardathome>.



## ARTS &amp; ENTERTAINMENT

## View and buy artwork online from Herberger

The Herberger Theater Center's Art Gallery has been closed to in-person visitors due to the COVID-19 pandemic but you can see artwork local artists have created in the virtual "Celebration of our Earth" through May 31. Acrylics, photographs, watercolors and digital pieces make up the collection.

A portion of the proceeds from sales of all the artwork will go to the Herberger Theater's outreach programs. Also, 30 percent of every piece bought is tax deductible, with revenue from sales assisting the theater's youth outreach programs. To learn more or purchase artwork, contact Lauren Austin at 602-254-7399, ext. 105 or via [laustin@herbergertheater.org](mailto:laustin@herbergertheater.org). View the exhibit at [www.herbergertheater.org/celebration-of-our-earth-virtual-exhibit](http://www.herbergertheater.org/celebration-of-our-earth-virtual-exhibit).

The public also can buy pieces in the Herberger's Art Gallery Gift Shop that are on display online and pick them up once the theater has reopened. Local shipping is available for an additional fee. For these purchases, 30 percent of the proceeds is tax-deductible and will help the theater's outreach and education programs. To see the gift shop artwork, visit [www.herbergertheater.org/art-gallery-gift-shop](http://www.herbergertheater.org/art-gallery-gift-shop).

## Ballet theater returns with 'Swan Lake'

Ballet Theatre of Phoenix is returning to the stage with a performance of Tchaikovsky's popular "Swan Lake" this month.

This presentation will take place at 5:30 p.m. on Saturday, May 29 at Holy Trinity Orthodox Cathedral Phoenix at 1973 E. Maryland Ave. Ballet Theatre of Phoenix director Jennifer Cafarella choreographed this ballet, which features students' artistry and serves as the spring program for the school. Considered one of the greatest classical ballets, "Swan Lake" requires tremendous technical strength and ability, as well as excellent physical performance to portray the nuanced characters.

Ballet Theatre of Phoenix, located at 6201 N. Seventh St., hosts top ballet and contemporary dance instructors who teach dancers ages 3 to adult. It also is the home to Convergence Ballet Company, which allows dancers to explore different movements that are rooted in classical ballet.

Tickets to "Swan Lake" are \$15 each and are available at [www.ballettheatre-ofphx.org](http://www.ballettheatre-ofphx.org). To learn more about Ballet Theatre of Phoenix's classes, summer intensive and other training programs visit the website or call 602-957-3364.

## Escape to paradise at 'Margaritaville' show

If you are a Parrothead or just looking for a fun escape, check out "Jimmy Buffett's Escape to Margaritaville," coming to the Madison Center for the Arts.

The show will be on stage Sept. 16 at the arts center at 5601 N. 16th St. With a book by Emmy Award winner Greg Garcia and Emmy Award nominee Mike O'Malley, the show features original songs and cherished Jimmy Buffett classic tunes including "Fins," "Cheeseburger in Paradise" and "Volcano," among others. *USA Today* said this jukebox musical "could be a little slice of paradise" for Buffett fans. For tickets, visit [www.themadison.org](http://www.themadison.org).

## Museum exhibit explores afterlife

Explore artists' take on the afterworld in a diverse exhibit at the Phoenix Art Museum.

"Seeking Immortality: Ancient Artifacts" will be on display through Nov. 7 in the Art of Asia galleries. This exhibition features ceramic pieces and other objects from China, Korea and Japan that are intended to accompany people who are deceased into the afterlife. Questions about how to bury the dead and concerns about an afterlife and immortality prompted artists to create many artifacts that validate some of these beliefs. In Asia, for example, the deceased were interred in tombs that reflected their status in life and offered them items that they might need in the next life. Some of the objects were utilized daily but others were created specifically for the burials. Often pottery figures were used instead of burying servants and animals.

This exhibition is possible in part because of the contributions of the museum's Circles of Support and museum members. It showcases objects donated to the museum's collection as well as artwork purchased with funds provided by the Asian Arts Council.

Phoenix Art Museum is located at 1625 N. Central Ave. To learn more, visit <https://phxart.org>.

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## FOOD FOR THOUGHT

# Café Chat

## Take-out helps Federal Pizza weather the pandemic

By Marjorie Rice

Of all the restaurants that have faced the challenges of the COVID-19 pandemic, pizza places are among those that seem to have fared best. They are, after all, made for pickup and delivery service, so when in-house dining was closed, their customers already had a convenient alternative.

Federal Pizza took that convenience a step further, with a drive-thru window that was part of the original design when parent company Upward Projects opened the restaurant nine years ago in a renovated 1950s First Federal Bank building.

