



# north central news

the voice of the north central phoenix community since 1999

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## Homeless services to shift in Sunnyslope

By Kathryn M. Miller

In mid-April, Sunnyslope's St. Vincent de Paul Dining Room board voted to transition towards closure as new shelters in the area near completion and the City of Phoenix brings a heat relief station to the adjacent Sunnyslope Family Services Center.

The dining room, which opened in 1996 on 10th Avenue south of Hatcher Road, has in recent years raised concerns among neighbors due to issues of litter and loitering created by its patrons.

News of the dining room closure, which will take place by the end of 2023 or early 2024 as area shelters serving those experiencing homelessness open, was enthusiastically welcomed by many neighbors and area business owners when it was shared at a May 11 meeting of The HUB (Hatcher Urban Businesses).

"I think people were appreciative of the fact that [St. Vincent de Paul] recognized the issues," said Caroline Lobo, co-chair of The HUB. "The way they phrased it, the reason they were closing is they felt like that place was not a place of dignity anymore for their clients."

"Essentially, our services in Sunnyslope are going to transition from our center on 10th to meal services provided at the CASS shelter, Project Haven, and the CBI Shelter, North Mountain Healing Center," explained Danielle McMahon, associate chief operations officer at St. Vincent de Paul. "That transition

*please see SHIFT on page 6*



Fifth-grader and Royal Palm neighborhood resident Paloma celebrated on May 15 after being named the Arizona state winner of the 2023 Google for Doodle contest (submitted photo).

## Local fifth-grader named 'Doodle' state winner

By Kathryn M. Miller

Each year for the past 14 years, Google has invited students in grades kindergarten to 12 to create a "Doodle" that will grace the search engine's homepage. For its 15th year contest, the theme is "I am grateful for..."

Fifty-five state and territory winners were chosen, representing various ages groups: grades K-3, 4-5, 6-7, 8-9 and 10-12. The winning doodles were made public on May 18, and the Arizona state winner is Paloma, a fifth-grade student who lives in the Royal Palm neighborhood.

"I named my artwork 'World of Gratitude,' and it's supposed to represent that I'm grateful for reality and imagination," Paloma said of her colored pencil and Sharpie creation. "On the imagination side, it's supposed to represent my friends and family, my cat, Oreo and nature. And then on the imagination side, it's supposed to represent more color, my dreams and ideas in my head."

Doodles were judged using three parameters: artistic merit, based on artistic skill; creativity, representation of the con-

test theme, use of the letters in the Google logo, and the unique approach to the Doodle; and theme communication, how well the contest theme is expressed in both the artwork and the written statement.

The student's mom, Ily, is incredibly proud of her daughter's accomplishment.

"Paloma is very creative," Ily said. "Although in a competition there's the technicality...we had to work with her on the technicality of it. But she delivered beautifully."

Paloma says that she enjoys creating art, but it was reading that drew her to it.

"I got involved with art because of books, actual-

*please see DOODLE on page 8*

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COMMUNITY

## From the Editor

Happy Summer, North Central Neighbors!

I know, we hit our first 100 degree reading April 30...but this month makes it official. And with the heat, comes a friendly reminder to be safe out there: stay hydrated, be mindful of heat warnings and closures on Valley trails, never leave young children or pets in hot cars, and look out for your four-legged family member's sensitive paws on hot sidewalks.



For this month's cover stories, we followed up with our May 2023 cover story and highlighted some of the shifts in the ways that individuals experiencing homelessness in North Central will be served. We also caught up with a

fifth-grader from the Royal Palm neighborhood who is the Arizona state winner of this year's Doodle for Google contest.

Our top story in Community focuses on a North Central teacher who is retiring after 30 years of teaching at St. Francis Xavier school. And in this month's Café Chat, Marjorie Rice went downtown to talk to the chef at Carcara about how she is integrating locally-sourced products in the restaurant's Arizona-centric menu.

As always, you can learn about the great things happening in our North Central schools, catch up on other community, business and dining news, and explore our round-up of things to do in the Valley.

We wish all the dads out there a very happy Father's Day, and hope that you enjoy our June issue!

Kathryn M. Miller  
Editor, North Central News  
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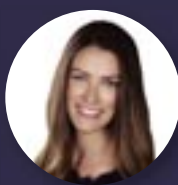
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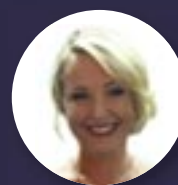
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## COMMUNITY



Nancy Grucky, a fourth-grade teacher at St. Francis Xavier school, celebrated her retirement at a May 15 event (photo courtesy of the Grucky family).

## Teacher retires after three decades

By Kathryn M. Miller

At a May 15 event held in the gym at St. Francis Xavier school, North Central resident and fourth-grade teacher Nancy Grucky was joined by family, friends, colleagues and students as she prepared to say “farewell” to a school she began teaching at in 1983.

A Phoenix native, Grucky began her own education at St. Gregory grade school, then attended Xavier College Preparatory. College took her out of state to Gonzaga University, where she took her first teaching job. But an untimely death in the family brought her back home to Phoenix, and eventually to St. Francis Xavier.

Grucky’s first teaching stint at the school began as a substitute in 1983. She taught there until 1987, when she and her husband, John, were expecting their second child. She made the decision to take a break from teaching to stay home and raise her family, but when her third child started grade school, she knew it was time to return to a job she loved. So, she returned to the school in 1996 and has been teaching there ever since.

The teaching profession is not always an easy one, Grucky said, but it does have its rewards.

“It is a very difficult job. It doesn’t pay well... it sounds cliché, but it is extraordinarily rewarding, when you see that ‘aha’ moment where they actually get something that was hard or they feel proud of themselves for their learning,” she said.

Another reward for staying at one

school for decades, is that the teacher has seen her students return to the school as teachers, which is incredibly validating. One student, Sarah Behring, was a student and has returned as Grucky’s fourth-grade teaching partner.

In a recent school newsletter, Behring wrote, “Mrs. Grucky taught me to find joy in my life every day and her joy of teaching is what shines above all else.”

But challenges always arise. During the pandemic, Grucky said she came close to leaving, because the new demands of technology threw her a curve ball.

“When the pandemic hit, I was in big trouble, because I was not fluent at all with using the technology. My partner teacher at the time, Ashley Ezell, who was young enough to be one of my kids, I just looked at her and said, ‘I might have to quit because I really just can’t do this. It is just way too difficult for me.’ She was so amazing. She was the one that embraced me and just said, ‘We can do this. We will do this.’”

It is that kind of camaraderie that kept her going.

“All of the women that I’ve worked with, they have made me a better teacher because they have imparted who they are on me. I’ve been lucky that I’ve taught with so many amazing teachers,” Grucky said.

And the feeling of admiration for Grucky is returned.

“Nancy is just an absolute gem,” said St. Francis Xavier principal Ryan Watson. “She is the epitome of professionalism, competence and care for our kids.”

Watson added, “She’s a great mentor to our newer staff. She’s a great role

*please see RETIRES on page 8*

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**HOMELESS continued from page 1**

will happen once both locations have fully opened. We don't want to leave a gap in services for anyone that's in need in the community. So, our kitchen will provide three meals a day, seven days a week at each of those locations. It will be, in total, around 270 folks across the two sites."

She added, "Once those open, we'll be partnering with them to help our guests find a solution in their shelters and hopefully get off the streets. It is the first time ever in the area where there are beds available. We serve the community of Sunnyslope, our guests are part of the community of Sunnyslope, and this gives them an option that's close to home for them that hasn't been there before."

The Haven is a Central Arizona Shelter Services (CASS) facility that will provide 170 shelter units for older adults, age 55 and up, who are experiencing homelessness. The North Mountain Healing Center, a Community Bridges, Inc. (CBI) shelter, will provide 100 units. Both facilities were existing buildings that were

acquired by the respective organizations to be rehabilitated into shelters.

"The property is currently undergoing renovations but our goal is to get our doors open as quickly as possible to help seniors in need," said Dayna Gabler, chief development officer for CASS said of The Haven, which is located at 8152 N. Black Canyon Hwy.

"Our plan is to open the first set of units in July 2023, which should be approximately 40 units, and be fully operational by November."

"The Haven will be a closed campus model, meaning services are only available to shelter guests," Gabler added. "The Haven model will have private rooms and shared living areas that are ideal for seniors because they are safer and less overwhelming than congregate shelter models. Our seniors will also be able to keep their pets, which can often be a deterrent to entering other shelters. All guests will be case managed and work directly with our housing team to help them find safe and stable permanent housing opportunities."

The projected opening date for the CBI facility, located just north of

Dunlap Avenue on 25th Avenue in a former Ottawa University building, is between January to June 2024, according to the last information available to a City of Phoenix Office of Homeless Solutions (OHS) spokesperson.

The city of Phoenix made a \$4 million CARES Act funding investment in each of the facilities, with the Arizona Department of Housing investing \$7.5 million in the CASS location and Maricopa County investing \$6 million in the CBI location.

Another area shelter on the horizon is a new U.S.VETS facility, located just southwest of the intersection I-17 and Cactus Road and dedicated to housing military veterans. Although this shelter is not partnering with St. Vincent de Paul for meals, it will serve the Sunnyslope and surrounding areas.

Formerly a motel, the remodeling on the facility began in 2021 and the organization hopes to open its transitional housing this summer, between June and July, says Jennifer Gewarges, executive director of U.S.VETS-Phoenix.

"The transitional housing is about 162 beds. Within different programs that we have grants for and right now we have about 20 to 25 permanent housing unit," Gewarges said. "For the residential side, we still have to wait for the second phase, which includes staff offices."

Despite all of this, it feels like one step forward, two steps back for residents and businesses along Hatcher Road. At the same May HUB meeting, the City of Phoenix announced that a new heat respite shelter will open across the street from the dining room.

"I think people are not exactly happy about it," Lobo said. "They're willing to give them an opportunity, but we're very concerned that we are going to be inundated with people."

She added, "We empathize with what the city is trying to do, trying to increase that touch point, so that we can get people to help that they need. So, we're going to work with them to see where this takes us."

Rachel Milne, director of the City of Phoenix Office of Homeless Solutions, broke down the details of the new shelter.

"We were lucky enough to receive a grant from Maricopa County for specifically for heat respite," Milne said. "We wrote a grant to fund the heat respite center at the Sunnyslope Family Services Center.

She added that the respite area *please see SHIFT on page 8*

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**Bobby Lieb, PC Associate Broker | Partner**

## Welcome, June

Summer Solstice, Family Vacations, great rates at hotels and golf courses, add the very long and very hot days in June – this is the beginning of our Phoenix summers. Not for the weak, and always keeping your sunscreen close, Phoenix continues to be the greatest city to live and raise your family.

Every day, I realize how lucky I am that my dad, Herb Lieb, chose Central Phoenix when he relocated from North Carolina. He became partners with Geri Aron (Kagel), Kagel's, a fashionable ladies' apparel store located in Park Central Mall. Dad opened stores in the old Thomas Mall and Scottsdale Fashion Square but eventually closed those two stores. Having found success in the retail scene, he returned to France as a tourist. He had been there in World War II after joining the US Army, under very different circumstances. While revisiting France, he observed the popularity of the "discotheque" with a DJ instead of live music and wildly more liberated.

Herb was inspired by the astrological trend that was so popular. Lieb (an Aquarius) opened Herb's Underground Disco, a zodiac-themed nightclub located in the lower level of the Greyhound Tower, at Central Avenue and Clarendon with Bill Haywood as his Disc Jockey.

I was reminded of the many places my dad used to patronize when I listed and sold 322 W. Stella Lane. Back in the day, this address backed up to the Ambassador Hotel (4th Avenue and Maryland) where the famous local restaurant/pub called Rocky's Hideaway was located (homage to Rocky Costanzo.) Mary King, who recently moved to LAUNCH|COMPASS and is working to establish our Central Division with like-minded agents, brought the buyer on day 2 of the listing.

Because of the many friends and business associates with the retail stores and nightclubs, my father knew about half of the population in Central Phoenix, which eventually was a great boost for me when I decided to move out here after playing college baseball at Coastal Carolina in 1977-78.

Dad opened the Jockey Club Nightclub, 2210 E. Highland Ave., in 1976 and I started working there in 1978. We sold it in 1985. As

many of you, know I met my wife MaryAnn there when she filled in as a DJ one night and I never let her leave! We then opened a subsequent Jockey Club at 52 E. Camelback in 1989 with dad's friends as investors, Marsha and Mal Straus, who had Leonard's Luggage in Park Central Mall; Burt Lewin; and Mike Hayes. As some of you remember, we leased the club in 1995 to the movie, "Waiting To Exhale," starring Whitney Houston and Angela Bassett. If you watch the dance club scenes, it was inside the Jockey Club, what is currently Chipotle Restaurant at the south end of Uptown Plaza.

