



# north central news

the voice of the north central phoenix community since 1999

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## Shopping, community meet at 'The Fred'

By Trudy Thompson Shumaker

Who is Fred and why is there a collection of shops named after him in North Central Phoenix? Wait. Make that Frederick. But most of his friends call him Fred. Regardless, Fred is competing handily with Amazon for the shopper's dollar and attention.

Architect Frederick Weaver of the firm Weaver and Drover designed the white brick complex in 1963, during what is now known as the "mid-century boom" of North Central Phoenix. Over its 60 years at 1215 E. Missouri Ave., it has housed offices and small businesses. Today it is a lively community center bringing young families, local residents and tourists from Scottsdale and beyond.

Need to tame your unruly eyebrows as well as that cranky co-worker? Stop by and get the brows waxed and a peacemaker desk bouquet with an artisanal chocolate bar for the coworker. That will turn her around.

While you're at The Fred, get a welcome new baby gift that is unlike every other cutsie onesie that will arrive at the neighbor's baby shower. A bathing suit that your teenager will secretly admire and may even Bogart? Earrings or a necklace that will bail you out of the proverbial doghouse? Shades that say, "Yeah, I may have three kids in my mini-van but I'm still a player?" And the coffee — it's not your standard stuff. Fred is

**please see THE FRED on page 6**



The Phoenix Public Library system has served the community for more than 125 years through the hard work and dedication of many librarians, including local librarians (pictured left to right) Eric Rueda, Yucca Library; Matthew Rummele, Acacia Library; Matthew Dieckman, Acacia Library; and Heather Kendall, Yucca Library (photos courtesy of Phoenix Public Library).

## Get to know your local librarians

By Kathryn M. Miller

In 2023, the Phoenix Public Library system celebrated 125 years of serving residents. The venerable institution consists of 17 libraries, and during fiscal year 2022-23 those libraries hosted over two million visits. But libraries are more than just "where the books live," they serve as community hubs, says Eric Rueda, branch manager at Yucca Library.

"We partner with social agencies, schools, public institutions and community groups in our communities and often pool resources together to offer a rich variety of program offerings from workshops, trainings and social services," Rueda said.

And these community hubs would be nothing without the librarians and other staff who bring all those resources and programming together.

So, we set out to learn more about these special people and the libraries they serve, and they told us why they love their job, what is unique about their branch and what makes libraries an integral part of the community.

### Meet Matthew Dieckman, Acacia Library

Matthew Dieckman began his library career nearly eight years ago as a library assistant. A librarian now for three years, he is the assistant branch manager at Acacia and says that he has supported libraries all his life.

"As a child, I attended programs at the branch where I now work," Dieckman said. "My time as a library assistant showed me how libraries directly impact communities. This inspired me to become a full-time librarian."

His favorite part of being a librarian is building

**please see LIBRARIANS on page 8**

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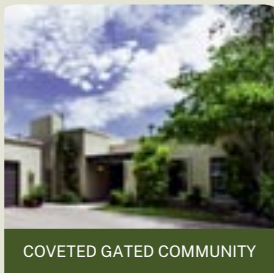
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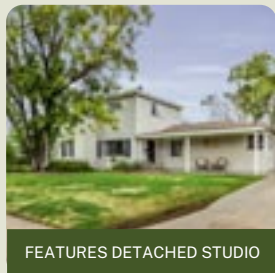
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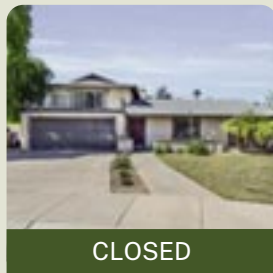
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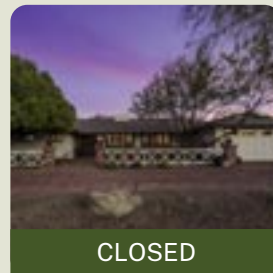
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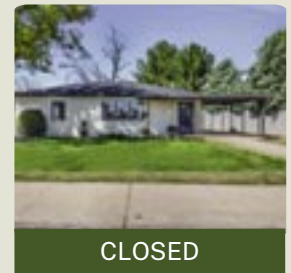
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COMMUNITY

## From the Editor

Hello, North Central neighbors!

May brings with it warmer weather and summer vacation – the perfect time to visit local libraries, which house so much more than just books. In this month's cover story, we get to know four local librarians who break down why they love their job, their branch and why, if you haven't visited recently, you should check out your library.



Also on the cover, we feature The Frederick, a #UniqueNorthCentral business where shopping and community come together. Trudy Thompson Shumaker introduces us to the group of women who currently call the reimagined 1963 office complex their retail home.

In School Days, we tell another

story that began in 1963. That was the year a group of fourth-graders met their inspiring teacher, Joy Dyer — and they have stayed in touch for the past 60 years. And in Business, we catch up with business owner Laura Mittendorf who is moving her True Few Hair Salon to 7th Avenue and Bethany Home Road — and bringing a few of her friends with her.

For this month's Café Chat, Marjorie Rice caught up with Josh Garcia at Miracle Mile Deli. The landmark, family-owned restaurant will celebrate its 75th anniversary of serving Valley diners this month.

As always, you will find other community, business, dining and school news, as well as our round-up of things to do in the Valley this month. We hope that you enjoy our May issue, and until next month, all my best!

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

### Mural brightens youth residence

Thanks to a community collaboration, a colorful new mural was installed outside the Flo Crit building, 715 W. Mariposa St., April 11.

Created by youth residents of Florence Crittenton, the mural was a result of a two-part professional artist series facilitated by Free Arts for Abused Children of Arizona (www.freeartsaz.org) teaching artists Linda Pullinsi and Kris Kollasch, a North Central resident who is also a former Free Arts board member. Each youth designed a section of the mural, which was then pieced together as a five-panel installation that is 8 feet tall and 20 feet wide.

Florence Crittenton is a Free Arts partner agency and an affiliate nonprofit agency of Chicanos Por La Causa (www.cplc.org). The partnership between the two organizations dates back 30 years. In the past, Free Arts has hosted youth from Florence Crittenton at its camp series and has brought professional teaching artists onsite at Flo



Residents at the Flo Crit building celebrated a new mural that bloomed out of a community partnership (submitted photo).

Crit to work with children and build resilience through art. Today, Florence Crittenton is a part of the CPLC family.

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who have endured periods of physical and sexual victimization, chronic neglect, homelessness, poverty, teen pregnancy, drug abuse and mental health struggles. Learn more at www.flocrit.com.

### Dental clinic accepting patients

The Phoenix College Dental Clinic is now accepting new patients to address the dental hygiene needs of the community.

The initial dental hygiene assessment is free. The cost for dental hygiene therapy is \$35, and includes dental radiographs (x-rays), an oral cancer screening, a periodontal assessment for gum disease, a dental examination and cleaning/periodontal therapy. Other services are available for an additional cost.

The clinic is a learning institution, which means every aspect of patient care is overseen and evaluated by faculty. Students will fully evaluate the oral health of each patient. As a result, it generally takes four, or more, multi-hour appointments to complete patient care, and the cleaning process.

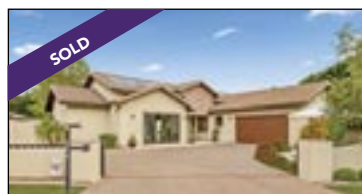
The Phoenix College Healthcare Center is located at 3144 N. 7th Ave. To schedule an assessment, call 602-285-7323. To learn more, visit www.phoenix-college.edu/community/community-services/dental-clinic.

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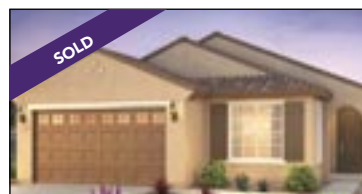
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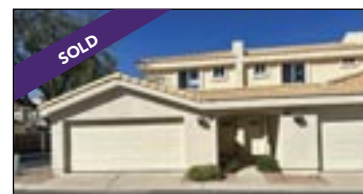
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**COMMUNITY**



Pictured left to right are The Frederick’s Jessica McPhaul, founder of Naked Rebellion; Lisa Lowrie, manager at MetalMark Fine Jewelry; Samantha Lester, manager at Vida Moulin; Holly Martinez, salesperson at Cricket + Ruby; and Tammy Tisdale, manager at Form Floral (photo by Trudy Thompson Shumaker).

**THE FRED continued from page 1**

your new best friend.

Still not convinced of the cool factor at The Fred? OK, there’s a shop called Naked Rebellion. Really.

The neighborhood hang-out on East Missouri has made in-store local shopping a reality again. COVID-19 drove shoppers online, but The Fred is pulling people out of their hidey holes and into stores again. Some of the shops had dipped their toes into the post-COVID market with pop-up locations, then, when The Frederick was being developed, they took the plunge by putting down roots into an actual brick and mortar location. Chantall Moulin, who owns and runs Vida Moulin, is the owner-operator of The Fred, and she has brought together the local shop owners into a community effort.

The shop owners are all committed to building community in North Central Phoenix, as well as selling goods and services that share a unique focus. Many of the shop owners have known one another for several years, and The Frederick brought them together at one location in the heart of North Central Phoenix.

Jessica Wenger McPhaul, owner of Naked Rebellion, said, “I signed my lease before the project was fully developed. I had met Chantall and when I heard what her vision was — a neighborhood gathering place with local shops in a beautiful, historic place — I wanted to be a part of it.”

The common area at The Fred is green and friendly and may feature a bounce-house for kids, along with a

local musician or two or three on weekends. Shops feature event-based specials and stay open into the evenings on special-event days.

Most of the shops are owned and operated by women, many of them moms to kids of all ages. But make no mistake: events are family-friendly but they are also swank enough to attract young professionals without families, and it’s a date-night destination (think cozy nooks for conversations) as well as a walking around destress after work for local workers waiting for the traffic to thin out before hitting the freeway.

A North Central resident browsing sassy greeting cards at Form Floral laughs out loud at some of the cards, then he buys a watering can for his mom.

“She needs this and it will make her smile,” said the 30-something accountant. “I disappear during tax season and always feel guilty about it, so mom gets this cool watering can. Should I get the pink or the white one? I’ll get both and see which one she likes. My girlfriend will get the other one. Oh, and look — some really good masa. I’m going to make tortillas with this.”

While it may not appear to feature easy parking because it fronts busy East Missouri Ave., drive around back. There is plenty parking, whether you’re driving a bicycle or a snazzy convertible or a generic white minivan.

Current shops include Berdena’s coffee shop, Cricket & Ruby, Form Floral, Melt by Melissa, Metalmark Fine Jewelry, Naked Rebellion, Vida Moulin and Wicker Goddess. To learn more, go to [www.thefredphx.com](http://www.thefredphx.com).

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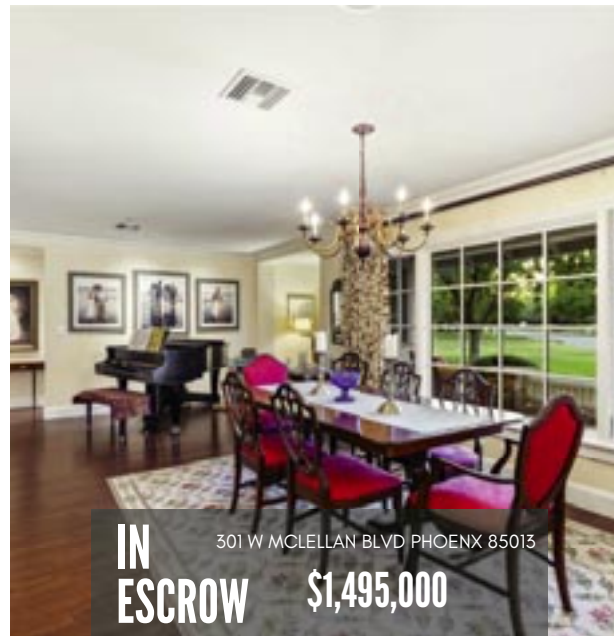
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COMMUNITY

**LIBRARIANS** *continued from page 1*

relationships with customers and connecting with the community. “Presenting storytimes is also great. It lets me engage with families and nurture a love for reading.”

Something that might surprise people about the job? “How much time we spend helping people with our printer. They don’t teach you this when you get your Library Science degree,” Dieckman said.

Located at 750 E. Townley Ave., Acacia Library opened Jan. 5, 1969. It was designed by architect Bennie Gonzales, who also built Ocotillo Library. Dieckman said that the architect designed many buildings in the 70s and 80s in the Phoenix metro area including the Scottsdale civic buildings and renovations of the Heard Museum.

New at the branch is the Teen Adventure Hour, and “there are a lot of teens who have responded to it,” Dieckman said. “It is mostly a Dungeons & Dragons program where teens get to build their own characters and go on adventures.” The program

will continue into the summer months.

**Meet Heather Kendall, Yucca Library**

While she pursued various other professions before deciding to go back to school in her 30s to become a librarian, Heather Kendall has now been a librarian for 20 years — 19 of those years with Phoenix Public Library. And much like her coworker, she has always loved the library.

“Cholla was my branch as a child, and I looked forward to every visit,” Kendall recalled. “Unfortunately, it was not very close to home. So, in about the fourth grade, I took it upon myself to write a letter to the mayor asking for a library. I provided him with the cross streets of a vacant plot of land upon which to build my library. I remained a loyal library user, even though I never received a response.”

For Kendall, it would be impossible to narrow down to one favorite thing about being a librarian, but she says, “I suppose I like the fact that every day is different. You just never know what may happen or what questions you’ll get when working at the

library.” And surprising as it may seem, “I’ve never heard a staff member shush anyone,” Kendall said, “and we can’t read on the job!”

The Yucca branch, which opened in June 1969, is located at 5648 N. 15th Ave. “It’s so easy to get to us!” the librarian said. “The bus stops right up the street, we’re very close to the light rail, there’s plenty of parking and we’re right in the center of Phoenix. Most importantly, we have the friendliest staff in the system. Why? Because we all love our jobs.”

**Meet Eric Rueda, Yucca Library**

Currently the branch manager at Yucca, Eric Rueda began working at Phoenix Public Library in 2007, and has been a librarian since 2012.