The drive-thru has been a powerful draw, said Chef Eric Ramirez, director of culinary for Upward Projects. It allowed patrons to pick up pizzas, sandwiches, salads, pastas, drinks and more, without leaving their cars.

Off-premise liquor licenses at Federal and its sister restaurant, Postino, also helped them ride out the worst of the pandemic closures, said Lauren Bailey, co-founder of Upward Projects with Craig Demarco. The company operates several Postino locations, as well as North Central favorites Windsor, Joyride and Churn.

Customer loyalty has been invaluable as well, Bailey said.

“As everyone has, we’ve been through the wringer with COVID in some way, shape or form,” she said. “But I think we’ve been really lucky because we’ve had such great support from the neighborhood in getting to-go food from us. That’s really helped sustain us.”

Ramirez, who joined Upward 15 years ago after attending the Arizona Culinary Institute and stints with local hotels and Fox Restaurant Concepts, is proud of Federal’s contribution in sustaining the parent company.

“Federal Pizza as a whole was a really big part of our success during the COVID shutdowns,” he said.

While convenience played a big role, Ramirez credits Federal’s quality for bringing customers back again and again.

“We want people to know just how good our food is,” he said “It’s a scratch



Federal Pizza Chef Eric Ramirez says that biga, an Italian sourdough starter, gives his pizza dough its signature tangy flavor (photo by Marjorie Rice).

kitchen with everything made in house. And we want them to know how fun the environment is. It’s a non-pretentious spot and I hope more people in the city get to know about us.”

Pizza leads the menu, of course, and this pizza is a standout, with a distinctively tangy crust.

“It’s made with biga, an Italian sourdough starter that is kick-started with just a little bit of dry active yeast to help start the fermentation process,” Ramirez said. “We make our starter the night before and let it ferment about 12 hours. We use that biga dough to make everything – our pizzas, sandwiches, focaccia, and even breadcrumbs for our chicken parmesan.”

Pizzas are baked in an oven that includes gas-fired burners on one side of the big chamber and wood on the other, giving a smoky finish to the crust as it bakes to a pleasantly chewy texture.

The menu includes popular standards -- pepperoni, margherita and combinations of sausage, pepperoni, peppers and the like – and some unusual offerings including one with roasted brussels sprouts, pancetta, Grana Padano (similar to Parmigiano-Reggiano) and lemon zest; and another with sweet potato, sage and ricotta. Or ask for your own favorite combo.

The menu includes several pastas including a traditional spaghetti Bolognese with large house-made meatballs. Additionally, Ramirez offers

up an unusual pasta with lamb Bolognese sauce.

“It’s a little tangy and tart, really delicious and really popular,” he said. Another favorite is the pasta garganelli, with broccolini, lemon basil pesto, pine nuts, oven-roasted tomatoes, red pepper and Grana Padano.

Popular appetizers include several types of chicken wings, along with fried mozzarella, arancini and “loaded” brussels sprouts with bacon, sliced almonds, garlic, shallots, saba (an Italian syrup similar to balsamic vinegar) and lemon herb aioli.

New menu additions are on the way, Ramirez said, though the final list was still being developed at press time. One to watch for: a Detroit-style deep-dish pizza.

Throughout the pandemic closures, Ramirez was able to keep most of his team.

“We’re very close-knit, and there was plenty for everyone to do,” he said. Meanwhile, Upward Projects is staffing up, inviting staff members who were out of jobs during the pandemic to come back this month.

“We’re facing increased demand as customers come back into the restaurants,” Bailey said. “Like many other restaurants, we’re really struggling to staff for it. It’s a great problem to have. If you had told me a year ago I would have this problem, right now I would be so thrilled and excited. We feel such grati-

tude to everyone in the neighborhood. We’re still standing because of their support, and it means the world to us.”

Federal Pizza, located at 5210 N. Central Ave., is open 11 a.m. to 11 p.m., Mondays through Thursday, 11 a.m. to midnight Fridays and Saturdays and 11 a.m. to 10 p.m., Sundays. For more information, call 602-795-2520 or visit upwardprojects.com.

# Dining Briefs

## Flower Child takes unique approach to Cinco de Mayo

Flower Child is putting a healthier spin on Cinco de Mayo but keeping the spice this month.

The restaurant will offer a gluten-free, vegetarian version of chicken enchiladas through Monday, May 31. It is made with Guajillo chile, smoked gouda, poblano crema, organic black bean, roasted corn and avocado. Customers can order it to eat in the restaurant or for curbside pick-up, take-out or contact-free delivery.

