



north central news

the voice of the north central phoenix community since 1999

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Resorts bounce back with summer specials

By Colleen Sparks

North Central resorts are rolling out the red carpet for guests this summer as they aim to recover from a huge drop in visits earlier in the COVID-19 pandemic.

Resorts in North Central and around the state, along with many other businesses, suffered huge decreases in traffic before the COVID-19 vaccines became widely available. They are offering deals on visits and dining this summer while promoting their luxurious swimming pools, spas, rooms and other amenities.

“I will say definitively this has been the greatest crisis to hit our industry ever,” said Kim Sabow, president and CEO of the Arizona Lodging & Tourism Association (AzLTA). “It’s wiped out 10 years of job growth and I don’t think there is a business within this industry that hasn’t felt deep, deep painful impacts.”

please see RESORTS on page 6



Martin Strohmeier recently obtained city approval to build a 260-square-foot addition to his historic home at 501 W. Campbell Ave. in the Yapple Park historic district. The English cottage-style house was built in 1938 (photo by Colleen Sparks).

Charm, history of older homes attract residents

By Colleen Sparks

While construction is booming in Phoenix, many North Central residents are restoring historic homes in an effort to preserve pieces of the past.

There are 36 historic residential districts in the Phoenix area, as well as about 230 individual properties on the Phoenix Historic Property Register. Generally a property must be at least 50 years old to be considered for the Phoenix register unless it is considered to be “exceptionally significant,” said Michelle Dodds, historic preservation officer for the city of Phoenix. The city’s Historic Preservation Office protects and enhances historic buildings, neighborhoods and sites in Phoenix and works closely with the Historic Preservation Commission to identify and designate eligible properties and districts to list on the Phoenix Historic Property Register. There are protections for designated properties that require city review and approval for exterior alterations to buildings and demolition requests.

Martin Strohmeier recently received approval from a city hearing officer to build a 260-square-foot addition to his historic home at 501 W. Campbell Ave. in the Yapple Park historic district. He and his partner plan to move into the house, which was built

in 1938, and rent out its guest cottage as an Airbnb.

Strohmeier’s main house has Tufa stone on the outside while the guesthouse has stucco on the outside. There is a steeply pitched, cross-gable roof on the main house.

Strohmeier said he has not had to do much work to the main house as previous owners left it in “excellent condition” with a subzero refrigerator, central air-conditioning and hardwood oak floors. The addition will allow the main home to have three bedrooms and two bathrooms. There are six English cottage-style houses in the Yapple Park historical district, according to the National Register of Historic Places.

please see HISTORIC on page 4

in this issue

- City backs off Central Avenue changes, page 3
- Hatcher Road plan goes to city council, page 8
- Food drive helps feed hungry kids, page 10
- Preschoolers explore diverse cultures, page 24
- Eatery serves up St. Louis flavors, page 34

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Left to right: Erik Jensen, Shelley Caniglia, Daniel Pacconi, Samantha Chiles, Gwen Arroyo, Steve Caniglia

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The city of Phoenix will not pursue a proposal to narrow vehicle travel lanes from two in each direction to one on Central Avenue between Bethany Home Road and the Arizona Canal after a number residents expressed concerns about the impact of the change (staff photo).

City will not pursue Central Ave. changes

The city of Phoenix has decided not pursue proposed lane changes on Central Avenue between Bethany Home Road and the Arizona Canal after many residents expressed concerns about the idea.

In an email to residents, city Street Transportation director Kini Knudson said the city decided not to make the changes, which would have included reducing the motor vehicle travel lanes from two in each direction to one. The proposal also had called for adding a center turn lane, as well as buffered bicycle lanes in each direction.

Knudson said hundreds of residents attended a live virtual meeting on the topic in May, watched a recording of it and called the project hotline or emailed the project team. Thousands of residents answered an online survey on the proposal. “Based upon detailed review of the community input received, the Street Transportation Department is no longer pursuing the proposed lane changes on Central Avenue, between Bethany Home Road and the Arizona Canal,” Knudson said. The city will proceed with its planned pavement treatments on Central Avenue and restripe that road keeping the existing lane configuration.

Neighbors had said they were afraid the proposed lane reconfigurations and bicycle lanes would cause safety issues and more traffic congestion. Many of them said they were worried the new design would prompt more vehicles to cut through their neighborhoods to get off Central Avenue and it could cause safety problems for children riding bicycles to schools in the area. A few

residents at the public meeting said they ride their bicycles often and liked the idea of bike lanes.

Knudson said there are several projects in the city to add or enhance bicycle infrastructure underway that have received enthusiastic support from residents. The Street Transportation Department will keep maximizing active transportation and bicycle infrastructure opportunities around Phoenix, he added.



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Mary and Scott Crozier spent three years restoring this historic home, which was built in 1910. Located on north Central Avenue, the home has four bedrooms, four bathrooms, two half bathrooms, seven fireplaces, a library, a butler's pantry, a basement and a wine cellar, among many other features (photo courtesy of Mary Crozier/Life at Bella Terra).

HISTORIC continued from page 1

They feature steeply pitched cross-gable roofs, as well as brick, stucco and stone.

Strohmeyer loves his garden, which has privet hedge and mature trees.

“When you walk through the gate it’s like walking into a different time,” he said. “It looks like a storybook. I’m striving to make it look as close to the original structure as I can.”

Tina Silvernail had her eye on a historical home on north Seventh Avenue south of Dunlap Avenue in Sunnyslope for several years before she and her husband, Stephen, bought it. Built in 1908, the house, which is about 3,000 square feet, has a basement, a wrap-around porch, a front tiny parlor, a formal living room with a fireplace and a formal dining room. Adam and Katherine Diller, the house’s original owners, moved from Ohio to Phoenix in 1906 and then started making cement building blocks, using local water, to build the house, Tina Silvernail said. There is a guesthouse on the property, too.

“I’m a second generation native Phoenician,” Tina said. “I always loved these old, old, old homes.”

While the house already had central air-conditioning and new wood floors when the Silvernails bought it, they had to tackle plumbing and electrical problems.

“Every time you start a new project it uncovers problems,” Tina said. “I definitely think it’s worth it.”

Griff and Shelley Hearn enjoy the front porch, wide front door, basement and other features of their historic home on west Northern Avenue, slightly west of 15th Avenue. Their craftsman bungalow house, built around 1906 or 1907, has 10-foot-high ceilings, a fireplace and built-in cabinetry, Griff said.

The Hearn’s home, which is about 4,000 square feet, needed a great deal of work, including upgrades to the utilities, new flooring, new windows and roof repairs. Their upstairs had to be finished and a new stairwell built.

“I grew up in a very similar house, similar size property,” Griff said. “I wish that all the older homes in Phoenix would be preserved because there’s so few of them.”

Mary and Scott Crozier own a historic Mission Revival-style home on north Central Avenue, which is on the city historic register and the National Register of Historic Places. Mary, who is president of the North Central Phoenix Homeowners Association, and her husband spent three years restoring it so it was livable.

“It’s sort of breathing new life into something that’s rich in history,” Mary said. “I love it.”

The house needed new plumbing, a new water system and new heating, ventilation and air-conditioning, as well as ceiling repairs. Built in 1910, the home has an unusual green Ludowici tile roof, large roof overhangs and 18-inch thick brick walls. The main house has four bedrooms, four

COMMUNITY

bathrooms, two half bathrooms, seven fireplaces, a library, a butler's pantry, a basement and a wine cellar, among other features. Mary shares details about the Croziers' historic home at <https://lifeatbellaterra.com>.

Bobby Lieb, an associate broker with HomeSmart, has sold historic houses and said many do not have "true master bedrooms" or walk-in closets.

"You really have to want and fall in love with a house, knowing the cost to maintain it," Lieb said. "It's not your typical cookie-cutter house."

Dodds sees the benefits of historical homes remaining in the city.

"The thing is they really give us a sense of place," she said. "People enjoy being in buildings that have character. If we didn't have these historic buildings we would be like any other place. These historic buildings really give us a glimpse of part of our past. I'm hoping the citizens of Phoenix will continue to support our effort."

To learn more, visit www.phoenix.gov/pdd/historic-preservation/historicmaps/phoenix-historic-property-register.

Hike early or late due to heat

During the Valley's warm weather months, Phoenix Park Rangers recommend hiking during the early morning or evening hours when it is cooler and there is more shade.

To help with that recommendation, extended summer hours are in effect annually from June through September at three of the city's popular hiking destinations – North Mountain Park and Piestewa Peak Trailhead in the Phoenix Mountains Preserve, and Pima Canyon Trailhead in South Mountain Park/Preserve.

To provide an extra two hours of availability and promote hiking after 7 p.m., parking lot entrances are open until 9 p.m. at those locations. Year-round at those three trailheads, parking lots open at 5 a.m. and trails are open until 11 p.m.

The Phoenix Parks and Recreation and Phoenix Fire departments remind trail users to follow these important and potentially life-saving hiking safety guidelines:

Watch the weather: Yes, "it's a dry heat" - but Arizona's temperature can be deceiving and deadly. Hike when it's cool outside, try early mornings and evenings when there's more shade.

Dress appropriately: Wear proper shoes, clothing, hat and sunscreen.

Bring water: Hydrate before you go. Have plenty of water, more than you think you need. Turn around and head back to the trailhead before you drink half of your water.

Keep in contact: Carry a mobile phone.

Team up: Hike with others. If hiking solo, tell someone your start and end times, and location.

Be honest: Do you have a medical condition? Asthma, heart problems, diabetes, knee or back problems? Don't push yourself! (Even trained athletes have been caught off guard by getting dehydrated on Arizona trails.)

Don't trailblaze: Enjoy the Sonoran Desert's beautiful and undeveloped landscape, but please stay on designated trails.

Take responsibility: Don't be "that person" - the one who wasn't prepared,

shouldn't have been there for health reasons or ignored safety guidelines. Be the responsible hiker, who takes a hike and does it right;

For the safety of pets, dogs are prohibited on any city of Phoenix trail when the temperature is 100 degrees or warmer. The Arizona Humane Society advises that temperatures in the 90s are also unsafe for pets to be outdoors.

Phoenix tops nation in population growth

With 25,194 new residents, Phoenix topped the nation in population growth for the fifth year in a row in 2020, according to the U.S. Census Bureau. The population now exceeds 1.7 million for America's fifth-largest city. Phoenix added more people than 24 states.

The number of new Phoenix residents this year is slightly below the 10-year average of 25,912. However, Phoenix continues to garner the largest share of Maricopa County's population growth, with nearly four in 10 new county residents choosing to live in the city of Phoenix.



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RESORTS continued from page 1

The AzLTA launched an AZSAFE+CLEAN certification, in collaboration with the American Hotel and Lodging Association's Safe Stay initiative, to enhance sanitation best practices to try to ensure healthy, safe visits to hotels, resorts and other lodging venues.

Since the state has done a "great job" providing the COVID-19 vaccines and it has "beautiful, world-class resorts," Sabow said leisure travel in Arizona has increased in recent months.

Jeff Lesker, general manager of the Pointe Hilton Tapatio Cliffs Resort at 11111 N. Seventh St., said starting in the third week of March of 2020 the resort saw cancellations of about 95 percent of all visits. The resort closed by the end of March and reopened June 1 of 2020.

"We think we're going to be very robust and have one of our best summers ever," Lesker said.

Pointe Hilton Tapatio Cliffs is offering summer packages, including the "Suite Savings," which gives guests a \$50 daily dining credit and waives the resort fee through Sept. 30. To learn more, visit www.hilton.com/en/hotels/phxtcpr-pointe-hilton-tapatio-cliffs-resort.

The Hilton Phoenix Resort at the Peak at 7677 N. 16th St. also is offering many summer specials. Arizona, California, New Mexico, Nevada, Utah and Colorado residents can receive up to 15 percent off the best available rates this summer. For details, visit www.hiltonphoenixresort.atthepeak.com.

The Hermosa Inn, which offers luxury guest casitas at 5532 N. Palo Cristi Road, closed for three months when the stay-at-home order was in effect but reopened about a year ago.

"We are very, very busy," said Pam Swartz, director of guest experience for The Hermosa Inn. "I think people are really ready to get out and start enjoying everything again."

