



north central news

the voice of the north central phoenix community since 1999

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Vet celebrates 30 years of caring for our critters

By Trudy Thompson Shumaker

Sugar gliders. Who knew that North Central Phoenix has its very own sugar glider expert? Dr. Hillary Frank calls them “little flying hamsters from Australia,” and when, a few years back, a little sugar glider needed a veterinarian, Dr. Frank stepped up.

“I didn’t know anything about them,” she remembers. “But this little guy needed care, so I started looking for information and found a sugar glider expert in Australia. I called him and we spent 20 minutes getting me up to speed. But convincing him that in Phoenix, Arizona, I had a family who kept a sugar glider in their home took a couple of minutes. He kept saying, ‘In their HOUSE? They keep him in their HOME?’ Apparently, they don’t do that in Australia.”

But in that very expensive phone call, Frank learned from her Australian colleague, and she cared for the little sugar glider and brought him back to health. “That’s probably what launched my interest in avian medicine,” she said. Since that time, Frank has become a certified avian veterinarian, and in addition to treating the more common companion animals like dogs and cats, she treats flying critters from sparrows to raptors.

The Phoenix native opened North Central Animal Hospital at 20 W. Dunlap Ave. in 1995, and since then, she and her team have been an active part of the com-

please see 30 YEARS on page 8



Artists working in a variety of mediums – from blown glass and ceramics to mixed media, monumental steel sculpture, public art and more – will once again open their studios to visitors during the Eighth Annual Sunnyslope Studio Tour, scheduled to take place Oct. 25-26 (submitted photo).

‘Art is part of our shared humanity’

By Kathryn M. Miller

The annual Sunnyslope Studio Tour returns for its eighth year Oct. 25–26. The event will showcase 26 local fine artists at 12 unique home studios and creative spaces throughout Sunnyslope. This free, self-guided event offers the public a chance to explore a vibrant neighborhood, meet artists in their working studios, and purchase original artwork directly from its source.

The tour, which continues to grow in attendance and participating artists, also offers something new this year.

“The Sunnyslope Rock Garden will be part of the tour for the second time this year – highlighting a significant creative and historic place in the Slope,” said Kiris Kollasch, a participating Sunnyslope artist and committee lead for the 2025 tour, “and three of this year’s host studios will also feature emerging student artists from Sunnyslope High School, giving attendees a unique opportunity to support the next generation of creatives.”

In addition to Kollasch, participating professional artists include Judith Amiel-

Bendheim, Marion Blake, David Lloyd Bradley, Laura Cohen-Hogan, Aileen Frick, Deborah Gorton, Peggy Hesley, Megan Jonas, John Kaskela, Madison Kopsa, Sandra Luehrsen, Joe McWilliams, Melanie Mead, Linda Mintz, Tess Mosko Scherer, Elissa Nowacki, Ann Osgood, Lorraine Shwer, Lynn Smith, Jan Stiles, Edward Taylor, Scott Turner, Marissa Vidrio, Robert Wood and Jeremy Yocum.

Beyond spotlighting the history and future of art in the Sunnyslope area, the tour seeks to raise the visibility of area working artists. The local Phoenix art scene has been hit with a triple whammy of closures

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COMMUNITY

From the Editor

This month, and really every month in *North Central News*, we explore ways that area residents can support local – whether that is our artists and entertainment venues, small businesses and start-ups, community organizations or dining destinations.



On the cover, we celebrate the return of the Sunnyslope Studio Tour, where residents can escape from the everyday and support the local creative community during the two-day event; and the anniversary of North Central Animal Hospital, which has served the area for 30 years.

We also take a look at how food insecurity, and changes at the federal level, is impacting our neighbors, and a new magazine that is celebrating “the

sisterhood of blue-collar trade.” Over in Food For Thought, Marjorie Rice catches up with Dawn Hernandez at Dawn’s NY Bakery as she prepares for the fall and winter holiday season.

It is homecoming season at area high schools, and in School Days, we highlight two events in the Glendale Union High School District, along with the news from other North Central public and private schools. And in Community/Pets, we introduce you to Magical Mindy, a sweet female pit bull mix who is sure to win your heart – and hopefully, a place in your home.

In arts, you will find plenty of fun ways to celebrate cooler temperatures at local festivals, get out and enjoy the fall performing arts season or support your favorite band – or find a new favorite – at our excellent Valley venues.

We hope you enjoy our October issue, and until next month, all my best,

Kathryn M. Miller

Editor, *North Central News*

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www.northcentralnews.net

Publisher	Tara A. Blanc
Editor	Kathryn M. Miller
Staff Writer	Trudy Thompson Shumaker
Sales and Marketing	Joanne Day
Office Manager	Janice Backus

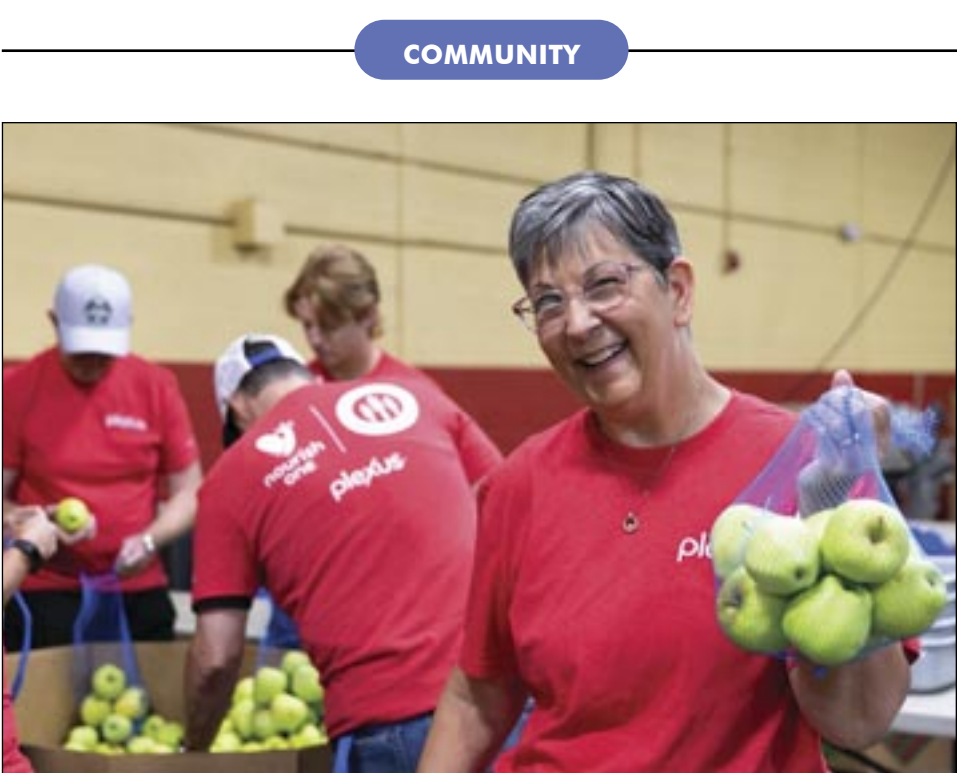
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Throughout the year, but especially during Hunger Action Month, employees at Plexus Worldwide volunteer their time at St. Mary's Food Bank and elsewhere as part of their company mission to end hunger (submitted photo).

Food insecurity is on the rise

By Kathryn M. Miller

Currently, in Arizona, one in five kids don't know where their next meal is coming from; one in seven Arizona families are classified as food insecure, which means that they don't have a steady source of food, or they don't have enough in their budget to meet their food needs. Those numbers have seen a steady increase in recent years, and the demographic of those needing help is shifting.

"We definitely take care of folks who are homeless or unhoused at St. Mary's Food Bank and help out a lot of organizations that provide food service," said Jerry Brown at St. Mary's Food Bank. "But the vast majority of the people that come to the food bank for help have jobs. They just don't have enough coming in to take care of the rising cost of home, gas, food and other necessities."

Through its network of 700 service agency partners and its three Valley distribution sites, the nonprofit feeds 250,000 people each day and covers roughly two-thirds of the state. Sadly, that number is expected to increase as the cost of living continues to rise and federal cuts to the Supplemental Nutrition Assistance Program (SNAP) go into effect.

"With the SNAP cuts that are coming, we anticipate that we're going to see problems. We haven't seen that impact yet. It just went into effect on Sept. 1," Brown said. "But what we have seen is a 10 percent increase in the number of people who came to the food bank this

year over last year – about 200,000 more visits this year than we did last year. Last year we had 2.2 million visits, this year we had 2.4 million visits. That's a 10 percent increase, and that 10 percent increase has been consistent every year since COVID.

"These 10 percent increases that we are seeing annually add up. And now the government is making cuts to the SNAP program, or at least making folks show that they are working or trying to find jobs, and there are people who are not going to be eligible for SNAP benefits. Those people are going to be coming to the food bank for help. There is no way that food banks are going to be able to make up the amount of meals that are going to be lost through SNAP cuts. But we'll do the best we can."

The nonprofit does have help from the private sector. St. Mary's partners with companies like Plexus Worldwide, which set a goal of 50 million contributed meals, and it works with Feeding America, a national network of food banks founded by St. Mary's, as well as other organizations through its Nourish One initiative.

"We believe that wellness begins with access to proper nutrition," said Elizabeth Woods, director of philanthropy at Plexus Worldwide. "Through our Nourish One initiative, we support communities in need by turning product purchases, volunteer events, fundraising and food drives into real impact. To date, we've helped contribute over 47.4 million meals in partnership with Feeding America and Mary's Meals."

please see INSECURITY on page 6

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COMMUNITY

City to purchase
Cholla property

At its Aug. 27 meeting the Phoenix City Council approved the acquisition of the Cholla Library property. Built in 1974, the library is located at 10050 N. Metro Parkway E. The city currently leases a 30,003 square foot site for the library under a ground lease agreement.

In a statement released after the acquisition approval, District 1 Councilmember Ann O'Brien said, "By purchasing this property outright – at fair market value – we're securing this community asset in perpetuity while eliminating ongoing lease obligations," adding, "This acquisition is particularly significant as it sits adjacent to The Metropolitan, a 68-acre redevelopment project that will bring new housing, retail and public amenities, transforming an area that's seen years of decline. By owning this property, we secure Cholla Library's role in the neighborhood's renaissance while ensuring our public investment complements the surrounding development."

Neighborhoods host
multiple yard sales

Residents in the Elm Acres, Westtown No. 1 and Bonnie Lea Annex neighborhoods and the Phoenix Townhouses will host a community yard sale event on Saturday, Oct. 11, from 7 a.m. to noon.

Shoppers will find yard sales between 15th to 19th avenues, from Camelback Road to Campbell Avenue. Last year's event offered a variety of home furnishings, small appliances, clothing, books and more and this year is expected to be much the same.

INSECURITY continued from page 4

The company's employees also spend time volunteering every year during Hunger Action Month in September, but more work and broader support will be necessary to meet the growing need. Whether it is volunteering to help pack the 100,000 emergency food boxes that go out each month, packing one of 20,000 Thanksgiving meals, organizing food drives or making a monetary donation (every dollar donated equates to five meals, Brown says), the community can help make a difference.

In the meantime, Brown says that Phoenix families who need assistance can start by calling 602-242-FOOD

(3663) or go online to www.stmarys-foodbank.org.

"We've been doing this for 58 years," he said. "We've never said 'no' to anybody who needs food, and it's our goal to continue to do that. If you can help, we need you. And if you need help, don't be afraid to come to us."

HUMANITY continued from page 1

in recent months, as long-established galleries and retail spaces like Art One Gallery, Bently Gallery and MADE Art Boutique announced their closures – leaving ever-fewer spaces for Valley artists to be seen and to have their work sold.

"I think it leaves a lot of artists scrambling with, what do we do next? I'm one of the few in our group that this is actually how I make my living," Kollasch said. "So, for a lot of us, the goal of the tour has really been about selling our art, not just showcasing it, but really trying to emphasize that this is a great place to do some holiday shopping."

The artist emphasized that attendees will discover wholly original artwork that cannot be found elsewhere, handmade by local artists. A wide range of mediums will be on display, including ceramics, blown glass, jewelry, painting, pastel drawing, mixed media, monumental steel sculpture and public art, and original artworks will be available for purchase, with prices ranging from \$50 to \$5,000.

The tour also offers the opportunity for residents to escape from the everyday, Kollasch said.

"I think art can bring hope. It can bring a place of peace. Art can be something that stimulates conversation, or that just stimulates calmness. The visual arts can really give you a place to get away. It certainly does it for those of us who are making it, but I think it can do it for those who are looking at it."

She added, "With the tariffs and fear within our society, now it's more important than ever to support local and to support each other. Art is a way we can come together and find joy. Art is part of our shared humanity."

The Eighth Annual Sunnyslope Studio Tour spans a section of North Central Phoenix from Northern Avenue to Peoria Avenue, and 19th Avenue to 18th Street. It will take place Oct. 25-26, from 10 a.m. to 5 p.m. each day. To download a studio map and find additional information, visit www.sunnyslopestudiotour.com.



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COMMUNITY

30 YEARS continued from page 1

munity where she grew up.

“My family had a mini-farm at 15th Avenue and Northern, and our veterinarian was Dr. Alan Finlayson. I followed him around when he came to treat our animals, and he encouraged me to go to vet school at Colorado State, then to come back home and work in North Central. I did exactly that,” she said. “When I opened my own practice, in the building we are still in, my team and I dug into the community to help keep animals and their people healthy.”

Frank has continued in Finlayson’s tradition, mentoring students from when they first consider veterinary careers. She takes young veterinarians into her practice and enjoys watching them learn and grow from her experience. She is passionate about community education and service and is an adjunct professor at Midwestern College of Veterinary Medicine in Glendale. She also works closely with students at the University of Arizona College of Veterinary Medicine in Oro Valley.

What is she most passionate about?