The current Uptown Plaza, anchored by AJs Fine Foods, was preceded by Euro-Market where Guy Coscas, a specialty grocer, offered Chris Bianco the opportunity to make and sell pizzas in the corner of his store, becoming his original restaurant in 1987. We are all fortunate to call the New York Native and his family our own, as he has made a bit of a splash with (2) Pizzeria Bianco, Pane Bianco, and Tratto here in the Valley and now Pizzeria Bianco DTLA.

The community holds a wealth of these magical stories that become precious gems. Our Central Division of LAUNCH|COMPASS continues to expand and we look forward to working together to find and/or sell your home. We would love to invite you to our new office in the Central corridor, once open, and answer any of your questions. We hope to see you soon--visiting one of our 'cool' restaurants, this summer.

*Bobby Lieb*

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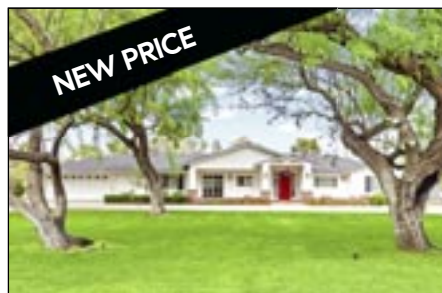
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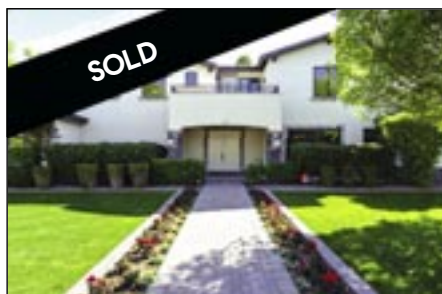
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**COMMUNITY**

**DOODLE continued from page 1**

ly,” the student said. “I just love books. And then I love drawing, occasionally, what I read in books.”

Her love of reading is reflected in her doodle, which depicts the artist in the center surrounded by books. And her love of art was fostered through an online art class and her art teacher, Kristin Vizzini.

Paloma says that she enjoys art because of the unbound creativity involved, “I like how I don’t have to do a specific thing. There’s nothing really wrong about art, unless you’re aiming for a goal on it.”

She added her encouragement to other young people to give art a try for their own exploration and enjoyment, saying, “There are no rules to art.”

Online voting among the 55 state and territory Doodle for Google winners ran from May 18–25. From there, five national finalists will be chosen. Then, a national winner, which will be featured on Google.com will be named. The winning artist will receive a \$30,000 college scholarship, and their school will receive a \$50,000 tech package. To follow the contest, visit <https://doodles.google.com/d4g>.

**SHIFT continued from page 6**

opened in the lobby of the center, located at 914 W. Hatcher Rd., May 15 and will be open from 10 a.m. to 4:30 p.m., Monday through Friday, through Sept. 30. The respite area, which will have a capacity for up to 40 people, is partitioned off from the rest of the center, which will still provide its regular daily services to area residents.

The OHS is also partnering with St. Vincent de Paul.

“St. Vincent de Paul has a staff person who’s there throughout those hours, and then I have a staff person from my team from the OHS, a case-worker that’s there every day as well. We’re providing not only heat respite — water, the ability to get out of the elements for a little while — but also case management services, connection to other services if needed.”

She added, “We’ve got security there to make sure things operate smoothly.”

Milne also noted the “very dramatic change in approach” that the city has taken towards homelessness.

“Whereas prior we used to really rely on partners and contracts for shel-

ter and housing and outreach, now, we are really taking on a lot of that ourselves. We are a direct service provider. We have case workers and case managers and navigators.”

She added, “The city’s been very focused on opening additional shelter beds. We have a total of 800 beds in various stages of development across the city. We’re really focused on that crisis intervention right now and getting those indoor places where people can be not only during the day but overnight and then move on their path to end their homelessness.”

Milne said that her office will continue to utilize its PHX C.A.R.E.S. (Community Action Response Engagement Services) outreach team to address encampments in the area, and encourages residents to contact them if they see issues in their neighborhoods.

Call 602-262-6251 or visit [www.phoenix.gov/phxcare](http://www.phoenix.gov/phxcare).

**RETIRES continued from page 4**

model for our students, and I just feel like her consistent approach in the classroom always really reflects love and respect, because it goes both ways between her and the kids and her as well.”

The school, which was founded in 1936 and currently has 656 students enrolled in preschool through eighth grade, has seen plenty of changes over the years. But as the principal noted, one of the five tenets of Jesuit education is to be open to growth. In meeting the challenges of changing education landscapes, that is something that Grucky echoes, and she adds that balance is also important.

The teacher says that young people who are entering the profession should be flexible and seek balance.

“Plan and prepare your lessons very well. Then be prepared to pivot at any given time.”

Grucky added, “Spend time really getting to know your students. When they trust you and feel safe around you, they are willing to fail. It is through failure and finding mistakes in a safe setting that true learning takes place.”

As far as what comes after retirement, she is still contemplating that. In the meantime, she encourages her students and fellow teachers to follow another tenet of Jesuit teaching, “Go out and set the world on fire.”

She added, “And I’m planning on doing the same in my chapter two.



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# MAY is Better Hearing & Speech Month

## Why is Better Hearing, Better Healthcare?

Research indicates hearing loss is closely related to common medical conditions such as diabetes, tinnitus, heart disease, depression and risk of falls. Annual hearing exams and treating hearing loss may be a primary factor in delaying or reducing dementia's chronic impacts. *Better hearing enhances communication in all aspects of your life.*

## What is meant by Ears Collect, Brains Connect?

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## COMMUNITY



A rendering shows what the new transit center at Metrocenter, named for former Phoenix City Council member Thelda Williams will look like (photo courtesy of Valley Metro).

## Transit station named after council member

In May, it was announced that the new transit center currently being built at Metrocenter will be named for former Phoenix District 1 City Council member Thelda Williams. The transit center will be located under the elevated light rail station, currently under construction, as part of the Northwest Light Rail Extension Phase II project, which runs 1.6 miles, from the light rail station at Dunlap and 19th avenues to Metrocenter's elevated station. Light rail testing is anticipated to begin in early 2024 along this stretch of the light rail.

Williams served on the Phoenix City Council from 1989-96 and 2008-21 and is the only person to have been named interim mayor three different times (in 1994, 2012 and 2019). She also served as vice mayor, chair of the Transportation Infrastructure and Planning Subcommittee, and chair of the Valley Metro Rail board.

The city says that Williams has been a strong proponent of Phoenix's voter-approved (August 2015) transportation plan, Transportation 2050, which helps fund various key projects throughout the city through the year 2050. She played a key role in the city moving forward with the planning and construction of light rail, bus service expansion, Phoenix Sky Harbor International Airport's expansion and operations and in the preservation of water resources and many street and other infrastructure projects.

Funding for T2050 comes from a 7/10ths of a cent city sales tax that started Jan. 1, 2016. Over the life of the plan, the funds are estimated to

generate about \$16.7 billion, or more than half of the plan's overall cost. There will be an additional \$14.8 billion in federal and county funds, passenger fares and other sources.

Learn more about Transportation 2050 at [www.phoenix.gov/T2050](http://www.phoenix.gov/T2050).

## Discover 'Women of the West'

This month, in partnership with AZ Humanities, the Sunnyslope Historical Society will host "Women of the West: Untold Stories from American History."

Besides Calamity Jane and Annie Oakley, any Western women come to mind? Probably not, says the Historical Society. Not because they weren't just as important to settling the West, but because history was so focused on the "goons and gunfighters," it forgot the women. So, it's a surprise that a 16-year-old Shoshone girl from Dakota Territory named Sacagawea would become the most celebrated woman in American history. It's little known that Sharlot Hall isn't just a museum in Prescott but was a real woman who saved Arizona's statehood. It's a shock to learn Colorado's first female journalist got a notorious cannibal out of prison.

Western women finally get their due in this presentation that tells what history forgot to mention. The free event will be held Saturday, June 10, 10-11:30 a.m., at the Historical Society Museum, 737 E. Hatcher Rd. Refreshments will be served; seating is limited.

For additional information, visit [www.sunnyslopehistoricalsociety.org](http://www.sunnyslopehistoricalsociety.org) or call 602-684-1607.

Lin Sue Flood  
Director of Community Engagement

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# Phoenix Housing Market Snapshot as of 5/11/23

\* Source of data: ARMLS & The Cromford Report for single-family dwellings.

## Single Family Homes

**\$575,374**

Average Monthly Sold Price



↑1.5% from last month  
↓7.0% from last year

**\$292.71**

Average Monthly Sold \$/SF



↓1.8% from last month  
↓8.6% from last year

The months of supply reading for all areas and types is currently 1.6. There have been only 3 years since 2005 where months supply in mid-May was lower than this. With only 1.6 months of supply, many buyers are having to compete with each other despite the weak demand. This is especially true of those trying to buy in the well-established and more central areas. In a balanced market, we expect to see 3 to 4 months of supply, while 6 months or more is seen in a market heading for decline.

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# HAPPY HOUR WITH HERSCH

The lights go down and the room grows dim,  
As the night begins to settle in,  
I'm lost in thoughts, I can't escape,  
My minds a maze, a twisted shape.

I'm reaching out, but there's no one there,  
I'm screaming out, but no one can hear,  
I'm lost in this darkness, it's all I know,  
But I need to find my way back home.

And I'm drowning in the weight of it all,  
The darkness inside, it's taking its toll,  
I'm searching for a way out of this hole,  
But I'm trapped in my own mind, can't let go.

And I'm drowning in the weight of it all,  
The darkness inside, it's taking its toll,  
I'm searching for a way out of this hole,  
But I'm trapped in my own mind, can't let go.

The hour's pass, but time stands still,  
My heart's aching, my soul is ill,  
The memories come, they flood my mind,  
A never-ending cycle of rewind.

The night fades, the sun rises anew,  
And with it, a chance to start anew,  
I'll take a breath, and find my way,  
Out of the darkness, to a brighter day.

The above are lyrics to a song written in the vein of my favorite band, The National. The lyrics are courtesy of ChatGPT, eerie how much this sounds just like something they would write. AI is coming fast, I hope we are ready for it.

## \$100 TRIVIA CONTEST

**What is my favorite song on  
the new National album?**

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Winner for Last Month – Rod Smith | Last Month's Answer – Silverbulletday

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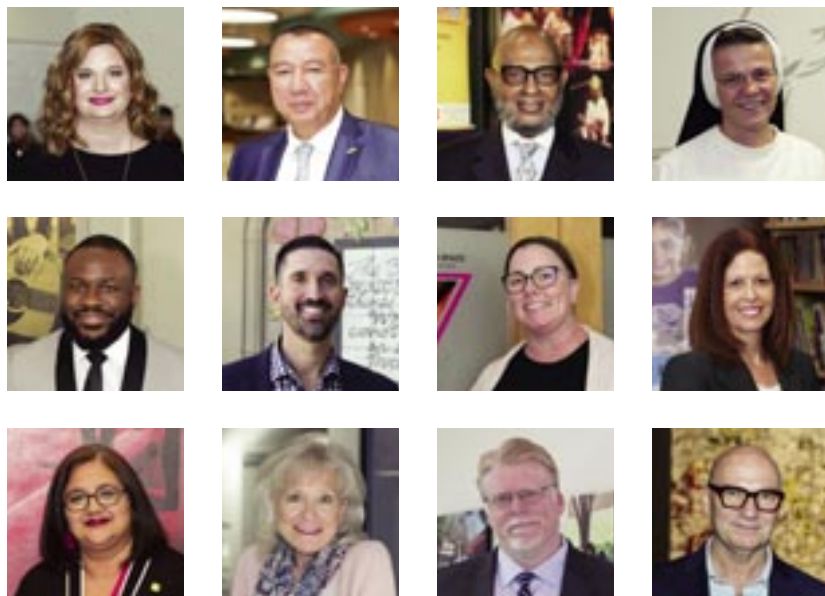
# Piper Fellowship

◀ [pie-per-fel-oh-ship] *noun*

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**Sentence:**

*“It gave me perspective; my Piper Fellowship was life-changing.”*



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[pipertrust.org/piperfellows](http://pipertrust.org/piperfellows)

COMMUNITY

## City to hold water rate meeting

The Phoenix Water Services Department is continuing its public meetings this month to address the proposed rate increase for water and wastewater services and a proposed increase to the Stormwater Excise Tax. Preliminary estimates show the average residential customer will see an increase for water service (Water Usage Fee) of approximately 6.5 percent, or \$2 in October 2023, with additional increases in March 2024 (6.5 percent) and March 2025 (13 percent).