The Hermosa Inn also is providing many specials, including the "Summer In Paradise Getaway" deal, available through Sept. 30, which provides weekday rates starting at \$169 and weekend rates beginning at \$189, plus the tax and resort fee. Two drink tickets per room, a \$25 daily food and beverage credit and daily poolside treats

are included. To learn more, visit www.hermosainn.com.

The Arizona Biltmore, a Waldorf Astoria Resort, which closed in late March 2020 due to the pandemic, used the down time to complete a \$70-million-dollar renovation and reopened May 1 of this year. The newly remodeled resort, located at 2400 E. Missouri Ave., is offering several deals this summer, including a "Summer to Remember" package, in which guests receive a \$100 daily resort credit when they book a room. To learn more, visit www.arizonabiltmore.com.

Network offers refuge, hydration sites

If you and your family members need help staying hydrated and cool this summer, The Heat Relief Network (Phoenix) can assist you.

The Heat Relief Network is a regional partnership made up of the Maricopa Association of Governments (MAG), cities, non-profit organizations, faith-based communities and businesses. Every year MAG coordinates assembling a map showing free hydration stations, refuge locations and water donation sites provided by the partners. The goal is to prevent heat-related illnesses and deaths among people who are vulnerable to the higher temperatures.

Locations in the North Central area include Terros Health – AIDS Prevention, which has a hydration station and cooling refuge available from 9 a.m. to 4:30 p.m. Mondays through Fridays at 333 E. Indian School Road. Longview Neighborhood Recreation Center offers water and a cooling refuge from 7 a.m. to 6 p.m. Mondays through Fridays through July 30 at 4040 N. 14th St.

The city of Phoenix recommends that when the National Weather Service issues an Excessive Heat Warning that people exercise indoors and plan outdoor activities during the coolest periods of the day.

Some signs of a heat stroke include a throbbing headache, lack of sweating, a body temperature above 103 degrees, losing consciousness or nausea or vomiting. If you or a loved one shows these symptoms, take action to cool yourself or them off and call 9-1-1.

To find a Heat Relief Network station near you, visit www.phoenix.gov/pio/summer/heat.

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

Thanks to my dad and many others

Thank you to Channel 3 TV for having me on last month for two live segments, talking about what buyers should look to do to have that EDGE in order to buy a home and beat out 10-15 buyers and also about what sellers should be doing to sell their homes for top dollar and choosing the right buyer. It continues to be a crazy market and I appreciate all of you who have hired to me to help with their real estate needs. I have now sold close to 65 homes in 2021 ranging from \$275,000 to \$3.5 million.

I have heard from many of you lately how much you have enjoyed this column over the past 17 years and I want to thank my dad Herb, who passed away 10 years ago, for moving to North Central in 1964 and buying into Kagel's lady shop at Park Central, opening the first disco in Phoenix (called Herb's Underground) in 1970 with disc jockey Bill Heywood and finally the Jockey Club Nightclub at Town and Country shopping center in 1976, where we had more than 2,000 members.

Dad loved Central Phoenix and when my brother and I would come visit him twice a year when we were youngsters, he always took us to Rocky's Hideaway at 4th Avenue and Maryland plus Willie and Guillermo's restaurant and disco located on Central Ave just north of Missouri. My roots were established in Central Phoenix at an early age because of my dad's loyalty to this area where he worked, lived and had many friends in this neighborhood.

This is the only area that I have ever lived and worked since I moved here full time in 1978. I worked for dad in the nightclub business for eight years at Town and Country (20th Street and Camelback) then at Central Camelback (where Navarre's was located) until I started in real estate full time in 1992. I am very lucky to have been living and selling homes in the area in which I grew up all because of my dad's legacy here. My son Sean is now selling commercial real estate all over but does have seven listings in Central Phoenix.

Thank you to all of my past and current clients who have hired me to sell more than 3,500 homes in almost 30 years. I am so fortunate to see the whole world has finally discovered our little secret area of Central Phoenix. There is no better place to live and work in and I am so blessed that my dad chose this area to work, live and play when he moved here almost 57 years ago. I love you dad and miss you so much.

Bobby Lieb

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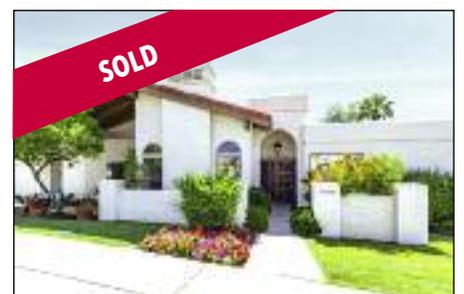
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COMMUNITY

City plan would improve Hatcher Road

By Annie Lavino

A stretch of Hatcher Road may soon become more “walkable,” according to a proposal presented by the city of Phoenix at a meeting of the Hatcher Urban Business Alliance (the HUB) in June.

The plan, which includes projects that will enhance streets and revitalize alleys between 19th and Central avenues, would improve roadways to create more efficient transportation lanes and make safer pathways for walkers on the street. It would create a mixture of uses, flexibility in design and encourage residential and business activities to create a pedestrian-oriented environment.

Residents who live near the road say they want to revitalize the area to improve walkable pathways or sidewalks and bicycle lanes. A survey collected feedback from the public about streets and walkways between 19th and Central avenues. The responses from the survey were expected to determine

the design process for the street project.

“The survey asks people to rank their priorities to improve Hatcher Road and give feedback on what they want to see,” said Marielle Brown, city of Phoenix Active Transportation Program manager. “We plan to create proposals and alternatives that respond to what we’ve heard from the public.”

The improvement project is still in its planning phase, which could take up to a year before the road is designed.

“The city of Phoenix is trying to create sustainable communities,” said Caroline Lobo, who is president of the Hatcher Urban Business Alliance (the HUB) and principal of the company suoLL Architects. “With the planning and design of Hatcher Road, we are able to cater to walkers, bikers and drivers on the road.”

The Phoenix City Council needs to approve the changes on Hatcher Road before development can begin. For more information, visit <https://www.phoenix.gov/Streets/Hatcher>.

Annie Lavino is a student in Arizona State University's Walter Cronkite School of Journalism and Mass Communication.

City is finalist in global challenge

The city of Phoenix is one of 50 Champion Cities selected as finalists in the 2021 Global Mayors Challenge, a global innovation competition that identifies and accelerates ideas developed by cities in response to the COVID-19 pandemic. These 50 urban innovations rose to the top of a competitive pool of more than 630 applications from 99 countries.

Phoenix proposes to develop a mobile workforce “middle space” to address connectivity, which is one of the greatest challenges experienced by job seekers and local employers.

As a finalist, Phoenix now advances to the four-month champion phase of the competition. From June through October, the 50 finalist cities will refine their ideas with technical assistance from Bloomberg Philanthropies and its network of innovation experts. Fifteen of the 50 cities will ultimately win the grand prize, with each receiving \$1 million and multi-year technical assistance to implement and scale their ideas.

Grand prize winners will be announced in early 2022.

For more information, visit mayorschallenge.bloomberg.org.

Nonprofits conference set for August

Registration is open for the Alliance of Arizona Nonprofit's 2021 Engage Conference featuring four half-days of virtual programming throughout August to engage and inform nonprofit staff, board and volunteers in effective leadership and collaboration to rebuild, strengthen and succeed. Conference sessions are scheduled every Wednesday in August from 8 a.m. to noon.

There will be more than 30 hours of content for registrants to hear from national and local thought leaders in the world of nonprofit management.

The cost for Alliance members is \$149 and the nonmember cost is \$199. Scholarships are available courtesy of the Vitalyst Health Foundation.

For more information, visit <https://arizonanonprofits.org/page/AnnualConference>.



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What a surprising and exciting season for our hometown Phoenix Suns!

Currently they are locked into a tight first round playoff series with their nemesis, the Los Angeles Lakers (who happen to be my favorite team). No matter how the series plays out, I hope the fans take a moment to savor the fun they have provided to the community this year. It has been nice to have a communal rallying point, especially after what we've all been through the last year. I am sure the other local professional teams would create the same atmosphere but there is a little something extra with the Suns, our original hometown team. It has been a while for us to have reason to celebrate with the Suns, but the timing could not be better.

Congrats to the Suns organization for the amazing year so far and thank you to Chris Paul for coming into town and helping teach them how to be winners again!

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COMMUNITY

Food drive garners support for St. Mary's

The staff at Abrazo Arizona Heart Hospital in June pitched in to help feed hungry kids over the summer by donating more than 7,700 servings of cereal to St. Mary's Food Bank through Abrazo's Healthy Over Hungry Cereal Drive.

The annual drive, which ran from June 7-14, collects donations of cereal and money to help feed hungry children as they head into summer months without the benefit of the breakfast that often is provided at school. According to St. Mary's Food Bank, one in four children in Arizona grow up in poverty with food insecurity, which is the lack of consistent access to adequate food.

"The community has been supportive of our health care heroes during the pandemic, and the cereal drive is a way we can show gratitude and give back to families in need," Abrazo Arizona Heart Hospital President Phil Fitzgerald said. "Many families are facing food insecurity, and during the summer children may not have access to nutritious meals through school lunch programs."



The Abrazo Arizona Heart Hospital staff rallied in June to collect donations of cereal for St. Mary's Food Bank through Abrazo's Healthy Over Hungry Food Drive. The staff donated more than 7,700 servings of cereal to help feed hungry children (submitted photo).

For more information, visit AbrazoHealth.com.

City approves plan for federal funds

The Phoenix City Council has approved a plan for spending \$198 million in federal American Rescue Plan Act of 2021 (ARPA) funding. ARPA, a

\$1.9 trillion economic stimulus plan passed by Congress and signed by President Joe Biden in March, will distribute federal monies to states, tribes and cities to help lessen the damage done over the previous year by the COVID-19 pandemic. Phoenix will ultimately receive approximately \$396 million over the next two years, deliv-

ered in two equal allocations.

The council's plan, which focuses on the first allocation, will include \$10 million for workforce training and wrap-around services for job seekers; \$8 million for assisting small businesses that are still struggling and an addition \$2 million for helping small operations find, train and retain employees; and \$2.75 million for arts and culture organizations. The plan also allocates nearly \$29 million for education-related programs for children and youth; \$28 million for families struggling to pay rent, mortgage and utilities; \$31.5 million to provide services for individuals, families and veterans experiencing homelessness; and \$5 million for COVID-19 vaccination programs.

"This plan takes care of our residents, from the youngest to the most senior," said Mayor Kate Gallego. "Businesses are still hurting from the effects of the COVID recession. We will help them get back on their feet. Older adults will be able to receive healthy food and dementia care, and children will have access to technology to help them learn and activities to keep them engaged after school."



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Initiative connects job seekers with jobs

As the COVID-19 pandemic has lessened, people across the country are increasingly planning and taking vacations. The high influx of travelers into Arizona has prompted the Arizona Office of Tourism to partner with career development organizations ARI-ZONA@WORK and Pipeline AZ to launch a new initiative connecting job-seekers with the career opportunities available across Arizona's tourism and hospitality industry.

"Currently, many of our hotels and resorts aren't able to fill to capacity because of staffing challenges," said Debbie Johnson, director of the Arizona Office of Tourism. "Our new tourism and hospitality workforce development efforts are designed to fill that gap."

Thousands of jobs are currently available, from management and sales positions to concierge, valet, front-desk managers, housekeeping, maintenance and food prep positions. Through the new initiative, the Office of Tourism offers resources for job seekers and employers across the state through ARI-ZONA@WORK, including links to job listings, resume and interviewing assistance and training resources. Pipeline AZ connects the entire workforce ecosystem, serving the needs of hospitality and tourism businesses, job seekers, educators and workforce organizations simultaneously through its platform.

For more information, visit <https://tourism.az.gov/hiring-opportunities/>.

Campaign raises \$300K for kids

Assistance League of Phoenix celebrated the 50th anniversary of its annual gala this spring with a fundraising campaign that netted \$300,000 through sponsorships, donations and a raffle. The campaign was conducted in lieu of the traditional in-person event.

In addition to the support received from the community, BHHS Legacy Foundation provided a matching grant of \$250,000 to create clothing packages. All money raised will provide new school clothing, shoes, hygiene items and books for children in grades K-8 living in poverty through the Operation School Bell program. Each year, Assistance League of Phoenix serves approximately 9,000 children through this program.