In October, North Central Animal Hospital’s Dr. Hillary Frank, pictured here with “Benny,” will join her team in celebrating 30 years of caring for the Valley’s dogs, cats and others assorted critters at their Central Avenue and Dunlap location (submitted photo).

“I am passionate about preventative medicine and educating humans that their health is directly tied to the health of our animals. Roundworms, for example, are transmissible between animals and people. Roundworms aren’t just a nuisance; they are a leading cause of

blindness in young children. And look at rabies – if our wild or domesticated animals get rabies, people are at risk.”

Frank and her team have long provided low-cost rabies vaccinations and she is committed to continuing that service.

“We used to charge \$5, which

included an exam. Over the years, the vaccines have gone up in price, so we have had to increase our prices, but we still offer them at a great price. We do it because we want our community to be as healthy as possible.”

North Central Animal Hospital is one of only 12 to 15 percent of practices in the U.S. and Canada to be accredited by the American Animal Hospital Association, and Frank was the first board-certified avian veterinarian in Arizona.

“Accreditation and board-certification are important because they show that we are serious about keeping up the required highest standards of the profession,” she said.

Frank has two daughters, and one of them wrote a “top secret” email to *North Central News*.

“Mom opened the practice in October 1995 – 30 years ago! I’m so proud of her. She is such a hard worker and is really inspirational to me and even to my friends!” wrote Jessica.

The experienced veterinarian educates her team regularly, keeping them up to date on treatments and trends in the community. Many of her team members have worked with her for most of her years in practice.

“A couple of years ago, I decided to turn management over to a management company, so I could focus more on education and community work. I am really enjoying the time I can spend on new endeavors, like learning more about orthopedics in animals, and sharing my avian medicine knowledge with others.”

As she talks about preventative medicine, Frank reminds a new cat mama to “brush your cat’s teeth every day. Here’s a link to a video that shows you how.”

Oh, Dr. Frank. You were pretty fabulous until you said that. But somehow you inspired me to try it. Maybe.

Church hosts fall festival

First United Methodist Church of Phoenix invites residents to a fall festival event on Sunday, Oct. 26, 4:30 to 6:30 p.m.

During the event there will be a free trunk-or-treat, bounce houses, lawn games, food and more. Attendees are welcomed to come in costume.

First United Methodist Church of Phoenix is located at 5510 N. Central Ave. For additional information, visit www.firstchurch.church.

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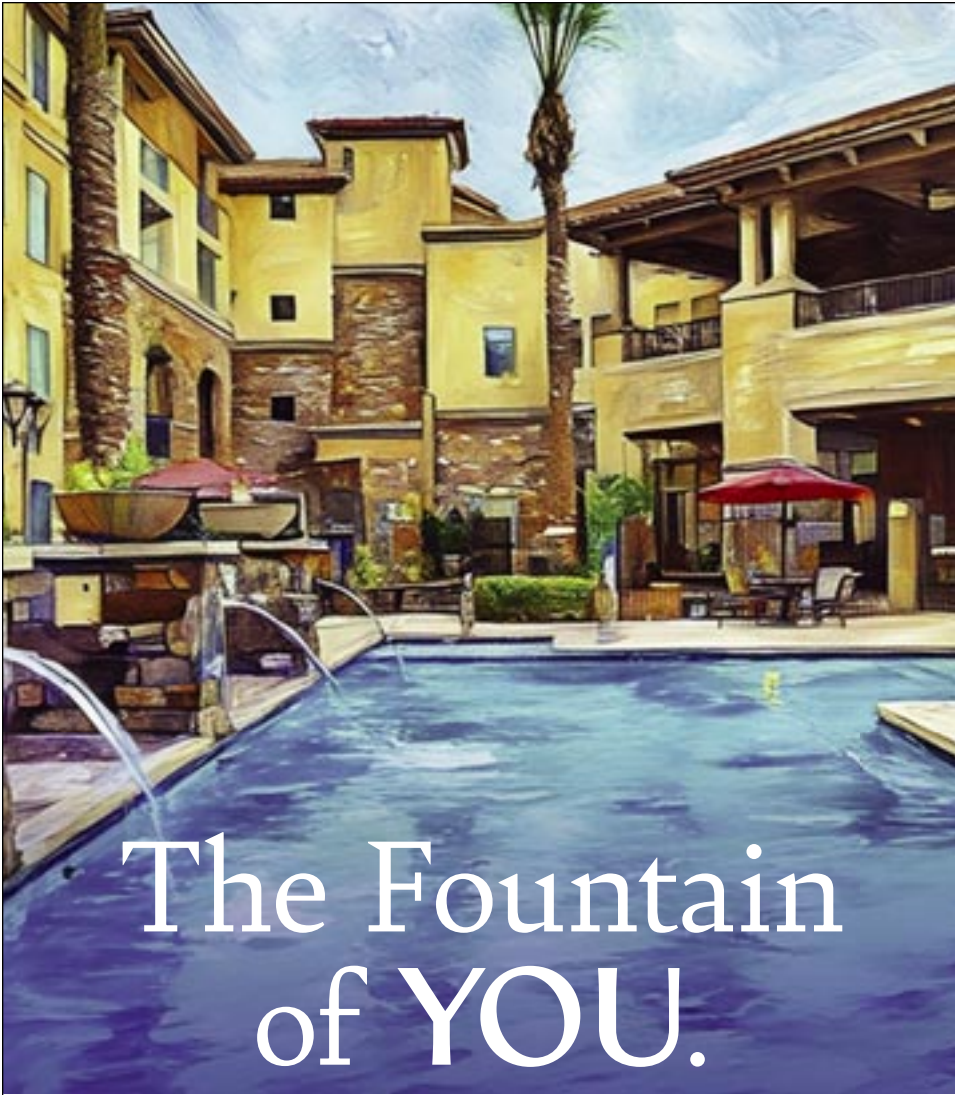
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Veterans check out books from the Phoenix Public Library Bookmobile during the kickoff event at the Carl T. Hayden VA Medical Center on July 1 (photo by Tynisha Ferguson/VA).

Bookmobile visits VA center

The Phoenix Public Library, in partnership with the Phoenix VA Health Care System, is bringing its Bookmobile to the Carl T. Hayden VA Medical Center, 650 E. Indian School Road, monthly. This initiative aims to provide veterans, their families and caregivers with easy access to library services.

“The goal is to make library services more accessible for everyone in the community,” said Keith Lord, Bookmobile branch manager. “This partnership gives veterans the opportunity to sign up for library cards, explore available programs, and check out materials – right where they are.”

The Bookmobile offers a rotating collection of 2,500 items, including books, gardening seeds and Culture Passes. It features a children’s area with a reading bench, Wi-Fi access, ADA-compliant wheelchair lift, air conditioning and indoor seating and display monitors

The Bookmobile will visit the VA Medical Center on the first Tuesday of each month, including Oct. 7, Nov. 4 and Dec. 2. For more information, visit www.phoenixpubliclibrary.org/bookmobile.

Connect with your local precinct

Join neighborhood officers for a conversation over coffee at Coffee with a Cop, Tuesday, Oct. 8, 9 to 10 a.m., at Cultivate Coffee, 505 W. Dunlap Ave. Presented by Desert Horizon Precinct, the event offers residents a chance to ask questions and share what they are seeing on their block, as well as an opportunity

to connect directly with Desert Horizon officers, learn about crime-prevention tips, and build relationships with a goal of keeping communities safe.

The majority of North Central falls within the Desert Horizon Precinct, with some neighborhoods served by the Mountain View Precinct. To find your precinct, visit www.phoenix.gov and search “precinct map.”

District 3 hosts community meeting

The Phoenix Council District 3 office will resume its monthly community meetings this month on Friday, Oct. 3, 8:30 a.m., at Sunnyslope Community Center, 802 E. Vogel Ave.

At the meeting, residents can connect with their neighbors, hear updates from the District 3 office, and meet the new Phoenix police chief, Matthew Giordano.

The office also is collecting candy donations to help make the Sunnyslope Community Center Halloween trunk-or-treat celebration a sweet success. They are asking attendees to consider bringing a bag of individually wrapped candy to the meeting to help create a fun and safe Halloween for local families.

The Slopetacular Trunk-or-Treat will be held Saturday, Oct. 18, from 5 to 7 p.m. The free community event will include, in addition to candy, a costume contest, trunk contest, pumpkin patch and fun activities for the whole family. Contact the center at 602-262-6661 with any questions about the Oct. 18 event. Contact District 3 Councilmember Debra Stark’s office at 602-262-7441 or via email: council.district.3@phoenix.gov.

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Attendees at the 64th annual Phoenix Greek Festival can enjoy dancing, music, food, shopping and family-friendly activities – all with Greek fun and flavor (submitted photo).

Explore Greek culture at 64th annual festival

The annual Phoenix Greek Festival will return for its 64th year Oct. 10-12. Held at Holy Trinity Greek Orthodox Community Center, 1973 E. Maryland Ave., the event will run from 3 to 10 p.m. Friday, 11 a.m. to 10 p.m. Saturday, and 11 a.m. to 6 p.m. Sunday.

During the three-day event, attendees can enjoy Hellenic hospitality with Greek food, music, dancing, jewelry, art, grocery items and activities for kids.

Enjoy gyros, kalamari, pastitsio, spanakopita, lamb, and loukoumades. In addition, find Greek pastries made from scratch, including baklava, melo-makarouna dipped in honey, and much.

The Village Market features imported feta cheese, phyllo dough, olives, fresh oregano and more. Greek liquors will be served alongside imported Greek beer and wine. Vendors will be on hand to showcase jewelry, artwork, pottery, clothing accessories, gift items and more.

Greek folk dancers will perform virtually every hour, and dance lessons will be offered daily.

Admission is \$5 for an entire day of food and fun. Children under 12 get in for free and residents 60 and over get in for free on Saturday between 11 a.m. and 3 p.m. For information, visit www.phoenixgreekfestival.org.

Cross Roads hosts community event

Cross Roads United Methodist Church, in partnership with Accelerated Pathways Career College, American Red Cross, Desert Mission

Food Bank and other local community organizations, invites families to a festive and family-friendly Halloween Trunk-or-Treat and Health Fair on Saturday, Oct. 25, from 3 to 6 p.m. at 7901 N. Central Ave.

This free event promises a fun early Halloween experience for children of all ages. Families can enjoy trick-or-treating from decorated car trunks and are encouraged to dress up and join in the excitement. The event also will feature a community health fair, offering free glucose readings, blood pressure checks, nutrition/wellness resources and information on local services.

For additional information, visit <https://crossroadsphx.com>.

Festival supports mountain preservation

From Oct. 17 to Oct. 19, the Save Our Mountains Foundation (SOMF) will host a community event to help raise funds in support of its mission to protect and preserve the Phoenix Mountains Preserve.

Held at North Mountain Visitor Center, 12950 N. 7th St., the Festival in the Mountains will feature live music, local hikes, a silent action and drawings, activities for kids, dog costume event, demos, displays, exhibits and more. In addition, the Market in the Mountains will feature local artists, authors and community vendors.

An opening ceremony will begin at 4 p.m. Friday, Oct. 17, followed by an open mike jam session, hike and stargazing. Saturday activities will run from 9 a.m. to 7 p.m., and the festival will wrap up on Sunday, beginning with an 8 a.m. hike and finishing at 4

COMMUNITY

p.m., after a silent auction and drawing winners are announced.

SOMF is a volunteer nonprofit that operates the North Mountain Visitor Center, where guests can get an up-close, personal tour of the Phoenix Mountains Preserve and the plants and animals that make up the area surrounding the center. Visit www.northmountainvisitorcenter.org to learn more.

Phoenix festival celebrates Pride

For 44 years, Phoenix Pride has been organizing marches, rallies, parades, entertainment, education, and outreach events to celebrate the Phoenix LGBTQ+ community. Supported by corporations, local businesses and organizations, this year's Phoenix Pride Festival is a two-day celebration scheduled for Oct. 18-19 at Steele Indian School Park.

The event will continue to bring the Valley's diverse LGBTQ+ and allied communities together for a weekend of camaraderie and celebration, while raising funds for the Phoenix Pride Community Programs and educating the public about the existence and continuing civil rights battle facing the community.

The festival features more than 150 entertainment performances on five stages and over 300 exhibitors showcasing a huge variety of food options, shopping opportunities and community resources. The festival brings a variety of food vendors, as well as an arts expo, VIP experience and multiple performance stages bringing together many community artists from different genres and performance expressions. Combined with participation from

government officials, services, private corporations and celebrities, the goal of the Phoenix Pride Festival is to continue to raise positive awareness of the Phoenix metropolitan LGBTQ+ community.

Steele Indian School Park is located at 300 W. Indian School Road. The festival will run from 2 to 10 p.m. on Saturday and noon to 9 p.m. on Sunday. For additional details and to purchase tickets, visit <https://phoenixpride.org/events/pride-festival>.

Pop-up event highlights transit-oriented living

A pop-up demonstration scheduled for Saturday, Oct. 11, will help bring transit-oriented living to life. Presented by the city of Phoenix in conjunction with Valley Metro, the event will be held at Plaza19, located within the 19th Avenue and Dunlap Park and Ride. Geared towards residents of all ages, the event will offer interactive displays, a bike safety rodeo for kids, food trucks, vendors, music and more.

The event, held from 10 a.m. to 2 p.m., is an effort by the city to demonstrate how active transportation can transform everyday spaces into vibrant destinations and offer insight into "the potential of transit-oriented development through community engagement and mobility-focused programming."

Through its various Transit Oriented Community policy plans, the city of Phoenix is seeking to redevelop the Dunlap park and ride and others into mixed-use properties that include both commercial and residential uses. Learn more by visiting www.phoenix.gov and searching "Transit Oriented Communities."

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Pet of the Month
Magical Mindy
will win your heart

Mindy is a gorgeous 1.5-year-old female pit bull mix with a heart as big as her paws. Rescued as an injured stray through the Arizona Humane Society's (AHS) New Hope program, this sweet pup has shown incredible resilience and spirit.

