



# north central news

the voice of the north central phoenix community since 1999

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## Demand soars for apartment space

By Colleen Sparks

Apartment living is in high demand around North Central, where many new multi-family complexes are under construction and managers are leasing units at lightning speed.

Experts say economic struggles and uncertainty about future employment caused by the COVID-19 pandemic and the desirability of the area are driving locals and people from other states to flock to apartment complexes here. North Central is home to apartments for diverse income levels and many offer fitness centers, luxurious swimming pools, barbecue areas and other amenities that are attractive to anyone who does not want to maintain a house.

Greenlight Communities, a multi-family developer, recently opened Cabana on 12th, a complex with studio, one and two-bedroom units at 4224 N. 12th St. and Cabana on Washington, an apartment community at 5300 E. Washington St. Cabana on 12th

*please see APARTMENTS on page 4*



Phoenix Police Officer Chris Villa works with his new K9, Mattis. The two-year-old Belgian Malinois recently joined the force through financial support from the Phoenix Police Foundation. Mattis is one of four dogs that were added to the Phoenix Police K9 Unit last year (photo by Colleen Sparks).

## Police expand K9 unit with foundation's help

By Colleen Sparks

Phoenix Police Officer Chris Villa's new partner in crime is a furry part of the family, but do not let his cute appearance fool you because the K9 is trained to assist authorities in some of the most dangerous situations.

K9 Mattis, a two-year-old Belgian Malinois, recently joined the force thanks to financial help from the Phoenix Police Foundation. The poised, alert animal from the Czech Republic is one of four dogs that were added to the Phoenix Police K9 Unit last year. That brings the total dogs to 17 in the unit.

"His main purpose is a locating tool," Villa said. "Some dogs are trained to scratch at a door, barking at a door to let you know something's here. Every dog has its own quirk. He's still got puppy in him, very energetic. He's doing a very good job."

Mattis has been assigned to one of the police department's SWAT teams. Recently when an armed suspect would not leave a house, Mattis was sent in and reached the suspect before officers did. The K9s also are trained to apprehend suspects, grabbing onto whatever they can to secure them. The dogs also can detect odors that people can't pick up, allowing them to smell bodies, drugs and bombs. Mattis and the 16 other K9s train and work in North Central and all

over Phoenix and live with the officers who work with them.

"The K9s play such an important role in the department that it's something people can support," said Timothy Thomas, president of the Phoenix Police Foundation. "I absolutely think they're helpful. They (officers) spend more time with these dogs than they do their family."

It cost the Phoenix Police Department \$12,500 to acquire Mattis. Dogs can be returned if they are not a good fit. The department has other Belgian Malinois dogs, as well as German Shepherds. Officers like these breeds because they are athletic, agile and calm, though every dog has its own personality and

*please see NEW K9 on page 6*

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COMMUNITY

### Scout creates cookie castle to promote sales

The Girl Scouts-Arizona Cactus-Pine Council and Homie, a real estate technology company, are joining forces to sell cookies this year despite obstacles created by the COVID-19 pandemic.

Homie Helps, the philanthropic arm of the company, made a \$15,000 donation to aid with cookie sales, as well as boost creativity, engineering and entrepreneurial skills among the Girl Scouts. When the Girl Scouts were forced to sell cookies indoors due to the safety measures posed by the pandemic, they wanted to make something fun that would catch people's eye. North Central Girl Scout Mija Kaprosy and her father, Jay, have built a 13-foot-by-13-foot by 9-foot-tall castle made mostly out of Girl Scout cookie boxes. It will be the focal point of the Cactus-Pine Council's cookie selling area at The Shops at Norterra at 2450 W. Happy Valley Road in Phoenix. The public can buy cookies and view the cookie castle every Sunday this month beginning on Feb. 7.

Tamara Woodbury, CEO of the Arizona Cactus-Pine Council, said Homie provided a unique way to reveal what Girl Scouting is about – “perseverance, creativity, entrepreneurial and teamwork skills.” Joshua Miller, general manager at Homie Arizona, said the company applauds “innovation” and embraces making creative, smart changes so it wanted to support the Girl Scouts with fundraising.

There are more than 600 Girl Scouts in North Central. Girl Scouts-Arizona Cactus-Pine Council serves nearly 12,000 girls in grades kindergarten through 12 in more than 90 communities in central and northern Arizona. Since 1936 it has helped girls develop leadership skills and tools to succeed in a quickly changing environment. The annual cookie sales are a major fundraiser for girl Scouts in Arizona, aiding with opportunities for girls to learn, grow and enjoy new experiences.

Homie aims to change the way real estate is bought and sold by eliminating high commissions and fees. It simplified a complicated and outdated process via technology and full-service



North Central Girl Scout Mija Kaprosy and her father, Jay, built a tower out of mostly Girl Scout cookie boxes in honor of this year's cookie sales (submitted photo).

real estate agent support.

To learn more about Girl Scouts-Arizona Cactus-Pine Council, visit [girlscoutsaz.org](http://girlscoutsaz.org). For more information about Homie, visit [homie.com](http://homie.com).

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**COMMUNITY**

**APARTMENTS continued from page 1**

has a co-workspace with Wi-Fi, a resort-style pool and fitness center, said Rob Lyles, partner at Greenlight Communities.

“There’s a high demand for this kind of living in Phoenix,” Lyles said. “Our pricing is below a lot of the new apartment buildings so we’re really leasing to more of the fabric of our community like teachers, police and fire and healthcare workers. There’s hospitals and lots of jobs around us.”

Cabana on 12th’s studio apartments cost about \$850 a month, while the one-bedroom units are \$1,000 a month and two-bedroom ones cost about \$1,200 a month.

Lyles said with people losing jobs due to the pandemic, they are delayed from buying homes.

Two renovated, smaller apartment structures in North Central also offer affordable places to live – Venture on Marlette and Venture at Villa Hermosa. Neighborhood Ventures, a real estate crowdfunding company that provides the opportunity for the public to become shareholders in apartment projects, owns and operates both apartment communities. It bought Venture at Villa Hermosa, which is at 5740 N. 10th St., in April and finished renovations on the 14-unit complex with two-bedroom units in November, said John Kobierowski, co-founder, president and managing partner of Neighborhood Ventures. Kobierowski also is principal and managing partner of ABI Multifamily, an apartment broker based in North Central.

Rent at Villa Hermosa is \$1,395 per month for the two-bedroom/one-bathroom units while rent at Venture on Marlette is about \$1,425 for the two-bedroom, two-bathroom units. Neighborhood Ventures bought the Venture on Marlette community in 2019 and made renovations to the units last year, including putting in new air-conditioning units, redoing the roof, and enhancing plumbing and electricity while adding a new parking lot area.

“The leasing has done really well,” Kobierowski said. “Because this is such a dynamic neighborhood to be in the value creation is so much higher.”

Catholic Charities is planning to open an apartment complex for veterans on 9th Avenue between Mountain View Road and Peoria Avenue, in March or April. Rent will be about

\$600 a month for the one-bedroom units, said Steve Capobres, vice-president of business development for Catholic Charities.

The non-profit organization also is planning to start construction in April on a 297-unit affordable housing apartment complex on 19th Avenue, a block north of Camelback Road, that will be called Mesquite Terrace. It will likely be finished in about two years. Catholic Charities also is planning to expand the Acacia Heights apartment complex at 4747 N. Seventh Ave. The first phase of the complex is reserved for senior citizens while the next phase will be for families.

To learn about other Catholic Charities’ housing communities, visit [housingforhopeaz.org](http://housingforhopeaz.org).

Weidner Apartment Homes purchased The Trend at 51 Apartment Homes in 2016 after the complex was built in 2015 by another company. Located at 1615 E. Georgia Ave., it has mostly studio and one-bedroom apartments, with the average rent about \$1,300 a month, said Jessica Karl, area director for Weidner Apartment Homes.

Karl said The Trend at 51 features a large pool, clubhouse and fitness center that is about 3,000 square feet, linked above the parking garage. Barbecues, yoga classes, holiday parties and other gatherings are held frequently in the community.

“North Central Phoenix has done a really great job of providing a lot of niche businesses,” Karl said. “It’s not suburban. If you don’t want that lifestyle being so dense downtown, North Central Phoenix offers kind of an in-between lifestyle. It’s not suburban. It still is very urban.”

P.B. Bell, which develops, improves and manages multi-family communities in Arizona, has four rental communities in North Central – The Curve at Melrose, Maryland Greens, the Townhomes at Biltmore and Via 21. Debbie Willis, CPM, who is president and designated broker of Property Services for P.B. Bell, said the history and “established neighborhoods” in North Central “can be attractive to prospective renters.” Willis added that the many entertainment offerings downtown and in North Central and surrounding areas within a short drive “really give residents all they could ever want to do.”

**please see APARTMENTS on page 6**

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### COMMUNITY

#### APARTMENTS continued from page 4

"Anyone who has previously lived in a true urban city will be happy," she said.

Bobby Lieb, associate broker with HomeSmart, said some people who have lost their jobs during this pandemic cannot afford to own houses and the prices of homes now also make homeownership difficult for some. Others who already own homes that they are selling could find themselves without another house to move into when their houses sell so they decide to rent while they seek a new house to purchase.

"It's a great market for selling, not necessarily for buying right now," Lieb said. "It's unlike anything we've ever seen. If they don't owe much on their house, they know the rental market is phenomenal."

#### NEW K9 continued from page 1

some do not make the cut. Villa said his previous K9, Kylo, who is almost 8 years old, "was a great dog" but was "not getting the job done" so he retired.

The Phoenix Police Foundation has raised more than \$1.65 million since 2017 to help the police department with youth programming, life-saving equipment, camera gear, community engagement and many other needs. It has paid for several K9s, along with training for the dogs and their handlers and a new fence and shade structure at the K9 training center at Phoenix Regional Police Academy. The foundation also assisted in a supportive role with a new kennel project.

Thomas has never worked as a police officer but his father was a city employee and he was impressed with the "caliber of officers" in the Phoenix Police Department so he wanted to help through the foundation.

"They are really talented people," he said. "A lot of times this is a thankless job (for police)."

Phoenix Police Sgt. Rich Maiocco, a K9 sergeant, said the dogs support patrol and detectives, as well as respond to tactical scenes. They move quickly and are trained in apprehension.

"Our dogs are extremely busy," Maiocco said. "The dogs are running calls constantly. They're just so fast."

The K9s are vetted and must have the proper temperament, including the ability to stay calm in stressful situations, he said.



The community is mourning Reverend Dr. Dosia Carlson, Minister Emeritus of Church of the Beatitudes, who died last month after suffering complications from COVID-19 (photo courtesy of Duet).

### Community mourns loss of religious leader

The community is mourning the loss of a beloved religious leader and the founder of Duet: Partners In Health & Aging who lived in North Central.

Reverend Dr. Dosia Carlson, Minister Emeritus of Church of the Beatitudes, died last month, three days after she turned 91 years old, after suffering complications from COVID-19. She and the Church of the Beatitudes in Phoenix started what is now Duet in the early 1980s. At that time the non-profit organization was called Beatitudes Center DOAR (Developing Older Adult Resources). This interfaith organization promotes health and well-being with its free-of-charge services to homebound adults, family caregivers, faith communities and grandparents raising grandchildren.

Carlson said the non-profit organization began when she was leading the senior adult ministry at Church of the Beatitudes. She and others organized a group called Friendly Adults but realized there were many retirees who could no longer participate. They worked with other congregations and received help from the Area Agency on Aging and Arizona State University faculty to start the organization to assist older adults.

Carlson's long-time friend, Esther Rings, said prior to her death Carlson talked to her brother and sister-in-law and shared one of her favorite hymns, "Oh Jesus, I Have Promised to Serve Thee to the End."

The Church of the Beatitudes said Carlson loved life, loved people and "was undeniably a friend," whose spirit will continue to touch everyone she met.