“I knew I wanted to become a librarian within the first month of working with the Phoenix Public Library,” Rueda said. “At the time, I was working on my undergraduate studies in 2007 when I found a part time job shelving library books at the Century Library. I always had fond memories of visiting public libraries as

a kid, so it was no surprise I immediately fell in love with the job.

“Seventeen years later and my passion for libraries continues to be everlasting. There’s no other job quite like this and I’m very fortunate to work with an amazing team that shares the same enthusiasm for our public libraries.”

Yucca is the fourth busiest library in the system, and on Nov. 7, 2023, Phoenix voters approved a bond measure to expand Yucca Library in the coming years, doubling its size by adding 10,000 square feet.

“The additional space will provide a new meeting space, add study rooms, allow for additional public computers and much more,” Rueda said. “This capital investment project signals that our community appreciates their local libraries. Expanding Yucca Library will ensure future generations get the opportunity to enjoy a modernized facility and public space for many, many years to come.”

Rueda added, “We work hard to maintain and create new partnerships that are aligned with our mission statement: ‘We connect today’s communities to a world of possibilities.’ We believe these coalitions are value added, helping individuals stay informed with what’s around their community and neighborhood.”

**Meet Matthew Rummele, Acacia Library**

“I was sitting with a friend in a university library in college,” recalled Matthew Rummele. “She said ‘If all else fails, I’ll go back to school to become a librarian.’ My immediate thought was, ‘You can do that?!’ I immediately applied for a part time job at a library to see if it was a good fit and the rest is history.”

Rummele has been a librarian for 26 years, the past five of which have been at Phoenix Public Library. For him, the variety is his favorite part of the job – from creating programming for all ages, learning basic coding languages to help create braille and traveling to Guadalajara to build a Spanish language collection, to dressing up in a lion costume as part of a library card sign-up program.

“That’s really what I love about being a librarian,” he said. “I’ve been able to connect with and serve so many people in so many different ways and

*please see LIBRARIANS on page 10*

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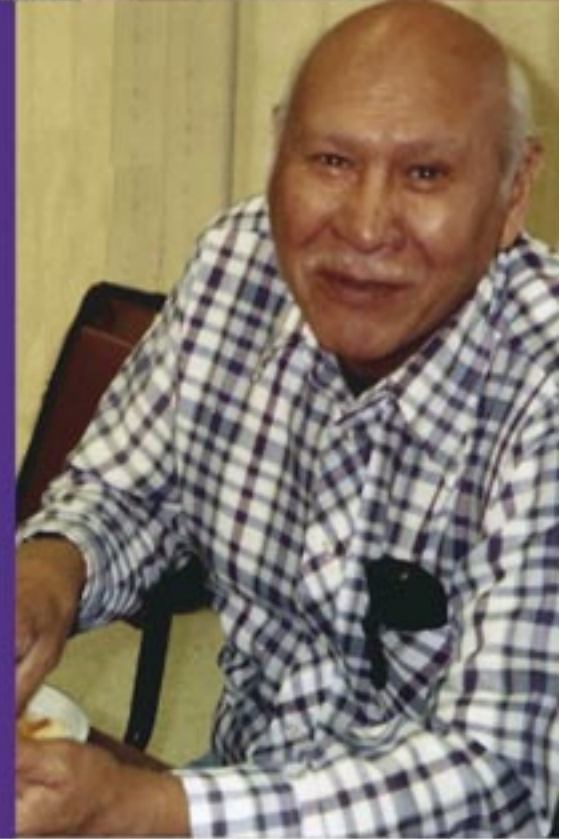



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**COMMUNITY**

**LIBRARIANS continued from page 8**

the job just keeps changing.”

Like Kendall, he's done very little shushing in his career, “I think people who haven't visited in a while might be surprised by how vital and boisterous a library can be, depending on what day they visit. They may find people taking advantage of a fast track to employment through a visit from the Mobile Career Unit, dancing in a Music and Movement program, or laughing with friends while crafting. There are times when it's quiet and there are times when you can't help but get caught up in whatever is going on.”

The Acacia branch recently partnered with the Homeless ID Project, “which helps people with lost or stolen IDs get replacements,” Rummele said, and it is first branch in the system to have an outdoor holds locker installed on site for people who can't pick up their reserved items during open hours. “It's exciting to be the first branch offering this new service!”

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“Libraries are commonly seen as a place for books, but the reality is we are a place for people. We operate on a commitment to inclusivity,” Rueda said. “We are open to everybody. We provide access to resources and technology to support intellectual curiosity and personal endeavors. We offer a variety of educational programs focused on workforce reentry, early literacy, navigating higher learning, arts and culture and much more. We have moved on from being just a book depository to a public space for all.”

“We provide free spaces for people to gather and engage,” said Dieckman. “We provide free resources to people

who may have fallen between the cracks and need access to technology and help with a job or housing search. We fill the gaps where we can.”

Rummele picks up on that theme, “The library is open to all of us and using it is free. The library's reach transcends the actual buildings as well, with online access to countless streaming, reading, and listening options. Through our Culture Pass program people can visit area attractions for free, and you can even check out seeds and plant your own garden. If you want to learn how to do something, chances are the library will be able to help. Did I mention that it is open to all of us, and it is free?”

“There is nowhere else that a person can find such a wide array of resources of all types and for all ages or where one of the primary missions is to make every person feel welcome,” Kendall agreed. “Not only do we welcome our community members in all their diversity, we actively seek groups who feel marginalized by providing programs and services that will draw them in.”

“Your local library will always be there for you, ready and willing to offer a helpful hand,” Rueda concluded.

Phoenix Public Library is gearing up for a May launch of the Summer Reading Program, which encourages residents of all ages to read at least 20 minutes a day. This year's theme: “Adventure Begins at Your Library.” The program runs June 1 to Aug. 1. Ask your local librarian for details or check out [www.phoenixpubliclibrary.org](http://www.phoenixpubliclibrary.org).

**WEB EXTRA:** Looking for a great summertime read? Head to [www.northcentralnews.net](http://www.northcentralnews.net) to find out what our local librarians are recommending you check out this summer and beyond.

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**COMMUNITY**

## Budget goes to city council

By Kathryn M. Miller

At the April 11 Council District 3 budget hearing, a packed room of residents broke down their take on the Fiscal Year 2024-25 Trial Budget. Major priorities expressed were funding to support those experiencing homelessness – particularly the city’s older adult population – increasing funding for the city’s overtaxed Fire Department in order to bring down response times, a focus on public safety and traffic issues – with multiple calls for a traffic signal at Cave Creek Road and Desert Cove Avenue – and prioritizing funding for historic preservation, libraries, Complete Streets, heat relief response teams and promoting volunteer opportunities within the city.

These issues are just a few in a long laundry list of requests and concerns being expressed by residents, but as one attendee put it, many of the urgent needs facing the city can be addressed if there is a will to be creative and work collaboratively.

The meeting was one of 11 public meetings held in April to allow the opportunity for residents to weigh in on the 2024-25 Trial Budget, which includes a one-time projected surplus of \$80 million. The city manager is recommending that the surplus be set aside in reserve to help balance the FY 2025-26 General Fund budget and offset projected deficits for that year as well as FY 2026-27. The city says that these projected deficits are due to the state’s actions to reduce the tax base (SB 1131 eliminates residential rental sales tax and SB1828 lowers the individual income tax rate to the current “flat tax,” resulting in less than estimat-

ed state shared income tax revenues).

City Manager Jeff Barton will present a proposed 2024-25 budget at the May 7 Phoenix City Council Policy Meeting, and the Council will vote on the budget at the May 21 policy meeting. The final budget will be adopted at a June 12 formal meeting. Residents can still weigh in on what they see as funding priorities prior to the May 7 meeting by sending questions and comments to [budget.research@phoenix.gov](mailto:budget.research@phoenix.gov) or by calling 602-262-4800 or contacting their respective councilperson.

To read the 2024-25 Trial Budget and find other budget-related information and tools, visit [www.phoenix.gov/budget](http://www.phoenix.gov/budget).

## Two events scheduled at Cross Roads

This month, the community is invited to two free guest speaker events that will be held at Cross Roads United Methodist Church, 7901 N. Central Ave.

On Saturday, May 11, veterans and the public, including high school students considering a Coast Guard career, are invited to an informal talk to be presented by Leon Artac, senior chief petty officer, U.S. Coast Guard, retired. Artac will talk about his Coast Guard experiences over a long career. The program runs from 9-10 a.m. RSVP by May 9 at 602-943-7834.

Dr. Jaslean Ahuja-Michals, audiologist, will present “Hearing Loss, Tinnitus and Associated Risk with Cognitive Decline and Dementia,” Friday, May 17, 1-2 p.m. RSVP for the presentation by May 15 at 602-943-7834.

For questions or more information about either presentation, send an email to Carol Culbertson at [caroleen-culbertson@earthlink.net](mailto:caroleen-culbertson@earthlink.net).



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COMMUNITY

## North Mountain Park to get updates

Changes are in the works for North Mountain Park, 10608 N. 7th St., but as the city finalizes its plans, residents should be aware of two updates.

In late February, the city of Phoenix Parks and Recreation Department closed the playground structure for safety issues. Due to the age of the structure, replacement parts are unavailable, the city said. In addition, the restroom at the old Ranger Station is permanently closed due to significant plumbing concerns. Three other park restrooms are fully operational and available for public use near the following locations: Pima Ramadas, Maricopa Ramada and Yavapai Ramada.

A new playground will be a part of upcoming park renovation plans.

“The playground is marked for renovation in the recently approved North Mountain Park Master Plan,” a Parks spokesperson said. “In the master plan, the play area will include a new shaded desert-themed playground. The swing set, however, is open and will remain



While still in its design phase, a rendering included in the 2023 North Mountain Park Master Plan shows a concept for the new desert-themed playground at the park (photo courtesy of Parks and Recreation Department).

open until renovations begin.”

The department is currently in the design phase of the Master Plan project and is planning to begin renovations of North Mountain Park in the summer of 2025.

Residents with questions may call 602-495-5506. For more information about the park update project, visit [www.phoenix.gov/parks/trails/projects](http://www.phoenix.gov/parks/trails/projects).

## School to celebrate 70 years

Most Holy Trinity Catholic School, which serves students in preschool through grade eight, will celebrate its longevity and commitment to the community with a 70th anniversary party, “Celebrating our Children,” Sunday, May 19, at 11:30 a.m.

The school was established in 1953 under the leadership of Monsignor Neil P. McHugh and the Sisters of Notre Dame de Namur, who were committed to ministering to the needs of migrant farm workers in the Sunnyslope area. Their mission, to love the poor while promoting strong educational traditions through community and the Gospel way of life, continues to be the basis of the school’s mission statement.

The school is an active participant in the community, says interim principal Margaret MacCleary, M.Ed. It engages with the community through initiatives such as the Adopt-A-Street program, Sunnyslope Historical Society, the city of Phoenix Bike Patrol, and various service projects.

The event is open to the community, and alumni are especially welcome and encouraged to attend the event. The event will feature a food truck, the Harkins popcorn truck and music, games and fun for all.

Most Holy Trinity Catholic School is located at 535 E. Alice Ave. For more information, call 602-943-9058 or visit [www.mhtcatholicsschool.org](http://www.mhtcatholicsschool.org).



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COMMUNITY

## Support literacy in Arizona

Nearly two out of three children in low-income Arizona communities do not have a single children's book to call their own, and it is that lack of resources that Southwest Human Development is addressing to help improve literacy among young children.

The organization is launching its annual Grow A Reader Virtual Book Drive this month to provide essential literacy resources to young children in need and fill this critical gap. The initiative aims to address the disparity in access to books among children in low-income communities. By purchasing books for donation through the organization's online shopping cart, donors not only contribute to improving early literacy rates but also help instill a lifelong love for reading in children who may not have had access to books otherwise.

Donating to the Grow A Reader virtual book drive is simple. People can visit a participating Grow A Reader business location, including Miracle Mile Deli, Joe's Diner, and more (see website for a complete list).



The Valley's youngest residents will benefit from this month's Grow A Reader virtual book drive sponsored by Southwest Human Development. Residents can donate books online or through local participating businesses (submitted photo).

Participants can "purchase books" online at [www.swhd.org/gar](http://www.swhd.org/gar) to help get children's books into the hands of kids who need them most. Books start at only \$3.99 and are also eligible for a dollar-for-dollar Arizona Charitable Tax Credit of up to \$841.

Donated books from the Grow A Reader campaign are distributed to families in need who participate in Southwest Human Development's early literacy programs such as Raising A

Reader. Donated books also support Reach Out and Read Arizona, a national, evidence-based program that promotes early literacy in pediatric offices here in Maricopa County.

## Nominate a teacher for 2025 award

Nominations are open for the 2025 Arizona Educational Foundation (AEF) Arizona Teacher of the Year, and the

2024 winner is lauding his experience to encourage nominations.

"Being the 2024 Arizona Teacher of the Year brings me immense pride and has amplified my love for teaching," said Efrain Casillas, 2024 AEF Arizona Teacher of the Year. "From getting to explore Google's headquarters, to connecting with my 2024 Teacher of the Year peers at various events, I am grateful for the anonymous nomination that opened the door to so many new opportunities for myself and my students."






Presented by Desert Financial Credit Union, AEF spotlights the contributions of 15 outstanding public school teachers throughout Arizona where one is named the AEF Arizona Teacher of the Year and represents the state in the National Teacher of the Year competition. The program is the only statewide teacher recognition program that spotlights the contributions of Arizona's public school teachers.

Anyone can submit a 2025 AEF Arizona Teacher of the Year nomination, which is open through May 20, at <https://form.jotform.com/AZEdFoundation/nominationTOY>. To learn more, visit [www.azedfoundation.org](http://www.azedfoundation.org).

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## Entertainer will visit museum

Dan Horn, the ventriloquist from "The Wallace & Ladmo Show," will stop by the Sunnyslope Historical Society Saturday, May 11, 11 a.m. to 12:30 p.m. The award-winning entertainer, who officially joined the show in the spring of 1981, will bring his puppet cast to life at the event.

Horn was a cast member and writer on the popular Arizona TV show for more than eight years. Whimsical, quirky, and even a tad irreverent at times, his contributions fit right in with the show's established style. He will welcome fans, and those who have never watched before, to the world of Wallace and Ladmo, as well as sell signed copies of his books at this event (\$15 and \$20, cash only).

