

# MIDTOWN MUSE

January - March 2019



Railversary: A Celebration 10 Years in the Making

Recycle Right at Phoenix  
Eco-Stations [p.7](#)



# Happy New Year – Your Downtown Phoenix Agents!



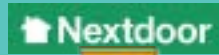
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MIDTOWN  
NEIGHBORHOOD ASSOCIATION

**SUNDAY**  
— OFF —  
**CENTRAL**

East Vernon Avenue  
(between Central & 3rd St.)

**MARCH 10, 2019**  
**10 AM - 3 PM**

JOIN US AT THE MIDTOWN  
NEIGHBORHOOD ANNUAL RESIDENTS'  
BLOCK PARTY! COME OUT AND JOIN  
YOUR NEIGHBORS FOR A  
FAMILY-FRIENDLY, FUN-FILLED DAY.

**#THISISMIDTOWN**

MIDTOWNPHX.ORG  
PHOENIX POLICE NEIGHBORHOOD  
BLOCK WATCH GRANT PROGRAM



# Keep Phoenix Rising

Join the movement at [850zip.com](http://850zip.com)



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# A Message from the Midtown Neighborhood Association Board

*Happy New Year, Midtown!*

The Midtown Neighborhood Association (MNA) has selected new Board members for open positions, as indicated below, and will elect its officers in January. Watch for future communications about the MNA Board structure and schedule of regular Board business and neighborhood meetings to which all are welcome!

MNA's mission is to promote the livability and workability of Midtown Phoenix. Our November 2018 Midtown Urban Living Tour was, as always, successful in this endeavor for a 6th year! With the support of two business sponsors - APS and Brokers Hub Realty - we welcomed some 400 visitors to five condominium buildings in Midtown. See the related article in this newsletter.

This quarter, MNA presents the Sixth Annual Sunday Off Central Block Watch Party, March 10, 10:00 AM to 3:00 PM. Expect events for kids, lots of vendors, entertainment and food trucks. Safety information and more can be found at the MNA booth. Come out and meet your neighbors as you stroll along Vernon Avenue. We are grateful to Susan Thompson, organizer extraordinaire, and all Vernon residents for their welcome each year. Contact [heather@midtownphx.org](mailto:heather@midtownphx.org) to volunteer!

## Calling All Volunteers

We're looking for community volunteers that want to help in various aspects of supporting the Midtown Neighborhood Association mission. Email [info@midtownphx.org](mailto:info@midtownphx.org) to find out about getting involved.

### STAY CONNECTED

☎..... 602.730.4646

✉..... [info@midtownphx.org](mailto:info@midtownphx.org)

🌐..... [www.midtownphx.org](http://www.midtownphx.org)

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## Get Your Business Noticed

Midtown MUSE is delivered to midtown residents and businesses every quarter. Get noticed by advertising in the Midtown Muse.

**Full Page Ad.....\$450**

H 10.5" x W 7.5" Horizontal Ad

**Half Page Ad.....\$225**

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H 10.5" x W 3.5" Vertical Ad

**Quarter Page Ad .....\$115**

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H 5.0" x W 3.5" Vertical Ad

**Business Card Ad .....\$60**

H 2.0" x W 3.5" Horizontal Ad

\* Prices are for quarterly ad

\*\*10% Discount for Annual Ads

### OUR MISSION

To provide information, education and outreach on community safety, neighborhood relations and welfare, development and other issues of interest to the community and to assist and support other community organizations in promoting the common welfare and good of neighborhood residents.

### OUR BOARD MEMBERS

Holly Aguilar  
Laura Catalogna  
Heather Fahey  
Jenny Poon

### GRAPHIC DESIGN BY

Justine Sponder  
[www.justinesponder.com](http://www.justinesponder.com)

### PRINTED BY

The Marvel Factory  
[www.themarvelfactory.com](http://www.themarvelfactory.com)

### OUR PARTNERS



# The Secret to Finding Good Looking Shoes That Are Good for Your Feet

Dr. Cathleen A. McCarthy

The secret to finding good-looking shoes that are good for your feet and feel comfortable is based on finding shoes that fit four (4) criteria. First, the most important thing to remember is that any shoe that you wear must have a thick, rigid and non-flexible sole, which means that if you are interested in wearing heels then your best bet is to wear sturdy wedges. The concept is counterintuitive, but the idea is that if you have a painful joint, the last thing that you want to do is wear flexible shoes that force motion through joints that can't handle it. When it comes to the foot, less motion equals less pain, inflammation and joint damage. A sturdy sole with no motion will also stop or slow the progression of bunions, hammertoes, stress fractures, and osteoarthritis. Second, it is also important to find shoes with a wide, soft toe box that puts less pressure on toes, which helps to prevent corns, ingrown toenails and even will decrease the risk of developing toenail fungus. Third, all shoes that you wear should have rear foot control, such as a strap to the back. Shoes without rear foot control force you to scrunch down your toes to stay in the shoe, which promotes hammertoes and mechanical strain on your tendons and ligaments, which can cause tired-leg syndrome. The fourth thing is to try to find dress shoes with arch support built in or that will accommodate a dress orthotic. This will help with preventing knee, hip and even lower back pain.