Upon arrival to AHS, Mindy had a large wound on her right front leg. However, thanks to dedicated care in the shelter's trauma hospital, including a honey bandage treatment and sutures, she is healing wonderfully. Mindy does have a heart murmur that will need to be kept an eye on with her future vet but that does not slow her down.

Despite her rough start, Mindy is a sweet and social girl that is always ready to make new friends. Her enthusiasm for life is infectious and she is highly treat and food motivated, making training a fun and rewarding experience.

The \$0 adoption fee for Magical Mindy (pet number 824328) includes her spay surgery, current vaccinations, a



Mindy, a one-and-a-half-year-old pit bull mix, is a sweet and social girl that is always ready to make new friends (photo courtesy of Arizona Humane Society).

microchip and a follow-up wellness exam with a VCA Animal Hospital. Visit this adorable pup at AHS' South Mountain Campus or learn more at www.azhumane.org/adopt to give her the loving forever home she deserves.

Save the date and
walk for AAWL

The Arizona Animal Welfare League (AAWL), Arizona's oldest and largest no-kill shelter, announced that

its 27th annual Walk to Save Animals will take place on Saturday, Nov. 1 at Tempe Beach Park from 8 a.m. until noon. This is AAWL's largest fundraiser of the year and "Arizona's best attended dog walk," raising funds to help vulnerable animals throughout the state. This year, the event's presenting sponsor is MetLife Pet Insurance.

Walkers of all ages can take advantage of fall temperatures with their pup, family and friends as they stride toward a no-kill Arizona in a 2K or 5K. The event will feature fun pop-up activities, local vendors, on-site pet adoptions, food trucks and more.

Through Aug. 31, participants can take advantage of early bird registration for just \$30. Starting Sept. 1, general registration will be \$35 per person. The first 1,500 walkers to sign up will receive a limited-edition AAWL event T-shirt. For the first time ever, AAWL is also offering the chance to register a pet for just \$10 and receive a matching limited-edition bandana. While pet registration is optional, bandanas are only available to the first 500 pets registered.

The event will feature pet-friendly

activities for the entire family including a clinic corner with pet health resources, a play zone, dog races, a bubble party, on-site adoption center featuring multiple local rescues, a variety of vendors and food trucks, and more. Register for the Walk to Save Animals by visiting www.walktosaveanimals.org. Learn more about the organization by visiting www.aawl.org.

Fundraiser supports
Valley rescue

Lost Our Home Pet Rescue's (LOH) 16th Annual Holiday Sit. Stay. Brunch. is coming to the Omni Scottsdale Resort and Spa at Montelucia on Saturday, Nov. 1, with doors opening at 10:30 a.m.

Presented by Lulu's Fund, part of the Timothy T. Day Foundation, Bruce Andersen Charitable Fund and the Fred & Jami Pryor Foundation, this annual event raises critical funds needed to support services and programs to continue to provide for pets and people in our community. John Holmberg of KUPD's Morning Sickness show will emcee the event, and auctiontainer extraordinaire, Letitia Frye will host the live auction.

During the event, participants can celebrate milestones, memories, see some adorable adoptable dogs on the runway, witness stories of hope, and more, to support of LOH's continued efforts in helping pets and pet parents in crisis. The organization will be honoring this year's Pet Champion Excellence Award recipient, Jami Pryor, for the difference she has made in the community, helping animals in crisis and supporting people and animals.

"We are looking forward to celebrating with you! We are grateful for the continued dedication, support, and friendship of so many in our community," said Jodi Polanski, founder and executive director of Lost Our Home. "Please, come join our brunch and hear the inspiring stories of pets and their families impacted by our services, place your bids on great items and experiences in the live and silent auction, and enjoy the company of fellow pet supporters, all while supporting our furry friends in need!"

Proceeds from Lost Our Home Pet Rescue's biggest event of the year supports the life-saving programs benefiting pets and pet families in crisis throughout the Valley and beyond. For tickets, visit www.lostourhome.org.

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Weight Loss vs Fat Loss!!!

By Bill Ross

I think by now it's obvious... we as a society have a serious health problem. The #1 problem is obesity. Yes, we're FAT! Just about every serious health condition stems from being Over Fat NOT Overweight!

Here's the problem. You go to the doctor and he/she tells you, according to the BMI index, which measures height vs weight (not a reliable measure of one's health) that you need to lose weight. They're trying not to hurt your feelings by telling you that you need to lose weight instead of fat. So, now you're thinking, how am I going to lose weight.

So, you investigate how to lose weight. You'll find there's many options. There are "weight loss clinics" and "weight loss drugs". Here's the problem, they are only interested in you losing weight. They don't care where the weight comes from. And of course, when you see the weight go down, you're euphoric. You think it's working great. But here's the kicker... anytime you starve the body of the necessary nutrients AND calories, the body will lose muscle tissue and store FAT. So, the weight that you're losing is almost always muscle tissue. Fat

is your bodies way of protecting you. It's easy to lose muscle but hard to lose fat – Period!

So, whether you're on a low-calorie diet or taking weight loss pills or even doctor recommended injections, you're going to experience short term weight loss but soon after that you're going to lose strength, reduce your metabolism and develop other symptoms of poor health. I've seen this for nearly 40 years. I've helped thousands of people reverse the effects of poor fad diets by educating them on how to improve the way they consume food and how to improve their "real" metabolism.

Look, I'm not trying to hurt anyone's feelings either but I'm also serious about helping my clients get truly healthy and enjoy the rest of their lives.

So, if this makes sense to you and you're ready to improve the rest of your life, reach out to us at billrossfitnesssolutions.com or call us at **602-230-8581** – leave a message if we don't answer. No Texts Please...it's a land line.

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TAKING CARE OF BUSINESS



Move Over Bob Magazine co-founders Kate Glantz (left) and Angie Cacace hope to reach more than 20,000 girls and young women through their newly launched publication, which explores opportunities in construction from multiple angles (photo by Kayla Fisher).

Creating space for future tradeswomen

By Kathryn M. Miller

In August, Phoenix-based media company Move Over Bob launched the first magazine specifically designed to inspire young women to explore careers in skilled trades, addressing an industry crisis where women represent fewer than 5 percent of workers and nearly 2 million construction jobs are projected to go unfilled by 2031.

Move Over Bob Magazine co-founders Angie Cacace and Kate Glantz hope to reach more than 20,000 girls through partnerships with more than 300 schools, nonprofits, workforce programs and the Arizona Department of Corrections. The name references the need to "move over" traditional male-dominated narratives and make room for women in construction. Cacace recalled her own path to working in the construction field.

"I got into construction after renovating my North Carolina home, a kitchen remodel and deck build that ended up winning 'This Old House's' 2015 national competition," said co-founder and tradeswoman Angie Cacace. "At the time, I was a barber, but the editor encouraged me to take community college courses and pursue it professionally. Nervous, I showed up to class expecting to be the only

woman, but to my surprise, half the students were women."

Cacace later posted on social media, joking with the hashtag #moveoverbob, "The response showed me how powerful it is for women to simply see each other in spaces where we've been told we don't belong. I took that as an opportunity to find other inspiring women and share their stories."

From there, construction became more than a job; it became an obsession. In 2017, she started her own company, managing full-scale renovations from design concepts and coordinating trades to personally handling the carpentry, including rough framing and custom cabinetry. She also has gotten her feet wet producing blueprints, designs, and 3D renderings. Along the way, she continued to inspire other women through her online Move Over Bob platform.

Cacace and Glantz, a Hollywood executive turned "trades enthusiast," met while Glantz was in a carpentry pre-apprenticeship at Mesa Community College. The program was eye-opening for Glantz, who later went back for her welding certification, and it was the springboard to bringing Cacace's passion project directly to other young women.

"We realized that girls were not Googling 'how to be a construction worker,' and we wanted to reach them

please see CREATING on page 20

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TAKING CARE OF BUSINESS

CREATING continued from page 18

where they were, which is school,” Glantz said. “So, that’s where the idea of something print – something tangible – started to take shape.”

“We’re not just publishing a magazine; we’re creating culture,” she added. “Every girl who sees herself in these pages becomes part of rewriting what construction looks like, and who belongs there.”

The timing is critical: 45 percent of construction workers are over 45, while 74 percent of high school students report stigma around vocational paths. Yet Gen Z increasingly seeks stable, hands-on careers as AI disrupts traditional white-collar roles.

The 48-page publication – a cross between a teen lifestyle magazine and trades career guide – features real tradeswomen, job site walk-throughs, and career guidance. Each issue includes QR codes linking to apprenticeships, scholarships and certifications.

“For too long, women have been underrepresented and underestimated in the trades,” said Cacace. “We created the magazine we wish we had; something that celebrates the lifestyle, the skills, and the sisterhood of blue-collar work.”

“We hope to show the next generation of girls that there are a lot of opportunities for them to have careers in the skilled trades and construction,” said Galantz. “And the first phase of that is representation. It’s very hard to be what you can’t see. And I would venture to say the vast majority of young men and women, and maybe adults too, have never seen a female plumber or a female electrician. And so just the act of visibility is already opening up people’s minds to what could be possible.”

And those possibilities are ample, Cacace added.

“What I’ve learned is that construction isn’t about just one path, it’s about options,” she said. “There are supportive men, clients who value what women bring, and opportunities that are both lucrative and fulfilling. Construction gave me independence, stability, and purpose as a woman and a mother, and I want girls to have the chance to discover that earlier.”

Published three times yearly, the magazine is free for schools and non-profits while supplies last. Individual copies are available for purchase in physical and digital formats at www.moveoverbob.com.



Misty Chapman works with a client at her North Central brow studio at The Rhode, The Tailored Brow (submitted photo).

Brow studio offers tailored approach

By Kathryn M. Miller

Misty Chapman, owner of The Tailored Brow, says that North Central holds a lot of nostalgia for her, which is why she opened her studio here.

“I went to Central High. It is absolutely one of my favorite parts of Phoenix, and I currently live in Melrose. I have always loved the mature trees; the beautiful homes and it’s an area that truly feels like a community with a strong identity.”

That was one of the reasons that Chapman brought her brow studio to The Rhode when it opened at 6024 N. 7th Ave. in April 2024. Another: the tenants at the Rhode itself.

“I’m surrounded by a fantastic group of like-minded professionals that offer different services. You could come in and have your brows done, get your nails done, have a facial and get your hair done all under one roof.”

Chapman, who is Diné/Navajo and grew up in the Window Rock/St. Michaels area, worked in New York City for 15 years, training under some of the top brow artists in the U.S., and providing services to A-list celebrities and at events such as the Grammy's, New York Fashion Week, the Met Gala and the Sundance Film Festival.

She came home with the goal of elevating the industry in Arizona, and describes her business as “an intimate studio focusing on a rehabilitative approach to eyebrow care.”

"Through this style I encourage my clients to grow in their full brows so we can then begin structuring them in a way that accentuates their natural attributes," she said. "I offer brow waxing, tweezing, tinting and lifting/laminating, as well as lash tinting and lip, chin, nose, ear and sideburn waxing. I

please see TAILORED on page 22

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TAKING CARE OF BUSINESS

TAILORED continued from page 20

also have extensive experience as a makeup artist, so offer makeup lessons and on-site makeup shopping to ensure my clients build a makeup set that best works for them.”

She added, “Brows are an often-overlooked area that, when properly structured, will enhance someone’s overall appearance in an incredible way. Mine is a totally inclusive studio, and I cherish making every one of my clients feel pampered and at-home.”

Valley residents can learn more about Chapman’s business and others when True Few, who owns The Rhode, throws a Halloween bash on Saturday, Oct. 25, 7 to 11 p.m.

“There’ll be live music, a food truck, a costume contest and more,” Chapman said. “We’re also gearing up for the holidays, so expect some specials. I’m also planning to start doing pop-ups at various markets around the city.”

Learn more by visiting The Tailored Brow online at www.thetailoredbrow.com.

Business Briefs
Home service expands to Phoenix

TruBlue Home Service Ally, a home maintenance and modification service for seniors, announced the opening of its newest franchise in Phoenix. The new location, led by franchise owner Drew Seifried, began offering services in September, with a mission to “support seniors throughout Maricopa County in safely aging in place.”

The expansion comes at a crucial time, as the demand for aging-in-place services continues to rise. According to AARP, nearly 90 percent of adults over the age of 65 want to remain in their homes as they age, but many need modifications and routine maintenance to do so safely.

The company will offer a full range of handyman, home maintenance and senior-focused home modification services, tailored to meet the unique needs of older adults and families. These services include home safety assessments, grab bar installations, stair railings and ongoing maintenance programs, all

designed to provide peace of mind and extend the ability of seniors to remain safely in their homes.

They also partner with senior-focused organizations, home healthcare providers, and families to create safer living environments and reduce the risk of falls, injuries, and costly emergency repairs.

For more information, visit www.trublueally.com or call 602-818-8566.

Financial planning workshop offered

Brad Wilson, CFP, is offering two free financial planning workshops this month: Oct. 9 at 6 p.m. and Oct. 18 at 10 a.m. Both will be held at Perspective Financial Services, 1440 E. Missouri Ave., Suite 250.

Wilson’s career in finance began as a registered representative with an independent firm. In January of this year, he joined Perspective Financial Services, a North Central firm founded in 2003 by Mike McCann, CFP, AIF.

The October workshops will address money management after a job

loss or career change, retirement, company stock, profit shares and more, and will include complimentary light refreshments and a printed financial planning booklet to take home. Attendance is free, but space is limited. Contact Wilson for additional information or to R.S.V.P. Call 480-808-5491 or email bwilson@moneyaz.com.

Hansen Mortuary celebrates 75 years

Area residents are invited to join Hansen Mortuary as it celebrates 75 years of serving the Valley, and the recently designated historic status of their Sunnyslope chapel at 8314 N. 7th St., at an October event.

The Sunnyslope location will host a community celebration on Saturday, Oct. 25, from 10 a.m. to 2 p.m. Residents can enjoy delicious food options, engaging activities for all ages, face painting, an 85-foot obstacle course, as well as learn more about this family-owned business that has deep roots in the community.