In the North Central area, Operation School Bell packages will be distributed before the start of the 2021-22 school year at Moon Mountain School, Richard E. Miller School, Cactus Wren School, Washington School, Desert View School, Mountain View School and AZ Cardinals Academy in the Washington Elementary District and at Longview Elementary School in the Osborn School District.

For more information, visit www.alphx.org.

Help catch those porch pirates

You can help deter package theft and other crimes in your neighborhood by joining Virtual Block Watch, a voluntary program in which stored video from your security cameras is accessed, with your permission, by the Phoenix police to investigate crimes. There is no live feed access. Once registered, the police will contact you to request footage for any ongoing investigations in your area.

Virtual Block Watch is one of the Phoenix Police Department's crime prevention and investigation tools that relies on partnerships between police and the community. Registering your camera not only helps you protect yourself, your family and your community and deter crime, but assists the department in its overall crime prevention strategy in your neighborhood.

Registration is simple and only takes about 10 minutes to complete. You will provide basic information and tell the police department where your cameras are located. There is no cost associated with registration and your information is confidential. You may withdraw your registration at any time. Once you have completed the registration and verification process, a member of the department will follow up with you to confirm your registration. At this point, you will also receive a Virtual Block Watch window decal to display in your home or business.

You will be contacted by police personnel (by phone or email) only if there is a criminal incident in the vicinity of your security camera. Police personnel, if necessary, may request a copy of any video captured by your camera, which could assist in the investigation of a crime.

To register visit <https://www.phoenix.gov/police/virtualblockwatch-form>.

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"Jennifer is knowledgeable, organized, and energetic while also being open, honest, and compassionate to the needs of her clients. She was patient with our process and walked through each and every step of this journey with curiosity, confidence, and kindness. As with every business venture, there were a few wrinkles...but, Jennifer worked through them and made me feel at ease that we would be able to close on time."



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COMMUNITY

Pet of the Month

Tara survives ordeal, loves naps in laps, social eating

Tara has been on many wild adventures during her short time on Earth.

An Arizona Humane Society emergency animal medical technician rescued this 2-year-old, unusual domestic shorthair calico cat in March when she was covered in fresh street asphalt. It was a miracle that she survived this incident, especially because she also was caring for three underage kittens of her own, who depended on her to survive. The Arizona Humane Society was able to take care of her and her babies once they arrived in the shelter's Second Chance Animal Trauma Hospital, where the tar was removed from Tara's underbelly and paws.

Once they were medically sound, Tara and her little cuties spent some time in a Foster Hero home until the kittens were old enough to be put up for adoption. This sweet mama still needed more time to continue putting on weight. It was discovered that she has an eye condition that is not painful



Tara is a 2-year-old, unusual domestic shorthair calico cat, who was discovered with fresh street asphalt on her. She loves napping in people's laps, eating food around humans and playing with puff balls (photo courtesy of Arizona Humane Society).

to her but a veterinarian will need to examine in the future. Tara has come a long way since she was rescued and loves to hop in people's laps to take naps, as well as eat food around people and play with puff balls, jingle bells and other items.

While all Arizona Humane Society Adoption locations are temporarily closed, the organization's Virtual

Adoption Matchmaking Program by appointment is available to place Tara and other pets with their forever families. Tara might have been adopted by the time of your Virtual Adoption Matchmaking Program appointment but the Arizona Humane Society has dozens more wonderful pets who need loving homes. Tara's animal number is 659029. To see all animals available for adoption, visit www.azhumane.org/adopt.

Summer can be brutal for pets

Less time at the park, shorter walks, and being cooped up inside all day is no fun, but it is much better than putting your pup in danger out in the sun. The Arizona Humane Society suggests several ways you can keep your pets safe and cool this summer.

Limit outdoor activity: Your dog's outdoor activity should be limited to the early morning hours or late evening before the sun comes out or after the pavement has cooled down. Don't forget that the city of Phoenix prohibits dogs from using hiking trails

when outside temperatures reach 100-degrees or higher.

Know the signs: Tell-tale signs of heat stroke include excessive panting, weakness, drooling, and vomiting. If your pet experiences any of these symptoms, offer them cool water, slowly cool them off with water or a wet towel and get them to a vet immediately.

Never tether your pet: Pets who are tethered or chained will often get entangled, making it difficult for them to access water and shelter.

Provide lots of water: The summer heat can leave pets dehydrated and weak. Always make sure your pet has access to clean, fresh water throughout the day. If you know you're going to be out in the heat, pack plenty of water for you and your pet

Protect those paws: Protect your pup's paws from hot surfaces with shoes or booties. If the surface is too hot for your bare feet, it's too hot for your dog's bare feet.

Check and re-check the backseat: Hot cars are one of the most dangerous situations for pets and children. Even when temperatures outside are in the 80s,

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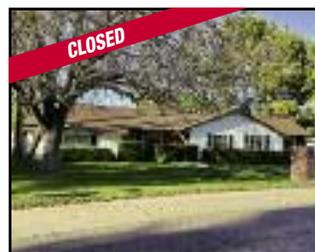
104 W Missouri Avenue, 3 • \$357,000
2 bed, 2 bath, 1525 sf



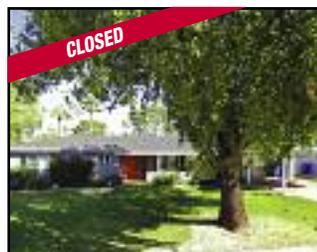
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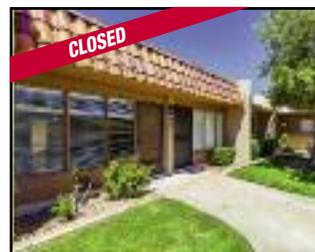
1316 E Vermont • \$825,000
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45 W Linger Lane • \$900,000
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COMMUNITY

temperatures inside a car can climb well above 100 in just minutes. Don't ever leave your pets unattended inside a car, even for a short period of time. If you see a pet or child in a hot car and believe they are in danger, call 911 and determine whether the vehicle is locked. If unlocked, open a door to enter the vehicle. If locked, you may break the window. Do not use more force than is necessary. Remain with the child or pet until the authorities arrive.

Learn more at azhumane.org/nohotdogsaz.

AHS clinic suffers damage from crash

The Arizona Humane Society's Marge Wright Veterinary Clinic at its Sunnyslope Campus has been closed since June 2, when the driver of a car traveling west on Hatcher Avenue lost control and crashed into the building, causing major structural damage to its outdoor veranda and waiting area.

No pets, members of the public or employees were hurt in the incident but AHS' public veterinary clinic at this location was closed several days while the damage was assessed and the facility was deemed safe for public use.

As a nonprofit, AHS relies on donations to continue saving thousands of lives of pets with nowhere else to go. For those interested in helping AHS continue serving pets in need, consider giving at azhumane.org/give.

Virtual runs support pet charities

Are you a pet lover who likes to run? Check out two pet-related "participate from home" running events in August sponsored by Virtual Run Events powered by Moon Joggers.

Virtual Run's fourth annual race in honor of cats will be run on International Cat Day Aug. 8. and offers a choice of 1-mile, 5k, 10k, 13.1-mile and 26.2-mile races. Participants run from their homes and the race can be completed any time in August. A percentage of race registration fees will be donated to Alley Cat Allies, an organization that provides cat and dog food to food banks, offering a lifeline to people who cannot afford to feed their pets. The registration fee is \$25 and includes medals, a bib and shipping.

Virtual Run Events also will sponsor a run on International Dog Day on

Aug. 26. This is the group's fifth annual Day of the Dog: Run, Walk or Jog and offers the same choices of distance for participants. Participants can complete the race any time in August and are encouraged to take their favorite four-legged friend along. The registration fee is \$25 and includes medals, a bib and shipping. The group will donate 20 percent of every registration to Freedom Service Dogs of America, which rescues dogs and custom trains them for the individual needs of people with disabilities.

Register for either event at <https://www.eventbrite.com/d/az--phoenix/dog-events/>.

Dog teeth cleaning without anesthesia

Need to get your dog's teeth cleaned but want to avoid anesthesia? Noble Beast Natural Market for Pets, located at 1005 E. Camelback Road, offers no-anesthesia dental clinics for pups through Doggie Dental AZ several times each month.

The next clinic is set for 10:30

a.m. to 3:30 p.m. on Monday, July 12. A dental team, which works under the direct supervision of veterinarian Dr. Aric Krogstad, will start with a comprehensive exam to make sure your dog is a good candidate for this type of cleaning. The cleaning is done by hand on the outside and inside of all teeth. The team also will do a hand polish on dogs' teeth.

The cost for the cleanings is \$160 for dogs up to 75 pounds and \$185 for dogs that weigh more than that. To make an appointment for your pup, call Doggie Dental AZ at 800-258-8914 or visit DoggieDentalAZ.com. These appointments typically take 30 to 45 minutes.

Additional clinics are set for 10:30 a.m. to 3:30 p.m. July 19 and July 26 and additional clinics will be available in August and September.

Noble Beast offers a variety of natural, holistic and organic pet foods and ensures its food and treats do not have unhealthy fillers, preservatives, by-products and chemical additives. To learn more or to find additional dental clinic dates, visit www.noblebeastpets.com.

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TAKING CARE OF BUSINESS

Business Briefs

Arthur Murray Dance reopens in new location

The Arthur Murray Dance Center is back on its feet in a new location after having been closed for several months due to the COVID-19 pandemic.

The studio has reopened in a newly renovated space at 4540 N. 7th St. and is offering a "Covid 19," a \$19 introduction special for new students, that includes three private lessons, two group classes and one practice party. The dance center, which is following CDC recommendations, requests the use of a face mask for anyone who is not fully vaccinated.

"We are extremely happy to see new students coming through our doors to learn to dance for their weddings, cruises or just for fun date nights," studio owner Holly Udy-Meekin said. "It's really lifted all of our spirits to see the steady increase of new clientele, as well as the return of our many students who have been with us for a long time."

Udy-Meekin added that the center is planning a grand re-opening party to which the public will be invited sometime later in the year.

For more information about the new location or dance lessons, call 602-264-4612 or visit: www.arthurmurrayphoenix.com.

New assisted living home to offer customized support

A new assisted living home that will offer customized support for residents is set to open soon in North Central.

North Central Shores Assisted Living Home will open at 8825 N. Third Ave., near the canal and Sunnyslope High School. Tom Bliss, who has owned the lot since 2005, said he discovered the property was ideal for an assisted living community. Residents will be provided with all meals, laundry service, help with dressing and other personal care and support with caregivers on site 24 hours a day, seven days a week. While there will not be doctors and nurses on staff, healthcare and hospice professionals can visit to treat residents as needed. The assisted living home primarily will house those with physical problems. It is not designed for those with dementia, Bliss said.

The home will feature eleven, full-size bedrooms with large, private bathrooms and big-screen TVs in each room. The design includes Spanish tile in the bathrooms, 10-foot-high ceilings, ceiling fans, patios and an activity room for religious services, musical performances from visiting musicians, games and other entertainment. Residents will be able to garden in raised beds outside and visit the canal to feed ducks who live there.

"Our philosophy is customer service," Bliss said. "We want our residents to have what they need. We want to deliver a customized living experience for our residents so they have the things they want, the food they want, the activities they want."

Residents can cover the cost with private insurance or their own funds. The rent will likely be about \$7,500 a month, not including other services they might choose to add onto the basic support.

North Central Shores Assisted Living Home is looking for caregivers to hire. Applicants can call 602-341-6150 or email Bliss at tom@northcentralshores.com or the home's executive director, Sandra Webb, at sandra@northcentralshores.com. To learn more, visit www.northcentralshores.com.

Craft Nights open again for artsy fun, parties

Craft Nights, an arts and crafts studio in North Central, is open again after having to close temporarily due to the COVID-19 pandemic.

The business at 3241 E. Shea Blvd. offers workshops, private parties, corporate events and team builder activities, led by instructors. It also provides a venue for birthday parties, bridal showers and ladies night special gatherings. Customers can show off their creative sides with string art, canvas painting, wood sign making, macramé and other art forms. It is a BYOB studio so customers can bring their own beer and wine after 4 p.m. The store provides cups and wine bottle openers.

During the stay-at-home order the business developed to-go craft kits for children and adults that they could pick up curbside or have shipped to them. It also provided virtual classes.