For more information on proper shoes, please check out my blog [PodiatryShoeReview.blogspot.com](http://PodiatryShoeReview.blogspot.com).



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mania



# Growing Up Midtown



Dr. Greg Pafford, DDS

I remember as a child when Midtown Phoenix was the booming metropolitan area of Arizona. Our family would go to Park Central Mall to shop at Goldwater's and Woolworths' department stores and then head across the street to Bob's Big Boy for a hamburger and shake. Both my grandfather and father practiced in Midtown Phoenix on Monterey Way east of Park Central Mall, and I have had the privilege of serving in the same location as a general family dentist since 1986. As a young man, I watched my father treat busloads of underprivileged children from the Phoenix Boys and Girls Club. He would take care of their emergency dental needs in his office. He showed me that it was not only important to take care of your own patients as if they were your own family, but to also take time to treat patients who were less fortunate and did not have the same access to quality dental care.

In 1996, I helped open the Phoenix Boys and Girls Club Dental Clinic. Since 2003, I have chaired the Give Kids a Smile program for the Arizona Dental Association. Give Kids a Smile provides donated dental services to

disadvantaged children all over Arizona. The 12,000 volunteers who have participated in the program have provided treatment for over 17,000 children statewide and have delivered over \$6 million in free dental care.



I was honored when the Phoenix Business Journal awarded me the Health Hero of the Year in 2010. My lifelong goal has been to deliver quality dentistry in a caring manner to my patients and to devote time and resources to providing for others who could not afford to go to the dentist.

I have been fortunate to have five generations of Arizona families in my practice. I have always tried to treat my patients as if they were my own family and have been honored with the Dentist of the Year award in 2007 and the Hall of Fame Award last year from the Arizona Dental Association.

I am proud of my family legacy of providing quality dental care to Midtown Phoenix that dates back to 1921, and the opportunity to grow up and serve this community. This is my home and my own children Jake and Kate are 4th generation Paffords who go to school in Midtown Phoenix at St. Francis and will hopefully someday also work in Midtown Phoenix.



Sharing God's love  
and grace with all,  
inspired by **ministry,**  
**mission and music**

9:00 am - Intimate Service  
of Word & Table in *Pioneer Chapel*

10:15 am - Jesus, Java & Jazz  
in *Kendall Hall*

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**FOR THE TIME-PRESSED GUEST**



CONDITIONING SCALE →		
1	2	3
HAIR TYPE/CONCERN		
Fine/medium, oily	Fine/medium, normal	Medium normal/ mild dryness



# Recycle Right at Phoenix Eco-stations

Cindy Moss, Keep Phoenix Beautiful

You moved into that cool high-rise condo in the heart of Midtown. You are excited to be living the urban life. And then you realize...there is no blue bin here, how do I recycle? Well, have no fear, the City of Phoenix Eco-stations are here!

In February 2017, the city Public Works Department made green dreams come true for apartment, condo and townhome dwellers by rolling out the Eco-stations. Blue roll-off bins, wrapped with recycling instructions were installed at eight Phoenix parks. Strategically placed near multi-family complexes, these Eco-stations make it convenient to be a great environmental steward!

“The best part is that we’ve continually seen that the type of recyclables we get from the Eco-stations is really clean material – meaning NO plastic bags, tangles such as hoses, clothing or electronics are placed in them,” said Public Information Officer Brenda Yanez. “So thanks to our Phoenix residents for not only recycling, but for recycling right.”

Eco-stations are FREE! Residents can drop off recyclables any time during park hours. Materials accepted in Phoenix’s residential recycling program such as paper, hard plastics, aluminum and tin cans, cardboard, glass bottles and jars are also accepted. An important reminder- all recyclables should be kept loose and unbagged.

“This program supports the city’s Reimagine Phoenix Initiative,” said Public Works Zero Waste Coordinator Lucas Mariacher. “The icing on the cake is that this is another tool that we can use to help us achieve our goal 40% waste diversion rate by year 2020.”

The Eco-station closest to Midtown residents is located at Steele Indian School Park. For a complete list of Eco-station locations, check out: <http://www.phoenix.gov/publicworks/ECOstations>.

For more information about the great recycling programs offered by the City of Phoenix, visit: <https://www.phoenix.gov/publicworks>.