Learn more about Hansen Mortuaries at www.hansenmortuary.com.

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I am honored to share that I was recently recognized by the Phoenix Business Journal as one of the Top 20 Most-Productive Residential Real Estate Agents across Phoenix, Paradise Valley, and Scottsdale. That recognition reinforces my commitment not only to helping families buy and sell in North Central, but also to keeping our community informed about the bigger housing picture.

One question I hear often is: “If the Fed cuts rates, does that mean mortgage rates will drop?” To provide clarity, I turned to our trusted partners at High Place Mortgage, with insights from Brent Nardecchia

Here’s the reality: lower Fed rates don’t always mean lower mortgage rates.

- The Fed controls short-term borrowing (credit cards, auto loans, HELOCs), not mortgage rates.
- Mortgage rates follow long-term bonds, specifically mortgage-backed securities.
- I always recommend keeping an eye on the 10-yr Treasury, as mortgage rates usually trend in the same direction. Current mortgage rates will range 1.5%-2% higher than the 10-yr Treasury.
- Market expectations matter. If investors already expect a Fed cut, mortgage rates may shift before the announcement.
- Inflation and global events can push mortgage rates up or down regardless of the Fed’s move.
- Example: If the Fed cuts rates by 0.25%, your credit card rates may fall immediately or anything that is tied to prime, but mortgage rates may not change—or they have already adjusted in anticipation.

Takeaway for buyers and sellers: Mortgage rates move with the bond market, inflation, and investor sentiment. Timing the market is nearly impossible, which is why it’s important to work closely with your lender on strategies to meet your specific needs.

Closer to home, North Central Phoenix remains resilient. Each month, MaryAnn works with Mike Weeks (doing al the research), COMPASS (using ARMLS and The Cromford Report data) to track sales activity and days on market. While some listings may take longer, the overall trend is positive: values are steady, and our community remains one of the Valley’s most desirable places to live.

October: Honoring Strength, Inspiring Change

October marks Breast Cancer Awareness Month and the five-year anniversary of the passing of Tasha Vatisstas, the beloved wife of our founder, whose courage inspired the creation of Team Tasha.

On October 3 at noon, our North Central community will gather for Dunk, Dine & Donate—a fun afternoon of food, connection, and a dunk tank fundraiser (yes, I’ll be in it!) to raise money for breast cancer research.

This event is made possible thanks to our generous sponsors: **COMPASS, High Place Mortgage, Total Inspections, WFG National Title Insurance Company and Women of COMPASS.** Refreshments provided by: **Jeremy Mueller, State Farm Insurance, Chick-Fil-A and Wicked Cool Catering.** Learn more or donate at teamtasha2025.com

Together, we’ll honor Tasha’s legacy and continue strengthening our community..

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625 W ECHO LN <small>4 BEDROOMS 4.5 BATHROOMS 3,831 SQ FT</small>	\$1,475,000
228 W ROYAL PALM RD <small>4 BEDROOMS 3 BATHROOMS 3,291 SQ FT</small>	\$1,425,000
6234 N 4TH DR <small>5 BEDROOMS 4.5 BATHROOMS 4,451 SQ FT</small>	\$1,399,000
6801 N 1ST PL <small>3 BEDROOMS 2.5 BATHROOMS 3,258 SQ FT</small>	\$1,199,500
1535 W WINTER DR <small>3 BEDROOMS 2.5 BATHROOMS 2,552 SQ FT</small>	\$799,900
1555 E OCOTILLO RD #16 <small>4 BEDROOMS 2.5 BATHROOMS 2,511 SQ FT</small>	\$799,900
21 W BERYL AVE <small>3 BEDROOMS 2 BATHROOMS 1,917 SQ FT</small>	\$739,900
6409 N 11TH DR <small>4 BEDROOMS 3 BATHROOMS 3,036 SQ FT</small>	\$699,900
6223 N 12TH ST #3 <small>2 BEDROOMS 2.5 BATHROOMS 1,446 SQ FT</small>	\$525,000
1142 E KALER DR <small>3 BEDROOMS 2 BATHROOMS 1,196 SQ FT</small>	\$349,900
750 E NORTHERN AVE #2045 <small>2 BEDROOMS 2 BATHROOMS 1,022 SQ FT</small>	\$289,900
750 E NORTHERN AVE #1089 <small>2 BEDROOMS 2 BATHROOMS 1,013 SQ FT</small>	\$288,000
9015 N 15TH PL <small>LOT</small>	\$249,000

PENDING

1040 E OSBORN RD #1602	\$840,000
216 E HARMONT DR	\$825,000
8135 N 5TH ST	\$699,900

SOLD

325 W SOLANO DR	\$3,375,000	1321 W GARDENIA AVE	\$1,075,000
620 W MCLELLAN BLVD	\$2,160,000	2016 E ORANGEWOOD AVE	\$1,050,000
7734 N 3RD AVE*	\$1,800,000	3424 E LIONS ST	\$795,000
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LISTINGS TO WATCH





SCHOOL DAYS

Viking parents host homecoming tailgate

The Sunnyslope High School Viking Parent Club will host its annual homecoming tailgate party on Friday, Oct. 17. The club is an active parent group that works throughout the year to raise money for Sunnyslope, and this event is the biggest fundraising event of the year.

“We raise money by selling tickets for the catered dinner (Miracle Mile Deli), selling raffle tickets and Sunnyslope spirit wear, as well as an incredible silent auction,” said Sarah Fluke, club chair for the tailgate party. “All money raised from the event will go back to Sunnyslope High School through grants for teachers, student programs and staff appreciation events.”

The tailgate event will kick off at 5 p.m. in the school cafeteria, 35 W. Dunlap Ave., and wrap up at 7 p.m. to allow attendees time to get to the homecoming football game. The homecoming parade will start at 6 p.m. from the Sunnyslope pool parking lot, head east on Dunlap, enter the east school parking lot and then do a lap around the football field.

Half-time performances will include the marching band, homecoming court and cheerleaders. Fireworks will be launched after each touchdown and “S” mountain will be ablaze with



Residents can support the Sunnyslope High School Viking Parent Club’s silent auction fundraiser during the annual homecoming tailgate party, Friday, Oct. 17 (submitted photo).

road flairs at the end of the game.

“Sunnyslope High School is a staple and anchor to the Sunnyslope community,” added Fluke, “and participating in this event helps continue to strengthen the students and teachers that give so much to our community. Living in Sunnyslope drives my passion to chair this event and make it successful so our community continues to thrive.”

This year’s fundraising goal is \$25,000. For additional information about the event, visit the Parent Club website, www.vikingparentclub.com/homecoming-tailgate, or reach out to Fluke at homecoming@vikingparentclub.com.

and Washington high schools. Attendees will enjoy a night of music and school spirit as bands present their shows for the 2025 season.

WHS celebrates homecoming

Washington High School will celebrate its homecoming game on Friday, Oct. 24. The game offers a perfect time for alumni to return, reconnect with old friends and cheer on the WHS Rams as they take on the Alhambra Lions.

Alumni are invited to join the half-time parade, sing the WHS fight song and enjoy special seating in the end zone at Pagel Field. Kick-off is at 7 p.m. Adult tickets are \$8; student/child tickets are \$6.

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

School Briefs

GLENDALE UNION HIGH SCHOOL DISTRICT
Exhibition highlights
GUHSD marching bands

Glendale Union High School District (GUHSD) will host its annual Marching Band Exhibition on Monday, Nov. 3, at Glendale Community College, starting at 6:30 p.m.

This free, open-to-the-public event will showcase performances from student musicians representing Apollo, Cortez, Glendale, Greenway, Independence, Moon Valley, Sunnyslope, Thunderbird

GUHSD schools among nations best

All Glendale Union High School District campuses have once again been recognized among the nation’s best high schools for 2025 by *U.S. News & World Report*.

The district congratulated Apollo, Cortez, Glendale, Greenway, Independence, Moon Valley, Sunnyslope, Thunderbird and Washington high schools for their continued excellence, dedication and student achievement.



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WHAT TO EXPECT:

- ✓ Learn about Madison’s Signature Programs
- ✓ Tour each Madison elementary or middle school
- ✓ Meet school principals
- ✓ Participate in a Q&A

WHEN:

Discover Kindergarten:
Friday, November 7
8:30am-12pm

Discover Middle School:
Friday, November 14
8:30am-12pm

RSVP:

Spots are limited and fill up quickly!

SCAN TO RSVP!



MADISONAZ.ORG/DISCOVER



SCHOOL DAYS

Teachers receive ‘Supply’ grants

Three Sunnyslope High School teachers, Julie D’Alton, Yolanda Lopez and Rina Beukema, were surprised with \$500 each to spend on classroom supplies thanks to the APS Supply My Class program. The program helps Arizona teachers by providing funds for materials to support their students.

The district said, “A big thank you to APS for supporting educators so they can focus on what is most important: preparing the future of students at Sunnyslope High School.”

MADISON SCHOOL DISTRICT
Field dedicated at Simis

On Wednesday, Sept. 17, a dedication ceremony was held at Madison Simis Elementary to celebrate the opening of the new Ketel Marte Field, the campus’ newly refurbished little league field. The field features new grass, fences, dugouts, lights and a scoreboard so kids can enjoy baseball and softball at the facility for years to come.

The new field, named in honor of Diamondbacks star Ketel Marte for his passion and dedication to the game, was built in partnership with the Arizona Diamondbacks, Arizona Public Service (APS) and the Recreation Association of Madison Meadows & Simis (RAMMS), which is a D-backs Give Back Youth Jersey Program organization.

Since 2000, the Arizona Diamondbacks Foundation has built or



Simis Elementary dedicated its newly refurbished little league field in September. The new field is named in honor of Diamondbacks star Ketel Marte for his passion and dedication to the game (photo courtesy of Madison School District).

refurbished 45 baseball and softball fields, the Ketel Marte Field being the 46th, across Arizona through their Mike Kennedy Diamonds Back Fields program. With support from APS, the program has allowed children throughout the state to play baseball and softball at quality facilities.

For more information and to sign up to donate, visit www.madisonaz.org/blood-drive.

Madison recognized for meal program

Madison School District’s Food & Nutrition Services department has earned national recognition for its summer meal program.

The district received the gold level award for the U.S. Department of Agriculture’s Turnip the Beet! award, which highlights outstanding summer meal programs. The award recognizes organizations that go above and beyond to provide meals that are not only nutritious but also appealing to children.

Seven schools earn AZPBIS Award

Seven schools in the Madison School District were recently recognized for their achievements with their PBIS (Positive Behavior Interventions and Supports) programs by the PBISAz organization.

Madison Camelview, Madison Rose Lane, Madison Simis, and Madison No. 1 received the Level 2 award. Madison Park and Madison Meadows received the Level 3 award, and Madison Traditional Academy received the Level 4 award.

The PBISAz Achievement Award recognizes schools for successful implementation and outcomes with school-wide systems of Positive Behavior Interventions. PBIS programs help build a school culture that is more positive, proactive and supportive for all students so that they can be successful.

The PBIS framework has been used across the Madison School District for more than a decade, and its schools have frequently been recognized for their successful programs.

Madison hosts ‘Discover’ tours

The Madison School District invites families interested in learning more about its schools and signature programs to attend the upcoming Discover Madison tour events.

For families with children entering *please see TOURS on page 28*

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SCHOOL DAYS

TOURS continued from page 27

kindergarten next fall, the Discover Madison Elementary tour will be held on Nov. 7. For families with children entering fifth grade next fall, the Discover Madison Middle School tour will be held Nov. 14.

During the tours, families will learn about the Madison School District, its programs, and take a school bus to visit and tour each of the elementary or middle school campuses. Space is limited. To learn more and sign up, visit www.madisonaz.org/discover.

OSBORN
SCHOOL DISTRICT
Osborn recognizes
Teachers of the Year

Osborn School District announced the Osborn School District Educational Foundation’s Eighth Annual Teachers of the Year event. Set for Saturday, Oct. 25, this fundraising event is a night to celebrate the three outstanding educators.

The 2025 recipients are Mark Deyette, a physical education teacher at



Pictured left to right are Mark Deyette, Erin Tikovitsch (standing) and Jill Singh, the Osborn School District 2025 Teachers of the Year (submitted photo).

Encanto School; Jill Singh, Montessori coordinator and teacher on assignment at Montecito School, and Erin Tikovitsch, a math teacher at Osborn Middle School.

The celebration will be held at the Children’s Museum of Phoenix, located at 215 N. 7th St. Tickets and additional information can be found at www.osbornfoundation.org.

Clarendon principal
receives award

In addition to Clarendon Elementary being named an A+ School of Excellence, the Clarendon Elementary School principal, Jeff Martin, was recently awarded with the Maricopa County Exemplary Principal Award by Maricopa County Superintendent Shelli Boggs.

The district said, “The Osborn community is thrilled to see Principal Martin – who has dedicated his career to serving students and families – receive this recognition.”

Learn more at www.osbornnet.org.

PHOENIX UNION
HIGH SCHOOL DISTRICT
Coding Academy alum
joins district team

Owen Schoolman, Phoenix Coding Academy class of 2024 alum, started as a Phoenix Union High School District (PXU) student intern with the technology department while he attended Phoenix Coding Academy. He loved the work so much, and the PXU team

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SCHOOL DAYS



Royal Palm Principal Darcy Estrada was joined by school staff and Sprouts representatives as she accepted a \$10,000 grant to support the school’s garden (photo courtesy of WESD).

appreciated his work ethic enough, that when the time came to graduate, he was extended an offer to become a full-time employee. He accepted and is now stationed at Maryvale High School as a campus lab technician.

While interning with PXU, Schoolman worked on the cyber-security team and refers to it as a “transformative experience that helped shape his career path.”

Schoolman currently attends Phoenix College working on an Information Systems degree and hopes to continue his career with PXU, working towards a systems engineer for the district.