**Real Estate Corner**  
**Bobby Lieb**  
 Your residential real estate specialist for North Central, Biltmore, the Camelback Corridor, and Paradise Valley

**Home sales hit fourth-quarter high**

I want to thank the 12 clients who have helped us start 2021 with a bang by purchasing a home from us. Some of these buyers have not had an easy time finding a home to buy with limited inventory but we found what they were looking for. One of the difficult decisions a home seller has to make is when to put their home on the market, not knowing if/when they can find a home to move into. My real answer is work with a realtor who has knowledge of the market and has a good relationship with other realtors because in today's market it is all about relationships and loyalty.

Prospective homebuyers should not expect bidding wars to go away or for prices to dip in 2021, according to my good friend Catherine Reagor of The Arizona Republic. According to Catherine, home sales hit a fourth-quarter high in 2020 and the shortage of houses for sale is near a 10-year high. Demand for homes is 31 percent above normal and supply is 71 percent below normal, according to Tina Tamboer from the Cromford Report, who spoke at my monthly meeting in January. Tina also said we cannot even start discussing prices going down until supply and demand are back in balance.

How does knowing that our supply of homes is very low work for a prospective buyer? It really comes down to a little bit of luck but most of all working with a realtor who has contacts in the particular area you want move to and spends a lot of money on advertising in a particular neighborhood. Let me give you

an example of how this works. I went on a listing appointment in early December and the seller told me when he wanted to list his home and for how much. My wife, Mary Ann, who is now a licensed realtor, told me she had a buyer who was looking for a home which just happened to describe the home that I was getting ready to list. As soon as I listed that home, we sold it to that buyer in 20 minutes for full price and both the seller and the buyer were thrilled with the results.

I listed 130 homes in 2020 and we sold 18 homes before they actually hit the market because we also had a buyer who fit the profile of the home we were getting ready to list. We also have sold five of our listings to buyers in 2021 before the homes went active. Please give me a call when you are ready to list your home and/or you are looking to purchase a home and we will do our best. My wife is much nicer than me so you now have two choices when you want to work with our team!!

Please stay safe!!

*Bobby Lieb*

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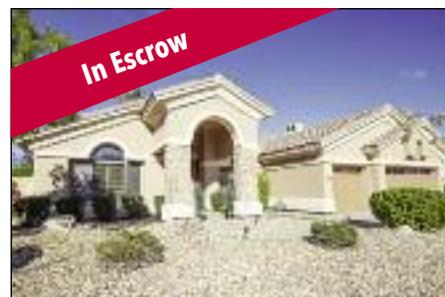
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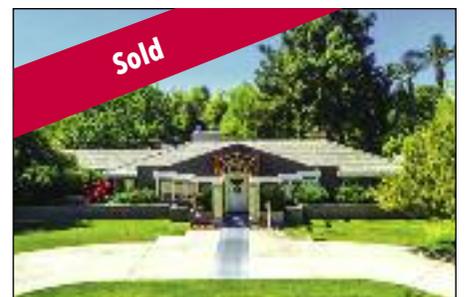
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COMMUNITY

### Committee head helps nab suspected robber

The chairman of the Camelback East Village Planning Committee is in the spotlight for using his skills learned when he was a police officer to help the community.

Jay Swart, a retired police officer, recently was in a bank near 20th Street and Camelback Road when he saw a person wearing dark clothes and carrying a backpack quickly enter the building, according to Phoenix City Councilman Sal DiCiccio. Swart reportedly noticed the person look around then walk directly to a cashier. He could see the suspect was armed and demanding cash. As soon as the suspect left the bank, Swart made sure everyone in the bank was safe and directed them on what they should do next.

Swart called 9-1-1 to tell police what had happened and gave them a description of the suspect, as well as what direction he was going and his vehicle's license plate number. DiCiccio said the vehicle was discovered to be stolen. Police officers were able to find



Camelback East Village Planning Committee chairman Jay Swart, second from the right, helped employees inside a bank and provided detailed descriptions of a suspect who police say robbed a bank recently. Pictured with him here are (from left): Phoenix Police Sgt. Mike Meelhuysen, Lt. Jeff Fields and Commander Chris Eyrich (photo courtesy of the Arcadia Camelback Mountain Neighborhood Association).

the suspect driving the vehicle, but when they tried to stop him, the suspect accelerated away from them. Authorities later found the suspect's vehicle abandoned and shortly after that found the suspect, who had entered a home to hide from police. He was taken into custody.

Phoenix Police advise citizens not

to follow or pursue suspected criminals but urge them to just call 9-1-1.

### Local students earn GCU scholarships

Several local students will receive full-tuition scholarships from Grand Canyon University (GCU) through its

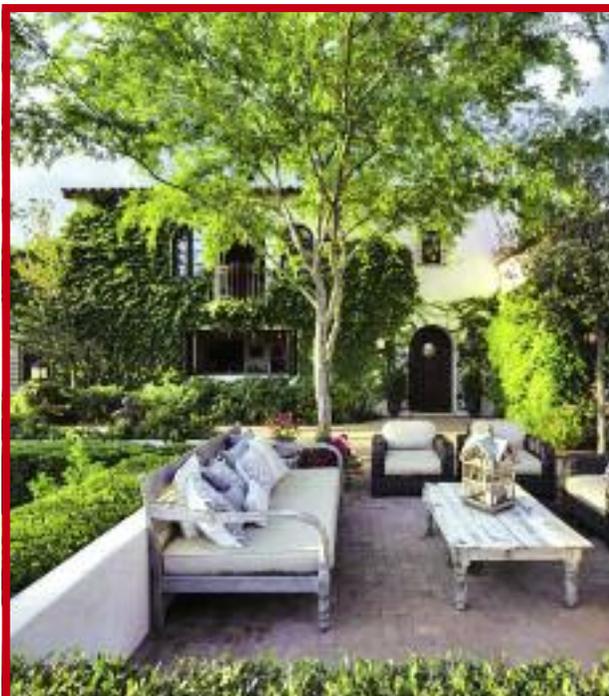
Students Inspiring Students (SIS) Scholarship Program, made possible by a \$500,000, five-year grant from The Bob & Renee Parsons Foundation.

The SIS program is a public-private partnership through which the university provides full-tuition scholarships to students from inner-city high schools who keep at least a 3.5 grade-point average, show financial need and finish 100 or more hours of required projects including college-preparedness exercises and academic assistance in GCU's Learning Lounge, which has served more than 4,500 students from 150 neighboring schools.

The grant will fund scholarships for "Parsons Scholars," high school seniors who are the most academically qualified among all the SIS recipients.

Bryann Osborn of Sunnyslope High School, Jose Alberto Pacheco Lopez and Rubicel Pita Martinez of Washington High School, and Naomi Estime, Fatima Lopez Rodriguez and Diana L. Morales Vera, all of North High School, were the North Central scholarship winners.

To learn more, visit [gcu.edu](http://gcu.edu).



**It probably goes without saying, but 2020 was unlike any other. It taught us a lot about the importance of family, patience, health and most importantly, the need for a home office. I am blessed to have had so many amazing clients in 2020. I appreciate you and your referrals more than you know. 2021 is already off to a great start (for the real estate market, anyway) and I look forward to helping with your real estate needs.**

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## COMMUNITY

## Church gets major upgrade for new focus

By Colleen Sparks

A Sunnyslope church is getting a major facelift as a way to provide a more open, inviting space for arts to flourish.

Diana West, the senior pastor at Victory Vineyard Church, which is located at 321 W. Hatcher Road, said when she and her now late husband, Senior Pastor Greg West, started the church they planned to focus on offering recovery programs. The church has hosted Alcoholics Anonymous (AA) meetings, as well as Celebrate Recovery, grief share and co-dependency groups. But West said the “season for that right now is done” and she and her team want to provide something different for the community. Many other churches in the area are already hosting recovery groups.

West, who has a master’s degree in professional counseling and also is an expressive arts therapist, said she wants the church to transform into a place for artists to offer classes and create work. She also envisions Victory Vineyard

Church as hosting residents who would gain spiritual direction by working with a facilitator, who would guide them through art, music, dance and painting. West said the church already hosted an art show in 2019.

“We started to lean more into the arts and wanting to do more art for our kids and our adults,” she said. “We started getting involved in the arts crawls and other businesses trying to break through with art on the canal. I felt we need a refreshing. We need to rebrand or remodel and really try to provide something new for Sunnyslope.”

Walls have been torn down and the church now has an open space without individual rooms that will allow for people to socially distance themselves from each other while working on art at different tables. Additional bathrooms have been installed, including one that has an area where visitors can wash paintbrushes. New colors, including gray, white and teal are being added on the walls to create what West called “an industrial farmhouse look.” A local business volunteered to pay for the ren-

ovation, which is worth about \$50,000 to \$60,000, but the company did not want its name released, she said.

West said she hoped the renovations would be done this month. She and her husband began meeting with others in a Glendale home in 2007. They quickly outgrew that space and held their first official service for Victory Vineyard Church in the Sunnyslope area in 2008. Then the church moved to its first building in Sunnyslope in 2014. There is capacity for 65 people to attend one service at the congregation but the largest it has seen is 48 people. The non-denominational Christian church is part of Vineyard USA, a movement of hundreds of evangelical congregations in the country.

To learn more, visit [victoryvineyardchurch.com](http://victoryvineyardchurch.com).

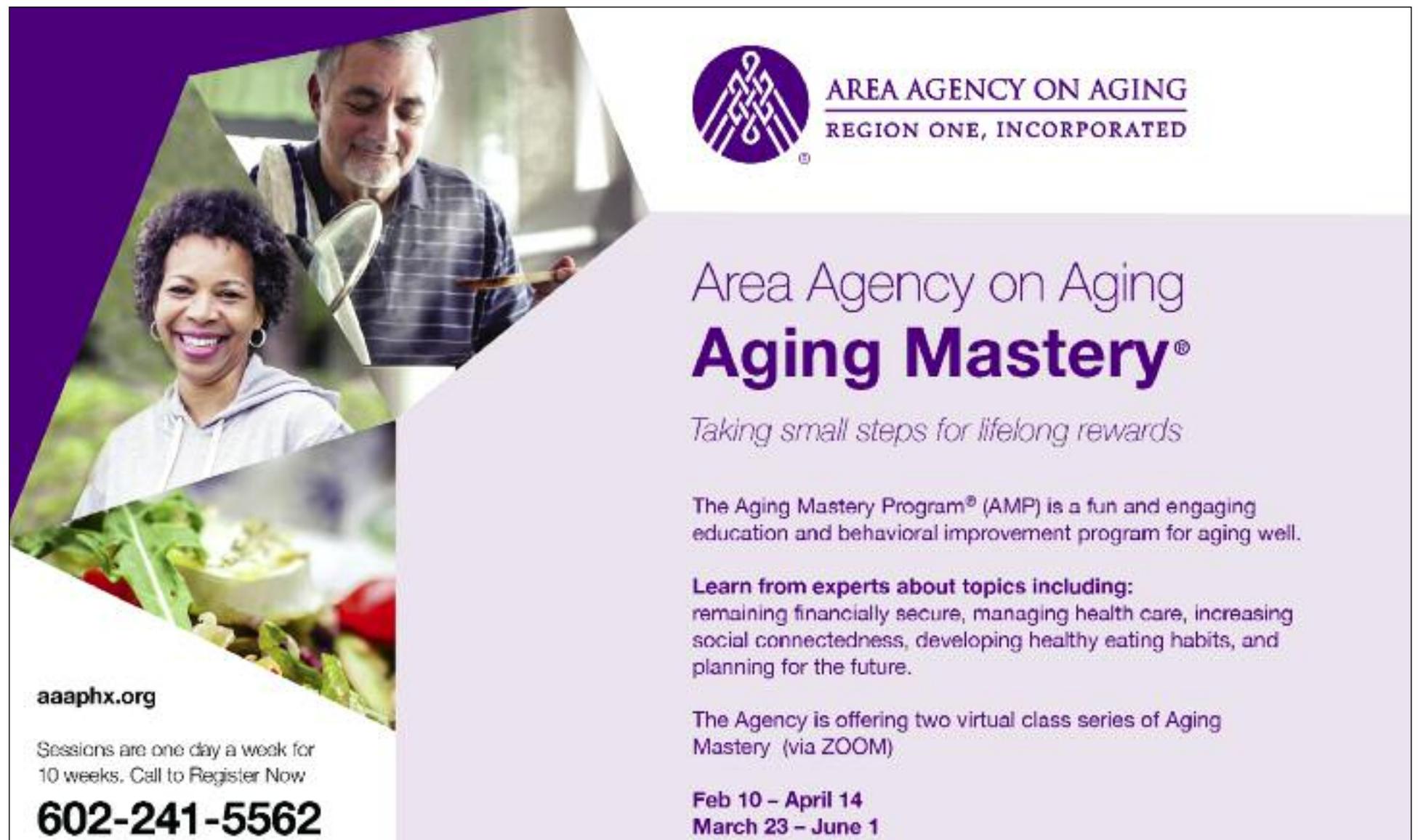
## City, nonprofit provide laptops to schools

The city of Phoenix and School Connect are teaming up to offer internet-enabled laptops to area schools in

order to try to ensure all students have access to vital technology.

