



north central news

the voice of the north central phoenix community since 1999

volume 22, issue 5 • may 2020

www.northcentralnews.net

Local experts optimistic about housing market

By Colleen Sparks

The Coronavirus pandemic has caused a significant decline in the number of houses being put on the market around the country but local experts say they expect North Central Phoenix to fare better than other areas and bounce back quickly.

Realtor.com reported that the number of home listings on its site dropped 47-percent year over year in the week that ended April 11. Prior to the COVID-19 crisis, the number of new listings on Realtor.com had been rising by about 15-percent in the first two weeks of March.

Bobby Lieb, associate broker with HomeSmart and long-time North Central Phoenix resident, said he and his colleagues are still showing homes and recently sold a house near 17th Street and Bethany Home Road. Lieb said as of early April, he had 19 listings and had seen home sales within the last three or four days in his area. He and his team had six new

please see OPTIMISTIC on page 6



Enes Dedic, 55, was the first Coronavirus patient in Arizona to survive after receiving the extracorporeal membrane oxygenation (ECMO) therapy. He was treated at HonorHealth John C. Lincoln Medical Center, as seen here with the medical team that saved him (submitted photo).

Local man survives virus after novel therapy

By Colleen Sparks

When Olivera Dedic's husband, Enes, became sick after returning from a trip to Bosnia for his mother's funeral, the idea that he might have the Coronavirus did not cross her mind.

Dedic, 53, said Enes, 55, had a fever and a cough and she believed he had become ill with the flu. A physician told him to take Tylenol but then things took a turn for the worse.

"He woke me up and told me he could not breathe," Dedic said.

She took Enes to HonorHealth Deer Valley Medical Center, but after two days his health quickly deteriorated. He was transferred to HonorHealth John C. Lincoln Medical Center at 250 E. Dunlap Ave., for increased mechanical ventilation. Tests revealed Enes had COVID-19 and he was placed on extracorporeal membrane oxygenation (ECMO) therapy.

Enes became the first COVID-19 patient in Arizona to survive after receiving the ECMO treatment, through which a device removes blood from a patient's body, pumps oxygen into the blood and then pumps it back into the body to relieve strain on damaged lungs and hearts.

Dedic is grateful to the medical team at HonorHealth John C. Lincoln Medical Center for saving her husband's life and allowing her to see him through Facetime in the hospital as visitors were not allowed in order to protect everyone. Enes spent 10 days in a medically-induced coma, and then on the eleventh day he awakened and became responsive. He has been communicating with his family members through Facetime and as of press time was expected to return home soon.

"I was so happy to see his face," Dedic said. "I told him that we love him, that he has to be strong."

please see SURVIVES on page 4

in this issue

- Help for the homeless in pandemic, page 3
- Outdoor recreation spots see heavy use, page 10
- Local dentists open for emergencies, page 12
- Schools tap into technology to teach, page 25
- Restaurants cope with Coronavirus, page 38

POSTMASTER: DATED MATERIAL. PLEASE EXPEDITE IN-HOME DELIVERY BY MAY 7, 2020.

PRSRT STD
U.S. POSTAGE
PAID
PHOENIX, AZ
PERMIT NO. 5059

LOCAL. FAMILY. ROOTS.

From our North Central family to yours, thank you for allowing us to be a part of your real estate journey.

Here For You Then
Est. 1983

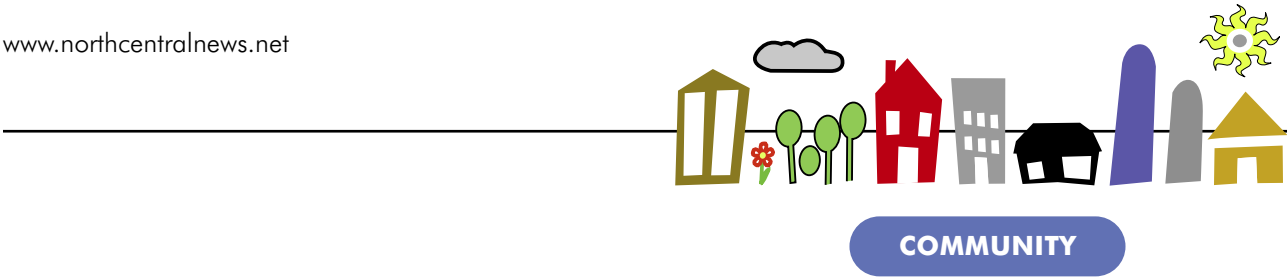
Here For You Now
2020

Here For You ALWAYS
The Future

THE
CANIGLIA
GROUP

NORTH&CO.

(602) 903-7220 COLLABORATE@THECANIGLIAGROUP.COM WWW.THECANIGLIAGROUP.COM



Children play in the 19West affordable housing complex that UMOM has opened near 19th Avenue and Northern Avenue (photo courtesy of UMOM).

Homeless get help during pandemic

By Colleen Sparks

The Coronavirus pandemic is especially challenging for people who are homeless but luckily several organizations in the area provide shelter, food and other types of support.

House of Refuge Sunnyslope is talking to people every day who need assistance, said the non-profit organization’s CEO Julie Supplee. This faith-based non-profit offers long-term, traditional housing to men, women and children, and provides life skills, spiritual guidance, practical support and camaraderie. Those who had struggled with homelessness live in several different houses and apartment-style homes on 11 different properties near the non-profit’s headquarters on North 7th Place south of Cinnabar Avenue.

As of press time, House of Refuge Sunnyslope had openings for some men and for one single mother, Supplee said. The organization is doing extra sanitizing in its buildings and for now has stopped providing meals to large groups. Meals are hand-delivered to the individual homes. Bible studies and life skills classes have been moved to online-only.

Supplee said people are staying longer in the House of Refuge Sunnyslope homes than they typically were prior to the pandemic.

“At a time like this, you want to hunker down and stay where you’re at,”

she said. “We have a lot of residents (that) have lost jobs...some layoffs, some hours cut.”

To seek help from House of Refuge please see **HELP** on page 5

Nominate a Neighbor in Need

The staff at *North Central News*, along with many of our vendors, are struggling with the impacts of the Coronavirus pandemic and resulting stay-at-home order. We know that our advertisers and readers are in the same struggle, trying to keep their businesses, jobs and sanity intact during these unprecedented times.

We are extremely grateful to all of you who have made it possible for us to continue to publish. As a small token of our appreciation, we invite members of our North Central community to nominate a neighbor who needs a little extra help right now. You may nominate an individual or a family. From your nominations, we’ll select five finalists and send each of them a \$100 grocery store gift card.

To nominate a North Central neighbor, write a short paragraph

about your nominee, explaining your reasons for the nomination. Please do not identify your nominee by name. Do include your name and either the email address or phone number where we can reach you. If your nominee is chosen, we will contact you for their name and mailing address.

Email your nomination to:

contest@northcentralnews.net

or mail it to:

**North Central New
1645 E. Missouri Ave., Suite 450
Phoenix, AZ 85016**

All entries are confidential and no names of either the nominators, nominees, or finalists will be made public.

Again, our deepest thanks to all of you for your continued support.

*Tara Blanc
Publisher*

Window fashions to match every design personality.

Hunter Douglas offers a wide variety of window fashions in an array of fabrics, textures and colors. Contact us today. We’re the Hunter Douglas experts, guiding you in the selections that’ll make your home even more beautiful—whatever your style.

Ask us about:

- Special savings on select Hunter Douglas Products
- PowerView Motorization
- The Hunter Douglas Lifetime Limited Warranty



©2020 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas or their respective owners.12063966

HunterDouglas



Today's Interiors
Serving the Valley since 1990
Draperies.Roman Shades.Woven Wood Shades.Designer Roller Shades
Shutters.Interior and Exterior Shading Systems.Motorized & Manual Window Treatments
(602) 997-2500
www.todaysinteriorsonline.com



COMMUNITY

SURVIVES *continued from page 1*

He's very tough. Now it's very emotional that he is a survivor. We just love each other, respect each other. The love between us, I'm sure saved him."

She added she can't say "how much I'm thankful" to the doctors and nurses that cared for her husband. Dedic and Enes will have been married 32 years in December. Enes is an electrician and Olivera works as a store manager for Sally Beauty Supply and the couple has a 30-year-old son who lives in California.

Dr. Robert Riley, chief of cardiothoracic surgery at HonorHealth, member of HonorHealth's Cardiovascular Center of Excellence and co-director of the ECMO program at HonorHealth John C. Lincoln Medical Center, was thrilled to be on the team that saved Enes.

"That's the most encouraging thing that we have a good result," Riley said. "The survival of our patient required a tremendous team effort including physicians, respiratory therapists, nurses and even housekeeping to address unique ways in which to care for, monitor and sanitize our unit for the best

possible care. I can't emphasize enough that this was truly an out-of-the-box approach to care."

Dr. Anselmo Garcia, a pulmonologist and critical care physician, as well as an independent member of the HonorHealth medical staff, said Enes was put on his stomach, called prone positioning, to try to help him breathe. His symptoms and recent international travel caused the medical team to suspect he had acquired the Coronavirus, Garcia said.

"We are now being contacted by other prestigious medical centers across the United States, seeking advice on what we have done," he said. "Right now, Dr. Riley and I are working with the Maricopa County Department of Public Health and the Arizona Department of Health Services to set up statewide preparedness with the list of processes and protocols that have been developed."

Dr. Ace Ovil, director of medical critical care for ECMO at HonorHealth John C. Lincoln Medical Center, also expressed satisfaction at being part of the group that saved Enes.

"It's really gratifying to know someone that was facing certain death is able

to return to his family," Ovil said.

Celina Acevedo-Adams, a nurse and ECMO coordinator at HonorHealth John C. Lincoln Medical Center, said she and others talked to Enes to encourage him during his treatment.

"We're always optimistic that they'll be okay," Acevedo-Adams said. "We always talk to them. I said, 'Just keep fighting.' We did it all together. This is what I love to do."

Enisa Softic, Enes' younger sister, is thankful her brother is okay.

"He's my big brother, my hero," Softic of Scottsdale said. "I am flying in the sky, very happy. He's the best brother anyone could wish for. He's my protector. I am so thankful to the doctors, nurses, God."

Dedic said she is grateful to friends and family members that called, brought her food and otherwise supported her. It was scary waiting at home for updates on her husband's condition.

"They didn't leave me," she said.

Enes was one of the first COVID-19 ECMO survivors in the United States documented via the national registry Extracorporeal Life Support Organization

(ELSO), an international non-profit consortium of healthcare institutions. This group is committed to the development and evaluation of novel therapies for treating failing organ systems.

To learn more about HonorHealth, visit honorhealth.com.

Changes made to public transit

Valley metro has made some changes aimed at protecting the safety of operators and riders due to the Coronavirus. It started limiting passenger space on buses last month so that if the rider capacity is reached, drivers might not allow boarding until more capacity is available. Light rail is running on an adjusted schedule Mondays through Saturdays with the first full trip on light rail starting about 4:45 a.m. and the last trip beginning at 11 p.m.

Passengers also are asked to practice social distancing while waiting and on board public transit vehicles.

To learn more, visit valleymetro.org/news/service-impacts-due-covid-19.

\$\$\$ NORTH CENTRAL STRONG TIME FOR SMART DECISIONS LIQUIDATE AND CONSOLIDATE \$\$\$

No Gimmicks, We Beat ANY and ALL Internet Deals

Call or Email Jay Today!

602-241-1333 OFFICE | 602-369-3115 CELL
jgoldmanltd@cox.net



HIGHEST POSSIBLE PRICES PAID FOR DIAMOND, WATCHES, PLATINUM, GOLD AND VINTAGE JEWELRY

<p style="color: black; font-weight: bold; font-size: 1.2em;">WE PAY TOP \$</p> <p style="color: black; font-weight: bold;">SILVER, GOLD & BULLION COINS</p>	<p style="color: black; font-weight: bold; font-size: 1.2em;">WANTED</p> <p style="color: black; font-weight: bold;">NATIVE AMERICAN JEWELRY</p>
--	--

FREE WATCH BATTERY

When you bring in this ad. No purchase necessary.
First time customers only.
(one battery per visit-installation included)

FREE VERBAL JEWELRY APPRAISALS

No limit. No purchase necessary. Done while you wait!
FIND OUT WHAT YOUR FINE VALUABLE JEWELRY IS WORTH

PERSONALIZED ENGRAVING JEWELRY & GIFTS

Make an Ordinary Gift Memorable!

EXPERT JEWELRY & HIGH GRADE WATCH REPAIR

Premium Prices Paid for High Grade Watches



MONDAY-FRIDAY 12-5PM & SATURDAY BY APPOINTMENT.

1515 E. BETHANY HOME RD. | 156 | 85014

Southwest corner of 16th St & Bethany Home Rd in the Bethany East Shopping Center

OFFICE 602.241.1333 | CELL 602.369.3115 | WWW.JGOLDMANLTD.COM

Premium Prices Paid for Large Diamonds & Colored Stones



COMMUNITY

HOPE continued from page 3

Sunnyslope, call 602-678-0223 or email info@refugesunnyslope.com. To learn more, visit refugesunnyslope.com.

The Human Services Campus, a collaborative force of several organizations that team up on one campus to end homelessness, also is busy trying to put roofs over people's heads.

One of the non-profits housed on the 13-acre campus at 204 S. 12th Ave. is Central Arizona Shelter Services (CASS), which runs an emergency shelter that typically has 470 beds, said Amy Schwabenlender, executive director of the Human Services Campus. A day room has been opened up to allow for social distancing for those that are elderly and have chronic health problems, though none of them has tested positive for the Coronavirus.

"We turn away about 500 people a month because the shelter is full," Schwabenlender said. "One of our goals is to find permanent housing for everybody that comes there. It seems to be getting harder and harder."

Human Services Campus is seeking the Phoenix City Council's support to add more shelter beds.

Circle the City, one of the organizations on the Human Services Campus, provides integrative health-care to homeless people. Its medical respite program offers case management, psychiatric support and physical therapy. Circle the City is taking great precautions in order to try to protect patients and staff members from the COVID-19, including taking inventory of personal protective equipment and enhancing screening of patients per the Centers for Disease Control and Prevention's guidelines.

To learn more about the Human Services Campus, visit hsc-az.org.

UMOM New Day Centers, which offers shelter, services and housing for homeless families, single women and youths, recently opened its latest affordable housing complex, 19West at 2011 W. Morten Ave. The apartment complex has 64 units priced below market value and also houses an after-school program and food pantry for its residents, said Darlene Newsom, CEO of UMOM New Day Centers.

Single women without children can live in the Halle Women's Center, which is across the street from UMOM's shelter for families at 3333 E. Van Buren St. UMOM recently

added 20 more shelter units to serve families as demand increased due to the pandemic. More than 170 families in Maricopa County are waiting to find safe, permanent homes as they are living on the streets, sleeping in cars or residing in unstable homes.

Newsom said many homeless families are living in parks and along a canal in Sunnyslope. UMOM's main family shelter recently saw an increase of 30 percent on its waiting list. The organization also provides medical services through Circle the City and Phoenix Children's Hospital, as well as a café for the public. The café is closed now due to COVID-19.

"We have a lot of individuals in our community who are living on the edge," Newsom said, adding that many people have lost their jobs because of the Coronavirus pandemic.

She praised the Phoenix City Council for voting last month to provided funding to UMOM and other organizations, to help end homelessness.

If you need help with housing or other services, contact UMOM at 602-595-8700 or visit umom.org.

Tanner MOTORS

**DEALER
ALTERNATIVE
SERVICE
& REPAIR**

**North Central's #1 choice in European
Vehicle Service, Repair, Tires & Alignments.**

**FULL SYNTHETIC
OIL CHANGE
SERVICE**

\$89.99

Includes up to 6 quarts full synthetic motor oil and filter.
Does not include taxes and shop supplies.

**COMPLIMENTARY A/C
PERFORMANCE TEST**

Includes performance test, inspect hoses and air conditioning components. Does not include evacuate and recharge.

**10% off labor for any
repair over \$150**

Can not be combined with any other offer, One coupon per vehicle, Maximum discount of \$150, expires May 31, 2020



**www.tanner-motors.com
10221 N. Cave Creek Road
602-241-9888**

DON'T WAIT STAY COOL

**FOR THE MONTH OF MAY,
LET US SERVICE
YOUR AC UNIT**

**\$89 PER
UNIT**

**Mention you saw us in the
North Central News, and be
entered into our May drawing for
a free air scrubber. (\$950 value)
Drawing June 1st.**



Arizona Comfort Specialists is a 20-year-old family owned & operated cooling & heating business.

Residential & Commercial A/C & Heating • Maintenance/Repair • Installation/Replacement

Licensed • Bonded • Insured ROC#157617 K39



602-923-2889

ArizonaComfortSpecialists.com



PURPLE LIZARD

BOUTIQUE

An Eclectic Mix

• Clothing • Body

• Gifts • Jewelry

Stay safe and shop at home!

Visit our website at purplelizardboutique.com

Located in Historic Phoenix

SE Corner of 15th Ave. & Thomas Rd.

2827 N. 15th Ave., Phoenix, AZ 85007

602.728.0980

Where Shopping is an Experience • Come Visit and Enjoy!

DONATE

LIFE

Arizona

Sign Up. Save Lives.

DonateLifeAZ.org



north central news

The voice of the north central phoenix community since 1999

1645 E. Missouri Ave., Suite 450
Phoenix, AZ 85016
(602) 277-2742 • Fax: (602) 277-6689
www.northcentralnews.net

Publisher

Editor

Sales and Marketing

Office Manager

Tara A. Blanc

Colleen Sparks

Joanne Day

Janice Backus

Copyright 2020 by North Central News, Inc. No part of this publication may be reproduced without the express written consent of the publisher. The publisher assumes no liability for opinions contained within this publication; all statements are the sole opinions of the contributors and/or advertisers.

The North Central News is published monthly by North Central News, Inc. The circulation is 22,000 copies mailed directly to homes and businesses in North Central Phoenix and 4,000 copies distributed from racks in the North Central area.

If you would like to advertise in North Central News, call 602-277-2742 or e-mail advertising@northcentralnews.net to order a free media kit.