To learn more, visit <https://craft-nights.com>.

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TAKING CARE OF BUSINESS

Tailor and stylist moves to new location

Q. Contrary, which offers custom clothing and tailoring services and wardrobe consultations, has relocated to a space once occupied by a men's boutique at 3168 E. Camelback Road. The move comes four years after owner and fashion designer Mary Zarob first opened, allowing Zarob the opportunity to expand.

Zarob offers custom suits and separates for men and women, along with formal wear for men and tailoring and alterations. For a designer who creates premium custom garments, the move comes as the economy is rebounding and consumers are ready to trade in the sweatpants they've worn for months in favor of more tailored, statement ensembles for work and pleasure.

For more information, call 602-301-6987 or visit <https://qcontrary.com/>

Local auto shop is BBB finalist

25th Street Automotive, located at 4112 N 25th St., has been named as a finalist in the Employees 6-10 category

for the Better Business Bureau Serving the Pacific Southwest's (BBB) 2021 Torch Awards for Ethics.

Family owned 25th Street Automotive was founded in 1958 and offers a wide range of service and repairs for cars, SUVs and light trucks. The business earned the AAA Top Shop Award for 10 years straight and is a multi-year finalist and winner in the local and international Torch Awards program.

The award, one of the highest honors the BBB bestows, recognizes companies that display an outstanding level of ethics and integrity in all of their business dealings. The awards include five categories based on the number of employees. Five winners, one from each category, will be announced at an awards event on Nov. 17 at 6 p.m. at the Arizona Biltmore.

For more information, visit torchawards.bbbcommunity.org and <https://25thstreetautomotive.com/>.

Uptown Jungle offers indoor play for all ages

There is a new place for children and adults to play indoors this summer.

Uptown Jungle opened its family adventure park at 10630 N. 32nd St. It joins four other Valley locations, as well as other spots around the country. While traditional trampoline parks offer primarily jumping, Uptown Jungle offers many more activities in a safe, controlled environment including an interconnected maze of play structures, climbing walls and warrior courses, among other features inside an air-conditioned 14,000-square-foot building.

Brad Collins, the company's president, said he and his team wanted to provide a place where children and families could relax and have fun, leaving their troubles behind. The company's slogan is "Wearing Kids Out Since 2014."

Uptown Jungle's play areas are built to accommodate people of all ages. That means parents can play alongside their children anywhere in the park. The business also has an exclusive, interactive toddler area for kids ages 5 and younger. Uptown Jungle has many private party rooms for birthdays, sports teams and celebrations of all kinds.

To learn more, visit <https://phoenix.uptownjungle.com>.

New builds to offer sustainable lifestyle

Jason Boyer, the architect developer behind the artHAUS luxury condo development, has announced his latest project, KARMA, 11 single-family residences at the southeast corner of 13th Place and Bethany Home Road coming in January 2022. KARMA will offer three floor plans ranging from 2,380 square feet to 2,610 square feet. Homes include four bedrooms, 2.5 or 3.5 bathrooms, two-car garages, and private backyards. Pricing is expected to start around \$1 million.

Sustainability is key at KARMA. Windows and skylights provide light-filled living spaces, while the compact building footprint is highly insulated. Homes are prewired for solar, and electric vehicle charging stations for two cars are included in each garage. Additional features include passive cooling, recycled and rapidly renewable materials, smart home technology monitoring and LED lighting.

The Brokery is handling sales for KARMA. For more information, visit thebrokery.com.

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6138 W. Cambridge Ave • \$337,500
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2020 SALES

7044 N 11th Dr • \$580,000
6240 N 10th St • \$436,500(Duplex)
5402 E Windsor Ave 51 • \$263,000
1320 E Bethany Home Rd 37 • \$186,000
4582 S Wildflower Pl • \$735,000
1735 W Seldon Ln • \$510,000
1742 W Seldon Ln • \$534,900
10858 N 11th St • \$370,000
521 W Marlette Ave • \$405,000

1050 E Clinton St • \$300,000
5817 N 12th Pl • \$599,900
3444 W Apollo Rd • \$259,900
721 E Sierra Vista Dr • \$620,000(4-Plex)
1313 W Luke Ave • \$346,500
1125 E Shangri La Rd • \$435,000
1123 W Orangewood Ave • \$530,000
10407 N 11th St 3 • \$1450 Mo.
821 E North Ln 2 • \$1350 Mo.
1010 W Vista Ave • \$2795 Mo.

7529 N 8th Ave • \$2195 Mo.
4601 N 12th Ave 3 • \$1350 Mo.
4601 N 12th Ave 2 • \$1050 Mo.
4601 N 12th Ave 1 • \$1000 Mo.
910 W Wagon Wheel Drive • \$670,000
4455 E Paradise Village Pkwy S 1024 • \$268,000
1055 N. Recker Rd. 1007 • \$247,000
14840 N. 47th Pl. • \$522,000
10628 N. 73rd Dr. • \$242,500
7025 N. 22nd Dr. • \$280,000

3543 W. Tuckey Ln. • \$214,900
230 W. Denton Ln \$457,500
802 E. Cavalier Dr \$430,000
1320 E. Bethany Home Rd. Unit 26 • \$206,000
22627 N. 45th Pl • \$655,000
564 W Nido Ave • \$2695 mo.
6514 N 13TH Dr • \$1495 mo.
6240 N 10TH St • \$1395
1338 E. Colter St. • \$420,000
1520 W. Berridge Ln. • \$441,500



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6100 N Central Ave	Just Listed	5000SF	4BR/4BA	\$2,975,000
625 W Echo Lane	In Escrow	3831SF	4BR/4.5BA	\$1,550,000
712 W Vogel Ave	New Price	4013SF	4BR/3BA	\$1,375,000
115 W Rose Ln	In Escrow	3197SF	4BR/3BA	\$1,475,000
3183 E Rose Ln	In Escrow	2745SF	4BR/2.5BA	\$1,050,000
2 E Cactus Wren Dr	In Escrow	3633SF	5BR/4BA	\$1,025,000
1364 E Victor Hugo Ave	In Escrow	4742SF	5BR/5.5BA	\$ 950,000
6246 E Helm Dr	In Escrow	3495SF	5BR/4BA	\$ 900,000
12733 E Cochise Dr	In Escrow	Lot		\$ 875,000
5102 N 2nd St	Just Listed	2263SF	3BR/3BA	\$ 825,000
1124 W Myrtle Ave	In Escrow	2363SF	4BR/3BA	\$ 825,000
10251 N Central Ave	In Escrow	2364SF	3BR/2BA	\$ 799,900
15 W Beryl Ave	Just Listed	1922SF	3BR/2BA	\$ 659,000
8725 E Clarendon Ave	In Escrow	2332SF	4BR/3.5BA	\$ 650,000
5107 E Bloomfield	Just Listed	2325SF	4BR/2BA	\$ 525,000
700 W Northern Ave		1320SF	2BR/1BA	\$ 510,000
930 E Bethany Home Rd	In Escrow		4BR/1.75BA	\$ 399,000
7557 N Dreamy Draw Dr #139..	In Escrow	950SF	2BR/2BA	\$ 285,000



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10251 N Central Ave • \$799,900



15 W Beryl Ave • \$659,000



7557 N Dreamy Draw #139 • \$285,000



77 E Missouri #71 • \$625,000



930 E Bethany Home Rd • \$399,000



1124 W Myrtle Ave • \$825,000



5107 E Bloomfield • \$525,000



5125 N 34th Pl • \$799,000

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4501 E Calle Tuberia	\$1,800,000
777 E Circle Rd.....	\$1,650,000
17 W Sierra Vista Dr	\$1,350,000
3312 E Sells Dr.....	\$1,180,000
6 E Cactus Wren Dr.....	\$1,075,000
2015 E Glenn Dr	\$1,039,000
2685 E Canyon Pl.....	\$1,000,000
6846 N 3rd Ave.....	\$ 925,000
5501 E Beryl Ave*.....	\$ 925,000

7140 N 9th St.....	\$ 901,000
5139 N 10th Pl.....	\$ 895,000
6520 N Central Ave	\$ 850,000
5428 E Cannon Dr.....	\$ 825,000
10261 N Central Ave	\$ 774,000
15504 E Chicory Dr.....	\$ 750,000
7838 N 4th Pl.....	\$ 710,000
1309 W Linger Ln.....	\$ 670,000
340 E Osborn Rd #3	\$ 669,000
340 E Osborn Rd #4	\$ 669,000
8725 E Clarendon Ave	\$ 650,000
1 W Cheryl Dr	\$ 640,000
1555 E Ocotillo Rd #17.....	\$ 627,500
77 E Missouri Ave #72	\$ 625,000
1345 E Missouri Ave	\$ 609,000

1402 W Berridge Ln.....	\$ 599,000
907 E Berridge Ln.....	\$ 595,000
5338 E Questa Tierra Dr.....	\$ 540,000
4231 W Monte Cristo Ave	\$ 520,000
15 W Cochise Dr	\$ 520,000
2040 W Trotter Trail	\$ 500,000
6301 N 14th Pl	\$ 495,000
6418 N 13th Ave.....	\$ 483,850
1326 E Stella Ln	\$ 475,000
117 W Oregon Ave	\$ 475,000
1414 E Earll Dr.....	\$ 425,000
3920 W Sandra Terrace.....	\$ 460,000
1026 E Wagon Wheel Dr	\$ 450,000
5 E Butler Dr	\$ 429,900
6522 N 5th Ave.....	\$ 425,000



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Health Briefs

State: Vaccines greatly help prevent COVID-19 cases

A recent study reveals the majority of people in Arizona who have contracted COVID-19 were not vaccinated.

The Arizona Department of Health Services showed that out of 16,910 COVID-19 cases in the state in May, 95.4 percent or 16,139 of them involved people who were not fully vaccinated. As of mid-June more than 3 million Arizona residents had received both doses of the Pfizer or Moderna vaccines or one dose of the Johnson & Johnson/Janssen vaccine. Since the vaccines began arriving in the state in December there were more than 6.2 million doses given to more than 3.4 million people.

Dr. Cara M. Christ, director of the Arizona Department of Health Services, said studies show that the COVID-19 vaccines prevent people from suffering serious illness and death from the virus. While cases and deaths from COVID-19 are much lower now than they were earlier in the pandemic, the virus is still infecting and killing people, Christ said. She added there is no reason for people to contract the virus since there are vaccines that have proven to be effective and safe while there are hundreds of locations providing vaccines, frequently on a walk-in basis.

To learn more, visit www.azdhs.gov.

Expert says therapy can help children who suffer PTSD

The COVID-19 pandemic and other stressors can cause children to experience Post Traumatic Stress Disorder (PTSD), but there are steps parents can take to help them cope.

Dr. Ramiz Audi, medical director for Arizona's Children Association (AzCA), said children even younger than 6 years old can experience exposure to trauma including suffering physical or sexual harm, feeling the threat of death, witnessing horrific events, seeing loved ones hurt and/or abused and suffering psychological abuse and neglect. Those types of trauma can trigger PTSD.

Audi said parents and caregivers can watch for many signs that a child is going through PTSD, including symp-

toms of depression, anxiety, increased irritable behavior, angry outbursts with little provocation, nightmares, headaches, stomach aches, as well as trouble sleeping and eating. He added older children and adolescents can suffer more complex PTSD symptoms including dissociative episodes and flashbacks. An involuntary escape from reality characterized by a disconnection between identity, thoughts, consciousness and memory is a sign of a dissociative disorder, according to the National Alliance on Mental Illness.

Audi said the first line treatment for children and adolescents who are suffering from PTSD is trauma-focused cognitive behavioral therapy. He urges parents and caregivers to find a therapist who has experience working with children and families that offers a relational approach to treatment and lets the child lead the session. Audi recommends parents and caregivers ask children how comfortable they felt with the therapist after one or two sessions.

He said another way to help youths is by creating a safe space at home. Audi suggests parents minimize judgment and spend quality time with their children. A parent or caregiver's role is to support the child and adolescent in regulating their responses to events and returning to a calm state of mind. Audi recommends parents find their own support to help them handle their emotional responses to their children's needs.