As the COVID-19 pandemic continues, the digital divide has become even more difficult for local school districts. One problem is often devices and laptops are returned to schools damaged. As part of this partnership, the city and School Connect will help schools achieve and maintain a 1:1 student-to-teacher device ratio for grades K-12. The Phoenix City Council approved \$2 million in the Coronavirus Aid, Relief, and Economic Security (CARES) Act funding and School Connect received a \$1 million donation from Scottsdale Bible Church to purchase devices for students. These laptops will become the property of the school districts, which will be responsible for issuing, monitoring and maintaining the student devices.

The city of Phoenix has carried out various measures to help tackle the local digital divide including providing devices to families and senior citizens in local housing facilities, as well as expanding mobile Wi-Fi access in the community.



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### COMMUNITY

## Pet of the Month

### Cuddly Ghost Bear has loving spirit, likes hikes

Ghost Bear is as cuddly as they come and often described as a big, lovable teddy bear.

The seven-year-old American Staffordshire Terrier mix was first taken to the Arizona Humane Society by Maricopa County Animal Care and Control in June of last year through the Humane Society's Project Reachout Program. That program allows the Arizona Humane Society to transfer pets from shelters that are overwhelmed when the Humane Society has enough room to adopt them out, giving them a second chance at finding a forever home. And that is exactly what happened, as Ghost Bear was quickly adopted but then found himself back at the shelter because of unforeseen circumstances when his owner became ill.

Ghost Bear's favorite activity, besides being a snuggle bug, is to go on a hike and enjoy lots of sniffs in the great outdoors. Although he is a big pup, this cutie pie believes he is a lap



Ghost Bear is a seven-year-old American Staffordshire Terrier mix who loves to cuddle and is looking for his forever home (photo courtesy of the Arizona Humane Society).

dog and he always attempts to sneak in a kiss or two when people are not looking. Ghost Bear would do best in a home where there are children who are at least 10 years old and where he is the only pet in the home. His animal number is 641528.

While all Arizona Humane Society Adoption locations are temporarily closed during this COVID-19 pandemic, its Virtual Adoption Matchmaking Program by appointment is available to place pets with their "fur-ever" families. While Ghost Bear might have been adopted by the time you participate in the Virtual Matchmaking Adoption by Appointment, the Arizona Humane Society has dozens more great pets who also need loving homes. Anyone who is interested in seeing pets available for adoption can visit [www.azhumane.org/adopt](http://www.azhumane.org/adopt) and make an appointment online to see their next furry friend.

### Circle of Friends urges spay/neuter surgeries

It is National Spay/Neuter Awareness Month and everyone is encouraged to do their part to control the pet overpopulation issue.

Circle of Friends, a group of Arizona Humane Society donors, is dedicated to reducing the issue of too many pets in the community. The group was started by Arizona Humane Society supporters Heather Greenbaum and Julie Belgrad, who organized donors to raise money specifically for spay/neuter measures. Called The Nifty Fifty in 2007 and later Circle of Friends, these donors have made possible the spay/neuter surgeries of tens of thousands of animals. Circle of Friends is celebrated every year at Compassion with Fashion and with an exclusive spring event. To learn more, visit [www.azhumane.org/get-involved/give-now/ways-to-give/circle-of-friends](http://www.azhumane.org/get-involved/give-now/ways-to-give/circle-of-friends).



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## It's National Pet Dental Health Month!

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5402 E Windsor Ave 51 • \$263,000	1313 W Luke Ave • \$346,500	14840 N. 47th Pl. • \$522,000
1320 E Bethany Home Rd 37 • \$186,000	1125 E Shangri La Rd • \$435,000	10628 N. 73rd Dr. • \$242,500
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521 W Marlette Ave • \$405,000	7529 N 8th Ave • \$2195 Mo.	1320 E. Bethany Home Rd. Unit 26 • \$206,000
1050 E Clinton St • \$300,000	4601 N 12th Ave 3 • \$1350 Mo.	22627 N. 45th Pl • \$655,000
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**TAKING CARE OF BUSINESS**



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**Answer:**

Yes, special needs beneficiaries require specific planning. Without proper planning, the receipt of an inheritance could disqualify a special needs beneficiary from Medicaid or other means-tested benefits. Planning with a supplemental care trust can avoid this devastating result. Meeting with an attorney experienced in special needs planning is the place to start. You can call our office at (480) 922-1010 to make an appointment; we are here to help.

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Delta Dental of Arizona CEO Allan Allford, NOAH CEO Wendy Armendariz and HonorHealth Foundation president and CEO Jared Langkilde gather at NOAH Heuser Pediatric Dental (photo courtesy of Delta Dental of Arizona).

## Delta Dental provides pandemic relief

Delta Dental of Arizona is helping expand treatment for patients in the community during the COVID-19 pandemic.

The dental benefits provider recently partnered with Neighborhood Outreach Access to Health (NOAH) and HonorHealth Foundation to pay for expert emergency dental services at NOAH for uninsured patients who come to HonorHealth emergency departments with dental problems. This new Delta Dental of Arizona Dental Connect program is possible because of a \$525,000 donation from Delta Dental of Arizona. Wendy Armendariz, NOAH chief executive officer, said patients with a dental crisis typically come to emergency departments as their "last resort" and their issues can be causing major pain, affecting other areas of their health and likely interfering with their day-to-day lives.

With Dental Connect, when a patient without insurance checks in to an HonorHealth emergency room with a dental emergency, facial pain or other related oral health problem, that person will be referred to the proper NOAH dental employee for treatment. NOAH will then set up a virtual triage appointment with the patient to see a dentist, usually within 24 hours. After that triage appointment, NOAH will schedule the patient to come for an appointment at one of its four area dental clinics, including Desert Mission Health Center, to start the emergency dental

work. Delta Dental of Arizona also will pay for transportation costs for Dental Connect patients to get to the clinic. Delta Dental has a 65-year history of helping the United States' oral health. Its COVID-19 relief efforts were expected to reach \$1.1 billion by early this year, including more than \$10 million in Arizona.

To learn more about Delta Dental of Arizona, visit [deltadentalaz.com](http://deltadentalaz.com). For more information about NOAH, visit [noahhelps.org](http://noahhelps.org) and to learn more about HonorHealth Foundation visit [honorhealthfoundation.org](http://honorhealthfoundation.org).

## Business Briefs

### Pamper sweetie with new wellness items

Treat your sweetie or yourself to gifts that promote relaxation for Valentine's Day and anytime at Kaya Hemp Co.

The retail store at 6102 N. 16th St., which offers a wide range of alternative wellness products, recently added a Blackberry Sleep CBN Oil Tincture, a hemp-derived cannabidiol blended with organically grown CBD and chamomile to enhance relaxation and sedative impacts. It costs \$95 per bottle. Kaya Hemp also began selling a Refresh CBG tincture made with organic ingredients in a blood orange basil flavor, in two potencies (750 mg and 1500 mg). This CBG/CBD blend is reportedly perfect to take in the morning or daytime due to the focused effect it provides and Kaya Hemp said it can help improve mood, provide clar-

*please see TREAT on page 16*



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**TAKING CARE OF BUSINESS**

**TREAT continued from page 14**

ity and contribute to overall wellbeing. This product costs \$65 for the smaller bottle and \$105 for the larger one.

Kaya Hemp Co. also is making baths more relaxing with its heart-shaped CBD bath bombs. It provides a variety of books on mindfulness, philosophy, Ayurveda, gardening and cooking. One called “How to Love” by Zen Master Thich Nhat Hanh teaches beginners and seasoned practitioners about the essentials of engaging in a mindfulness practice.

To learn more about Kaya Hemp Co. visit [kayahempco.com](http://kayahempco.com).

**Catch deals at Well Suited and My Sister’s Closet**

Take advantage of huge savings on designer clothes, handbags, shoes, accessories and other items at My Sister’s Closet and Well Suited through Friday, Feb. 12.

Both stores are holding a Winter Progressive Sale, offering 20 to 70-percent off upscale merchandise at all of their locations. Everything will be 70-

percent off the regular prices Feb. 10 to 12, with stores closing at noon on Feb. 12. Then check out the Spring Unveiling, starting when the stores open at 8 a.m. on Feb. 13. That is when thousands of unusual items never seen before will be revealed.

There is a My Sister’s Closet and a Well Suited in the Town & Country shopping center at 4869 N. 20th St.

To learn more, visit [mysisterscloset.com](http://mysisterscloset.com).

**Musical tastes drive new dating app**

A North Central woman is aiming for single residents’ hearts with a new app based on music compatibility.

Rachel Van Nortwick, CEO and founder of Vinylly, said she wanted to create the app after seeing friends and family members struggle with other dating apps “that only gave way to meaningless connections.” The app will be free for users and plans are for it to be available early this month. Van Nortwick said the Vinylly process starts with users pairing their Spotify

*please see DATING on page 18*



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## TAKING CARE OF BUSINESS

**DATING** continued from page 16

accounts with the dating profile. As users stream more music an algorithm reacts and Vinylly creates new matches. Those using the app can listen to their matches' recent songs and playlists. Besides musical preferences, the app also connects potential matches based on gender identification and gender preferences, commitment level and location preference.

Users can browse possible matches' profiles, review their first and last concerts, see what genres of music they like and find out how they listen to music, among other factors. Van Nortwick, who is in a relationship, said she knows that understanding someone's musical preferences helps lead to compatibility.

Vinylly has teamed up with Musicians On Call (MOC) as its official non-profit charity. Musicians On Call provides live and recorded music to patients, family members and employees in hospitals around the country. To learn more about Vinylly, visit vinyllyapp.com.

**Follow rules for PPP loans when filing taxes**

If you received support through the Paycheck Protection Program (PPP), part of the CARES Act, there are certain things you should know about these loans related to your taxes.

So says Giselle Alexander, senior member with The Cavanagh Law Firm. Alexander said the PPP was intended to assist small businesses, though large businesses also saw benefits. Many businesses needed these loans to keep their employees working and to pay for everyday expenses so they could remain open. Business owners were told that these loans would be "forgiven" as long as the money was spent on payroll (60 percent requirement), mortgage interest, utilities and rent during the eight or 24-week period after they were disbursed.

Alexander said if you received a PPP loan that when you are doing your taxes you can deduct expenses that were paid for with the loan proceeds. She added payroll, mortgage interest, rent and utility costs are all forgivable uses of the loan. Alexander said you do not

have to include forgiven PPP funds in your income. While loan proceeds forgiven by the lender generally can be included in income, PPP loan forgiveness is an exception to the general rule.

Another aspect of the PPP is that you can take advantage of the Families First Coronavirus Response Act (FFCRA), which requires some employers to offer employees paid leave for reasons related to COVID-19. However, businesses can still reap the benefits of the FFCRA tax credits in addition to using the PPP loan. Alexander said under the CARES Act, employers can elect to defer payroll taxes from March 27 to Dec. 31 of last year. She added that 50-percent of the deferred taxes accumulated in 2020 must be paid by Dec. 31 of this year and the rest by Dec. 31, 2022. However, you cannot use PPP funds for business taxes.

