



north central news

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Schools strive to plan safe return to classes

By Colleen Sparks

Local schools are delaying the usual start date of the next academic year as they struggle to try to decide the safest and most effective ways to teach students and promote their emotional health while keeping them physically safe amid the COVID-19 crisis.

Gov. Doug Ducey, as of press time, had delayed schools around Arizona from reopening for in-person classes until at least Aug. 17 because of the increase in the number of Coronavirus cases in the state. Schools were closed in March due to the Coronavirus pandemic and then Ducey and Arizona Superintendent of Public Instruction Kathy Hoffman extended the closures until the end of that school year.

Administrators in public school districts, as well as in private and charter schools in North Central Phoenix have been gathering input from parents, teachers and medical professionals and keeping tabs on the latest news about COVID-19 cases as they try

please see SCHOOLS on page 8



Ruby Estrada, a caregiver with Home Instead Senior Care, bonds with client Mary Large, who recently celebrated her 99th birthday. Large and other seniors rely on Home Instead Senior Care employees to help keep them safe and healthy at home (photo courtesy of Home Instead Senior Care).

Local efforts ease seniors' isolation

By Colleen Sparks

Non-profit organizations and senior living communities are scrambling to keep senior citizens fed, physically healthy and socially connected during this Coronavirus pandemic.

AARP Arizona has been urging governmental leaders to provide more oversight in long-term care facilities, as well as to ensure access to personal protective equipment and testing for COVID-19 in these communities and to offer technology for virtual visitation so older residents can socialize safely with loved ones. The Area Agency on Aging for Maricopa County has been answering thousands of calls from seniors to its help line, responding by delivering food, cleaning supplies, toiletries and emotional reassurance. Senior living communities have found creative ways to keep residents entertained, physically active and connected by offering video/online classes and socially distanced activities on their campuses.

Experts say social isolation is a big issue during these times when outside visitors are limited because of the risk of spreading the virus. Elderly residents are especially vulnerable to contracting COVID-19, meaning many have not been able to see family mem-

bers in-person for several months.

"I would say it's tough for everybody right now," said Mark Aronauer, marketing director at The Palazzo. "They're going stir crazy. There's a sadness and remorseful feeling that they haven't seen family members in so long."

The Palazzo, which has about 350 residents, provides independent living, assisted living, skilled nursing and memory care housing at 6250 N. 19th Ave. Residents ordinarily can engage in many classes, services and other gatherings but it has had to reduce many offerings to try to keep people safe. The com-

please see ISOLATION on page 4

in this issue

- Local experts write COVID-19 kids' book, page 3
- City launches affordable housing plan, page 6
- Unique school offers job training, page 14
- Brophy students serve as volunteers, page 22
- Bakery offers sweet and savory treats, page 30

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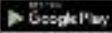
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Dr. Linda Eller, a family practice physician, and Lyn Ashley Gildar, a psychologist, wrote a book that teaches children about the feelings associated with the Coronavirus pandemic, as well as practical steps to protect people (submitted photo).

Local experts write COVID-19 kids' book

By Colleen Sparks

Talking to children about COVID-19 can be difficult, but two local women with expertise in psychology and family medicine have written a book to make it easier.

Lyn Ashley Gildar, a North Central Phoenix resident who teaches master's level counseling at Grand Canyon University, and family practice physician Dr. Linda Eller, wrote "Captain Quarantine: A Child's Guide to Understanding COVID-19." This paperback book tells the story of Alex, a gender-neutral child, wondering about the Coronavirus and asking questions of a physician and psychologist. The book explains the importance of washing hands and social distancing and stresses that it is normal to have "big feelings."

"It's about it's okay for kids and parents to have big feelings, reassuring that it won't be forever, won't last forever," Gildar said. "Kids don't always understand time."

She said she and Eller used to work together and were interested in writing a children's book. They knew there was a need for something to educate children about the physical and mental aspects of COVID-19.

Eller has a 3-year-old son and Gildar used to work with children and families.

A psychologist since 2013, Gildar said she likes storytelling and she and Eller asked children for their feedback on the book before finishing it. Eller said her son is "fascinated with books" and he had struggled to understand why he could not go to a train park and other places due to the pandemic.

"I've read the book to him," Eller

said. "He loves the illustrations."

Her adult nephew drew the pictures for the book.

"I think we're hoping it will kind of start the conversation if they're (parents) having a really difficult time, help the kiddos (know) that they're not alone in feeling those feelings," including fear and anxiety, Eller said.

The book, which was self-published so the authors could release it quickly while the topic is timely, is available to purchase on Amazon.com.



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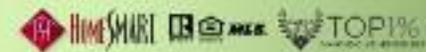


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ISOLATION continued from page 1

munity closed its doors to most outside visitors as soon as the COVID-19 outbreak began in March.