Any prospective students who are seeking an education that translates into real-world skills and job opportunities, the district encourage them to enroll with one of the PXU schools by visiting www.pxu.org/enroll.

WASHINGTON ELEMENTARY SCHOOL DISTRICT
Royal Palm gifted Sprouts garden grant

Royal Palm Middle School was honored to be recently gifted with a \$10,000 grant from the Sprouts Healthy Communities Foundation in support of its school garden.

More than just a place to grow fruits and veggies, the garden has become a vibrant hub for learning, connection and community pride, the school said. The newly acquired grant will be a powerful investment in the futures of Royal Palm students – helping them grow, cook and enjoy healthy food while learning life skills that last a lifetime.

WESD said, “A heartfelt thank you

to Sprouts for their ongoing generosity and support!”

WESD celebrates ‘Super’ kids and staff

The Washington Elementary School District congratulated the outstanding students and employees from Desert View Elementary School, Mountain View School and Sunnyslope School who were recently honored as the September 2025 SUPER Kids and SUPER Staff.

Since 2006, the WESD SUPER Kids and SUPER Staff program has celebrated exceptional students and employees from across the district for their achievements, dedication and positive impact.

As part of a special tradition, Interim Superintendent Dr. Lupita Hightower personally surprised each honoree at their school with well-deserved recognition. Students receive a certificate and a free pizza courtesy of Peter Piper Pizza, while staff are awarded a certificate and a Starbucks gift card.

Check out the September honorees on the district website: www.wesd-schools.org.

Desert View receives book donation

In celebration of National Read a Book Day, every student at Desert View Elementary School recently received a brand-new book, courtesy of Delivering Dreams of Arizona. The heartwarming event, captured by FOX 10 Phoenix and Arizona’s Family, highlighted the joy and excitement on students’ faces as they dove into their new reads.

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SCHOOL DAYS

Teachers named
APS award winners

WESD recently celebrated three district educators who were selected as winners of the 2025-26 Arizona Public Service (APS) Supply My Class program. Congratulations were extended to Johnna Faust at Desert View Elementary School, Audrey Comella at Moon Mountain Elementary School and Tyler Lebrun at Mountain View School for each earning a \$500 gift card to support their classrooms.

“This generous program from APS randomly selects 500 K-12 teachers each year within its service area to help equip classrooms with essential supplies,” district leadership said. “Over the past seven years, APS has awarded more than 5,500 teachers – making a powerful impact across Arizona.”

District seeks
bus drivers

WESD is looking for dedicated individuals to join its transportation team. The district is currently hiring for several key positions.

Drivers in training can earn \$14.70 per hour while receiving free Commercial Driver’s License (CDL) training. Bus drivers earn between \$20 and \$24 per hour, with a guaranteed six-hour workday that qualifies them for full benefits. Bus assistants play a crucial role in student safety and support on every route, earning between \$14.70 and \$17.12 per hour.

Team members enjoy benefits including employee-only medical insurance with no premium cost, paid holidays and employer-matched contributions to the Arizona State Retirement System (ASRS).

To apply online, visit <https://jobs.wesdschools.org>.

CHARTER AND
PRIVATE SCHOOLS
Phoenix Country Day
holds open house

Families interested in learning more about Phoenix Country Day School, located at 3901 E. Stanford Dr., Paradise Valley, are invited to join the school for student-guided

tours of its 40-acre campus.

During the Nov. 2 event, scheduled for 11 a.m. to 1 p.m., families will learn more about the school’s academic experience, and speak with teachers and administrators who support students in grades Pre-K through high school.

To register for the family friendly event, visit www.pcds.org/admissions/open-house. For additional information, call 602-955-8200.

Date set for annual
Brophy auction

Brophy College Preparatory’s 2025 Auction, Brophy Kicks on Route 66, will take place Saturday, Nov. 8. This annual tradition brings the Brophy community together to celebrate, welcome families from the Class of 2029, and bid on an exciting lineup of auction items.

One of the evening’s highlights will be the raffle for a brand-new 2025 Subaru Outback. Only 300 tickets are available at \$200 each, and the winning ticket will be drawn live on auction night.

The school said, “This raffle is open to everyone – don’t miss your chance to win while supporting Brophy students!”

The auction will be held from 5 to 10 p.m. in Brophy’s Great Hall, 4701 N. Central Ave. To purchase raffle tickets, explore auction items and learn more about the event, go to <https://www.trellis.org/brophy-auction-brophy-kicks-on-route-66>.


All Saints’ athletics
off to strong start

All Saints’ Episcopal Day School opened its fall athletics season on a high note, welcoming new Athletic Director Blake Johnson and unveiling the new Tiger Field with the first home flag football game on Sept. 9.

The flourishing athletics department is managing over a dozen teams in girls’ volleyball, boys’ flag football and cross country for the fall season.

Made possible by generous community support, Tiger Field is a 1-acre multipurpose field equipped with an R-Tank underground drainage system and

please see ATHLETICS on page 32






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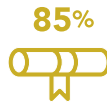



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 <p>CAMPUS SIZE</p> <p>40 acres</p> <p>Athletic fields, aquatic center, gyms, auditorium, music spaces, and science, art & tech center</p>	 <p>ATHLETICS</p> <p>18 state championships in the past 4 years</p> <p>12 Upper School sports and 13 Middle School sports</p>	 <p>SCHOOL HOURS</p> <p>7:50am–3:00pm</p> <p>Hot lunch included daily for Lower and Middle School, optional for Upper School</p>

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NOVEMBER 8, 2025
9:00 A.M. – 12:30 P.M. PHOENIX COLLEGE
1202 W. THOMAS RD.



PXU.org/EXPO



PHOENIX
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SCHOOL DAYS

ATHLETICS continued from page 30

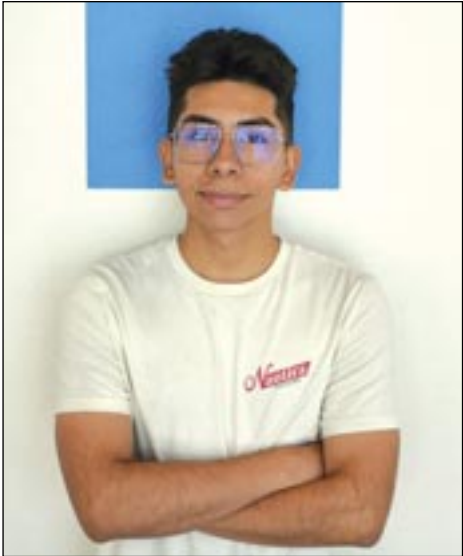
synthetic turf to preserve vital resources while supporting field performance and maintenance.

Tiger Field is the first step toward the full Ewing/York Athletic Complex – a 115,000-square-foot hub for student athletics and play. An expansive new play area opened with the start of the school year. Within the complex, the Kendrick Family Field for baseball and softball, and an expanded, resurfaced sports court are also set to open later this year.

All Saints’ Episcopal Day School is located at 119 W. Maryland Ave. For additional information, call 602-274-4866 or visit www.allsaints.org.

Student leader dedicated to education reform

Madison Highland Prep senior Omar Arriaga is making a significant impact as a member of the Arizona Student Advisory Council for the Arizona State Board for Charter Schools. The council is comprised of six high school students who attend board



Madison Highland Prep senior Omar Arriaga hopes to make positive change as a member of the Arizona Student Advisory Council for the Arizona State Board for Charter Schools (submitted photo).

meetings, providing their insights and perspectives on policies and legislative processes affecting charter schools in Arizona. Arriaga’s dedication to driving positive change in charter high school is evident in his commitment to the council, the school said.

Arriaga aims to improve student

learning and ensure that student voices are heard by board members. Key issues he’s passionate about include exploring the potential ban of artificial intelligence in schools, increasing funding for classroom technology and school laboratories, and fostering greater involvement from parents and faculty to create a more supportive learning environment. Through his role on the council, Arriaga hopes to make a meaningful impact on the education system in Arizona.

The school added that his enthusiasm and leadership serve as an inspiration to his peers, demonstrating the power of student voices in shaping the future of charter schools. As a member of the Arizona Student Advisory Council, Arriaga is helping to drive positive change and advocate for the needs of students across the state.

Madison Highland Prep is a STEM-focused college-preparatory high school located at 1431 E. Campbell Ave. in Phoenix. For more information, contact the school office at 602-745-3800 or visit <https://madisonhighlandprep.com>.

Mothers’ Guild presents Xoachella

Xavier College Preparatory’s Mothers’ Guild will host its highly anticipated annual Holiday Auction at the school on Saturday, Nov. 15, transforming Xavier’s campus into a vibrant festival under the theme Xoachella.

Inspired by the energy and excitement of the world-renowned Coachella music festival, Xoachella will be an evening filled with live music, delicious appetizers, spirited raffles, an exciting live auction and a silent auction featuring unique items and experiences. Guests are encouraged to embrace the theme by donning festival-inspired attire, making it a night of fun, fashion, and philanthropy.

“The Holiday Auction is more than a celebration; it’s a chance for our community to come together to support every Xavier student,” said event co-chair Brenda Lyle, mother of one Xavier student. “This year’s festival theme will make the event truly unforgettable.”

Co-chair Marina Gomez del
please see AUCTION on page 34

XAVIER COLLEGE PREPARATORY
The Path Ahead



All are welcome!

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

8th Grade Day | Friday, Oct. 24, 2025
9:30 a.m. - 1:00 p.m.

Open House | Sunday, Oct. 26, 2025
12:00 p.m. - 3:00 p.m.

Admission/Placement Exam
Saturday, Dec. 6, 2025 or
Saturday, Dec. 13, 2025 at 7:30 a.m.

Affording a Xavier Education
Financial Aid Workshops:
Oct. 26, 2025, Nov. 6, 2025
and Dec. 6, 2025

Visit xcp.org for more information.





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October 26th, 4:30pm-6:30pm

Join us on October 26th for free trunk - or - treat, bounce houses, lawn games, food, and more.

Feel free to wear your regular clothes or a costume!

We can't wait to celebrate to celebrate with you!



Franklin Phonetic School students consistently find pleasure in visiting the Sunnyslope Historical Society, the school said, adding that the children will draw inspiration for their new mural project by exploring local history (submitted photo).

AUCTION *continued from page 32*

Campo, mother of another current Xavier student and two alumnae, added, “The generosity of our families and friends ensures that Xavier students not only excel academically, but also grow spiritually, ethically, and personally. Xoachella is about community and impact.”

Funds raised from the auction event benefit the Xavier Impact Fund, which expands technology and computer science initiatives, preparing students for tomorrow’s careers; supports faith formation programs that develop ethical, compassionate leaders; enhances curriculum and academic opportunities for all learners; provides resources for diverse learners, ensuring every student thrives; strengthens athletic programs that build teamwork, discipline and resilience; and offers scholarships to deserving students, including those affected by family loss, illness or hardship.

To reserve tickets and find more information, visit www.xcpmg.org.

Franklin Phonetic receives arts grant

Franklin Phonetic School in Sunnyslope has been awarded a \$5,000 grant from the Arizona Commission on the Arts, an agency of the State of Arizona. The grant was one of 375 grants awarded this year to nonprofit arts organizations, arts festivals and arts learning programs throughout the state, representing a total investment of \$2,546,273.

“We are very excited about the sup-

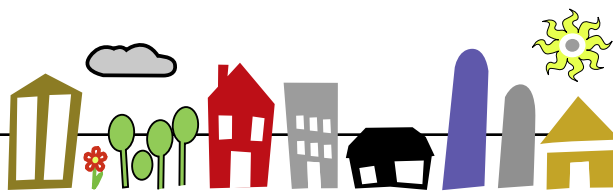
port that the Arizona Commission for the Arts provides to Arizona Schools,” said Rick Osuna, facilities manager at Franklin. Expressing appreciation for the Commission, Osuna added, “Our school is looking forward to completing our project.”

The grant will support Franklin Phonetic School’s work over the coming year. As part of its ongoing efforts to achieve official recognition of its campus as a historic structure, the school is undertaking the creation of a mural and a series of decorative ceramic tiles that will be prominently displayed on the building.

“These artistic elements will serve as key features of our community celebration,” Osuna said, “highlighting the cultural and historical significance of the site. In addition to participating in this collaborative group project, students will also have the opportunity to produce individual works in the areas of painting and sculpture, further enriching their artistic experience and contributing to the overall celebration.”

Christina You-sun Park, executive director of the Arizona Commission on the Arts, said, “Through the Arizona Commission on the Arts, the State of Arizona endeavors to ensure that all Arizonans can participate in and experience the arts. Through these grants the Arts Commission partners with organizations across the state that are dedicated to serving their communities through the arts.”

Franklin Phonetic School is located at 9317 N. 2nd St. Learn more about the school by calling 602-870-6674.



GENERATIONS

Senior Living

Get active at senior centers

The City of Phoenix Human Services Department manages 15 senior centers across the city, offering monthly events, classes and trips for the Valley's active older adults.

An annual membership fee of \$20 for Phoenix residents and \$40 for non-residents provides access to all centers, where lunch is served Monday through Friday at 11:30 a.m. Meal reservations and cancellations must be made at least three business days in advance.

Members aged 60 and older may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others is \$5.

In the North Central area, visit the Devonshire Senior Center at 2802 E. Devonshire Ave., or the Sunnyslope Senior Center at 802 E. Vogel Ave. Both centers are open Monday through Friday, 8 a.m. to 5 p.m.

Contact Devonshire at 602-262-7807; contact Sunnyslope at 602-262-7572. For additional information about Phoenix senior centers, as well as other city programs for seniors and older adults, visit www.phoenix.gov/humanservices/programs/older.

New support group available

Living with Mild Cognitive Impairment (MCI) can be an isolating experience, but a new program from Hospice of the Valley offers a welcoming space for connection and support. GATHER is a peer-led group where individuals diagnosed with MCI can share their experiences, navigate emotions, and discover new coping strategies together.