Alexander is an Arizona Certified Tax Law Specialist, a CPA and holds a master's degree in Law in Taxation. She can answer your questions about PPP funds. To learn more, visit cavanagh-law.com.

**Webinar to offer tips on work-from-home health**

Many people are working from home during this COVID-19 pandemic and the change in lifestyle can cause health risks.

The Greater Phoenix Chamber Foundation will hold the PlayWELL Workshop: Beat the Seat: Staying Active in the Workplace webinar on Zoom from 11 a.m. to noon on Thursday, Feb. 18. Drew Saenz, Program Director and Workday Performance Coach at Team Up AZ, will share tips for fighting a long workday and incorporating movement throughout the day into your routine. He will guide participants through exercises they can do in their at-home work areas, in traditional offices and while out in the field.

Sitting for long periods of time is linked to health risks including obesity, high blood pressure, excess body fat around the waist and abnormal cholesterol levels. To register for the webinar, visit phoenixchamber.com and search under "Events" for February.

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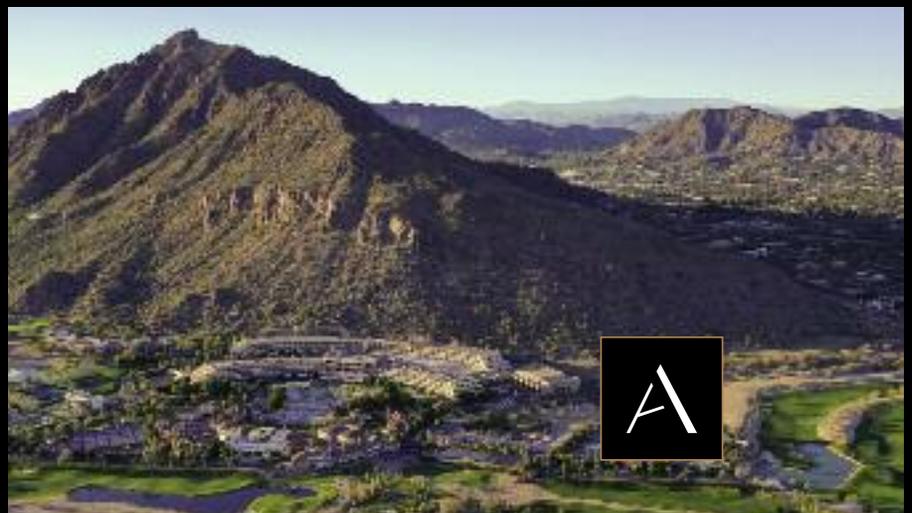
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## CURRENT LISTINGS/ESCROWS

6035 N Central Ave	In Escrow	8048SF	6BR/6.5BA	\$3,900,000
17 W Sierra Vista Dr	In Escrow	4670SF	4BR/3.5BA	\$1,395,000
2685 E Cannon Pl	Just Listed	5880SF	6BR/4.5BA	\$1,100,000
6 E Cactus Wren Dr	In Escrow	3849SF	5BR/4.5BA	\$1,075,000
21 E Cactus Wren	Just Listed	6718SF	4BR/3.5BA	\$1,075,000
10436 N Central Ave	In Escrow	3082SF	4BR/3.5BA	\$ 975,000
5501 E Beryl Ave	In Escrow	2996SF	4BR/2.5BA	\$ 949,000
7140 N 9th St	In Escrow	2720SF	3BR/2.5BA	\$ 895,000
6520 N Central Ave	Just Listed	2829SF	5BR/4BA	\$ 850,000
5428 E Cannon Dr	In Escrow	2548SF	4BR/2.5BA	\$ 825,000
1309 W Linger Ln	Just Listed	2400SF	4BR/2BA	\$ 695,000
1345 E Missouri Ave	In Escrow	3205SF	4BR/3.5BA	\$ 665,000
340 E Osborn Rd #3	New Construction	2441SF	3BR/3.5BA	\$ 669,000
340 E Osborn Rd #4	New Construction	2441SF	3BR/3.5BA	\$ 669,000
1345 E Missouri Ave	New Price	3205SF	4BR/3.5BA	\$ 665,000
1 W Cheryl Dr	New Price	3002SF	4BR/2.5BA	\$ 649,000
340 E Osborn Rd #1	New Construction	2255SF	3BR/3.5BA	\$ 619,000
340 E Osborn Rd #2	New Construction	2255SF	3BR/3.5BA	\$ 619,000
15 W Cochise Dr	In Escrow	1726SF	3BR/2BA	\$ 550,000
5338 N Questa Tierra Dr	In Escrow	2144SF	3BR/2.5BA	\$ 549,900
4231 W Monte Cristo	In Escrow	2276SF	4BR/2BA	\$ 525,000
3920 W Sandra Terrace	In Escrow	3608SF	5BR/3BA	\$ 465,000
5 E Butler Dr	In Escrow	2262SF	2BR/2BA	\$ 429,900
5338 N Questa Tierra Dr	In Escrow	2144SF	3BR/2.5BA	\$ 549,990
1232 E Palacio Ln	In Escrow	1548SF	3BR/2BA	\$ 389,900
6922 N 129th Dr	Just Listed	2903SF	5BR/3BA	\$ 385,000
100 W Maryland Ave L1	In Escrow	1640SF	3BR/1.75BA	\$ 349,999

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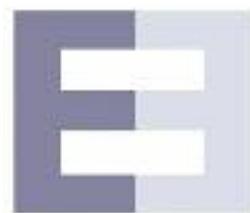
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## COMMUNITY

### Pet of the Month

#### Cuddly Ghost Bear has loving spirit, likes hikes

Ghost Bear is as cuddly as they come and often described as a big, lovable teddy bear.

The seven-year-old American Staffordshire Terrier mix was first taken to the Arizona Humane Society by Maricopa County Animal Care and Control in June of last year through the Humane Society's Project Reachout Program. That program allows the Arizona Humane Society to transfer pets from shelters that are overwhelmed when the Humane Society has enough room to adopt them out, giving them a second chance at finding a forever home. And that is exactly what happened, as Ghost Bear was quickly adopted but then found himself back at the shelter because of unforeseen circumstances when his owner became ill.

Ghost Bear's favorite activity, besides being a snuggle bug, is to go on a hike and enjoy lots of sniffs in the great outdoors. Although he is a big pup, this cutie pie believes he is a lap



Ghost Bear is a seven-year-old American Staffordshire Terrier mix who loves to cuddle and is looking for his forever home (photo courtesy of the Arizona Humane Society).

dog and he always attempts to sneak in a kiss or two when people are not looking. Ghost Bear would do best in a home where there are children who are at least 10 years old and where he is the only pet in the home. His animal number is 641528.

While all Arizona Humane Society Adoption locations are temporarily closed during this COVID-19 pandemic, its Virtual Adoption Matchmaking Program by appointment is available to place pets with their "fur-ever" families. While Ghost Bear might have been adopted by the time you participate in the Virtual Matchmaking Adoption by Appointment, the Arizona Humane Society has dozens more great pets who also need loving homes. Anyone who is interested in seeing pets available for adoption can visit [www.azhumane.org/adopt](http://www.azhumane.org/adopt) and make an appointment online to see their next furry friend.

#### Circle of Friends urges spay/neuter surgeries

It is National Spay/Neuter Awareness Month and everyone is encouraged to do their part to control the pet overpopulation issue.

Circle of Friends, a group of Arizona Humane Society donors, is dedicated to reducing the issue of too many pets in the community. The group was started by Arizona Humane Society supporters Heather Greenbaum and Julie Belgrad, who organized donors to raise money specifically for spay/neuter measures. Called The Nifty Fifty in 2007 and later Circle of Friends, these donors have made possible the spay/neuter surgeries of tens of thousands of animals. Circle of Friends is celebrated every year at Compassion with Fashion and with an exclusive spring event. To learn more, visit [www.azhumane.org/get-involved/give-now/ways-to-give/circle-of-friends](http://www.azhumane.org/get-involved/give-now/ways-to-give/circle-of-friends).



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### It's National Pet Dental Health Month!

Don't forget to talk to your veterinarian about the importance of oral health care for your pet.



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**SOLD**

**22627 N. 45th Place • \$655,000**  
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**2020 SALES**

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6240 N 10th St • \$436,500(Duplex)	721 E Sierra Vista Dr • \$620,000(4-Plex)	1055 N. Recker Rd. 1007 • \$247,000
5402 E Windsor Ave 51 • \$263,000	1313 W Luke Ave • \$346,500	14840 N. 47th Pl. • \$522,000
1320 E Bethany Home Rd 37 • \$186,000	1125 E Shangri La Rd • \$435,000	10628 N. 73rd Dr. • \$242,500
4582 S Wildflower Pl • \$735,000	1123 W Orangewood Ave • \$530,000	7025 N. 22nd Dr. • \$280,000
1735 W Seldon Ln • \$510,000	10407 N 11th St 3 • \$1450 Mo.	3543 W. Tuckey Ln. • \$214,900
1742 W Seldon Ln • \$534,900	821 E North Ln 2 • \$1350 Mo.	230 W. Denton Ln \$457,500
10858 N 11th St • \$370,000	1010 W Vista Ave • \$2795 Mo.	802 E. Cavalier Dr \$430,000
521 W Marlette Ave • \$405,000	7529 N 8th Ave • \$2195 Mo.	1320 E. Bethany Home Rd. Unit 26 • \$206,000
1050 E Clinton St • \$300,000	4601 N 12th Ave 3 • \$1350 Mo.	22627 N. 45th Pl • \$655,000
5817 N 12th Pl • \$599,900	4601 N 12th Ave 2 • \$1050 Mo.	564 W Nido Ave • \$2695 mo.
	4601 N 12th Ave 1 • \$1000 Mo.	6514 N 13TH Dr • \$1495 mo.
	910 W Wagon Wheel Drive • \$670,000	6240 N 10TH St • \$1395



For more information about these and other properties, contact

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**TAKING CARE OF BUSINESS**



# Ask the Attorney

**Andrea L. Claus, Esq.**  
Director of Estate Planning, Probate and Trust Administration

**Question:**

I have a child with special needs. I've heard I need to include special provisions in my estate planning documents for that child's inheritance. Is this true? Where do I start?

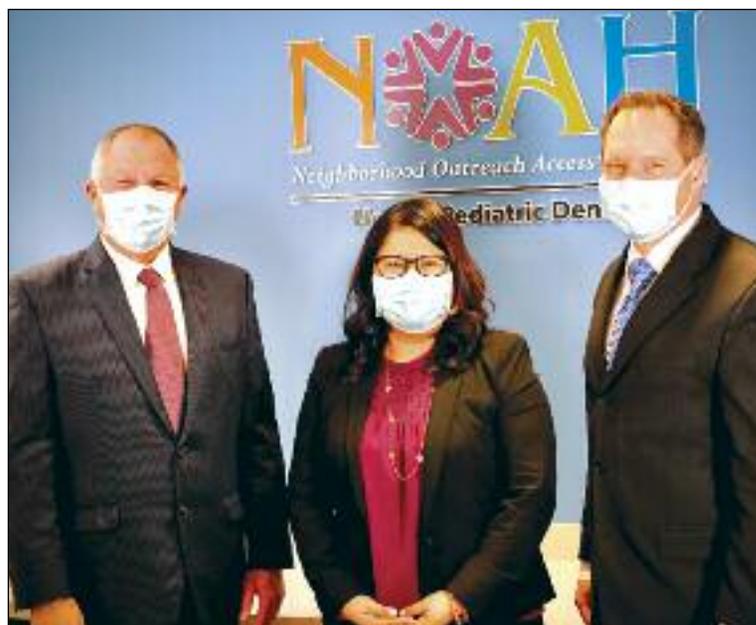
**Answer:**

Yes, special needs beneficiaries require specific planning. Without proper planning, the receipt of an inheritance could disqualify a special needs beneficiary from Medicaid or other means-tested benefits. Planning with a supplemental care trust can avoid this devastating result. Meeting with an attorney experienced in special needs planning is the place to start. You can call our office at (480) 922-1010 to make an appointment; we are here to help.