If you have a press release or would like to contribute information, please call our editorial office at 602-277-2742, fax us at 602-277-6689 or e-mail us at editor@northcentralnews.net

DEADLINE FOR ADVERTISING AND EDITORIAL IS THE 15TH OF THE MONTH PRECEDING PUBLICATION

COMMUNITY

OPTIMISTIC continued from page 1

home listings for houses ranging from \$500,000 to \$1.4 million in the last two and a half weeks.

“Those of us that have survived the short sale foreclosure market in 2008 and 2012, we’re kind of hardened to fight, to make things happen,” Lieb said. “I see a lot of energy, a lot of activity. They’re still out there. They know this is going to pass over. I do think we still have the best values (in North Central). The Bridle Path’s huge; we’ve got tremendous schools, tremendous restaurants. I think our area’s a lot more stable than a lot of areas around the Valley.”

Lieb said in one case, buyers he was working with decided to cancel while in escrow on a home because one of them lost a job. Another buyer decided to back out of a deal because of a loss in income.

He said it is a good time to buy a home in North Central because of the excellent values here. The median list price for a single-family home in Phoenix for April 21 was \$269,000.

Phillip Geretti, designated broker for Highland Real Estate, said he has seen fewer listings on the market in recent weeks but he also is optimistic about the market in North Central.

“People are just concerned,” Geretti said. “I think we’re going to slow down a little bit. The whole market in the Valley has been good for the last couple years so our inventory’s been very down. It’s been such a sellers’ market forever so this might be an equalizer, a better time to buy. It doesn’t feel like the recession. I believe it’s going to go away pretty quick, too.”

Geretti said he meets potential buyers at homes and does not drive them in his vehicle as a safety measure. He also uses hand sanitizer in homes.

Steve Caniglia and Erik Jensen, Realtors at The Caniglia Group, said they had seen some buyers stop looking for homes because of the Coronavirus pandemic but they believe the North Central housing market will stay strong.

“We’re still doing transactions but a handful of our buyers going into this have decided to press the pause button and see this through,” Caniglia said. “On the listing side, we’ve actually put three or four homes on the market since this all started.”

During the first three months of this year, 29,365 new listings hit the market around the Valley, Jensen said. That is compared to 47,187 homes that were new listings in the Valley the first three

months of 2006, prior to the Great Recession striking the country in 2007.

“If you see a house and you like it, it’s a great time to buy,” Jensen said.

Caniglia said buyers who are uncomfortable visiting homes for sale in person during the COVID-19 may look at houses online.

“Obviously we’ve got a very unprecedented situation going on out there but we still feel bullish about the North Central market overall,” he said.

The COVID-19 also is affecting anyone seeking a loan or refinancing on a current home.

Colleen O’Dowd Cutler, vice president of Signature Home Loans, LLC, said it is more difficult for people to obtain “jumbo loans” due to the Coronavirus crisis. Jumbo loans are mortgages used to finance properties that exceed conventional loan limits.

O’Dowd Cutler said lenders “have really tightened up their guidelines because they’re worried about people losing jobs.” Lenders also are re-verifying buyers’ employment status right up until closing, rather than doublechecking employment about a week before closing as they did prior to the Coronavirus outbreak, she said.

Many people want to refinance their homes right now and it is a good time to do so “if you have a good, stable job” because rates are still low, O’Dowd Cutler said.

Kimberly Burgess, loan consultant with Caliber Home Loans, said home loans are still closing but some homeowners are facing financial strains.

“There’s a lot of people that have existing home loans now that are concerned about ‘how am I going to make my payment?’” Burgess said.

The CARES Act stimulus bill that Congress enacted in March gives homeowners with federally-backed mortgages the ability to stop making mortgage payments for up to a year if they are experiencing financial hardship due to the COVID-19. Burgess advised anyone considering forbearance to think about whether they will be able to make their back payments later on.

“If you don’t have \$1,200 dollars a month (now), what makes you believe in four months you’ll have four times that?” she said. “If you can’t pay a lump sum, you have to go into loan modification.”

Burgess urges homeowners to talk to loan consultants about their situations. “We’ve never had a health crisis like this. It’s a whole new ball game.”

Real Estate Corner

Bobby Lieb

Your residential real estate specialist for North Central, the Camelback Corridor, and Paradise Valley.

Impact of Covid-19 on local real estate

I apologize for not writing an article in this paper for the first time last month, but I needed time to understand what was going on not only in North



Central but basically all around us regarding Covid-19.

I am only going to write this column

regarding what I know best and that is real estate -- representing both buyers and sellers, especially in the North Central area. I have closed 29 homes in 2020 (including four since March) and I currently have 14 homes in escrow ranging for \$345,000 to \$4,300,000.

The difference in today's world compared to the short sale/foreclosure crisis we had from 2008-2012 is that sellers have equity in their homes now. North Central values were not as impacted then compared to the rest of the Valley because a majority of our residents live here all year round compared to some areas that have part time residents.

Here are some key points that Tina Tamboer from the Cromford Report has recently pointed out to us:

- **SELLERS ARE RETAINING THEIR HOME VALUES**
- **WE WILL NOT SEE A RUSH OF FORECLOSURES**
- **WE HAVE A DIVERSIFIED EMPLOYER BASE HERE**
- **SELLERS HAVE EQUITY AND FIXED PAYMENTS (NO BALLOON PAYMENTS LIKE IN 2008)**

• **WE HAVE REAL DEMAND FOR HOUSING, UNLIKE 2008**

I totally respect that presently some sellers do not want strangers in their homes so we are actually marketing our newer listings with virtual tours, which gives buyers a better perspective of what the subject home looks like without having to view the home in person. We are even including drones on some of our listings. The bottom line is that we are spending more money on marketing our homes and I truly feel that gives us an edge.

There are some great realtors in North Central and I truly respect our agents who are part of our long-time North Central Tour. In order to be successful in our area, you need to know all the homes that have sold in the past 5-10 years and you basically need to know what the active homes look like. I have sold more than 3,500 homes in 28 years of real estate and more than 2,500 homes in North Central, so I think that gives me an edge.

Please stay safe and be smart even after we all get clearance to resume a normal lifestyle. Also, PLEASE PLEASE PLEASE support our local businesses.

Thanks!

Bobby Lieb

Bobby Lieb
Associate Broker
HomeSmart
Elite Group Manager/Founder
5225 N. Central Ave., Ste. 104
Phoenix, AZ 85012
Mobile: 602.376.1341
Fax: 602.996.9141
bobby@centralphx.com
www.centralphx.com
www.biltmoreazagent.com



ADVERTISEMENT

**DOWNLOAD MY APP!**

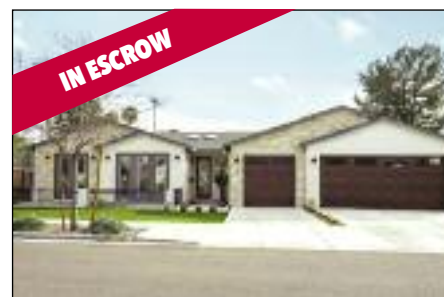
Bobby Lieb's free mobile app provides the most thorough home search functionality and the latest inventory directly from the MLS. Constant updates including new homes for sale and upcoming open houses at your fingertips.

**m. 602.376.1341****centralphx.com | biltmoreazagent.com****LUXURY HOMES FOR SALE!**

Rancho Solano • 5726 N. 2nd Ave. • \$1,695,000



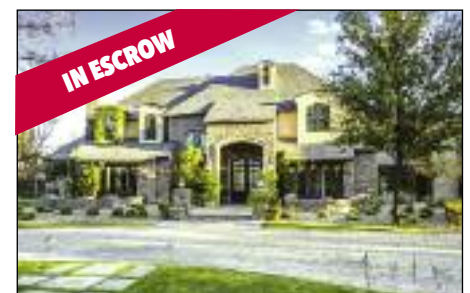
Gated Estate • 6611 N. Central Ave. • \$1,400,000



245 E. Ashwood Pl. • \$999,999



1439 E. Echo Ln. • \$799,000
City lights and mountain views!



2205 E. Colter St. • \$4,950,000
Gated Estate on 2 acres



5450 E. Arcadia Ln. • \$2,695,000



9824 N. 53rd Pl. • \$1,799,000

centralphx.com | biltmoreazagent.com

COMMUNITY

Residents hit trails, parks amid pandemic

By Colleen Sparks

Residents are flocking to local parks and trails to exercise and relieve stress while schools, gyms and many other businesses are closed because of the Coronavirus pandemic.

While Phoenix Parks and Recreation Department indoor recreation centers are temporarily closed, the city's outdoor recreation facilities are open for normal hours of operation, including parks, trails and golf courses. Parks officials are instructing people to maintain physical distancing of at least 6 feet from others while outdoors, in compliance with the Centers for Disease Control and Prevention (CDC)'s guidance. They also are telling hikers and bikers to share trails and warn other users when they are around and as they pass them.

Sean Hannafin often hikes in North Central Phoenix and other trails, sometimes with his twin sons, Jack and Reilly, 14 years old.

"We're really more mindful of the trails," Hannafin said. "I usually go early in the morning, before work. Six



Sean Hannafin, front, hikes with his twin sons, Reilly, middle and Jack at Quartz Ridge Trail around 32nd Street and Lincoln Drive (photo courtesy of Sean Hannafin).

feet would be a minimum. The best thing is to treat it like people are smoking around you, really being cognizant of where you are on the trail."

He said he sees fewer people with headphones on while they hike and most people are either hiking in small groups or alone since the COVID-19 outbreak. Hannafin brings hand sanitizer and said he and his family members are "thoughtful" about what they touch. If a particular trail is too busy, he will go home or find another one to hike so he may maintain social distancing. His wife

is a nurse and recommends safety measures for the family to take.

Hannafin, who is principal at David Crockett Elementary School, said he likes Dreamy Draw Recreation Area because the trails are "pretty wide open."

Gregg Bach, public information officer for the Phoenix Parks and Recreation Department, said restrooms, playgrounds, picnic tables, ramadas, fitness equipment, as well as basketball and volleyball courts are closed temporarily because of COVID-19. While hiking trails are open, a limited access

policy is in place at many of the busiest trailheads including Camelback Mountain's Echo Canyon Trailhead.

Bach said people should not use the parks or trails if they are showing any signs of illness and they should warn other users of their presence as they are passing and step aside to allow others to pass.

"Our department is encouraging people to get outside, get exercise and practice responsible social or physical distancing while doing so," he said.

Libby Goff, secretary for the Phoenix Mountains Preservation Council, is an avid hiker but has been choosing less popular trails to visit because of the Coronavirus.

"We're lucky that there are so many different trail access points and we have so many miles of trails in our hiking area in the Phoenix Mountains Preserve," Goff said. "I have gone on lesser used trails but I have noticed even there, an uptick in the number of people that have been out. I have been able to keep a social distance from hikers or passed them. People have been very polite about that."

For the latest updates on park rules and closures, visit phoenix.gov/parks.



READY TO BE INSPIRED?

New apartments are coming to Beatitudes Campus! Be among the first to get an insider's preview of our new Promenade Residences.

Getting inspired by plans for these new residences is easy. Join our B V.I.P. Club to enjoy exclusive member benefits.

Call 602.560.7732 today or visit us at BeatitudesInspired.org for details.



1610 West Glendale Avenue
Phoenix, AZ 85021

Beatitudes Campus is a not-for-profit life plan community founded by the Church of the Beatitudes.





Remove the Boundary Between Indoors and Out.

Introducing the new MultiGlide™ door as part of the Andersen® Architectural Collection.

With an array of styles and configurations for both contemporary and traditional spaces, the MultiGlide door offers ultimate design freedom that can transform any space into something extraordinary.

Andersen®
ARCHITECTURAL
COLLECTION



Learn more at andersenwindows.com/multiglide

*Andersen® and all other marks where denoted are trademarks of Andersen Corporation. ©2018 Andersen Corporation. All rights reserved. MS1805_0319



4454 East Thomas Road
Phoenix, AZ 85018
602.508.0800
liwindow.com

Mon-Thurs 8:30-5p.m. | Fri 8:30-4p.m. | Sat 9-2p.m. | ROC#179513

COMMUNITY

LEARN TO FLY!

**Train for an airline career
or renew your pilot's license**

**JOIN DEER VALLEY
SKYHAWKS FLYING CLUB**

Two modernized IFR-equipped Cessnas

Three experienced, independent instructors

**Join for \$750 plus \$300 per month includes
two hours solo flight time!**

CALL 602-625-6815



WWW.DEERVALLEYSKYHAWKS.COM

Pet of the Month

**Liam is big, smart
active pup**

If you are looking for a dog that can keep you going in one direction, meet 2-year-old Liam.

He is an active American Pit Bull Terrier and Labrador Retriever Mix. Liam is a 56-pound, super smart dude who loves to play. This cute pup will need to go to a home with children who are at least 8 years old. Liam would do best if he is the only dog in his new home.

An Arizona Humane Society cruelty investigator rescued him in August of last year after he was discovered underweight without having had any medical treatment. Liam is an example of the thousands of sick, injured and abused pets that the Arizona Humane Society rescues and rehabilitates every year.

While all Arizona Humane Society adoption locations are temporarily closed due to the Coronavirus pandemic, the organization's Adoption Matchmaker Program is available to place pets including Liam with "forever"



Liam is an active, smart 2-year-old American Pit Bull Terrier and Labrador Retriever mix that needs a "forever" home (photo courtesy of the Arizona Humane Society).

homes. If you want to learn more about him, his animal number is 617114. It is possible he might have been adopted by the time you are able to meet with the Virtual Adoption Matchmaker, but the Arizona Humane Society has dozens of other wonderful pets who also need loving homes. To learn more about Liam and other pets available for adoption, visit azhumane.org/findapet.

Plan for pet emergencies

During these uncertain times, you might find comfort in your dog, cat or other pet.

While the Coronavirus pandemic has forced many businesses to close temporarily, the Arizona Humane Society still offers its Pet Resource Center, where professionals provide resources to keep their animals in their homes. You may reach it at 602-997-7585, ext. 3800. It is open daily from 8 a.m. to 5 p.m. and you also may check out the Arizona Humane Society's resources page at www.azhumane.org/pet-resource-center. This page answers questions including how to "rehome" a pet, how to address pets' behavioral issues, what to do if you are unable to find pet-friendly housing and how to deal with allergies.

Arizona Humane Society's pet training specialists are now offering virtual training lessons to assist owners as they try to boost communication with their pets, offer basic training and in some cases, decrease unwanted behaviors.

You should have a plan in place for a family member or friend that could care for your pets during emergencies, said Dr. Steven Hansen, president and CEO of the Arizona Humane Society. That plan should also include having a

Curbside check-in for your pet!



AZPetVet Madison
Animal Hospital & Grooming

(602) 358-7815

Open 7 Days a Week

Interest Free Payment Plans

Free Vaccines for Life Program



539 E. Glendale Avenue, Suite 1 | Phoenix, AZ 85020 | MadisonAHAZ.com

COMMUNITY

month’s worth of food and supplies on hand for your pet, as well as your animal’s identification and microchips. Make sure your pet’s vaccines are up-to-date.

Because of tremendous community support, the Arizona Humane Society has been able to keep its emergency rescue ambulances on the streets and it has expanded its Sunnyslope campus to a 24/7 model. It also has added drive-up foster services and telemedicine foster pet appointments to follow social distancing guidelines and help protect staff members and the community.

The COVID-19 is expected to cause the Arizona Humane Society to see a \$1.35 million net shortfall between lost fundraising revenue and lost service revenue from vaccine clinics, public spay/neuter services and other programs. But over the past six years, the organization has decreased euthanasia of pets by 81-percent and saved an additional 100,000 lives.

To learn more about how to care for your pets and support the Arizona Humane Society, visit azhumane.org/COVID19.

Companies donate to Coronavirus relief fund

A fund Gov. Doug Ducey established to help organizations working to address the impact of the Coronavirus pandemic is a little larger, thanks to a donation from Southwest Gas.

The company, which has its division headquarters in central Arizona at 1600 E. Northern Ave., recently contributed \$65,000 to the AZ Coronavirus Relief Fund. This fund will pay for personal protective equipment for frontline medical workers. It also will support non-profit organizations that assist vulnerable Arizonans through food banks, homeless shelters, domestic violence shelters and other services and expand technological access for low-income students to help them transition to online education.

Another supporter, the Ben and Catherine Ivy Foundation, donated \$5 million to the AZ Coronavirus Relief Fund. Michael Bidwell, chairman and president of the Arizona Cardinals, helped launch the fund by donating \$1 million to it. Arizona Public Service

(APS) has provided \$250,000 to the AZ Coronavirus Relief Fund.

To make a donation to this collection, visit arizonatogether.org.

Non-profit awarding beauty workers grants

If you work in the beauty industry or are a student of a beauty program affected by the Coronavirus pandemic, you can apply for a \$1,000 relief grant.

These grants will provide help to beauty professionals and students who are unemployed and so are unable to keep their regular income. The deadline to apply for these grants is Monday, May 4. Beauty Changes Lives, a nonprofit organization that aims to empower people with mentorship, inspiration and scholarships, is providing the grants.

In order to qualify for grants, applicants must be U.S. residents, work as a licensed beauty professional and have been employed for at least one year on or before March 16 or have been attending a program to become a licensed beauty professional on or before that date. Grants will be given to

beauty professionals and students based on the date their unemployment began, their salary rate in 2019 and the number of dependents they have.

To apply for a grant, visit beauty-changeslives.org.

Farm Credit West helps food banks

Several local food banks will be able to provide more food to people in need during the Coronavirus pandemic thanks to grants from Farm Credit West, ACA.

Farm Credit West, ACA, a national agricultural lending cooperative, recently said it had distributed \$120,000 to food banks in Arizona and California. These grants aim to offer relief to communities that have suffered due to the COVID-19 crisis. Farm Credit West gave \$4,000 grants to 30 food banks in the regions in which they operate. HonorHealth Desert Mission at 9225 N. 3rd St.; Arizona Food Bank Network at 340 E. Coronado Road; and St. Mary’s Food Bank Alliance at 2831 N. 31st Ave. have received grants.



ONLY 2 REMAIN!