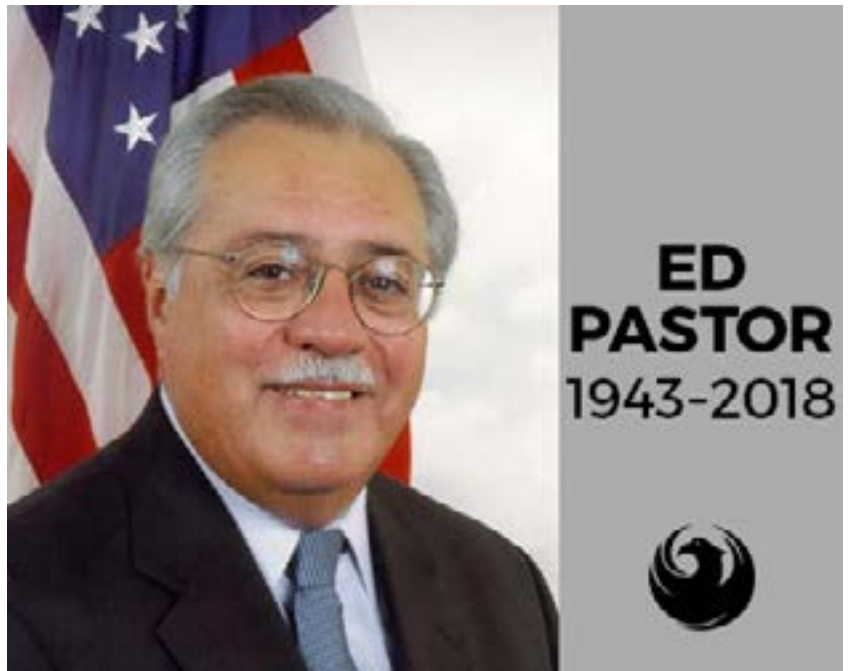




# Remembering Ed Pastor

The Midtown Neighborhood Association expresses its sadness at the passing of former U.S. Representative Ed Pastor 27 November 2018.

Our condolences are with his family, friends, and all those on whom he had an indelible impact. As US Representative for 23 years, he made METRO light rail possible in Midtown by bringing federal funding for this project and its extensions to Phoenix. He was a champion for Midtown residents, and we are grateful for his legacy of public service throughout our city.



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## Downtown Wine Down



Every Tuesday from 3pm to close  
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# It's That Time of Year Again - Tax Time! Let Us Help You

Lisa Huggins-Hubbard, Neighborhood Services

Since 2003, the City of Phoenix Human Services Department has implemented an Earned Income Tax Credit (EITC) Campaign. Every year, millions of dollars in tax refunds go unclaimed because people are unaware of the various

credits available to them such as the EITC, a refundable federal income tax credit for low-income working individuals and families. There are several ways to get free tax help.

Myfreetaxes.com provides self-paced, step-by-step guidance to file tax returns online. Tax help is available via hotline or online chat. This is free for persons making less than \$66,000 a year and is also available in Spanish.

The Volunteer Income Tax Assistance (VITA) invites low to moderate income taxpayers (\$55,000 or less per household) to come to one of our 15 VITA volunteer sites where certified IRS tax volunteers prepare and e-file tax returns for free. In addition, they can use one of our computers to complete their own taxes with the assistance of an IRS Certified volunteer. Both programs are first come, first serve. Find out more about both programs at [phoenix.gov/eitc](http://phoenix.gov/eitc), offered by the City of Phoenix, visit: <https://www.phoenix.gov/publicworks>.



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# The Richard and Annette Bloch Cancer Survivors Park

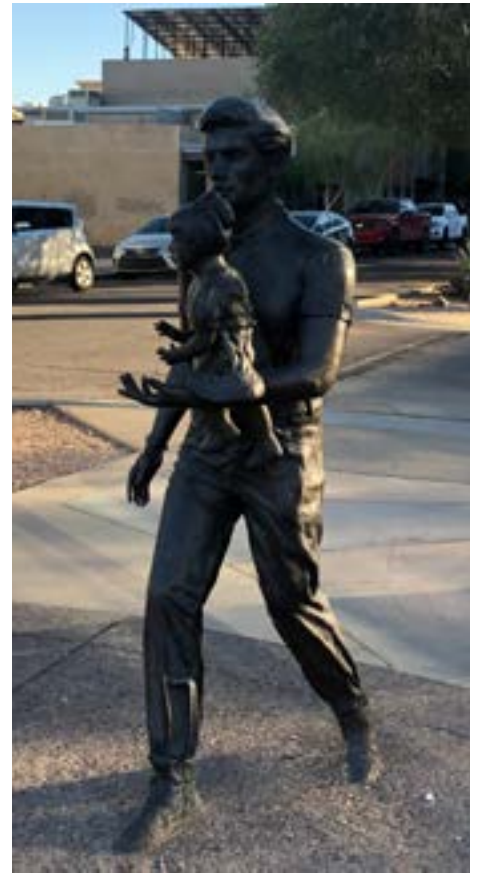
Elizabeth Ortiz

There is a park in Midtown that may be small in size but is big in spirit. The Richard & Annette Bloch Cancer Survivors Park is tucked along McDowell Road, between Central Avenue and 3rd Street. I had driven by the park countless times before it caught my attention one day. Curious, I stopped and walked through the beautiful sculptures depicting everyday people embracing life.