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Delta Dental of Arizona CEO Allan Allford, NOAH CEO Wendy Armendariz and HonorHealth Foundation president and CEO Jared Langkilde gather at NOAH Heuser Pediatric Dental (photo courtesy of Delta Dental of Arizona).

## Delta Dental provides pandemic relief

Delta Dental of Arizona is helping expand treatment for patients in the community during the COVID-19 pandemic.

The dental benefits provider recently partnered with Neighborhood Outreach Access to Health (NOAH) and HonorHealth Foundation to pay for expert emergency dental services at NOAH for uninsured patients who come to HonorHealth emergency departments with dental problems. This new Delta Dental of Arizona Dental Connect program is possible because of a \$525,000 donation from Delta Dental of Arizona. Wendy Armendariz, NOAH chief executive officer, said patients with a dental crisis typically come to emergency departments as their "last resort" and their issues can be causing major pain, affecting other areas of their health and likely interfering with their day-to-day lives.

With Dental Connect, when a patient without insurance checks in to an HonorHealth emergency room with a dental emergency, facial pain or other related oral health problem, that person will be referred to the proper NOAH dental employee for treatment. NOAH will then set up a virtual triage appointment with the patient to see a dentist, usually within 24 hours. After that triage appointment, NOAH will schedule the patient to come for an appointment at one of its four area dental clinics, including Desert Mission Health Center, to start the emergency dental

work. Delta Dental of Arizona also will pay for transportation costs for Dental Connect patients to get to the clinic. Delta Dental has a 65-year history of helping the United States' oral health. Its COVID-19 relief efforts were expected to reach \$1.1 billion by early this year, including more than \$10 million in Arizona.

To learn more about Delta Dental of Arizona, visit [deltadentalaz.com](http://deltadentalaz.com). For more information about NOAH, visit [noahhelps.org](http://noahhelps.org) and to learn more about HonorHealth Foundation visit [honorhealthfoundation.org](http://honorhealthfoundation.org).

## Business Briefs

### Pamper sweetie with new wellness items

Treat your sweetie or yourself to gifts that promote relaxation for Valentine's Day and anytime at Kaya Hemp Co.

The retail store at 6102 N. 16th St., which offers a wide range of alternative wellness products, recently added a Blackberry Sleep CBN Oil Tincture, a hemp-derived cannabidiol blended with organically grown CBD and chamomile to enhance relaxation and sedative impacts. It costs \$95 per bottle. Kaya Hemp also began selling a Refresh CBG tincture made with organic ingredients in a blood orange basil flavor, in two potencies (750 mg and 1500 mg). This CBG/CBD blend is reportedly perfect to take in the morning or daytime due to the focused effect it provides and Kaya Hemp said it can help improve mood, provide clar-

*please see TREAT on page 16*



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**TAKING CARE OF BUSINESS**

**TREAT continued from page 14**

ity and contribute to overall wellbeing. This product costs \$65 for the smaller bottle and \$105 for the larger one.

Kaya Hemp Co. also is making baths more relaxing with its heart-shaped CBD bath bombs. It provides a variety of books on mindfulness, philosophy, Ayurveda, gardening and cooking. One called “How to Love” by Zen Master Thich Nhat Hanh teaches beginners and seasoned practitioners about the essentials of engaging in a mindfulness practice.

To learn more about Kaya Hemp Co. visit [kayahempco.com](http://kayahempco.com).

**Catch deals at Well Suited and My Sister’s Closet**

Take advantage of huge savings on designer clothes, handbags, shoes, accessories and other items at My Sister’s Closet and Well Suited through Friday, Feb. 12.

Both stores are holding a Winter Progressive Sale, offering 20 to 70-percent off upscale merchandise at all of their locations. Everything will be 70-

percent off the regular prices Feb. 10 to 12, with stores closing at noon on Feb. 12. Then check out the Spring Unveiling, starting when the stores open at 8 a.m. on Feb. 13. That is when thousands of unusual items never seen before will be revealed.

There is a My Sister’s Closet and a Well Suited in the Town & Country shopping center at 4869 N. 20th St.

To learn more, visit [mysisterscloset.com](http://mysisterscloset.com).

**Musical tastes drive new dating app**

A North Central woman is aiming for single residents’ hearts with a new app based on music compatibility.

Rachel Van Nortwick, CEO and founder of Vinylly, said she wanted to create the app after seeing friends and family members struggle with other dating apps “that only gave way to meaningless connections.” The app will be free for users and plans are for it to be available early this month. Van Nortwick said the Vinylly process starts with users pairing their Spotify

*please see DATING on page 18*



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## TAKING CARE OF BUSINESS

**DATING** continued from page 16

accounts with the dating profile. As users stream more music an algorithm reacts and Vinylly creates new matches. Those using the app can listen to their matches' recent songs and playlists. Besides musical preferences, the app also connects potential matches based on gender identification and gender preferences, commitment level and location preference.

Users can browse possible matches' profiles, review their first and last concerts, see what genres of music they like and find out how they listen to music, among other factors. Van Nortwick, who is in a relationship, said she knows that understanding someone's musical preferences helps lead to compatibility.

Vinylly has teamed up with Musicians On Call (MOC) as its official non-profit charity. Musicians On Call provides live and recorded music to patients, family members and employees in hospitals around the country. To learn more about Vinylly, visit vinyllyapp.com.

**Follow rules for PPP loans when filing taxes**

If you received support through the Paycheck Protection Program (PPP), part of the CARES Act, there are certain things you should know about these loans related to your taxes.

So says Giselle Alexander, senior member with The Cavanagh Law Firm. Alexander said the PPP was intended to assist small businesses, though large businesses also saw benefits. Many businesses needed these loans to keep their employees working and to pay for everyday expenses so they could remain open. Business owners were told that these loans would be "forgiven" as long as the money was spent on payroll (60 percent requirement), mortgage interest, utilities and rent during the eight or 24-week period after they were disbursed.

Alexander said if you received a PPP loan that when you are doing your taxes you can deduct expenses that were paid for with the loan proceeds. She added payroll, mortgage interest, rent and utility costs are all forgivable uses of the loan. Alexander said you do not

have to include forgiven PPP funds in your income. While loan proceeds forgiven by the lender generally can be included in income, PPP loan forgiveness is an exception to the general rule.

Another aspect of the PPP is that you can take advantage of the Families First Coronavirus Response Act (FFCRA), which requires some employers to offer employees paid leave for reasons related to COVID-19. However, businesses can still reap the benefits of the FFCRA tax credits in addition to using the PPP loan. Alexander said under the CARES Act, employers can elect to defer payroll taxes from March 27 to Dec. 31 of last year. She added that 50-percent of the deferred taxes accumulated in 2020 must be paid by Dec. 31 of this year and the rest by Dec. 31, 2022. However, you cannot use PPP funds for business taxes.

Alexander is an Arizona Certified Tax Law Specialist, a CPA and holds a master's degree in Law in Taxation. She can answer your questions about PPP funds. To learn more, visit cavanagh-law.com.

**Webinar to offer tips on work-from-home health**

Many people are working from home during this COVID-19 pandemic and the change in lifestyle can cause health risks.

The Greater Phoenix Chamber Foundation will hold the PlayWELL Workshop: Beat the Seat: Staying Active in the Workplace webinar on Zoom from 11 a.m. to noon on Thursday, Feb. 18. Drew Saenz, Program Director and Workday Performance Coach at Team Up AZ, will share tips for fighting a long workday and incorporating movement throughout the day into your routine. He will guide participants through exercises they can do in their at-home work areas, in traditional offices and while out in the field.

Sitting for long periods of time is linked to health risks including obesity, high blood pressure, excess body fat around the waist and abnormal cholesterol levels. To register for the webinar, visit phoenixchamber.com and search under "Events" for February.

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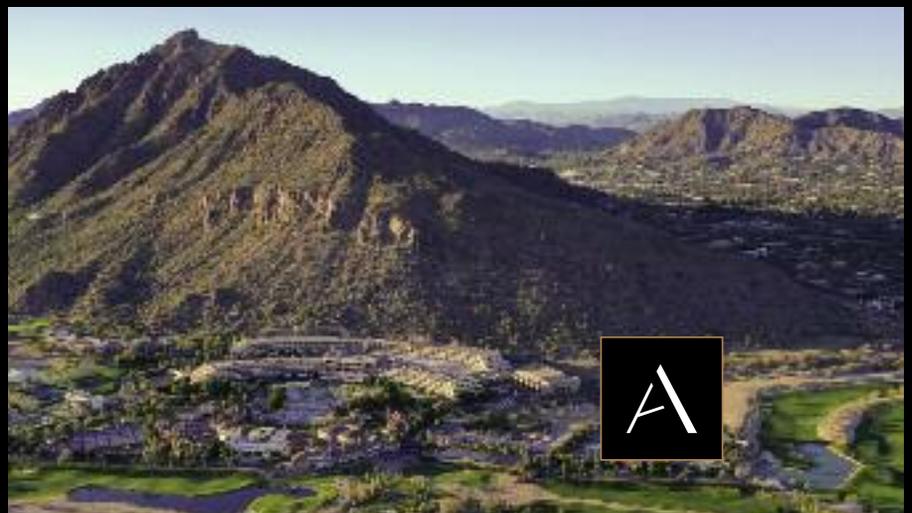
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Associate Broker

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## CURRENT LISTINGS/ESCROWS

6035 N Central Ave	In Escrow	8048SF	6BR/6.5BA	\$3,900,000
17 W Sierra Vista Dr	In Escrow	4670SF	4BR/3.5BA	\$1,395,000
2685 E Cannon Pl	Just Listed	5880SF	6BR/4.5BA	\$1,100,000
6 E Cactus Wren Dr	In Escrow	3849SF	5BR/4.5BA	\$1,075,000
21 E Cactus Wren	Just Listed	6718SF	4BR/3.5BA	\$1,075,000
10436 N Central Ave	In Escrow	3082SF	4BR/3.5BA	\$ 975,000
5501 E Beryl Ave	In Escrow	2996SF	4BR/2.5BA	\$ 949,000
7140 N 9th St	In Escrow	2720SF	3BR/2.5BA	\$ 895,000
6520 N Central Ave	Just Listed	2829SF	5BR/4BA	\$ 850,000
5428 E Cannon Dr	In Escrow	2548SF	4BR/2.5BA	\$ 825,000
1309 W Linger Ln	Just Listed	2400SF	4BR/2BA	\$ 695,000
1345 E Missouri Ave	In Escrow	3205SF	4BR/3.5BA	\$ 665,000
340 E Osborn Rd #3	New Construction	2441SF	3BR/3.5BA	\$ 669,000
340 E Osborn Rd #4	New Construction	2441SF	3BR/3.5BA	\$ 669,000
1345 E Missouri Ave	New Price	3205SF	4BR/3.5BA	\$ 665,000
1 W Cheryl Dr	New Price	3002SF	4BR/2.5BA	\$ 649,000
340 E Osborn Rd #1	New Construction	2255SF	3BR/3.5BA	\$ 619,000
340 E Osborn Rd #2	New Construction	2255SF	3BR/3.5BA	\$ 619,000
15 W Cochise Dr	In Escrow	1726SF	3BR/2BA	\$ 550,000
5338 N Questa Tierra Dr	In Escrow	2144SF	3BR/2.5BA	\$ 549,900
4231 W Monte Cristo	In Escrow	2276SF	4BR/2BA	\$ 525,000
3920 W Sandra Terrace	In Escrow	3608SF	5BR/3BA	\$ 465,000
5 E Butler Dr	In Escrow	2262SF	2BR/2BA	\$ 429,900
5338 N Questa Tierra Dr	In Escrow	2144SF	3BR/2.5BA	\$ 549,990
1232 E Palacio Ln	In Escrow	1548SF	3BR/2BA	\$ 389,900
6922 N 129th Dr	Just Listed	2903SF	5BR/3BA	\$ 385,000
100 W Maryland Ave L1	In Escrow	1640SF	3BR/1.75BA	\$ 349,999

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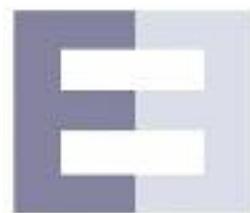
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## Featured Homes for February



1345 E. Missouri Ave. • \$665,000



1309 W. Linger Ln. • \$695,000



340 E. Osborn Rd. #2 • \$619,000



100 W. Maryland Ave. L1 • \$349,999



5 E. Butler Dr. • \$429,900



1 W Cheryl Dr • \$649,000



15 W Cochise Dr • \$550,000



5338 N Questa Tierra Dr • \$549,900



1232 E. Palacio Ln. • \$389,900

125 homes SOLD in 2020 and 18 properties currently in escrow. Call me to discuss your real estate needs and the value of your home. 602.376.1341. I work 7 days a week and am always available to help.