Semi-custom French-country style architecture
4 Bed | 3.5+ Bath | 3,278 - 3,447 SQFT

Starting at \$1.299 million | Central Ave and Frier Drive between Northern Ave and Glendale Ave

Only 2 homes remain at Bridleway on Central – an exclusive community of only 4 homes on oversized homesites. Call now!



Call today for a private tour!

10 W. Frier Drive | Phoenix
602.380.8089 | www.northcentralphxre.com

If your property is currently listed with a Realtor, please disregard this notice. It is not our intention to solicit the offerings of other Brokers.

COMMUNITY

Poison centers warn of dangers at home

Poison centers in Phoenix and around the country are warning about the increase in exposures to potentially hazardous cleaning products, chemicals and medications.

Maureen Roland, Banner Poison and Drug Information Center managing director, urged everyone to “be alert about the location of all medications, chemicals and cleaning products” at home, especially during this Coronavirus pandemic. She said, as of April 17, the Banner center had seen a 50-percent increase in accidental exposures to these items in the past month.

Children are at home more since schools are closed and people are using cleaners more often than before the COVID-19, creating a potentially dangerous combination, said Steve Dudley, managing director of the Arizona Poison and Drug Information Center. Most of the exposures were of children but adults have been victims, too.

The poison centers also are warning people against trying novel or unproven

treatments for COVID-19. No proven medications or vaccines have been found to treat the Coronavirus, as of press time. Experts warn people not to use any medication without a physician’s instruction and prescription.

If you or a loved one might have been exposed to poison, medication or chemicals, call the poison center right away at 1-800-222-1222. To learn more about the Banner Poison and Drug Information Center, visit www.bannerhealth.com/services/poison-drug-information.

Salvation Army helps seniors, shut-ins

The Salvation Army in Phoenix is reaching out to senior citizens during the Coronavirus pandemic in different ways to protect them and try to spread joy.

It has been delivering meals to residents at the Salvation Army Silvercrest Senior Residence Center at 613 N. 4th Ave. room-to-room in order to protect them. The apartments offer low-income, subsidized housing for people age 62 and older, and those with disabilities.

Next door to Silvercrest, the Laura Danieli Senior Activity Center is usually a place where seniors can gather for meals and group activities. While these group activities and in-person dining have been canceled for safety reasons, The Salvation Army is still providing hot, nutritious take-out meals starting at 11:30 a.m. weekdays. The Salvation Army also is providing meal deliveries for shut-ins, those who are not able to leave their homes. Residents receive seven meals a week including frozen and hot foods.

The Salvation Army staff members also bring those who are confined to their homes games and puzzles, said Major Sybil Smith, The Salvation Army Phoenix Citadel Corps officer. These visits give seniors a chance to socialize with someone and not be as isolated.

On its Facebook page on Mondays and Fridays, music and prayers are posted as a way to calm people. It is available at facebook.com/PhxSalArmy.

To learn more about these and other Salvation Army programs in Phoenix, visit SalvationArmyPhoenix.org.

City offers help for domestic violence

If you or someone you love is in a domestic violence situation, the city of Phoenix’s website lists many domestic violence resources and services for victims, including details about hotlines, court information, shelters and other support.

The Arizona Coalition to End Sexual and Domestic Violence Helpline offers support at 602-279-2900 or 800-782-6400 or online at acesdv.org/helpline. The National Domestic Hotline is available 24 hours a day, seven days a week, at 800-799-SAFE (7233) or, if you can’t speak safely, log onto thehotline.org or text LOVEIS to 22522.

Mobile Victim Advocates are available from 8 a.m. to 5 p.m. Monday through Friday through the City of Phoenix Family Advocacy Center at 602-534-2120. In case of an emergency, call 9-1-1 or for non-emergencies call Crime Stop at 602-262-6151.

For a copy of a police report, call 602-534-1127. For more resources, visit phoenix.gov/police/domesticviolence.

Stay Safe Stay Connected

24-Hour *Senior* HELP LINE
602-264-4357



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

© 2020 Area Agency on Aging, Region One
1366 E. Thomas Road, Suite 108, Phoenix, AZ 85014
aaaphx.org | 602-264-4357



When Experience Matters, Call Rodney Coty



FOR LEASE

7529 N. 8th Avenue • \$2195 mo.
3 bed/3 bath, den, 2122 SF, 2 car garage, irrigated lot



POINTE TAPATIO

11233 N. 11th Place • \$449,900
3 bed/2 bath, 2175 SF, 2 car garage, 360 degree mountain views



PALM LANE GARDENS

103 E. Palm Lane Unit C+D • \$489,900
4 bed/3 bath, 2900 SF, 2 car garage, poolside



PENDING IN 3 DAYS

1742 W Seldon Lane • \$534,900
3 bed/2bath, 2130 SF, Pool, Complete remodel



PENDING IN 3 DAYS

5817 N. 12th Place • \$599,900
4 bed/3bath, 2340 SF, Complete remodel



JUST LISTED

10858 N. 11th Street • \$375,000
3 bed/2bath, 1634 SF, 2 car garage, backs to wash



For more information about these and other properties, contact

Rodney Coty

Cell: 602-570-2689
Fax: 602-749-6114
www.RodneyCoty.com



Top 1% Diamond Club 2012-19
2015-19 Five Star Award/Phoenix Magazine
2015 Top 2% for sales/sides in Maricopa County
2016-19 Top 1% for sales/sides in Maricopa County



Pioneer Title Agency

COMMITMENT TO SERVICE

INVESTOR SERVICES • REALTOR SERVICES
BUILDER SERVICES • LENDER SERVICES • ACCOUNT SERVICING

Erich Reichenberger

Vice President
Maricopa County Sales Manager

14850 N. Scottsdale Rd. Ste 160, Scottsdale AZ 85254
480.368.1500 Office • 602.799.2345 Direct
erich.reichenberger@ptaaz.com
www.pioneertitleagency.com

THE NAMETZ TEAM

Cornerstone MORTGAGE GROUP

We're here to advise our clients to build life-long relationships.

Andy Nametz

Cell: 858.200.5827
Office: 602.730.2983
anametz@cstonemortgage.com
NMLS: 323454

Ted Bracker

Cell: 520.204.6208
Office: 602.730.2983
tbracker@cstonemortgage.com
NMLS: 860427

6245 N. 24th Parkway, Suite 213 • Phoenix, AZ 85016
Company NMLS #173855

Equal Housing Lender. Cornerstone Mortgage Group NMLS #173855. Restrictions Apply.

Loan Programs:

- Conventional
- Jumbo/Non-conforming
- VA
- FHA
- USDA
- Rehabilitation Loans
- Non-Traditional mortgages
- Bank statement loans
- Interest-only loans
- Private money



Sign Up. Save Lives.
DonateLifeAZ.org

COMMUNITY

Sunnyslope residents eager for gated alleys

By Hayley Anderson

Sunnyslope residents are looking forward to the installations of gates in a portion of the neighborhood's alleys but they could be affected by the COVID-19 pandemic.

With most business closed or on work-from-home orders, the process has become a bit more difficult.

Residents of Sunnyslope have been working with the city for over a year to be approved for the program in March. The gated alley program (GAP) pilot requires a lengthy process of signature collecting and the City Council's approval and some of those processes might be hindered.

"We're waiting for everything to open," said Jeff Tisot, president of East Sunnyslope Neighborhood Association and Block Watch. "We just can't do things right now, we have to wait."

Residents from the Royal Palm neighborhood were the first in Phoenix to be part of the one-year pilot program.

"The process was a huge challenge," said Hillary Rusk, a member of the Royal Palm community. "The city was learning as they went, we were learning as we went, also."

In 2017, Phoenix City Council approved the program and then in late 2018 the gates were installed.

Despite the long meetings, phone calls and signatures, residents from Royal Palm attribute a decrease in crime to the gates.

Phoenix Police show reports of a few vehicle theft reports in the last year in the Royal Palm area, but no home burglaries, illegal dumping or other crimes.

Tisot said his neighborhood experienced various accounts of home burglaries last year so gating the alleyways is crucial to cutting crime and obtaining privacy.

Some routines, such as trash collection in alleyways, will be moved to streets in front of houses. While this could cause some inconvenience to residents, Tisot said it will help trash collectors by being in a larger space and keep damage to alleys minimal.

A \$400,000 grant was approved for the expansion of the pilot, but Tisot anticipates some cost might come from out of pocket.

The design of the gates is left to the neighborhoods and an estimated cost of each gate ranges anywhere from \$6,000 to \$8,000.

Other Phoenix neighborhoods and cities in the Valley are looking to implement similar alleyway gating strategies.

"We have to be successful at it before it opens up to the city," Tisot said.

The GAP pilot is still in the beginning works. Before other communities are approved, data will need to show the gates' success in deterring criminal activity and providing better convenience to residents.

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



Current Circumstances Remind Us of The Importance of a Proper Estate Plan

Andrea L. Claus, Esq.

Director of Estate Planning, Probate and Trust Administration

Our thoughts are with the community during these challenging times. While we all navigate the unknown, our firm stands ready to assist with getting your affairs in order.

Call 480-922-1010 today.

All of our consultations are by phone or video conference and estate planning consultations are complimentary.

We are here to help.

Bivens & Associates, P.L.L.C.

ESTATE PLANNING • ELDER LAW • SPECIAL NEEDS

Serving Arizona since 2004

www.bivenslaw.com

RANKING
The Best of Arizona Businesses
ARIZONA

Ranked in 2020

#1 in Estate/Trust

#2 in Elder Law

INMAN
AUTOMOTIVE

6335 North 7th Street
Phoenix, Arizona 85014

602-277-5396

www.inmanandsons.com

ji@inmanandsons.com

Monday-Friday • 7:00am-5:30pm
Closed Saturdays & Sundays



We are all in this together.

We are fortunate to be an essential business to take care of your vehicles needs.

We are taking all the necessary precautions to make sure you and your vehicle are safe.

Special pricing for all oil changes and preventive maintenance. Call for pricing!

25% OFF ALL LABOR THROUGH JUNE 2020

COMMUNITY



Ramón Gallardo, who survived a traumatic brain injury in 2016, now serves as non-profit organization Esperança’s gift in-kind coordinator. The organization is still helping people around the world, including distributing masks and hand sanitizer in the Valley, to help fight the Coronavirus pandemic (photo courtesy of Esperança).

Non-profit Esperança finds new ways to give

The local non-profit organization Esperança is changing how it conducts business because of the Coronavirus pandemic, but still serving the poorest communities in Maricopa County and the world.

This organization at 1911 W. Earll Drive has had to suspend its surgical missions and domestic program health classes temporarily in order to protect the health of its employees, volunteers and clients. However it has started offering its nutrition, oral health and other resources on its Spanish-language Facebook page, facebook.com/esperancacomunidad, and doing weekly mental health check-ins with 250 senior citizens in HUD housing around the Valley. The non-profit provides support and helps seniors connect with community resources.

Esperança also has been distributing hand sanitizer, masks and other items that might help in the battle against COVID-19 to those in the community that need these supplies.

Ramón Gallardo, who survived a traumatic brain injury and now serves as the organization’s gift in-kind coordinator, is happy to pay it forward to others.

“It feels good to continue to help in some way through this crisis,” Gallardo said.

Efforts to generate money for the organization also are continuing. The Hope Breakfast, Esperança’s signature annual fundraising event, will take place

from 7:30 to 8:30 a.m. on Thursday, May 7. The non-profit, with a name derived from the Portuguese word for “hope,” has been committed to transforming lives since 1970. It helps some of the poorest communities in Central America, South America and Africa, offering life-changing surgeries, health education, community development projects and other support. Esperança also serves under-resourced children, adults and senior citizens in Maricopa County through oral health, chronic disease prevention, disease management, nutrition and other programs.

To register for the virtual breakfast and learn more about the organization, visit esperanca.org.

Area Agency on Aging receives calls for help

The Area Agency on Aging is responding to an unprecedented number of requests for help from senior citizens in Maricopa County.

It has received more than 15,500 calls to the 24-hour Senior Help Line, an information and referral hotline, since March 18. That is more than three times the number of calls received the previous month. The agency has served more than 1,850 new clients during this time period.

The agency provides information about how to obtain home-delivered meals, housing, long-term care, transportation, caregiver support, respite and support groups, among other resources and services. The Senior Help Line is 602-264-HELP (4357).

STAGECOACH

SINCE 1978

Prompt • Quality • Professional Service

LOCKSMITHS

602-956-7299

\$139.95 Plus Tax

Re-Key Special

• 5 Standard residential cylinders within 10 mile radius of our shop - If outside area service charge applies.

REPLACEMENT KEYLESS REMOTES

• Keyless Entry Remotes

• Car Keys

• Batteries

WE HAVE YOUR REPLACEMENT KEY

Order from us and SAVE!

• Most years, makes and models

• Special order available

• Locks Rekeyed

• Commercial Locks

• Deadbolts

• Residential Locks

• Auto Locks, Keys & Transponders

• Safes

• Security Products

MAILBOXES – LOCKABLE AND SECURE

American Security

•15% off All Safes!

VISIT OUR SHOWROOM

4454 E. Thomas Rd. Phoenix, AZ 85018

Open Mon-Thurs 8:30-5 p.m. & Fri 8:30-4 p.m.

ROC3082/2



Coffee with Caliber

Have a cup on me and let me help take the worry out of the process!

As your local Caliber Home Loans representative, I'm dedicated to providing superior service and personal expert guidance in financing your home.

KIMBERLY BURGESS

Loan Consultant • Certified Military and VA Lending Professional

2920 East Camelback Rd., Suite 110

719-207-0101 • 602-427-0932



NMLS#: 673403

Caliber Home Loans and any above mentioned companies are not affiliated. Caliber Home Loans, Inc., 1525 S. Beltline Rd Coppell, TX 75019. NMLS ID #15622 (http://www.nmlsconsumeraccess.org/EntityDetails.aspx?COMPANY/15622). 1-800-401-6587. Copyright © 2019. All Rights Reserved. Equal Housing Lender. This is not an offer to enter into an agreement. Not all customers will qualify. Information, rates, and programs are subject to change without prior notice. All products are subject to credit and property approval. Not all products are available in all states or for all dollar amounts. If you are refinancing your existing loan, your total finance charges may be higher over the life of the loan. Other restrictions and limitations apply. Arizona Mortgage Banker License No. 0923637. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act, Finance Lender Licensee. Regulated by the Division of Real Estate. (29206)

RentsPHX.com





★Property Management & Tenant Rental Locator

602-989-3411

Ann Gregory Broker

Ann@RentsPHX.com

Gregory Real Estate and Management, LLC

Helping you achieve your goals has always been ours

Congratulations to Patrick Bertenshaw for being named to the Forbes "Best-in-State Wealth Advisors" lists in 2018, 2019, and 2020.



Patrick Bertenshaw, CFP®

Senior Vice President
Wealth Management Advisor

602.954.5058
patrick.bertenshaw@ml.com

Merrill Lynch Wealth Management

2555 East Camelback Road
Suite 900
Phoenix, AZ 85016



Source: The Forbes "Best-in-State Wealth Advisors" list, January 16, 2020. Data provided by SHOOK Research, LLC. Data as of June 30, 2019. The Forbes "Best-in-State Wealth Advisors" ranking was developed by SHOOK Research and is based on in-person and telephone due diligence meetings to evaluate each advisor qualitatively, a major component of a ranking algorithm that includes client retention, industry experience, review of compliance records, firm nominations; and quantitative criteria, including assets under management and revenue generated for their firms. Investment performance is not a criterion because client objectives and risk tolerances vary and advisors rarely have audited performance reports. Rankings are based on the opinions of SHOOK Research, LLC and not indicative of future performance or representative of any one client's experience. Rankings and recognition from Forbes are no guarantee of future investment success and do not ensure that a current or prospective client will experience a higher level of performance results, and such rankings should not be construed as an endorsement of the advisor. Neither Forbes nor SHOOK Research receives compensation in exchange for placements on the ranking. Forbes is a trademark of Forbes Media LLC. All rights reserved. For more information: www.SHOOKResearch.com.

Merrill Lynch, Pierce, Fenner & Smith Incorporated (also referred to as "MLPF&S" or "Merrill") makes available certain investment products sponsored, managed, distributed or provided by companies that are affiliates of Bank of America Corporation ("BoFA Corp."). ML PF&S is a registered broker-dealer Member SIPC and a wholly owned subsidiary of BoFA Corp.

Investment products: Are Not FDIC Insured Are Not Bank Guaranteed May Lose Value

The Bull Symbol and Merrill Lynch are trademarks of Bank of America Corporation.
Certified Financial Planner Board of Standards Inc. owns the certification marks CFP® and CERTIFIED FINANCIAL PLANNER® in the U.S.
© 2020 Bank of America Corporation. All rights reserved.



Local dentists open for emergency work

By Colleen Sparks

If your teeth are hurting and you are not sure if you can get in to see a dentist now because of the Coronavirus pandemic, there is good news.

Dentists in North Central Phoenix are seeing patients for emergencies that could cause serious problems if they are not addressed quickly. They are taking extra precautions, on top of the usual steps they follow, to ensure you will be safe during the procedures. And they add it is better to go to a dentist than visit an emergency room or urgent care center for dental problems because dentists will be better able to correct the problem and you will not be at risk of being exposed to sick people.

CenterCare Dental Group at 340 E. Palm Lane may perform root canals, address broken dentures and help if a tooth or crown has fallen out, among other potential emergencies during the

COVID-19, said Dr. Gary Steen, dentist there. Cleanings and basic fillings, as well as other treatments that are not urgent, can wait.

"Some people, for example, may not be eating well," Steen said. "That's one way to keep an immune system healthy. If there's a dentist available, there's no point in waiting in line, waiting for hours (at an emergency room)."

CenterCare Dental Group is open from 8 a.m. to 3 p.m. Mondays through Thursdays during the quarantine in Arizona.

Steen said he and his employees, as well as patients, wear masks and are fully covered in gowns and foot covers during the dental work. The patient wears a mask open in the mouth but covering their nose and a throat pack is used to allow them to breathe. Steen asks that people do not bring friends with them to the appointment.

Camelback Smiles Dentistry at 742 E. Glendale Ave. also is treating patients for emergencies during the Coronavirus crisis.

General dentist and owner of Camelback Smiles Dentistry Dr. Lindsay Felien said dental issues can be life-threatening.