Participants are encouraged to arrive early as seating is limited. Light refreshments will be served. The event is free to attend; however, donations are appreciated.

Sunnyslope Historical Society is located at 737 E. Hatcher Road. Learn more at [www.sunnyslopehistoricalsociety.org](http://www.sunnyslopehistoricalsociety.org).



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COMMUNITY

## Senior Haven set to open

The Central Arizona Shelter Services' (CASS) Senior Haven is in final renovations and is targeted to open in the summer of 2024, according to the most recent newsletter from the nonprofit.

Located near the northwest intersection of I-17 and Northern Avenue, this renovated hotel will have 170 beds for individuals 55 and older and will include individual and shared rooms offered and a dedicated case manager.

"Clients who have a dedicated case manager are 300 percent more likely to have a positive housing outcome," CASS CEO Lisa Glow stated in the communication. "Case management matters and leverages our organizational resources to ensure an individual's homelessness is as brief, as dignified and as non-recurring as possible."

Glow added that the surrounding neighborhood has embraced the Senior Haven with offers to volunteer, help with donation drives, and more. The nonprofit's capital campaign for the Haven raised \$22 of \$30 million on the project.



A new 170-bed shelter for adults age 55 and older is set to open near I-17 and Northern Avenue this summer (rendering courtesy of CASS).

"The Senior Haven will be the place where we can change lives forever, for the better and I can't wait to see what a difference this property will make for our older folks," John M., former client who is now employed by CASS full time related.

Last year the organization provided 84,836 bed nights in safe and secure shelter to 1,416 seniors. To learn more about the organization's efforts, visit [www.cassaz.org](http://www.cassaz.org).

## Park fire ban begins

The Phoenix Parks and Recreation Department put into effect on May 1 its annual ban of open fires in the city's desert parks and mountain preserves. The Maricopa County Parks and Recreation Department's annual fire ban goes into effect the same day.

In consultation with the Phoenix Fire Department, smoking and char-

coal fires are included in the ban due to the extreme fire danger that the combination of low humidity, increased temperatures, excessive dry vegetation and frequent high winds create each spring.

The ban applies to Camelback Mountain, Deem Hills Recreation Area, Lookout Mountain, Papago Park, Phoenix Mountains Park and Recreation Area, Phoenix Mountains Preserve, Phoenix Sonoran Preserve, North Mountain Park, Rio Salado Habitat Restoration Area, and South Mountain Park/Preserve. The ban does not apply to the city's flatland parks.

For those using the desert parks and preserve land, the fire ban stipulates that open wood and charcoal fires are prohibited; propane or gas grills may be used, but only in established picnic areas. In addition, smoking outside enclosed vehicles and fireworks continue to be prohibited year-round, and motorists traveling through or near Phoenix's desert parks and mountain preserves should use extreme care with smoking materials and dispose of those only in their vehicle's ashtray.

To protect their homes, residents whose property borders the city's preserve land may remove dry shrubs, brush and grasses, and trim dead branches from trees within the 10-foot strip of land that borders their property. Preserve neighbors also should check irrigation lines and pool backflush hoses to ensure that water is not seeping into the preserve. Outside water sources encourage unnaturally dense vegetation growth, which increases fire risk.

Learn more at [www.phoenix.gov/parks](http://www.phoenix.gov/parks).

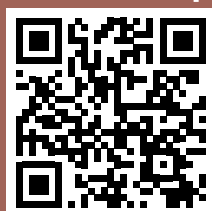
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## Celebrate Mom at garden event

Keep Phoenix Beautiful will host a Mother's Day tea and yoga event Saturday, May 11, at the Mountainview Community Garden, located at 9901 N. 7th Ave.

Area residents are invited to bring the motherly figure in their life to enjoy tea and snacks from 9-10 a.m. After tea is served, those interested will have the opportunity to participate in a restorative yoga session fit for all levels and ages.

There is no cost to attend. For additional information or to RSVP, click on the "Events" link at [www.keepphxbeautiful.org](http://www.keepphxbeautiful.org).

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COMMUNITY

### Pet of the Month Meet Mariah Carey, a superstar Siberian Husky

As gorgeous as the superstar she is named after, Mariah Carey has been through quite a rough journey on the road to finding her forever home. And although she may not be able to hit the high notes quite as well as her namesake, the lovely three-year-old Siberian Husky loves singing the song of her people to all those who will listen.

Mariah was picked up by an Arizona Humane Society (AHS) Emergency Animal Medical Technician in March of this year after she was found as an injured stray. Not only was she not putting weight on her front right leg, but she was also found to be underweight. Upon examination in the shelter's trauma hospital, it was determined that her leg was beyond saving and needed amputation.

Almost a week after her surgery, Mariah has been adjusting extremely well and has never lost her bubbly spirit. A true testament to lives saved at AHS thanks to the community's support, this sweet girl may only have three paws, but she has plenty of love left to give!

Interested adopters can meet the mystical Mariah Carey (pet number 764486) at AHS' South Mountain location. Her adoption fee includes her spay surgery, current vaccinations, a microchip, and a follow-up wellness exam with a VCA Animal Hospital. Visit [www.azhumane.org/adopt](http://www.azhumane.org/adopt) for more information.

### Fosters sought during kitten season

It is kitten season in the Valley, and bottle babies, squeaky meows and gentle purrs could be in the future of those who sign up to become a foster with Arizona Animal Welfare League (AAWL). Fosters makes a difference in these furry resident's lives by helping prepare them for their forever homes.

Last year, AAWL saved close to 2,000 animals who were at risk for euthanasia at other shelters, but who were not quite ready to be put up for adoption. Fostering is a safe, cost-effective alternative to the stressful shelter environment and helps AAWL save even more lives.

As the organization continues to grow and take in more vulnerable animals, the need is greater than ever for dedicated foster families to help care



Mariah Carey is a lovely three-year-old Siberian Husky who loves singing the song of her people to all those who will listen (photo courtesy of Arizona Humane Society).

for the animals until they are ready for find their forever home.

Whether residents have a small amount of time to give, or want to make a full-time commitment, there are a variety of different fostering opportunities available, including neonate kittens and puppies/nursing moms, medical fosters and homeward bound pets.

For additional information or to sign up, visit [www.aawl.org/foster](http://www.aawl.org/foster).

### County to provide heat relief for dogs

This summer, heat relief centers across Maricopa County will be equipped with new dog shoes and water bowls to help keep hundreds of dogs healthy and safe with funding approved by the Board of Supervisors in March.

This initiative supplements a multi-partner, county-wide heat preparedness effort already underway to prevent another summer of record-breaking heat deaths. From May 1 to September 30, emergency cooling centers and water distribution areas will be established at various community centers, churches, and community organizations to provide refuge for those who lack access to indoor, cool environments.

The purchase of these dog supplies is being funded with \$8,000 of Maricopa County Community Solutions Funding allocated by Supervisor Galvin through October 31, 2024. The Board of Supervisors' Community Solutions Funding is designed to help advance Maricopa County's strategic goals and provide clear public benefits for Maricopa County residents.

For tips on how to stay safe in extreme heat and find a cooling center near you, visit <https://www.maricopa.gov/1871/Extreme-Heat>.

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# HAPPY HOUR WITH HERSCH

The 150th running of the Kentucky Derby is Saturday, May 4. Trying to figure out the winning factors is always so intriguing to me. My picks haven't even been close the last two years – my prognostication skills must be off!

Impacting the race again this year will be the absence of a horse under top trainer Bob Baffert. He was supposed to be eligible but had his ongoing suspension extended. Unless something significant happens in the next 30 days – which in horse racing is very likely to occur – **these are the four horses I am focusing on:**

- 1 Fierceness** – Most likely will be the post time favorite. I do not like betting favorites, but the field looks weak. Even though he is inconsistent, his domination in the Florida Derby this weekend is too much to ignore.
- 2 Deterministic** – This lightly raced horse looks to have plenty of upside. If he continues to improve, he could be there at the finish line.
- 3 Just Steel** – Consistently near the top. Has finished second three times and what a story if trainer D. Wayne Lukas wins another Derby at the age of 88.
- 4 Honor Marie** – Has already won a stakes race at Churchill. Improved significantly in his last race and the Derby will be his third race off a layoff.

## \$100 TRIVIA CONTEST

### Who did I think would win last year's Kentucky Derby?

### FIRST TO ANSWER CORRECTLY WILL WIN A \$100 GIFT CARD TO CHULA SEAFOOD.

**ONLY 1 GUESS PER PERSON.** First person to correctly answer the trivia question via email, text or phone call will get a \$100 gift card to Chula Seafood. Winner will be notified via the same channel in which they enter. By entering this contest you agree that if you are the winner your name will be publicly announced in Bay Equity's North Central News ad next month. Real estate agents, brokers, escrow officers, title officers, appraisers, closing attorneys and other settlement agents or professionals are disqualified from this contest.

Winner for Last Month – TBD | Last Month's Answer – REM

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## Phoenix Housing Market Snapshot as of 4/11/24

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

**\$489,000**

Monthly median sale price

**2,219**

Active listings



↓1% from last month  
↑15% from last year



↑1% from last month  
↑23% from last year

Please call Mike to discuss your specific real estate needs. Market conditions are currently relatively stable, so the idea that a collapse is imminent is far-fetched. Keep in mind, over the past few months, I've been closely monitoring the availability of active listings, and it's promising to see them stabilize, which bodes well for sellers.



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**I have several off-market properties available!**



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Work on the exterior of The Rhode, located at 6024 N. 7th Ave., was underway in April as True Few Hair Salon prepares for a May opening (photo by Kathryn M. Miller).

**True Few makes new home above Bethany**

By Kathryn M. Miller

When the pandemic forced the closure of her business in early 2020, Laura Mittendorf’s True Few Hair Salon had only been open for four months, and like many small business owners, the 20-year industry veteran was facing an unprecedented challenge.

“It was kind of a shock and unexpected for everyone,” Mittendorf recalled, “but especially as a brand-new small business owner, it kind of kicks you into fight or flight mode.”

Spoiler alert: she chose “fight.”

“I’m big on mindset, staying positive. So, I just spent that month that we were off just focusing on, with the few limited months experience I had being on my own, what we needed to do. I went back in May by myself and just went full steam ahead.”

The business first opened Nov. 15, 2019, as a small studio on Central Avenue and Highland, with just three chairs, Mittendorf and one other stylist, and the fledgling business not only survived 2020, but it thrived. Something that Mittendorf, a Canadian transplant by way of New York City, attributes to the company’s commitment to customer service, team building and their efforts to create a cool community space.

Now, four years later, the company has grown exponentially, with five chairs and six stylists and they needed a building that could grow with them. So, when the opportunity to purchase a building on 7th Avenue just north of Bethany Home Road, Mittendorf jumped on it.

“We need more space with the team now,” she said, “and we want to grow a little bit, not too big, we want to keep it small and a little bit boutique, but still some room for growth in the new space.”

The new building, known as The Rhode, will not only house the commission-based salon but four other complementary businesses as well. True Few will continue to offer all hair services, including haircuts, custom colors, razor cuts, barber services, Brazilian blowouts and keratin treatments, among others. And falling in line with the company’s ethos of “community instead of competition,” four suites at the back of the building will house businesses that will be completely autonomous, but who are “like-minded individuals that want to grow together and still have that camaraderie and support.” Three suites are rented so far: Stranded Studios (hair extensions), The Tailored Brow, and musician Kimberly Weston (a client who told Mittendorf, “You guys create the best

*please see TRUE FEW on page 24*



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TAKING CARE OF BUSINESS

**TRUE FEW continued from page 22**

atmosphere and that’s where I want to be every day”).

At the salon, customers can expect a cool, approachable, luxury, rock’n’roll nostalgia vibe, “Kind of all my personal interests with a nod to the past while still being modern and wanting to move into the future,” Mittendorf said. By pulling together her love of music, fashion, pop culture and most of all, her love of connecting with her clients, her goal has always been to offer an original salon experience, which was the origin of the business name.

“We’d rather be true and few than like everybody else,” she said, adding, “I don’t really have an ideal client. We are here for everyone, and we want everyone to feel welcome and supported — like they have found their salon home when they come in.”

The goal is to open True Few at 6024 N. 7th Ave. by the end of May. While the finishing touches on the 7th Avenue building are being completed, customers can still receive services at the Central Avenue location. Learn more at [www.true-few.com](http://www.true-few.com).



A new Midtown location for Phoenix Indian Center will enhance community gathering and kinship as well as improve service accessibility (submitted photo).

**Business Briefs**  
**Center moves to midtown**

The Phoenix Indian Center announced in April that it will relocate to a new site in Midtown Phoenix. The move to 4041 N. Central Ave, Building B, is close to various Valley Metro rail and bus lines and aims to better support its growing base of clients, staff,

and the wider community.

Renovations of the new office were expected to be completed in late April, with in-person services at its 4520 N. Central location through April 26. Services will shift to a virtual format to facilitate the move, resuming in-person at the new location in early May.

The organization says that the relocation brings the center next to Native Health Phoenix, fostering unique com-

munity engagement and service opportunities. The new, larger two-story facility features conference rooms, classrooms on the first floor, staff offices on the second, and additional meeting and rental spaces.

Plans are in place for a community open house in May, with further details to be announced. Learn more at [www.phxindcenter.org](http://www.phxindcenter.org).

**Dental practice focuses on holistic care**

Swiss Biologic Dentistry has moved, but the company says that its focus on holistic care remains.

The story behind the practice began in 2009 with the founding of the office by the now retired Dr. Butler. The company says that she started her practice as a traditional dentist, but she hit her stride by tapping into people’s desire for holistic and more personalized dentistry. In 2015, Dr. Amelia Ellingson joined the practice and in 2019, she purchased the practice and began making it hers, including a name change to Swiss Biologic Dentistry.

*please see HOLISTIC on page 26*

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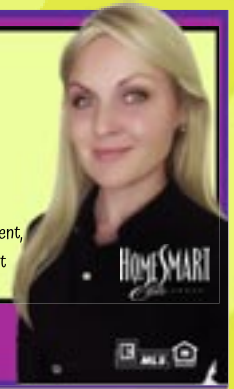


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Buyer-Broker  
Commissions  
won't be listed in  
the MLS IF the  
NAR \$418M  
Settlement is  
Accepted?

