

West Valley VIEW

The community newspaper of Avondale, Buckeye, Goodyear, Litchfield Park & Tolleson, AZ ❖ Phone (623) 535-8439

Tuesday, March 08, 2011

Community Notes: March 8, 2011

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Sorority establishes WV chapter, hosts Movie Night at Palm Valley

The ladies of the Chi Alpha Zeta chapter of Zeta Phi Beta invite the public to attend Movie Night. Palm Valley Cinema is lending its support to the sorority by hosting the event and donating all proceeds to the organization. The initial event was held last month, and will continue on the third Thursday of each month.

Zeta Phi Beta Sorority, founded in January 1920, is a community-conscious, action-oriented organization, according to its press release. Recently, the group was granted a chapter in the West Valley, allowing the organization the opportunity to impact the area through its many national projects, community service events and local talents. Fundraisers are also held to help the organization maintain its series of events.

One can offer support by attending the 7 p.m. showing of any movie scheduled. A separate table will be present, manned by the sorority members. By purchasing tickets from the Chi Alpha Zeta members, and not the box office, moviegoers will be donating to multiple causes, and also receive a drink and popcorn, which can be refilled for the remainder of the evening.

For information, contact Christine Williams at 313-682-0324.

Tennis association encourages children to move

The United States Tennis Association (USTA) is supporting First Lady Michelle Obama's "Let's Move" campaign by taking the third annual National Youth Registration initiative to more than 500 U.S. cities, including Avondale.

The USTA will roll into Avondale to get children ages 10 and younger excited about the sport of tennis and encourage a healthful and active lifestyle on the court. All facilities hosting youth registration events will provide families with the opportunity to register children for spring and summer programs, get involved themselves by volunteering to become parent coaches, and learn more about the sport of tennis.

The Tolson Totally Tennis LLC facility will offer registration from 5:30 to 7 p.m. March 15 at Avondale Friendship Park, 12325 W. McDowell Road.

EMCC offering 'Laughter Yoga'

Two free "Laughter Yoga" workshops have been added to the healthy choices offered by the Estrella Mountain Community College Fitness Center.

Open to students, employees and the public, the workshops are offered as part of EMCC's "Reshaping Fitness" initiative, which offers the community information on how to make healthful choices.

Both workshops will be held at the EMCC campus, one at noon on March 10 in the South Community Room, and

another at 10 a.m. March 12 in the Plaza Gallery. Though there is no charge, registration is required.

"Research has shown that community and connection are vital for enjoying life, while stress is harmful to your healthy," Lyle Bartelt, EMCC manager of fitness and wellness, said in a press release. Bartelt said the deep-breathing provoked by laughing has many other benefits, such as boosting the immune system, reducing blood pressure and fostering a positive and hopeful attitude.

According to Bartelt, Laughter Yoga combines deep-breathing and laughing unprovoked by humor, jokes or comedy. The process begins with eye contact and childlike playfulness, and soon turns into real and contagious laughter.

"It's a great method for connecting with others and reducing the impact of constant worry and anxiety," Bartelt said.

To register or for information, contact the Fitness Center at Estrella Mountain Community College at 623-935-8400. EMCC is at Dysart and Thomas roads in Avondale.

Help offered to teenage mothers

Trinity Mother of Preschoolers (MOPS) group was recently awarded a Reach More Moms grant from Mothers of Preschoolers International. Trinity MOPS chose to help local teenage mothers and have formed a group called Teen Mothers of Preschoolers, which offers help to teenager mothers who have children, newborn to age 6.

MOPS consulted with the Teen Outreach Pregnancy Services to reach as many teenage mothers as possible. According to a 2009 survey, more than 1,500 teen mothers are in the Southwest Valley, and more than 4,000 in the city of Phoenix. Many of the mothers do not return to school and lack support or resources.

The group will have bi-weekly meetings and play dates for teen mothers of preschoolers. Its first meeting - a pizza party - will be from 11 a.m. to 1 p.m. today at Trinity Lutheran Church in Avondale. Its a free event that will provide teens a chance to meet other mothers, receive donations for their baby, and to offer support.

MOPS will also hold a rummage sale from 7 a.m. to noon March 18 at Trinity Lutheran Church, 830 E. Plaza Circle in Avondale. Part of the proceeds will benefit Teen MOPS.