He said many factors of the pandemic can threaten children's mental health. Audi said teenagers might feel a sense of loss and sadness because they could not participate in activities they normally enjoyed. Younger children might become anxious or suffer a delay in their social-emotional development, which can lead to hyperactivity due to boredom. Audi said a child who has an autism spectrum disorder might become confused or feel unsafe or that they have lost control because of a break in their usual routine. Parents can help children by allowing them to grieve and acknowledging that the situation is a big deal for them.

If you need a therapist or counselor for your child, the AzCA has many sites around Arizona that you can contact. To learn more, visit www.arizonaschildren.org/behavioral-health.

HEALTHY LIVING

Heart Hospital pioneers study of new device

Abrazo Arizona Heart Hospital doctors are the first in the state to perform a new procedure as part of an early feasibility study on a new device that could lead to widespread treatment of patients with a specific condition.

These doctors are doing the new tricuspid heart valve procedure as part of a study on the Intrepid Transcatheter Tricuspid Valve Replacement (TTVR) system. Abrazo Arizona Heart Hospital is reportedly the only hospital in the state participating in this international clinical study, as of press time. The Intrepid TTVR system is an investigational device that the FDA labeled as a Breakthrough Device Designation late last year.

Abrazo Arizona Heart Hospital officials say the tricuspid valve helps keep blood flowing in the right direction through a heart's upper right chamber. The procedure is being studied for its use in patients who have severe, symptomatic tricuspid regurgitation, which can lead to heart failure or death. Tricuspid regurgitation impacts about 2 million people in the United States. It is a largely undertreated disease because of the morbidity and mortality linked with surgical intervention, according to Dr. Timothy Byrne, medical director of Cardiology Services at Abrazo Health.

The new device is implanted using a transfemoral delivery catheter, which is a minimally invasive method that permits physicians to position and place the valve through a catheter that is inserted in the femoral vein. Byrne said a "significant number of patients" are affected by heart valve disease, as well as tricuspid valve regurgitation and the hospital is excited to be among those doing research on the new device.

Dr. Merick Kirshner, a cardiothoracic surgeon at Abrazo Arizona Heart Hospital, said while there has been much progress made in the transcatheter replacement of diseased aortic valves, whether doctors can replace the tricuspid valve without doing open heart surgery is a "new frontier in cardiology." Many people who need tricuspid valve replacement would not be good candidates for traditional surgical tricuspid valve surgery because of the poor function of the right side of the heart, meaning they are high risk patients, Kirshner said.

Abrazo Arizona Heart Hospital's structural heart program provides options for patients with conditions that

have a significant impact on the structure and function of the heart. To learn more, visit www.abrazohealth.com.

Cleanse gently, moisturize to save dry hands

If your hands are dry from washing them frequently or just being exposed to the hot temperature outside you can follow some simple tips to alleviate the problem, according to Dr. Andrew Newman, a dermatologist and independent member of the HonorHealth medical staff.

Newman said since the COVID-19 pandemic began many people have been suffering from hand dermatitis, which is when the hands are dry, cracked and inflamed. He added others might be experiencing less severe drying of the hands from using harsh soaps, hand sanitizers and disinfectant wipes. These symptoms can cause problems for the integrity of hands, especially for anyone who has a pre-existing skin condition such as eczema.

Newman said that rather than use antibacterial soaps that are harsh, try a gentle cleanser, which is just as effective

at cleaning the skin. He also recommends everyone moisturize with a fragrance-free moisturizer that is a thick cream after washing their hands.

Everyone should wear gloves when cleaning and handling harsh chemicals, Newman said. He also recommends people be careful about using heaters because they can dry out the skin.

If those steps do not relieve symptoms of dry hands, Newman urges people to see a dermatologist.

Expert dispels myths about acupuncture

Acupuncture is a popular alternative wellness treatment that can help alleviate pain, anxiety, headaches, migraines, stress and other issues but there are still many myths about it.

That is according to Dr. Tiffany Avery, who holds a doctorate of Acupuncture and Chinese Medicine and is a licensed acupuncturist and clinic director of Modern Acupuncture at 1615 E. Camelback Road.

Avery said some patients are afraid the acupuncturist will apply the needle directly on the body part that is both-

ering them but that is not necessarily the case. Many acupuncturists use a method called "distal needling," which is when needles are inserted into different acupoints along the body, typically in a distant location from the area of concern or pain. The process stimulates the brain, as well as sparks a healing response as a full-body approach.

Some people fear that receiving acupuncture will be painful but that is not true, Avery said. She said acupuncture needles are typically as thin as a piece of human hair so it is common for patients to not even feel the needles being applied.

Another misconception is that it takes time for the benefits of acupuncture to be felt. Avery said while people are encouraged to have many sessions to experience the most impact for chronic conditions, it is common for them to feel benefits right away from acupuncture. Avery said when the nervous system is activated, it stimulates blood flow to the area of pain or concern, offering immediate relief.

To learn more visit www.moder-nacupuncture.com.

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SCHOOL DAYS



Wife and husband Neudysmar and Jose, along with their children Anthony and Nahomi, participate in a lesson about Venezuela at Phoenix Christian Preschool. Students in the preschool have been exploring different cultures through music, dance, song, eating food and other activities during the summer program (photo courtesy of Phoenix Christian Preschool).

Preschool kids explore diverse cultures

Children at Phoenix Christian Preschool are exploring the world from campus this summer.

Throughout their summer program, kids have been learning about different parts of the world, immersing themselves in the history of some of their classmates' individual cultures. They have eaten food from various countries and learned languages, danced and sung songs from the Middle East, Israel, Romania, Ethiopia, Mexico, England and Greece. In one activity, preschoolers learned a song from Venezuela and tasted arroz con leche and arepa. They also learned some Brazilian Jiu-Jitsu self-defense moves.

Preschool students also interacted with a preserved (not living) piranha and tarantula from Peru and dressed in native clothes from that country.

To learn more, visit www.phoenix-christian.org.

School Briefs

GLENDALE UNION HIGH SCHOOL DISTRICT
Register for classes at Glendale Union schools

There is still space for students at the campuses in the Glendale Union High School District in the coming academic year, which starts Aug. 9.

New students can register at any of the high schools in the district, all of

which have received national recognition. The schools boast championship sports, extracurricular activities and modern science, technology, engineering and math (STEM) opportunities, career and technical education programs, online learning options and other offerings.

To learn more, visit www.guhsdaz.org.

Graduates earn millions in scholarships

The more than 2,900 Glendale Union High School District seniors who graduated from the district's nine high schools in May earned a collective \$98 million in scholarships to various universities. The students who earned the awards will use them to study at in- and out-of-state universities and military institutions.

The dollar amount for the scholarships for the class of 2021 was \$14 million more than the previous year's graduating class received. Sunnyslope and Washington high school graduating seniors earned \$29 million altogether in scholarships.

MADISON ELEMENTARY SCHOOL DISTRICT

Madison district earns healthy worksite honor

The Healthy Arizona Worksite Program recently honored the Madison Elementary School District with the Gold level of excellence in worksite



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SCHOOL DAYS

wellness. This award distinguishes employers that are doing work to positively impact the health and well-being of their workers, families and community members by implementing comprehensive wellness strategies in the workplace.

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

Students paint mural to honor late classmate

A new mural at Madison Meadows Middle School pays tribute to a student in the district who passed away.

Madison Simis Elementary School student Hollis Doherty died in 2017 after battling brain cancer for seven months. He would have been 12 years old and a sixth-grader at Madison Meadows this year. During a lesson at Madison Meadows recently, International Baccalaureate (IB) Visual Art teacher Megan Tracy asked students to develop artwork on campus that would boost the community. The sixth-graders decided to honor Hollis by creating a mural on campus.

Shawnee and Shane Doherty, Hollis' parents, and his brother, Rhett, recently visited the Madison Meadows campus to see the mural painted to remember students' friendship with Hollis. It shows how Hollis will always be part of the Madison Elementary School District family.



Rhett Doherty, his mother, Shawnee Doherty, and his father, Shane Doherty, pose near a mural that students at Madison Meadows Middle School painted to honor the memory of Rhett's brother Hollis (photo courtesy of the Madison Elementary School District).

Substitute teachers, other employees needed

The Madison Elementary School District is hiring substitute teachers and employees for other positions.

There are opportunities for math teachers, before- and after-school club leaders, secretaries, food service employees and other workers. Madison offers medical, short-term disability and life insurance. It also provides paid holidays and allows workers to participate in vision, dental, flex spending accounts and other voluntary benefits.

Substitute teachers must have a bachelor's degree, a valid Arizona teaching certificate or substitute certificate and a valid Arizona IVP Fingerprint Clearance Card. To see available positions, visit <https://madisonaz.tedk12.com/hire>.

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SCHOOL DAYS

OSBORN ELEMENTARY SCHOOL DISTRICT COVID-19 vaccines to be given at several schools

The Pfizer COVID-19 vaccine will be available for everyone ages 12 and older at Osborn Middle School and other campuses in the area.

The vaccines will be administered through a partnership among the 13 elementary school districts that feed into the Phoenix Union High School District, as well as Phoenix Union itself. Vaccines will be administered from noon to 7 p.m. on Friday, July 9 and 9 a.m. to 5 p.m. Saturday, July 10, as well as noon to 7 p.m. on Friday, July 30 and 9 a.m. to 5 p.m. on Saturday, July 31 at Osborn Middle School at 1102 W. Highland Ave. and the other locations.

For more information, visit www.pxu.org/COVIDvaccine.

Encanto principal receives county award

Encanto Elementary School Principal Felipe Carranza is one of eight leaders who recently received the

Exemplary Principal Award from the Office of the Maricopa County School Superintendent.

Carranza was nominated for the honor in December and underwent an exhaustive, five-month selection process that included staff surveys, interviews of semi-finalists and site visits where officials walked through classrooms, interviewed staff members and observed a school leadership meeting.

To learn more about the award, visit <https://schoolsup.org/principal>.

Employees honored for support for students

The Technology, Child Nutrition and Maintenance/Transportation departments and employees Cristina Delgado, Alex Menendez and Desiree Barnett were recognized recently by the Osborn Education Foundation at its first Exceptional Educator Virtual Event.

Delgado is a social worker at Encanto Elementary School, Menendez is an instructional assistant at Longview Elementary School and Barnett is a kindergarten teacher at Encanto. They were honored for their excellent service

to students, colleagues, parents and the community with certificates and checks for \$500 each for their own personal use. The three departments received plaques and checks for \$1,000 each to be used as they choose.

Jamal Dana and the Technology Department provided laptops to all students who needed one and offered help with internet access to families and support and training to employees during the COVID-19 pandemic. Corey Alexander and the Child Nutrition Department ensured that no child under age 18 went hungry in the community. John Bachler and the Maintenance and Transportation staff members helped with food delivery and assisting the Technology Department in offering WiFi access to the community.

PHOENIX UNION HIGH SCHOOL DISTRICT District providing vaccines at many campuses

The Phoenix Union High School District is providing COVID-19 vaccines to anyone at least 12 years old in

events this month.

As part of a partnership with its feeder elementary school districts, Phoenix Union will offer the Pfizer COVID-19 vaccine at several locations including Camelback and North high schools. Residents can obtain the vaccines from noon to 7 p.m. on Friday, July 9, from 9 a.m. to 5 p.m. Saturday, July 10, noon to 7 p.m. Friday, July 30 and 9 a.m. to 5 p.m. Saturday, July 31.

Camelback High is located at 4612 N. 28th St. and North High is at 1101 E. Thomas Road. The first and second doses of the vaccine will be provided July 9 and 10 and school-age children will receive a free backpack, as well as school supplies, while these items last. The second Pfizer dose will be administered July 30 and 31.

To learn more, visit www.pxu.org/COVIDvaccine.

PRIVATE AND CHARTER SCHOOLS Brophy College Prep grads earn Dorrance Scholarships

Three Brophy College Preparatory graduates are recipients of the prestigious 2021 Dorrance Scholarships.

Carlos Moreno, Luis Reyes and Mark Trusiak, who graduated from Brophy in May, received these scholarships, worth more than \$100,000 over four years to attend state universities. The scholarships are given to motivated Arizona students, who will be the first in their families to go to college. These scholars must live on campus their freshmen and sophomore years, attend monthly meetings with other scholars, do volunteer service, study full-time and keep a grade-point average of at least 3.0.