### SOLD HOMES FOR 2020

2205 E Colter St.....\$4,100,000	10436 N Central Ave .....\$ 932,000	1404 W Gardenia Ave .....\$ 655,000	1025 E Denton Ln .....\$ 456,500	1124 E. Rose Ln. #6 .....\$ 255,000
5350 E Orchid Ln .....\$3,149,000	6312 N 4th Pl .....\$ 930,000	15638 N 18th St.....\$ 618,000	1312 W Georgia Ave .....\$ 445,000	350 W Maryland Ave .....\$ 239,000
5450 E Arcadia Ln .....\$2,500,000	11 W San Juan Ave .....\$ 900,000	902 W Claremont St .....\$ 610,000	1525 W Vernon Ave .....\$ 445,000	8225 N Central Ave #15 .....\$ 238,500
7020 N. Wilder Rd. ....\$2,400,000	3146 E Maryland Ave.....\$ 865,000	517 W. Lamar Rd. ....\$ 600,000	6302 N. 11th St. ....\$ 439,900	507 W Beverly Ln .....\$ 327,650
5600 N 4th St .....\$2,001,000	209 W. Lamar Rd. ....\$ 860,000	216 E Keim Dr .....\$ 600,000	8145 N 13th Pl .....\$ 434,000	4808 N 24th St #705 .....\$ 325,000
6020 E. Doubletree Ranch Rd. ....\$1,860,000	4714 E Lewis Ave .....\$ 812,000	724 E Claremont St .....\$ 599,900	3137 E Hazelwood St .....\$ 426,250	1102 W Glendale Ave #102 .....\$ 304,000
*2240 E Georgia Ave .....\$1,850,000	34920 N 23rd Ln .....\$ 810,000	202 E Berridge Ln .....\$ 595,000	6811 N 11th Ave .....\$ 420,000	3346 N 28th St .....\$ 289,000
5726 N 2nd Ave .....\$1,595,000	8051 N 15th Ave .....\$ 799,900	5125 N 34th Pl .....\$ 595,000	1711 E Solano Dr .....\$ 420,000	8008 N Central Ave #10 .....\$ 275,000
7151 N 3rd St .....\$1,400,000	5112 N. 34th Pl. ....\$ 784,000	1516 W. Winter Dr. ....\$ 585,000	902 E Rovey Ave .....\$ 420,000	1411 E Orangewood #230 .....\$ 265,000
8255 N 18th St .....\$1,175,000	719 W Claremont St .....\$ 769,000	6217 N 7th Ave .....\$ 575,000	1902 E Coolidge St .....\$ 415,000	3302 N 7th St #120 .....\$ 208,000
6611 N Central Ave .....\$1,175,000	6522 N 14th St .....\$ 750,000	77 E Missouri Ave #37 .....\$ 575,000	3120 E Coolidge .....\$ 400,000	1005 E Northern Ave .....\$ 203,900
9824 N 53rd Pl .....\$1,700,000	1512 W Palmaria .....\$ 710,000	701 W Las Palmaritas .....\$ 568,000	7340 N. 11th St.....\$ 400,000	100 W Maryland Ave N1 .....\$ 190,000
210 E Cactus Wren .....\$1,320,000	1439 E Echo Ln .....\$ 750,000	4430 N.22nd St. #13 .....\$ 550,000	6163 N 28th Pl .....\$ 399,000	6240 N 16th St #34 .....\$ 187,400
2939 N Manor Dr .....\$1,300,000	126 W. North Ln. ....\$ 748,840	11 W Cheryl Dr .....\$ 550,000	7747 N 13th St.....\$ 397,500	7141 N 16th St #228 .....\$ 170,000
10825 N 55th St .....\$1,275,000	1441 E Missouri Ave .....\$ 740,000	14 E Laurie Ln .....\$ 530,000	3015 E Coolidge #6 .....\$ 385,000	750 E. Northern Ave. #2003 .....\$ 147,000
6138 E Rose Circle Dr .....\$1,250,000	1002 E Kaler Dr .....\$ 726,000	4827 E Weldon Ave .....\$ 529,900	1810 W Butler Dr .....\$ 370,000	1525 E Cortez Lot .....\$ 65,000
321 E. Pomona Rd. ....\$1,250,000	544 E Belmont Ave .....\$ 699,000	534 W. El Camino Dr. ....\$ 515,000	720 W. Thunderbird Rd. ....\$ 369,000	
10432 N 48th Pl .....\$1,200,000	3824 E Melody Dr .....\$ 690,000	1611 N 11th Ave .....\$ 512,000	509 W. Missouri Ave. ....\$ 339,800	
816 E Circle Rd .....\$1,120,000	303 W Stella Ave.....\$ 695,000	27525 N 113th Pl .....\$ 510,000	1102 W Glendale Ave #125 .....\$ 369,000	
3611 E Mariposa St .....\$1,050,000	505 E Missouri Ave .....\$ 688,000	6811 N 11th Pl .....\$ 505,000	1636 E Cactus Wren Dr .....\$ 365,000	
9904 E. Quarry Trail .....\$1,050,000	5301 N. 6th St. ....\$ 675,000	6050 N. 10th Pl. ....\$ 502,500	1102 W Glendale Ave #114 .....\$ 359,500	
245 E Ashwood Pl .....\$ 990,000	6621 N 14th Pl .....\$ 675,000	8710 N 6th Dr .....\$ 480,000	4301 N. 21st St. #61 .....\$ 335,000	
2214 E San Juan Ave .....\$ 975,000	3853 E. Crittenden Ln. ....\$ 675,000	1133 E Gardenia Ave .....\$ 475,000	7330 N 11th St .....\$ 330,000	
815 E Circle Rd.....\$ 975,000	412 E. McLellan Blvd. ....\$ 659,000	6118 N 9th Ave .....\$ 475,000	732 W. Pierson St. ....\$ 301,000	

SOLD HOMES 2021  
6301 N 14th Pl .....\$ 495,000  
1026 E Wagon Wheel Dr .....\$ 450,000

\*represented both buyer and seller



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## HEALTHY LIVING

## Health Briefs

### Simple steps can help you stay positive

It can be difficult to stay positive during the COVID-19 pandemic, but an expert says there are simple, but deliberate changes you can make to shift your attitude.

Dr. Danielle Sink, Chief Medical Officer at Bayless Integrated Healthcare, said that periods of prolonged stress, including a pandemic, can cause our minds to constantly look for threats. But Sink said you can set active goals to “emphasize your desired action and outcome,” rather than the habit you want to abandon. She said instead of saying “I won’t eat junk food,” you can reframe your thoughts to say, “when I reach for an unhealthy snack, I will stop” and select a healthier choice.

Sink also recommends you declutter your space, cleaning and rearranging items and adding art or mementos to

give you a different view. She said your mood might change and possibilities will open up as your visual input is altered.

Experiment with a new skill, recipe or even a new route to your destination so you will pay attention to the moment and let go of expectations and habits that are not assisting you, Sink said.

She also urges people to serve as giving back creates a feeling of gratitude and achievement. Studies reveal the more people volunteer the happier they are.

Sink said everyone should press pause by engaging in regular prayer or meditation using mindfulness techniques as they are proven to decrease stress and its consequences. A simple way to do that is by breathing slowly while thinking, “inhale peace, exhale stress.”

Sink said if you or your loved ones are feeling despair or hopelessness you should contact your primary care physician or obtain professional counseling services. To learn more, visit baylesshealthcare.com.

### Support cause, learn about heart health this month

It is American Heart Month and there are many local resources and events where you can access information about cardiovascular health.

Abrazo Health will offer a daily series of webinars on women’s heart health the week of Feb. 15-19. The topic for the event, which starts at noon on Feb. 15, is “Heart disease: Is it really the silent killer?” Also starting at noon, on Feb. 16 you can learn about the management of atherosclerosis peripheral disease. The topic of discussion for the webinar on Feb. 17, which begins at noon, is the relationship between smoking, heart disease and stroke. Starting at 5 p.m. on Feb. 17, the webinar will focus on why women should not ignore chest pain and fatigue.

Participants can learn about Atrial fibrillation or irregular heartbeat during the webinar at noon on Feb. 18. Then Abrazo Health will discuss lipid

management at noon on Feb. 19. All the webinars are free to view.

National Wear Red Day will take place on Friday, Feb. 5. You can start a fundraiser for the American Heart Association by visiting [goredforwomen.org/en/get-involved/give/wear-red-and-give](http://goredforwomen.org/en/get-involved/give/wear-red-and-give).

The 2021 Phoenix Heart Walk Digital Experience will be held on Saturday, March 13. To learn more, visit [www.2.heart.org](http://www.2.heart.org).

### Get back on track with fitness goals

If you fell off the wagon when it comes to keeping your New Year’s resolutions to improve your health, do not worry as there are lots of ways to get back on track.

Rachel Reddish, director of Education and Small Group Training for EÖS Fitness, urges people to offer themselves grace. If you set goals but did not start trying to achieve them, it is okay and you can start anew each day. Reddish

## A MODERN APPROACH TO PSYCHIATRY

Mental illness is an extremely personal and sensitive issue, yet it doesn't discriminate. It torments people of all walks of life: our coworkers, friends, neighbors and our families. Unfortunately, treatment can be elusive, confusing and intimidating.

Brooke Morrow, PA-C and Charlie Rounds, PA-C have a combined 25 years experience helping patients in our community. According to Brooke Morrow, “Uptown Psychiatry represents a new and exciting opportunity to offer a modern approach to psychiatric treatment.” Uptown offers both in-person and virtual appointments. “Our goal is to help our patients live their lives not restricted by mental illness. Virtual appointments are a key component.” Virtual appointments can be completed from a smartphone or computer for maximum convenience.

Uptown Psychiatry provides evaluations and medication management for a variety of conditions including: ADHD, Anxiety, Depression and Insomnia. In response to the current opioid crisis, medication assisted recovery is also available to help those struggling with alcohol and opioid addiction.

While Uptown does not contract with insurance, they aim to find a balance between cost and value. “Using a direct pay model allows us to provide the best care possible with less administrative burden. We’re also able to ensure complete privacy of sensitive information.” Uptown Psychiatry is currently accepting new patients.

# What happens at UPTOWN

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[UptownPsychiatry.com](http://UptownPsychiatry.com)

## HEALTHY LIVING

also urges people to set up a routine, putting time on their calendars to exercise so they stay consistent and focused.

She adds you should start with short workouts throughout the day and set small, attainable goals that will let you enjoy small victories and stay motivated for the next challenge. Track your progress so you can visualize your success. Taking a group fitness class will help you stay motivated and accountable.

A good way to get in shape without breaking the bank is through the city of Phoenix's FitPHX classes, which are free-of-charge and offered online. There are classes in dance, yoga and other types of fitness. To register and learn more, visit [phoenix.gov/parks/fit-phx](http://phoenix.gov/parks/fit-phx). If you want to join a gym, EÖS Fitness provides a variety of classes at its locations around the Valley. To learn more, visit [eosfitness.com](http://eosfitness.com).