A bit of research revealed that our Phoenix park is one of a series of Cancer Survivors Parks across the United States and Canada, which are funded by the Richard & Annette Bloch Family Foundation. Arizona is fortunate to have two of these special parks – one in Phoenix and in Tucson. The Foundation which funds these parks focuses on projects that help people diagnosed with cancer have the best chance of beating the disease. Richard Bloch and his wife Annette formed the Foundation after Richard battled lung cancer. Although Richard may be best known as the co-founder of the H&R Block Tax

Preparation Service, his legacy lies with the Foundation.

The Cancer Survivors Parks are designed to be a place of respite, rejuvenation and inspiration for survivors. The Foundation defines “survivor” broadly to include those living with the disease, caregivers, family members and clinical staff working with those living with the disease, as well as those whose lives continue to be filled with the memories of loved ones who have ended their battle. Cancer has touched almost everyone’s life. The Richard & Annette Bloch Cancer Survivors Park provides us all a place to pause, reflect, and celebrate.



# Sixth Annual Midtown Urban Living Tour is Done & Dusted!

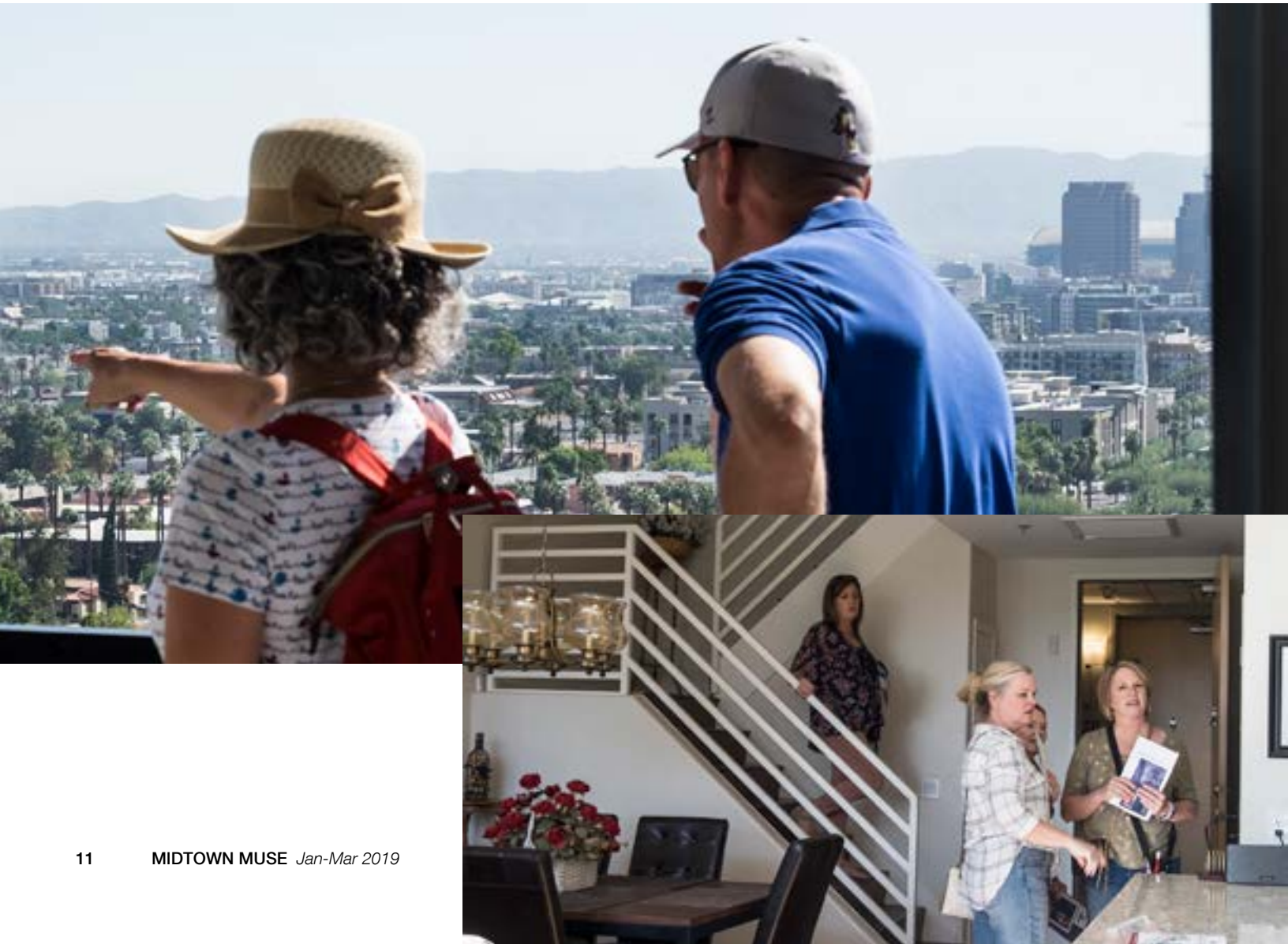
Margaret Wright

The day was sunny, bright and relatively cool, the attendees were excited and Ollie the Trolley was ready to go. For the sixth time, the Midtown Urban Living Tour got underway with a flurry of activity at the checkin location and each of the participating buildings.

Ten Midtown residents had painted, cleaned, de-cluttered and decorated their homes and opened them to be toured by people curious about Midtown living. Each of the five buildings on the Tour had organized volunteers to greet

the visitors, provide traffic control within the buildings and assist in any way needed to make the experience smooth and enjoyable. Over a 6-hour period, more than 400 people toured the homes, asked questions, took pictures and, from all accounts, enjoyed themselves thoroughly.

The Midtown Urban Living Tour is a signature event for Midtown Neighborhood Association and once again we thank all the participating homeowners, all the volunteers who helped make things work smoothly and, most of all, all the visitors who bought tickets and came to see us on that day.







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# Violins of Hope Exhibit

Mark Sendrow

The Violins of Hope exhibit and other programming tell the remarkable stories of violins played by Jewish musicians during the Holocaust. Today these instruments serve not only as powerful reminders of an unimaginable experience but also reinforce key lessons of tolerance, inclusion, and diversity that are pertinent now as well as for future generations.