Moreno, Reyes and Trusiak will attend Barrett, The Honors College at Arizona State University.

Jacquie and Bennett Dorrance established the Dorrance Scholarship Programs in 1999. This year's scholars represent 48 high schools around Arizona. Several other graduates from North Central schools also received Dorrance Scholarships. They include Xavier College Preparatory graduates Victoria Aguirre, Rebecca Molina, Lady Sanchez Montoya and Alexandra Williams. Washington High School graduate Gabriella Venegas also received a Dorrance Scholarship.

To learn more, visit www.dorrancescholarship.org.

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SCHOOL DAYS

Brophy grad named soccer player of the year

A recent Brophy College Preparatory graduate scored big with a recent award.

Charlie Cobb, who graduated in May from Brophy, was chosen as the 2021 Gatorade Arizona Boys Soccer Player of the Year, the 10th Brophy student to win this award. The award recognizes athletic excellence, excellent standards of academic achievement and exemplary character shown on and off the field. The finalist from each state will be eligible for the Gatorade National Boys Soccer Player of the Year award.

Cobb, a 6-foot-1, 175-pound midfielder and forward led the Broncos to a 15-1-1 record and a third consecutive Conference 6A state championship last season. He scored 21 goals and passed for 20 assists, including a goal during Brophy's 2-1 shootout win over San Luis High in the state final game.

Cobb maintained a weighted 4.45 grade-point average in the classroom at Brophy and he has volunteered with the Welcome to America Project, which assists foreign refugees who have been



Brophy College Preparatory graduate Charlie Cobb was named the 2021 Gatorade Arizona Boys Soccer Player of the Year (submitted photo).

relocated to the Valley. He also took part in many fundraising campaigns to help brain cancer research as an ambassador with Students Supporting Brain Tumor Research.

The Gatorade Player of the Year program distinguishes one winner in the District of Columbia and one in each of the 50 states that sanction high school football, girls volleyball, as well as boys and girls cross country, boys

and girls basketball and other sports.

To learn more, visit <https://playeroftheyear.gatorade.com>.

Midtown Primary students get camp-themed lessons

Children at Midtown Primary School are enjoying the feel of summer camp on campus.

Forty students who are going into first through fourth grades participated

in summer camp. Teachers or “camp counselors” engaged students in camping-themed activities involving art, technology and science. “Campers” learned about forest animals, took virtual canoe trips, talked about water safety and participated in thermal cooking and many other activities. Students gathered around a pretend campfire and sang songs while listening to the chirps of forest crickets.

Midtown Primary also taught children who will be starting kindergarten in the fall through its Kinder Jumpstart Program, which helps kids prepare for kindergarten. There have been 21 children in that program this summer.

Xavier grad commits to swim at Ohio college

A swimmer will take the plunge into post-high school life after signing a National Letter of Intent for Kenyon College.

Xavier College Preparatory graduate Jordan Herrera signed the letter to commit to swimming at the college in Gambier, Ohio, in the fall. She plans to

please see SWIMMER on page 28

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SCHOOL DAYS

SWIMMER continued from page 27

major in neurosciences.

A competitive swimmer since she was 11 years old, Herrera graduated from Xavier in May. She also demonstrated her success outside of the pool as she won the Hispanic Heritage Foundation Gold Medal in the technology category. Herrera participated in Xavier's dual enrollment program with Rio Salado College, receiving her associate and associate in general studies degrees upon graduation.

Xavier graduates sign sports letters of intent

The future is promising for four Xavier College Preparatory graduates, who signed their National Letters of Intent to play sports at different universities.

Regan Gunzy, Zaira Reyes, Victoria Saucedo and Kelly Scott signed these letters during an event last month on campus. They join several other Xavier College Prep student-athletes who have signed National Letters of Intent in the 2020-21 school year.

Gunzy will swim at John Carroll University, Reyes will play volleyball at the University of Rochester, Saucedo will play basketball at Cornell College and Scott will swim at Boston College. The four students graduated from Xavier last month.

There were 18 Xavier College Prep student-athletes who signed National Letters of Intent in the 2020-21 academic year.



Xavier College Preparatory recent graduates (from left): Regan Gunzy, Victoria Saucedo, Kelly Scott and Zaira Reyes signed their National Letters of Intent to play sports next academic year at different universities (photo by Lisa Zuba).

Xavier grads shine with awards for service, sports

Two Xavier College Preparatory graduates and a student who will be a senior at the school this fall are shining for their success in sports and service.

Meghan Schouten, Talia Novack and Jamie Stelnik were recently honored at the Arizona Interscholastic Association Annual Champions Gala, which was presented by Albertsons/Safeway and the Arizona Cardinals.

Schouten was surprised with an award of \$1,000 for being a Student Leadership Advisory Council Champion. The award is for her achievements and service while she served on the council. Students gain leadership opportunities and help other athletes as part of the Arizona

Interscholastic Association's Student Leadership Advisory Council. She also was a key part of the Xavier Gators softball team winning its first state championship. Schouten will be a senior in the fall at Xavier.

Novack received the Dr. Voie Stuart Chase Coy Girls Scholar Award. While keeping a grade-point average of 3.9, Novack worked through high school, performed on a regular basis in Xavier's dramatic and musical plays and volunteered at the Arizona Science Center. She plans to study computer science at the University of Arizona.

Stelnik was a finalist for the Girls Scholar Athlete Award. She served as captain of Xavier's cross country & track team, leading the team to a state championship. Stelnik also volunteered

500 hours, as well as created the 5k RUNFORCOVID to help St. Vincent de Paul's food bank. She plans to attend Johns Hopkins University in the fall and will study computer science.

Brophy chosen as one of most influential schools

The website AcademicInfluence.com recently ranked Brophy College Preparatory number 49 among the top 50 most influential private high schools in the United States. High schools were chosen for this honor based on the influencers associated with them, including faculty and alumni.

The website measured influence and mapped the relevant connections between people and schools by considering the number of citations and web mentions, as well as the authority of entities making the citations. Based on the analysis, the ranked private high schools show higher concentrations of influential people linked to them.

The website said 75 percent of staff members at Brophy have advanced degrees. Of its students, 84 percent scored a three or higher on advanced placement (AP) tests last year.

Among the notable Brophy graduates the website mentioned are J.J. Jansen, a Carolina Panthers football player, Sean O'Hair, a professional golfer, and Dean Gerard Winters, an actor known for his role as Ryan O'Reilly on the HBO's series "Oz."

Eleven other Jesuit high schools also made the list. To learn more, visit <https://academicinfluence.com>.

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Evaluations: 8/14/21
Season Starts: 9/11/21
Playoffs End: 11/5/21

VOLLEYBALL (Girls and Boys Leagues)

(GRADES 3-8)
Registration Opens: 7/10/21
Player's Clinic: 8/7/21
Evaluations: 8/14/21
Coach's Clinic: 8/21/21
Season Starts: 9/11/21
Playoffs End: 10/30/21

WINTER

BOYS & GIRLS BASKETBALL (GRADES K-8)

Registration Opens: 10/2/21
Evaluations: 11/6/21
Season Starts: 12/1/22
Playoffs End: 2/26/22

SPRING

BASEBALL, SOFTBALL, FARM & T-BALL (GRADES PREK-8)

Registration Opens: 1/1/22
Evaluations: 1/29/22
Season Starts: 3/5/22
Playoffs End: 5/21/22

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GENERATIONS

Senior Living

City senior centers reopen with limited capacity

The city of Phoenix's 15 senior centers are open again for in-person programs after having been closed for several months because of the COVID-19 pandemic.

These centers are staying at half capacity, with reservations required for daily morning and afternoon sessions. Visitors must wear face masks and have their temperatures taken before entering the centers. Congregate meals are not being provided on-site but seniors can make reservations to have frozen meals delivered to their homes.

Transportation help is available through the Senior Shuttle Program. Call the senior center you belong to in order to register for the shuttle service.

In North Central the Devonshire Senior Center is located at 2802 E. Devonshire Ave. and Sunnyslope Senior Center is located at 802 E. Vogel Ave.

To learn more, call 602-262-7379 or visit www.phoenix.gov/humanservices/programs/older/senior-centers.

Explore state's history with 'hip historian'

If you love history, you can take a virtual tour of historic places courtesy of AARP.

Check out the AARP AZ Virtual

Tours with the Hip Historian Marshall Shore from 7 to 9 p.m. on Thursday, July 8, on Facebook Live. Shore enjoys acquiring knowledge and sharing it with others. He has hosted various events including themed tours, Arizona history talks and Bingo nights, as well as virtual happy hours. You can grab your favorite drink and learn interesting facts from Arizona's past.

These virtual events are free of charge. To watch it, visit www.facebook.com/aarparizona.

Nonprofits helping seniors obtain COVID-19 vaccines

Two non-profit organizations are teaming up to help senior citizens obtain COVID-19 vaccines.

While these vaccines are more widely available, many older residents still need help scheduling appointments and transportation to receive these shots. Virginia G. Piper Charitable Trust has given Duet: Partners In Health & Aging a \$40,000 grant to assist Valley seniors in acquiring their vaccines. Duet, in turn, has partnered with the non-profit Elevate Phoenix to boost access to COVID-19 vaccines for some of the area's most vulnerable seniors. Duet and Elevate Phoenix are working together to reach out to seniors who need these services and Elevate Phoenix's youth volunteers will help make the appointments, as

well as offer rides to seniors.

This partnership is scheduled to run through mid-November and will serve English and Spanish-speaking seniors. Any seniors who need help registering for a COVID-19 vaccine and being driven to the appointments can contact Jazmine Hall at jhall@elevatephoenix.org or 480-510-8708.

Kids & Family

City pools change open swim rules

If you and your family members want to visit any city of Phoenix pools this summer, you no longer have to make reservations ahead of time.

The Phoenix Parks and Recreation Department recently changed the format for open swim in the city's pools, including removing the requirement to reserve times. Customers now can walk up to any city pool, pay the admission fee and come into the pool, as capacity allows. Because of COVID-19 pandemic measures, city pools are being run at a decreased capacity this summer.

Another change is an adjustment to the hours of availability for open swim. The pools are allowing open swim in two blocks of time of two hours and 45 minutes per day. Open swim times are from noon to 2:45 p.m. and then 3 to 5:45 p.m. each day the pools are operating.

Anyone ages 17 and younger can

swim free of charge at all city pools this summer, while adults can visit the pools for \$3 and senior citizens, ages 60 and older, can use the pools for \$1. You can buy a season pass in-person at any city pool. The cost for an adult season pass is \$30, for anyone 18 and older, and a senior season pass is \$20, for those ages 60 and older.

Someone at least 16 years old must accompany any youths for open swim. Everyone is required to wear a mask or face covering when indoors at a city pool center. Wearing a face covering or mask is encouraged for those who are outdoors when they are not in the water.

Swim lessons are being offered free of charge at the city's pools for those ages 3 to 12. The next swim lesson session runs from July 5 to 15 and the last one will be held from July 19 to 29.

To learn more, visit www.phoenix.gov/parks/pools.

Children's museum allows drop-in visits

Summer play is even easier at the Children's Museum of Phoenix, where you no longer need advance reservations to visit.

Museum members can drop by the museum at 215 N. Seventh St. any time during general business hours, then show a photo identification card at the admissions desk to explore the center. Fully vaccinated guests do not

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GENERATIONS

need to wear masks any longer when they visit the museum. Anyone ages 3 and older who is not yet vaccinated is required to wear a mask inside the museum. Visitors do not have to wear masks in the museum's outdoor spaces.

Admission to the museum allows visitors access to the indoor exhibits and the "Very Eric Carle: A Very Hungry, Quiet, Lonely, Clumsy, Busy Exhibit." In that exhibit, guests can transform into the "Very Hungry Caterpillar" as they follow his path and weave a web with the "Very Busy Spider." They can find their light with the "Very Lonely Firefly" and prompt the "Very Clumsy Click Beetle" to flip and jump. There are many other exhibits and experiences for children at the museum, including the "Noodle Forest: Not Your Everyday Noodles" and the "Art Studio: Creative Expression."

The Children's Museum of Phoenix is open from 9 a.m. to 4 p.m. daily through Labor Day, Sept. 6. To learn more, visit <https://childrensmuseumofphoenix.org>.

Puppet theater shows are indoors again

Catch several shows the whole family can enjoy at the Great Arizona Puppet Theater this summer.