"It's very affirming. The group makes me feel like I'm not alone," said Carol. "People who do not have MCI have no context – they don't know what it's like when you can't think of words or remember things. It's hard to

explain, even to my best friends."

The group provides a safe environment for members to lead their own discussions. Unlike traditional support groups, members are empowered to guide conversations toward topics that are most relevant to them. This novel format models successful programs in Europe.

Dementia educator Kobie Chapman provides clinical guidance if there are medical questions about cognitive decline. She enjoys observing how members choose to focus on their strengths. "They know they are not the same as they used to be and they want to learn how to continue living a life of meaning and purpose."

Another participant, Harold, notes a positive impact on his daily life, saying, "I'm paying more attention to tools that can improve my daily habits...a main one is to get better rest at night."

There is no cost to participate in GATHER. The group meets the first and third Wednesday of every month

from 2 to 3 p.m., at Hospice of the Valley's Dementia Care and Education Campus, 3811 N. 44th St., Phoenix.

For details or to join, call 602-767-8700. Visit <https://dementia-campus.org> for additional resources.

Start walking for health with 2,000 steps

We've all heard the advice that we need to walk 10,000 steps is necessary for heart health, but a local cardiologist says that's just not so.

"For years, patients have come into my office feeling a little defeated," said Dr. Sheharyar Ali, cardiologist with HonorHealth Heart Care. "They've heard the magic number – 10,000 steps a day – and they're walking around like it's an Olympic sport. Some are hitting 6,000 and feeling like they've failed. Others tell me they're just not 'steps people,' like that makes them doomed to a lifetime of couch potato guilt and heart disease."

please see STEPS on page 36

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GENERATIONS

STEPS continued from page 35

However, the 10,000-step goal isn't the golden rule of heart health, Ali said. In fact, it didn't even start in medicine. It started in marketing. A Japanese pedometer from the 1960s was branded "manpo-kei," which translates to "10,000 step meter." The number stuck, but not because of science.

Thankfully, science is finally catching up. Recent studies have shown that the real benefits of walking kick in much sooner.

"You can see meaningful improvements in heart health, longevity, and overall wellness by walking as little as 2,300 to 4,000 steps a day," Ali said. "That's right. You don't need 10,000 steps to boost your heart – you just need to get moving."

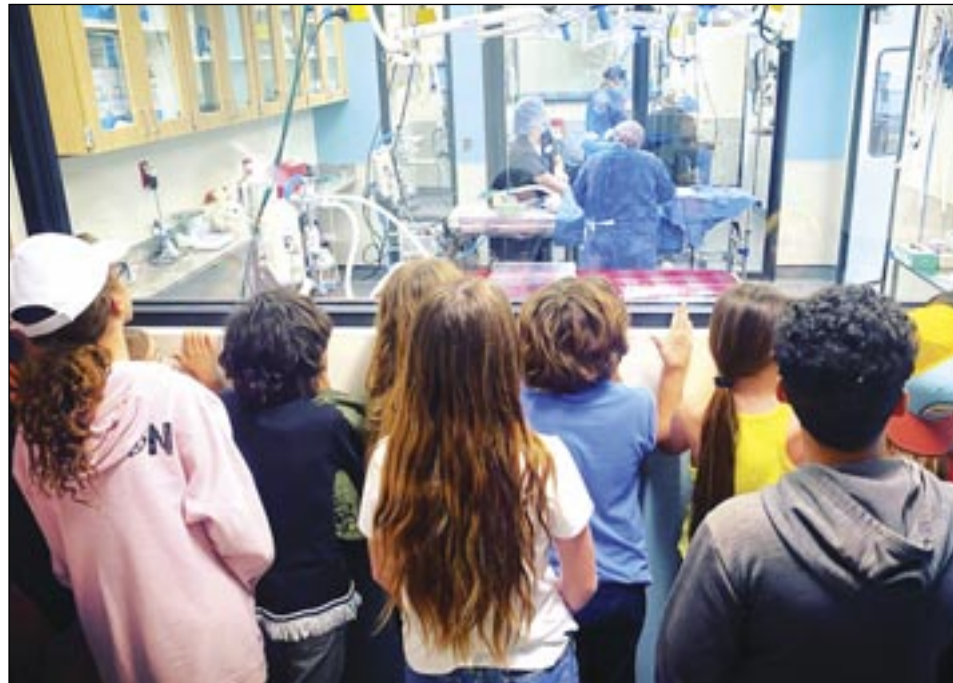
In one large international study, researchers found that even walking 2,300 steps per day was linked to a significant drop in the risk of dying from heart disease. And every additional 1,000 steps you take drops that risk even further. By the time you hit 4,000 steps a day, you're already reaping major cardiovascular benefits.

"As a cardiologist, I love this data. Not because I want people to stop moving – but because it makes movement more achievable for the people who need it most," the cardiologist continued. "If 10,000 steps feels intimidating, 4,000 feels like something you can actually do. And let's be honest: if it feels doable, you're more likely to stick with it."

And those 4,000 steps don't have to be fancy. You can get them walking the dog, pacing while you talk on the phone, parking at the far end of the lot, or doing a couple laps around the house during commercials. It all counts. You don't need a treadmill, gym membership, or cute athleisure wear. You just need your feet and a little intention.

So why all this fuss over steps, anyway? Walking is one of the simplest and most effective ways to protect your heart. It lowers blood pressure, reduces cholesterol, improves circulation, helps manage weight, and boosts mood – all without any special equipment or training.

And unlike high-intensity workouts that some people find hard to stick with or hard on the joints, walking is low-impact, sustainable and safe for most people. Plus, it gives you the chance to clear your head, listen to



Arizona Humane Society will welcome young residents ages nine to 12 to its Papago Park Campus during its fall break Compassion Crew camp (photo courtesy of AHS).

music, call a friend, or just enjoy being outside.

"The goal isn't perfection – it's progress," Ali concludes. "Every step counts. Every bit of movement adds up. Start with 2,000 steps. Aim for 4,000. Work in what you can, when you can. And give yourself some credit – because even small steps can lead to big changes."

Start the day with Qi Gong

Danit Polunsky of Dragon's Lair Acupuncture, 8900 N. Central Ave. invites residents to start their day with meditation and movement at Sumida Park.

Held Monday through Friday, 7:30-8:30 a.m., at 1817 E. Gardenia Ave. (just south of the volleyball sand pit), the morning practice is perfect for all levels – no experience is necessary. The cost is \$5; and RSVP is not required. Participants should dress comfortably to allow for ease of movement. For more information, call 602-539-9501.

Kids & Families

Spend fall break with AHS

Young animal lovers who are looking for ways to give back to homeless pets are invited to join the Arizona Humane Society (AHS) for its fall break Compassion Crew youth volunteer days. Taking place Oct. 7-9 at AHS' Papago Park Campus, 5501 E.

Van Buren St., the camp is open to youth ages nine to 12.

Children will spend their day enriching the lives of pets awaiting adoption. This creative Compassion Crew will team up to make a real impact on the shelter pets' stay through innovative behavioral enrichment projects like puzzle feeders, scent enrichment and toy design. They'll even get the chance to get hands-on with AHS' very own animal teachers as they learn all about how their actions can impact animal lives.

Those registered for the Compassion Crew will also have the opportunity to accrue service hours during this special retreat. The cost for the three-day program is \$195. Find details and register by visiting www.azhumane.org/fall-break-camp.

Hance hosts kid-friendly ride

Valley residents are invited to Kidical Mass Phoenix, Oct. 18, from 8:30 to 11 a.m., at Margaret T. Hance Park, 3rd Avenue and Culver Street. The 3-mile group ride is geared towards little riders, families pulling bike trailers, teens on cruisers and anyone who wants to experience the excitement of riding bikes together.

Organizers said, "This ride is about fun, safety, and community, showing what's possible when our streets are built for everyone who uses them."

Hance Park will serve as home base, with parking for families driving in and space for gathering before and after the

ride. The route is designed to be safe, family-friendly and inclusive of riders young and old. Additional activities include a Bike Rodeo, hosted by Phoenix Fire Department, where kids can practice turns, stops and skills in a fun obstacle course.

Participants can also enjoy coffee, donuts and other options from local food trucks for purchase, including a Donut Trike serving up sweets from Chin Up Donuts. In addition, the event will offer an opportunity to connect with neighbors, advocacy groups, and local riders who share a vision for safer, more family-friendly streets.

The ride is supported by Coronado Neighborhood Association, Carnation Neighborhood, Phoenix Fire Department, Phoenix Spokes People and the Phoenix Parks and Recreation Department. Residents can RSVP or follow @KidicalMassPHX on Instagram or contact the organizers at www.facebook.com/share/1F6VoRzGmZ.

Program demonstrates how to 'Hike Right'

Phoenix is home to more than 41,000 acres of desert parks and mountain preserves, and 200-plus miles of trails. Millions of people enjoy city trails every year – and every year, more than 200 hikers are rescued from those parks and preserves.

The Parks and Recreation Department invites residents to join them on Saturday, Oct. 11, 7 to 9 a.m., for a free ranger-led hike along the Double Buttes Trail at Papago Park, 626 N. Galvin Parkway. Enjoy the scenery and improve your health, while learning more about hiking safety, recreation programs and Phoenix's beautiful natural resources.

The Hike Right PHX program is open to all ages and experience levels. Preregistration is required for each hike. Participants should bring plenty of water and dress appropriately.

Register for the event at www.phoenix.gov/calendar/parks-events/hike-right.html. Learn more about hiking safety at www.phoenix.gov/parks/trails.

For your local advertising needs, call North Central News at 602-277-2742 or visit www.northcentralnews.net



ARTS & ENTERTAINMENT



Bram Stoker's classic tale gets a boozy makeover that's equal parts gothic and unique Halloween fun as "Drunk Dracula" takes the stage in October (submitted photo).

'Drunk Dracula' offers spooky Halloween fun

The creators of the Drunk Shakespeare are unleashing their latest monster mash-up, "Drunk Dracula," on the Valley during the month of October. One actor gets drunk, the rest try to survive, and Bram Stoker's classic tale gets a boozy makeover that's equal parts gothic and unique Halloween fun.

After centuries of being cooped up in his creepy old castle, Transylvania's thirstiest bachelor is in need of fresh blood to maintain his youthful looks and chiseled physique. Now he's ready to take a giant bite out of Phoenix.

During the run of "Drunk Dracula," a 21-and-over event, theatergoers can sip for a cause with the "Bat's Brew," a deliciously spooky rum-based cocktail created in honor of National Bat Month. For every Bat's Brew sold, \$2 will be donated to AZ Bat Rescue, Arizona's only dedicated bat rescue organization. Craft cocktails and snacks are available for purchase during all performances.

This boozy, bloodthirsty twist on Bram Stoker's classic tale will debut at The Rose Theatre in downtown Phoenix, located at 455 N. 3rd St., Suite 1010, from Oct. 1 through Nov. 9. Find tickets and details at www.drunkdracula.com.

Artists celebrate Día de los Muertos

The Cultural Coalition announced that the 14th annual MIKIZTLI: Día de los Muertos PHX Festival will be held

Saturday, Nov. 1, at the Arizona Center, 455 N. 3rd St., from 5 to 9 p.m., with Mercado Hour starting at 4 p.m.

This free family friendly event has expanded to offer audiences more cultural performances, art vendors, food trucks and interactive art activities, as well as MIKIZTLI's largest community altar or ofrenda. Attendees of all ages will enjoy an evening of mariachi music, ballet folklórico performances, arts and crafts activities, delicious food, face painting and art vendors.

Come early to witness the traditional Danza Mexica ceremony, and stay late to be part of the community procession led by "Las Flacas", the 8-foot-tall animated skeleton puppets, which starts a celebration dance party with live music.

For complete event details, visit www.culturalcoalition.com.

State opens artist grant applications

This year's second round of applications for the Artist Opportunity Grant is now open. The grant is geared to help Arizona artists take advantage of unique opportunities that can help boost their careers.

The grant is open to individual artists of all disciplines and career stages, who live in Arizona and who are at least 18 years old. The grant deadline is Thursday, Oct. 16 for funding to support activities taking place between Dec. 1, 2025 to June 30, 2026. Artists can receive only

please see GRANT on page 38



LURA TURNER HOMES
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40th Holiday Bazaar

Fri., Nov. 7, 2025 • Noon to 6 p.m.
Sat., Nov. 8, 2025 • 9 a.m. to 3 p.m.
CrossRoads United Methodist, 7901 N. Central Ave.

Featuring hand-made Christmas decorations and gifts, crafts, jewelry, original art, sports memorabilia, baked and pickled goods, collectibles, door prizes and much more.

Joining us are vendors from Magic Moments.

Admission is Free.

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or call 602-943-4789

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ARTS & ENTERTAINMENT

GRANT continued from page 37

one Opportunity Grant every two fiscal years. The fiscal year is different from a calendar year and runs from July 1 of one year to June 30 of the next.

Find full details online at <https://azarts.gov/grant/artist-opportunity>.

Concert celebrates art of flamenco

“Braided Roots,” a groundbreaking new flamenco production directed by Julia Chacón, will make its premiere on Oct. 18. Featuring acclaimed artists from Spain, Mexico, Cuba, Venezuela, and Arizona, the show explores flamenco as a transnational art form, weaving together cultural lineages and contemporary voices in a powerful performance that exemplifies Arizona’s role in global artistic exchange.

The production showcases flamenco in full force. Sweeping ensemble works and vivid costumes draw on flamenco’s theatrical lineage, while solos embody the raw, intimate improvisation that sparks between singer, dancer and guitarist. Percussive footwork drives into the earth as the upper body reaches skyward, vocals span the emotional spectrum and masterful guitar creates an intricate and expressive soundscape.

The title speaks to the tangled beauty of tradition and transformation – Chacón’s path as an American artist, flamenco’s cross-cultural inheritance and the living dialogue between lands, bodies and histories.

Joining Chacón on stage are musical director and guitarist Misael Barraza Díaz (Mexico), Spanish singer Yiyi Orozco and dancers Jesús Muñoz and Fabián Sisneros (New Mexico). Each has collaborated with Chacón at various points throughout her international career, underscoring the production’s transnational theme.