The city says that the additional revenue is necessary to keep up with rising water and wastewater services costs, maintain its water infrastructure, and meet new regulatory mandates.

In a released statement, the Water Services Department said, “Despite the increase, Phoenix will still have some of the most affordable water services compared to similar cities, and customers who conserve water will be able to lessen the impact of the higher rates. In addition, the proposal includes a change to the water allowance structure to encourage water conservation. Changes to the water and wastewater rates impact everyone differently, and many factors determine how much each customer pays.”

The community is invited to attend an in-person meeting presented by city staff Saturday, June 10, 11 a.m. at Burton Barr Central Library, 1221 N. Central Ave. Spanish interpretation will be available at all in-person meetings. Community members can provide comments at the meeting or online through a comment form.

To learn more, watch a recorded presentation, or access the online rate estimator, visit [www.phoenix.gov/proposedrates](http://www.phoenix.gov/proposedrates).

## Teacher appreciation program continues

During National Teacher Appreciation Week in May, Four Peaks for Teachers launched its annual program, which runs through the summer.

Now in its 13th year, Four Peaks will support thousands of teachers across the Southwest, including distributing more than 7,000 school supply kits to teachers in Arizona, Nevada, New Mexico and Utah. The program will also provide 10 nominated teachers

with \$1,000 cash grants and one grand prize “Teacher of the Year” award winner with a \$3,000 cash grant and custom teachers’ lounge makeover at their school.

Community members can nominate outstanding teachers through the “Thank A Teacher” program for the chance to win them a cash grant and a custom Teachers’ Lounge Makeover, through June 30 at [www.fourpeaksforteachers.org](http://www.fourpeaksforteachers.org). Nominated teachers must be 21 years of age and a resident of Arizona, New Mexico, Utah, or Nevada to be eligible to win.

## Wedding expo returns for 28th year

Arizona’s largest wedding show is coming back to the Phoenix Convention Center in June for the 28th year. The Arizona Wedding Show returns on Sunday, June 11, from 9 a.m. to 3 p.m.

The expo will feature more than 200 of Arizona’s top event experts — from gowns and suits to bakeries and caterers, and even unique vendors like luxury portable bathrooms and bounce castles.

“The Arizona Wedding Show is the best resource not only for brides and grooms, but for anyone planning a party or event, whether it is a wedding, baby shower or graduation party,” said Arizona Wedding Show manager Stephanie Gatzionis. “What makes our show so unique is that the connections attendees make with our vendors can be relied upon for all wedding events like the bachelorette party, the wedding day and the honeymoon, but also for all the major milestones they would want to celebrate throughout their lives.”

The expo has many unique features, including live music, fashion shows, luxury lounges and the Ultimate Wedding Package, a raffle prize valued around \$10,000. Many vendors are also offering special discounts for wedding show attendees. The event also offers a supportive, inclusive and welcoming environment for all attendees. With the help of LGBT Weddings’ stamp-of-approval vendor badges, members of the LGBTQ+ community can expect open and comfortable conversations with vendors and even find vendors that specialize in LGBTQ weddings.

Admission is \$13. For more information, visit [www.arizonawedding-showjune.com](http://www.arizonawedding-showjune.com).

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2pm to 7pm | \$5 admission  
Includes hot dog, chips and drink – Children admitted free

**Wednesday, June 21:** 8am-Noon  
**Thursday, June 22:** 8am-2pm  
**Friday, June 23:** 8am-Noon  
**Saturday, June 24:** 8am-Noon

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COMMUNITY

### Yoga classes offered twice a week

First United Methodist Church will offer two weekly yoga classes to the community beginning Tuesday and Thursday, June 6 and 8. Classes will meet on Tuesdays 9:30–10:30 a.m. and on Thursdays 4:30–5:30 p.m.

The cost is \$12 per class or four classes for \$40. Email the church for more information at [info@firstchurch.church](mailto:info@firstchurch.church). First United Methodist Church of Phoenix is located at 5510 N. Central Ave. Learn more by calling 602-263-5013 or visit [www.firstchurch.church](http://www.firstchurch.church).

### Church hosts June events

Desert Christian Fellowship will offer a handful of events that will bring the community together this summer.

First up is the Seniors Potluck, scheduled for Thursday, June 8, at noon. Older residents are invited to bring a favorite meal to share. A special guest from Wildlife World Zoo will bring creatures from around the world for participants to meet.

A Father's Day celebration will be held Sunday, June 18, from 11:30 a.m. to 1:30 p.m. Free Texas BBQ and axe throwing will be enjoyed by dads and guests during the event.

Finally, young residents are invited to a free vacation bible school, July 10–14 from 4:30–7:30 p.m. Interested parents may send an email to [stacy@dcf.com](mailto:stacy@dcf.com) for information.

Desert Christian Fellowship is located at 1445 W. Northern Ave. For more information, call 602-885-1858 or visit [www.desertchristianfellowship.com](http://www.desertchristianfellowship.com).

### Renters: know your rights this summer

As the temperatures rise, Phoenix renters who find their cooling units are not keeping up with the heat can turn to the City of Phoenix for help.

The Cooling Ordinance from Phoenix City Code, Chapter 39-5, requires landlords to provide reasonable cooling to rental housing units. Landlords are required to keep rental units at 82 degrees or cooler for units with air conditioning, or 86 degrees or cooler for evaporative coolers.

To speak with a counselor about your rights or to report an AC violation, call the City of Phoenix Landlord and Tenant Program at 602-262-7210. For additional information, visit [www.phoenix.gov/humanservices/landlordandtenantinfo](http://www.phoenix.gov/humanservices/landlordandtenantinfo).

### Pamper Pop this month

North Central residents looking to give the dad in their life a little extra pampering this Father's Day, June 18, won't have to travel far.

Uptown Plaza, located on the northeast corner of Central Avenue and Camelback Road, will be running a Father's Day enter-to-win contest. Guests will enter to win the giveaway through [www.uptownplazaphx.com](http://www.uptownplazaphx.com) for a chance to score \$150 to Manor, \$150 to Huss and \$100 to Boardroom Salon. The giveaway takes place from June 1–16.

Further down the road, at 4444 E. Camelback Road, Camelback Village Racquet & Health Club is offering a Father's Day spa package for \$220. The package includes a one-hour signature massage and gentlemen's facial special.

For more information, call 602-553-4917 or visit [www.villageclubs.com/spa-salon](http://www.villageclubs.com/spa-salon).



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## COMMUNITY

## Pet of the Month

### Playful pup is a shelter long timer

With a smile like this, it is impossible to not instantly be in a better mood thanks to the adorable pup that is known as Austin. As the Arizona Humane Society's (AHS) most long timer resident, everyone is pulling for the lovable four-year-old pup to finally find his forever home after almost 10 months in the shelter.

Austin found his way to AHS all the way back in August of last year after he was originally rescued as an injured stray and treated in the shelter's trauma hospital for wounds, a puppy cold and allergies. This absolutely adorable boy has been a staff favorite since he has been with AHS due to his energetic and playful personality.

Sweet and friendly with all of his people friends, Austin loves playing, getting treats and showing off his tricks. Austin would also benefit from a house that has a yard for him to play in with lots of mental and physical stimulation. When weather is cooler, this



Four-year-old Austin is an energetic, playful pup who has been waiting for 10 months to find his forever home (photo courtesy of Arizona Humane Society).

active boy is the perfect running or hiking partner with the perfect mix of goofy to provide entertainment around the house.

To help him find his perfect forever home, Austin's adoption fee is free. Those interested in meeting Austin are encouraged to visit [www.azhumane.org/adopt](http://www.azhumane.org/adopt) to learn more.

While Austin (pet number 709402) might have been adopted by the time of your Virtual Matchmaking Adoption by Appointment, AHS has dozens more wonderful pets who also need loving homes. Residents are encour-

aged to take a moment to meet some of the other dogs, cats and other companion animals at the shelter. Interested adopters can view available pets on the Adopt pages on the website, and schedule an appointment online to meet their next furry friend.

## Desert tortoises still need homes

The Arizona Game and Fish Department (AZGFD) still has more than 100 young Sonoran Desert Tortoises looking for Arizona families to adopt them and provide forever homes.

In February, AZGFD kicked off its Tortoise Adoption campaign to find homes for nearly 300 desert tortoises, a record number of orphaned tortoises this year. While 130 have been adopted since awakening from brumation (sleeping period) in March, Arizona Game and Fish is asking for the public's help to find Arizona homes for 140 remaining tortoises, most of which are youngsters.

AZGFD says that desert tortoises make a great addition to a family home with the right preparation. The team of

wildlife biologists will help each family find the perfect tort match based on their personality and prepare for their arrival.

Adoption is free, and to help make adoption even easier, detailed information about tortoise adoption, care, and habitat maintenance is available on the AZGFD website, [www.azgfd.com](http://www.azgfd.com).

## Keep pets safe on the Fourth

With Independence Day just around the corner, it is a good time to remember that while fireworks may be a fun celebration for humans, they can cause severe anxiety for pets and can cause them to flee in terror from their homes.

According to the Arizona Animal Welfare League (AAWL), between July 4 and July 6, more pets are lost than any other time of year and local shelters are overwhelmed with the strays entering their doors. However, there are some precautions that residents can take to keep pets safe during the holiday.

First, plan ahead by exercising your pet to reduce their anxiety by the time fireworks start. Research when your neighborhood will have fireworks events and exercise your pet hours before. Walks or a game of fetch isn't the only way to exercise your pup. You also can plan some brain puzzles for them to help tire them out before night fall.

Second, make sure that pet ID tags and microchips are up to date in case they get separated from you.

Next, create a dark and quiet space for pets to get away from the noise. You can also try to minimize the noise by running a fan, a white noise machine, a TV or radio. Also, talk to your vet about other options or possible medications to help ease pet anxiety.

Finally, keep the pet secure. Pets become lost when they try to escape the loud noise of the fireworks, so it's important to keep pets inside as much as possible during the Fourth of July. Make sure that gates are secured and there are no holes that pets can get through in the backyard.

It's also best to keep dogs on a leash when they need to go outside, even in a fenced yard, so they don't run and hide because of the loud noise. Cats who are allowed to wander outside should be kept inside to keep them safe and secure during the holiday weekend.

Find more tips to keep pets safe and healthy online at [www.aawl.org](http://www.aawl.org).



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**TAKING CARE OF BUSINESS**



Businesses along the Northwest Extension Phase II that have been impacted by light rail construction can apply for up to \$9,000 in financial assistance (a section of Phase I is pictured; photo courtesy of Valley Metro).

**Business Briefs**  
**Support for businesses along light rail offered**

The Small Business Financial Assistance Program (SBFAP) will continue supporting businesses impacted by light rail construction in Phoenix.

Businesses located along the Northwest Extension Phase II and South Central Extension/Downtown Hub light rail projects can apply for this grant funding. Last year, the SBFAP granted \$390,000 to nearly 70 businesses adjacent to light rail construction. In total, more than \$765,000 has been disbursed to 131 businesses since program inception in 2021.

The program is funded through Phoenix Transportation 2050 and the Phoenix Community Development and Investment Corporation. Prestamos CDFI is the program administrator.

As the program enters its third funding year, new applicants and those who received funding previously are encouraged to apply for up to \$9,000 in direct financial assistance, depending on their eligibility. The program is targeted to neighboring small businesses with 15 or fewer employees and not more than \$750,000 in annual revenue.

Business owners can review the eligibility requirements and apply online at [www.prestamosloans.org/valleymetro](http://www.prestamosloans.org/valleymetro).

**Celebrate annual Independents Week**

Local First Arizona, which is celebrating 20 years of championing local small businesses in the state this year, is getting ready for its annual

Independents Week celebration.

Held from June 24 to July 4, Independents Week invites residents to celebrate their local “independents” by patronizing the organization’s member businesses. Featuring its distinct Local Business Bingo Card, Independents Week encourages Arizonans to “go local” by supporting as many locally-owned businesses as possible. Each year, traditionally over the first week of July, first-timers and returning customers across the state discover new and fun ways to support Arizona’s small, independent businesses.

For more information, visit [www.localfirstaz.com/indie-week-business](http://www.localfirstaz.com/indie-week-business).

**JFCS receives accreditation**

Jewish Family & Children’s Service (JFCS) has received a national accreditation from the Council on Accreditation (COA), an international nonprofit organization that accredits human and social service providers in best practices for child welfare, behavioral health and community-based human and social service providers.

The COA accreditation indicates the programs at JFCS are designed and delivered in a way that provides the highest level of quality care and excellence.

The process for accreditation includes an in-depth review of the organization, comparing the organization and its programs against industry-wide standards of best practice, as well as an on-site visit to verify proper implementation of said standards.