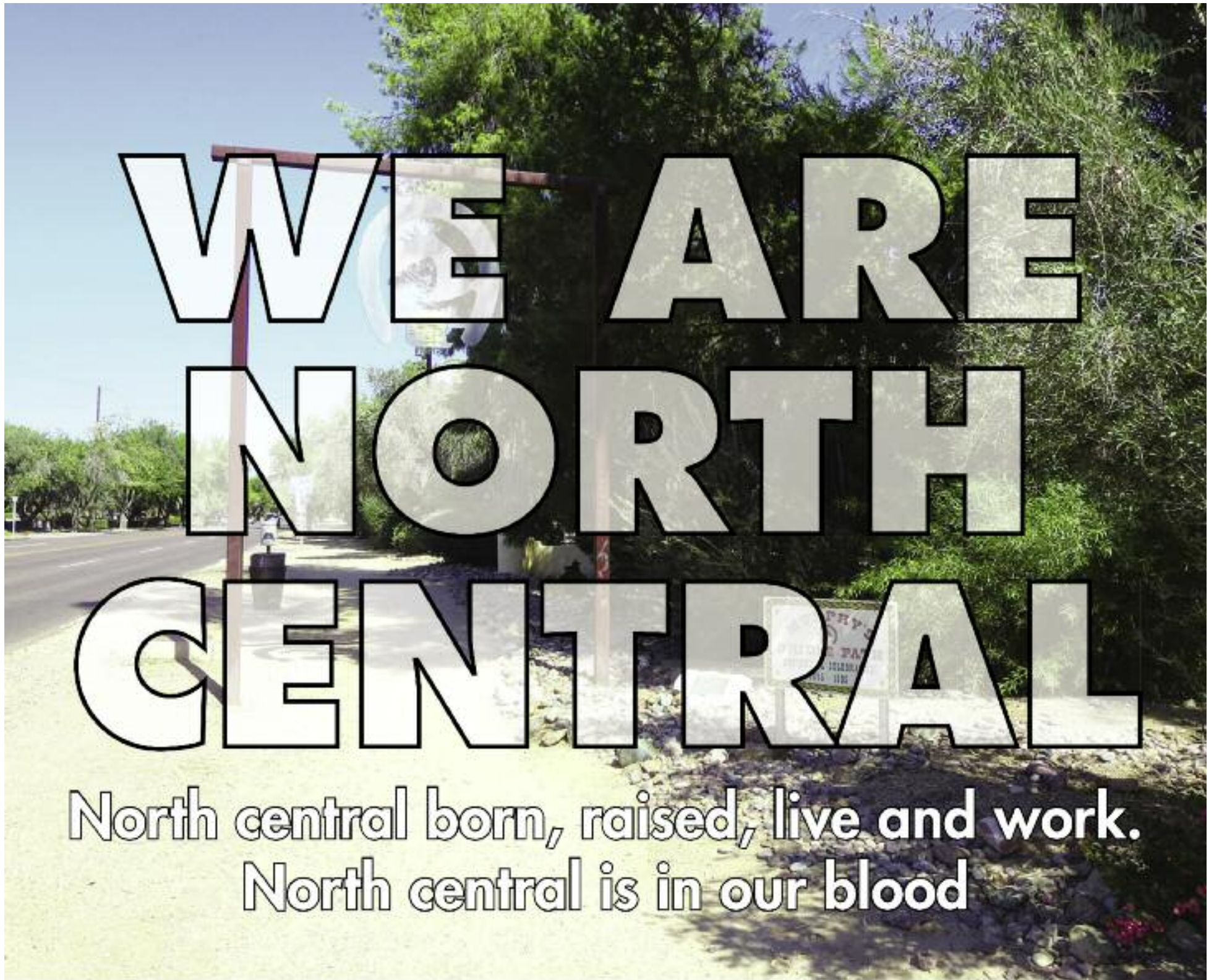
"In a situation where you have a true dental emergency...pain, swelling, a broken tooth, it could put you at risk for more serious complications," Felien said. "Our main goal as dental providers is to keep those treatments where we can. Emergency rooms are overloaded already."

Cleanings and routine visits at Camelback Smiles Dentistry are on hold for now.

Dentists already follow guidelines from the American Dental Association and Arizona Dental Association in the state so they already are used to ensuring "infection control" including sterilization and cleaning, Felien said. Now Felien and the staff members at Camelback Smiles also are wearing a different type of mask during the pandemic.

A national dental support organization, Pacific Dental Services recently launched TeleDentistry, an initiative that allows dentists to increase access to care for patients around the country. It is available for anyone with a smart phone, tablet or computer, to be screened by a clinician from their

please see DENTISTS on page 18



HIGHLAND REAL ESTATE

A NORTH CENTRAL BRAND

We're a small, local team of area experts who focus on what's best for you!

EXPERIENCE THE DIFFERENCE



Phil Geretti
602-510-1492
pgeretti@cox.net



Rick Ramella
602-809-8909
rickramella@gmail.com



Nicole Ramella
602-377-2757
nicoleramella11@gmail.com



Hydie Lutzker Pfeiffer
602-284-6175
hydieshouses@icloud.com



GRAND CANYON
TITLE AGENCY
— A Division of FNTA —

5225 N. Central Ave. Suite 107,
Phoenix 85012



Laura Valenzuela
Sales Executive
602.300.9324
Laura.valenzuela@gcta.com



Kathy Zobel
Branch Manager
602.474.5210
Kathy.zobel@gcta.com



GREATER PHOENIX CHAMBER



TAKES CARE OF YOUR BUSINESS
NO MATTER WHAT



Check out our resources!
www.phoenixchamber.com

TAKING CARE OF BUSINESS

DENTISTS continued from page 16

homes. To learn more and find a dental office in North Central Phoenix, visit pacificdentalservices.com.

To contact CenterCare Dental Group call 602-252-2800 or visit centercare.net. For appointments and information from Camelback Smiles Dentistry, call 602-491-0887 or visit camelbacksmilesdentistry.com.

Business Briefs
Website lists many job openings in state

If you have lost your job, there is a site where you can find employers looking for workers.

The Greater Phoenix Chamber of Commerce is urging anyone looking for employment or training opportunities to visit arizonaatwork.com. This one-stop site lets you search for positions and employers may post jobs they have available. ARIZONA@WORK has compiled a list of employers around the state with openings. BestCompaniesAZ, in partnership with

ARIZONA@WORK and Pipeline AZ, has found more than 200 companies that are hiring to help state residents released from their jobs due to the COVID-19 crisis. These companies need professional-level staff members in technology, marketing, human resources, customer service, sales, engineering, web development, finance and accounting and many other fields.

To learn more about resources to help yourself or your business during the pandemic, visit the Greater Phoenix Chamber of Commerce website at phoenixchamber.com.

Maloney Plumbing open for customers

While the Coronavirus pandemic has forced many businesses to close temporarily, Maloney Plumbing is open to help with home emergencies.

The locally owned business at 9119 N. 7th St. is operating its normal business hours from 8 a.m. to 5 p.m. Mondays through Saturdays and is available for emergency service.

The company's services include water heater repair and replacements; clearing drains and sewer lines; installing faucets and water treatment systems; and sink, tub and toilet repairs and clogged drain clearing.

Plumbers keep the recommended safe distance from customers at all times, as well as wear fresh, protective masks, gloves and boot covers if entering homes and wash and sanitize their hands before and after each job. Signatures and payments are taken electronically. To learn more, call 602-944-5516 or visit maloneyplumbing.com.

SRP offers tips to save energy

With whole families at home now because of the COVID-19, SRP recommends customers try to get into energy and money-savings habits.

SRP serves more than 2,000 commercial customers and more than 52,000 residential customers in North Central Phoenix, according to Kathleen Mascareñas, media relations representative for SRP. Mascareñas recommends you quickly grab what you need in your refrigerator, rather than standing and staring into it a while.

She also recommends you buy incandescent bulbs as they can save you up to \$135 over your lifetime. SRP provides instant rebates on several types

please see ENERGY on page 20



500 Business Cards

\$9.99*

480.967.2180
IMAKPRINTDOTCOM
IMPRESSION MAKERS PRINTING
1505 West 10th Place, Tempe, 85281

Your art or in house created and printed
* Limited time offer



Purchase a New Home Today! 16 Ocotillo is a gated community located in one of Phoenix's most desirable neighborhoods: North Central Phoenix. Visit the Model Homes Daily. Homes starting from \$550,000.

Make your 2020 vision of owning a new home a reality with quick move-in homes at 16 Ocotillo. Preview three professionally decorated model homes and purchase today for the best selections.

- ◆ 2,432- 2,875 sq. ft. ◆ Gated Community ◆ 2-car garage
- ◆ 3-4 bedrooms + Casita ◆ Pool and Hot Tub
- ◆ Starting from \$550,000



(480) 887-4933

**Models Open Daily: 10AM- 5PM; Sunday 12PM-5PM
1555 E. Ocotillo Rd., Phoenix, AZ 85014 | www.WattCommunities.com/16-Ocotillo
Xavier Wolf | 16ocotillo@WattCommunitiesAZ.com**



Brokers must be procuring cause and must register clients upon initial visit. In the continuing effort to improve our homes, Watt Communities, LLC and its affiliates reserve the right to make changes or modifications to plan specifications, pricing, materials, features, site plans, move-in dates or floor plans without notice. Stated dimensions, options and square footage are approximate and should not be used as representation of the home's precise or actual size. Homes are subject to prior sale. Construction by WCA Development Services, Inc. ROC# 294976. Sales by Trust Realty Advisors, Inc. Paul Timm designated broker, BR008514000. Arizona DRE#CO 002614000. Information deemed reliable as of February 2020.

TAKING CARE OF BUSINESS

ENERGY continued from page 18

of LED lightbulbs at participating Valley stores and online at SRP Marketplace at srpmarketplace.com.

Mascareñas also suggests you use a programmable thermostat to save about \$180 a year. Do not bake or use your oven on hot summer afternoons because that will make your air conditioner work harder. Turn off lights and ceiling fans when you leave a room and change your air filters once a month.

SRP wants to help customers as we all face uncertainty during the COVID-19. It will not turn a customers' power off for non-payment due to the crisis and it is waiving all late fees, Mascareñas said. If you are having trouble paying your electric bill for any reason, contact SRP 24/7 at 602-236-8888.

Tanner Motors services most cars, offers specials

Tanner Motors is open for repairs and other services during this Coronavirus pandemic. Chris Tanner, who opened the shop with his wife,

Susanna, in 2004, said the business does complete automotive repair, as well as alignments and tires. The auto repair shop specializes in Volvo, BMW, Mini Cooper, Mercedes Benz, Audi, and Lexus vehicles but also works on other import and domestic vehicles. It has an ongoing oil change special for \$89.99 and also is providing 10-percent off labor for purchases of more than \$150.

Tanner Motors is considered an "essential business" so it can stay open during the quarantine and keep its regular hours. It has taken aggressive steps to sanitize surfaces that people touch including thoroughly cleaning customers' keys, disinfecting door handles and other parts of vehicles. Customers call the business when they have arrived in the parking lot to drop off their vehicles and are asked to leave the vehicle with their keys inside. During this pandemic, customers are not allowed to wait inside the shop.

Tanner Motors is open from 8 a.m. to 5:30 p.m. Mondays through Fridays. It is located at 10221 N. Cave Creek Road. To learn more, call 602-241-9888 or visit tanner-motors.com.

Allstate offers help during pandemic

Allstate, Esurance and Encompass personal auto insurance customers will receive a Shelter-in-Place Payback during the Coronavirus pandemic. Most customers have received 15 percent of their monthly premium in April and will obtain it again this month, totaling more than \$600 million. The quickest way to obtain this payback is to use the Allstate Mobile app.

Allstate also is making its Allstate Identity Protection product free for the rest of this year with no opt-out requirement. This service helps protect people from identity theft and financial fraud, as well as offers more control over information that is shared digitally.

Allstate customers who are experiencing financial problems can call the company to learn how to delay payments without being penalized. The Special Payment Plan provides auto and homeowners insurance customers the opportunity to delay two consecutive premium payments. Allstate is expanding insurance coverage for customers that use their personal vehicles

to deliver food, medicine and other goods for non-commercial reasons. To learn more, visit allstate.com.

iTether Technologies starts healthcare platform

iTether Technologies, Inc., based at 2390 E. Camelback Road, Suite 130, recently launched the iTether Express Care Coordination platform for providers to set up a HIPAA-compliant patient engagement telehealth platform in a week. iTether Technologies' goal is to help behavioral and physical health patients focused on their recovery, after they have left emergency departments, during the pandemic by ensuring they have consistent, frequent contact with their providers.

Sean Gunderson, co-founder and CEO iTether, said the iTether Express platform quickly scales but also provides long-term solutions for providers after the COVID-19 crisis is over. The platform may be customized to meet healthcare organizations' specific needs and to increase the functionality.

To learn more about it, visit itethertechnology.com.

Providing Financial and Insurance Advice in Today's Complex Economy

"Since each person is unique, we are able to evaluate and determine a financial or an insurance strategy catered to your needs and budget."

- Financial Planning
 - Investment Advice
 - Estate Planning
 - Social Security Strategies
- Medicare Supplements*
 - Dental/Vision Plans*
 - Health Insurance Strategies*
 - Advantage & Part D Drug Plans*

*Health insurance products not offered by Raymond James

Call for a Free Consultation: 602-266-9200

1118 E. Missouri Ave., Suite B3, Phoenix, AZ 85014

Email: ellen.dean@raymondjames.com Web: www.ellendeanfinancial.com



RAYMOND JAMES®

Securities offered through Raymond James Financial Services, Inc.
Member FINRA/SIPC

Investment Advisory Services offered through Raymond James Financial Services, Advisors, Inc. Ellen Dean Financial Services, PLLC is not a registered broker/dealer and is independent of Raymond James Financial Services, Inc.



CERTIFIED FINANCIAL PLANNER™

The certification marks above are owned by Certified Financial Planner Board of Standards Inc. and are awarded to individuals who successfully complete CFP Board's initial and ongoing certification requirements.

Serving the Valley for Over Two Decades

HAPPY HOUR *with* HERSCH

With so much going on in the world right now, for everyone, I thought how important it is to laugh. A good laugh can ease stress and fear when it seems the whole world is crashing down. Below is a list of some funny lines from movies that I enjoyed, not easy to find PG-13 material. I hope they will bring a smile to your face and remind you to unplug and watch a comedy to help provide balance during these times.

Please stay healthy, safe and sane out there.

"It's just a flesh wound." – *Monty Python & The Holy Grail*

"No, it's a cardigan. But thanks for noticing." – *Dumb & Dumber*

"Looks like I picked the wrong week to stop sniffing glue." – *Airplane!*

"What is that, Velvet?" – *Coming To America*

"Fat guy in a little coat." – *Tommy Boy*

"This one time, at band camp." – *American Pie*

"Gentlemen, you can't fight in here! This is the War Room!" – *Dr. Strangelove*

"Was it over when the Germans bombed Pearl Harbor?" – *Animal House*

"McLovin? What are you trying to be - an Irish R&B singer?" – *Superbad*

"I had no idea you could milk a cat." – *Meet the Parents*

\$100 TRIVIA CONTEST

What do I consider the funniest movie ever?

Hint: An SNL cast member is in it.

First to answer correctly will get a \$100 gift card to somewhere, depends on what is open.

Winner for Last Month – Patrick Sexton | Last Month's Answer – Frank Ocean

*First person to correctly answer the trivia question via email, text or phone call will get a \$100 gift card to somewhere. Winner will be notified via the same channel in which they enter. By entering this contest you agree that if you are the winner your name will be publicly announced in Bay Equity's North Central News ad next month.



ERIC HERSCHEDE

Branch Manager | NMLS #211628

HerschedeTeam@bayeq.com

3200 East Camelback Road, Suite 120
Phoenix, AZ 85018

602.689.2588

If you have a **MORTGAGE** need and would like to talk to someone who will make you feel better during the process, call me. I guarantee you will get the unique and individual service you **DESERVE**.

HOME LOANS
bay equity

BayEquityHomeLoans.com/Herschede-Team



Equal Housing Lender. This is not a commitment to lend or extend credit. Restrictions may apply. Rates may not be available at time of application. Information and/or data are subject to change without notice. All loans are subject to credit approval. Not all loans or products are available in all states. Bay Equity LLC, 770 Tamalpais Drive, Suite 207, Corte Madera, CA 94925, NMLS ID#70988, Arizona Mortgage Banker License #0910340, NMLS consumer access: www.nmlsconsumeraccess.org BEIG 200413 1.0

ARIZONA REAL ESTATE IS AN ESSENTIAL BUSINESS

Phoenix is still a sellers market **BUT** now could be a good time for buyers! Large investor buyers are on the sidelines, giving everyday buyers an opportunity to buy and not have multiple cash offers as competition.

ALSO lenders still have great mortgage rates!



5517 N. 2nd St. - RESIDENTIAL LOT

BUILD YOUR DREAM HOME IN A FABULOUS LOCATION



1880 E. Morten Ave., #239

\$160,000 • BEAUTIFUL 1 BED/1 BATH CONDO

North Central, Biltmore & Camelback Corridor area specialist!



Mike Weeks

602-625-7058 mobile

Mike@MikeWeeksRealtor.com



TOP 1%
DIAMOND CLUB MEMBER 2019



Reliable. | Experienced. | Diligent.



Bobby Lieb
Associate Broker
m. 602.376.1341
E Mail: bobby@centralphx.com

*Bobby Lieb's
Honors and Awards*

HomeSmart Hall of Fame
First inductee 2014
2018 & 2019 winner

Named HomeSmart's
#1 Realtor for the
7th year in a row
Lieb ranked #1 out of 11,000
Realtors nationwide for total
volume and units sold in 2016

Top Selling Agent
in North Central
for the 18th year in a row

Ranked #1 Agent
in Maricopa county for
number of closed
transactions in 2017

Ranked
#3 Agent in Arizona
by Real Trends Magazine
for sales in 2016
Over \$70 Million SOLD!

Ranked
#2 Residential Realtor in
Maricopa County
for sales in 2016 & 2018
Over \$70 Million SOLD!