For information about Teen MOPS and its upcoming events, call Ruth Fisher at 623-935-4665 or call or text 480-235-1473. For information about Trinity's Mothers of Preschoolers, visit www.trinitymopsaz.org or www.mops.org. For information about Teen Outreach Pregnancy Services, visit www.teenoutreachaz.org or call 623-334-1501.

Volunteers needed for art therapy

Free Arts of Arizona, a nonprofit organization that brings therapeutic, creative arts programming to abused and homeless children, is looking for volunteers ages 16 and older in the West Valley.

The program specifically targets the healing effects of the arts to children ages 3 to 21 who live in residential treatment centers, group homes and crisis shelters.

The volunteer commitment is as little as one hour a week, and training and support are provided. Volunteers need not be artists to apply. For information, visit www.freeartsaz.org or call 602-258-8100.

Tolleson vice mayor to be recognized at NLC

Tolleson Vice Mayor Kathie Farr will be recognized by the National League of Cities for reaching the Gold level in its Certificate of Achievement in Leadership program, sponsored by the NLC Leadership Training Institute (LTI).

To achieve the Gold level, a local official must earn 50 credits encompassing all five core competency areas of the LTI curriculum, referred to as Cornerstone, Competent Practitioner, Communicator, Collaborator and Catalyst.

Farr is one of fewer than 210 NLC members to have reached the Gold level in the Certificate of Achievement in Leadership program since its inception.

NLC is committed to strengthening and promoting the leadership capacity of the nation's local elected officials. As

part of the NLC mission to create stronger communities, the Leadership Training Institute provides local officials with the professional development opportunities to assist them in promoting positive change and innovation within their communities. At the same time, seminars are designed to explore the nature and practice of local governmental leadership.

Each training seminar addresses one or more of the core areas of municipal leadership, including personal leadership growth and development, effective governance, effective communications, skills in developing and promoting partnership and managing change.

NLC's Leadership Training Council established the Certificate of Achievement in Leadership program in 1999. The primary purpose of the program is to recognize and acknowledge excellence in leadership by NLC members.

The National League of Cities is the nation's oldest and largest organization devoted to strengthening and promoting cities as centers of opportunity, leadership and governance. NLC is a resource and advocate for 19,000 cities, towns and villages, representing more than 218 million Americans.

Community garden open to public

The Garden Patch is Avondale's first community garden located to the east of the Avondale Civic Center Library, 11350 W. Civic Center Drive. The garden will consist of communal and individual plots. Communal plots are for everyone to jointly garden larger plots, and individual plots are for community groups, families or individuals to garden.

The organic gardens will help to nutritionally supplement means in a healthful way. The Garden Patch is a way to bring the community together, not only in a healthy way, but also to encourage and promote social interaction and environmental stewardship. All ages are encouraged to participate, especially youths.

To become a garden member, there is a nominal fee, which covers the costs of water and insurance. Plot sizes are 10 by 20, and are available, not just to Avondale residents, but to the greater West Valley community, as well. Parking and a Valley Metro bus stop are available at the Avondale Civic Center Library directly across the street from the garden.

The public is welcome to attend Planting Day at Garden Patch, which will also include a ribbon-cutting ceremony at 10 a.m. March 26.

Garden Patch Group is an Arizona nonprofit with a pending 501(c)(3) status. For information, volunteer opportunities, to make donations, or to become a member, e-mail garden.patch@yahoo.com.

EMCC partnership with NAU to aid culinary students

Estrella Mountain Community College and Northern Arizona University have announced an agreement that will allow students in the EMCC culinary studies program a convenient way to transfer into NAU's School of Hotel and Restaurant Management to earn a bachelor's degree from the university. The transfer agreement will allow students who earn an associate in applied science degree in culinary arts through EMCC to transfer to NAU to complete the upper-division coursework to earn their bachelor's degrees in Hotel and Restaurant Management.

Students who complete their first two years at EMCC can transfer up to 75 credits from the culinary studies degree to the Hotel and Restaurant Management Program. After entering the NAU HRM program, transfer students from EMCC may pursue upper-division courses in person at the NAU campus in Flagstaff, at NAU on the Scottsdale Community College campus or through NAU Online.

