

105 Of Our Favorite Things!

EXCLUSIVE! The real story behind the Serial Shooter killing spree that shocked the Valley p. 116

PHOENIX

the City's Best

bowling alley, BYOB, pasta place, pet shop, sports stars, swimwear, tea party, truffles, cookie, fried chicken, farmers' market, wine bar, bacon fix, boutique, bookstore, breakfast spots, shopping spree... *and more!*



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**Best
of the
Valley**

sweet music. The nonprofit responsible for marketing Mill Avenue saw an opportunity in the former Harkins Centerpoint movie theater when the company responsible for redeveloping the space couldn't close the deal in a souring real estate-based economy. The DTC and members of the arts/cultural community urged the developer to temporarily abandon the space and allow some form of community theater there. The result is MADCAP Theaters, which marked its grand opening in June. About 600 people showed up to the event, and additional shows have been scheduled for local bands, theater acts, a *Rocky Horror Picture Show* extravaganza and even a "back to school" party. Now that's a dramatic entrance. 730 S. Mill Ave., Tempe, 480-634-5192, madcaptheaters.com

Best Music on the Go

The Train Tracks

When local activist Kimber Lanning set out to create a public platform for unknown Phoenix musicians to make it big, who would've known that platform would be the METRO light rail? Every Tuesday at 6 p.m., a local band boards the light rail and woos travelers with three original tunes. They perform for one leg of the track and mingle with supporters on the way back. Lanning and a camera guy catch every beat, posting each performance online at thetraintracks.org, where fans can vote on their favorite. The top-three vote-getters will headline a concert at the Phoenix Art Museum, while the top band will be on-stage at the Circle K Tempe Music Festival next March.

Best Way to Work Out the Kids

CrossFit Kids

Let's face it: Our kids aren't rushing out to play tag anymore, so their activity levels need a boost. Enter CrossFit Kids, an offshoot of CrossFit Scottsdale, which has been whipping Valley adults into shape since it opened last October. Combining the elements of proper fitness and nutrition with the right amount of fun to keep kids motivated, CrossFit Kids aims to teach healthy habits to kids ages 3 to 16, engaging them in simple, short workouts. Think dodge ball, jump roping, push-ups and nutrition lessons. Small classes and special attention from upbeat coach Luke Kayem make this workout one your kids won't soon abandon for the Xbox. 14885 N. 83rd Place, Scottsdale, 480-922-3253, crossfitscottsdale.com

Best Way to Join a Bike Gang

Tempe Bicycle Action Group

This group is serious about cycling. Created five years ago by Arizona State University graduates, the group now consists of more than 100 bike fanatics. The name started as a joke, but TBAG stickers now adorn bike frames across Tempe. From beginners to up-and-coming Lance Armstrongs, TBAG welcomes riders of all levels. Training wheelers can join them for the Cupcake Ride, a short ride to a local cupcake shop for a treat along the trail. Other events include weekend bike bar-hopping, bike polo and tranquil rides around the Valley. TBAG's six core volunteers also advocate for additional routes and rights for cyclists in Tempe. Wanna hop on? Follow TBAG's blog for the latest. biketempe.org

Best Bowling Experience

Brunswick Zone XL Gilbert

This is more than just a bowling alley. It's a one-stop party spot for children and adults of all ages. In addition to the 44 lanes of bowling, you'll find a billiards room, standard snack bar fare, more than 70 games in the arcade, and a bar and grill. Try Cosmic Bowling® for bowling and music in a fun atmosphere on Fridays and Saturdays from 10 p.m. to 2 a.m. 1160 S. Gilbert Road, Gilbert, 480-813-2695, bowl-brunswick.com

sales and a fund-raising booth go to the 100 Club of Arizona, a nonprofit organization that supports the families of injured or fallen police and fire personnel. scottsdalecvb.com

Best Use of an Empty Space

MADCAP Theaters

The Downtown Tempe Community took a lemon of a situation and made sweet lemonade this summer – actually, it's more like