Kathy Wright
Realtor
Licensed Assistant
m. 602.376.4188
E-Mail: KathyWrightHS@gmail.com



**Download
Bobby Lieb for free!**
Search for your next home,
open houses and more!



Bobby Lieb

Associate Broker

Your residential real estate specialist for North Central,
the Camelback Corridor, and Paradise Valley.

m. 602.376.1341

centralphx.com | biltmoreazagent.com



CURRENT LISTINGS/ESCROWS

2205 E Colter St	IN ESCROW	11,038SF	7BR/8BA	\$4,950,000
5450 E Arcadia Ln	IN ESCROW	5380SF	5BR/6BA	\$2,695,000
9824 N 53rd Pl	IN ESCROW	5002SF	4BR/3.5BA	\$1,799,000
5726 N 2nd Ave	JUST LISTED	4213SF	5BR/3BA	\$1,695,000
6611 N Central Ave	GATED ESTATE	6339SF	6BR/4.5BA	\$1,400,000
245 E Ashwood Pl	IN ESCROW	3003SF	4BR/3.5BA	\$ 999,999
11 W San Juan Ave	JUST LISTED	3226SF	4BR/2.5BA	\$ 975,000
21 E Marshall Ave	NEW PRICE	3526SF	5BR/3BA	\$ 809,000
1439 E Echo Ln	NEW PRICE	3650SF	5BR/3BA	\$ 799,000
1002 E Kaler Dr	IN ESCROW	3144SF	4BR/2.5BA	\$ 775,000
6522 N 14th St	IN ESCROW	2906SF	4BR/2.5BA	\$ 750,000
1441 E Missouri Ave	IN ESCROW	4293SF	5BR/4BA	\$ 739,900
6621 N 14th Pl	JUST LISTED	3050SF	4BR/3.5BA	\$ 698,500
902 W Claremont St	IN ESCROW	3479SF	4BR/3BA	\$ 660,000
7045 N 7th Ave	NEW PRICE	2368SF	4BR/3BA	\$ 659,000
15368 N 18th St		3529SF	4BR/3.5BA	\$ 650,000
216 E. Keim Dr	IN ESCROW	2192SF	3BR/2BA	\$ 615,000
1001 E Missouri Ave	NEW PRICE	2750SF	4BR/3BA	\$ 599,000
77 E Missouri Ave #37	NEW PRICE	3575SF	3BR/2.5BA	\$ 595,000
1555 E Ocotillo Rd #9	IN ESCROW	2432SF	3BR/3.5BA	\$ 592,000
1555 E Ocotillo Rd #11	IN ESCROW	2432SF	3BR/3.5BA	\$ 592,000
6811 N 11th Pl	IN ESCROW	2127 SF	4BR/2BA	\$ 495,000
1029 E Vista Ave	JUST LISTED	1879SF	2BR/2BA	\$ 475,000
1902 E Coolidge St	IN ESCROW	2004SF	4BR/2BA	\$ 435,000
6163 N 28th Pl	IN ESCROW	1488SF	2BR/2.5BA	\$ 409,900
902 E Kaler Dr		Vacant Lot		\$ 400,000
1636 E Cactus Wren Dr	IN ESCROW	1986SF	3BR/2.5BA	\$ 379,000
1007 E Missouri Ave	NEW PRICE	1398SF	2BR/2BA	\$ 365,000
7330 N 11th St	IN ESCROW	1751SF	2BR/2BA	\$ 345,000
1525 E Cortez	IN ESCROW	Lot		\$ 65,000

centralphx.com | biltmoreazagent.com



Bobby Lieb

Associate Broker

m. 602.376.1341



Featured Homes for May



1029 E. Vista • \$475,000



6621 N. 14th Pl. • \$698,500



21 E. Marshall Ave. • \$809,000



6163 N. 28th Pl. • \$409,900



77 E. Missouri Ave. #37 • \$595,900



216 E. Keim Dr. • \$615,000



6811 N. 11th Pl. • \$495,000



1441 E. Missouri Ave. • \$739,900



7045 N. 7th Ave. • \$659,000

29 homes SOLD in 2020 and 12 properties currently in escrow. Call me to discuss your real estate needs and the value of your home. 602.376.1341. I work 7 days a week and am always available to help.

SOLD HOMES FOR 2020

7020 N. Wilder Rd.	\$2,400,000	3853 E. Crittenden Ln.	\$ 675,000	8145 N 13th Pl	\$ 434,000
6020 E. Doubletree Ranch Rd.	\$1,860,000	412 E. McLellan Blvd.	\$ 659,000	7340 N. 11th St.	\$ 400,000
10825 N 55th St	\$1,275,000	517 W. Lamar Rd.	\$ 600,000	720 W. Thunderbird Rd.	\$ 369,000
321 E. Pomona Rd.	\$1,250,000	1516 W. Winter Dr.	\$ 585,000	509 W. Missouri Ave.	\$ 339,800
9904 E. Quarry Trail	\$1,050,000	4430 N.22nd St. #13	\$ 550,000	4301 N. 21st St. #61	\$ 335,000
209 W. Lamar Rd.	\$ 860,000	534 W. El Camino Dr.	\$ 515,000	732 W. Pierson St.	\$ 301,000
5112 N. 34th Pl.	\$ 784,000	6050 N. 10th Pl.	\$ 502,500	1124 E. Rose Ln. #6	\$ 255,000
719 W Claremont St	\$ 769,000	1312 W Georgia Ave	\$ 445,000	350 W Maryland Ave	\$ 239,000
126 W. North Ln.	\$ 748,840	1525 W Vernon Ave	\$ 445,000	750 E. Northern Ave. #2003	\$ 147,000
5301 N. 6th St.	\$ 675,000	6302 N. 11th St.	\$ 439,900		



DOWNLOAD MY APP
BOBBY LIEB'S FREE MOBILE APP PROVIDES THE MOST THOROUGH HOME SEARCH FUNCTIONALITY AND THE LATEST INVENTORY DIRECTLY FROM THE MLS. CONSTANT UPDATES INCLUDING NEW HOMES FOR SALE AND UPCOMING OPEN HOUSES AT YOUR FINGERTIPS.
centralphx.com | biltmoreazagent.com



DENTAL EMERGENCY?

We Can Help

We're open 4 days a week, Mon-Thurs, and can treat any dental issues that affect your overall health and immunity.

- Pain, swelling
- Sleep apnea
- Jaw joint (TMJ) pain
- Poor diet from missing teeth or faulty dentures
- Inflamed and infected gum and bone conditions
- Oral, nasal and sinus secretions harboring microorganisms

Is it safe?

Our protocols ensure that you will find yourself in a hospital-like environment. We book one patient at a time and operate with minimal staff. You and we will be covered head to toe. We will communicate through masks, yours and ours.

Some procedures will be delayed until happier times.

Teledentistry?

Text us: 602-252-2800

CenterCare
DENTAL GROUP
PROTECTING • PERFECTING

340 E. Palm Lane
602-252-2800
www.centercare.net



Health Briefs

Stay home if you test positive for COVID-19

The Maricopa County Department of Public Health said if you test positive for COVID-19 you need to stay in home isolation for seven days after you took the test. After seven days, if you still have a fever and other symptoms of an infection, you should stay home until those issues and the fever have gone for at least 72 hours.

If you have a fever and respiratory problems but have not tested positive for the Coronavirus, you need to stay home and away from others until 72 hours after your fever and symptoms of acute infection have disappeared.

NextCare Urgent Care offers Curbside Care

NextCare Urgent Care is now providing a Curbside Care program that allows you to drive up, stay in your vehicle and

let healthcare workers come to you. Those with symptoms of the Coronavirus or viral symptoms are encouraged to take advantage of this service.

NextCare Urgent Care staff members check patients and if needed, can provide testing from the patient's vehicle. The service allows patients to practice social distancing and appropriate precautions while still being able to have their health needs reviewed. If you do not show viral or COVID-19 symptoms, you will be asked to come inside the clinic for your visit.

Book an appointment ahead of time at nextcare.com. Find a clinic near you at nextcare.com/curbside.

Walgreens to expand Coronavirus testing sites

Walgreens announced recently it will expand drive-thru testing for the Coronavirus to 15 new sites in seven states, including Arizona. This expansion is a step forward in Walgreens' collaboration with federal health agencies and state and local authorities.

The new testing will use Abbott's new ID NOW COVID-19 test, which provides positive results in as little as five minutes and negative results within 13 minutes.

The 15 new testing locations are being finalized by Walgreens in collaboration with the U.S. Department of Health and Human Services. They are planned for hot spot markets with increasing rates of COVID-19 cases. Walgreens plans to have the capability to test up to 3,000 people a day across these additional sites.

To learn more, visit Walgreens.com.

Donate to help Banner Health workers

Banner Health employs thousands of workers on the frontlines caring for residents. To help them during the Coronavirus pandemic, you can contribute to the Supporting Our Staff (SOS) Fund at the Banner Health Foundation. Donations will help Banner Health employees with personal issues including utility costs, foreclosures, lost income because of missed work and other challenges, including childcare costs.

To make a donation to the SOS Fund, visit bannerhealthfoundation.org.



Clearskin Institute of Laser Aesthetics



Come Check Out Our New Beautiful Office

- Hair Loss Therapy
- Body Contouring
- Skin Rejuvenation
- Skin Tightening
- Hormone Therapy
- Botox
- Laser Certification Courses

WWW.CLEARSKININSTITUTE.COM 602.274.8254

3636 N CENTRAL AVE. SUITE 700
PHOENIX AZ, 85012





SCHOOL DAYS



Everly Johnson, a first-grade student at St. Francis Xavier School, engages in a video conference call with her class (photo by Allison Johnson)

St. Francis Xavier taps into technology

While life has changed dramatically over the last few months because of the Coronavirus pandemic, St. Francis Xavier School has been able to tap into technology it was already using to serve students.

The school was ready to implement its "Distance Learning Protocol" when campuses around the Valley were closed in March during the COVID-19 outbreak. Principal Ryan Watson said the school had the distance learning plan in place in case any situation arose in which the campus would have to be closed for an extended period.

Teachers for preschool through second-grade students emailed parents with daily instructions on how to implement the instruction online and have used video conference calls to see their students. The younger students have missed seeing their teachers so it was beneficial for them to see their teachers' faces.

St. Francis Xavier School third through eighth-graders have been using Google Classroom, a digital learning platform with which they were already familiar. Sixth-grade science teacher Laura Ray found a fun way to bring science to life despite the physical classroom being closed. She asked students to take photos of the spring full "pink" moon as part of their study of the solar system. She then held a photo contest, compiling the photos into a slide show,

and had the students vote on their favorite one.

School Briefs

GLENDALE UNION HIGH SCHOOL DISTRICT Students engage in online learning, events canceled

Students in the Glendale Union High School District are keeping engaged with class work on computers provided to all youths that did not have their own devices already at home.

Teachers and students are finding ways to learn while campuses are closed, including some students at Washington High School creating coloring book pages that were posted on Facebook. Band students at Sunnyslope High School, with help from their director, played the song, "Salvation is Created," with each student on their instrument at home and broadcast together on YouTube.

The district has canceled proms, spring athletic season events and championships, and district and state testing for the school year due to the COVID-19 pandemic. Advanced Placement (AP) tests were scheduled to be given online.

The district is still offering free grab-and-go meals for anyone ages 18 years old and younger at all of its schools from 9 to 11 a.m. Mondays through Fridays. Breakfast and lunch are delivered at the same time. To find locations, visit guhdsdaz.org.



VALLEYLIFE is a non-profit organization that provides programs and services to men, women, and children with developmental disabilities.

Full Time and Part Time Caregivers Needed!

We are currently looking for caregivers throughout the Phoenix metro area including Glendale, Peoria, Phoenix and Scottsdale.

Applicants must pass a background check and drug test. Reliable transportation is required.

Please apply at www.valleylifeaz.org



TIPS TO BEAT THE SUMMER HEAT

If your vehicle has been sitting idle for a month or more, make sure to have the following services performed before heading back out on the road for summer.

- top off all fluids
- check breaks for rust or wear
- test a/c system
- tire pressure and wear
- battery levels



CALL TO MAKE TO APPOINTMENT AND MAKE SURE YOUR VEHICLE IS READY FOR OUR ARIZONA SUMMERS.

Mention this ad for a free tire pressure check!



Auto Repair Experts Since 1954 • Local Shuttle

1201 E. Glendale Ave.

602-274-1394

www.kellyclark.com

Monday-Friday 7:30 a.m. to 5:30 p.m. • Saturday 8 a.m. to 4 p.m.



Find us on Facebook!

A+ Rating





AIRES IS HIRING!

"I touched one strand and the whole web dances"
-Vivian Taylor (founder of AIRES)

We are an essential business. We are still open and still hiring!

AIRES is a social service agency that has been delivering the highest quality of services to people we support of all ages since 1978. Join our team where you, too, can be proud of the work you do and how well you do it.

Direct Support Professional – Assist children, people with Intellectual and Developmental Disabilities, and the elderly with personal care, life skills, rehabilitation, housekeeping, and companionship in a personal and group home setting. Position pays \$12/HR.

Program Manager – Responsible for the operation of our small group home for the individuals we support. Work in the home, supervise staff, ensure files are organized, and the home is clean and well maintained. Position pays \$15.10/HR.

Employee Benefits include: Paid Vacation & Sick Time, Referral and Incentive Bonuses, Competitive Benefits & 401k

To learn more and apply visit us at www.aires.org, or come into our office at 2140 W. Greenway Rd, Ste 140, Phoenix (602) 995-3591 x1000



PRELUDE



Shining Stars
3 - 5 years
PreSchool
and PreK



LeapFrogs
5 - 6 years
Kindergarten
and Grade 1

PIANO CLASSES

Fridays in June & July ~ On Line or In Studio TBA - Call for Info



302 West Bethany Home Road
602.264.5188
www.musicworkscommunity.com
director@musicworkscommunity.com

BILL ROSS FITNESS SOLUTIONS

A HEALTH SOLUTIONS CENTER



Let One Of Our

PERSONAL HEALTH COACHES

Assist You With:

Prehab/Rehab • Exercise • Injury Prevention

Nutrition • Diet • Stretching

And More!

1-ON-1 SESSIONS

BY APPOINTMENT ONLY

Bill Ross

FITNESS SOLUTIONS

... OVER 30 YEARS OF SUCCESS STORIES

602-230-8581 | 30minuteworkout.com

7600 N. 16th St. Suite 125 | Phoenix, AZ 85020



SCHOOL DAYS



Parents with children who attend Madison Rose Lane Elementary School drove by the campus in a parade and waved to teachers that carried homemade signs as a way for educators to reassure students that the school loves them recently (submitted photo).

MADISON ELEMENTARY SCHOOL DISTRICT Madison Rose Lane holds parade to lift spirits

While schools around the state are closed because of the Coronavirus pandemic, Madison Rose Lane Elementary School found a creative way to support teachers and students with a parade.

The school's physical education

teacher Sarah Lawrence organized it in late March. Families with students drove by the campus and staff members held up signs they made and waved to everyone, all while keeping their social distance. It gave teachers and other staff members a chance to reassure children in-person that the school loves and supports them. The parade was in addition to the online learning opportunities using Zoom and other tools that teachers have engaged students in since the COVID-19 began.

Preschool students find shapes in teacher's video

Madison Traditional Academy preschool teacher Angela Goard is keeping lessons moving and even incorporating a furry friend into the mix for students that are at home.

Since the Coronavirus pandemic forced schools around Arizona to close through the end of the school year, Goard has connected with her students online through Google Classroom. She has created fun learning videos including one where she walks her dog, Shadow, around her neighborhood and shows different shapes on objects including rectangles in the bricks of a wall, a circle on the wheel of a recycling bin and diamonds in a wire fence.

Goard said some of her students responded to her video by making their own videos of shapes they found in their neighborhoods.

Middle school students journal, read at home

Students may be limited in where they can travel during the COVID-19 worldwide crisis, but they are exploring other worlds through books while shar-

SCHOOL DAYS

ing their stories of this historic time.

Madison No. 1 Middle School seventh and eighth-grade language arts teacher Amanda Morari has asked students to write in journals about their experiences day-by-day or week-by-week during the pandemic via the Google Classroom web service. Morari said since the Coronavirus pandemic is something no one has experienced before; she wants her students to relay their journeys.

She also has asked students to read whatever they can find at home and to read to other people. Morari said her students have varying levels of reading ability but “even the most reluctant readers” have been reading at home.

“It is truly amazing to see the things my students are doing,” she said.

PHOENIX UNION
HIGH SCHOOL DISTRICT
District superintendent
reaches out to students

Phoenix Union High School District Superintendent Chad Gestson posted a video on the district’s website recently saying laptops would be available for students to pick up so they may keep doing classwork online. He said he and staff members in the district missed students terribly and he knew the school closures would be especially hard for seniors, who had looked forward to graduation and proms. Gestson said in the video it was possible graduations would be held in June, July or August.

Teachers, counselors, Gestson and other staff members have been calling students every day to see how they are doing, if they have enough food to eat and need anything else to stay healthy physically and mentally. Gestson emphasized that staff members would be available to help students that needed assistance applying for college financial aid and other resources while schools are closed. He urged students to post videos and other information on social media sharing how they are learning at home with #ClosedNotClosed.

Meal services offered
at eight ‘mega sites’

The Phoenix Union High School District, like others in the state, has provided free meals to youths on campuses during the closures due to the Coronavirus pandemic.

In the first two weeks of the food distribution program, the district served more than 100,000 meals. Like other districts, Phoenix Union has faced staffing challenges so starting April 20 it consolidated from 16 meal distribution locations to eight “Mega Sites” with expanded hours and new bus route stops. Students ages 18 and younger, and those up to age 21 in the Exceptional Student Services Program, may pick up meals five days a week. For a list of all the meal sites, visit phoenix-union.org/Coronavirusinfo.

WASHINGTON
ELEMENTARY
SCHOOL DISTRICT
Online packets help
kids learn at home

While schools are closed, students can explore many different subjects at home, thanks to online resources the Washington Elementary School District has provided on its website.

The district posted many printable educational packets with lessons in

please see PACKETS on page 28

There’s room for you
and room for him,
room for her
and room for them.
Room for young,
room for old,
room for shy,
room for bold,
room for short
and room for tall.
Tell me how is there
room for all?
Here is the secret
to making rooms great:
we refuse to ever
make room for hate.