Family members of The Palazzo residents can come for visits with limits. Recently The Palazzo worked with the Phoenix Fire Department to coordinate a man getting a ride in a fire truck, which lifted him up to the level of his mother's upstairs apartment to surprise her for her 100th birthday. A birthday party was held for a resident whose family was able to hug her through a "hug wall," which allows people to touch through plastic for their protection.

The Palazzo has added socially distant Bingo games and provides yoga and other exercise classes, as well as lectures, seminars, museum virtual tours and other activities that residents can access on their TVs. Staff members help residents communicate with loved ones via Skype on laptops, phones and iPads.

The Terraces of Phoenix, which has independent, assisted living, skilled nursing and memory care at 7550 N. 16th St., also is trying to keep seniors connected.

"The magic of this community is our community, that connectiveness," said Jaime Roberts, executive director of The Terraces of Phoenix. "We're really balancing public health with emotional health. We miss the families."

The Terraces has provided yoga, meditation and other fitness classes through its in-house TV system that residents can watch in their apartments. Staff members organized a traveling block party inside each building, where people could sit in the hallway to watch a group singing from a social distance. Writing classes, a men's Bible group and other activities are provided through Zoom and The Terraces even held a hallway karaoke event.

Home Instead Senior Care offers caregiving services for older residents to allow them to live in their own homes. Its employees help with medication and meal management, bathing and dressing clients, taking them to medical appointments and grocery stores, as well as offering companionship, among other assistance. They helped about 200 seniors from March to late June out of the Home Instead office based at 1430 E. Missouri Ave., said Kelly Cornelius, owner of that Home Instead Senior Care.

"We've been extremely busy and

we're getting calls from families, who really more than ever want to keep their seniors at home," Cornelius said.

Some Home Instead employees recently brought an ice cream cake to Mary Large, who celebrated her 99th birthday. Large was thrilled by the celebration and said she could not survive without the support of the Home Instead team.

"They give me a bath and take care of the necessary things that need to be taken care of and then whatever comes along they will do it!" Large said.

Many Home Instead clients miss their children and the company aims to try to alleviate that "loneliness and isolation" that can lead to depression, Cornelius said. The employees help coordinate clients' video chats with family members.

Dana Kennedy, state director of AARP Arizona, has been advocating for seniors in letters to Gov. Doug Ducey and other state officials, as well as online before the U.S. House Ways and Means Subcommittee on Health. She sent a letter in June to Ducey asking him to use federal funding to place more inspectors in long-term care facilities and to consider providing money to address COVID-19 in nursing homes, as well as in assisted living centers and other long-term care facilities. The money could be used for personal protective equipment, testing for COVID-19, staffing, disinfection, telemedicine, technology for communication and for facilitating virtual visits between residents and their family members.

Kennedy praised Ducey for deciding to fund \$10 million for personal protective equipment and testing for residents and staff members of long-term care facilities. She said the state ombudsman employees would be allowed to go back into these centers. The Long-Term Care Ombudsman Program identifies, investigates and resolves complaints that are made by or on behalf of residents of nursing homes, assisted living facilities and adult foster care homes.

Kennedy said progress is being made at the state level to help elderly residents but more work needs to be done. She wrote a letter to Ducey, as well as Dr. Cara Christ, director of the Arizona Department of Health Services and Jami Snyder, director of the Arizona Health Care Cost Containment System (AHC-CCS) recently expressing concerns

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COMMUNITY

about the Arizona Crisis Standards of Care Plan. This plan provides guidance related to triage for emergency medical services, among other healthcare delivery measures. Kennedy said AARP Arizona appreciates the general language in the plan directing healthcare in a crisis to be offered in a non-discriminatory way but it has not addressed some important topics.

She said the plan said “resources including ventilators, oxygen delivery devices, and medications should be allocated to patients whose need is greater or whose prognoses is more likely to result in a positive outcome.” Kennedy said that the criteria could “severely disadvantage” at-risk people and especially older adults, as well as those with disabilities and residents of color.

“If somebody does need to go into the hospital and hospitals are filled to capacity, doctors are in a position to determine if someone gets care,” she said. “It’s basically age discrimination and also people with disabilities and chronic conditions may be discriminated against.”

Area Agency on Aging for Maricopa

County has responded to an unprecedented number of requests for help through its Senior Help Line. From March 18 to about April 16 it had received more than 15,500 calls to this 24-hour information and referral hotline, which is more than three times the number of calls received during the previous four weeks.

Mary Lynn Kasunic, president and CEO of Area Agency on Aging for Maricopa County, said the organization provided nearly 2,500 food boxes and bags to seniors from March 18 to July 1.

“They’re extremely isolated,” Kasunic said. “We’re trying to reach out to them and see if we can make them feel maybe a little more connected.”