Buyers  
will be "REQUIRED" to sign a  
"buyer-broker agreement" before  
seeing a property?  
What does this mean for  
Buyers and Sellers?

**IF** accepted by the Judge  
-changes will likely take  
effect mid-July 2024!!!!  
But what does this mean??



### Those are great questions!

In a nut-shell, the National  
Association of Realtors®, aka the  
"NAR," has offered a \$418M  
settlement with the agreement to,  
but not limited to:



**1.**

NAR will NOT create rules  
that mandate listing agents  
to set compensation for  
buyer brokers.

**2.**

NAR will create a rule to  
ensure compensation  
offers aren't displayed on  
the MLS listings.

**3.**

MLS participants representing a home  
buyer will be **REQUIRED** to enter into a  
written agreement with them regarding  
commission compensation **PRIOR** to the  
buyer viewing the home with the  
agent. - a "Buyer Broker Agreement."

**YOU SHOULD KNOW!**

When a Buyer signs a "Buyer Broker Agreement," a buyer  
is agreeing to, but is not limited to:

1. Work with that Broker/Realtor and be accompanied by that Realtor on Buyer's first visit to ANY property < yes, even at open houses.
2. Agreeing to compensation for representation even if the seller is not offering or negotiating buyer-broker compensation.
3. Term Lengths, Locations, and more...

IF Buyer chooses the the Listing Realtor to represent them,  
Buyers **WILL STILL BE "REQUIRED" TO SIGN** a Buyer Broker  
compensation form with the Listing Realtor **PRIOR** to viewing the  
property with the listing Realtor.

### Did You Know?

For every "Buyer Broker Agreement" a  
buyer signs - a buyer is contractually  
obligated to pay EACH agent they have  
contracted compensation with IF they  
purchase a property that is within the  
parameters of the  
"Buyer Broker Agreement."  
Signing more than one "Buyer Broker  
Agreement" may put a buyer in a precarious  
situation!

**YOU NEED TO KNOW WHAT YOU'RE  
SIGNING AND WHAT IT MEANS!**



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### SELLERS will also face changes.

Sellers will **STILL** have the option to offer  
compensation to buyer-brokers, but offerings can't  
be listed in the MLS.

Sellers should consult with their listing  
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a different situation, motivation, and goals  
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### BUYERS, Did You Know?

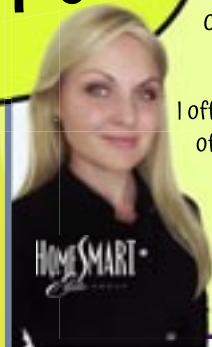
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and Price Evaluations.

**CALL ME!**

**CALL ME!**



TAKING CARE OF BUSINESS

**HOLISTIC** continued from page 24

The company says that it is wholly dedicated to providing the best holistic dental care in an environment that is completely unique in the dental world. The practice handles everything from fillings to ceramic implants, all “in the most biocompatible way possible.”

Previously located near 32nd Street and Indian School Road, the practice moved to its new location at 3611 N. 7th St. at the beginning of April. For additional information, call 602-956-4800 or visit [www.swissbiologic.com](http://www.swissbiologic.com).

**Free training program offered**

A new program is aiming to bridge the gap between Valley job seekers and career opportunities, providing a pathway to stability and self-sufficiency through quality employment and off government assistance.

Phoenix-based nonprofit, St. Joseph the Worker (SJW), has launched a new free program called the Workforce Housing and Training Program (WHAT). The 120-day pro-



gram begins with two weeks of hands-on classroom training, after which graduates can start working and receive their first paycheck within the first month. For the next 90 days, participants follow SJW’s Workforce Villages transitional housing model, which provides free housing along with classes on personal finance and how to budget for food, teaching participants how to keep their cost per meal under \$5.

Although some trade professions provide onsite training, WHAT aims to equip participants with essential soft skills and knowledge needed to excel in

their roles from day one.

Funding for the project was made possible by Arizona Housing Coalition’s Capacity Building for Nonprofit Organizations — Innovations for Impact Grant ([www.azhousingcoalition.org](http://www.azhousingcoalition.org)), which is designed to increase the capacity of nonprofit organizations working within Arizona to address housing instability and homelessness.

The Workforce Training Program is currently accepting applications for its upcoming session, which begins May 7. The program is open to individuals aged 18 and older, from varied back-

Following the classroom portion of their training, WHAT Program participants continue with 90-days of on-site training (photo courtesy of St. Joseph The Worker).

grounds. Applicants must have reliable transportation and no open evictions or violent felonies. Learn more at [www.sjwjobs.org/workforce-villages](http://www.sjwjobs.org/workforce-villages) or call 602-755-JOBS for assistance.

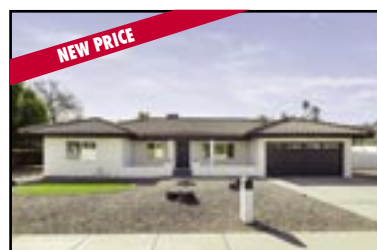
**Future of food delivery may be driverless**

In April, Waymo and Uber teamed up to bring autonomous food delivery to residents’ doorsteps.

Beginning April 3, Uber Eats consumers now can be matched with the Waymo Driver and have their meals delivered by a fully autonomous Waymo vehicle within its 225-plus square mile Metro Phoenix service area.

When placing an order, Uber Eats consumers will receive an in-app prompt that says, “autonomous vehicles may deliver your order.” They may opt out during checkout if delivery by a human courier is preferred. After placing an order, Uber Eats users will be notified if they matched with a fully autonomous vehicle. When the vehicle arrives, customers will receive instructions to use their phone to open the vehicle’s trunk and collect their items.

**Helping you move from where you are to where you want to be.**



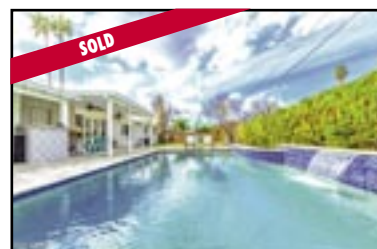
721 W Port Royale • \$710,000  
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23 E Echo • \$499,000  
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4610 E Casitas Del Rio • \$1,375,000  
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818 W Tuckey Lane • \$765,000  
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1637 E Sierra Vista • \$625,000  
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AVERAGE DAYS ON MARKET	63



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## Mastering the Art of Real Estate: A 32-Year Journey

In the dynamic world of real estate, longevity and success require more than just perseverance – it demands innovation and adaptability. With over three decades in the industry, I've learned that staying ahead means embracing change and leveraging thoughtful partnerships. The opportunity to become a partner as I transitioned to Launch|Compass, proved transformative. We offer a Private Listings tool that empowers our agents to market properties exclusive within our network before opening them to the public. With over 25,000 agents nationwide, Compass provides exclusive exposure and connectivity, magnifying our reach and impact. Embracing innovative strategies like the "Coming Soon" approach has been pivotal, particularly in the Luxury Market. By showcasing properties for up to 30 days without accruing days on the market, we cultivate anticipation. While traditional platforms are bypassed during this period, our focus on local buyers in North Central ensures swift and lucrative sales. Not to mention my own relationships with agents across the Valley allow for remarkable results for our clients. In 2024 alone, I've facilitated the sale of 14 homes valued over a million dollars – a testament to the effectiveness of forward-thinking marketing tactics like the "Coming Soon" initiative. Thank you again for your trust and allowing me to represent you.

**Happy Mother's Day!**



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## ACTIVE

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<b>30 E GLENDALE AVE</b> <small>6 BEDROOMS   4.5 BATHROOMS   6,564 SQ FT</small>	<b>\$3,750,000</b>
<b>6537 N 29TH ST</b> <small>3 BEDROOMS   3 BATHROOMS   3,463 SQ FT</small>	<b>\$2,450,000</b>
<b>6809 N 12TH AVE</b> <small>5 BEDROOMS   4.5 BATHROOMS   3,387 SQ FT</small>	<b>\$1,499,900</b>
<b>8 BILTMORE EST 116</b> <small>3 BEDROOMS   2.5 BATHROOMS   2,329 SQ FT</small>	<b>\$1,295,000</b>
<b>1909 E BETHANY HOME RD</b> <small>3 BEDROOMS   2 BATHROOMS   1,677 SQ FT</small>	<b>\$732,500</b>

## PENDING

<b>345 E OCOTILLO RD</b>	<b>\$2,340,000</b>
<b>36 E STATE AVE</b>	<b>\$2,250,000</b>
<b>301 W MCLELLAN BLVD</b>	<b>\$1,495,000</b>
<b>1340 W MYRTLE AVE</b>	<b>\$1,349,500</b>
<b>2216 E MYRTLE AVE</b>	<b>\$1,225,000</b>
<b>4280 E STOTTLER DR</b>	<b>\$1,200,000</b>
<b>314 E ROSE LN</b>	<b>\$1,190,000</b>
<b>1301 W MISSOURI AVE</b>	<b>\$675,000</b>
<b>5720 N 64TH DR</b>	<b>\$399,900</b>
<b>7141 N 16TH ST 228</b>	<b>\$200,000</b>

## CLOSED

<b>6748 N CENTRAL AVE</b>	<b>\$1,437,500</b>
<b>522 W OREGON AVE</b>	<b>\$1,175,000</b>
<b>7031 N CENTRAL AVE</b>	<b>\$1,125,000</b>
<b>240 W MISSOURI AVE 25</b>	<b>\$630,000</b>
<b>9406 N 3RD DR</b>	<b>\$229,000</b>

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SCHOOL DAYS



Joy Dyer (front, right) was joined by many of her original Madison Meadows fourth-grade class in March as they celebrated her 90th birthday and their 60th anniversary reunion (photo courtesy of Gloria McDonald).

## After all these years, 'These are still my kids'

It was the fall of 1963 when, unbeknownst to them, a group of top-of-their-class fourth-graders from Madison Meadows Elementary School were about to embark on a 60-year (and counting) relationship. The school was K-8 back then, and former student Barbara Lewkowitz introduced their story at a March 26 Madison District Governing Board meeting.

went into our classroom, we knew it was going to be something really special," Lewkowitz recalled, "because we had this incredibly vivacious, wonderful and really beautiful young woman as our teacher. And I think that every boy fell in love with her, and I can vouch for the fact that every young woman in that classroom looked up to her. And I'm sorry, I just can't call her Joy, I have to call her Ms. Dyer."

"When we entered fourth grade and

Joy Dyer was born in 1934 in Illinois. Her family moved to Arizona and Dyer graduated from North High



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## SCHOOL DAYS

School in 1952, and then graduated from Arizona Teacher's College (now Arizona State University) in 1957. She first taught in Pomona and San Diego but then applied to the Department of Defense to teach on a base in Heilbronn, Germany. She was newly arrived back in the U.S. when she landed the job at Madison Meadows in 1963.

Another former student, Gloria McDonald, picked up the story in April.

"We were her first fourth grade class at Madison Meadows," McDonald said. "There were a total of 35 students. Many of us had tracked together since kindergarten at Meadows. Most of us continued on to Central High School, Xavier and Phoenix Christian High School.

"A growing Madison Elementary School District changed Meadows to fifth to eighth grades, and Madison Simis became a K-4. Dyer moved to teach third grade at Simis and retired from teaching fourth grade there in 1994."

A surprise retirement party was held at Simis, with many of her 1963 fourth grade class in attendance, and they have kept in touch with each other and with their teacher over the years.

"Each birthday and Mother's Day, we send well-wishes to Joy Dyer," McDonald said. "She is, after all, a second mother to many of us."

The class, which includes artists, professional musicians, attorneys, doctors, scientists, teachers, librarians, contractors and business professionals, held major reunions in 2007 and 2014, and on March 19 of this year, 21 of them came together to celebrate their 60th anniversary class reunion and their beloved Ms. Dyer's 90th birthday.

When McDonald reached out to former classmates asking them to talk about how Dyer impacted their lives, it was clear that the teacher's positive influence has stayed with the students these past six decades. The accolades were many, the inspiration and love evident.

As the teacher was recognized by her former students and the governing board on March 26, Madison Superintendent Kimberly Guerin said, "Joy Dyer's years of service and continued impact on the lives of her students is a shining example of the care and dedication Madison staff have for our students."

For her part, Dyer was astounded



Ms. Dyer and her 1963-64 Madison Meadows Elementary School fourth grade class (photo courtesy of Gloria McDonald).

by how her students have remained connected.

"I can't believe, after all these years, that these are still my kids," she told the gathering. "It's a wonderful, wonderful experience for a teacher to have — from 1963 to 2024...to still be connected.

"They were really tied together. They played together at school; they played together after school in their own neighborhoods, and they were my kids. They were my kids from the get-go, and they are my kids today. And it's an honor, ladies and gentlemen, to be in this circle with people who are interested in education and connecting with these darling children that we love so much, protect so much and want the best for."

**WEB EXCLUSIVE:** *Head to [www.northcentralnews.net](http://www.northcentralnews.net) to read the many accolades written by Ms. Dyer's 1963 class, and to see photos from their reunions over the years.*

## School Briefs

### GLENDALE UNION HIGH SCHOOL DISTRICT It is graduation time for GUHSD

Graduation time has arrived in the Glendale Union High School District. All graduations will be held at the Desert Diamond Arena, located at 9400 W. Maryland Ave. in Glendale.

The Class of 2024 will be celebrated at graduation ceremonies held May 20 (Glendale High School, 10 a.m.; Cortez High School, 12:30 p.m.; Thunderbird High School, 3 p.m.; Moon Valley High School, 5:30 p.m.; and Sunnyslope High School, 8 p.m.) and May 21 (Greenway High School, 10 a.m.; Independence High School, 1 p.m.; Washington High School – 4 p.m.; and Apollo High School, 7 p.m.

For additional information, visit [www.guhsdaz.org](http://www.guhsdaz.org)



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SCHOOL DAYS

PHOENIX CHRISTIAN  
**COUGARS**

**SUMMER SPORTS**  
**2024**  
**CAMPS**

Basketball Registration  


**JUNE 3-7** **CO-ED BASKETBALL**  
3rd-8th grade 9-noon

**VOLLEYBALL**  
3rd-5th Grades 1:30-3:00pm 6th-8th Grades 3-5pm **JUNE 11-13**

**JULY 22-24** **VOLLEYBALL**  
3rd-5th Grades 1:30-3:00pm 6th-8th Grades 3-5pm

Phoenix Christian Preparatory School 1751 W Indian School Road Phx, AZ 85015  
  
Volleyball Registration



Members of Sunnyslope High School's Vocal Ensemble recently participated in a choral event in New York City (submitted photo).