### Banner Health provides tips for tackling COVID-19

If you are diagnosed with COVID-19 you might be anxious, but Banner Health offers tips on how to feel better while protecting your loved ones at home.

According to Banner Health, most people who contract the virus experience mild illness and can recover at home without obtaining medical care. It provides guidance on its website for those with the virus, including urging people to stay at home unless they are going to seek medical help. Banner Health said those with COVID-19 should rest and stay hydrated while they can take acetaminophen and other over-the-counter medications to feel better.

Banner Health recommends you monitor your symptoms carefully and if they get worse, call your doctor immediately. If you live with other people, stay in a specific room away from others and if possible, use a separate bathroom than the others at home. People with COVID-19 should wear a mask if they must be around others.

Those who have mild to moderate symptoms of the virus can receive monoclonal antibody treatment. With this process, monoclonal antibodies are infused into a vein. The antibodies provide protective proteins that aid the body in clearing the virus faster and decrease symptoms when administered shortly after diagnosis. Banner Health offers these treatments based on a referral that your doctor or urgent care physician provides.

To obtain a COVID-19 test, visit a

Banner Urgent Care or ask your primary doctor to request one. To find a Banner Urgent Care, visit [banner-health.com/services/urgent-care](http://banner-health.com/services/urgent-care).

### Phoenix providing free online yoga classes

Unwind while building strength and flexibility from home or any other location during the FitPHX free, virtual yoga classes that start this month.

FitPHX received a title sponsorship from AARP to provide these online yoga classes in partnership with Sutra Studios. Yoga classes will start at 9 a.m. and be held every second Saturday of the month, beginning Feb. 13. The other dates it will be offered are March 13, April 10, May 8, June 12, July 10, Aug. 14, Sept. 11, Oct. 9, Nov. 13 and Dec. 11. These classes are being held online through the Zoom platform due to the COVID-19 pandemic.

You must register in advance and provide an accurate email address. Participants will receive a Zoom link 12 hours before each class. To learn more, visit [apm.activecommunities.com/Phoenix/Home](http://apm.activecommunities.com/Phoenix/Home).

# MINDFULLIFE

## acupuncture

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Every week I receive referrals from medical doctors to manage chronic pain and delay or avoid surgery for their patients. I have oncology clients whose doctors recommended acupuncture to reduce side effects of chemotherapy and radiation. I work with doctors as clients go through drug and alcohol withdrawal, and partner with mental health professionals for adjunct care with clients managing trauma and other life stressors.

The Mayo Clinic, Johns Hopkins, Harvard, the World Health Organization and other esteemed institutions are exploring acupuncture as an effective approach to many physical and mental health concerns. It's no longer considered a fringe alternative medicine, and research is continuing to support the use of acupuncture for treatment of pain, stress, anxiety, addictions, migraines, fertility and more.

Now is the time to shift gears in your approach to wellness. Call today to begin your journey with integrated wellness.

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*Many insurance plans reimburse for acupuncture treatment, and HSA dollars can be used to pay for acupuncture and herbal supplements. As we are nearing the year's end, take advantage of these benefits to do all you can to stay safe and healthy for new beginnings in the new year.*

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## SCHOOL DAYS

### Non-profit supports small-group instruction

By Colleen Sparks

A local non-profit organization is helping schools offer small-group instruction to try to boost students' achievement and foster community collaboration.

A for Arizona recently announced that seven public school districts and charter schools that launched small learning communities will receive Expansion and Innovation Fund grants. These grants will support free, accessible programs that emphasize individual and personalized learning models to tackle inequities caused by mass school closures. A vetting committee of local and national education, philanthropic and industry leaders reviewed the grant applications. The grants will allow the schools to reach nearly 1,000 public school students, offering learning options in Maricopa County and three other counties in the state.

Arizona Autism Charter School, Early Learning Center, in North Central was one of the grant recipients. Grants were worth \$40,000 each. Emily Anne Gullickson, founder and CEO of A for Arizona, said Arizona Autism Charter School saw a large waiting list for early learners in grades kindergarten through second in the fall. Gullickson said the campus wanted to develop "an approach for these small learning experiences."

"They really have created this unique model where children's therapies are embedded into academic experiences," she said. "They just really are thoughtful about including medical providers and academic, top, talented teachers into their structure. The student ends up the center of their whole day."

Gullickson said with the Arizona Autism Charter School's Early Learning Center the K-2 grade students focus on academics for half the day and therapeutic services including speech therapy and behavioral interventions in the afternoons. They now learn in a dedicated site just for early learners. The school serves students at every level of the autism spectrum, following the principles of Applied Behavior Analysis (ABA) to aid youths in overcoming behavioral and communication deficits.



Patrick Masson, assistant director at Arizona Autism Charter School's Early Learning Center, works with a kindergarten student. The school's Early Learning Center recently received a grant from the non-profit organization A for Arizona (submitted photo).

Other Valley schools and districts that received the grants were CASA Academy and Edison School of Innovation. Elsewhere in Arizona, Crane Elementary School District's Gowan Science Academy, Patagonia Elementary School District #6's Patagonia Elementary School, Tanque Verde Unified School District's Tanque Verde High School and Vail Unified School District also received the grants.

A for Arizona, based at 2801 E. Camelback Road, received a \$500,000 grant from the Governor's Emergency Education Relief (GEER) Fund to expand quality educational options for underserved students through small learning communities. It also received \$1 million from the federal Coronavirus Aid, Relief, and Economic Security (CARES) Act. The non-profit provided 18 grants over the summer and then the seven grants recently.

To learn more about A for Arizona, visit [aforarizona.org](http://aforarizona.org).

### School Briefs

#### GLENDALE UNION HIGH SCHOOL DISTRICT Two teachers become National Board Certified

Two teachers in the Glendale Union High School District are receiving national recognition for the impact they make in the classroom.

Leah Clark of Sunnyslope High School and Jennifer Perry of Independence High School recently became Arizona National Board

Certified Teachers. National Board Certification is the highest level of certification a teacher can receive in the United States. In order to qualify for this distinction, educators must reveal advanced knowledge, practice and skills in their individual certificate areas by finishing four components: three portfolio entries and a computer-based test.

Earning National Board Certification is a rigorous process that requires teachers to demonstrate the National Board Standards in their work. Clark is a Language Arts teacher and Perry is a special education teacher. To learn more about the National Board Certification process, visit [nbpts.org](http://nbpts.org).

#### Teen becomes Eagle Scout after doing wildlife project

A Sunnyslope High School senior is taking his passion for community service to the next level after recently becoming an Eagle Scout in Phoenix's Troop 329.

Braeden Ferman, 18, finished his Eagle Scout project over the summer and recently an Eagle Scout Board of Review evaluated that work, as well as his Scouting history, achievements and future ambitions. Normally the panel of adults reviews these topics in person but due to the COVID-19 pandemic it met virtually.



Braeden Ferman

Ferman's project was to remove barbed wire fencing to assist endangered pronghorn that migrate through the southern part of the Valley. The project was done with the help and support of Arizona Game and Fish and the Bureau of Land Management. Other Scouts helped him while they wore face masks due to the pandemic.

Ferman has been able to attend many camps and adventures in Arizona and became the Senior Patrol Leader of 86 boys when he was 14 years old. His father, Christopher, said his son is hardworking and "dedicated to being an example to the youth around him." Ferman also was on the wrestling team and played in marching band and jazz band at school. In addition he has volunteered at the Children's Museum of Phoenix and Deer Valley Community Center. His volunteer work in the community led to him receiving the President's Volunteer Service Award (Gold).

Troop 329 meets at Madison Meadows Middle School.

#### MADISON ELEMENTARY SCHOOL DISTRICT Camelview teacher seeks support for chairs

A Madison Camelview Elementary School teacher is seeking support to enhance art lessons for her students.

Demetria Schweizer is asking for assistance through [DonorsChoose.org](http://DonorsChoose.org) to purchase art supplies for the school as she said more than half of her pupils' families do not have enough money to buy them and they live in what are considered low-income households. Her goal is to raise nearly \$200 for a flexible seating project to allow her students to socially distance themselves from each other and to help with their posture.

Schweizer said her job is "to inspire the love of art and creativity to the leaders of tomorrow, as well as instill the passion for arts in all I teach." She added among her more than 600 students, the COVID-19 pandemic changed everything and most of her students had been learning online, needing flexibility in their seating.

To make a donation, visit [DonorsChoose.org](http://DonorsChoose.org) and search under Phoenix schools.

**SCHOOL DAYS**

**Preschool program provides foundation for learning**

If you are looking for an inspiring place where your young children can gain the foundation for learning, now is the time to research the Madison Elementary School District's preschool program.

So says Molly Scott, an early childhood aide with the district's Community Education preschool program, who said youths ages 3 to 5 develop social skills and learn through play. Scott said preschool sets up children for success in school and beyond their academic years. She added the preschool staff members help children to understand their feelings, work through emotions and learn how to play and live in a classroom community with others.

"We focus on children's strengths and build upon their individual goals and ideas," Scott said. "We get to know where each child is in their development and build strong relationships to help them be successful in the classroom."

Scott works in the preschool program at Madison Simis Elementary School. The district also offers the preschool program at Madison Camelview Elementary, Madison Rose Lane Elementary, Madison Heights Elementary and Madison Traditional Academy (MTA preschool is located on the Madison Park Middle School campus). Registrations and payments for preschool are processed through the Community Education Department



Molly Scott, an early childhood aide with the Madison Elementary School District's preschool program, works with students (photo courtesy of Madison Elementary School District).

and are managed via the Madison Parent Portal at [www.madisonaz.org/Page/314](http://www.madisonaz.org/Page/314). Or call the Madison Community Education Department at 602-664-7956 or email [ceinfo@madisoned.org](mailto:ceinfo@madisoned.org).

**OSBORN ELEMENTARY SCHOOL DISTRICT**

**Solano students innovate with virtual art projects**

Virtual learning is not keeping artists at Solano Elementary School from having fun and showing creativity.

Fifth and sixth-grade students at Solano have focused on shapes, lines, textures, forms, values, colors and space in their artwork. They have learned how to make one-point perspective and

*please see ART on page 26*

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SCHOOL DAYS

**ART continued from page 25**

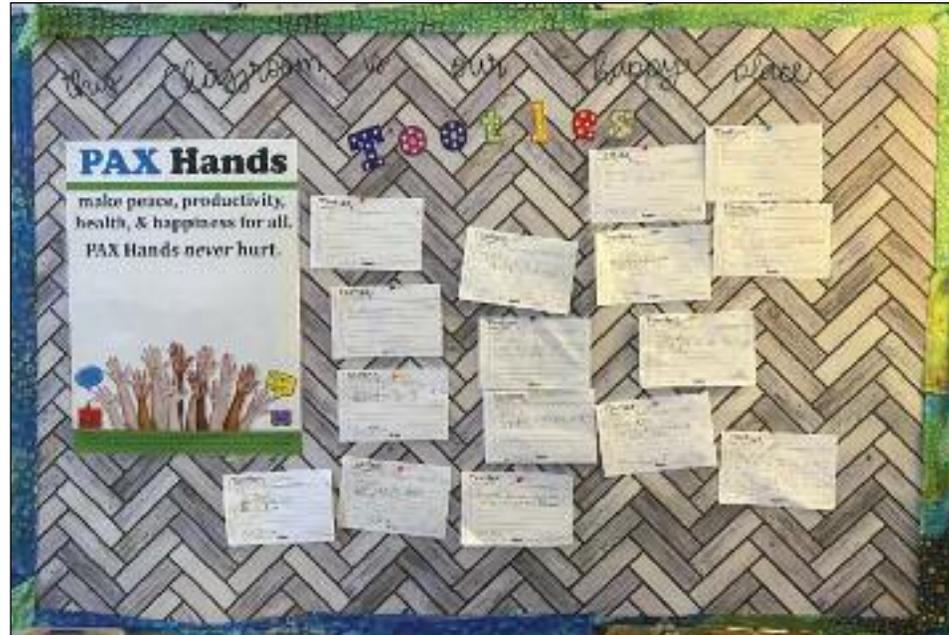
two-point perspective drawings, as well as how to change a 2-D shape into a 3-D form. The young artists also have created digital works of art using Google Draw and learned how to produce Stop Motion videos using Google Slides. Students learned how to make items move, as well as added music, special effects and speech bubbles to their videos.