Israeli violinmaker, Amnon Weinstein, has devoted the last 20 years to locating and restoring the violins of the Holocaust as a tribute to those who were lost, including 400 of his own relatives. He calls these the Violins of Hope. Weinstein has restored more than 60 violins to reclaim his lost heritage, give a voice to the victims, and reinforce positive messages of hope and harmony. Now you can see violins and a photographic essay of his restorations at the Cutler Plotkin Jewish Heritage Center.

The restored violins have been played in concert halls and exhibited in museums throughout the world. They have been featured in books, print, film and television. They have been used in lectures and educational programs and their stories and messages have impacted hundreds of thousands of individuals.

Violins of Hope is a collaborative effort involving programs throughout the Phoenix Metropolitan area and Flagstaff. The Violins of Hope programs represent state-wide collaboration among Jewish nonprofit organizations. For more information about state-wide Violins of Hope programs, go to <https://violinsofhopephoenix.com/>

Location: Cutler Plotkin Jewish Heritage Center, 122 E Culver  
Dates: February 3 - March 26, 2019  
Contact: [www.azjhs.org](http://www.azjhs.org) or Jeffrey Schesno [jschesno@azjhs.org](mailto:jschesno@azjhs.org)

## All Puppet Players:

### Midtown's Resident Adult Theatre Company Celebrates Its Ninth Year in Midtown

Whoever thought R-rated, potty-mouthed puppets would be the perfect combination in Midtown? "We always knew if we could spread the word, it would work out here," mused Shaun McNamara, artistic director.

They began in a small storefront theater in Santa Ana, California. McNamara and his wife moved back to Arizona shortly after successful runs of *Hamlet Has No Legs*.

McNamara, an Arizona native, realized the theater landscape had expanded. "I came home to find a home that has succeeded beyond our wildest dreams." All Puppet Players are now residents of the BMO building on Central and McDowell.

McNamara and company have produced shows including *Fifty Shades of Felt*, and *Jurassic Puppets*. "There were times when there were only 9 people in the audience...but we knew we could add something to the community...puppet anarchy!"

Last year when they produced *Die Hard: A Christmas Story*, audiences flocked in droves and All Puppet Players started selling out. The Bruce Willis action classic was turned into a mix-match of

every Christmas story troupe... and a musical. "Our goal was to ruin one Christmas song for you," smiles McNamara.

They follow *Die Hard* with their first original piece, *Waiting For Henson*. "You can't own a puppet company and not bow at the feet of the master. We explore life and death and the ridiculousness of it all. But we never lose our edge. There's still cursing and pop-culture references and complete insanity. I mean... how could there not be?"

After Henson, their most ambitious project is a human/puppet hybrid western called *A Fistful of Puppets*, opening in April. "We are hoping for 20 to 30 actors. I want this to be the biggest show we have ever done."