A Poem About Room
by Brad Montague

There’s room for you at First United Methodist Church of Phoenix.



**First United
Methodist Church**
5510 N. Central Avenue, Phoenix
(corner of Central and Missouri Avenues)
(602) 263-5013 • firstchurch.church

BE ACTIVE, UNPLUG



SUMMER CAMP May 26 Thru August 7

1 Week Sessions: Full & Half Day – Great Themes All Summer
AGES 4.5 – 14 • CENTRAL & DUNLAP AND 24TH ST. & CACTUS RD.



Camp Hubbard



REGISTER NOW camphubbardaz.com 602.786.6789

Music Works

COMMUNITY OF TEACHERS



PRELUDE
Music Programs
for Young Musicians

302 West Bethany Home Road
602.264.5188
www.musicworkscommunity.com

All ages ~ All styles and levels: classical, jazz and blues, popular, sacred
Performance Classes, Guild Auditions, Ensemble, Arizona Study Program, Festivals
Computer Lab – music fun and education with technology ~ University-trained and nationally certified instructors
Prelude Programs for Young Musicians: 2 weeks - 7 years ~ Sound-proof studios ~ Summer instruction

MUSIC LESSONS AND CLASSES

On-line Lessons and Classes currently being offered



All New... Monterey Campus Opening August 2020

- Unlock cognitive potential with SPANISH Immersion.
- Nurture joy in DISCOVERY
- Encourage CURIOSITY and independence
- Inspire authentic CONNECTIONS

We don't teach Spanish, we teach IN Spanish.

Enroll Today!



2301 N 3rd St, Phoenix, Arizona, 85004
For More Info Call 602.900.0404
LittleBigMindspreschool.com



Phoenix Christian PREPARATORY SCHOOL

RICH HISTORY - BRIGHT FUTURE

Educating the minds, forming the hearts,
and equipping the hands of students
in a Christ-centered atmosphere.



PRESCHOOL
Foundational experiences
for little ones beginning at 8
weeks of age.



K-5TH ELEMENTARY
Their future starts today.



6TH-8TH MIDDLE SCHOOL
A place to grow and thrive.



9TH-12TH HIGH SCHOOL
Preparing students for the
abundant life.

602.265.4707 | PhoenixChristian.org
1751 W Indian School Rd. Phoenix, AZ 85015

Offering hope for heroes of all sizes - SCHOLARSHIPS STILL AVAILABLE!

SCHOOL DAYS

PACKETS continued from page 27

reading, math and other subjects at wesdschools.org/students. In the kindergarten packets, children can write stories using prompts including “One day, I turned into a Lego person,” as well as pretending to be a shark or bear while eating snacks to practice subtraction, among many other lessons.

Fifth-grade educational packets include reading a story and answering questions about the narrator and circling the correct grammar in different sentences. There are math problems to solve including ones involving division and multiplication and determining how much greater the volume of a box is compared to another box.

The district offers educational lessons for students in grades preschool through eighth, as well as resources for gifted students and English Language Learners.

Struggling families can access resources

Recognizing that many of its families are struggling during these difficult times, the Washington Elementary School District is providing information on how to get help online.

The district said its Grab and Go Meal Program will be distributed from 10 a.m. to noon every Tuesday at 13 schools. Students will each receive five breakfasts and five lunches during each visit. Food bags will contain enough food to feed every children in each family. To find locations and more information about the meal program, visit wesdschools.org.

Washington Elementary School District also shared on its website that people may find resources including

mental health support, employment opportunities, financial assistance, options for internet access and other needs at arizonatogether.org. Another website families may visit to find help obtaining clothing, housing, health-care, dental treatment and other services is 211arizona.org.

Students receive laptops, tech support

Students in the Washington Elementary School District will find it easier to stay connected and complete academic work because of a donation of 130 laptop computers.

North Phoenix Kiwanis Club, CORE Construction, Cox Communications, Computers2Kids and the school district teamed up to distribute the refurbished laptops to students and their families late last month (April). The non-profit organization School Connect, Inc. brought these partners together because of the technology gap that many families with children in Title I schools face. Families received Lenovo 2-in-1 Touchscreen Laptops with Intel Celeron 16+ GB Hard Drive, 4 GB Ram; Microsoft Suite & Power My Learning Software installed, including one year of free tech support.

The school district chose the students that needed the technology, while North Phoenix Kiwanis contributed \$10,000 toward buying the laptops. CORE Construction pitched in \$5,000 toward the laptops’ cost and COX Communications offered free installation and 60-days of internet service at no charge to the qualifying families. Computers2Kids provided the laptops and School Connect coordinated the project.

RECOGNIZED

Recognized by *U.S. News & World Report* as
one of America's Best High Schools
and by the Arizona Department of Education as an 'A' school



MADISON HIGHLAND PREP



FOSTERING TOMORROW'S STEM INNOVATORS AND LEADERS

MADISONHIGHLANDPREP.ORG

1431 EAST CAMPBELL AVE. PHOENIX, AZ 85014 • TEL: 602-745-3800

CONGRATULATIONS

Class of 2020!



Namah Al-Battah



Zevin Alifi



Robert Arbizu



Erick Barajas
Arellano



Samantha Barnes



William Beam



Jaycee Begay



Victoria Benton



Mark Brainard



Austin Brindowski



Cameron Buckeye



Shammai Camara



Sean Carroll



Angelica Cervantes



Charles Combs



Gisselle Cortes



Joshua Cortez Chavez



Emily Day



Mariano De La Cruz
Morales



Alondra De La Rosa



Juakin Del Angel
Diaz



Joseph Diaz Alvarez



Victor Enriquez



Nickolaus Estrine



Zoe Ewell



Adrianna Fernandez



Dodge Flynn



Noah Ford



Fiona Francis



Laynee Fritz



Alexander Galvan



Angelo Garcia



Jasmine Garcia



Noah Gillmore



Reynaldo Gloria



Dylan Gordon



Nolan Greub



Ethan Groseclose



Daisy Hernandez



Devin Hill



Wendy Jimenez
Salgado



Jacob Kaiser



Jessica Kelling



Carlos LaFountain



Jobe Landa



Zachary Larger



Isabella LeBlanc



Elijah Littau



Zowie Littau



Carlos Lopez



Nevaeh Lopez



Daniel Loza



Enrique Machado



Zachary Markewicz



Meylin Martinez



Diana Mendoza
Romero



Alexander Miller



Matthew Miron



Shiba Momin



Shifa Momin



Elliot Montano



Chad Montierth



Jessica Morales



Luciano Morales



Samantha Moreno



Syreena Moreno



Joshua Mowry



Diana Munoz Rangel



Sergio Neri, Jr



Ramses Nguyen



Noah Nordvold



Isaac Okamura



Brisa Ordaz



Nancy Parra
Gonzalez



Javier Parra



Sophie Paul



Alfonso Perez



Nathan Pollaro



Ryan Pounds



Gabrielle Ramos



Salvador Renteria
Silverio



John Ritter



Dakota Rogers



Jett Schreiber



Ryan Schomas



Tyler Schwarz



Stone Shallberg



Jose Soriano Rojas



Noemi Soto



Trevor Soule



Rider Tanori



Kevin Tartaglia



Arleigh Timmins



Alan Tran



Harlan Troxel



Anai Urbieto
Parente



Charlie Valenzuela



Paola Vazquez



Alondra Vazquez
Martinez



Lexi Wahl



Liliana Zagnoni



MADISON
HIGHLAND PREP

Generations Of Excellent Service



Kitty Maloney Langrath, Owner

**WE ARE OPEN
AND HERE TO SERVE YOU**
The health and safety of our customers is extremely important to us. Our technicians are taking extra precautions when working in your home.



602-944-5516
maloneyplumbing.com

OUR COVID-19 PRECAUTIONS

- Maintaining a safe distance at all times
- Washing and sanitizing hands before and after every job
- Wearing a protective mask, gloves and shoe covers if entering a home

Take \$25 off your next service call



Whether you are buying a new home or want to refinance your current home, call your neighborhood lender Colleen O'Dowd Cutler to get pre-approved.

FHA, VA, Conventional and Reverse Mortgages

602-248-4200

1599 E. Orangewood Ave. #200
MB092214 • NMLS# 1007154
Colleen Cutler, Vice President, NMLS# 852437



SCHOOL DAYS

PRIVATE AND CHARTER SCHOOLS

Empower College Prep holds spirit days, parade

Empower College Prep is getting creative during the Coronavirus pandemic.

Teachers at the college prep charter school for elementary through high school students have been providing online classes to students and scheduling one-on-one and small-group conferences with students that need additional help. The lessons are similar to what students would be experiencing inside the physical classrooms including analyzing literature works, engaging in math lessons through pre-algebra in elementary school and up to calculus and physics at the high school level. Texts and curriculum are available online and Zoom conferences and Google Classroom lets teachers post models of how to think through rigorous content, said Becky Jones, elementary principal. Jones reads books aloud to students and families during Read Aloud Live via Zoom.

Empower College Prep held spirit week activities online, including asking students to wear pajamas one day, to do something funny with their hair or wear a hat another day and dressing like superheroes or villains on another occasion. The school held a parade on April 17, where staff members met at the campus and drove around the neighborhood for about an hour. Teachers brought handmade posters with posi-

tive messages. It was a parade with no physical contact between participants, who wore masks for protection.

Madison Highland Prep robotics teams excel

Campuses are closed, but Madison Highland Prep's robotics teams are revved up over finishing their best season in the school's history.

The school's VEX Robotics finished the 2019-20 year celebrating two tournament titles and three tournament awards. Its Smoking Motors team was tournament champion at the House of Payne Tournament at Payne Junior High School in Queen Creek and the Desert Ridge Tournament at Desert Ridge High School earlier this year. Madison Highland Prep's Twisted Axles received the Design Award at the House of Payne tournament and were honored with the Excellence Award at the school's own tournament in January.

VEX Robotics sent the MHP Smoking Motors, MHP Loose Screws and MHP Twisted Axles to the 2020 Arizona AIA VRC High School State Championships at Canyon View High School in Waddell in late February.

The VEX competitions stress science, technology, engineering and math (STEM) skills as they require teams of students to engineer a robot to compete against other teams in a game-based, engineering challenge.

For your local advertising needs, visit www.northcentralnews.net

WELCOME TO THE NEXT EVOLUTION OF SCHOOLING.

We believe there's more to education than books and test scores. For long-term achievement, children should be supported and challenged on every level. By taking a Whole Child approach, we foster success for *all* through dynamic, engaging and relevant learning experiences that focus on academic, social and emotional growth.



MADISON
SCHOOL DISTRICT

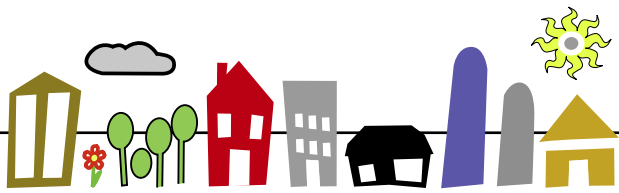


FOCUSED ON THE
WHOLECHILD
ACADEMIC. SOCIAL. EMOTIONAL.





Now Enrolling for 2020-2021.
Learn more at MadisonAZ.org/Enrollment



GENERATIONS

Senior Living

Exercise in chair
for free, easy benefits

If you must stay home because of the Coronavirus pandemic, there are still free, easy ways you can get some exercise.

Several websites offer free chair-based exercises ideal for anyone with physical limitations. One of them is SilverSneakers’ website, silversneakers.com/blog/4-chair-exercises, which offers videos of a woman performing resisted knee lifts, armchair pushups, heel taps and other chair exercises. SilverSneakers is a community fitness program designed specifically for senior citizens that promotes enhanced health engagement and accountability by offering members regular exercise. To learn more about its offerings, visit tools.silversneakers.com.

Vive Health offers tips and guidance on 18 chair exercises tailored to seniors at vivehealth.com/blogs/resources/chair-

exercises-for-seniors. SOAR Life Products lists chair exercises geared towards seniors at blog.soarlifeproducts.com.

Spread love to seniors
despite visiting bans

The Coronavirus might leave you feeling isolated if you live in a senior living community that has prohibited outside visitors in order to try to reduce the spread of the virus.

But there are many ways you can stay connected with family members and friends while keeping your mind occupied during this period of limited in-person contacts.

Share a virtual meal with your loved ones. AARP suggests that you all order through a meal delivery service including DoorDash or Grubhub and then talk on the phone while eating simultaneously. Or ask your grandchildren to help you set up a FaceTime book club. Apple’s FaceTime lets you see and talk

to people via iPhones, iPads and Macintosh computers. If you want to chat with others online, learn about the latest Centers for Disease Control and Prevention (CDC) guidance, gain tips on managing anxiety and find other support, visit aarpcommunityconnections.org. Request a friendly call for yourself or a loved one from an AARP volunteer by calling 888-281-0145.

Hospice of the Valley
helping homebound

Despite the Coronavirus pandemic, Hospice of the Valley is still providing services to help those dealing with health issues whether in person or online.

Hospice of the Valley is continuing to care for adults and children that need hospice, palliative and dementia care. Most of its patients live in their own homes and are still receiving visits from the organization’s care teams. Telemedicine service also is available.

Hospice of the Valley social workers are delivering meals, transportation and other assistance to patients who need special help. Staff members are increasing phone calls to bereaved family members that may feel overwhelmed after losing a loved one. Volunteers are no longer making in-person visits to patients but many of them are providing music, companionship and pet therapy via telephone and Facetime.

Hospice of the Valley has a 24/7 phone line, 602-530-6900, to answer questions and offer assistance.

Think carefully before
moving in elderly parent

The number of intergenerational homes has been on the rise around the country but moving your aging parent in with you during the Coronavirus pandemic can present dangers.

The Foundation for Senior Living (FSL) and other organizations say it is

please see MOVING on page 34



B
ENERGETIC

Cheers to you! At Beatitudes Campus, we keep pace with your zest for life by offering an array of enjoyable entertainment, activities, amenities, classes, day trips and more. You can choose from more than 100 activities on campus every month. Come join in the fun!

Call us at 602.428.9108 to schedule a virtual visit or learn more at BeatitudesCampus.org.

LIVE BRIGHTLY. | BEATITUDES
CAMPUS

1610 West Glendale Avenue - Phoenix, AZ 85021

Beatitudes Campus is a not-for-profit life plan community
founded by the Church of the Beatitudes.



GENERATIONS

MOVING *continued from page 33*

important to talk to your loved one about the prospect of moving in with you if you are considering it.

If you work in the medical field or serve the public, moving a loved one into your home could be detrimental, said Rosa Harrison, strategic partnership manager for FSL. Even if you have no symptoms, you might be carrying the virus.

However, if your parent is not safe to live at home alone because of memory loss and/or physical limitations, it is a good idea to move them in with you. Harrison recommends you restrict your activities to going to medical appointments and the pharmacy and buying groceries. Try to socially distance yourselves within your families as much as possible and wash your hands with soap and water for at least 20 seconds or use hand sanitizer after touching anything.

To learn more, visit fsl.org and cdc.gov.

Check up on care at nursing homes

If you have a loved one in a nursing home, you need to ask questions to ensure that person is safe amid the COVID-19 pandemic.

So says AARP Arizona, which recommends you ask the nursing home officials if anyone in the facility, either staff members, residents or vendors, has tested positive for the virus. The organization also recommends you ask what precautions the nursing home is requiring residents to take to prevent the

spread of the Coronavirus, including covering noses and mouths. AARP said you also should ask if employees, residents and others are being screened for COVID-19, especially when they leave and then return to the home.

Other questions you should ask the nursing home include if the center has special staff or units designated to care for residents that have been infected. Find out if the nursing home staff has personal protective equipment, including masks, face shields and gloves, to stay safe and keep their patients safe.

AARP Arizona said you should ask what the nursing home's plan is for communicating important information to residents and families on a regular basis. If you are concerned about the well-being of a loved one in a nursing home, contact the Arizona Adult Protective Services at 1-877-767-2385 or the Arizona Long Term Care Ombudsman at 602-542-6454.

Kids & Family

Routine, honest talks can help kids at home

If you feel overwhelmed by all the information publicized about COVID-19 and do not know how to talk to your children about it, there are easy tips experts recommend you follow.

Funda Bachini, child and adolescent psychiatrist at Phoenix Children's Hospital and associate program director of Phoenix Children's fellowship program, recommends you create a comfortable space at home and ask

your kids about their thoughts on the Coronavirus. Answer their questions and if they express anxiety tell them that it is normal to feel that way.

Bachini suggests you be honest with your children and tell them everyone is working to try to make things better and help those that are sick. If you stay calm that will help your children stay calm. Limit the amount of TV coverage you let your kids watch.

It is important to keep routines as much as you can, including regular bedtimes and wake-up routines, Bachini said. Create a schedule where your children can engage in work and fun activities, including baking as a way to learn math and science skills. Connect your children to relatives and friends through FaceTime, Skype and phone calls.

Gymnastics centers offer online lessons

Two North Central gymnastics studios are offering online classes to help students and the public stretch, exercise and polish their skills.

Impact Gymnastics Academy at 7812 N. 12th St. frequently posts videos showing kids stretching, running and performing other exercises on its Facebook page. One video shows a girl doing vault runs, another captures prances and one video features a girl performing gymnastics moves on sidewalk chalk drawn to look like a balance beam. Find the videos at facebook.com/ImpactGymnasticsAcademy.

Impact Gymnastics Academy at press time said it had hoped to still

offer summer day camps if it was safe to do so. For updates and information, visit www.impactgymnaz.com/camps.

The Arizona Sunrays Gymnastics & Dance Centers are providing more than 35 live virtual gymnastics, dance, NinjaZone, and preschool academic classes daily online. The cost is \$109 for unlimited access for kids and adults. Sunrays is delivering online classes to help keep children happy, fit and learning while they are at home. No special equipment is needed.

To register and learn more, visit arizonasunrays.com.

Burn calories, get artsy on schools site

Burn some calories and tap into your artistic side with your children via livestream lessons that GreatHearts Academies is offering online.

The network of non-profit charter schools is offering free classes that are accessible through Facebook Live and Facebook Watch.