Learn more at [www.jfcsaz.org](http://www.jfcsaz.org).

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TAKING CARE OF BUSINESS

**Gift and home emporium opens on Central Avenue**

Local artist and designer John Conrad Johnstonbaugh lends his craft to another creative concept this time in Uptown Phoenix on the northwest corner of Central and Camelback.

Conrad a native of Phoenix, and Lynn Kay Mary of Pomona, CA, have partnered up to create Monkey Business Botanicals & Trinkets, a botanical centric gift and home accents emporium that opened early 2023. An emporium of tableware, home accents, botanical art, tropical plants and flowers, gifts and the all-beloved trinket. The store hosts an array of home and gift items created from botanicals, inspired by botanicals, printed or painted with botanicals and real or impostor botanicals.

The mascot of Monkey Business is a creative monkey named Conrad, he has filled the store with new, vintage, artisan, antique and living merchandise in his beloved Jungelow Style. The store is arranged in four departments representing his home, “The jungle,” his friends, “entertaining animals,” his



Monkey Business, a botanical centric gift and home accents emporium, is now open at the northwest corner of Central Avenue and Camelback Road (photo courtesy of Monkey Business).

travels, “the world’s deserts,” and his humans, “those who study the plants and animals of the world.” Residents are invited to step into the mind of Conrad, the artist/designer, told through Conrad the curator.

The shop is open Tuesday through Saturday, 10 a.m. to 5 p.m., at 5034 N. Central Ave. The business will also host a special shopping event the first Friday

of each month from 4–8 p.m., July 7 with a midsummer tea party, Aug. 4 with an American picnic and Sept. 1 for an ice cream social. On Oct. 6, customers get a chance to add their creativity into the mix with a pie baking contest. More information will be available in the following months.

For additional information, visit [www.monkeybusinessphx.com](http://www.monkeybusinessphx.com).

**VA will host hiring event for job seekers**

The Department of Veterans Affairs’ Veteran Readiness and Employment (VR&E) will host “Hiring America’s Best Virtual Career Fair,” a national event open to all Veterans, service members and military spouses on June 7. VR&E assists Veterans with job training, education, employment accommodations, resume development, job seeking skills and/or coaching.

All participants are encouraged to register for the June event, network with recruiters, apply for vacancies, and learn about community resources and career opportunities.

Employers that will be on-site during the career fair include Wells Fargo, Social Security Administration, Veterans Health Administration, Veterans Benefit Administration, City of Phoenix Community Engagement, Boeing, Transportation Security Administration, MD Helicopters, Republic Service, Kimley-Horn Engineering Consultant, National Forest Service, City of Tempe, Department of Labor, and more.

*please see HIRING on page 22*

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829 E Desert Park Lane \$885,000 3 Bed / 3 Bath, 2996 Sqf	22 W Royal Palm Rd \$550,000 3 Bed / 2 bath, 1770 sqf	1605 W Winter Dr 4 bed / 2.5 Bath, 3380 Sqf <i>*Brought the Buyer</i>	5104 N 32nd St #251 \$505,000 2 bed / 2 Bath, 1277 Sqf



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## TAKING CARE OF BUSINESS

**HIRING** continued from page 20

This event, held from 11 a.m. to 3 p.m. (EST), will be both virtual and in-person. The in-person event is at the Phoenix VA Regional Office, first floor training room, at 3333 N. Central Ave.

To register, visit <https://pvapi.premiervirtual.com/s/dqXBY8>.

**Chamber opens award nominations**

Each year, the Greater Phoenix Chamber's Athena Awards highlight three local women at the top of their field, who demonstrate inspiring leadership within their industry, mentor others throughout their career, and give back to their community. The award recognizes women who demonstrate excellence in professional leadership, community service, and mentorship of future leaders.

Over the past 35 years, 65 accomplished Valley businesswomen have earned the title of "Athena." The chamber is now accepting nominations for its 2023 awards program. This year's recipients will be announced at the Greater Phoenix Chamber's 36th Annual

Athena Awards on Nov. 15, at the JW Marriott Phoenix Desert Ridge.

Nominations are open until Friday, June 23, and can be submitted through the Chamber's website at [www.phoenix-chamber.com/athenanominations](http://www.phoenix-chamber.com/athenanominations).

**Healthcare center expands team**

Spectrum Medical Care Center, a healthcare provider for the LGBTQ+ community in Phoenix, has expanded its provider and leadership team with four new hires.

The healthcare provider recently added Jose Rodriguez-Garcia, M.D., medical director, family nurse practitioner, Ari Kravitz, director of community relations, Victor E. Avila, and customer service director, Alecia Alfredson. The company says that the move is a testament to a whole person approach to healthcare services including primary care, preventative care, HIV care, PrEP, PEP and STI testing.

Spectrum Medical Care Center is located at 52 E. Monterey Way. For more information, call 602-604-9500 or visit [www.spectrummedicalcareaz.com](http://www.spectrummedicalcareaz.com).

**Abrazo Central names new CEO**

Greg Pearson has joined Abrazo Central Campus as chief executive officer. He will be responsible for hospital administration and strategy, building positive staff, physician and community relationships, quality management and patient satisfaction.

Pearson has more than 20 years of hospital and healthcare leadership experience. He previously served as CEO at Twin County Regional Healthcare in Galax, Va.

Abrazo Central Campus is located at 2000 W. Bethany Home Road. Learn more at [www.abrazohealth.com](http://www.abrazohealth.com).

**Custom menswear tailor opens at Biltmore**

Balani Custom Clothiers, a custom tailor of menswear founded in 1961 by Peter Balani, announced the opening of its 14th showroom location in the Phoenix metropolitan area.

Located at 2801 E. Camelback Rd., Suite 200, the new showroom offers custom suits, sport coats, tuxedos, separates, accessories, shoes and casual

menswear, ensuring a personalized and unique experience for each client.

A custom experience begins by meeting with a stylist to discuss custom needs and options. At the fabric bar, clients enjoy a drink and peruse swatches of fabric from world-renowned mills. Over 40 measurements are taken to ensure garments fit seamlessly to a client's unique shape and preferences.

For more information, visit [www.balanicustom.com/custom-suits-phoenix](http://www.balanicustom.com/custom-suits-phoenix).

**New leadership at UIP**

Jenny Bortman has been named president and CEO of Universal Insurance Programs (UIP), taking over in this role from her mother, Randy Tipton. UIP is a provider of insurance programs for niche markets including the self-storage, tanning, salon, and day spa industries.

The executive team named Bortman the new president and CEO, with Tipton moving into a new role as chairman of the board, effective May 1.

Learn more about UIP at [www.uiiprograms.com](http://www.uiiprograms.com).

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"BlondieRealtor.com"  
> Memorial Day Flags  
> Pictures

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**Thousands of neighbors woke up with flags at the end of their drive this Memorial Day week.**

A local Realtor known as **BLONDIE**, and friends, set aside Memorial Day Week to line their neighbor's streets with 5K American flags in honor of those who have fallen.

There you have it folks, **BLONDIE** and friends placed 5,000 flags throughout the neighborhood as a symbol of remembrance.

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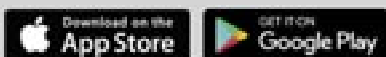
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510 E Ocotillo Rd .....	New Price .....	3602SF .....	5BR/5BA .....	\$2,495,000
345 E Pomona Rd.....	In Escrow.....	3186SF.....	4BR/2.5BA.....	\$1,595,000
334 W State Ave.....	In Escrow.....	2716SF.....	4BR/3BA .....	\$1,450,000
1249 W Palo Verde Dr .....	Just Listed .....	3906SF.....	4BR/4BA .....	\$1,249,000
5645 N 7th Ave .....	New Price .....	2991SF.....	4BR/2BA .....	\$1,100,000
77 E Missouri Ave #32 .....	New Price .....	3575SF.....	3BR/2.5BA.....	\$ 849,900
23 E Laurie Ln.....	Just Listed .....	2141SF.....	3BR/2.5BA.....	\$ 825,000
12243 N 58th St .....	Just Listed .....	2052SF.....	4BR/2BA .....	\$ 799,000
6811 N 11th Pl .....	In Escrow.....	2127SF.....	3BR/2BA .....	\$ 795,000
240 W Missouri Ave #25 .....	Just Listed .....	2167SF.....	2BR/2.5BA.....	\$ 725,000
5804 N 14th Ave.....	New Price .....	1888SF.....	3BR/2BA .....	\$ 725,498
15027 E Desert Willow Dr .....	In Escrow.....	1908SF.....	3BR/2BA .....	\$ 660,000
7748 N 7th Ave .....	In Escrow.....	1632SF.....	4BR/2BA .....	\$ 599,900
10432 N 11th St #2 .....	In Escrow.....	1027SF.....	2BBR1.5BA.....	\$ 369,900

26 Homes SOLD in 2023, 5 currently in escrow. Call me to discuss your real estate needs and the value of your home. 602.376.1341. I work 7 days a week and am always available to help.

### SOLD HOMES 2023

620 W Lawrence Rd.....	\$4,050,000	512 E Adair Dr* .....	\$1,235,000	17726 W Larkspur Dr .....	\$ 575,000
6811 N Central Ave**.....	\$2,400,000	510 W McLellan Blvd .....	\$1,175,000	1222 E Wagon Wheel Dr .....	\$ 515,000
35 E Myrtle Ave .....	\$2,125,000	7101 N 3rd Ave.....	\$1,157,500	1516 W Glenn Dr.....	\$ 505,000
25 E Myrtle Ave.....	\$1,935,000	5130 N 6th St.....	\$1,065,000	1001 W Solcicio Ln.....	\$ 400,000
304 W Orangewood Ave*.....	\$1,800,000	322 W Stella Ln.....	\$ 895,000	106 E Echo Ln.....	\$ 495,000
4902 E Piccadilly Rd*.....	\$1,700,000	2524 E Beryl Ave.....	\$ 799,000	5220 N 16th Ln.....	\$ 400,000
6518 N 25th Way*.....	\$1,683,000	21206 N 62nd Ave .....	\$ 725,000	16182 W Winslow Dr.....	\$ 378,000
910 E Kaler Dr.....	\$1,260,455	3011 N 166th Pl.....	\$ 685,000	23836 W Wier Ave* .....	\$ 339,000
		5576 N 12th St #1.....	\$ 675,000		
		1400 E Bethany Home Rd #29.....	\$ 585,000		

\*represented buyer

\*\*represented both buyer and seller

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2554SF • 4BR/3BA



23 E Laurie Ln • \$825,000  
2141SF • 3BR/2.5BA



10432 N 11th St #2 • \$369,900  
1027SF 8 2BBR1.5BA



77 E Missouri Ave #32 • \$849,900  
3575SF • 3BR/2.5BA



240 W Missouri Ave #25 • \$725,000  
2167SF • 2BR/2.5BA



6811 N 11th Pl • \$795,000  
2127SF • 3BR/2BA



5804 N 14th Ave • \$725,498  
1888SF • 3BR/2BA



7748 N 7th Ave • \$599,900  
1632SF • 4BR/2BA



12243 N 58th St • \$799,000  
2052SF • 4BR/2BA



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### PROUDLY WELCOMES

**Phoenix Magazine Top Doc**  
**Dr. Anne Maiden-Hope**  
 Starting July 10th, 2023



Anne Maiden-Hope, DO, FAAP has worked both as a Board-Certified Pediatrician and a Chief Medical Officer. She grew up in Central Phoenix. She received her Bachelor of Science degree from the University of Miami and obtained her medical degree from Midwestern University Arizona College of Osteopathic Medicine (AZCOM). She went on to complete her pediatric residency through Mercer University in Savannah, Georgia.

Dr. Maiden-Hope has been recognized locally as a “Top Doc” by *Phoenix Magazine* and nationally as one of Castle Connolly’s “Top Doctors.” She has sat on the Board for Prevent Child Abuse of Arizona and the Ronald McDonald House Charities of Central and Northern Arizona. She enjoys spending her free time with her husband, twin boys, and their dog Elle “Ellie” Woods.

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### SCHOOL DAYS



Nathaniel George of Brophy College Preparatory was named one of the 2023 “18 under 18” winners by Junior Achievement (photo courtesy of Nathaniel George).

### Brophy student earns statewide honor

Junior Achievement of Arizona has announced its 2023 18 under 18 winners — students who have started businesses and nonprofits, broken glass ceilings, volunteered or advocated for a cause. The organization says that they all have something in common: “They are not waiting until they are adults to make a difference in the world. These Arizonan students distinguish themselves with their creativity, passion, and drive.”