They've come a long way from having 9 people in the audience. Check out the rest of their season at <http://www.allpuppetplayers.com/>





# Midtown Rising

Margaret Dietrich

Circa Central Avenue

## APS Midtown Substation

2nd St between Indianola and Clarendon  
New substation construction underway

## Columbus Apartments

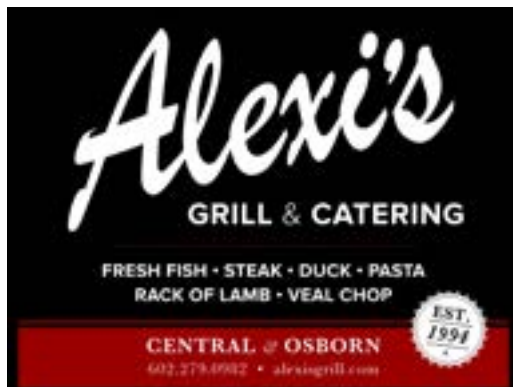


3601 N Central Ave  
A 223-unit luxury apartment and retail community in the center of Midtown Phoenix offers a mix of studio, 1 bedroom and 2 bedroom floor plans with highly appointed finishes. Pet friendly and includes top of the market amenities, e.g., structured parking garage, resort style pool area and amenity courtyard, world class fitness center and resident clubroom. Approximately 6,000 SF of retail space along Central Ave slated for 2-4 tenants and can accommodate a variety of uses including restaurant / food service.

Status: Under construction. Move-ins planned early 2020  
Developer: Fore Property Company – [www.foreproperty.com](http://www.foreproperty.com)

## Park Central Mall Renovations

3121 N 3rd Ave  
Revitalization of Phase I of Park Central is almost complete! The project recently unveiled its new outdoor dining area for the fine restaurants on site, and the redeveloped office portions of the project will be done in Spring. Look for additional activity moving forward as construction begins on the new Creighton University Health Sciences Campus as well as new apartments, parking and other features.



1505 N Central (across from McDowell Light Rail station)  
A 227-unit mid-rise apartment community with two creative office units, five townhomes along 1st St and 222 conventional apartment homes offers rooftop pool and garden with city views, sports lounge, upper level lounges with fire features, upscale fitness center facing Central Ave, outdoor chef kitchen, bike storage/maintenance shop, pet bathing station and private pet park.

Status: Under construction Contact:  
[circacentralavenue@pinnacleliving.com](mailto:circacentralavenue@pinnacleliving.com)

## Broadstone Midtown



240 W Osborn Rd  
A boutique urban community consisting of 200 studio, one, and two bedroom residences located in the heart of Phoenix's burgeoning entertainment and dining scene, and within the city's cultural heart. Pet friendly community offers a contemporary resident clubhouse, gourmet exhibition kitchen, spacious coffee lounge, resort style pool & spa, a two-story fully appointed fitness center, and spacious outdoor fitness lawn.

Status: Under construction – First residences to open Spring 2019 with final completion Fall 2019.

# What's New in the 'Hood?



## Huss Beer is Crafting a New Central Phoenix Citrus Beer -- CenPho Citrus IPA!

"We're so excited to collaborate with our neighbors on Central Phoenix's very own beer! Drop off your ripened backyard citrus at our Huss Brewing Uptown Taproom (Central and Camelback) or ask your neighborhood association board for more info. Stay tuned for more regarding the name and kick off of the beer!

- Fruit donors get a pass to redeem 2 complimentary pints of the new beer at Uptown Taproom
- All neighborhoods in District 4 are eligible
- Any leftover citrus will be donated to St. Mary's Food Bank

Erin Deuble, Craft Beer Husstler, says, "Our beer is for everyone; we are asking our neighbors within District 4 to donate fruit for our upcoming Central Phoenix beer. We won't brew this beer until January 2019 and obviously we need to wait for the citrus to ripen!"

For more information, see Huss Brewing Co. on Facebook @ hussbrewinguptowntaproom



## Pizza People Pub

Susan Thompson

The day Light Rail opened I was sitting at Switch thinking everything will be different now. Most of us took a hit from the recession, but I sometimes feel like it was the best thing to happen to Phoenix...opening doors to local heroes to follow culinary and cultural dreams.

When Mary Beth at Switch partnered with Tom Jetland to open a brick & mortar pizza pub in the former Chevronts, I immediately became a regular, the champion mascot if you will, until I received her text: "waiting at the pub to hand over keys to new owner, I really like them." Another husband and

wife team, Lauren and Mike bought Pizza People nearly sight unseen – they knew its reputation as a neighborhood joint with solid food and beverage and, as the name suggests, solid people. Lauren and Mike came to Phoenix dreaming of their own place of "quality value and consistency" where people feel like family.

When I walked in, I was impressed by an improved bar, untouched menu, Mike's passion for bourbon and a great play list. But it is the People in PPP which needed to sing to my heart. Almost instantly I was comforted by Mike's cheery reception, Connor's bar charm, Lauren's professionalism – it was going to be alright.