A Get Healthy Blast Workout is a 30-minute virtual workout taught by Glendale Preparatory Academy's athletic director Jerome Garrison. It starts at 11 a.m. on Wednesdays. There also is a Draw and Paint class from noon to 1:30 p.m. on Thursdays. Grab your canvas, paint, pens, markers, crayons, paper or anything else you have at home to create artwork under the guidance of Archway Veritas' Brighton Demerest-Smith, an elementary school teacher at Archway Classical Academy/Veritas. To learn more, visit greateartsamerica.org.



The first morning I helped Stanley down the stairs, the third step creaked. That's when I found out his wife, Martha always told him to fix it. And now he's just glad he never did, because that's home. I love hearing Stanley's stories about home. And now I get to be a part of them.

Maddie G.
— Maddie G.
Stanley's CAREGiver

Home Instead
SENIOR CARE[®]
To us, it's personal.

The best home to be in is your own.
Home Instead offers personalized in-home services.
602.603.1725 • HomeInstead.com/808

PERSONAL CARE | MEMORY CARE | MEALS & NUTRITION | HOSPICE SUPPORT

Each Home Instead Senior Care Franchise is independently owned and operated. © 2019 Home Instead, Inc.

GENERATIONS

Hubbard Family Swim offers safety tips

As the weather heats up, you might be taking a dip in your backyard pool with your children so it is important to take heed of an expert’s water safety tips. Bob Hubbard, co-founder and co-owner of Hubbard Family Swim Schools, said children should never enter a pool until an adult has told them it is okay, regardless of their age or swimming abilities.

Hubbard recommends you pick an adult to be the “water watcher” on the pool deck assigned to watch children in the pool. When you are in the water and inviting your child to join you, count “one, two, three” and they will learn to jump in the pool after “three.” Instruct your kids to jump in the pool feet first or fall forward and land on their bellies.

If you are on a boat on a lake, wear life jackets, Hubbard said. But if you are swimming in a pool your children need constant supervision, not flotation devices.

Hubbard Family Swim School is planning to hold summer day camps as

long as it is safe to do so. To learn more, visit camphubbardaz.com.

Explore scientific experiments online

Looking for ways to keep your children enthusiastic and engaged in science while schools are closed due to the Coronavirus pandemic?

The California Science Center has posted free scientific experiments and lessons for youths anywhere in the world at californiasciencecenter.org/stuck-at-home-science. You may find recipes and directions for making pancakes, candy and homemade ice cream. The website also has a “fermentation investigation” where you and your children may aim to make your vegetables healthier by mixing carrots with distilled water, sea salt and other ingredients.

Build model shuttles, create with color

Aspiring young astronauts can download, print and assemble digital 3D models of miniature satellites, landing sites, asteroids, spacecraft and space suits, among other items at NASA’S

website at nasa3d.arc.nasa.gov/models.

Help your child explore their artistic side with the Color Our Collections site that steers you to free PDF downloads of coloring pages made from art in the collections of 117 institutions including The New York Academy of Medicine Library, Art Museums of Colonial Williamsburg, RISD Museum and The Canadian Canoe Museum. The website is library.nyam.org/colorourcollections/2020-participating-institutions.

Library offers online storytimes for kids

While the physical libraries are closed due to COVID-19, you can still involve your children in storytelling online.

The Phoenix Public Library is offering “Storytimes Online with Gretchen” on its website at phoenixpubliclibrary.org. Once you are on the site, click on “Kids at home” and then “Storytimes Online.” A library staff member sings songs, incorporates stuffed animals into them, and reads books via YouTube videos.

While the physical libraries have been closed, you can still get help accessing the libraries’ resources online by calling 602-262-4636 Monday through Friday from 9 a.m. to 5 p.m. or by visiting phoenixpubliclibrary.org/askus.

Bring Crayola activities into home

The Crayola Experience and Crayola websites and social media channels offer free, step-by-step crafting instructions, coloring pages, games, apps and colorful science experiments that require household items along with Create-It-Yourself videos and tips for exploring creativity at home.

Live events, activities and video premieres will be posted on the two companies’ Facebook channels. The crafting materials on the Crayola Experience website include content only from Crayola Experience.

Check out the websites at CrayolaExperience.com/Creativity-at-Home and Crayola.com/AtHome. Visit Crayola Experience on Facebook at www.facebook.com/crayolaexperience and www.facebook.com/crayola.



Move-in ready | large homesites | luxurious included features
4 Bed | 3.5+ Bath | 3,278 - 3,851 SQFT
Starting from the Mid-\$900s | 7th Ave and Butler

Only 2 opportunities remain to live in one of the most exclusive gated communities in North Central Phoenix – The Manors at Butler North. Call now to schedule your private tour of these **move-in ready homes** 602.380.8089.



Call today for a private tour!

625 W. Echo Lane | Phoenix
602.380.8089 | www.northcentralphxre.com

If your property is currently listed with a Realtor, please disregard this notice. It is not our intention to solicit the offerings of other Brokers.



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, third and fifth Friday of each month. The meetings begin at 9:00 am and are held at the North Phoenix Baptist Church at the SE corner of Central Avenue and Bethany Home Road. Following the meeting, we tour 10 homes new to the market. The tour is 'caravan-style.' We require those REALTORS who have a property on the tour to attend the meeting and then tour 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/>



"The Nash at Home: Blue Note 80th Anniversary" featured this performance online with pianist Mike Kocour, who lends his voice to the Phoenix jazz scene "young lions" that play fresh interpretations of classics. This performance from September of last year was shown online last month and also featured Chaz Martineau on tenor saxophone; Jayson Davis on trumpet; Max Beckman on bass and Joel Oroz on drums (photo courtesy of The Nash).

Artists find creative ways to connect online

By Joshua Ortega

Artists are adapting to social distancing guidelines while still remaining close to supporters in North Central Phoenix and around the Valley.

Regardless of the medium, these creative people have figured out how to continue teaching and entertaining their neighbors. From the Phoenix Art Museum to The Nash, artists are venturing online to bring their craft to people's living rooms, most of the time without revenue.

"If people make a small investment now, it helps to make sure we have these institutions forever," Nikki DeLeon-Martin said.

DeLeon-Martin, chief marketing and external affairs officer for the Phoenix Art Museum, added that arts and cultural hubs remain dedicated to fulfilling their promise of serving the community through these difficult times.

The Phoenix Art Museum provides a weekly Virtual Visit email that showcases all of the online exhibits people can indulge in through their computers or other devices.

They also provide special Zoom meetings for members age 65 years old and up to have coffee and talk about art with fellow patrons. To learn more, visit phxart.org.

Online meetings have helped organizations, such as Rosie's House, transition to teaching music for free to children from low-income families.

"Another challenge has just been how to quickly respond with a lack of a lot of information as to how long we'd be in quarantine," said Becky Ballard, CEO of Rosie's House.

While there are challenges with teaching children online how to play music, the music academy remains proactive in their decision-making process. For 24 years, the school has remained dedicated to helping its community with needs including finding food resources for families and offering college readiness programs for high school seniors.

"We're hopeful to continue our programming, support our community and change the trajectory of a child's life through the power of music education," Ballard said.

Learn more about Rosie's House at rosieshouse.org.

The sense of community that music

ARTS & ENTERTAINMENT

creates also has been what holds it together, especially for a genre like jazz.

“One of our strengths is the intimacy of the venue, the closeness of the audience and the musicians, and the interaction,” said Joel Goldenthal, executive director of The Nash.

To continue serving their constituents, “The Nash at Home” was born, which includes two programs that bring the experience of The Nash directly to fans. The “One More Time” series showcases a collection of archive recorded concerts from more than two years of performances at the jazz club, including drummer Jimmy Cobb.

“Get Jazz Smart” is a 90-minute interactive Zoom lecture taught by an Arizona State University Jazz Studies professor that encourages dialogue about the history of the genre.

These online platforms add to the history of the jazz community in the desert that’s existed since 1977 with the inception of Jazz in Arizona.

“What we do is not only important through this crisis, but it’ll be more important than ever when we emerge from it,” Goldenthal said.

To learn more about The Nash’s offerings, visit thenash.org.

Joshua Ortega is a student in the Walter Cronkite School of Journalism and Mass Communication at Arizona State University.

Theater company shifts to online classes

Arizona Theatre Company is providing lots of ways for students and the public to enjoy the performing arts from the safety of their homes.

The organization is offering its ATCteen program for youths online every Tuesday at 3 p.m. It is normally held in person at 1636 N. Central Ave. but now the classes in acting, dance, comedy improv, playwriting, design; technical theater production and other topics are held online with some industry professionals talking to students and staff members through Zoom. Its classes are free. Classes typically last up to two hours and are geared towards youths ages 12 to 20 years old.

Students also may engage in the Playreader’s Club every other Friday

online with the next one coming up May 1, then the rest planned for May 15 and 29; June 12 and 26. Youths read scenes aloud from plays and discuss what the plays mean to them. Children and teens also may engage in a Radio Drama Project, where they write, record and produce a podcast that may be found on Facebook and Instagram at facebook.com/ArizonaTheatreCompany and atc_education respectively.

Adults also may participate in a play reading club online and take classes virtually through Arizona Theatre Company. For more information about dates and times and to enroll in the programs, email education@arizonatheatre.org or visit the Instagram page at atc_education.

“Theater can bring so many things into the lives of people,” said Jasmine Roth, director of learning and education for Arizona Theatre Company. “Theaters across the country are certainly struggling. It is important if you care about the theater to continue to support the work we’re doing. We’re in this time of crisis and the arts can be so

cathartic for people.”

Learn more about Arizona Theatre Company at arizonatheatre.org.

Music Works delivers lessons online

Music Works Community is keeping the music and the good times rolling online despite the Coronavirus pandemic.

The business is providing online piano lessons during the COVID-19, as well as offering PRELUDE classes, which are instructional videos and weekly TeacherTime with students and parents. Through the Virtual Musicianship Lab, students may engage in music activities in theory and ear training for all levels, as well as weekly lessons from home.

The summer session for Music Works Community piano lessons is expected to be held June 1 to Aug. 8 and fall classes are planned to begin Aug. 10.

To learn more about the online classes and summer courses, visit musicworkscommunity.com.



The Madison Center for the Arts is a full-featured venue with banquet space, full catering options, and a beautiful 900+ seat state-of-the-art theatre. Visit our website for information on future events.



**THE MADISON CENTER FOR THE ARTS | 5601 N. 16th St.
www.themadison.org | Box Office: 602-664-7777**

We offer take-out!



GEORGE YANG'S CHINESE CUISINE

Open for TakeOut Everyday from 11 am until 9:30 pm

6048 N. 16th Street • 602-368-2688
GEORGEYANGSCHINESECUISINE.COM

PROPERTY MANAGEMENT

**Wealth Preservation, Asset Accumulation,
Residential Property Management**



- ✓ Full Service Real Estate Brokerage
- ✓ Service Desk 24/7
- ✓ Comprehensive Residential Property Management
- ✓ A+ Rating Better Business Bureau
- ✓ Member NARPM (National Association of Residential Property Managers)
- ✓ Locally Owned with 30 Years of Experience in Property Management

**FREE PROPERTY EVALUATION
WHEN YOU MENTION THIS AD!!**

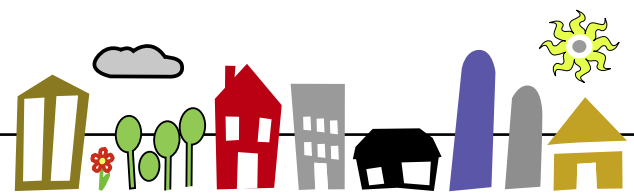

Arête Realty

And Property Management, LLC

7047 E. Greenway Pkwy, Ste. 250 • Scottsdale, AZ 85254

areteaz.com | 480-327-7873

"Asset Protection and Wealth Creation through Real Estate"



FOOD FOR THOUGHT



Chris Kelly, on left, and Halley Koch, assistant general managers, serve a customer picking up an order at Postino on Central recently (photo by Marjorie Rice).

Café Chat

**Restaurants cope with
Coronavirus, give back**

By Marjorie Rice

It's been more than a month since Gov. Doug Ducey ordered Arizona restaurants to close their doors to all but takeout and delivery service to help stem the spread of the Coronavirus and area restaurateurs are coming up with a varied menu of coping strategies as that order stretches into May and possibly beyond.

Many North Central area dining spots closed completely, while others opted to try to stay open with limited menus and delivery/takeout service.

With more weeks of uncertainty ahead, owners are taking another look at their businesses, tweaking the takeout concept, ramping up catering services and offering family-style meal options.

Others are offering a changing slate of discounts, free delivery and other lures. The best way to find a deal is to visit the restaurants' websites, as these can change daily.

One of the most innovative – and fun – ideas for reaching out to customers is Upward Projects' Postino Wine Wagon, which delivers \$15 bottles of wine to various neighborhoods. Log onto upwardupdates.com/wine-wagon and follow Postino on Instagram to find out where they'll

deliver next.

Speaking of spirits, Clever Koi, 4236 N. Central Ave., has developed an extensive menu of cocktails for its takeout menu. Example: "The Enabler," with Evan Williams 100 proof bourbon, grilled lemon juice, maple syrup, smoked sea salt garnish and dehydrated lemon wheels. Cocktails are \$20 for two, \$40 for four, including garnishes and ice.

And at Phoenix City Grille, the chef, a bourbon fan, is hoping to set up a virtual pairing of the whiskey with a variety of dishes.

Sheldon Knapp, owner of Phoenix City Grille, says uncertainty is the new normal for his and other restaurants as government and health officials plan to open back businesses.

When will customers be permitted back into his restaurant?

"We're planning on as long as the end of June, and we re-evaluate that every few weeks," Knapp said. Even then, the vibe will be very different as people begin to come out of isolation.

"People are just going to be real leery, not feeling confident about being out in groups," Knapp said. "I hope I'm wrong."

Meanwhile, the Grille is offering new online ordering for customers, including family-style meals.

"We're finding a lot of success with meals that are really good values for a

FOOD FOR THOUGHT

family of four rather than ordering the same items separately for each person,” Knapp said. “And we’re doing ongoing specials. We’re about to try a bourbon tasting with food pairings. My partner and executive chef Micah Wyzlic is a bourbon aficionado. He’ll do a seminar with tastings online. We don’t know if it’s going to work, but there has been a lot of interest in it. I think you’ll see (restaurants trying) more and more of those kinds of things. Every little bit helps.”

At Sierra Bonita Catering, as demand for large catered events evaporated, owner Kim Hopper decided to look inside the box – at single-serve take-and-reheat meals. (The catering company is a separate entity from Sierra Bonita Grill, owned by Hopper’s husband, which currently is closed.)

“I wanted to keep our employees busy and also give the community what they’re craving,” Hopper said. “We have had an awesome response. We sent out an e-mail to everyone on our contact list, asking what they were really missing. I had so much feedback, it helped us tailor our menu.”

At press time, catering orders were

available for Friday pick-up only, but Hopper said the response has been so positive that they may add a Wednesday pick-up.

Menus change, but recent items include kale salad with almonds, carrots, dried cranberries and Spanish sherry vinaigrette (\$6 – all prices are per serving); smoked bacon and green chile meatloaf with mashed potatoes and seasonal vegetables (\$16), and Asian salad with soy-ginger marinated steak, cabbage, carrots, edamame, sesame and rice wine vinaigrette (\$17).

While some restaurants are offering family-style meals, Hopper said she’s sticking with single-serve, which her customers seem to prefer.

And the new service may be a silver lining to this Coronavirus cloud, she added.

“This may turn into a new business for our catering company – single-meal service,” Hopper said.

To be placed on an e-mail list for weekly menus, go to the company’s Facebook page, click on “More,” then “Join my List.” For more information or to place an order, call or e-mail

Hopper at 602-573-2367, or email her at kim@sbgcatering.com.

Now about those family-size meals: Miracle Mile Delicatessen, located at 4433 North 16th St., has a selection of family packs that feed from four to 10 people, ranging in price from a \$55 Pastrami Pack with two pounds of hot pastrami, rolls, slaw, mac and cheese, pickles and two slices of pie to a \$95 Super Stocker with two pounds each of pastrami, corned beef and brisket, rolls, slaw, potato salad, mac and cheese, pickles and a whole pie. Visit <http://miraclemiledeli.com/> or call 602-776-0992 for hours and more information.

The Macintosh’s curbside menu includes a \$45 family combo platter that rotates each week – brisket, andouille sausage links, pickle chips, red beans and rice, slaw, rolls with honey butter and two slices of key lime pie was one offering. Another week, it was baby back ribs, whole roasted chicken, jalapeno-cheddar grits and butterscotch pecan pie. The Macintosh, in Town & Country Shopping Center at 2119 E.

Camelback Road, also offers half off on kids’ meals and all beer and wine to go. For hours and the full curbside menu, go to themacintoshaz.com or call 602-368-8766.

Restaurant chains have added family-style items to their takeout menus. Denny’s is designed to feed four to five people and priced between \$25 and \$29. Packs include the Grand Slam (pancakes, scrambled eggs, sausage and hash browns), and Build your own Cheeseburger (four burgers with optional toppings, served with fries). They’re available for takeout and delivery. To order, call a local Denny’s or order directly at Dennys.com

Despite their own challenges, local restaurants and national chains are reaching out to help their neighbors.

Fired Pie said “thank you” to healthcare workers around the Valley, donating catering packages to hospitals. The company also offered half-price meals on Wednesdays and Thursdays to Phoenix Children’s Hospital workers and matched private donations to give \$2,600 in Fired Pie

please see COPING on page 40

If you haven’t heard, real estate was deemed an essential service in Arizona and we are still hard at work helping buyers and sellers. We also know many of you are experimenting with new recipes at home between take out meals from your favorite local restaurants. Here is one of our family favorites that is quick, easy, delicious and perfect for Cinco de Mayo, which happens to fall on a Tuesday this year!

MEXICAN SHREDDED BEEF

This recipe can be prepared in an Instant Pot or a slow cooker. Either way, it’s delicious!