“Each year, we’re amazed by the next class of students,” said Katherine Cecala, CEO of Junior Achievement of Arizona. “They advocate for causes, start nonprofits to help others in our community, work with their schools to bring new ideas and programs to their schools, care about the environment or advocate for causes. They all have bright futures and we’re honored to know them.”

One of this year’s winners is Nathaniel George, a 16-year-old junior at Brophy College Preparatory.

“I am incredibly grateful and humbled for the opportunity to be recognized by Junior Achievement of Arizona and School Connect Arizona, and this experience has definitely empowered me to continue my work as a young leader,” George said.

He founded The Cactus Flower Initiative for Youth Entrepreneurship in 2022 to create more resources for students interested in business and entrepreneurship. The organization hopes to one day create legislation focused on youth entrepreneurship in

Arizona and is currently working with Arizona State Treasurer Kimberly Yee to create a “Youth Entrepreneur Day.”

“I remember feeling a little disheartened that everything at the library was for adults,” said George. “There were not any resources for young entrepreneurs. That’s when I realized I could create something to help other teens.”

To create the Initiative, the student approached the ASU J. Orin Edson Entrepreneurship + Innovation Institute, Junior Achievement of Arizona and the City of Phoenix about creating more resources for students interested in business and entrepreneurship. He pitched his idea to the library and now partners with StartUpPhx to offer additional resources and perspectives to many of their programs such as their Small Business Expo, their summer Business Roadmap Series for youth and their Pitch-a-Palooza event.

George’s other accomplishments include serving on the Burton Barr Library Teen Advisory Council, founding the Young Entrepreneurs Club at Brophy, and helping plan for the first-ever school-wide Bronco Tank (Brophy’s version of Shark Tank), among many others.

“Entrepreneurship has been reserved for adults for a long time,” said George. “Entering this field as a young person was challenging. But I have realized the power of my voice as a young person in motivating and empowering others to create change. My determination and drive to succeed has allowed me to learn new skills and gain more confidence.”

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SCHOOL DAYS

# School Briefs

## GLENDALE UNION HIGH SCHOOL DISTRICT Sunnyslope student named 'Outstanding'

Sunnyslope High School student Lucas Hernandez was chosen out of hundreds of students in the Metro-Phoenix area to receive a 2023 Outstanding Phoenix Youth Leader award from the City of Phoenix. The Outstanding Phoenix Youth Leader of the Year program recognizes and honors the outstanding achievements of young people, enhances the perception of youth, and raises community awareness of the positive contributions of youth.



Lucas Hernandez received the City of Phoenix 2023 Outstanding Phoenix Youth Leader Award (submitted photo).

## Senior named National Merit Scholar

Sunnyslope High School senior Abby Wolf received the prestigious National Merit Scholar title. The 2,500 Merit Scholar designees were chosen from a talent pool of more than 15,000 finalists. National Merit \$2,500 Scholarship winners are the finalist in each state and are judged to have the strongest combination of accomplishments, skills, and potential for success in rigorous college studies.

## 'Topping out' ceremony held

Thanks to the passage of the 2020 bond initiative, Sunnyslope High School is nearing completion of the phase II classroom plan. With the help of Orcutt Winslow and McCarthy,

phase II will bring over 75,000 square feet of classroom space to the campus. SHS and those who have been involved in the project celebrated a milestone May 15, where they placed the final steel beam on the structure.

The "topping out" ceremony is a tradition in which the last beam is signed and placed on a project signifying the completion of the building structure.

## SHS quarterback commits to Oregon

Heavily recruited Sunnyslope football quarterback Luke Moga committed to the University of Oregon to play football. Moga has received more than 20 offers to play football at the Division 1 level, including the University of Miami, Texas Christian University, and both UArizona and Arizona State University. The University of Oregon's

*please see QUARTERBACK on page 28*

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**SCHOOL DAYS**

**QUARTERBACK** *continued from page 27*

football program ranked 15th in the nation last football season.

**Outdoors Club climbs Chiricahua**

The Thunderbird High School Outdoors Club went on one of its greatest adventures to Chiricahua National Monument, located in south-eastern Arizona. The club's 11 most involved students and three sponsors explored unique rhyolite rock formations and participated in the Junior Ranger program.

**Students receive GCU scholarships**

Two Washington High School students received the Students Inspiring Students Scholarship from Grand Canyon University (GCU). To even be considered, Alexandra Martinez Varelas and Monica Juarez worked extremely hard, completing over 100 hours of community service and college-readiness tasks. This scholarship covers the full tuition and fees for their degrees.

**MADISON SCHOOL DISTRICT Camelview teacher wins national honor**

Madison Camelview Elementary School coding teacher Jessie McKinley has been named an Amazon Future Engineer Teacher of the Year for his exemplary work with students.

As one of only 10 award recipients across the U.S., McKinley will receive a \$5,000 teacher prize and Madison Camelview will receive \$25,000, which the school plans to use to enhance its STEAM (science, technology, engineering, arts, and math) signature program.

McKinley learned of the honor when his colleagues surprised him with an Amazon box filled with an award plaque and Amazon Future Engineer swag.

"It is a great honor to be selected for the Amazon Future Engineer Teacher of the Year award," the teacher said. "I heard about the award program from the CSTA (Computer Science Teacher Association) national conference and was inspired to apply.

"This award is the result of the hard



Camelview coding teacher Jessie McKinley was surprised by his colleagues with the news that he had been named an Amazon Future Engineer Teacher of the Year (submitted photo).

work I've put in to provide hands-on and engaging computer science and robotics lessons and activities, the support from the staff and administration at my school and district and my passion for life-long

learning," McKinley said. "With this award, we plan on adding technology resources and incorporating more robotics and building opportunities for the students at Madison Camelview."

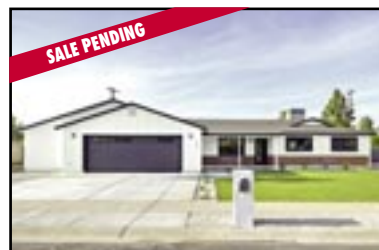
**Araiza named 'Manager of the Year'**

Madison Park Middle School Cafeteria Manager Cecelia Araiza has been named "Manager of the Year" by the School Nutrition Association.

Araiza has worked for Madison School District for more than 20 years. During this time, the district said that she has developed programs and opportunities for students to continue learning beyond the classroom. In addition to managing and supporting the daily cafeteria meal services, she offers an after-school culinary club for middle school students where they learn about nutrition, locally grown produce, how to cook, understanding recipes, preparing meals and more.

Not only does Araiza support the well-being of Madison Park students, she also is a member of the school's "Sunshine Committee," which orga-

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## SCHOOL DAYS

nizes programs and opportunities to support and show appreciation for both students and staff across the campus.

### District offers free summer meals for children

Madison School District will be participating in the USDA's summer meal program. This program is open to any child 18 years and younger. Children do not have to be enrolled in any summer program to participate and no application or paperwork is required. Parents who would like their child to participate should check in at the school site office during the meal service times and ask to be directed to the cafeteria. Meals must be consumed on site.

Available locations are Madison Simis Elementary (7302 N. 10th St., Phoenix) and Madison Meadows Middle School (225 W. Ocotillo Rd. Phoenix). Meals will be offered June 5 to July 28 (closed on June 19 and July 4), with breakfast served 7:40–8:25 a.m., and lunch served from 11:00 a.m. to 12:15 p.m.

Contact the district with any questions, 602-664-7900, or visit [www.madisonaz.org](http://www.madisonaz.org).

### PHOENIX UNION HIGH SCHOOL DISTRICT PXU names first woman as superintendent

The Phoenix Union Governing Board unanimously approved Thea Andrade to serve as Interim Superintendent on the evening of May 4. She will replace Dr. Chad Gestson, who in late March announced his departure from the district to serve as the founder and inaugural executive director of the Arizona Institute for Education and the Economy at Northern Arizona University.

Andrade is the first woman to serve as superintendent in Phoenix Union's nearly 130-year history and will begin serving on June 2, 2023. She currently serves the district as chief achievement officer and brings 30 years of experience in education and over two decades of school administrator experience to the position.



Thea Andrade

A former mathematics teacher, Andrade taught high school and middle school algebra and holds degrees from the University of Massachusetts Amherst and Northern Arizona University. A Boston native and mother of two, she has made Phoenix her home for the past three decades.

### Central High names new principal

The Phoenix Union High School District (PXU) has announced Jacob Lambert as the next Central High School principal, beginning with the 2023–24 school year. He replaces Leticia Avalos, who served as the school's leader since 2018 and will transition to principal coach for the district next school year.

Lambert earned a degree in special education at Eastern Illinois University to become a third-generation teacher. He taught for two years in Illinois before moving to Arizona. Lambert taught in the Tolleson Union High School District for two years before joining PXU as an Exceptional Student Services teacher and coached cross

country and track and field at Cesar Chavez High School.

### District celebrates class of 2023

The Phoenix Union High School District (PXU) class of 2023 is a group of resilient, driven, and ambitious students who have overcome challenges and achieved great success, the district says. This year, 13 students have earned at least \$1 million in scholarships. Several students will attend Ivy League universities, many are entering the military, and numerous students will attend in-state colleges and univ-

PXU is celebrating its graduates' accomplishments and recognizing the hard work they have put in to get to where they are. Residents can join in the celebration by visiting [www.pxu.org/classof2023](http://www.pxu.org/classof2023) to see features about students from all of the district's high schools. These features showcase the diversity, talent and creativity of the graduating class and offer a glimpse into their individual journeys and achievements.



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**SCHOOL DAYS**

**WASHINGTON ELEMENTARY SCHOOL DISTRICT**  
**Teacher wins 'Disney100' contest**

Mountain View School kindergarten teacher Michelle Watzig was selected as a winner of the Disney100 Teachers contest, which was part of the Walt Disney Company's 100th anniversary celebration. The Disney Imagination Campus recognized 100 exceptional teachers who reflect creativity and imagination to attend a one-of-a-kind teacher event.



Michelle Watzig

Watzig was chosen for her essay out of thousands of submissions, and was one of two winners from Arizona — the contest honors two teachers from each state. She and the other 99 winners were treated to a four-day, three-night stay at the Disneyland Resort during Teacher Appreciation Week.

**Teachers receive literacy grant**

Eleven WESD teachers were recently awarded with the 2023 Barbara Park Memorial Literacy Grant. Winners will each receive \$500 to select books from GBS Books for their school libraries.

Winners included Caitlyn Leslie of Orangewood School, Leslie Mills of Moon Mountain Elementary School, and Wendy Olmut of Sunnyslope School.

**Enrollment open for 2023-24**

WESD currently is enrolling kindergartners through eighth grade students for the 2023-24 school year.

WESD also accepts open enrollment for students who live outside the district wishing to attend its schools.

To learn more and register online, visit [www.wesdschools.org/registration](http://www.wesdschools.org/registration).

**PRIVATE AND CHARTER SCHOOLS**  
**Students enjoy virtual author visit**

First-graders at SS. Simon & Jude Cathedral School enjoyed a virtual visit April 21 with award-winning children's author Jennifer Ward.

Ward explained how she began writing stories in first grade. She shared her writing and illustrations throughout grade school and high school. The children were amazed when she showed pictures of the animals of the desert near her Tucson home that inspired her first published book. She explained her writing process and then read her newest book, "How to Find a Bird," and did a draw-along of a bird with the students.

**Montessori offers summer programs**

Montessori Day School will offer summer enrichment programs, which will focus on science and the arts. Four two-week sessions will be offered — June 5-16 (Nature/Science); June 19-30 (Experiments, Games & Riddles/Cooking); July 3-14 Art History/Traditional Arts); and July 17-28 (Music & Theatre/Free Fun Week).

Students will enjoy games with sounds and symbols, decode words and blends, and read with the school's vast collection of language materials and

*please see SUMMER on page 32*

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GRACE FISHER



KATHERINE FORT



EMMA GARVEY



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RUBEN JIMENEZ



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MYA PIERRE



LEVI RHYNARD



RICHARD RODRIGUEZ, JR.



REYN ROMLEY



HONESTYE RUSSELL



SARON TAMIRAT



LINA 'CARLETH' TRUJILLO



ARRIUS TUTT

**HELLO**  
MY NAME IS  
**GOD'S CHOSEN**  
1 PETER 2:9-10

*"But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy."*



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**SCHOOL DAYS**

**SUMMER continued from page 30**

books and more.

A non-refundable new student registration fee of \$20 will apply to all enrolling students who are new to the school and not enrolled for the upcoming academic year. Full payment for the first session must be submitted at registration. There are no refunds or credits for missed days due to illness, vacation or change of plans.

Montessori Day School is located at 9215 N. 14th St., To learn more, call 602-943-7672 or visit www.mdpsc.org.