When you commit to a neighborhood, you value all those who contribute to its sense of community. I am grateful for Lauren's and Mike's protecting the cherished and inspiring the new – Tuesday Trivia rocks, Wednesday bourdon flights and soon – live music, maybe film nights. Here's celebrating people who care and whose dreams really do come true.



## Railversary: A Celebration 10 Years in the Making

For the last 10 years, Valley Metro Rail has been connecting the Greater Phoenix area through innovation, efficiency and a commitment to serving the community. Since its inception in 2008, light rail has helped promote all that the region has to offer by highlighting the communities, businesses and entertainment destinations it passes through day in and day out.

From making it easier to experience live arts and entertainment to checking out thriving food scenes to making your daily commute easier, Valley Metro Rail has evolved and enhanced the way we've all gotten to where we've needed to go. An art and photography exhibit at its celebratory event brings to life the history of light rail, blending the colorful rhythm of light rail with highlights that demonstrate the positive impact it's had on the region's socioeconomic status.



# Violent Crime Prevention

Community Assistance Officer Ben Harris

## Awareness

When out in public, try to gain better environmental awareness. While driving, check your mirrors more often, and stay off the phone! Besides making you a more attentive driver, you will be able to see suspicious behavior before it gets close enough to reach you. At an ATM, keep your head on a swivel, and do not let anyone distract you.

Pumping gas, keep your keys on you and be wary of persons approaching you. Be vigilant of suspicious behaviors like scanning the area for witnesses and looking at you intently.

## Escape

One of the most overlooked components of the "fight or flight" response is the freeze response. In law enforcement we have a training aide called the OODA loop - Observe, Orient, Decide, and Act. Criminals get into

this loop with the element of surprise and disrupt the ability to orient and decide. This can cause a person not exposed to stressful situations to freeze, even when an avenue of escape is right in front of them. Once control is established, a criminal can demand and receive a victim's full compliance. If you are aware and can think clearly, escape may be the best option.

## Street smarts

Keep good personal boundaries and do not let people violate your personal space. Do not allow yourself to be pulled into situations where you could be victimized. Be careful of giving your charity to someone who presents you with an unbelievable story of need, practiced and designed to lower your guard. Think and plan ahead when going to new places.

These behaviors can save you from being victimized and even prevent you from having to use defensive tactics or tools. As always, call Police and report suspicious persons and behavior.



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Five valley locations

- ASU West campus
- ASU Downtown Phoenix campus
- Tempe Public Library
- Friendship Village Tempe
- Scottsdale



**ASU** Osher Lifelong Learning Institute  
Arizona State University

# Community Activities

## [Arts & Culture](#)

### **ASU Osher Lifelong Learning Institute**

602-543-6440  
www.lifelonglearning.asu.edu  
Short series and single classes for the 50+ audience

### **ASU Institute for Design & the Arts**

www.herbergerinstitute.asu.edu  
Various performances

### **Arizona Humanities Council**

602-257-0335  
www.azhumanities.org

### **Arizona Opera at Symphony Hall**

602-266-7464  
www.azopera.org  
La Traviata 1/25 - 1/27. Silent Night 3/1 - 3/3. Marriage of Figaro 4/5 - 4/7.

### **Arizona Theatre Company at the Herberger**

602-256-6995  
www.arizonatheatre.org  
The Music Man 1/5 - 1/27. Two Trains Running 2/14 - 3/3. American Mariachi 4/4 - 4/17.

### **Ballet Arizona**

602-381-1096  
www.balletaz.org  
Firebird & La Sylphide 2/14 - 2/17

### **Burton Barr Public Library**

602-262-4636  
www.phoenixpubliclibrary.org

### **Cutler-Plotkin Jewish Heritage Center**

602-241-7870  
www.azjhs.org  
Film: After Auschwitz 1/18. Book: The Gustav Sonata 1/17.

### **Great AZ Puppet Theater**

602-262-2050  
www.azpuppets.org  
Check website for spring schedule

### **Hance Park**

www.hanceparkconservancy.org

### **Heard Museum**

602-252-8840  
www.heard.org  
Hoop Dance 2/9 - 2/10. Guild Indian Fair & Market 3/2 - 3/3

### **Irish Cultural Center**

602-258-0109  
www.azirish.org  
First Fridays in the Great Hall

### **Japanese Friendship Garden**

602-256-3204  
www.japanesefriendshipgarden.org  
First Fridays (free) 4:00-6:00pm. Public Tea Ceremonies 1/19 and 2/16. Haru in the Garden in March TBD.

### **Mill Ave Chamber Players at Central United Methodist**

www.millavechamberplayers.com  
Classics! 2/3. The Caribbean Clarinet 3/3.