INGREDIENTS:

- 3-4 lb. chuck roast cut into 2 inch pieces
- 1 Tbsp chili powder
- 1 1/2 tsp sea salt
- 1 Tbsp olive oil
- 1 cup onion diced
- 2 Tbsp tomato paste
- 6 garlic cloves diced
- 1 tsp cumin
- 1 tsp Mexican oregano
- 1/2 cup picante sauce salsa
- 1 cup beef broth
- cilantro for garnish
- limes to squeeze over top

INSTRUCTIONS:

- In a bowl, combine cubed meat with chili powder and salt. Toss to coat.
- Press the “Saute” button on the Instant Pot and add the olive oil.
- Add in onions and saute until softened.
- Add in tomato paste, garlic, cumin and Mexican oregano. Stir for about a minute.
- Add in seasoned meat.
- Pour in salsa and beef broth
- Cover and lock the lid.
- Press “Keep Warm/Cancel” on the Instant Pot and then press the “Meat/Stew” button to switch it to the pressure cooking mode. Set cook time to 35 minutes.
- Let the pressure release naturally.
- Unlock lid and remove meat. Shred with two forks. Use leftover liquid as a gravy if desired
- Add any additional salt and pepper if needed.
- Top with chopped cilantro and a squeeze of lime juice.

SLOW COOKER INSTRUCTIONS:

- Brown meat before placing in slow cooker
- Place meat and all ingredients except cilantro and limes into slow cooker.
- Cook 4-5 hours on high or 6-7 on low in slow cooker

Recipe adapted from www.yourhomebasedmom.com/



Mary King

Realtor

HomeSmart Elite Group

Cell 602.319.4055

www.soldbymaryking.com



5225 N. Central

Suite 104

Phoenix • 85012



Is now a good time to sell? Yes, now is still a good time to sell as inventory is still low despite the stay at home orders. Call me for a free market analysis and marketing consultation.



Let me put my knowledge, professionalism, and experience to work for you.



FOOD FOR THOUGHT

COPING continued from page 39

gift cards to healthcare workers at Valley Wise Health Hospital in Phoenix.

Miracle Mile Delicatessen owner Josh Garcia donated gift cards to local firefighters to kick off the company's program that allows customers to log on to miraclemiledeli.com and donate "First Responder Meal" gift cards.

In April, Domino's locations throughout Phoenix donated nearly 17,000 pizzas to hospitals, medical centers and others in need. They included HonorHealth medical centers and families supported by Child Crisis Arizona.

Dutch Bros dedicated 100 percent of its April profits nationally to medical first responders through #FirstRespondersFirst, which provides resources for frontline healthcare workers and their patients.

The #TakeOutForTeams program, launched in late March, funnels donations from Arizona customers picking up carry-out meals to a fund that benefits restaurant workers who are in need. Fox Restaurant Concepts and Upward Projects began the program and invited other Arizona restaurants to take part. Customers can add a donation to their bill that will go to the program.

At press time, the program had raised more than \$100,000, says Upward Projects' CEO and Co-Founder Lauren Bailey.

"We're blown away by the support our guests have shown for our out-of-work teams," Bailey said. "In one month our #TakeOutForTeams program has raised over \$100,000. We're also proud to announce that in the past month we've donated one meal to No Kid Hungry for every board of bruschetta sold to-go. So far, we've been able to provide over 10,000 meals for kiddos in need."

Dining Briefs

Find, support restaurants through new website

The Coronavirus is hurting local restaurants and bars that may no longer serve guests inside their buildings, causing many to struggle to generate cash flow.

Find and support them by ordering takeout/curbside pickup and delivered food by accessing a new Takeout COVID site that lists restaurants and

bars in Phoenix that are still selling food, wine, beer and cocktails for takeout and delivery. The site, coastapp.com/takeoutcovid/phx, has more than 800 restaurants and bars signed up and listed as of late April, including nearly 200 in central Phoenix.

Many of the restaurants along Seventh Street and those in the Central and Camelback area are listed, along with several on Central Avenue and Seventh Avenue. The site includes a map that shows the locations of the restaurants and whether they are offering takeout, delivery, or both. You also can filter choices for food, wine, beer, cocktails, meal kits, and delivery. On the map, you can click on your choice to see a brief description, the kind of service available, a phone number, and links to menus and ordering.

Some restaurants have said their online ordering has seen a small increase after being listed on the site. For those who are not yet listed, the site offers an option to submit restaurant details. The service is free both to diners and restaurants.

Meal delivery services offer healthy options

Meal delivery service companies are making it easy to receive fresh food, tailored to your dietary restrictions and tastes at your home.

Nature's Purpose Meal Prep & Catering and The Vegan Taste deliver meals to North Central Phoenix and other areas of the Valley. You can customize your meal preparation and purchase fresh, original recipes made from scratch without any gluten, dairy, soy, corn, MSG, preservatives, sugars, artificial ingredients and vegetable oils from Nature's Purpose. The Vegan Taste recently added a world-known nutritionist, PK Newby, who is working with chef Jason Wyrick to ensure every dish includes the most beneficial health elements.

Meals available from Nature's Purpose include Thai turkey meatballs, cilantro lime chicken, grilled steak, ground beef, Indian butter chicken, pulled pork and shrimp. Customize your breakfast orders by choosing the types of eggs, vegetables and protein you want. Lunches and dinners include proteins and side dishes.

The Vegan Taste's menu changes every week and some offerings include

enchiladas suizas with creamy salsa verde, beans, cheese and market vegetables, as well as Thai peanut noodles with carrots, cabbage, green onions and tofu. Other meals include Barbacoa tacos with smoked mushrooms, black beans, queso fresco and pineapple pico. The Vegan Taste is doubling the time period for its new customer introductory offer. New subscribers now will receive 20 percent off their orders for eight weeks. You can buy a six-meal package for \$65.46 or a 12-meal package for \$109.10. The price covers tax and complimentary delivery. There also is an option of donating a care pack to someone.

Nature's Purpose is providing 30 percent off meals to healthcare workers, first responders and seniors ages 70 years old and older. A small meal costs \$6.50, a medium meal is \$10.75 and a large meal for \$15.50.

To order or to learn more about The Vegan Taste, visit thevegantaste.com and to order from Nature's Purpose visit npdelivered.com.

Life Time switches to offer café delivery

An athletic resort closed because of the COVID-19 epidemic is shifting gears and providing meals to people.

Life Time Biltmore has opened its Biltmore LifeCafe fast-casual restaurant for curbside carry-out and delivery services through DoorDash. It is providing delivery within a five-mile radius of its location of 2580 E. Camelback Road from 11 a.m. to 8 p.m. daily. Food purchases from LifeCafe are available to the public.

Offerings include individual and family size portions including salads, sandwiches, wraps, entrees and kids' meals. LifeCafe notes that its menu items are free of highly processed and artificial ingredients, including preservatives, flavors, sweeteners, colors, trans fats, bleached flours and added hormones and antibiotics. Menu items include a Mediterranean salad with romaine lettuce, spinach, chicken, turkey, nitrate-free bacon, grape tomatoes, cucumber and Kalamata olives; a California chicken sandwich with swiss cheese, roasted bell pepper, romaine, avocado and tomato with housemade black pepper mayonnaise on a toasted ciabatta and BBQ chicken and bacon macaroni and cheese with elbow macaroni, cheddar cheese, chicken, nitrate-free bacon and BBQ sauce topped with

green onion.

To order from Biltmore LifeCafe, visit my.lifetime.life/lp/delivery.html.

Koibito Poke helping workers on front line

Koibito Poke is doing its part to help provide meals to first responders and healthcare workers during this Coronavirus pandemic.

The Koibito Cares Donation Meal Package program allows customers to make a donation of meals to serve first responders and healthcare employees. Through its website at koibitopoke.com, you can help feed these hardworking people by picking a set donation of \$40, which will help the restaurant provide five meals for them. For \$80, you can offer 10 meals for first responders and healthcare employees and for \$160 Koibito Poke will donate 20 meals to first responders and healthcare workers. Donations also may be made in any amount you like.

Koibito Poke has a restaurant at 4280 E. Indian School Road and four other locations in the Valley. The restaurant is providing take-out, curbside pick-up and delivery during the COVID-19 crisis.

Scoopwell's Dough Bar makes cookie making easy

If you're looking for a sweet treat, you'll find 12 different flavors of cookie dough every day at Scoopwell's Dough Bar.

The daily flavors at Scoopwell's, located at 100 E. Camelback Road, Suite 164, include chocolate chip (regular and gluten-free); cookies and cream (vegan); oatmeal M&M, snicker doodle, brownie batter and cake batter.

The cookie dough is available via major delivery sites including DoorDash, Uber Eats, Grubhub and Postmates, or you can order directly from Scoopwell's Dough Bar by calling 602-296-5146, then drop by the location on Camelback Road where employees will bring your dough to your vehicle. Scoopwell's also sells ice cream sandwiches and cookies. The dough may be baked into cookies.

To learn more, visit scoopwells.com.

For local restaurant listings, visit our Dining Guide online at www.northcentralnews.net

BUSINESS DIRECTORY

A. J. Birdwell

Plumbing

602-274-4121



Water • Sewers • Water Heaters

Repairs are our Specialty!!

No TRAVEL CHARGES • FREE ESTIMATES

ROC # 0457777 • Licensed • Bonded



AMERICAN

TREE EXPERTS

Still doing it right after all these years.

Trimming, Thinning,

Shaping and Removal

Fertilization and Damage Prevention

Trees • Hedges • Shrubs

David Wolfe

Over 15 Years Experience

100% GUARANTEED

FREE ESTIMATES

For more information call

602.740.2947

Drywall Specialist



Anybodys Anything Handyman

35 Years Construction Experience

Electrical • Plumbing • Painting

Remodel • Repair

TODD McGREGOR

602-265-6162

NOT A LICENSED CONTRACTOR



Please Call for Hours and Plant Availability

Succulents • Cacti • Flowers • Shrubs • Herbs

Vegetables • Citrus, Desert, and Shade Trees

Plus Advice and Encouragement from our Nursery Experts!

Grow With Us! ... ArcadiaColorGarden.com

1828 N 52nd Street - Phoenix AZ - 602.955.4500

P A I N T I N G

Arizona Residential



Small Job Specialist:

Kitchen Cabinets • Vanities • Doors

Faux • Murals • More

No Spraying

45 Yrs. Experience

Owner Mr. Gary Does All Work !

(480) 945-4617

See Web Samples

Not a licensed contractor

www.azrespainting.com



The Best Handyman

Big & Small we do it all

Electrical

Plumbing

Carpentry

480-322-3594

Not a licensed contractor

All Work Done By "Owner"

Free Estimates



Mention this ad and receive

10% off any purchase!

4727 N. Central Ave. • (602) 237-5284

www.centralbakingcompany.com

Put your ad here!

Call

North Central News

at

602-277-2742

to find out how!



602.690.3111

OFFICE@CLWPLUMBING.COM

1943 W. NORTH LANE, SUITE 8 | PHOENIX, AZ 85021

WWW.CLWPLUMBING.COM | ROC265095 K-77

Sell your car fast and easy

Any make, even with major problems

• Hassle-free offers • Small North Central dealer



Call/text (602) 252-9134

anytime (480) 528-1517

en Español

directdriveauto.com

DirectDriveAuto

• Buy • Sell • Trade | Quality used vehicles

Doors Plus

Replace, Upgrade, Retrofit Existing Doors

Interior/Exterior, Custom Woodwork

Cabinet & Hardware Installations

Crown Molding & More!



40+ Years Experience

• Impeccable References

• Satisfaction Guaranteed

W. L. Graves

doorsplus@cox.net

(602) 788-1105

Not a licensed contractor

Extra Mile Painting Company

"Going the extra mile in service, craftsmanship and cleanliness"

Joseph Pepp, President

Read our Yelp reviews!

ROC # 299666

7633 N. 7th St.

Phoenix, AZ 85020

www.extramilepaintingcompany.com



Credit Cards Accepted

North Central News Readers!

Mention this ad and receive

20% OFF

all interior and exterior work

FREE written estimates in 24 hours!

Call us today at

602.521.2662

FLEMING

SPRINKLER/LANDSCAPE

INSTALLATION-REPAIRS

DESIGN/BUILD • LIGHTING

LICENSED • BONDED • INSURED

602-292-5657

Doug Fleming, Owner

ROC # 098462



floor

RENDITIONS

NEW SHOWROOM

ALMOST 15 YEARS IN BUSINESS

WE ARE EXCITED TO MOVE OUR

NEW SHOWROOM TO CENTRAL AND CAMELBACK

5034 N. Central Ave.

602-237-6797

All types of flooring: Tile • Stone • Carpet • Wood • Vinyl • Plank • Laminate

Countertops and Bath and Kitchen Tile

Lic. Bonded & Ins. • ROC 238942 • Always FREE ESTIMATES

FRANK'S PLUMBING



• Service & Repair/Remodel

• Solar & Tankless Water Heaters

• Water Softeners & R.O. Units

• Hot Water Recirculating Pumps

• Clean/Neat Appearance

Frank Cereska

Phone: (623)434-4743

Fax: (623)780-4541

Residential & Commercial Lic#260831 • Bonded • Insured

BUSINESS DIRECTORY

For all your printing needs! **IMPRESSION MAKERS** PRINTING

www.impressionmakers.com • 1505 W. 10th Place • Tempe • 85281
480.967.2180 • 480.966.3725 • f 480.966.3588

KEITH'S UPHOLSTERY

MARYANN

602-997-7633

CHAIRS • SOFAS • PILLOWS • SLIPCOVERS
HIGH QUALITY DESIGNER WORK

746 E. DUNLAP • PHOENIX, AZ • 85020

WINDOWS/DOORS

Is your house ready for a makeover?
Building your dream house?
We can help!

- Replacement windows
- New Construction windows
- Multi-Slide – Bi-folding doors
- Entry, French and Patio doors
- Barn doors & Hardware
- Interior Doors and Trim
- Window coverings and shutters

Stop by our new showroom: 4454 E. Thomas Road
ROC #179513



602.508.0800
www.liwindow.com



MG STUDIOS "A MOSAIC MAKING PLACE" MAKE YOUR MAGIC

4804 N 7th Ave
Phoenix, AZ 85013

WWW.MGSTUDIOPHX.COM



Mike Macchiaroli Tree Company

Certified Arborist
Licensed • Insured

- Precision Removals
- Deep Root Fertilizing
- Micro Injections
- Artistic Trimming
- Palms
- Free Estimates

47 Years Experience
Best Service and Price in the Valley!
(602) 509-2773

www.phoenixtreeremovalservic.com

DOGGY DAYCARE + K9 SWIM

Fenced pool • Grass Yard • Inside/Outside play
Small groups • References

Overnights, too!

Social Distance Drop Offs!



tspencer2@cox.net • 602-363-0273



Quandt Landscaping

Landscaping Installations & Makeovers

Sprinklers • Brickwork • Patios • Pavers
Gravel • Sod • Shrubs • Trees

Outdoor Lighting

Call for free estimates

602-481-8571

Put your ad here!

Call
North Central News
at
602-277-2742
to find out how!



QUICK TRIP MOVERS

We move furniture & appliances!

Same day small load
moves are our specialty!

Tim Moses/Nick Day
Owners/Moving Specialists
623-349-1035



Oleander Removal

Ryan's Removal

Oleander, Tree and Stump Removal
Dirt • Concrete • Hauling • Trenching • Delivery
Laser Leveling • Lot Clearing
Insured - Bonded

Call for free estimate

602-451-6120

ryansremoval@gmail.com • oleanderremoval.com

SALON

24

3514 N 24th St.
Phoenix, AZ 85016
602.840.0488

Station available

Call Sandy Holland

35 Years Plumbing • 25 Years Building Homes
All Types of Maintenance • Remodels and Additions
Alkaline Drinking Water Specialist
Work Guaranteed • References on Request

No Job Too Small!

602-510-9600

Free Estimates

Not a licensed contractor

LOCKSMITH

PROMPT, QUALITY AND
PROFESSIONAL SERVICE SINCE 1978

- Locks Rekeyed
- Commercial Locks
- Deadbolts
- Auto Locks, Keys & Transponders
- Safes
- Security Products



602.956.7299
4454 E. Thomas Road, Phoenix AZ, 85018

LEATHER FURNITURE CARE

Your Leather Looking Shabby?
Cat, Dog Scratches, Dry, Fading?

"IT CAN LOOK NEW AGAIN"

We carry raw local honey!



602-248-7862

UDDER FINERY LEATHER CARE

ESTABLISHED 1970



W.B.

WESSEL & BAKER
CONTRACTING

Remodeling and Repair Contractor
Concrete • Patios • Windows • Painting • Drywall
Licensed • Bonded • Insured • ROC #201515

(480) 217-9663

or WesselandBaker@gmail.com

CO.MMUNITY

IT'S ABOUT YOU.

NORTH&CO.

6 0 2 . 7 1 4 . 7 0 0 0

NORTHANDCO.COM



Kirk

Development
Company

CUSTOM REMODELING DESIGN/BUILD

KITCHENS • BATHROOMS • MASTER SUITES • ADDITIONS • GUT RENOVATIONS

Kirk Development is doing all we can to keep our customers safe!
Call us by phone to discuss your project. Send us your pictures, videos, or we can visit by face time.

IT'S OUTDOOR LIVING SEASON!

Before

After

After

Let us turn your patio into a unique gathering place!

©2018 Taube Photography

ROC 057434
ROC 072088
Licensed
Bonded • Insured

CALL FOR A FREE ESTIMATE
602-944-3658
www.kirkdevco.com
Turning Dreams into Reality Since 1978

Serving the Valley since 1978

HALPERN
RESIDENTIAL

STAY COOL

Text 602.595.4200
for a **FREE Koozie!**

Follow us @HalpernResidential

HALPERN

RESIDENTIAL

NORTH&CO.

REAL ESTATE BY TRADE

Partnership Powered by
Noah Kovner with Nova Home Loans

NMLS: 1597298 • novahomeloans.com/noah-kovner • #noahwithnova

NOVA NMLS 3087 / BK 0902429 Equal Housing Opportunity / Licensed by the Department of Business Oversight under the California Residential Mortgage Lending act #131230. Also licensed by the CA DBO under the CFL #6036966. Loans made or arranged pursuant to a California financing law license. 3900 East Camelback Road, Suite 200, Phoenix, AZ 85018 / Branch NMLS 161543

NOVA

HOME LOANS

NOVA NMLS 3087 / EQUAL HOUSING OPPORTUNITY