**School welcomes new athletic director**

Phoenix Christian Preparatory School (PC) has announced the appointment of a new Athletics director, Ben Stryczek, who will take on the role effective June 2023.

Stryczek is a graduate of California State University and has spent the last three years as the men's varsity basketball coach at PC, where he led the varsity team to back-to-back final four play-offs. His combined 15 years of ath-

letic leadership includes coaching, camp and tournament directing and previous athletic director work.

**Brophy honors graduating seniors**

Brophy College Preparatory honored 16 seniors as Distinguished Students for the spring at a ceremony in April. Distinguished Students are chosen based on their service and academic records, contributing to community life in exceptional ways.

DSA recipients included Cole Basco, Nico Cevallos, Enzo Gonzales, William Johnson, Max Kandas, Ryan Kennedy, Frank Lomax, Matthew Maledon, Brennen McHenry, Bobby Munhall, Cort Ostendorf, Scott Roof, Dalton Shapiro, Nathan Tu, Matthew White and Holden White.

Brophy also presented its annual senior awards at an assembly in April to seniors who were the standout academic, spiritual and student life leaders in the class of 2023.

Seniors who were recognized with academic awards included Robert Munhall, Cole Basco, Yorick Lazcano Ramirez, Paul Olson, Nathan Tu, Quinn Dorward, Joseph Aguilar, Carson Lauer, Sam Troester, Dominic Bullicer, Jesus Ruiz Suarez and Christian Chun.

Seniors who were recognized with Magis awards included Christopher Melchor, Sergio Arvizu Rivera, Savier Rascon Meza, Thomas Liddy, Quinn Dorward, Aidan Lin, Daniel Martinez Romero, Daniel Robaina, Cesar Yanez, Cooper Pitts, Strider Aston, Charles Palmer, Robert Simpson and James Craig.

**Opening delayed to fall 2024**

Phoenix Friends School (PFS), a new independent school in midtown Phoenix, has rescheduled its grand opening to fall 2024 due to delays in its renovation schedule. The new schedule enables PFS to expand the middle school to include seventh and eighth grades in its first year. The new opening date also allows for the Arizona Department of Education to iron out its issues with the new school voucher program for eligible families.

The school's learning model combines classical education and hands-on experience.

For additional information, visit www.phoenixfriendsschool.org or call 602-562-2662.

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# Summer Camps '23

## **Aerial Drones** at Madison Meadows Elementary School

**Mon to Thu • July 10th – 13th**  
**1:00 pm – 4:00 pm**

The staff will focus activities on technical skills in preparation for the 2023-2024 Aerial Drones competition. No equipment will be needed. **Fee: \$75.00**

## **Football** at TBD

**Mon to Thu • July 10th – 27th**  
**8:00 am – 11:00 am**

The football staff will focus activities on conditioning, offensive and defensive skills and teamwork drills. No equipment will be needed. (Practice begins at TBD 4:00pm to 6:00pm 7/31–8/02) **Fee: \$200.00**

## **Men's Soccer** at TBD

**Tue to Thu • July 10th – 27th**  
**5:00 pm – 8:00 pm**

The soccer staff will focus activities on conditioning, offensive and defensive skills, and teamwork drills. No equipment will be needed. (Practice begins at TBD 6:00pm to 8:00pm 7/31–8/02) **Fee: \$125.00**

## **VEX Robotics** at Madison Meadows Elementary School

**Mon to Thu • July 17th – 27th**  
**1:00 pm – 4:00 pm**

The staff will focus activities on design, programming, and build skills in preparation for the 2023-2024 VEX competition game. No equipment will be needed. **Fee: \$125.00**

## **Women's Volleyball** at ARCH

**Mon to Thu • July 24th – 27th**  
**8:00 am – 11:00 am**

The staff will focus activities on conditioning, volleyball skills, and teamwork drills. No equipment will be needed. **Fee: \$75.00**

## **Basketball** at TBD

**Mon to Thu • July 24th – 27th**  
**5:00 pm – 8:00 pm**

The staff will focus camp activities on drills and skills in preparation for the 2023-2024 basketball season. No equipment will be needed. **Fee: \$75.00**

## **Cheer** at ARCH

**Mon to Thu • July 24th – 27th**  
**1:00 pm – 4:00 pm**

The staff will focus activities on conditioning, cheer and dance skills, and teamwork drills. No equipment will be needed. **Fee: \$75.00**

## **Pep Band** at Madison Meadows Elementary School

**Mon to Thu • July 24th – 27th**  
**1:00 pm – 4:00 pm**

The pep band staff will focus camp activities on preparation for the 2023-2024 athletics season. **Fee: \$75.00**



# HEAT



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## GENERATIONS

### Senior Living Devonshire offers summer programs

Older residents who are looking for activities and community each month are invited to visit area City of Phoenix senior center locations. Membership is open to Phoenix residents. The annual membership fee of \$20 provides members access to all 15 centers.

This month, the Devonshire Senior Center will offer three special events. Guests can enjoy an ice cream social, June 14 at 10 a.m.; the Helen Drake Senior Center Pirates and Mermaid Party, June 23 at 9:15 a.m.; and a Beading Class with Miriam and Norma, June 28 at 9:30 a.m.

Regular monthly programs and classes include computer lab, morning mindfulness, Geri Fit, chair exercise, arts and crafts, line dancing, sewing and knitting, movies and more. In addition, lunch is served daily at 11:30 a.m. A recommended contribution of

\$2.50 is requested per meal, and reservations should be made three business days in advance.

Devonshire Senior Center is located at 2802 E. Devonshire Ave. and offers programs and activities from 9 a.m. to 4 p.m., Monday through Friday. For additional information, call 602-262-7807 or visit [www.phoenix.gov/humanservices](http://www.phoenix.gov/humanservices) and click on the “Senior Services” link.

### Classes promote healthy minds, bodies

As we age, it becomes increasingly important to focus on our overall well-being, both mentally and physically, says Jewish Family and Children’s Service (JFCS). According to experts, a healthy mind and body leads to a better outlook on life, prevents depression, and loss of motivation.

“When we don’t take the time for self-care, we risk losing our drive and motivation to be around others and stay active,” said Jennifer Brauner, director

of the Center for Senior Enrichment at JFCS. “Not being physically active can also lead to difficulty moving our bodies and performing everyday activities.”

To prevent falls and foster independence, experts advise seniors to maintain habits that promote balance and core strength. This includes participating in exercise and movement classes, such as light weight-bearing exercises, chair yoga, and Tai Chi. To assist seniors with ways to exercise both body and mind, JFCS offers a series of classes both online and in-person across the Phoenix area. The majority of the classes are free to Maricopa County seniors.

June classes include Sit or Stand Ballet Series with Jennifer Cafarella Betts and Friends from Ballet Theatre of Phoenix; Frank Lloyd Wright: The Chicago Years with Professor Stephen Siek, director of the Emeritus College Academy at Arizona State University; Monumental Places: Arizona’s National Parks and Monuments with Gregory McNamee, an author, journalist, and

photographer; National Gallery of Art: The Italian Renaissance with Docent, Nan Shapiro; Tai Chi for Health and Wellness with Raymond Sol, the Tai Chi Guy (\$45 for four 1-hour sessions) at Beth El Congregation; Acting with a Script: Scene Study and Monologues with theatre artist Dolores D’Amore Goldsmith (in-person, six-class series at Beth El Congregation; \$100).

For more information, call 480-670-8073. Visit [www.jfcsaz.org/registration](http://www.jfcsaz.org/registration) to register for classes.

### Duet honors volunteers, seeks others

In late April, Duet: Partners In Health & Aging had a Volunteer Appreciation Event at Church of Beatitudes and recognized three volunteers with an award.

Jerry Hotstetler, Bill Steele and Christi Cielens were this year’s winners. Each year, the celebration gives Duet a chance to honor all the outstanding volunteers who help homebound



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**GENERATIONS**

seniors – “neighbors” – needing rides to the grocery store, doctor’s appointments or friendly visits.

“Duet volunteers provide a lifeline for the isolated and homebound adults we serve to vitally needed services such as medical appointments, grocery shopping, and human connection,” said Ann Wheat, executive director of Duet. “We are so grateful for their generosity and dedication to our mission. We could not do what we do without our volunteers.”

In addition to making life sustainably better for a homebound senior, volunteering one’s time and talent has benefits the volunteer as well. Volunteering can reduce stress, enrich your mind, and develop interpersonal skills like the art of conversation and engagement. Feel fulfilled wherever you are now — be it newly retired, building a career, or seeking a better self.

To learn more about volunteer opportunities, visit [www.duetaz.org/help-a-homebound-adult](http://www.duetaz.org/help-a-homebound-adult) or call 602-274-5022.

## Kids & Families

### Summer ballet programs offered

The faculty of Ballet Theatre of Phoenix invites area residents to join them for their Summer Intensive programs. The three-week youth summer intensive, for ages 5 to 18, will take place June 12–29. The three-day adult ballet summer intensive, for ages 18 and older, will take place June 6–8. Registration is required for both programs.

Upper-division students will participate in a daily study of ballet and movement including stretch, turns, pointe, conditioning, Broadway, and contemporary dance. Lower division students will train in ballet, jazz, and contemporary technique, along with conditioning and choreography. Primary students will increase their stamina and skills through two classes per week.

The Ballet Theatre of Phoenix Summer Intensive trains all skill levels from beginner through pre-professional dancers. For more information or to register, visit [www.ballettheatreofphx.org/summer](http://www.ballettheatreofphx.org/summer) call 602-957-3364.

### Library launches summer reading program

Summertime means many students will have extra time on their hands, and to help fill the gap and stop “summer slide,” the Phoenix Public Library will



join the annual Maricopa County Reads summer reading program. Summer slide is a regression in academic proficiency due to summer break.

From June 1 to Aug. 1, residents of all ages are invited to sign up and check out their local library for summer reading fun. The theme of this year’s program is All Together Now, encouraging readers to explore themes of unity, kindness, and community. The program is for all ages, and points are earned by reading, completing challenges, attending events and participating in community experiences.

To earn points, participants must read physical and electronic books (one point per minute of reading), or listen to audiobooks (one point per minute). In addition, participants can access online events, explore challenges and learn about community experiences from the Summer Reading website. These activities typically earn participants between 20-25 points.

Sign up now at [www.maricopa-countyreads.org](http://www.maricopa-countyreads.org) and get ready to start earning points. To find your local library, visit [www.phoenixpubliclibrary.org](http://www.phoenixpubliclibrary.org).

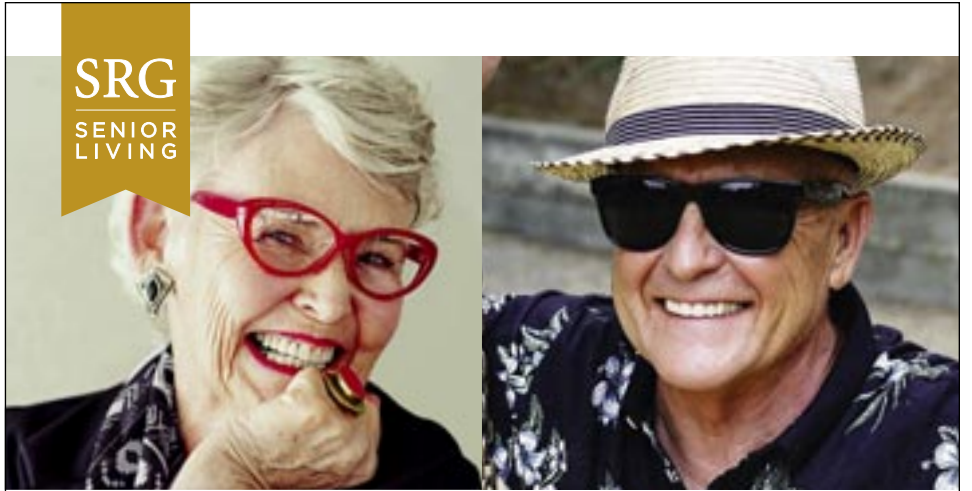
### Camp offers collaborative summer program

Students looking for a collaborative art opportunity this summer may want to check out the Phoenix Film Foundation’s filmmaking summer camp.

Whether a beginning filmmaker or a seasoned pro, current junior high or high school students between the ages of 13 and 18 can learn how to make a film and take their filmmaking skills to the next level.

While each camp is different, students are allowed to attend only one filmmaking camp session per year, which run June 5 to July 21. Filmmaking 101

*please see COLLABORATIVE on page 36*



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GENERATIONS

**COLLABORATIVE continued from page 35**

students may not sign up for Advanced Filmmaking in the same year.