“With ‘Braided Roots,’ I want audiences to experience flamenco as both deeply traditional and constantly evolving – a living art form braided from many histories and voices,” Chacón said. “It’s about honoring the past while opening space for new connections across borders and generations.”

Tickets for the Oct. 18 performance of “Braided Roots” at Scottsdale Center for the Performing Arts are available at www.scottsdalearts.org or by calling 480-499-8587.



Julia Chacón will bring “Braided Roots” to the stage in October. The new production showcases flamenco in full force and speaks to the tangled beauty of tradition and transformation (photo by Mary Nelle Brown).

On the Town

The arrival of October brings with it the “spooky season,” and the event offerings are bountiful. In addition, celebrate the diverse cultures that call Arizona home at a handful of festivals, and enjoy dance and theater performances along with live music, film screenings and much more. See you on the town in October!

‘The Little Mermaid’

Oct. 1
Madison Center for the Arts
www.themadison.org;
602-664-7777

‘Match Girl’

Oct. 2-4
Scorpius Dance Theatre
at Herberger Theater Center
www.herbergertheater.org;
602-252-8497

Séances and Spiritualists Tour

Oct. 2-30
The Square at Heritage
and Science Park
www.thesquarephx.org;
602-258-0048

Diwali Festival of Lights

Oct. 3
Herberger Theater Center
www.herbergertheater.org;
602-252-8497

First Friday: Nazim Rashid & New Renaissance

Oct. 3
The Nash
www.thenash.org; 602-795-0464

First Friday: A BlakTinx Dance Festival

Oct. 3
Phoenix Art Museum
www.phxart.org; 602-257-1880

Hobo Johnson and the Lovemakers

Oct. 4
Crescent Ballroom
www.crescentphx.com; 602-716-2222

Dale Watson & His Lone Stars

Oct. 7
The Rhythm Room
www.rhythmroom.com;
602-612-4981

‘The Roads to Loch Lomond’

Oct. 8 – Nov. 2
The Phoenix Theatre Company
www.phoenixtheatre.com;
602-254-2151

Phoenix Old Time Music Society

Oct. 11
North Mountain Visitor Center
www.northmountainvisitorcenter.org;
602-343-5125

Nash 13th Anniversary Weekend: Prevail All-Star Sextet, Philip Dizack

Oct. 11-12
The Nash
www.thenash.org;
602-795-0464

Indigenous Peoples’ Day 2025: Everybody Dance

Oct. 13
Heard Museum
[https://heard.org](http://heard.org);
602-252-8840

El Cuarteto De Nos

Oct. 15
Crescent Ballroom
www.crescentphx.com;
602-716-2222

‘The Shape of Water’

Oct. 15
Phoenix Art Museum
www.phxart.org;
602-257-1880

PoeFest

Oct. 17-25
Hotel San Carlos
[https://poefest.org](http://poefest.org)

Haunted History Tours

Oct. 17-31
Orpheum Theatre
www.orpheumphx.com/events

‘Caroline, or Change’

Oct. 17 – Nov. 2
Black Theatre Troupe at Tempe Center
for the Arts
www.blacktheatretroupe.org;
602-258-8128

Downhill Fast

Oct. 19
The Rhythm Room
www.rhythmroom.com;
602-612-4981

Lights Out Investigations

Oct. 19-26
Orpheum Theatre
www.orpheumphx.com/events

Classic Film Series: ‘Ghostbusters’

Oct. 21
Orpheum Theatre
www.orpheumphx.com/events

ARTS & ENTERTAINMENT



Black Rebel Motorcycle Club

Oct. 21
The Van Buren
www.thevanburenphx.com;
480-659-1641

**2nd Annual
'Evening with a Chair'**

Oct. 22-23
Midtown Players at Mood Room
www.midtownphx.org/midtown-players

**Creative Aging: Beaded
Bracelets with
Moontee Sinquah**

Oct. 23
Heard Museum
<https://heard.org>;
602-252-8840

'The Sleeping Beauty'

Oct. 23-26
Ballet Arizona
www.balletaz.org;
602-381-1096

'One Night in Memphis'

Oct. 25
Madison Center for the Arts
www.themadison.org; 602-664-7777

**Coffee House Saturdays:
Clydene**

Oct. 25
North Mountain Visitor Center
www.northmountainvisitorcenter.org;
602-343-5125

'Deceived'

Oct. 25 – Nov. 9
Arizona Theatre Company
www.arizonatheatre.org;
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State Fairgrounds
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Fabian Fontenelle**

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Tropa Magica

Oct. 29
Last Exit Live
www.lastexitlive.com;
602-271-7000

**Halloween with Adam12 –
Little Big Band**

Oct. 31
The Nash
www.thenash.org;
602-795-0464

PoeFest: 'The Raven'

Oct. 31
Rosson House Museum
www.thesquarephx.org; 602-258-0048



Devotchka

Oct. 31
The Rebel Lounge
www.therebellounge.com

**MIKIZTLI: Día de Los
Muertos Festival**

Nov. 1
Arizona Center
www.culturalcoalition.com

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.



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- **Sat October 25th:** Special Halloween Market
- **Wedn October 29th:** Mid-Week Halloween Market

NOVEMBER

- **Sat November 1st:** Anniversary Market, Celebrating 11 Years Together!
- **Sat November 8th:** Great American Seed Up, indoor event!
More info: greatamericanseedup.org
- **Sat November 22nd:** Special Harvest Market
- **Wedn November 26th:** Thanksgiving Market
- **Sat November 29th:** Small Business Saturday

DECEMBER

- **Wedn Dec 3rd, 10th, 17th:** Mid-week Holiday Markets
- **Sat Dec 13th & 20th:** Special Holiday Markets
- **Sat Dec 27th:** We are Open this weekend after Christmas

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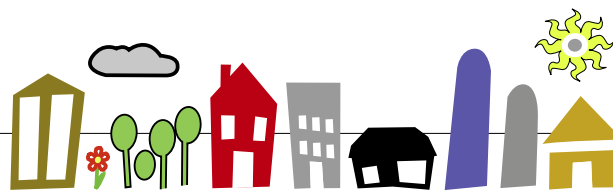
- **Sat December 6th 2025** (for APS Light Parade)
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FOOD FOR THOUGHT

Café Chat

Find a taste of New York at Dawn's NY Bakery

By Marjorie Rice

Dawn Hernandez will tell you that baking is in her blood – a legacy from her parents, who opened their first bakery in 1985 and spent more than three decades in the business.

Hernandez and her three sisters grew up in the back of their parents' stores, sometimes napping on sacks of flour while mom and dad mixed and kneaded bread dough, rolled out and decorated cookies and filled pastries with custard and jams.

Pat and Hugh McGurgan moved their family to Arizona in 1997, and a few years later opened their New York West bakery in Sun City. They retired and sold that business, and in 2023 Hernandez decided to open her own shop, planning to locate in the West Valley until delays and costs in getting inspections and approvals caused her to look elsewhere.

She found an existing bakery, formerly Karl's, in a shopping mall on Central Avenue, just south of Dunlap.

"The owner wanted to sell, and it already had a lot of the components I needed," Hernandez said.

She opened her New York bakery soon after, bringing some of her parents' team with her. "Some of them have been with us 20-plus years," she said. They do the mixing and baking of breads and pastries. "My job is to do all the cookies and all the decorating and finishing – to make things pretty."

What makes it "New York?"

"Just traditional New York pastries and breads," Hernandez said. "New York has so many ethnicities, and that's what we have here. We don't do a lot of trendy new things."

Patrons will find rugelach, hamantaschen (buttery cookie dough triangles filled with jam), sfogliatella (shell-shaped pastry with a cream filling), Linzer tarts, strudel, cannolis, eclairs, Danish, bear claws, croissants, Italian rum cake and cannoli cake, and cookies of every description, along with kaiser rolls and weck, sourdough, challah, pumpernickel, and French and Italian breads.

"We do Italian and rye breads every



Dawn Hernandez serves up a variety of New York style pastries, breads and cookies, including festive party platters, at Dawn's NY Bakery on Central (photo by Darryl Webb for North Central News).

day, challah on Fridays and the weekends, and sourdough starting on Thursday and through the weekends," Hernandez said.

Heaping trays of cookies fill the cases – pignolis studded with pine nuts, amaretti, macaroons, decorated butter cookies of every variety – and festive party platters top the shelves.

"When people come in, they say, 'There are so many things, I can't choose,'" Hernandez said.

Customer favorites include the myriad pastries – almond and fruit tarts and cannolis – and cheesecake. Party platters are another favorite, Hernandez said. "A lot of our customers special-order platters. They're really popular."

With the holidays coming on, the pace is picking up, with pumpkin taking the lead.

"We make a really delicious pumpkin pie – a lot of pies in general – along with pumpkin loaf cake, pumpkin cheesecake, pumpkin muffins," Hernandez said. "We do a lot of holiday cookies, and on Halloween I make decorated doughnuts. We stay with the pumpkin theme all the way through Christmas. We also do gingerbread and old-fashioned mince pies."

All that baking makes for a challenging life, Hernandez said.

"We always started early at my parents' bakery, at 2 a.m., so we could open early and serve the people from hospital across the street."

That discipline carried forward to her North Phoenix store, which opens at 5 a.m. for bleary-eyed customers on their way to work and in need of something sweet.

The hard work has rewards, as Hernandez points out in her online bio: "To me success means more than making money. When a customer feels welcome and comfortable or tells me a black and white moon cookie reminds them of their childhood, I feel like I just might have made someone's life a little better. While running a business involves your head, baking takes heart."

"I have three children of my own, and they've also caught naps on flour sacks. Raising them in the bakery has taught them the importance of teamwork, hard work and passion. My oldest is a fireman now, but he's swept floors, emptied trash and can make a tasty éclair. My second works full time for the state of Arizona and will be helping out on weekends at the bakery when she can. My youngest is still in school, and hasn't chosen a path yet, but she's learned important skills and values at the bakery."

"My parents retired in 2022. I was happy for them, but felt sad about the old-school bakery tradition coming to an end. It didn't take too long for me to realize I could carry on that tradition. I am excited to start fresh and serve the central Phoenix community."

Dawn's NY Bakery, 111 E. Dunlap Ave., is open 5 a.m. to 5 p.m., Tuesday

through Saturday, and 6 a.m. to 3 p.m., Sunday. For information, call 480-687-2566 or visit www.dawnsnybakery.com.

Dining Briefs

Federal Pizza launches second restaurant

Known for its wood-fired pizzas and pastas paired with craft drinks, Federal Pizza opened its second-ever location in Paradise Valley on Aug. 12.

Housed inside a custom-built, standalone 4,000-sq.-ft. space highlighted by a curving, 1,500-sq.-ft. outdoor dining patio that hugs half the building, this new neighborhood spot at the revitalized former Paradise Valley Mall will greet guests with the same menu of wood-fired traditional and Detroit-style deep dish pizzas, house-made pastas, salads and more, all available for sit-down dining or takeaway.

Handcrafted by Upward Projects, the Phoenix-based restaurant group behind Postino Wine Café, Joyride Taco House, Windsor and Churn, along with longtime collaborator Mike Rumpelton of Brick & West Design, this new Federal Pizza location pays homage to the original in Uptown Phoenix. However, all-new for Federal Pizza PV, guests can enjoy a take-out lounge and bottle shop with dedicated parking spaces, where they can sip on craft beer, wine and cocktails, all while enjoying tunes via the speaker wall and playing arcade games.

The restaurant opens daily at 11 a.m. and will serve up lunch, dinner and late-night offerings. Federal Pizza PV is located at 12636 N. Tatum Blvd., on the east side of PV in Phoenix. For more information, call 480-571-8000 or visit www.federalpizza.com.

Noche event supports Hance Park

The Hance Park Conservancy, in partnership with the Phoenix Parks & Recreation Department, announced the 10th Annual Noche en Blanco will take place Saturday, Oct. 25, from 5 to 10 p.m. Organizers are promising another unforgettable evening of community and culture in the heart of downtown.

Inspired by the iconic "dîner en blanc" tradition that began in Paris,

FOOD FOR THOUGHT



Valley residents will gather on Oct. 25 to celebrate community and culture, as well as support Hance Park, at the 10th Annual Noche en Blanco (submitted photo).

Noche en Blanco invites guests to don their best white cocktail or costume attire and gather for a stunning outdoor dinner party. The lush east lawn at Hance Park will transform into a sea of white-linen tables, twinkling lights, and multicultural performances that showcase Phoenix’s diverse artistic community.

This year’s event will be emceed by Mitch Menchaca (Arts and Culture Director, City of Phoenix) and co-chaired by Leah Fregulia (Hance Park Conservancy Board of Trustees vice president) and Catrina Kahler (Artlink president and CEO and Hance Park Conservancy Board of Trustees secretary).

“Over the past decade, Noche en Blanco has become more than an event – it’s a movement that celebrates what’s possible when a community comes together around public space, the arts, and shared values,” said Rick Naimark, president of the Hance Park Conservancy. “This year, we’re proud to honor that legacy while looking ahead to an even more vibrant future for Hance Park.”

The event supports Hance Park Conservancy’s mission to ensure the long-term sustainability and community-driven revitalization of Margaret T. Hance Park – home to a remarkable ring of cultural institutions including the Burton Barr Central Library, Japanese Friendship Garden, Irish Cultural Center, Great Arizona Puppet Theatre, Cutler-Plotkin Jewish Heritage Center, Phoenix Center for the Arts, and a popular dog park.

One hundred percent of event proceeds benefit the Conservancy, a non-

profit working in close partnership with the city of Phoenix and Phoenix Community Alliance to realize the Hance Park Master Plan, which envisions a world-class urban park space for future generations.

The 21-and-over event will be held at Hance Park, 116 E. Moreland St. For more information and to purchase tickets, visit www.hanceparkphx.org/noche-en-blanco.