The Area Agency on Aging for Maricopa County provides programs and services for people ages 60 and older, as well as to residents ages 18 and older with disabilities and long-term care needs and family caregivers. Seniors can call the 24-hour Senior Help Line at 602-264-HELP (4357). To learn more about Area Agency on Aging for Maricopa County, visit aaaphx.org.



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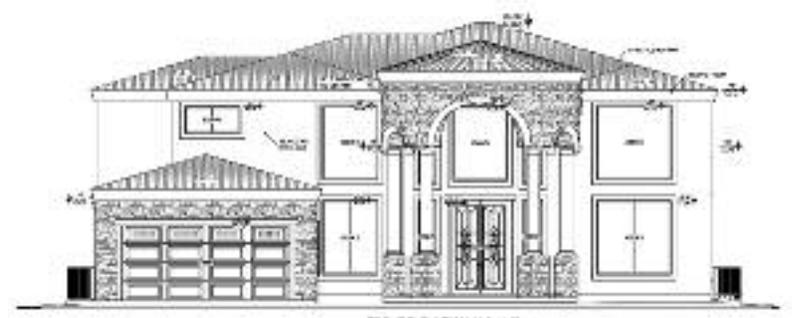


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City unveils plan for affordable housing

A new plan is underway in the city of Phoenix to try to bring more affordable housing to residents.

Phoenix Mayor Kate Gallego last month announced the city's first Housing Phoenix Plan, which establishes a goal of creating or keeping 50,000 homes by 2030 to address the city's housing shortage. The COVID-19 pandemic and the economic downturn have exacerbated the existing housing crisis in Phoenix. The Housing and Urban Development's Fair Market Rents said in Arizona the cost of a two-bedroom apartment is \$1,097. In order to afford this, as well as utilities, a household would need to earn \$43,892 a year or an hourly wage of \$21.10, which is more than \$9 above the state's minimum wage, according to a news release from Gallego's office.

The Housing Phoenix Plan outlines the findings of the city's Affordable Housing Initiative, which kicked off last year with the goal of finishing a housing needs assessment and setting

up policy recommendations to tackle the city's current housing challenges. This plan identifies the community's housing needs, describes the housing gap, compiles national best practices and suggests nine policy measures to reach the goal of creating a stronger, more vibrant city via increased housing options for all. Some aspects of the plan include changing current zoning ordinances to facilitate more housing options, redeveloping city-owned land with mixed-income housing and supporting affordable housing legislation.

Public supporters of the plan include the Arizona Housing Coalition, Arizona Multihousing Association, Downtown Voices Coalition, Greater Phoenix Leadership and Phoenix Community Alliance.

To learn more about the plan, visit phoenix.gov/newsroom/housing/1409.

Back-to-school drive helps children in need

You can help children who attend Title 1 elementary schools in Maricopa County who need uniforms, back-

packs, clothes and school supplies for when classes begin again.

The Back to School Clothing Drive is operating in a different way because of the COVID-19 pandemic. Karl Gentles, executive director of the Back to School Clothing Drive, said the organization will still fulfill its promise to offer school clothes, uniforms, backpacks, school supplies and other needed items to elementary school-age children, their families and schools. He said the drive has converted from its annual on-site distribution to 5,000 Title 1 students at Grand Canyon University to a drive-by distribution event that served 1,000 Luke Air Force Base families one day last month in collaboration with Fighter Country Partnership and the BHHS Legacy Foundation. The Back to School Clothing Drive also planned to deliver supplies to 2,000 students at specific Title 1 schools in the county and to bring supplies to 600 children in foster care in partnership with Arizona Helping Hands, among other outreach.

To make a financial donation, visit backtoschoolclothingdrive.com.

Donate supplies, food via JFCS programs

Jewish Family & Children's Service (JFCS) needs donations of non-perishable food, cleaning supplies and personal care materials for the JFCS Just 3 Things Food Pantry. The items most needed include rice, powdered milk, cereal, toilet paper, canned meat and cooking oil. If you are not able to leave your home but want to help, you can make a financial donation to the Emergency Assistance Fund at jfcsaz.org/ways-to-give/emergency-assistance-fund or through the JFCS Just 3 Things Amazon Wish List at jfcsaz.org/volunteer.

Another way to help is through the JFCS Back to School Program, which provides school supplies to students. Donations of backpacks, pencils, scissors, spiral notebooks, glue sticks, composition books, markers, paper, pencil sharpeners and other supplies are needed. To find lists of back-to-school items needed visit jfcsaz.org/volunteer.

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support and commitment to my success, and for that I am eternally grateful.



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COMMUNITY

SCHOOLS *continued from page 1*

to develop plans for how and when to begin instruction on their campuses and/or online or some combination of the two methods. They stress that the opening dates for in-person classes could change any day depending on direction from Ducey and the news about the spread of the virus in Arizona.