The theater company has opened its doors again to shows inside its facility after having offered drive-in performances outdoors previously due to the COVID-19 pandemic. It will perform "Goldilocks" through July 11 inside its performing arts venue at 302 W. Latham St. Shows will be at 10 a.m. Wednesdays through Fridays, at 10 a.m. and 2 p.m. Saturdays and at 2 p.m. Sundays. There will be no performance on the Fourth of July. This show, told with hand and rod puppets, tells the classic tale of a little girl who unexpectedly encounters three bears. It is recommended for anyone ages 3 and up.

Enjoy a trip to prehistoric times with the "My Pet Dinosaur" show July 14-25. The shows are at 10 a.m. Wednesdays through Fridays; 10 a.m. and 2 p.m. Saturdays and 2 p.m. Sundays. In this performance, young Arthur is excited to celebrate his birthday, when he discovers a special present from his uncle – a dinosaur egg. Arthur and his pet parrot embark on a big adventure when the egg hatches. This show is recommended for audiences ages 5 and up.

The popular show, "The Princess, the Unicorn and the Smelly-Foot Troll"

hits the stage July 28 to Aug. 15. Catch the musical at 10 a.m. Wednesdays through Fridays; 10 a.m. and 2 p.m. Saturdays and 2 p.m. Sundays. The story is about Princess Harriet's birthday, when everyone is invited to celebrate except for the Smelly-Foot Troll. See what happens when the troll feels like he is left out of the fun in a show with lots of singing, laughs and sparkles. It is suitable for those ages 3 and older.

Tickets must be purchased ahead of time. Call 602-262-2050, ext. 4 or visit www.azpuppets.org to buy tickets.

Valley Youth Theatre brings stage lessons home

Your children can shine from the comfort and safety of home during Valley Youth Theatre's online performing arts camps this month.

The theater will offer its last Virtual Performing Arts Camps for kids ages 9 and older for this season from Monday, July 12 to Friday, July 23. Valley Youth Theatre's All-Stars Camp, for children ages 5 to 8, will be held virtually July 12-16 and July 19-23. These camps will be held Mondays through Fridays and are accessible through the Zoom video chat system.

Youths ages 9 and older will choose a focus (either music or acting) and during the last part of the day will participate in a virtual rehearsal in their selected discipline. Kids will take virtual dance, acting and music classes from professional teaching artists. Students will work in groups to create original works, with help from their teaching artists in their areas of focus and perform them for family members and friends online the last day of camp.

The camp for kids 9 and older will take place from 9 a.m. to 1:30 p.m. This camp costs \$375 per session.

Children ages 5 to 8 can take part in the All-Stars Camps, where they will engage in storytelling, songs, crafts, creative drama and other activities related to a specific theme each week from 10 to 11:30 a.m. The theme for the week of July 12-16 is "How the West was FUN" and the theme for July 19-23 is "Lions and Tigers and Bears, Oh My!" Students will perform a short virtual performance that the ensemble creates for family members and friends to watch at the end of the camp.

The camps for kids who are ages 5 to 8 cost \$175 per week.

To register, visit www.vyt.com/education/summer-camp-2021.

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Holly Anderson, a local artist, stands by some of her artwork that is on display at The Madison Center for the Arts' new The Gallery at The Madison, which opened last month. Her pieces, as well as the work of Alisha Marie Anglin, will be featured at this gallery through Sept. 30 (photo by Colleen Sparks).

Gallery brightens art center lobby

By Colleen Sparks

Visual arts are taking center stage in the spacious lobby at The Madison Center for the Arts, where a gallery recently opened.

The Madison Center for the Arts opened The Gallery at The Madison late last month as a space to showcase visual arts free of charge to the public. You can find diverse pieces that local artists have made in the 24,500-square-foot lobby. On display through Sept. 30 is abstract artwork that North Central artist Alisha Marie Anglin and local artist Holly Anderson have created.

Anglin's bold compositions are formed in abstract expressionist, cubist and gestural styles painted with acrylics on canvas. She conveys the beauty of imperfection by applying geometric and wild patterns to deliberately distorted forms. Anglin's work has been shown in many exhibitions including as an artist with the Chocolate and Art Show, Conception Arts and on SaatchiArt.com. She also is an American artist exhibited with Singulart, which is based in Paris.

A supporter of the arts and local community in Phoenix, she taught an ornament painting class to fourth-graders at Moya Elementary School. At the end of the class, Anglin donated 30 art kits with canvases for the holidays to students in low-income homes.

Anderson specializes in organic, textural canvas work, along with customized large-scale art installations. Her work brightens many high-rise office buildings and hotels and also is featured in private collections around

the world. Anderson is known as a natural, real artist with an intuitive mind and eye when using materials, color and form. Most of her ideas and paintings are inspired by yoga, human emotion, internal arts and water. Anderson is contracted with many top art consultants and companies including Marriott Hotels, Paramount Pictures and FOX.

Ari Levin, executive director of The Madison Center for the Arts, said he and his team recognized there were many artists around the state who did not have an outlet to display their great work.

"This spurred the desire to create a gallery that could not only benefit local artists with a beautiful space to show their work, but create opportunities for the community to engage and experience the arts," Levin said.

Artwork in the gallery will be changed every three months, allowing many area artists the opportunity to display their pieces. The Galley, located at 5601 N. 16th St., is open to the public from 10 a.m. to 2 p.m. weekdays. To learn more, visit www.themadison.org.

Book sheds light on Westward Ho history

Delve into the history of a building constructed in the Roaring Twenties in a new book written by a local 93-year-old woman.

Mariam Cheshire's "Stories about the Hotel Westward Ho" shares entertaining tidbits about the former luxurious hotel, located at 618 N. Central Ave. The hotel was built in the late 1920s and now serves as a retirement community for low-income elderly and handicapped residents. Cheshire lived in the senior living community for 12

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ARTS & ENTERTAINMENT

years, a time period where she fell in love with a man at age 75. Now she lives in another area downtown.

Cheshire reveals the glory days of the 1930s, '40s and '50s, when conventions, trade shows and political rallies were held in the hotel. The actor Jackie Gleason, former President John F. Kennedy, former President Harry S. Truman, aviation pioneer and author Amelia Earhart, singer, actor and TV host Roy Rogers and U.S. Sen. Barry Goldwater, all were guests at the hotel.

All royalties from the sales of the book will go to the Dr. Fred Cheshire Memorial Scholarship, which awards money to Glendale Community College students. You can buy the book on www.Amazon.com.

Book club focuses on dance world

Ballet Arizona is bringing back its book club, which gives participants a chance to bond with others who appreciate this art form and also love reading.

Check out a gathering to discuss "Celestial Bodies: How to Look at Ballet" by Laura Jacobs at 6 p.m. on Wednesday, July 21, on Zoom. Jacobs, a dance critic, offers a lively, poetic introduction to classical dance. She blends history, interviews with dancers, technical definitions, descriptions of performances and personal stories in this book.

The book club will discuss "George Balanchine: The Ballet Maker" by Robert Gottlieb at 6 p.m. Wednesday, Aug. 18. This book examines the life of the iconic dance figure of the 20th century, Balanchine, who co-founded and served as artistic director of The New York City Ballet and collaborated with composer Igor Stravinsky.

There is no charge to participate in the Ballet Arizona book club's virtual gatherings. You must register ahead of time and a Zoom link will be sent to you. To learn more, visit <https://balletaz.org/ballet-arizona-book-club>.

Alan Parsons coming to Celebrity Theatre

The legendary Alan Parsons Live Project will make an appearance at Celebrity Theatre this summer.

This iconic progressive rock group will hit the stage at 7:30 p.m. on Aug. 31 at the theater at 440 N. 32nd St. Grammy Award winner Parsons worked

as an assistant engineer on The Beatles' last two albums, then qualified as a fully-fledged recording engineer. Afterwards he worked with Paul McCartney and The Hollies, among many other artists. In 1975 he met Eric Woolfson, who became his manager and songwriting and performing partner for what became known as The Alan Parsons Project. The band's debut album, "Tales of Mystery And Imagination" led to a signing to Clive Davis' Arista label, then a string of hit albums including "I Robot," "Pyramid," "The Turn of a Friendly Card," "Eye in the Sky" and "Ammonia Avenue."

After some change-ups in the members, the band consists of Parsons on acoustic guitar, keyboards and vocals; along with P.J. Olsson, Todd Cooper, Tom Brooks, Guy Erez, Jeff Kollman, Danny Thompson and Dan Tracey. For tickets, visit www.celebritytheatre.com.

Art Museum taking grant applications

Up-and-coming artists can submit their work to apply for one of the Phoenix Art Museum's Sally and Richard Lehmann Emerging Artist Awards grants, a juried grant program that offers recognition and financial support for professional, rising artists based in Arizona.

Artwork submissions will be taken through Thursday, July 15. Up to three awards recipients will be announced on Sept. 30. Each winner will receive a \$1,500 grant and the chance to participate in a group exhibition at Phoenix Art Museum next spring. It costs \$10 to submit artwork.

To be eligible for a grant, artists must have completed a degree program within the last five years and have shown their work in Arizona but not outside of the state or internationally. Those who work in all media are eligible for the grants.

Artwork submitted with the application must have been created within the last two years and artists may not be enrolled in a college-degree program. Artists who have previously received the Contemporary Forum Artists' Grants will not be considered.

Applicants must be registered as "Artlink Articipant" in order to receive a grant. Artists can register for this title by visiting <https://artlinkphx.org/articipants/artist-articipant-registration>.

To learn more or to apply, visit <https://phxart.org/press-room>.



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Who We Are

We are a more-than-175-member-strong group of actively selling agents who have a vested interest in the community, the real estate market and North Central Phoenix. This tour is a cooperative effort among the active REALTORS of the Central Corridor. The tour has been in existence for more than 35 years and is an all-volunteer organization.

Location & Meeting

Our meetings are held on the first and third Friday of each month beginning at 9:00 am. Our meeting spot is at The Casa patio, 7878 N. 16th St., Phoenix, AZ 85020. Following the meeting, we tour up to 10 homes new to the market. We require those REALTORS who have a property on the tour to attend the meeting and then participate in the virtual tour of all houses on that day's tour. Each agent provides constructive feedback on price, condition, and key features of the home. The goal is to network with fellow REALTORS who also specialize in North Central Phoenix neighborhoods and help sell the property.

Tour Boundaries

Tour boundaries are Campbell Avenue to the south, 40th Street to the east, 19th Avenue to the west, with the northern border running south of the North Phoenix Mountain Preserve (roughly Peoria) and just north of Lincoln from 16th Street east to 40th St. The Phoenix Country Club area also is included.

Join Us!

We love working with new members. Join our team and receive news and information about new homes on the market in the North Central Region of Phoenix.

For more information or to become a member, visit our website at

<https://northcentraltour.com/>



FOOD FOR THOUGHT



Chiquila and Lamont Turner are keeping their Flavorz Fish & Chicken restaurant going while looking for a new location, serving up customer favorites including fried fish, chicken wings and tenders, as well as shrimp and fries (photo by Marjorie Rice).

Café Chat

Eatery dishes up taste of St. Louis

By Marjorie Rice

As any restaurateur will tell you – especially after the last year – resilience is as important to their success as their menus and recipes.

And Flavorz Fish & Chicken owners Lamont and Chiquila Turner personify resilience. Not only did their fledgling business face the challenges of the COVID-19 pandemic, lease issues forced them to close their restaurant on Seventh Street after only eight months in operation.

In those months, the Turners had built a faithful clientele who craved the tastes of home, Lamont said.

“We had to react quickly to find something temporary to keep our customers, who really wanted our food,” he said.

When their restaurant closed, they kept in touch, marketing to customers through Facebook and Instagram, and also by getting out into the community, doing catering and events like birthdays.

The couple found a location in the Highland Food Hub, a sort of culinary condo on Highland Avenue just west of Seventh Avenue that offers kitchen space for catering, take-out and delivery. There are no tables and most orders are picked up by delivery services such

as DoorDash, Grubhub and Instacart.

Within a couple of months, the Turners were back, serving the St. Louis-inspired fried fish, chicken and shrimp that their loyal customers craved.

“We’re hoping to have a new site within six months, depending on the market and what we can find,” Chiquila said around press time.