Each Filmmaking 101 camp guides students in applying the fundamentals of filmmaking to creating their own original short film. Students will develop the ability to collaborate with one another and learn how to leverage the strengths of their team. Through hands-on learning, students will actively participate in the technical elements of digital filmmaking from pre- to post-production.

The two week-long Advanced Filmmaking Camp takes students (ages 15-18) even deeper into filmmaking techniques in order to create their own original short film. Through hands-on learning, students will actively participate in the technical elements of digital filmmaking from pre- to post-production.

As an added bonus, each student will receive a free entry into the 2023 Arizona Student Film Festival. Classes with instructor Sean Oliver run 9 a.m. to 2 p.m. The cost is \$175. For addi-

tional information, visit [www.phoenix-filmfestival.com/film-summer-camp-registration](http://www.phoenix-filmfestival.com/film-summer-camp-registration).

**Midtown school offers summer camp**

Phoenix Friends School, an independent school in midtown Phoenix, is offering four interactive summer camps for curious kids this July.

Robotics camp (July 10–14) will allow young computer programmers to delve into the world of robotics using Lego Spike Prime kits. Theater camp (July 17–21) will engage students in a broad range of theatrical activities which will provide new skills in a fun and creative environment. Arts camp (July 24–28) will introduce campers to a variety of hands-on arts experiences and leave camp with a finished arts piece each day. Finally, cooking camp (July 31–Aug. 4) will allow campers to immerse themselves in a new international cuisine each day and conclude with a feast for families and friends.

Camp programs will be held at the Central United Methodist Church campus, 1875 N. Central Ave. The cost

is \$295 per student, per camp. Register at [www.phoenixfriendsschool.org](http://www.phoenixfriendsschool.org). For more information, call 602-562-2662.

**Teens invited to work out for free**

Planet Fitness announced the return of its High School Summer Pass program, inviting high schoolers ages 14–19 to work out for free at any of its locations through Aug. 31.

In its third year, High School Summer Pass offers high schoolers a way to stay active during the summer months. According to the World Health Organization (WHO), youth up to 17 years of age should get a recommended average of at least 60 minutes per day of moderate to vigorous intensity physical activity to boost their physical and mental health. In addition, in 2021, The Youth Risk Behavior Survey commissioned by the Centers for Disease Control and Prevention (CDC) found that 29 percent of high school students experienced poor mental health, a steady biannual increase since the survey was first fielded in 2011, demonstrating that youth today

consistently — and increasingly — face mental health struggles.

To further motivate high schoolers who sign up are encouraged to enter the Planet Fitness High School Summer Pass Contest. Planet Fitness will award five teens in the U.S. with \$10,000 individual academic scholarships via a TikTok video submission contest. To enter, teens are asked to post a TikTok video tagging @planetfitness using the hashtags #contest and #HSSP23US that describes their High School Summer Pass experience. The contest submission period runs through Aug. 31. The top five schools on the U.S. Leaderboard in each tier (as described in the rules) will each receive \$10,000. These scholarships can be used to fund athletic equipment, field renovations, physical fitness classes and health and wellness initiatives.

High schoolers can register for the program at [www.planetfitness.com/summerpass/registration](http://www.planetfitness.com/summerpass/registration) to gain club access. Teens under 18 must register with a parent or guardian online or in-club.



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ARTS & ENTERTAINMENT



The Japanese Friendship Garden will host Tea Tours, Tuesdays in June (submitted photo).

### Friendship Garden introduces Tea Tours

Japanese tea is seen as an inseparable part of Japanese culture, with production and practices that started centuries ago. Over time, changes in tea traditions and practices have led to the creation of various schools of tea, cafes and casual enjoyment. Having tea allows guests to take a break from the outside world and focus on the simple, transitory moment of serving and drinking tea, which is why the Japanese Friendship Garden launched its newest offering: Tea Tours.

Guests can enjoy an exclusive docent-led tea tour where they can learn the basics of Chanoyu and Japanese casual tea. The program begins with a tour of the Tea House, “Musuan,” where guests can admire Japanese seasonal art displays, learn about the history of the Tea House, and gain an introduction to modern Japanese tea culture.

Afterwards, indulge in a Japanese casual tea tasting service in the Tea House, and enjoy Sen-cha, Genmai-Cha, Hoji-Cha, and a Japanese sweet on authentic Japanese dishware. The entire tour will last for 60 minutes, giv-

ing participants ample time to soak in the experience and ask questions. The final 15 minutes will allow guests to explore the Roji on a docent led tour, where they will get to learn about the design of the garden and its purpose in Japanese Tea culture and history.

The tours will be held every Tuesday this month from 11 a.m. to noon (check-in is 10:45 a.m.). The cost is \$40 for members; \$45 for general admission, and garden admission is included. The tours will not be held July through September.

For additional information, visit [www.japanesefriendshipgarden.org/tea-tours](http://www.japanesefriendshipgarden.org/tea-tours).

### Beatitudes hosts local artist exhibit

Church of the Beatitudes is hosting a special exhibit of work by North Central artist Melinda Wing, who will highlight shibori, an ancient technique of fabric decoration. The exhibit, which opened May 10, will run through July 9.

In Japan, the earliest surviving examples of cloth dyed with a shibori

*please see EXHIBIT on page 38*

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## THE STATE OF FITNESS

By Bill Ross

I've been in the fitness industry since the mid-'80s and have seen a lot of diets and exercise fads come and go. Each one promises to be better than the previous one. If this were true, there wouldn't be an obesity epidemic. Has anyone else noticed that things are not getting better?

Even with all the improvements in technology . . . still not getting better. In my opinion, technology has only made things easier. And we all have a desire to make our lives easier. But, let me tell you, easier isn't always better. The less we move and the less we stimulate our bodies for growth, the worse we get.

However, there's a flip side. Doing too much also can be harmful. The problem is that most people don't know what is too little and what is too much. There is definitely a sweet spot for each person. So how do you find what is right for you? There are so many choices and options.

Classes, videos, gym memberships, group training, and personal training, to name a few. So, what is right for you? I think the answer depends on many variables. If you're young and have a decent disposable income, then you have many options. As you get older your options may change because of health conditions, injuries, fears and other factors.

Here are some thoughts about the different types of fitness programs.

Gym memberships – doing it on your own. The plus is generally low cost and lots of options. This can be great if you know what you are doing. However, most people don't. They generally hurt themselves or end up just using the cardio equipment, which gives them a false sense of accomplishment with minimal results. Low

cost. No Accountability.

Classes can vary in style and degree of intensity. The plus is they're usually less expensive and can be very energetic and motivating. The drawback is that they're not specific to the individual's needs or abilities. Prices vary. Minimal Accountability.

Exercise videos. Least favorite and definitely most dangerous. No Accountability.

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## ARTS & ENTERTAINMENT



Harkins Theatres will offer its popular Summer Movie Fun program again this summer, beginning in June at all Harkins locations (submitted photo).

### EXHIBIT continued from page 37

technique date from the 8th century and were among goods donated by the Emperor Shōmu to the Tōdai-ji in Nara.

"Learning the technique of shibori has been a fascinating journey," Wing said. "How to fold and stitch the fabric, what each technique means and learning about Indigo dye. Seeing the results after dyeing are always rewarding and surprising. The dyed fabric with its many different patterns is exciting and challenging to piece together to create overall movement and expression."

Residents can view Wing's work in person Sunday mornings between 10 a.m. and noon or by appointment. The work will be shown in the Narthex at Church of Beatitudes, located at 555 W. Glendale Ave. For additional information, call 602-264-1221 or visit [www.beatitudeschurch.org](http://www.beatitudeschurch.org).

### Summer movie program returns

Harkins Theatres will once again bring popular family fun films back to the big screen to keep kids entertained and cool during the hot summer months.

Starting Monday, June 5, Harkins annual kids' movie program, Summer Movie Fun, is returning to Harkins Theatres. Season tickets for all eight movies are \$8 and individual tickets are available the day of the show for \$2 each. All shows begin at 9:45 a.m. with movies running each weekday through Friday, July 28.

Moviegoers 13 years old and under can look forward to enjoying a handful of

films all summer on various dates including "Minions: The Rise of Gru," "Sonic the Hedgehog 2," "The Bad Guys," "The Secret Life of Pets," "DC League of Super-Pets," "Trolls World Tour," "Puss in Boots: The Last Wish," and "Hotel Transylvania: Transformania."

Summer Movie Fun season ticket holders will also receive a voucher valid June 1 through July 28 for 50 percent off one Kids Combo that includes popcorn, fruit snacks and a drink.

Tickets are available now at theater box offices. Visit [www.harkins.com/smf](http://www.harkins.com/smf) for more information about the Summer Movie Fun program.

## On the Town

This month, we welcome summer with live local music, art and theater, legendary musical artists on tour, Phoenix Fan Fusion, summer celebrations and family-friendly art events. See you on the town in June!

### First Friday Art Walk

June 2  
Downtown Phoenix  
<https://artlinkphx.org/phx-fridays>

### Adam Clark Ensemble

June 2  
The Nash  
[www.thenash.org](http://www.thenash.org); 602-795-0464

### First Friday Seisiún

June 2  
Irish Cultural Center  
& McClelland Library  
[www.azirish.org](http://www.azirish.org)

ARTS & ENTERTAINMENT

Arizona Blues Bash

June 2-3  
The Rhythm Room  
www.rhythmroom.com;  
602-612-4981



Phoenix Fan Fusion

June 2-4  
Phoenix Convention Center  
www.phoenixfanfusion.com

'BIG 2' exhibit opening

June 2-July 28  
Herberger Theater Center  
www.herbergertheater.org;  
602-252-8497

GBH

June 3  
Crescent Ballroom  
www.crescentphx.com;  
602-716-2222

'Raymonda'

June 3-4  
The School of Ballet Arizona  
at The Madison Center for the Arts  
www.balletaz.org; 602-381-1096



Flashlight Nights

June 3-Sept. 2  
Desert Botanical Garden  
www.dbg.org; 480-941-1225

Billy Bob Thornton & The Boxmasters

June 5  
The Rhythm Room  
www.rhythmroom.com; 602-612-4981

Janet Jackson

June 7  
Ak-Chin Pavilion  
www.livenation.com

Murder by Death

June 9  
Crescent Ballroom  
www.crescentphx.com; 602-716-2222

Carlos Rivera

June 9  
Celebrity Theatre  
www.celebritytheatre.com;  
602-267-1600

'The SpongeBob Musical'

June 9-25  
Valley Youth Theatre at Herberger  
Theater Center  
www.vyt.com; 602-253-8188



Nuance featuring Jackie Lopez

June 10  
The Nash  
www.thenash.org; 602-795-0464

Decker.

June 10  
Crescent Ballroom  
www.crescentphx.com; 602-716-2222

Ayo Brame

June 11  
The Nash  
www.thenash.org; 602-795-0464

Erykah Badu

June 13  
Desert Diamond Arena  
www.unfollowmetour.com

Blink-182

June 14  
Footprint Center  
www.blink182.com



Odie Leigh

June 14  
Valley Bar  
www.valleybarphx.com; 602-716-2222

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**Bubba and The Big Bad Blues**

June 17  
The Rhythm Room  
www.rhythmroom.com;  
602-612-4981

**Father's Day Flashlight Night**

June 17  
Desert Botanical Garden  
www.dbg.org; 480-941-1225

**Graham Nash**

June 21  
Celebrity Theatre  
www.celebritytheatre.com;  
602-267-1600

**Summer Solstice Celebration**

June 21  
Burton Barr Central Library  
www.phoenixpubliclibrary.org;  
602-262-4636

**Jimi "Primetime" Smith, Bob Corritore Blues Band**

June 24  
The Rhythm Room  
www.rhythmroom.com; 602-612-4981



**Fred Boswell, Jr. Quintet**

June 24  
The Nash  
www.thenash.org; 602-795-0464

**Angela Aguilar**

June 24  
Arizona Financial Theatre  
www.livenation.com



**Tarja**

June 26  
The Van Buren  
www.thevanburenphx.com;  
480-659-1641

**Parker Millsap**

June 27  
Valley Bar  
www.valleybarphx.com; 602-716-2222

**'The Legend of Georgia McBride'**

June 29-July 16  
Arizona Theatre Company  
www.arizonatheatre.org;  
602-256-6995

**Wavves**

June 30  
Crescent Ballroom  
www.crescentphx.com; 602-716-2222

**Fall Out Boy**

June 30  
Talking Stick Resort Amphitheatre  
www.livenation.com

All event dates are current at time of publication. Check with individual venues for up-to-date show information. Find events throughout the month at [www.northcentralnews.net/events](http://www.northcentralnews.net/events).