Golden Oak to open downtown

A new culinary collaboration is hoping to ignite the downtown Phoenix food scene this fall with the opening of Golden Oak Barbecue & Taproom, a full-service barbecue and craft beer taproom concept from two East Valley culinary destinations.

Golden Oak Barbecue & Taproom is a collaboration between Chris Figueroa, owner of Nicky’s Barbecue pop-up, and Dave Valencia, founder of Oro Brewing Company. Valencia opened Oro Brewing in 2016 in Downtown Mesa and built a steady following and a collection of gold medals at the Arizona Craft Beer Awards. Figueroa brings nearly a decade of experience in barbecue, having honed his craft in St. Louis before launching Nicky’s Barbecue.

Together, they will transform the former Throne Brewing space into what they describe as a “vibrant, community-driven concept that blends globally influenced barbecue, award-winning beer and intentional hospitality.”

Figueroa and Valencia say they are committed to creating a welcoming,

please see GOLDEN on page 44



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FOOD FOR THOUGHT

GOLDEN continued from page 43

hands-on dining experience where hospitality feels genuine. A departure from the counter-style model many neighborhood barbecue joints are known for, Golden Oak will offer full table service in a space designed to evolve throughout the day. The interior draws inspiration from rustic textures, natural materials and layered lighting to create an environment for any occasion, including business lunches, date nights, celebratory dinners and post-work beers.

Inspired by barbecue regions all across the globe and layered with Figueroa's Peruvian heritage, guests can expect traditional barbecue plates such as Texas brisket and St. Louis cut ribs, and dishes with Hispanic and South American influences such as Papa a la Huancaína from Peru. Sides include a rotating mix of comfort classics with a creative flair, including mac and cheese and coleslaw. Products that are not made in-house will be sourced from local vendors, including Gold Canyon Meat Co. and Venezia Bakery.

The spot will feature a curated tap list of Oro's most popular brews, including Trigo Suave and Hopiphany. A variety of lagers, sours, seasonal releases, wine and craft cocktails will also be available.

Golden Oak Barbecue & Taproom will be located at 1326 N. Central Ave. To learn more and stay up to date with the latest happenings, visit www.goldenoakbbqtap.com.

Hash launches morning 'happy hour'

Hash Kitchen is flipping the script on happy hour by offering a new "morning happy hour," daily from 7 to 9 a.m., at all six Valley Hash Kitchen locations. Morning happy hour specials will include \$5 well cocktails and \$4 off signature breakfast dishes.

Happy hour dishes include chilaquiles, Basic AF, breakfast burrito, biscuits and gravy, carnitas hash, Melina's Benedict, Mexicana scrambler and a classic pancake or waffle.

Breakfast classics are remixed and reimaged at Hash Kitchen. Home of the original build-you-own Bloody Mary bar, Hash Kitchen was founded in 2015 by The Maggiore Group.

In Phoenix, find Hash at 4315 E. Indian School Road. For additional information, call 602-612-5580 or visit www.hashkitchen.com.



The Pumpkin Pasta at 32 Shea is a multicolor cheese tortellini tossed with Italian sausage, kale, roasted squash and a drizzle of chili honey (submitted photo).

32 Shea is ready for pumpkin season

Pumpkin season is back at 32 Shea, and the eatery says that this year's lineup brings even more ways to lean into fall, no matter what the Phoenix temperature says. The new lineup of pumpkin-forward dishes, desserts and coffee drinks will be available through Sunday, Nov. 30.

One standout this season is the exclusive pumpkin-infused cold brew, brewed fresh daily with real pumpkin and warm spices. It's only available in a 24-ounce size, and with just 30 made each day, it's expected to sell out.

The food menu includes house-made pumpkin hummus with chili crisp, pumpkin seeds and toasted flatbread, and the pumpkin pasta a multicolor cheese tortellini tossed with Italian sausage, kale, roasted squash and a drizzle of chili honey. For dessert, the pumpkin cheesecake is finished with a brûléed top, pumpkin caramel and vanilla whipped cream.

A new fall-inspired coffee will be introduced each month through the end of November, with each one featuring a pumpkin element, and fall cocktails arrived Sept. 1. The pumpkin espresso martini is made with vanilla vodka, housemade pumpkin pie syrup, fresh espresso and a pumpkin caramel chew garnish. The Fall Fashioned offers a spiced take on the classic Old

Fashioned with toasted almond bitters and a pumpkin wafer.

"We're known for switching things up with the seasons," Satterfield said. "Pumpkin isn't just a flavor here, it's a whole vibe and we want it to feel like fall from the first sip."

32 Shea is located at 10626 N. 32nd St. For more information, call 602-867-7432 or visit www.32shea.com.

Say 'oui' to French dining experience

Valley diners are invited to FOUND:RE Phoenix Hotel's latest dining experience – the French Libations Dinner, scheduled for Wednesday, Oct. 8 at 6:30 p.m.

Guests are invited to sip and savor their way through a four-course pairing dinner prepared by executive chef Daniel Crabtree, and food and beverage director Austin Emmert. Together, they will present an evening of flair, flavor and fabulous wine pairings.

The first course includes Radis et Foie-gras – pickled radish, foie gras butter and sel gris paired with Domaine Vetriccie Corse. The second course offers Haricot-Vert Salade – heirloom green beans, marinated white beans, baked brie crisp, cured egg yolk, watercress-lemon oil and micro herbs paired with Flores Picpoul De Pinet. The third course will feature Magret de Canard, a seared duck breast, cherry

gastrique, celeriac puree and braised escarole paired with Le Clos D' Augustin Bourgogne Pinot Noir. The fourth course will be Poire à la Beaujolaise – pear poached in spiced red wine with a savory toasted almond ice cream, pastry crumbles and red wine sauce paired with Chateau Lagrange Lussac Saint Emilion.

The cost begins at \$120 per person, plus tax and gratuity. FOUND:RE Phoenix Hotel and Match Market & Bar are located at 1100 N. Central Ave. Contact the restaurant at 602-875-8080 or find more details and RSVP link at www.matchphx.com/events.

Grille announces pairing dinners

Phoenix City Grille announced two special pairing dinners this month – the first hosted by Frank August, CEO, and co-founder Jonathan Crocker, and the second featuring Justin Vineyards and Winery.

Taking place Thursday, Oct. 2 at 6 p.m., the founders event begins with a Smoked Maple Gold Rush welcome cocktail featuring Frank August Small Batch Bourbon brightened with fresh lemon and a smoked maple-honey syrup with a hint of rosemary smoke.

The four-course menu features belly burnt ends, paired with Frank August Small Batch Rye; braised short rib and brie ravioli, paired with Frank August Small Batch Bourbon; pork tenderloin medallions, paired with Frank August Single Barrel Bourbon; and peach and bourbon bread pudding, paired with Frank August Case Study Wheated Bourbon. The cost for this experience is \$85 per person, plus tax and gratuity.

On Friday, Oct. 3, wine enthusiasts are invited to an exclusive wine pairing dinner featuring Justin Vineyards and Winery. Hosted by Hailey Wells, this dynamic dining experience begins at 6 p.m. with a welcome pour of Justin rosé, a crisp and refreshing wine with bright notes of strawberry, raspberry and citrus.

The four-course pairing menu includes seared scallops and sweet corn puree, paired with Justin Sonoma chardonnay; wild mushroom risotto and parmesan crisp, paired with Justin cabernet sauvignon; grilled Colorado lamb chops and root vegetables, paired with Justin Justification; and blackberry clafoutis and vanilla cream, paired with Justin Isosceles.

The cost is \$120 per person, plus tax and gratuity.

FOOD FOR THOUGHT

Phoenix City Grille is located at 5816 N. 16th St. Seating is limited for both events, and reservations can be made by calling Brittnee at 602-510-7174 or sending an email to privatedining@phoenixcitygrille.com. For more information, visit <https://phoenixcitygrille.com>.

Salt + Lime expands to third location

Salt + Lime Modern Mexican Grill, a Scottsdale-based restaurant that recently expanded to Cave Creek, opened its third location on Sept. 5 in Phoenix in the shopping center on the northeast corner of 44th Street and Camelback Road.

“We have been planning to expand to Arcadia for some time now,” said Salt + Lime Modern Mexican Grill owner



From al pastor, barbacoa, carne asada and camarón to huachinango, pollo + mole and vampiro, residents can find a wide variety of tacos and more at the new Salt + Lime location at 44th Street and Camelback (submitted photo).

Sandra Van Deraa, “and this new location represents an important milestone as we introduce high-quality modern Mexican cuisine to more parts of the Valley for the community to enjoy.”

The new location is at 5031 N. 44th St., next to Steak 44 and across from The Global Ambassador Hotel. The restaurant says that the 1,500-square-foot space will uphold the same vibrant

ambiance as the current Scottsdale and Cave Creek establishments, featuring colorful decor, comfortable seating and a welcoming environment designed to bring people together over flavorful food and handcrafted drinks.

Guests can start with unlimited chips and salsa, supporting the restaurant’s Chips for Charity program, where a portion of proceeds each month benefits a local nonprofit organization. Menu options include items such as carnitas tacos, barbacoa enchiladas, tamales and fajitas, as well as signature offerings like diablo eggs, taco vampiro and vegetariano burritos. Guests also can enjoy a selection of beverages, including beer, wine and house-made margaritas. The restaurant hosts a daily happy hour from 3 to 6 p.m., as well as all day on Sundays.

For more information, visit www.saltandlimeaz.com.

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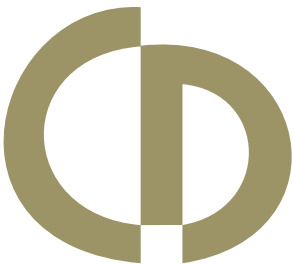


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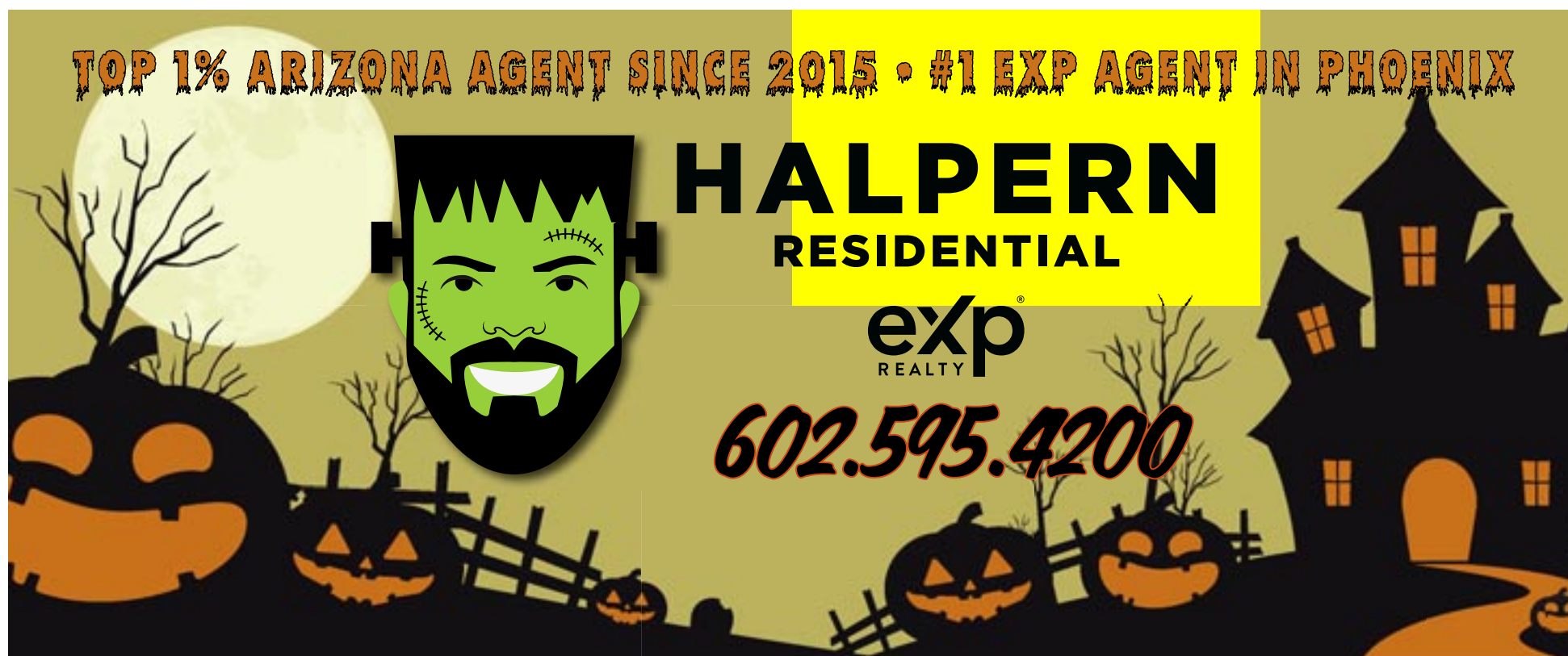
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The banner is a horizontal strip with a dark background. On the left is the CrossCountry Mortgage logo, which consists of a stylized 'CM' inside a circle followed by the text 'CROSSCOUNTRY MORTGAGE'. In the center, the text 'PARTNERSHIP POWERED WITH' is in a smaller, white, sans-serif font, and below it, 'NOAH KOVNER, CROSSCOUNTRY MORTGAGE, LLC' is in a larger, bold, white, sans-serif font. At the bottom left of the banner, the text 'BRANCH NMLS 2060100 | NOAHKOVNER.COM' is in a smaller, white, sans-serif font. On the right side of the banner are three logos: the Equal Housing Opportunity logo (a house icon with an equals sign inside), the Realtor logo (a stylized 'R' inside a square), and the MLS logo (the letters 'MLS' in a bold, sans-serif font). Below these logos is the text 'EQUAL HOUSING OPPORTUNITY', 'REALTOR', and 'MULTIPLE LISTING SERVICE' respectively.