**Vocal ensemble travels to NYC**

Sunnyslope High School's Vocal Ensemble traveled to New York City to participate in Choirs of America's Nationals for Top Choirs. They performed at the festival receiving "superior" ratings from all three adjudicators, and had a one-hour clinic with Dr.

Andrew Clark from Harvard University. They also participated in exchanges with choirs from around the country and went to a Broadway workshop.

During the event, students performed in a mass choir with other choirs under the direction of Dr. Jason Max Ferdinand at Lincoln Center for the Performing Arts and in their own spotlight on the Lincoln Center stage.

**Thunderbird takes titles in drill competition**

Thunderbird High School NJROTC competed in a field of 27 of the best JROTC schools from all four military branches in Arizona in the Desert Classic Drill Competition. When all the events were finished, Thunderbird placed third in the state in the Overall Sweepstakes category.

Additional titles earned were first place in Unarmed Exhibition, first place in Armed Exhibition, and first place in four-person Unarmed Exhibition.

**MADISON SCHOOL DISTRICT Spanish immersion offered at summer camp**

Madison School District will offer a Spanish Immersion Summer Camp during the month of June for children entering grades one through four. This summer camp provides an opportunity for children learning Spanish to continue developing their language skills over the summer in a fun and engaging way. As this is a language immersion program, participants must already have

*please see CAMP on page 34*

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**SCHOOL DAYS**

**CAMP continued from page 32**

some experience learning Spanish. This camp is available to all, and children do not need to be enrolled in Madison School District.

The Spanish Immersion Summer Camp offers a variety of hands-on activities and games that allow children to experience the language, food, music, culture and traditions of Spanish-speaking countries. Children will also complete weekly challenges using their communication skills in Spanish.

The Spanish Immersion Summer Camp will be held at Madison Heights Elementary from June 3-20, Monday through Thursday from 8 a.m. to noon. For more information and to register, visit [www.madisonaz.org/spanish-summer-camp](http://www.madisonaz.org/spanish-summer-camp).

**Nonprofit takes on school meal debt**

Madison School District recently partnered with the nonprofit organization All for Lunch to accept donations towards eliminating student meal account debt, which is accrued if a stu-

dent purchases a school meal but does not have sufficient funds on their account.

All for Lunch is a 501(c)(3) non-profit organization and all donations are tax-deductible. One hundred percent of donations go towards eliminating school lunch debt.

For more information and to make a donation to help support Madison students and families, visit [www.allforlunch.org/madisonesd](http://www.allforlunch.org/madisonesd).

**OSBORN SCHOOL DISTRICT Montessori program expands**

Montecito Community School in the Osborn School District will start its fall school year, 2024-25 by opening four more Montessori classrooms in its already successful program, including two more primary (age 3, 4, 5) dual language classrooms and two more elementary classrooms (grades one through four).

The Montecito Monarchs also have begun a partnership with the after-school program Amazing Arts to provide afterschool care for enrolled children and families who are looking for an extended day. Amazing Arts focuses on the evolution of each child's creativity through various forms of artistic expression, while fostering a collaborative learning environment. Specialty areas of learning include drawing, painting, sculpture, music and more.

While limited spots are still available, interested families are encouraged to visit the [www.osbornnet.org](http://www.osbornnet.org) to learn more about Montessori and schedule a tour regarding enrollment.

**PHOENIX UNION HIGH SCHOOL DISTRICT App challenge takes students to Washington**

Phoenix Coding Academy (PCA) students won the Congressional App Challenge for Arizona's 3rd Congressional District for the second consecutive year. The Congressional App Challenge is a prestigious national prize for students in computer science. More than 11,000 students across the nation participated this year.

The congressional district had 35 teams competing this year, and Phoenix Union High School District schools won first and second place. PCA students

*please see CHALLENGE on page 36*



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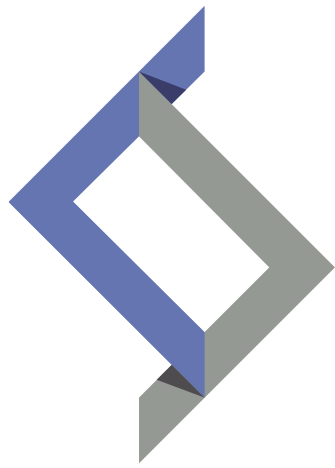
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**SCHOOL DAYS**

**CHALLENGE continued from page 34**

dents came in first and Metro Tech won second place.

The PCA team, which won for its Heart Berry app, included seniors Nicholas Cruz, David Rosas, Annabelle Vazquez and Sharla Satchell. Congressman Ruben Gallego invited the students and families to celebrate their accomplishments in late February.

The first-place winners were invited to present their winning apps at the Capitol during the House of Code event April 10-11 in Washington D.C. and their app is currently displayed on the Congressional App Challenge website ([www.congressionalappchallenge.us/2023-winners/#Arizona](http://www.congressionalappchallenge.us/2023-winners/#Arizona)). Learn more at [www.congressionalappchallenge.us/students/houseofcode](http://www.congressionalappchallenge.us/students/houseofcode).

**WASHINGTON ELEMENTARY SCHOOL DISTRICT Employees receive Lamp award**

Once each year, the Washington Elementary School District (WESD) recognizes the unique and exemplary

contributions of special members of the district by honoring them with the Lamp of Learning Award. This award serves as an opportunity to thank staff and community members for supporting the education of our students. It is also the highest recognition given in the district.

The district congratulated Kelly D’Andrea at Sunnyslope School, Johnna Faust at Desert View Elementary School, Caitlyn Leslie at Orangewood School, Leon Shinsky at Maryland School and Krystin Yee at Royal Palm Middle School. They were just five of 18 individuals who were recently honored at the annual WESD Lamp of Learning awards ceremony.

**Finance presentation scheduled**

WESD’s final Regional School Finance Presentation is scheduled for Monday, May 13, from 5 to 6 p.m. in the gymnasium at Mountain Sky Junior High School, located at 16225 N. 7th Ave., Phoenix. The presentation is open to all and will cover topics related to K-12 funding in Arizona such as where the

money for school budgets comes from, how budget limits are determined, how the WESD spends the money, and how factors in the state affected the district.

Those who are unable to attend the presentation in person can view the livestream at <https://youtube.com/live/5zU8NusSAMw>. For questions, send an email to [daniel.obrien@wesd-schools.org](mailto:daniel.obrien@wesd-schools.org).

**Get a Jumpstart on kindergarten**

Soon-to-be WESD kindergarteners are invited to register for the district’s free, four-week, half-day kindergarten readiness program, Jumpstart, open now. Available at 27 locations in WESD, the program will be offered this summer from May 28 to June 20. During the program, children will make friends, learn kindergarten routines and practice kindergarten readiness skills. Free breakfast and lunch are also included.

To participate in the program, children must be registered for kindergarten in a WESD school for the 2024-25 school year. Kindergarten registration can be completed online at [www.wesd-schools.org/kindergarten](http://www.wesd-schools.org/kindergarten) or in-person at the WESD Welcome and Registration Center, located at 3200 W. Cholla Ave. To register for Jumpstart classes, visit: [www.wesdschools.org/jumpstart](http://www.wesdschools.org/jumpstart).

**PRIVATE AND CHARTER SCHOOLS place first in qualifier**

The Brophy-Xavier Speech & Debate team took first place in Team Sweepstakes and Debate Sweepstakes at the National Qualifier, held March 21-23, at Brophy. The team’s impressive showing marked the first win for the schools since 2015.

The winning team of students from Brophy and Xavier College Preparatory included Hope Smith in Dramatic Interpretation; Mahima Sanghera and Timothy Jiang in Lincoln-Douglas Debate; Yug Sonawane and Ethan Han in Policy Debate; Santiago Paul and Dione Pahilan in Policy Debate; and Lucas Vargas and Elise Kindle in Informative Speaking. These students will go on to participate in the National Speech & Debate Tournament in June.

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**Week 3: June 10-14  
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**Week 4: June 17-21  
WATER FUN WEEK**

**Week 5: June 24-28  
ANIMAL WEEK**

**July 1-5  
CLOSED FOR THE HOLIDAY**

**Week 6: July 8-12  
HERO/MILITARY WEEK**

**Week 7: July 15-19  
NINJA WEEK**

**Week 8: July 22-26  
CHRISTMAS IN JULY**

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SCHOOL DAYS

Grant provides campus shade

Phoenix Day School for the Deaf (PDS), the Phoenix campus of Arizona Schools for the Deaf and the Blind (ASDB), hosted a tree planting event Monday, April 8, to celebrate a grant from the city of Phoenix.

The school planted 20 trees around the campus to provide much needed shade for students and faculty. District 5 Councilwoman Betty Guardado was on hand as two PDS students helped plant the trees.

The funds to purchase and plant the trees are part of the American Rescue Plan Act sponsored by the federal government. PDS is the second school to receive this grant. The school said that the benefits to adding shade trees on campus include enhancing learning, improving mental health, cooling the campus and cleaning the air.

School takes second at mock trial competition

Thirteen teams from across the state competed in the annual state



Pictured right to left at an April 8 tree planting are Phoenix Day School for the Deaf Principal Jill Voit and students Kotu Salih and Miracle Brooks, as well as Annette Reichman, Arizona Schools for the Deaf and Blind (ASDB) superintendent, Kayla Killoren, city of Phoenix Tree Equity Project coordinator, District 5 Councilwoman Betty Guardado, and ASDB staff Shelley Beaudean and Maria Murphy (submitted photo).

Mock Trial Tournament March 23, and Arizona School for the Arts (ASA) took home a second-place win.

The Arizona High School Mock Trial Program, co-sponsored by the Arizona Foundation for Legal Services & Education and the State Bar of Arizona's Young Lawyers Division,

teaches students in grades nine through 12 about the law and the legal system by participating in a simulated trial.

During the event, student teams study a fictional case and present their argument in front of a judge to demonstrate their knowledge of the legal and justice system.

Network of schools earns certification

Madison Highland Prep and Highland Prep Academies announced that they are the first network of schools to earn Cognia STEM Systems Certification in the world. The STEM certification was conferred by the Cognia Global Commission.

To earn the certification, Madison Highland Prep and Highland Prep Academies participated in a thorough STEM system review led by an Arizona team of regional accreditation evaluators. Highland Prep Academies provided evidence ranging from videos to write-ups, which was evaluated in four areas: Culture of Learning, Leadership for Learning, Engagement of Learning and Growth in Learning. After reviewing the collected evidence within those four areas, the resulting STEM score was 3.6.

Highland Prep Academies' focus on collaborative problem-solving skills, technology and information literacy, thinking and metacognitive skills, and studying and learning skills throughout all curricular areas led to 100 percent of

*please see CERTIFICATION on page 40*



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Cesar Guillen



Lynnea Hercules



Xavier  
Hernandez Coral



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## SCHOOL DAYS



An Xavier team that included Mackenzie Lopez, Sonya Colattur, Cara Schillinger and Abby Pearson, placed first at the ASU Illuminate Challenge (photo by Lisa Zuba).

### CERTIFICATION continued from page 37

thier graduating seniors accepted into a four-year college or university for the past six years.

### Team places first at Illuminate

The Xavier College Preparatory team placed first at Arizona State University (ASU) Illuminate Challenge. The challenge is a year-long competi-

tion to help solve global sustainable development goals through innovative creations. Students gain valuable experience through the development of their projects, networking, and teamwork. The program is part of ASU's Luminosity Lab, which provided mentors for each team throughout the development process.

Xavier's first place team was composed of seniors Abby Pearson, Mackenzie Lopez, Sonya Colattur, and Cara Schillinger. Their innovation was the development and creation of EcoPod, a mobile and solar powered composting planter. Third place winner was a Xavier team of juniors Aku Baral, Sophia Herget, Anna Johndrow, and Alexis Muirhead. They created EcoDen, sustainable solar-powered tents for the homeless population.

### Arts showcase wraps school year

The Arizona School for the Arts (ASA) invites residents to attend "Imaginarium: An ASA Showcase," scheduled for Thursday, May 30, at 6 p.m. at the Phoenix Art Museum, 1625 N. Central Ave.

The annual year-end culminating performance event will feature performances from students in all of ASA's performing arts departments, including band, choir, dance, guitar, piano, strings and theater. The students will present solo and ensemble acts, student-devised works, academic and club installations, and interactive surprises.

The community is invited and proceeds will support the school's performing arts programming and events. Purchase tickets and learn more at [www.goasa.org/showcase](http://www.goasa.org/showcase).

## Bennett Academy-Venture Site is now enrolling for Kindergarten through third grade

Bennett Academy-Venture Site is a small, free public charter school in Phoenix that offers a curriculum that is broad, challenging, and expanding. It is based on three compatible, established, and effective approaches - The Spalding Writing Road to Reading method, The Bennett Traditional strategies, and the Montessori model.

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**GENERATIONS**

## Senior Living

### Events focus on bone health

“Half of all women over 50 will experience a bone break due to osteoporosis,” says Jayson Brightwell, owner of OsteoStrong. “Even more frightening, the one-year mortality is similar to breast cancer.”

Brightwell says that he is on a mission to revolutionize the approach to wellness, focusing on the skeletal system — the body’s foundation. His company, with locations in Phoenix and Scottsdale, focuses on improving bone density, easing back pain, and boosting balance, all through a quick 15-minute session each week.

He says that what makes OsteoStrong stand out isn’t just the cutting-edge, drug-free methods, but the warmth, the bone health education offered to the community. The goal: better posture, more energy, less discomfort and more.

“OsteoStrong’s holistic stance helps you make sense of pillars of bone health like nutrition, hormonal balance, stress management, and quality sleep,” Brightwell added.

May marks National Osteoporosis Awareness Month and the company is opening its doors with two events. The Echolight Bone Imaging events, May 3-9, offers an accurate way to assess bone health and measure a five-year fracture risk, all without the use of X-rays. The cost is \$225. In addition, the Arcadia location, 3301 E. Indian School Road, will host an open house event from 2-4 p.m. May 19, offering the opportunity to meet the team, learn about the company’s approach and more.