Flower Child, which has a location at 100 E. Camelback Road, also has responded to customers’ requests for savory lasagna that is ideal for those following the Keto diet. The restaurant recently posted on its Facebook page that it was going to make the Keto Turkey Sausage and Zucchini Lasagna a permanent fixture on the menu, saying “You asked, we answered!” This dish features organic tomato, kale, smoked gouda and ricotta.

Flower Child aims to offer healthy food including proteins that are raised naturally, without additives and organic produce steered by the wisdom of the Environmental Working Group.

There are several Flower Child locations in the Valley. To learn more, visit <https://order.iamflowerchild.com>.

## Treat mom for Mothers Day at Phoenix City Grille

Phoenix City Grille is rolling out the red carpet for ladies who give so much to their families all year on Mothers Day.

The restaurant at 5816 N. 16th St. will offer two special entrees on Sunday, May 9, in honor of the occasion. Its Filet Oscar features wood-grilled beef

*please see GRILLE on page 36*



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## FOOD FOR THOUGHT

**GRILLE continued from page 35**

tenderloin filet with caramelized cipollini onion-smashed Yukon potatoes, as well as lump crab meat, organic asparagus and Meyer lemon hollandaise for \$44. Phoenix City Grille also will offer a Pan-Roasted Chula Seafood Wild Alaskan Halibut that comes with citrus-roasted local beets, haricot verts, champagne beurre blanc and toasted Marcona almonds for \$34. Mothers who come to the restaurant will each receive flowers of gratitude.

The special entrees, along with Phoenix City Grille's regular menu, are available on May 9. To make a reservation, call 602-266-3001 or visit [www.phoenixcitygrille.com](http://www.phoenixcitygrille.com).

**Buy 'passport' to pub savings, help charities**

Sip on your favorite beers at various breweries in Phoenix for a bargain while also helping to support a local, food-based charitable organization.

When you buy a PubPass – America's Favorite Craft Beer Passport book, you can take advantage of deals at breweries and enter for a shot to win prizes at year-end parties. This offering is available around the country but there were 18 breweries participating in the program in the Valley. Some of the participating businesses in North Central are First Draft Book Bar inside Changing Hands Bookstore at 300 W. Camelback Road; Helton Brewing Co. at 2144 E. Indian School Road and The Casual Pint at 4626 N. 16th St.

When you buy the PubPass you can enjoy a pint of craft beer for one penny at the 18 Phoenix breweries, as of press time. The 2021 Phoenix PubPass costs \$18. It is in a format that is similar to a passport, with a page for every participating bar that customers ask a bartender or server to stamp after receiving their free beer. For every PubPass book purchased, \$1 is donated to a local, food-based charity, including St. Mary's Food Bank in Phoenix.

To learn more, visit <https://getpubpass.com>.

**Match Market & Bar offers Mothers Day specials**

Treat your mother or another special woman in your life to some sweet and savory bites at Match Market & Bar on Sunday, May 9.

In honor of Mothers Day, the restaurant at the FOUND:RE Phoenix

Hotel at 1100 N. Central Ave. will offer a smoked salmon Benedict and fried coconut gelato that day. The smoked salmon Benedict features Chula smoked salmon, as well as bacon, hollandaise, arugula, tomato, avocado and capers on an English muffin for \$14. Try the gelato, which has corn flakes, banana, fried coconut shavings, strawberry and honey for \$13. You can order the salmon Benedict and the gelato for \$24. These specials are available from 11 a.m. to 3 p.m.

To learn more, call 602-675-8080 or visit [www.matchphx.com](http://www.matchphx.com).

**Buy mom a subscription from Press Coffee**

Buy your mother a gift that provides a boost and keeps on giving from Press Coffee.

The local coffee roaster will offer 10 percent off the cost of gift subscriptions through Mothers Day, May 9. Customers can choose how often the coffee is delivered, how long the subscription will last, the quantity and type of beans and the grind they want shipped to their mother or other recipient. They can buy coffee already ground or whole beans. Subscriptions are available to be delivered every week, every other week or every four weeks. Press Coffee subscriptions can provide one bag or two, three or four bags of java per delivery.

Press Coffee has nine locations around the Valley including one at 2390 E. Camelback Road. To order a subscription and learn more, visit <https://presscoffee.com>.

**Let AJ's Fine Foods prepare your holiday feast**

AJ's Fine Foods can help you deliver a scrumptious feast for Mothers Day or any occasion with catering and gourmet-to-go foods.