In operation since 2002, the culinary studies program at EMCC offers a 16-credit basic culinary studies certificate, a 23-credit baking and pastry certificate, a 33-credit culinary studies certificate and a 64-credit degree program resulting in an associate in applied science degree.

Current EMCC students interested in the program will each have an individualized track for transfer, and should consult an EMCC adviser. NAU's "Connection" partnership with the Maricopa Community Colleges streamlines the transfer process for students to earn NAU degrees at local community colleges, online or in Flagstaff. EMCC students with specific questions regarding transfer credits may consult an NAU program coordinate at scottsdale@nau.edu or call 480-423-6461.

Church hosting tax credit drive

Each Monday morning through April 11, Phoenix Christian West in Goodyear will be conducting a tax credit drive. If you would like to make sure your tax dollars go toward education, go to the school for more information. The school is at 14900 W. Van Buren St. on the north end of the Skyway Church campus.

SW Lending Closet extends hours, needs volunteers

The Southwest Lending Closet has extended its hours. It now operates six days a week: from 9 a.m. to noon Monday, Wednesday, Friday and Saturday, and from noon until 3 p.m. Tuesday and Thursday. In doing so, the organization is now in need of more volunteers. The Closet is at 113 E. Western Ave. in Avondale. The office phone is 623-932-1016. In order to volunteer, call Alfreda Miles at 623-536-9723. The mission of the Closet is to provide durable home medical equipment to anyone who needs it at no charge. No prescription is needed.

Court volunteers needed

Become a court visitor/observer for the Maricopa County Superior Court Guardianship Review Program. Volunteers spend approximately one hour per week at various sites in the Valley to review court files of vulnerable adults. A visit to the protected person's place of residence is made to evaluate the ward's care and placement. Volunteers must pass a background check and are issued a court identification badge. Mileage reimbursement is available. For an application and information, contact Anna Gonzales with Probate Court Investigations at 602-506-3669.

Luke recreation event to include pet expo, chili cook-off, art contest

The Luke West Valley Recreation Committee, a subcommittee of the Luke West Valley Council, has announced its fifth annual Recreation Expo scheduled for April 30.

The Expo will take place at Gateway Park in El Mirage and feature displays and information booths all focused on fun, healthy ways to enjoy recreation in the West Valley. The committee has implemented new events this year, including a Pet Expo with wiener and Chihuahua dog races, fashion show, adoption and rescue booths, vaccines, micro-chipping, and police K-9 demonstrations.

Also part of the event will be a youth art contest with the theme of "Me and My Pet." An industrial rideshop skateboard contest will be held, and stage entertainment, a disc jockey, games, prizes, bouncers, balloon twisters, face painters, pony rides and a petting zoo will all be part of the action, as well. Also new is the Best of the West Firehouse Chili Cook-Off, where all the cities' fire stations will compete against each other for the best chili.

Join Avondale, El Mirage, Glendale, Goodyear, Litchfield Park, Peoria, Surprise, Tolleson, Maricopa County Parks and Luke Air Force Base at the fifth annual Luke West Valley Recreation Expo from 11 a.m. to 2 p.m. April 30 at Gateway Park, 10100 N. El Mirage Road in El Mirage. The event is free to the public, though there are costs for food, drinks and some activities. Contact Ruth Espinoza at 623-333-2413 for more information, or visit www.westvalleyrecreation.com.

Free help offered for filing taxes

Through April 12, trained tax professionals will provide free tax preparation assistance to low-income, elderly, and disabled individuals seeking assistance with their 2010 IRS tax filing.

Trained volunteers from the AARP Tax Aide Volunteer Income Tax Assistance (VITA) program will be on hand at the Avondale Community Center, 1007 S. Third St., from 9 a.m. to 2 p.m. every Tuesday.

Individuals seeking assistance will need to take:

- Social Security or Individual Taxpayer Identification Numbers (ITIN) for each family member and working adults.
- W2S, 1099s and other income forms
- Childcare provider name, address and tax ID
- Bank routing and account numbers for checking and savings accounts

- Name, address and phone number of landlord for renter's credit

Cost is free to low-income individuals, senior citizens and the disabled. For information, call 623-333-2401 or visit www.avondale.org/seniors.