For more information, visit [www.osteostrongscottsdale.com](http://www.osteostrongscottsdale.com). Contact the Arcadia location at 480-428-1011.

### Free health screening offered

In March, CVS Health announced more than \$3 million in new grants to support organizations in Phoenix working to increase equitable access to health care, address social determinants of health and educate the community.

The screenings can help identify chronic conditions before they become



Jayson Brightwell and his team will host an open house and other events at the Arcadia OsteoStrong location in May (submitted photo).

life-threatening illnesses, offering biometric screenings (blood pressure/glucose/body mass index and total cholesterol), mild cognitive impairment and osteoporosis test for those age 55 and older, depression screening, professional consultations, personalized health plan, and a care directory and resource

information. There is no cost and no health insurance is required.

The CVS Health Foundation also is investing \$2.1 million over three years between Valleywise Health, Home Assist Health and Advance to support integrated diabetes management services, including home health and mon-

itoring, medically tailored food boxes and educational resources.

Project Health screenings will be held Saturday, May 11, noon-4 p.m., at 3560 W. Peoria Ave. (602-938-3400); Thursday, May 23, 2-6 p.m. at 1610 E. Camelback Road (602-277-1727); and Saturday, May 25, noon-4 p.m., at 2406 E. Thomas Road (602-956-1800). To find other dates and additional information, visit <https://projecthealthportal.com>.

### Clinic hosts open house

CenterWell’s Senior Appreciation Open House events offer the opportunity for older residents to play trivia and get to know their local clinic. At the Alhambra location, 702 W. Camelback Road, the next event will be held Friday, May 24, from 10 a.m. to noon. Attendees will be taken on an exclusive tour of the primary care clinic, enjoy light refreshments, and have a

*please see CLINIC on page 42*

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**GENERATIONS**

**CLINIC continued from page 41**

chance to win prizes.

To reserve a spot, call 480-808-9215. For additional information, visit [www.centerwellprimarycare.com](http://www.centerwellprimarycare.com).

**Navigate summer safely**

Hospice of the Valley's Dementia Care and Education Center invites residents to a special event tailored for those caring for a person with dementia.

Presenters Jan Dougherty and Maribeth Gallagher will provide essential tips and strategies for planning a safe and enjoyable summer that ensures the well-being of your person. Learn how to navigate traveling, sun exposure, heat and water safety with confidence. Explore hydration techniques and ideas for indoor activities to keep those with dementia engaged and comfortable.

The event will be held Thursday, May 2, 9:30-11:30 a.m., at the Dementia Care and Education Center, 3911 N. 44th St. To RSVP, send an email to [events@dementiacampus.org](mailto:events@dementiacampus.org) or call 602-767-8300.

**Kids & Families**

**Hubbard offers 'unplugged' fun**

This summer, the Valley's younger residents are invited to ditch the devices and head to Camp Hubbard for a variety of activities. The co-ed day camp is geared towards children ages 4-and-a-half to 14, and offers everything from indoor sports to games and activities galore.

Children of all skill levels are welcome, with programs introducing them to new sports and activities while keeping the vibe fun and inclusive. Every week brings a new theme, sparking creativity and fun activities all around. And on "Fun Friday," campers go all out with themed dress-ups and special events.

All Camp Hubbard staff are all certified in first aid and CPR, and the organization says it maintains rigorous background checks and drug tests, adding, "Our team is passionate and well-trained, with many returning year after year."

Camp Hubbard runs from May 28 to Aug. 2 at three Valley locations in Phoenix, Arcadia, and Scottsdale all offering half-day and full-day options, as well as extended day options. Prices start at \$325/week for half day and \$395/week for full day, with sibling discounts available. Registration includes a camper T-shirt, lunch for full-day campers, and daily snacks.

For information and to sign up, call 602-786-6789 or visit [www.camphubbardaz.com](http://www.camphubbardaz.com).

**City pools set to open**

The arrival of Memorial Day weekend, May 25-27, brings the opening of city pools, with the Phoenix Parks and Recreation Department opening 17 locations. Sixteen of those pools will be open for the entire season, June 1-July 28 (closed on Fridays), two others will be open for most of the regular season. In addition, Parks announced that eight pools, Cortez, Encanto, Maryvale, Paradise Valley, Pecos, Perry, Roosevelt and Sunnyslope, will be open on weekends through Labor Day. Open dates are Aug. 3-4, 10-11, 17-18, 24-25 and Aug. 31-Sept. 2.

Youth ages 17 and younger will receive free admission to swim at select Kool Kids pools. Adults can swim for

**GENERATIONS**

\$3 and seniors for \$1 (age 60 and older). Kool Kids pools are Cielito, Coronado, David C. Uribe, Deer Valley, Encanto, El Prado, Falcon, Harmon, Madison, Maryvale, Perry, Roosevelt, Starlight, Sunnyslope and Washington.

Beyond open swim, residents can take part in swim lessons for youth and adults, Jr. Lifeguard and Lifeguard Academy programs, for those who may be interested in becoming future lifeguards, water exercise classes and swim team activities.

For details on hours, locations, program registration and more, visit [www.phoenix.gov/parks/pools/programs](http://www.phoenix.gov/parks/pools/programs).

**Nash hosts summer camp**

Instrumentalists and vocalists ages 12 and up are invited to spend a fun-filled week learning and performing jazz with the Nash Jazz Summer Camp's all-star faculty.

The Nash is gearing up for its second year presenting its all-day Summer Jazz Camp for students eager to learn



Residents young and old can cool off, learn to swim and take part in offered programs when city pools open Memorial Day weekend (photo courtesy of city of Phoenix Parks and Recreation Department).

more about jazz from some of the Valley's very best professionals and some special guest artists. The music camp will be held one week only, June 16-22, 2024, from 8:30 a.m. to 4 p.m. at Arizona School for the Arts, 1410 N. 3rd St.

Campers participate in all day jazz intensive studies, featuring improv, combos and masterclasses with a stellar faculty. Each day of the camp week concludes with a faculty concert for students, with the week culminating in a faculty performance on Friday, and a

Saturday afternoon student concert at world-renowned jazz club, The Nash.

Registration for The Nash Summer Jazz Camp is \$500. For more information and to register visit [www.thenash.org/2024-summer-camp](http://www.thenash.org/2024-summer-camp).

**Parks hosts summer camps**

Registration for city of Phoenix Parks and Recreation summer camp programming is open.

Day Camps run Monday through Friday from 7 a.m. to 6 p.m. This program is open to youth ages 6 to 12 years. Programming costs range from \$60-\$80 per week. Summer camp programs include free lunch and snacks daily as well as a variety of programming and activities for youth, such as arts and crafts, sports and special guests.

Camps begin later this month. Occasional day spots are limited. Programming costs range from \$15-\$30 a day. For more information on programs, visit [www.phoenix.gov/parks/classes-and-programs](http://www.phoenix.gov/parks/classes-and-programs) and click on the "Summer Youth Camps" link.



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ARTS & ENTERTAINMENT

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## For the love of coffee ...

By Bill Ross

Apparently, the coffee industry is humungous. It has been glorified in movies, television shows and advertisements. It appears the average person will have coffee 1 to 5 times a day. How bad can that be, right? Everybody does it!

Well, let's see. The main ingredient in coffee as well as "energy" drinks and "diet" aids is caffeine. Some people say, "I can't get up without my coffee". Then, later in the day, as they lose energy, they turn to something caffeinated for a pick me up. This becomes a habit. Actually, it becomes an addiction. Yes, I said an addiction. Try stopping cold turkey and see what happens.

So, is caffeine really that bad? Caffeine stimulates your adrenal glands, creating adrenaline, which puts your body in the flight or fight mode – giving you a boost of temporary energy. However, this costs your body a lot of its normal energy reserves, so when the adrenaline wears off, this leaves you with low energy – making you feel even more tired than before.

A result of constant over-stimulation can lead to adrenal fatigue and possibly adrenal

failure, which can then lead to other serious health problems. Continued over-use of caffeine laden products will eventually wear your body down and cause it to age faster and be much more vulnerable to sickness and disease.

Caffeine, nicotine, alcohol, antibiotics and stress are the most harmful things to your gut health. In other words, these things kill your healthy bacteria. Is that a big deal? Well, considering that 70 percent of your immune system is your healthy bacteria, I would say so!

At Bill Ross Fitness Solutions, we strive to educate our clients on this and other topics that will give them an opportunity to live a healthier life. We in "believe Everything In Moderation."

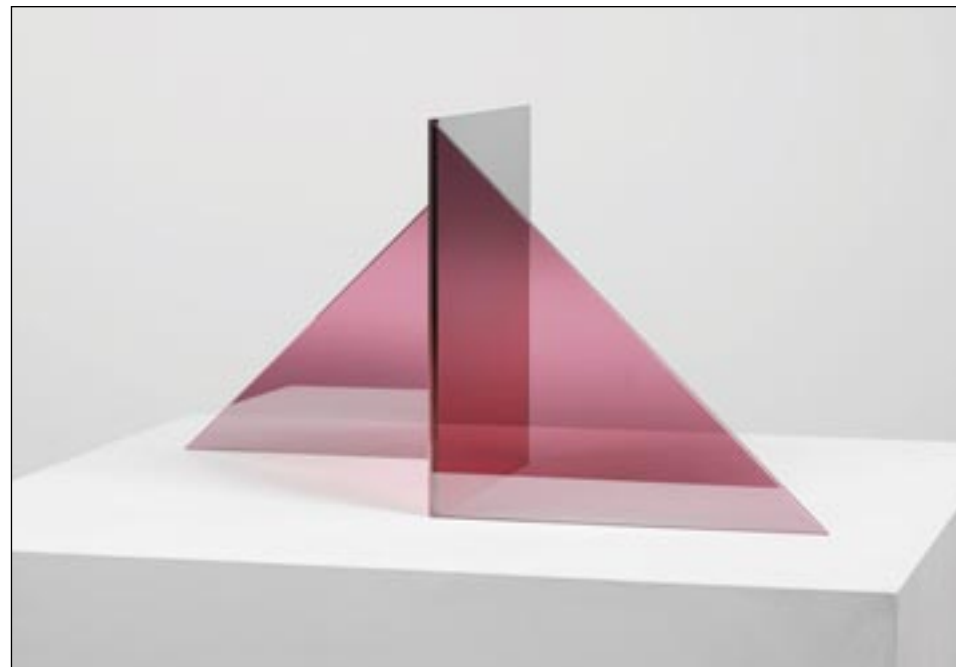
If you are intrigued by this and would like to learn more about improving your fitness and nutrition, please contact **Bill Ross at 602-230-8581** (land line) or visit **www.30minuteworkout.com**.

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Triolith (Poppy/Hibiscus) A, 2020, is featured as part of "Larry Bell: Improvisations" this month at the Phoenix Art Museum (courtesy of the artist and Anthony Meier, Mill Valley).

## 'Improvisations' opens at art museum

This month, Phoenix Art Museum will present "Larry Bell: Improvisations," celebrating the artistic achievements of the Light and Space movement creator who is renowned for glass cubes, large-scale standing walls, and mixed-media collages created using a cutting-edge vacuum deposition technique.

The museum will host an artist talk, "The Art of Larry Bell," in Whiteman Hall May 22 at 6 p.m. the event is free for members and \$5 for the general public. This in-depth conversation between Bell and Rachel Zebro, associate curator of collections, will focus on Bell's illuminating practice working with glass, sculptures, and mixed-media collages. Visitors will be able to witness the artist's work on view in exhibit, the premiere day of the exhibition.

"Larry Bell: Improvisations" will run through Jan. 5 at Phoenix Art Museum, located at 1625 N. Central Ave. Tickets for the May 22 artist talk are available for reservation at [www.phxart.org](http://www.phxart.org).

promises to be a genre-bending experience that defies expectations and pushes the boundaries of music.

The choir will join the trio for renditions of pop hits including the pop group's take on Queen's "Bohemian Rhapsody," Imagine Dragons' "Believer" and Coldplay's "Fix You/Clocks."

"Skyward" will be performed May 10 at 7 p.m. at Mesa Arts Center and May 11 at 3 p.m. at the Orpheum Theatre. Tickets are on sale at [www.boyschoir.org](http://www.boyschoir.org).

## Summer camps offer theater experiences

Valley Youth Theatre will host a four-week, and two one-week summer camp options for young performing artists.

During the four-week event, campers will experience what it takes to create a full musical production from audition to performance, alongside professional teaching artists who will provide foundational training in acting, singing and dance. Fun and interactive classes in these three disciplines will help build self-confidence and teach campers to work together as an ensemble to bring their musical performance to life. Family and friends will applaud their hard work on the final day of camp with a performance where all are welcome.

The one-week camps offer engaging workshops with professional teaching artists, specializing in acting, singing, and dance, and creating an imaginative and immersive experience. On the last

## Pop group performs with Boys Choir

Simply Three, a dynamic pop trio known for infusing classical instruments with electrifying energy, is set to perform with the talented young men of the Phoenix Boys Choir. This groundbreaking concert, titled "Skyward,"

ARTS & ENTERTAINMENT



The pool at Lylo Swim Club, located in Rise Uptown, awaits Valley residents looking for an evening or overnight getaway (photo courtesy of Rise Uptown Hotel).

day of camp, students will showcase the results of their efforts.

The first camp runs June 3-28, 9 a.m. to 3 p.m., daily. The one-week camps run June 24-28 and July 22-26. Each of summer camp offers before care from 8 to 9 a.m. as well as after care from 3 to 6 p.m. Pricing varies by camp. Learn more at [www.vyt.com/section/summer-camp](http://www.vyt.com/section/summer-camp).

### Lylo hosts night swim DJ

Valley residents are invited to make an escape right in town this summer at Lylo Swim Club. Located in Rise Uptown, the stylish, mid-century modern-inspired boutique hotel in the heart of Uptown Phoenix, Lylo will host weekly night swims accompanied by DJs sets presented by Recordbar Radio, every Saturday from 5-9 p.m. now through Aug. 31. And as always, the bartenders will be shaking up craft cocktails and the restaurant will serve its Sonoran-inspired menu.