Meanwhile, helped by their son, Xeavion, they are operating out of a tiny galley kitchen where they perform a careful dance as they pivot from deep fryers to a compact counter, putting together take-out orders.

The menu is limited, given the small kitchen, and almost everything is deep-fried, not surprising for a restaurant that features flavors of St. Louis, where breaded, deep-fried ravioli is a menu standard. Deep-fried dishes include catfish and swai (a whitefish from Vietnam that is growing in popularity in the United States), chicken (whole wings and tenders), shrimp, zucchini, okra and corn on the cob (the last fried, then rolled in honey butter and sprinkled with lemon pepper).

Other dishes include French fries and slaw, mac and cheese, caramel cake and cream cheese pound cake (the cakes go fast, so order early).

And pickles – don’t miss the pickles.

“They’re my grandmother’s recipe,” Chiquila said. “They’re sweet and a little bit spicy.”

FOOD FOR THOUGHT

That's an understatement. They are mouth-puckering, vinegary and salty with a layer of sweetness, a perfect foil for the cornmeal-crust fish.

Chiquila also created a sticky sauce, a sweet and spicy concoction that is great on the wings, shrimp and fish – even the fries.

At press time the Turners were planning to add peach cobbler rolls to the menu.

"It all depends on Chiquila and how soon she can get the recipe the way she wants it," Lamont said.

Chiquila is the creative force behind the menu, basing the dishes on recipes handed down for generations.

"We come from a family of cooks and caterers," Chiquila said.

Family members in Detroit and St. Louis operate bakeries, restaurants and food trucks featuring barbecue and Southern-inspired menus.

Their concept is simple.

"Our product speaks for itself," Lamont said. "We cook with love, and take pride in what we do, and we want to provide great customer service. We have faith in our cooking, faith in our menu and faith in our customers, that they'll keep coming back for a taste of home."

For now, resilience remains a hallmark of the Turners' approach to their business.

"This is a short stop in a bigger game," Lamont said. "We went through a situation and learned a lot from it. We didn't let it break us. We kept going, and found a place where we could continue to cook and keep our clientele happy. We hope to become a household name."

Flavorz Fish & Chicken, in the Highland Food Hub at 720 W. Highland Ave., is open from 11 a.m. to 8 p.m. Tuesdays through Saturdays for take-out and delivery only. For information and to order, call 602-334-1844 or visit www.facebook.com/Flavorzaz or www.instagram.com/flavorzaz.

Dining Briefs

Eat, listen and dance at Aunt Chilada's

Summer is sizzling with cool deals and entertainment at Aunt Chilada's restaurant.

The restaurant at 7330 N. Dreamy Draw Drive has brought back live music at 7 p.m. on Fridays. Expect high-energy bands that typically play cover songs ideal for dancing.

Social distance line dancing is continuing at 6 p.m. Wednesdays on the cool, covered patio at Aunt Chilada's restaurant. Happy hour takes place from 3 to 9 p.m. Wednesdays with drinks ranging from \$3.75 to \$7. Well spirits, margaritas and other beverages are available. There also are specials on food during happy hour, including \$6.50 for guacamole and chips, \$6 for a cheese crisp or quesadilla and \$11.50 for two fish tacos.

Aunt Chilada's opens at 3 p.m. Mondays through Thursdays and at 10 a.m. Fridays, Saturdays and Sundays. The kitchen is open until 9 p.m. Mondays through Thursdays and 10 p.m. Friday and Saturdays. To learn more, visit www.auntchiladas.com.

Babbo offers food and drink specials

If you're looking for some deals for dinner, visit Babbo Italian Eatery.

The restaurant, which has a location at 6855 N. 16th St., offers spaghetti and meatball meals for \$7.99 Mondays and Tuesdays for dine-in and take-out. You also can take advantage of happy hour specials from 3:30 to 6 p.m. Mondays through Fridays. Some of the specials include stuffed portabella mushrooms, pistachio mozzarella and pesto cheese crostini, each for \$6. Cool off with martinis, margaritas and mojitos for \$6, sangria for \$5 and well drinks for \$6.

Also during happy hour you can order the "couples combo" for \$25. This feature offers two small salads, two glasses of wine and two small pastas or pizzas. Pasta valducci, pasta rustic, fresh tomato mozzarella, pasta primavera and creamy mushroom and asparagus are the pasta options. The featured happy hour pizzas are cheese, pepperoni, bianca, margherita and caprese.

All day on Sundays you can drink bellinis and Bloody Marys for \$6.

To learn more, visit www.babboitalian.com.

Get pizza and wings special to go

On the run but need to feed your family? Take advantage of a discount on Detroit-style, square pan pizza and chicken wings at Fly Bye To Go.

The take-out eatery at 5632 N. Seventh St. is offering a "\$48 & Fly," which is ideal for family dinners, date nights and get-togethers with friends.

please see SPECIAL TO GO on page 36

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FOOD FOR THOUGHT

SPECIAL TO GO continued from page 35

This meal deal serves five to six people with one cheese, pepperoni or sausage pizza, 18 chicken wings, two dipping sauces including Poppin' Asian, Chipotle BBQ or Spicy Buffalo and a Caesar salad. The pizza is sliced into eight, square pieces and feeds about three to four people.

You can order this meal and other dishes for carry-out or curbside pick-up or have it delivered.

To learn more, visit <https://fly-byetogo.com>.

Coffee spot brews artisan drinks and pastries

There's a new place in North Central to enjoy your cup of java, along with specialty drinks and sweet and savory pastries.

Moxie Coffee Co. recently opened a location at 4626 N. 16th St. on the ground floor of The Art apartments complex. This roaster/café specializes in artisan coffee and shines a spotlight on growers who work hard to produce excellent, rare coffees, according to its website.

In addition to coffee, Moxie offers pink sparkling Rosella iced tea, as well as Suss Pastries' Pop-Tarts, vegan doughnuts, Cotija Corn & Green Chile Everything bressanes, which are soft, buttery brioche with filling, and other pastries.

This coffee shop is open from 6:30 a.m. to 6:30 p.m. seven days a week. To learn more, visit <https://moxiecoffee.com>.

Enjoy taste of history with new cookbook

Feast your senses with a new cookbook that blends history with recipes that Arizona icons and North Central restaurants shared while indulging in hearty and sweet dishes.

The non-profit organization Historical League of the Arizona Heritage Center recently published "Tastes & Treasures II: A Storytelling Cookbook of Historic Arizona." It contains recipes from Phoenix historical figures, including Sandra Day O'Connor, the first female justice appointed to the U.S. Supreme Court, who grew up on the Lazy B Ranch near Duncan. The cookbook shares her recipe for Lazy B Beef Jerky, which is

made with flank or round steak or other lean cuts of meat, as well as black pepper, soy sauce and crushed red pepper or cayenne pepper. According to the book, this was a favorite at O'Connor's family's ranch.

A recipe from the late Eddie Basha, Jr., who took over the grocery store chain after his father died in 1968, also is in the cookbook. Basha Jr. served on a school board in Chandler for many years and was appointed by then-Gov. Bruce Babbitt to the State Board of Education. He also was appointed by then-Gov. Rose Mofford to the Arizona Board of Regents. Basha's widow, Nadine Mathis Basha, shared a recipe for chocolate cake with chocolate frosting, which Basha loved eating after school as a child when his mother, E.N. "Essie" Basha, Sr. baked it.

Frank & Albert's, a restaurant in the Arizona Biltmore, A Waldorf Astoria Resort, provided its recipe for its famous Kalamata olive dip, and Southwestern recipes are in the cookbook from other local restaurants including a tortilla soup from LON's at The Hermosa Inn.

The cookbook is available for \$30 or \$240 for a box of 10. For more information or to purchase a book, visit www.historicalleague.org/shop.aspx.

Buy coffee blend, help homeless people

Sip a cup of java from Press Coffee while helping people who are experiencing homelessness.

Every time anyone buys the company's Community Blend through Sunday, Aug. 1, a portion of all sales will go to Cloud Covered Streets, a local non-profit organization that offers free showers, laundry services, haircuts and other support to people who are homeless. Press Coffee's Community Blend features nougat and rich chocolate fudge notes, as well as the taste of a raw strawberry and hints of sugarcane. All proceeds from the sales of this blend are donated to area non-profit organizations and community-based measures. Press Coffee selects a new local non-profit organization to partner with and support every quarter.

Cloud Covered Streets operates a mobile unit that provides new clothes, free showers, haircuts, supplies, employment and other assistance to homeless people. One of the locations

it has visited is First Christian Church at 6750 N. Seventh Ave.

Press Coffee has several locations in the Valley including one at 2390 E. Camelback Road. To learn more, visit <https://presscoffee.com>.

Culver's adds sweet, salty new frozen custard flavors

Cool off with two, new flavors of frozen custard or sink your teeth into a Pretzel Haus Pub Burger at Culver's restaurants.

The eatery with locations in North Central and around the Valley has added two, new custard flavors - salted caramel pecan pie and strawberry chocolate parfait. The pecan pie flavor includes vanilla frozen custard with ribbons of salted caramel, toasted pecans and butter cake pieces swirled through it. The strawberry chocolate option contains vanilla frozen custard with chocolate cake pieces and strawberries infused into it.

The Pretzel Haus Pub Burger has returned to Culver's through Monday, Aug. 2, while supplies last. This burger features fresh beef patties with sliced Wisconsin cheddar cheese, pickled red onions, crispy bacon, Wisconsin cheddar cheese sauce and a signature bistro sauce. It comes on a lightly buttered and toasted pretzel bun.

Culver's has a North Central location at 825 E. Camelback Road. To learn more, visit www.culvers.com.

Pita Jungle offers seasonal menu

Spice up your summer lunch or dinner with savory dishes on the new Seasonal Kitchen Crafts Menu at Pita Jungle restaurants.

One new dish is the Moroccan gazpacho, a chilled soup with tomato, cucumber, onion, cilantro, celery, jalapeno, garbanzo beans, lemon juice and seasonings. You can pair it with avocado hummus, a blend of garbanzo beans, avocado, fresh garlic, extra virgin olive oil, tahini, jalapeno and pico de gallo served with blue corn chips on the seasonal menu, or the original hummus that is served with pickles and wood-fired pita chips.

A wood-fired Medchilada, another choice on the seasonal menu, combines garlic-cilantro chicken in a beef bone broth enchilada sauce with cheddar and feta, turmeric cauliflower rice, cabbage-

kale super greens, radish, fresh jalapenos, pico de gallo, pine nuts and a gluten-free pita. The shaved Korean beef lavash wrap features shaved beef cuts, spicy gochujang sauce, flash sauteed super greens, Tuscan kale, red and green cabbage and many other ingredients on a lavash wrap with a cabbage kale super greens side salad. Enjoy some protein with the chicken avocado pita tostada, which contains grilled chicken breast, avocado, cilantro-avocado crema, cucumbers, tomatoes, pickled red onions, black bean hummus and other ingredients on a pita tostada.

There's also a super greens Nordic salad with salmon, avocado, baby greens, seasonal mixed greens, bell peppers, cucumbers, sprouts, tabouleh and lemon vinaigrette; and you can finish off your meal with a turmeric ginger brown rice pudding.

These seasonal menu items will be available at least through September.

Pita Jungle has several locations throughout the Valley, including one at 5505 N. 7th St. To learn more, visit www.pitajungle.com.

Huss to open new taproom

Huss Brewing Co. will open a new craft beer taproom, full-service restaurant and to-go counter this fall.

Through a partnership with the city of Phoenix and Aventura Catering, Huss will open in the Phoenix Convention Center at 100 N. 3rd St. and will be housed inside an indoor-outdoor area created in the north façade on Monroe Street, between 2nd and 3rd streets. It will offer a full menu along with Huss' Family of Beers. This brewpub is expected to be a destination for people going to conventions, as well as locals and visitors attending concerts, sporting events, performances and other entertainment activities. They also will be able to quickly pick up their favorite beer and food combinations for to-go orders.

Jeff and Leah Huss, who are husband and wife, have 33 years of combined experience working in the brewing industry. They are the co-owners of the new brewpub, as well as Huss Brewing Co. Uptown Taproom+ Kitchen at 100 E. Camelback Road, and a Tempe Taproom. To learn more, visit www.hussbrewing.com.

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