**PHOENIX UNION HIGH SCHOOL DISTRICT**

**Community donations fund books for Camelback club**

Students at Camelback High School will be able to read books for a club that meets online, thanks to community support.

Teacher-librarian Monica Lourenco raised about \$520 through DonorsChoose.org to purchase books that will be used during the school's weekly Book Club, as well as for students to be able to keep for this project. The club meets online weekly. Recently, Lourenco asked students to bring any book they were reading to



Students at Midtown Primary School write "Tootles" praising their peers' good behavior as part of the PAX Good Behavior Game (photo courtesy of Midtown Primary School).

the virtual meeting, to read for 15 minutes silently and then to discuss the books. Recently she and students chose a book to read for the month.

Lourenco said her students are great people "who want to learn" and most of them have economic challenges but like to take part in experiences that promote their learning.

**WASHINGTON ELEMENTARY SCHOOL DISTRICT**  
**Program coach seeks funds for diverse coloring books**

An employee at Richard E. Miller Elementary School is asking the public for help in obtaining coloring books that promote diversity.

Lindsay Bohland, a program coach, is asking for financial contributions of \$545.94 through DonorsChoose.org to purchase 50 copies of the "I Can Be Anything" coloring books that two refugee siblings from South Africa, who now live in Phoenix, wrote. These books are inspired by one of the author's experiences drawing, when she would immediately create white princesses with straight hair. The coloring book aims to show children that "brown is a beautiful color" for pictures of people in coloring books.

The school's librarian will use the coloring books to celebrate diversity through a school diversity challenge. To make a donation, visit DonorsChoose.org and search under the Washington Elementary School District.

**PRIVATE AND CHARTER SCHOOLS**

**'Tootles' praise good behavior among peers**

Midtown Primary School students are winning at the game of good behavior.

They use the PAX Good Behavior Game, a strategy that builds self-regulation in youths by reinforcing desirable behaviors and inhibiting behaviors that are unwanted. Self-regulation means they have the ability to monitor and manage behaviors based on the demands of a situation and how they fit into the group. Children develop control over their actions and learn how to delay gratification and decrease impulsivity.

One of the ways students obtain positive reinforcement in the game is through Tootles, which are positive notes that let recipients know someone saw their good behavior. They are written notes of praises or thanks for doing a good job. These notes allow students to focus on observing the good in others. PAX stands for peace, productivity, health and happiness. Students give Tootles to each other and teachers give them, too.

**Bid on prizes to support Brophy**

You can support Brophy College Preparatory when you bid in a raffle online.

The 2021 Brophy Fashion Show and Auction general raffle are live with five prizes being offered. You can buy tickets for \$20 each or five for \$100.



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**SCHOOL DAYS**

Those buying tickets should specify which prize they hope to win: a Peloton bike, a reserved student parking space for this school year, a Louis Vuitton bag or a \$2,000 gift certificate to Restoration Hardware.

There also were some tickets left, as of press time, for a chance to win a 2021 BMW that was donated by Chapman BMW Chandler and the O'Hanrahan family. Tickets are \$250 each to enter for the opportunity to win that vehicle. The car is valued at more than \$47,000 and it comes with a four-year warranty, three-year basic maintenance plan and sales tax and first-year registration fees covered. To learn more, visit [brophyprep.org/fashion-show-raffle](http://brophyprep.org/fashion-show-raffle). For more information about the general raffle, visit [brophyprep.org/fashion-show-general-raffle](http://brophyprep.org/fashion-show-general-raffle).

**Xavier science club writes letters to alumnae**

Xavier College Preparatory's Computer Science Honor Society is making connections with alumnae.

This group wrote letters to people who graduated from Xavier between 1943 and 1963. They asked the alumnae about their lives today and if they needed any technical help or clarification on how to use programs, apps or devices.

Xavier senior Natalie Para spearheaded the Elder Outreach Program, saying as of press time the club had written to 435 alumnae and heard back from many of those residents. Natalie said there are 140 members of the Computer Science Honor Society and more than half of them handwrote cards.

Maureen Ewan, a 1956 Xavier graduate, who received a note, said it



Natalie Para, a senior at Xavier, sparked the school's Computer Science Honor Society writing letters to alumnae who graduated between 1943 and 1963 (photo courtesy of Xavier College Preparatory).

was "so sweet," adding the student wanted to know all about her and what Phoenix was "like back then." Ewan said it has been a little lonely during the COVID-19 pandemic and the Xavier students made her "feel relevant and important."

This outreach program is part of Xavier's communal approach to the greater good via its Christian Service program. Xavier Gators on average spend 30,000 hours a year giving back.

**Physician earns honor for assistance during pandemic**

A local infectious disease specialist who played a key role in helping Brophy College Preparatory respond to the COVID-19 pandemic is receiving a prestigious honor.

Dr. Ana Moran has been selected for the 2021 Inés Pascual Award and she will be recognized at Brophy's Mother-Son Mass on Feb. 20 in St.

*please see HONOR on page 28*



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### SCHOOL DAYS

#### HONOR continued from page 27

Francis Xavier Church. Besides helping Brophy, she also has provided care to COVID-19 patients who do not have health insurance. Moran also supports many of the state's Native American communities as a volunteer. She has helped many other schools and school districts. She serves as a clinical associate professor at Barrow Neurological Institute and at Creighton University's Department of Medicine and also is vice chief of Medical Staff at Select Specialty Hospital. As a volunteer physician, Moran offers infectious disease care to the Gila River Indian Reservation and the San Carlos Apache Reservation.

The Inés Pascual Award is named after a Spanish noblewoman who supported St. Ignatius of Loyola on his literal and metaphorical journey that led to the founding of the Society of Jesus — the Jesuits, the largest male religious order in the Catholic Church.

#### Madison Highland Prep senior earns scholarship

A senior at Madison Highland Prep is on a roll after having received the QuestBridge scholarship.

Meseret Berhane recently learned she will receive this four-year academic scholarship. She plans to attend Stanford University in the fall. QuestBridge links the country's brightest students to leading higher education institutions. Meseret is one of 34 seniors around the United States to earn this prestigious 2020 National College Scholarship to Stanford University. She has decided to major in psychology after taking psychology classes at Madison Highland Prep.



Meseret Berhane, a senior at Madison Highland Prep, recently received a prestigious 2020 National College Scholarship to Stanford University from the non-profit QuestBridge (photo courtesy of Madison Highland Prep).

Meseret is an excellent student and leader, who has been serving on Student Council since her freshman year. She also is president of Madison Highland Prep's National Honor Society and has been on the principal's list for four years.

QuestBridge is a national non-profit organization that connects the most exceptional, low-income youth in the United States with strong colleges and opportunities. The organization works with students from high school through college and during their first job. It aims to boost the percentage of talented, low-income students attending the best colleges in the country and to support them to achieve success in their careers and communities.

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Total Sales Volume	\$449,814,782	\$362,832,887	↑24.0%
# Homes Sold	695	661	↑5.1%
Avg. SF	2,404	2,352	↑2.2%

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The amount of vitriol in our country right now is devastating. I have seen things over these last few years I never expected to see. It's flat embarrassing how we have basically allowed our leaders to divide us into teams. They have somehow convinced us that the people on the other team are inferior and not worthy of the same respect or rights. This is simply not true, and we all know that in our heart of hearts. We need to get back to being neighborly and learning about each other and celebrating our uniqueness and diversity. That's what makes our country so great. Yes, it's messy at times, but with what happened at the Capitol January 6th, we jumped the shark from messy to dysfunction. **WE THE PEOPLE** does not just mean Republicans or Democrats or Christians or Muslims or Black or white or heterosexual or LGBTQ or blue eyes or green eyes or whatever category we're lumped into. It means all of us. These times require us to dive deep and do better in understanding each other, especially those who are perceived to be on the "other team." The best versions of ourselves understand we are all on the same team. **PEACE.**

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### GENERATIONS

## Senior Living

### Seniors can dance, share stories, socialize in classes

You can find new ways to express yourself and socialize from the safety of home in classes that Jewish Family & Children's Service is offering this year.

Its Creative Aging classes are being delivered online through Zoom due to the COVID-19 pandemic. New this month is the Latin Fusion dance class at 11 a.m. on Monday mornings, starting Feb. 1 with the next one on Feb. 8. Michelle Dionisio will teach students the merengue, mambo, salsa and cha-cha dances.

Nicole Pesce, a pianist, is returning with another edition of the Great American Songbook at 11 a.m. on Thursday, Feb. 4. She will perform songs about love. At 1:30 p.m. on Feb. 4, participants can take a virtual tour called Time Travel to Montmartre with Karen Rudel of Sight Seekers Delight. Join the group when the Phoenix Art Museum returns with a new presentation called The Art of the Monument Men, about those who rescued great artwork during World War II at 11 a.m. on Feb. 11.

The Musical Instrument Museum (MIM) will present Fiestas Patronales: Music in Latin America's Celebrations at 1:30 p.m. on Tuesday, Feb. 9. Daniel Piper, curator and ethnomusicologist for the MIM, will talk about rich varieties of Latin music in a cultural context.

A new, beginning-level storytelling class, Wait! Why Am I Talking? is continuing from 1 to 3 p.m. Wednesdays through March 17. An advanced storytelling class called Am I Telling the Story I Mean to Tell?, is continuing from 10 a.m. to noon Tuesdays through March 16.

Jewish Family & Children's Service will keep offering its personalized, small-group voice lessons with Dan Kurek from 10 a.m. to noon Wednesdays from Feb. 3 to March 24. This class models a master class, where there are group warm-ups and individual attention for each participant.

Chair yoga, drumming and a Welcome Shabbat program also are still offered. For prices and more information, visit [jfcsaz.org](http://jfcsaz.org).

To learn more, you also can call

Janet Rees at 480-599-7198 or email her at [janet.rees@jfcsaz.org](mailto:janet.rees@jfcsaz.org).

### City providing classes, programs for seniors

While the city of Phoenix's senior centers are physically closed, their members can still participate in many activities virtually.

The city closed the physical senior centers due to the COVID-19 pandemic but is providing classes and programs available through Webex. Classes include chair yoga, Fun Bingo, Nutrition Talk, reminiscing, mindfulness, and Dance Fusion. To find out more about them, contact your local Phoenix senior center, which you can find at [phoenix.gov/humanservices/programs/older](http://phoenix.gov/humanservices/programs/older).

Those who take part in the programs and classes must be senior center members. To learn more, call 602-262-7379.

## Kids & Families

### Babies to teens can play, learn in free online classes

Find lots of ways to play with your children and help your teenagers exercise from the comfort of home with the city of Phoenix's many online offerings.

The city's PHXPlays at Home provides free virtual/online classes for youths and adults during this COVID-19 pandemic as Phoenix's indoor recreational centers are temporarily closed.

Help your baby or toddler to develop their speech in the PHXPlays at Home – Baby Sign Language class from 11 to 11:45 a.m. Wednesdays from Feb. 24 to April 7 through Webex. Parents with children from newborns up to 2 years old learn simple signs for everyday items and engage in activities to help the adults and their little ones.

Check out the PHXPlays at Home-Fitness class for those ages 8 to 15 from 6 to 7 p.m. Wednesdays from Feb. 24 to April 7. The class aims to help get the blood flowing, heart racing and muscles moving. Students will be asked to complete push-ups, sit-ups and cardio exercises. They can work out at their own pace while learning some of the basic types of different exercises.

To learn more, visit [phoenix.gov/parks/classes-and-programs](http://phoenix.gov/parks/classes-and-programs).