For those looking for an overnight stay, Rise Uptown rooms focus on modern comfort and they keep it local with handcrafted touches such as custom vanities and wardrobes by Urban Plough, concrete sinks by Slabhaus, and stylish, mid-century-inspired fireplaces by Modfire in select rooms. A record collection curated by local institution Stinkweeds is available for guests to cue up on their in-room record player.

Lylo Swim Club is located at 400 W. Camelback Road at. Visit [www.riseuptownhotel.com](http://www.riseuptownhotel.com) for details

### Hotel features Ramirez exhibition

In April, FOUND:RE Contemporary and the FOUND:RE Phoenix Hotel, located at 1100 N. Central Ave., debuted a new pool-side studio exhibition, “Terra Form,” featuring a collection of pieces by local artist Christina Ramirez.

“Terra Form” explores the ideas of sustainability in the studio through the use of non-traditional art materials such as cardboard, paper and canvas that might otherwise be discarded.

“We are thrilled to present the works of Christina Ramirez that showcase true talent, creativity and awareness,” said Chris Genung, general manager of FOUND:RE. “The artworks chosen for this exhibition shine a spotlight on our ‘disposable culture’ and the waste produced in our everyday lives, most notably, the shipping waste created with the increase in online shopping.”

A resident of downtown Phoenix, Ramirez is a process painter who experiments with paint mediums in her craft. She is inspired by nature and the world around her.

This solo show will remain on display through July 14, and is presented as part of FOUND:RE Contemporary’s regular schedule of rotating exhibitions organized by curators Jordan Zurn and DeKayshia Sullivan. The works will be for sale in person and at [www.foundrecontemporary.com](http://www.foundrecontemporary.com).

Learn more at [www.foundrehotels.com](http://www.foundrehotels.com).

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► Pops Series

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May 10  
May 11

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Thank you Ed!  
 It was a pleasure to meet and represent you in the sale of your condo. I'm still reading your book! :)

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**ARTS & ENTERTAINMENT**

**On the Town**

Summer is just around the corner and May offers the perfect opportunity to get out and explore the Valley's arts and entertainment scene. Experience everything from local music, dance and theater performances to art exhibits, film screenings, family-friendly experiences and more. See you on the town in May!

**Art on the Wild Side: 'The Bigger Picture'**

Thru May 12  
 Phoenix Zoo  
 www.phoenixzoo.org; 602-286-3800

**'The School for Lies'**

May 1-4  
 Southwest Shakespeare Company  
 www.swshakespeare.org; 480-644-6500

**'Mad Hatter the Musical'**

May 1-19  
 Herberger Theater Center  
 www.herbergertheater.org;  
 602-252-8497



**Libianca**

May 2  
 Valley Bar  
 www.valleybarphx.com; 602-716-2222

**'All Balanchine'**

May 2-5  
 Ballet Arizona  
 at Desert Botanical Garden  
 www.balletaz.org; 602-381-1096

**Walking Tour**

May 2, 9, 30  
 Heritage Square  
 www.heritagesquarephx.org/walking-tours

**Mamma Coal's Dolly Hoot**

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

**Mariachi Sol de Mexico**

May 5  
 Madison Center for the Arts  
 www.themadison.org; 602-664-7777

**'The Tree of Life'**

May 8  
 Phoenix Art Museum  
 www.phxart.org; 602-257-1880

**Let Alone**

May 9  
 The Rebel Lounge  
 www.therebellounge.com;  
 602-296-7013

**New Works Festival**

May 10-12  
 Arizona Opera  
 www.azopera.org; 602-266-7464

**Alex Yuwen**

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

**Tribal Seeds**

May 11  
 The Van Buren  
 www.thevanburenphx.com;  
 480-659-1641

ARTS & ENTERTAINMENT

**Heritage Family Day**

May 11  
Heritage Square  
www.heritagesquarephx.org/heritage-family-days

**Augustana**

May 11  
Crescent Ballroom  
www.crescentphx.com; 602-716-2222



**Waxahatchee**

May 13  
The Van Buren  
www.thevanburenphx.com;  
480-659-1641

**Mike Zito**

May 15  
The Rhythm Room  
www.rhythmroom.com; 602-612-4981

**The 'Resurrection' Mixtape**

May 17-19  
The Phoenix Symphony  
www.phoenixsymphony.org;  
602-495-1999

**Coffee House Saturdays**

May 18  
North Mountain Visitor Center  
www.northmountainvisitorcenter.org

**Francine Reed with Dennis Rowland**

May 19  
The Nash  
www.thenash.org; 602-795-0464

**Electric Six**

May 19  
The Rebel Lounge  
www.therebellounge.com;  
602-296-7013

**'Fiddler on the Roof'**

May 22-July 7  
The Phoenix Theatre Company  
www.phoenixtheatre.com;  
602-254-2151

**Avi Kaplan**

May 24  
The Rebel Lounge  
www.therebellounge.com;  
602-296-7013

**Danny Lux**

May 24  
The Van Buren  
www.thevanburenphx.com;  
480-659-1641

**'True West'**

May 24-June 9  
Arizona Theatre Company  
www.arizonatheatre.org;  
1-833-282-7328

**Sugaray Rayford**

May 25  
The Rhythm Room  
www.rhythmroom.com; 602-612-4981

**'The Sleeping Beauty'**

May 25-26  
Convergence Ballet Co.  
at Herberger Theater Center  
www.herbergertheater.org; 602-252-8497



**Felix y Los Gatos**

May 30  
The Rhythm Room  
www.rhythmroom.com; 602-612-4981

**'The Sandlot' 30th anniversary w/the cast**

May 31  
Orpheum Theatre  
www.orpheumphx.com/events

**Evangelia**

May 31  
Valley Bar  
www.valleybarphx.com; 602-716-2222

All event dates are current at the 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).



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We are a more-than-175-member-strong group of actively selling agents who have a vested interest in the community, the real estate market and North Central Phoenix. This tour is a cooperative effort among the active REALTORS of the Central Corridor. The tour has been in existence for more than 35 years and is an all-volunteer organization.

### Location & Meeting

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

### Tour Boundaries

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

### Join Us!

We love working with new members. Join our team and receive news and information about new homes on the market in the North Central Region of Phoenix.

For more information or to become a member, visit our website at

<https://northcentraltour.com/>



Josh Garcia showcases cheesecake, flown in from New York, and Miracle Mile's best-seller Straw sandwich (photo by Darryl Webb for North Central News).

## Café Chat

### Miracle Mile Deli celebrates 75 years

By Marjorie Rice

Josh Garcia remembers doing his elementary school homework on a pickle barrel “desk,” surrounded by servers slicing mounds of pastrami and corned beef, piling it into onion and kaiser rolls, or serving up liver and onions, savory stuffed bell peppers, coleslaw and potato salads followed by thick wedges of cheesecake.

“I started serving coffee on Saturday mornings when I was 11,” he said. “I wasn’t tall enough to see over the counter, so I had to stand on a milk crate.”

Apt memories for the scion of the family that for three generations has owned Miracle Mile Deli, the venerable Phoenix eatery that is marking its 75th anniversary May 10 — declared “Miracle Mile Deli Day” by the city of Phoenix.

Garcia, 42, has been involved full-time at the deli for 20 years and today manages the family business.

This all began when Josh’s grandparents, Jack and Eleanor Grodzinsky, moved to Tucson from Brooklyn, N.Y. in 1949, seeking a dry climate for their daughter, who suffered from asthma.

“He couldn’t find work, so he took the bus up to Phoenix,” Garcia said. “The bus stop was at 16th Street and McDowell, and he found a little restaurant around the corner called Pat’s

Café. The owner wanted out of the business, and by the end of the day, my grandfather had purchased it on a handshake.” He renamed it Herman’s Corned Beef Junction.

Fast forward a couple of years, and the commercial strand of McDowell from 16th to 24th Street grew, becoming known as the Miracle Mile. “My grandfather changed the name again, to Miracle Mile Deli.”

More changes were to come as the deli grew along with the city, following commercial development in the metro area.

Park Central mall opened in 1957, the first major shopping center in Phoenix. “My grandfather was smart enough to know that he wanted to be a part of that,” Garcia said. “Customers tell us they have memories from the location we had there, with the koi pond and the large patio. It was a big restaurant for its time.”

Grodzinsky later opened a Miracle Mile Deli at Christown Mall, followed over the years by locations in Arrowhead Towne Center, Camelback Colonnade, Scottsdale Promenade.

“A lot of people associate pieces of their childhood with our Park Central and Christown locations,” Garcia said. “They were a huge part of Phoenix history.”

The Christown location played a big part in the Miracle Mile family’s personal history as well. Jack and Eleanor’s daughter Jill worked there, along with a boy named George Garcia.

“My mom and my dad met when



FOOD FOR THOUGHT

she was 12 and he was 15,” Garcia said. “My dad was a busboy, and my mom was a cashier, so my dad married the boss’s daughter — much later in life.”

Grodzinsky eventually handed over management to the Garcias, and over the last five years they in turn have taken a step back, handing management over to Josh.

Meanwhile, the Park Central and Christown locations closed, and Josh was managing the Colonnade, Arrowhead and Scottsdale delis. “I was driving 90 miles a day,” he said.

Then came a major change in 2015. “My dad’s dream had been to own his own building on his own piece of property,” Garcia said. The family decided to have just one restaurant and built the sleek Miracle Mile Deli in North Central Phoenix, at 16th Street and Campbell.

Business is brisk, with a staggering amount of meats, cheeses, salads and desserts passing over the counter. That includes over 3,000 pounds of pastrami and 2,000 pounds of corned beef every month, 40 five-gallon buckets of sauerkraut and pickles each week, and more than 3,000 pounds of kosher all-beef frankfurters every year.

Garcia takes particular pride in his pastrami. “We’ve been known for it since day one,” he said. “Our navel pastrami is the cut from the belly of the cow. We put it in the steamer for four hours before we even open our doors, and then we trim it right when it’s being served.”

That pastrami is a best-seller, in the Straw Sandwich — pastrami, sauerkraut and melted Swiss; and the New Yorker — hot pastrami, coleslaw and Russian dressing. Breads — onion and kaiser rolls, rye and marble rye — are favorites and come from local bakeries, Strictly from Scratch and Noble Bread. Cheesecake, chocolate fudge cake and carrot cake are flown in from New York.

Over the years, tastes have changed and some deli standards — liver and onions, Salisbury steak, stuffed bell peppers, chopped liver, tongue — have been dropped. “We were making it fresh every day to throw it away,” Garcia said. “Whatever we make for the day, if it’s not sold, it’s thrown out.”

One thing that hasn’t changed is a loyal staff. “Two of our head chefs have been with us for 40 years,” Garcia said. “Some of these guys have known me since I was 4 or 5 years old. They are a part of our family.”



Inspired by the Tabernas Desert in southern Spain, the new Tabernas Tajine is a Scorpion Bowl-style cocktail served at The Cave (photo courtesy of Quartz).

“We’re all very excited to celebrate our 75th year in the Valley. We’re celebrating every month, with specials affiliated with 75 or 1949.”

In May, Miracle Mile is offering a “Super Reader Salad” — chopped romaine, turkey, avocado, feta, grape tomatoes, walnuts, red cabbage, shredded cucumbers and broccoli in a balsamic vinaigrette — for \$19.49. A por-

tion of the proceeds will go to Southwest Human Development’s annual book drive, part of its Grow a Reader program.

“We’re extremely grateful to the local community for supporting us for seven decades,” Garcia said. “We still have people who come in and say ‘Hey, I remember talking with your grandfather at 16th Street and McDowell.’”

That’s a pretty special thing, being here and sharing those experiences and those meals together.”

Miracle Mile Deli, 4433 N. 16th St., is open 11 a.m. to 7 p.m., Monday through Saturday. For more information, call 602-776-0992, or visit [www.miraclemiledeli.com](http://www.miraclemiledeli.com).

## Dining Briefs

### Cave introduces exotic new cocktails

For the first time since its opening last year, Quartz has introduced new, elaborate cocktails at The Cave, its immersive concept within a concept cocktail experience. The menu is inspired by deserts around the world and includes exotic concoctions such as The City of Dreams — a take on the classic Millionaire Cocktail and inspired by India’s Thar Desert, Tabernas Tajine — a blending of Moroccan and Spanish cultures inspired by the Tabernas Desert in southern Spain, and Dumbo’s Delirium — a far-out version of a Cosmo Cocktail with flavors from the Namib Desert in Southern Africa.

*please see EXOTIC on page 50*

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**Treat Mom on Mother's Day!**

**Celebrate Mom at the Club's Mother's Day Brunch on Sunday, May 12, from 9 a.m. to 3 p.m.**

The brunch menu offers traditional breakfast dishes.  
A lunch menu also will be available.

For more information call Cirillo Galindo at 602-632-5228 or email [Cuisine.galindo@gmail.com](mailto:Cuisine.galindo@gmail.com)

FOOD FOR THOUGHT

EXOTIC continued from page 49

Quartz is located at 341 W. Van Buren St., Suite B. For additional information, call 602-385-0299 or visit www.quartzphx.com.

UnderTow embarks on new voyage

It has been a fantastic voyage, but Phoenix cocktail bar UnderTow announced in April the end of an eight-year saga as it prepares to launch a new journey. The voyage of the drinking establishment's current menu ends May 7 and an exploration through the 1560s Yucatan Peninsula will set sail.

Owners say that the new drink menu promises to be a sensory experience for guests and the journey will include an array of enhancements like new music, video scenes and vessels that align with the narrative.

"We've witnessed the remarkable journey of UnderTow over the past eight years, and now, we're gearing up for an exhilarating new voyage," said Jason Asher, partner and co-founder of Barter & Shake. "Guests can expect a truly



A new journey with a new drink menu will unfold in May at the popular UnderTow cocktail bar (photo courtesy of Barter & Shake).

immersive experience that will transport them to another time and place."

Since its inception, the space has captivated locals and visitors alike with its nautical-themed experience and expertly crafted cocktails. Before the curtain rises on the new menu, guests are invited to embark on a journey through the past, savoring signature cocktails that have left a lasting impres-

sion. In anticipation of the revamp, the establishment is treating guests to a special "Greatest Hits" menu, featuring beloved classics from its repertoire until May 7.

UnderTow is located inside Century Grand at 3626 E. Indian School Road, with a sister location in Gilbert. For more information and updates, visit www.drinkundertow.com.