**FOOD FOR THOUGHT**

## Café Chat

### Carcara offers an 'Arizona' experience

By Marjorie Rice

Angy Dykstra's roots in local foods go deep — first in a small town in Missouri's lush countryside at the Lake of the Ozarks, then as a transplant to Arizona, where she began her culinary career 26 years ago.

Today she's senior sous chef at Carcara, the 7,000-square-foot signature restaurant in the Sheraton Phoenix Downtown.

Living off the land, literally, was an integral part of Dykstra's family culture.

"We grew everything," she said. "My twin and I gathered our own crawdads (crayfish) and blackberries, for my aunt and uncle to make blackberry cobbler. They had their own pigs. We'd forage for mushrooms. My grandparents lived across the street and had a giant garden. I'd come home from school and go over and pick green beans.

"That's why with this restaurant, we try to do as much local as we can. We use goat cheese from Crow's Dairy, Ramona Farms, Yuma greens, olives and oil from Queen Creek."

Sausage from Schreiner's, the North Central butcher shop, appears in several iterations, including a smoked Southwest turkey sausage benedict with mole-spiced hollandaise on the brunch menu.

"We've always used Schreiner's stuff, we love it."

Arizona's 5 C's figure into the restaurant's design and menu. Climate is highlighted in the spacious patio, with ample table seating and comfy lounge areas that wrap the exterior.

Hotel restaurants are duty-bound to offer variations on surf and turf on their menus, and Dykstra takes it up an Arizona notch with prime ribeye steak (cattle) served with mashed sweet potatoes, roasted asparagus and blood orange demi-glace (citrus); and pan-seared trout Veracruz, with cilantro citrus rice, wilted greens and olive relish.

Citrus makes more appearances, including Baja shrimp ceviche with oranges, and an appetizer standout: hummus with orange, aromatics, cilantro, sriracha, heirloom carrots, watermelon radish and tortilla chips fried daily in-house.



Angy Dykstra, senior sous chef, shows off three of her dishes inside Carcara restaurant in downtown Phoenix (photo by Darryl Webb/North Central News).

"We change our menus twice a year, spring and fall, to be seasonal," she said. The spring menu rolled out in mid-May. "It's a lot of Sonoran and Native American-inspired dishes."

Look for examples in the guajillo-glazed heirloom carrots supporting a prime beef filet, habanero fig jam with

the duck confit and goat cheese empanadas.

"We have a Sonoran Caesar, with croutons with mole spice and green chiles and roasted tomatoes," she said. "For our spring menu we're using barramundi, a white fish."

The barramundi are hatched in

Australia and the fingerlings are transported to Desert Springs Barramundi, a fish farm in the southwest part of the state.

"It's kind of bizarre," Dykstra said. "It starts in Melbourne, Australia. They raise them in Colorado filtered water and fed a vegetarian diet without antibiotics and hormones."

The result is a firm-fleshed white fish perfect for searing. "We pan sear it, skin-on, and it's served with black bean chipotle, spinach, green and red peppers, on Spanish chorizo hash and topped with lime-butter cream sauce. "It's a lot of flavors, but they're all mild and muted, kind of like the décor."

Copper and cotton, the final two C's, are featured in the understated décor, in tones of terra cotta and exposed naturally finished beams, with muted earth-toned wall coverings and a spectacular hanging at the entrance, evoking a desert at dusk.

During COVID, when the restaurant was closed, a complete revamp

*please see EXPERIENCE on page 42*



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FOOD FOR THOUGHT

**EXPERIENCE** continued from page 41

included opening up the ceilings, adding new seating, a 14-foot-tall centerpiece tree and an updated bar area. The result is a spacious, open space with a sophisticated yet welcoming atmosphere.

Dykstra has relished her chance to put a personal stamp on food service in the hotel.

It's been a long road for the chef, who began her culinary career at Black Angus as server, trainer and other roles.

"In my 30s I decided, 'I think I'm going to be a chef,'" she said. That led to the Art Institute's culinary school in Metrocenter, attending classes during the day and waiting tables at night.

"After school, I went to the Sheraton as an entry level pantry cook, making salads," she said.

Over the next 13 years, she worked her way up to her current role, as senior sous chef for the hotel. Today, Dykstra runs the food program that goes to the pool, in-room dining for the 1,000-plus rooms, food in the lobby bar and Carcara.

As in many area eateries, cocktails are playing an ever-growing role.

"We do an amazing happy hour," Dykstra said. "We do a loaded guacamole with toasted pumpkin seeds, radish sprouts, jicama, pickled red onions and cotija on top."

Pair that with one of the signature cocktails — the Ajo passion margarita, for instance, with Casamigos Blanco tequila, harlequin orange liqueur, lime, passion fruit puree, jalapeno and Tajin (a spice blend with chile and citrus), and you pretty much have all the food groups.

Once a month on a Saturday, the hotel hosts The Merchantile, a pop-up marketplace with boutique items from local businesses, food producers, artists and designers. Guests can pair brunch with a visit to the market, and book a new Shop & More package that combines an overnight hotel stay with special amenities and discounts. For more about The Merchantile, contact [www.sheratonphoenixdowntown.com](http://www.sheratonphoenixdowntown.com) or call 602-262-2500. The next Merchantile is scheduled from 10:30 a.m. to 2:30 p.m., June 24.

Carcara, at 320 N. 3rd St., is open

daily, with breakfast from 6:30 to 10 a.m., lunch 11 a.m. to 2 p.m., Monday through Friday and dinner daily from 5 to 10 p.m. Brunch is served weekends from 10:30 a.m. to 2 p.m. For more information, contact [www.carcararestaurant.com](http://www.carcararestaurant.com) or call 602-262-2500.

**Dining Briefs**  
Farmers markets offer summer shopping

Residents looking to shop local-ish for summer entertaining need look no further than these three farmers markets, in the heart of North Central and beyond.

Uptown Farmers Market is a dedicated gathering space for nearly 200 local Arizona producers. While its Wednesday and online marketplaces are closed for the summer, the Saturday market is still open every Saturday from 7 to 11 a.m. This Saturday farmers market is run year-round, by a very small crew, in the heart of Phoenix, which allows the organizers to have frequent face-to-face connection with its Arizona producers.

"This means that we have personal-

ly met, and correspond directly with, every single local grower, farmers, baker, creator and producer that you see listed on our website," the organizers state.

The market is held at North Phoenix Baptist Church, 5757 N. Central Ave. For information, call 602-859-5648 or visit [www.uptownmarketaz.com](http://www.uptownmarketaz.com).

Just a few miles northeast is the Roadrunner Park Farmers' Market, at 3502 E. Cactus Rd. Shoppers will find local farm produce including fresh vegetables and fruit, baked goods, honey, nursery stock, natural pork, beef and fish, and handcrafted items.

Families can make a day of it by spending time at Roadrunner Park, which includes children's playground with play equipment, a fishing pond, ducks and geese on premises, swimming pool, soccer fields, and all kinds of special events.

Organizers say that canine "Good Citizens" are always welcome at the market, which runs from 7 to 10 a.m. Saturdays during summer months. Learn more at [www.arizonacommuni-](http://www.arizonacommuni-)



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**FOOD FOR THOUGHT**

tyfarmersmarkets.com.

Those wanting to venture downtown can check out the Downtown PHX Farmers Market, which brings farm-fresh goods right into the city's urban heart every Saturday morning. The market supports small farmers and businesses that produce healthy products for the community. Shoppers can chat with the farmers themselves and discuss what's growing for the upcoming season, sip on a cup of local joe or grab something ready to eat from one of the participating food trucks.

The market is held Saturday's 7:30 to 11:30 a.m. at 720 N. 5th St. For additional information, call 602-625-6736 or visit [www.downtownphoenixfarmersmarket.org](http://www.downtownphoenixfarmersmarket.org).

**Treat your dad on Father's Day**

Father's Day is Sunday, June 18, and if dining out is on the menu of family activities, here are some ways to treat Dad this month.

This Father's Day at Over Easy, treat Dad to two go-to favorites, burgers and beer. For \$20, Dad can score Over Easy's Breakfast Burger stacked high with a six oz beef patty, over easy egg, arugula, tomato, cheddar, American cheese and crispy onions on a toasted brioche bun paired with an ice-cold Four Peaks Brewing Co. 'The Joy Bus Wow Wheat' beer.

In the North Central area visit Over Easy at Phoenix Biltmore (2398 E Camelback Rd #101) or Phoenix – Arcadia (4730 E. Indian School Rd.). Learn more at [www.eatatovereasy.com](http://www.eatatovereasy.com).

The VIG North Central and Arcadia is offering a Dad's BBQ Plate on Father's Day for \$25. The meal includes smoked baby back ribs, pulled pork sliders, corn on the cob, creamy coleslaw and sweet potato fries. Dads can top off the meal with a hot fudge sundae, with vanilla, chocolate and caramel gelato, topped with hot fudge, whipped cream and peanuts. Drink specials will include \$5 Tito's or Rose. For more information, visit [www.thevig.us](http://www.thevig.us).

Chompie's is celebrating the dads on Fathers' Day, by treating them to a free dessert. When dining in at any Valley Chompie's location Sunday, June 18, dads will receive a free mini slice of cake with their entrée purchase. Dads can choose from carrot, mousse, seven-layer or red velvet cake.

In Phoenix, stop by at 3212 E. Cactus Rd. For more information, call 602-710-



Treat Dad to Father's Day breakfast with Over Easy's Breakfast Burger, which is stacked high with a six oz beef patty, over easy egg, arugula, tomato, cheddar, American cheese and crispy onions on a toasted brioche bun (submitted photo).

2910 or visit [www.chompies.com](http://www.chompies.com).

If Dad is looking for something a little different, Koibito Poke might fit the bill. On Father's Day, dads who come in and show their Koibito Poke app on their phones will receive 50 percent off their bowl. The restaurant's traditional Hawaiian poke bowls are made with the highest quality fish, the best toppings,

and nine made-from-scratch sauces.

The Father's Day offer valid for dine-in only. Discount valid for one bowl per person. The restaurant has four Valley locations. In Arcadia, check them out at 4280 E. Indian School Rd., Suite 108.

Visit [www.koibitopoke.com](http://www.koibitopoke.com) or call 602-671-2445 for more information.

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**FOOD FOR THOUGHT**

**Seasonal flavor supports community**

Locally-owned ice cream parlor Churn, has launched a Flavor of the Season, Rodeo Queen, which is now available at its Central Phoenix shop.

Featuring sweet cream ice cream with lemon curd, lemon cupcake and strawberry syrup and topped with a playful pink cowboy hat, ice cream lovers can also give back to the community while satisfying their sweet tooth. Throughout June, which is also Pride Month, with every scoop of Rodeo Queen purchased the ice cream shop will donate \$1 to One Community. In addition, diners at both Windsor and Churn have the opportunity to round their bill to the nearest dollar with proceeds going to the cause.

One Community's mission is to bring workplace equality and equal treatment in housing and public accommodations for the LGBTQ+ community in Arizona through educational and advocacy programs.

Churn is a nostalgic ice cream parlor attached to its gastropub neighbor, Windsor, and is located 5223 N. Central



For each scoop of Rodeo Queen purchased in June, Churn will donate \$1 to One Community (submitted photo).

Ave. For more information, call 602-279-8024 or visit [www.churnaz.com](http://www.churnaz.com).

**Uptown restaurant launches new menu items**

Dapper & Stout Coffee & Cocktails Uptown Phoenix, is serving up a brand-new menu, featuring

brunch all day long. The restaurant also offers light, refreshing cocktails to complement any brunch item.

Guests can start their dining experience with a cocktail such as an Aperol Spritz, made with aperol, Zonin prosciutto and club soda or the Pinkys Up, featuring Botanist gin, violet lavender

syrup and lemon juice topped with prosciutto. For an eye-opener, try the Loose Bowtie Espresso Martini with Stolli 80 vodka, Disaronno amaretto, Dapper & Stout's Ensemble Blend espresso and white and dark chocolate. Classic brunch cocktails, like mimosas and Bloody Marys, also are offered along with dozens of all-day beverages.

To pair with their cocktail, diners can enjoy a wide variety of all-day brunch items such as the Seriously Dapper Avocado Toast — featuring rustic ciabatta bread topped with avocado mix, grape tomatoes, pepitas, a poached egg and edible orchids; the “Lox by Chula X Loaded by Dapper” — with Tasmanian salmon lox, a hard-boiled egg, cream cheese, cucumber, tomato and caper salad stacked high on a toasted bagel; and The Fancy Italian Egg Panino — a brioche bun stuffed with imported prosciutto, fontina cheese, poached egg, pesto mayo, tomato and arugula.

Dapper & Stout is located in Phoenix's Uptown Plaza at 100 E. Camelback Rd., #150. For additional information, visit [www.dapperandstout.com](http://www.dapperandstout.com).

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