### **Phoenix Art Museum**

602-257-1222  
www.phxart.org

### **Phoenix Center for the Arts**

602-254-3100  
www.phoenixcenterforthearts.org

### **Phoenix Chorale**

602-253-2224  
www.phoenixchorale.org

### **Phoenix Symphony**

602-495-1999  
www.phoenixsymphony.org

### **Phoenix Theatre**

602-254-2151  
www.phoenixtheatre.com  
Jersey Boys 1/23 - 3/10. Sisters in Law 4/3 - 5/19.

### **Rosie's House**

602-252-8475  
www.rosieshouse.org

### **The Nash**

602-795-0464  
www.thenash.org  
Jazz Jam Sessions Every Sundays at 6:00pm

### **Valley Youth Theatre**

602-253-8188  
www.vyt.com  
Miraculous Journey of Edward Tulane 2/8 - 2/24. Tuck Everlasting 4/5 - 4/19.

## [Events in the Area](#)

### **First Fridays and Third Fridays every month**

www.artlinkphoenix.com

### **Rock n Roll Marathon**

www.unrocknroll.competitor.com/  
Arizona  
1/19 - 1/20

### **29th Chinese Culture & Cuisine Festival**

www.phoenixchineseweek.org  
2/8 - 2/10 at Hance Park

### **Willo Home Tour**

www.willohistoricdistrict.com  
2/10

### **Coronado Home Tour**

www.greatercoronado.com  
2/24



**McDowell Mountain Music Festival**

www.3ffest.com  
3/1 - 3/3 at Hance Park

**Blues Blast**

www.phoenixblues.org  
March 9

**St Patrick's Day Parade & Faire**

www.azirish.org  
3/16

**Cycling**

Info about cycling in Phoenix  
www.phoenix.gov/bicycling

**AZ Bicycle Club**

www.azbikeclub.com

**Grid Bike Share**

www.gridbikeshare.com

**Phoenix Spokes People**

www.phoenixspokespeople.com

**The Velo & Bicycle Nomad Café**

602-759-8169  
www.thevelo.com

**Midtown Neighborhood Association Events**

www.MidtownPHX.org  
Neighborhood Meeting 2/20 6:00 pm  
at Alta Midtown  
Sunday Off Central Block Party - see  
ad at front



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Happy New Year!

Welcome to 2019: a non-election year when we all love each other, Facebook posts have returned to kittens in baskets and we all hit the gym 3 days a week. No? Really? Well, we can dream right? Isn't that what a new year is for? Make resolutions to be a better person, smarter choices and happier attitudes? I think that is what it is for, so I shall henceforth be "Pollyanna".

The First Quarter (Q1) always brings out the optimism of Realtors and home sellers alike. January is a combination of sheer boredom from the 1st to the 15th, and then it is HAIR ON FIRE, GET MY HOUSE ON THE MARKET NOW! Happens every year. This is great for the buyers as they wake from their sugar comas and make the promise that THIS is the year they will buy. Uncle Sam gets in the act with tax refunds (bahahahahaha) and puts a little extra jingle in pockets to make that American Dream a reality. Things really are hopping until around mid March and then we take a big breath, and wait until April for the next big round of listings. Q1 and Spring really is the best time to sell a home. So if you are thinking about it, call me! I am happy to come do my dog and pony show for you.

There is a lot of chatter about the real estate market over the last few months. Yes, it was slow. Yes, rates have ticked up a bit. Is the market going to crash and burn? No, and do not say it out loud and jinx it! Just kidding. Talking about it is healthy and honestly needed. Acting like there is not a shift in the market is being an ostrich. What I always tell clients, "It does not really matter if the market is up or down, what matters is if

you need to buy or sell at the moment." THEN we can sit and chat about if the numbers work for you. If they do, great, if they do not, then you wait. You will never time the market perfectly. Ever. I do not care how smart you think you are.

The best part of this new year is the optimism that comes with it. My therapist, (trust me, every Realtor needs one!) has me doing a gratitude journal. Fairly simple: right before you go to bed, write down three things that made you happy that day, then read the previous few days' notes. You will find you go to bed feeling a bit more content with life. I rolled my eyes when she told me to do it, but damn if it works. I am Marry Fricken Poppins around the office these days. Most days. Ok, fine, a few days a week. But still! better than most!

I also am looking forward to January because this is when my mom comes to visit for a week. She lives in Texas now with my sister playing nanny to her 4 kids. As much as I hate to admit it, I am a perfect 50/50 mix of my parents. I got my real estate drive from my father and my sappy emotional side from my mom. Someday she hopes to live in the condo above my office so she can pop down and stamp envelopes for me. I am not kidding. She loves this stuff. If you see us out and about this month, do me a solid and buy me a drink. She will tell me to stop drinking, but you and I know why this is really necessary.

So, upshot for January: PLAN for a great year. Then put some ACTION to it. Faith without works is dead. (I just heard my mothers voice say that.....pass the wine please.)