Treat Mom, Italian style

Celebrate Mother's Day at a special brunch offered Sunday, May 12, at the Arizona American Italian Club, 7509 N. 12th St. The brunch, inspired by chef Cirilo Galindo, will be prepared by Galindo's Cuisine and served from 9 a.m. until 3 p.m.

The brunch menu will include traditional items such as eggs Benedict, pancakes, eggs served with homemade breakfast potatoes, as well as breakfast burritos, build your own omelets, and strawberry toast. Lunch will be offered until 3 p.m. with special dishes and sandwiches.

In addition, throughout the month, Galindo's offers dining specials on Tuesday, Wednesday, and Friday, with Italian dinner specials every Saturday evening, all offered until closing.

The Arizona American Italian Club embraces Italian culture, preserves heritage and strives to build community in the heart of Phoenix where neighbors and guests from all areas feel welcomed and comfortable. Since its inception in 1957, the club has been a vibrant hub

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**Explore Arizona’s culinary landscape**

The 2024 Spring Arizona Restaurant Week (ARW), which offers residents numerous opportunities to dine on a deal, kicks off Friday, May 17, and runs through Sunday, May 26.

During 10 days in May, diners are encouraged to explore a variety of participating restaurants all around the state, which will feature specific ARW menus that showcase the mastery of Arizona’s finest chefs. The ARW menus are a departure from the restaurants’ regular menus, allowing diners to get a new taste of even their favorite restaurants’ culinary breadth — at a fraction of typical costs.

Participating restaurants range from intimate chef-driven locales and independently owned restaurants to five-star fine dining establishments. A wide array of cuisines will be represented during Arizona Restaurant Week, so culinary enthusiasts can eat their way through the dining event without ever ordering the same meal twice — unless they want to, of course.

Typically, more than 150 restaurants around the state participate in this event, allowing diners to explore a range of cuisines and experiences across all price points. Currently, more than 75 restaurants are already committed to the 2024 Spring Arizona Restaurant Week.

Diners can expect dishes with hyper-seasonal, limited-availability and trending ingredients and food styles, and they will be offered a three-course, prix-fixe menu for \$33, \$44 or \$55 per person, and in some cases, per couple. Some establishments may also offer wine and or cocktail pairings for an additional charge to enhance the dining experience.

A complete list of participating restaurants, as well as their 2024 Spring ARW menus, will be available Wednesday, May 1, at [www.arizonarestaurantweek.com](http://www.arizonarestaurantweek.com).

**Binkley’s set to close, another favorite will open**

Social media was abuzz on April 16 as one venerable restaurant announced that it would close its doors at the end of this summer, ushering in an oppor-



The elegant, cozy Binkley’s Restaurant, which will celebrate its 20th anniversary this month, will close in August to make way for a new incarnation of Chef Stephen Jones’ the larder & the delta (photo courtesy of Binkley’s Restaurant/Facebook).

tunity for another lauded local favorite to take over the space.

Binkley’s Restaurant, a 22-seat fine dining restaurant located at 2320 E. Osborn Rd. in Phoenix, will celebrate its 20th anniversary on May 25.

“On May 24, the last menu cycle of Binkley’s Restaurant will start,” an April

Facebook post noted. “We will bring back many of our most loved dishes from over the years, and it will be available until mid- August. We hope you will come and be nostalgic with us!

“In August, we will be turning Binkley’s Restaurant over to the talented Chef Stephen Jones of the larder & the

delta,” the April Facebook post continued. “Binkley’s Restaurant is special to us, so we thought carefully about who we would like to see operating in our space. We reached out to him to see if he would consider executing his food as an elevated, multicourse, seasonal tasting menu, and he enthusiastically accepted our offer.”

The popular Southern cuisine-inspired the larder & the delta bade farewell to its location at 200 W. Portland St. in October 2023 after a five-year run. The new incarnation is expected to open at the Osborn Road location in mid-September.

Over on the larder & the delta Facebook page, gratitude was the vibe of the day. Their post read in part, “We are so incredibly thankful to have found our new home within the walls of such a storied and remarkable restaurant for the past 20 years. Thank you to everyone who helped get us to this point past and present. The next journey begins, and we are eternally grateful for you all.”

Learn more at [www.binkleysrestaurant.com](http://www.binkleysrestaurant.com) or [www.thelarderandthedelta.com](http://www.thelarderandthedelta.com).

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## FOOD FOR THOUGHT

## Celebrate Mom around town

This Mother's Day, May 12, Valley restaurants and resorts are rolling out the red carpet for those moms, grandmas, aunts and other beloved mother figures in our lives with brunch events, special menus and more. Still looking for a special way to spoil Mom her day? Here is a roundup of dining options in and around North Central.

### Gift giving gets delicious

Give the gift of brunch, bacon and mimosas this Mother's Day. Local breakfast franchise Over Easy is stacking pancakes and gift cards with a promotion designed to treat Valley moms. When guests purchase a \$50 gift card online, they get \$10 off with promo code GC4MOMS. The deal is valid Friday, May 10, through Sunday, May 12, for online purchases only.

In Phoenix, find Over Easy at 4730 E. Indian School Road. Call 602-468-8907 or visit [www.eatatovereasy.com](http://www.eatatovereasy.com).

### Say 'cheers' to Mom at Broken Yolk

On Mother's Day, Broken Yolk Café invites guests to raise a glass to Mom with the exclusive Pink Mimosa. This refreshing cocktail special features Wycliff Sparkling and Monin Raspberry Puree. Broken Yolk's Pink Mimosa is available all day long for just \$5 each.

In Phoenix, visit Broken Yolk at 1928 E. Highland Ave., #SF01. For more information, call 480-389-3303 or visit [www.brokenyolkcafe.com](http://www.brokenyolkcafe.com).

### Sip, sip hooray—it's time to celebrate moms

FOUND:RE Phoenix Hotel and Match Market & Bar are featuring drink and brunch specials in honor of Mother's Day. Diners can enjoy the specials between 10 a.m. and 3 p.m.

Raise a glass to Mom with cocktails including Heather's Boss Cosmo, Mommyjito and Vanilla-Peach Bellini. Brunch menu options include Bananas Foster Dutch Baby, Arizona-Style Frittata, Avocado Toast, The BEC, Breakfast Burger, Match Breakfast with bacon, Shakshuka in a bread bowl, Bagel and Lox and Crispy Parmesan Egg and creamy polenta.

FOUND:RE Phoenix Hotel and Match Market & Bar are located at 1100 N. Central Ave. For information,



Treat Mom to breakfast with one of Over Easy's special online Mother's Day gift card deals May 10-12 (submitted photo).

call 602-875-8000 or 602-875-8080, or visit [www.foundrehotels.com](http://www.foundrehotels.com) or [www.matchphx.com](http://www.matchphx.com).

### Dine day or evening at Phoenix City Grille

Phoenix City Grille will offer two ways to celebrate moms.

Dinner specials include Filet Oscar and Pan-Roasted Chula Seafood Wild Alaskan Halibut. Moms will receive a complimentary flower during their dinner experience. Dinner specials will be available from 3 p.m. through close.

For those who prefer to kick off their Mother's Day dining earlier, Phoenix City Grille's hearty brunch menu will be served on Mother's Day from 10 a.m. to 3 p.m. Diners can enjoy brunch features such as PCG's popular quiche, breakfast burrito, heritage wheat pancakes and more along with special brunch mimosas and cocktails with which to cheers to Mom.

Phoenix City Grille is located at 5816 N. 16th St. For additional information, call 602-266-3001 or visit [www.phoenixcitygrille.com](http://www.phoenixcitygrille.com).

### Postino celebrates wine-loving moms

Postino invites wine-loving mommas to stop in to enjoy a Lavender Spritz for a limited time only on May 11-12. Featuring the Mommenpop Meyer Lemon Pop Aperitif.

The restaurant also is offering gift memberships to Wine Cult, Postino Winecafé's wine club, which includes four hand-picked wines, four times a year plus a \$50 gift card at sign up and a monthly complimentary glass of wine.

For Mother's Day pricing, visit [www.postinowinecult.com](http://www.postinowinecult.com). Use code MOM30 for \$30 off when you sign up or gift a year-long Wine Cult membership. Code can be redeemed from April 29 through May 12.

Postino has two locations in Phoenix. Visit [www.postinowinecafe.com](http://www.postinowinecafe.com) for information.

### Experience a Royal Mother's Day

Royal Palms Resort and Spa invites residents to celebrate the influential women in their life by treating her to a decadent three-course brunch at T. Cook's, or at the resort's Banquet Buffet including a flavorful array of brunch favorites.

T. Cook will serve a plated, three-course, prix-fixe Mother's Day brunch, while the Banquet Buffet will be buffet style in the resort's ballrooms. They each have separate reservations, and both are offered from 10 a.m. to 2 p.m.

Royal Palms Resort and Spa is located at 5200 E. Camelback Road. For additional information, call 602-808-0766 or visit [www.royalpalmsresort.com/happenings/mothers-day](http://www.royalpalmsresort.com/happenings/mothers-day).

### Fiesta-style menu offered at The Mexicano

Enjoy a special brunch menu that will be offered Friday, May 10, (Mexican Mother's Day) through Sunday, May 12, from 10 a.m. to 3 p.m.

Along with live entertainment from local DJs, the Mother's Day brunch will feature a special menu including Concha French Toast, Tres Leches Pancakes, Shrimp Fajita Frittata,

Mexicano Scrambler, Birria Scrambler, Brunch Burrito, Longonisa and Potato Enchiladas and Avocado Toast.

Reservations are encouraged and can be made online at [www.themexicano.com](http://www.themexicano.com). The Mexicano is located at 4801 E. Cactus Road. For additional information, call 602-812-2100.

### Celebrate like it's a Roman holiday at The Rosticceria

From 10 a.m. to 3 p.m. on Mother's Day, guests can indulge in a special brunch menu with dishes including 10-layer Breakfast Lasagna and Lamb Osso Bucco, all while enjoying live music.

The Mother's Day brunch menu includes Sausage Frittata, 10-Layer Breakfast Lasagna, Panettone French Toast, Lamb Osso Bucco, Strawberry Souffle Pancake and Shrimp & Grits.

The Rosticceria is located at 12811 N. Tatum Blvd. Reserve a table online at [www.therosticceria.com](http://www.therosticceria.com).

For additional information, call 480-916-0116.

### Treat Mom in style at Sicilian Butcher, Baker

The modern-casual Italian restaurant is offering a specialty Mother's Day menu Wednesday, May 8, through Sunday, May 12, at all three Valley locations. Mother's Day hours are 11 a.m. to 10 p.m.

The limited-time only Mother's Day menu includes Lobster Tagliatelle, Cast Iron Baked Gnocchi and Lamb Ragu Pappardelle. In addition, sister location The Sicilian Baker will offer Strawberry Tiramisu May 8-14 in honor of Mother's Day.

In Phoenix, The Sicilian Butcher and The Sicilian Baker are located at 15530 N. Tatum Blvd., Suite 160. For more information, call 602-775-5140 or visit [www.thesicilianbutcher.com](http://www.thesicilianbutcher.com).

### Raise a glass to mom at Hash Kitchen

The a.m. eatery will celebrate moms with a specialty cocktail shaken up just for them. On Sunday, May 12, Moms can sip on the limited-time cocktail "Raise a Glass" cocktail made with vanilla vodka, Amaretto, Bailey's and Blue Curacao.

In North Central, visit the Arcadia Gateway location, 4315 E. Indian School Road. Call 602-612-5580 or visit [www.hashkitchen.com](http://www.hashkitchen.com) for additional information.

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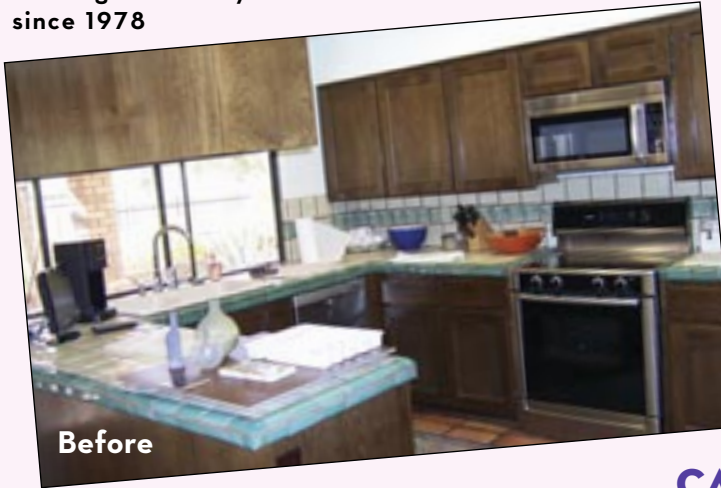
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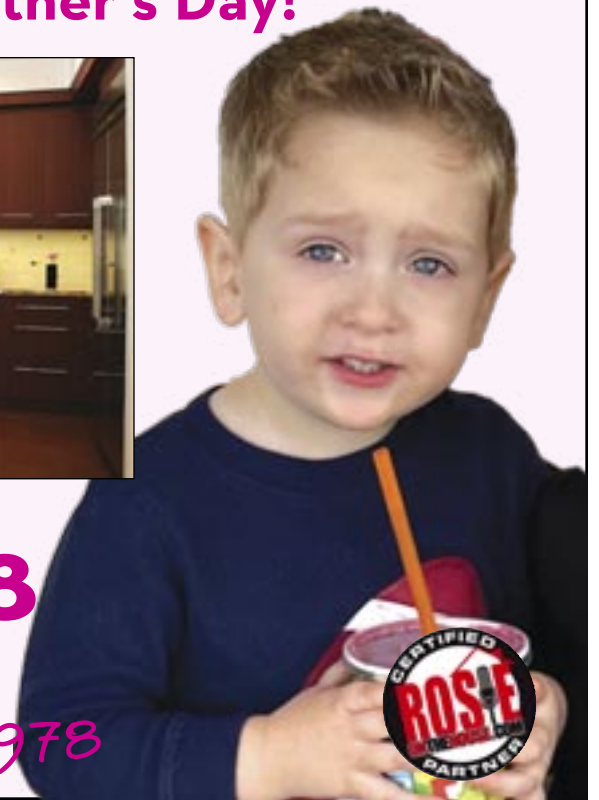
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