The grocery store features a butcher's corner where you can buy grass-fed, USDA Prime and USDA Choice steaks, along with American-style Kobe ground beef, American raised lamb, all-natural pork and poultry, as well as Italian stuffed pork roast, baby back ribs, chicken cordon bleu and many other meats. Choose made-to-order, gourmet sandwiches and wraps in meals that include chips or your choice of a salad, as well as soups and entrees. AJ's Bistro for Breakfast is open from 6 to 10 a.m. daily and you can dine on AJ's Patio Grill, where cheeseburgers,

hamburgers, chipotle black bean burgers, ribeye steak sandwiches, chicken breast sandwiches and many other foods are served a la cart or as meals. Check your local AJ's store for the hours the patio grill is open.

Take the pressure off celebrations by asking AJ's to cater your next party, with menus and services customized for different size groups and budgets. There are holiday dinners, hors d'oeuvres and seafood specialties, as well as party and sushi platters, signature cakes, buffets and many other offerings.

AJ's Fine Foods has many locations in the Valley including one at 5017 N. Central Ave. To learn more, visit [www.ajsfinefoods.com](http://www.ajsfinefoods.com).

**From pastries to cocktails, Valentine covers it all**

Two Phoenix natives with a heart for cuisine are offering diners an eclectic combination of a bakery, café, neighborhood restaurant and cocktail bar rolled into one.

Chadwick Price and Blaise Faber recently opened Valentine at 4130 N. Seventh Ave. after having worked at other restaurants. This eatery offers coffee, pastries and brunch, as well as dinner and cocktails, utilizing much produce and other ingredients that farmers grow in the state and region.

Some of the pastries at Valentine include mesquite and miso chocolate chip cookies; heirloom corn and coconut cookies and a squash, sticky bun with rose caramel glaze. Brunch offerings include a churro waffle with dulce de leche, mesquite chai spice and whip, as well as a breakfast sandwich with house sausage, marbleized egg, raclette pimento and squash toast. Coffee and pastries are available starting at 7 a.m. Brunch is offered from 9 a.m. to 3:30 p.m. and dinner is provided from 5 to 10 p.m. and until 11 p.m. Fridays and Saturdays.

For dinner, a popular meal is the smoked two wash ranch chicken that includes durum wheat berries, toasted greens and kernal yogurt. The elote pasta features house-made tagliarini, pecorino, crispy corn and arbol flake.

Quench your thirst with unusual drinks at Valentine including a hatch chili margarita, a coffee old fashioned, a squash latte and a vanilla corn cappuccino, among many others.

The restaurant is open Wednesdays through Sundays. To learn more, visit [www.valentinephx.com](http://www.valentinephx.com).

**Celebrate mom with treats from local chocolatier**

Something sweet is in Sunnyslope in time for Mothers Day.

San Francisco Chocolate Factory recently opened at 702 W. Dunlap Ave. Owner Jay Levine's specialty is caramel apples, which are handmade and come individually wrapped in 17 different varieties. Levine also produces handmade chocolate fudge that he folds into logs and handmade chocolates created in small batches to ensure their freshness. Frozen chocolate-covered bananas and frozen chocolate-covered cheesecake are among the many other confections.

For Mothers Day, you can buy one dozen, chocolate-dipped strawberries for \$18. San Francisco Chocolate Factory also is selling Mothers Day gift baskets in four sizes. The \$23 gift tin has one pound of assorted, handmade chocolates, while a \$30 wicker gift basket has one pound of different chocolates, a half-pound of fudge and a fresh caramel apple. A \$60 wicker basket holds two pounds of various chocolates, two fudges in different flavors and two caramel apples. The \$90 Mothers Day wicker gift basket features three pounds of assorted handmade chocolates, as well as three different, half-pound flavors of fudge and three, freshly made caramel apples.

San Francisco Chocolate Factory is open from 9 a.m. to 6 p.m. Mondays through Fridays, from 10 a.m. to 6 p.m. Saturdays and from 10 a.m. to 5 p.m. Sundays. To learn more, visit <https://sfcfonline.com>.

**Culver's adds savory pretzel bites to menu**

Try something new as a snack or meal at Culver's – Pretzel bites.

These hot, crispy and chewy treats are back permanently as a core menu item at the restaurant, which has several locations around the Valley including one in North Central. They come with Wisconsin cheddar cheese sauce. These savory bites can be paired with Culver's ButterBurger and fresh frozen custard.

Culver's has a location at 825 E. Camelback Road. The pretzel bites at this restaurant cost \$3.69. To learn more, visit [www.culvers.com](http://www.culvers.com).

**For local restaurant listings, visit our Dining Guide online at [www.northcentralnews.net](http://www.northcentralnews.net)**



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