Children's art show to benefit advocacy center, Riah's Rainbow

Stillpointe Early Education Services and New Wave Events are partnering to present the Stillpointe Children's Art Show. Proceeds will go to support the Southwest Family Advocacy Center in Goodyear and the Buckeye chapter of Riah's Rainbow.

The art show will be from 9 a.m. to 1 p.m. March 19 at Christ Evangelical Church at 918 S. Litchfield Road in Goodyear.

Artists will range from 3 years old to third grade, and will display their art in three different categories: paint and paper, kitchen construction and clay and dough.

The public will be able to vote on their favorite piece in each age bracket. Winners of the People's Choice Awards will receive four tickets to the Missoula Children's Theater, compliments of the West Valley Arts Council. Each artist will receive a prize for participating.

The entrance fee to attend the show is a new art supply, which will be donated to Riah's Rainbow. Volunteers from the organization will be present to collect crayons, markers, paint and paper and take them to children at Phoenix Children's Hospital for children living with cancer.

The registration fee for artists is \$5 for child artists, or \$10 per family. Exhibitors can display their programs for \$25. The proceeds will go to the Southwest Family Advocacy Center. The multidisciplinary facility is developed and funded by the police departments of Avondale, Buckeye and Goodyear, and provides a safe place for children and families going through a difficult time.

To register an artist or exhibit, go to www.stillpointecenter.com. For information on sponsorship packages, contact Doris Goetz at donewwave@msn.com.

Avondale lets artists show work in store windows

The city of Avondale's windowARTspace program allows artists to display artwork in the windows of businesses along Western Avenue.

Businesses, schools and groups interested in providing exhibit space or exhibiting artwork in windowARTspace should contact Ruth Clark at 623-333-2724 or by e-mail at rclark@avondale.org.

Free family fitness events offered 1st Saturday of each month

Goodyear in ACTION has organized free family fitness events to take place the first Saturday of every month from March to November. Residents in the West Valley who attend the events will be given an ACTION passport to record their progress. The ACTION passports can be turned in at Goodyear in ACTION Day, Nov. 5, for prizes. Each event includes "active activities" for children, while adults will work toward earning their presidential fitness patches. For information, event details and times, visit GoodyearInACTION.com.

Writers welcome to attend workshop in Avondale

Avondale Public Libraries is hosting a Writers Workshop March 12. Two sessions are offered, from 10 a.m. to noon, and from 2 to 4 p.m., at the Avondale Civic Center Library at 11350 W. Civic Center Drive. Space is limited to 15 participants each session.

Landon J. Napoleon will present on the writing craft with a session titled, "The Hero's Journey: How to Structure Your Novel, Book or Memoir for Maximum Effect." The workshop will help writers map out their novel, nonfiction book or memoir from page one to the end in seven succinct steps. Workshop-goers will study elements of the "The Hero's Journey," and how to apply it to one's writing, including understanding story, creating a strong premise, how to write a great opening, and how to produce a first draft.

Napoleon has 20 years of experience as a full-time author penning novels, nonfiction books and memories. His first novel, *ZigZag*, received widespread acclaim and became a feature film starring John Leguizamo and Oliver Pratt.

It is a participative workshop, so participants should take a pen and paper, or a laptop.

Interested participants are asked to register by e-mailing their name, phone number and e-mail address to libraryevents@avondale.org. Participants will be contacted by a library representative regarding space availability.

Estrella ENT serves as collection site for New Life Center

Estrella Ear, Nose and Throat is partnering with New Life Center to serve as a collection site for the West Valley-based nonprofit. The practice will focus on collecting and donating diapers, formula and new undergarments for children ages 0 to 18.

New Life Center is a nonprofit organization that provides shelter, counseling, education, advocacy and other services for victims of domestic violence and their families.

Estrella Ear, Nose and Throat, located at the La Loma Medical Campus at 14044 W. Camelback Road, Suite 220, is accepting donations weekdays between 8:30 a.m. and 5 p.m. The practice offers comprehensive treatment of disorders such as sinusitis, allergies, chronic snoring, ear infections and hearing and balance problems for children, adolescents and adults.

For information, call 623-535-8770 or go to www.estrellaent.com.

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