In some cases, parents will be able to choose if they want to send their children and teens back to campuses or to allow them to take classes online.

Osborn School District, as of press time, had plans to start online classes for the 2020-21 school year on Monday, Aug. 3 and begin in-person classes in the schools on Oct. 12 at the earliest, Superintendent Michael Robert said. If the district determines it is not safe to open Oct. 12 it will delay in-person classes until after that. Parents can still choose to keep their children in online classes even after on-campus classes resume.

“What we’re looking for is hopefully a return to what numbers were looking like at the end of May, the curve has

flattened,” Robert said. “We’re just listening to parents that have expressed concern, staff that have expressed concern and the feeling that it’s just not the right time, not a safe environment for coming back.”

Five different task forces met to work out reopening scenarios.

Robert said when campuses reopen for in-person learning, parents will be asked to take their children’s temperatures before they come to school. Students and employees with a temperature of 100.4 degrees or higher will be asked to go home, as the Centers for Disease Control and Prevention (CDC) says a fever is one of the symptoms of COVID-19. Students and workers will be required to wear face shields or masks on campus except for when eating and for children during recess.

Phoenix Union High School District will start virtual/online classes Aug. 3 but not start classes in-person until at least the second quarter.

In a video online, Phoenix Union Superintendent Chad Gestson said that classes would remain online for at least the first two months of the school year

until it is safe to reopen in-person.

“When we closed last March, we made two very clear commitments to you, our community,” Gestson said. “First is that your safety, your health, your wellness will always be our top priority and at the same time we also promised that we will not abandon our students and our families and our community and we will continue to provide, whether we are in person or remote, the best possible support and services to our students and our families that we can and that same commitment is true today.”

He declined to be interviewed for the article.

The Madison School District at a special governing board meeting July 21 voted to delay in-person learning on its physical campuses until the end of the first quarter, which is Oct. 2, or earlier only if there is a downward trend of COVID-19 cases showing it is safe to reopen sooner. If in-person learning starts after the first quarter, in-person classes would begin Oct. 5. Online learning for Madison district students will start Aug. 11. The district also will

provide opportunities for students to do their online learning at a physical location, supervised by a Madison district employee, starting Aug. 17, as long as Arizona schools can open then in-person. The district will follow the CDC guidelines for safety in those locations.

Previously the Madison governing board had approved a plan to start in-person classes on Aug. 17. Later Madison School District Superintendent Kenneth Baca in a letter to district families July 15 said “we now find ourselves in a very different place than where we were on June 30 when the plan was adopted.”

“There continues to be wide community spread of the virus,” Baca wrote. “According to the Arizona Department of Health Services, all of our schools and bordering communities, as of July 14, are in the category with the widest community spread (greater than 250).”

Madison’s reopening plan for when campuses do resume in-person learning will require students to wear a cloth or surgical face mask, except for “Any student who has difficulty breathing or who is incapable of physically removing the face masks on his/her own” and

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COMMUNITY

“alternative methods of protection will be discussed by parents and staff, including the use of a face shield.” Students will not have to wear masks when they are eating or drinking.

Staff members also will be required to wear a cloth or surgical face mask in the Madison district and students must not come to school if they have any of the many symptoms of COVID-19 including a fever of 100.4 degrees or higher, shortness of breath or difficulty breathing. Staff members will teach students to “maintain, if feasible,” at least six-feet between individuals outside of classrooms and schools will try to “physically distance desks and tables as far apart as feasible,” the plan said.

The Madison district developed the reopening plan with guidance from the CDC and district parents who also are practicing medical physicians. There also were task forces with parents, teachers and administrators that provided input.

Charlotte Shaff, who has two sons in the Madison district: Eric, 9; and Jake, 10, supports the district’s plans. Her sons will go to a day camp at a local business, where children can do

schoolwork online, with adult supervision, and engage in gymnastics and other physical activities this fall before in-person classes start.

“I feel like it’s a good move and I feel confident that they looked at as many different viewpoints and feedback as possible, both teachers and parents, the doctors who are on the panel,” Shaff said.

Madison Highland Prep, a charter high school at 1431 E. Campbell Ave., is giving parents the option of their students starting classes either through distance learning/online or in-person Aug. 17. If the state delays the allowed start date for in-person classes, then all students at the school will start the year online.

Once in-person instruction returns, students can either come in person or attend school online for the first quarter, the first semester and possibly longer.

Glendale Union High School District Superintendent Brian Capistran declined a request to be interviewed about reopening plans. In a letter to parents posted online July 9, it discussed three possible approaches for the start of the 2020-21 school year: remote/online; a hybrid style where students come to

classes in person and online different days; and all in-person learning.

Brophy College Preparatory, a private, all-boys high school, plans to start classes in person Aug. 17 but it will also provide online classes for students who are not ready to return to campus, Principal Robert Ryan III said.

Students and staff members will be required to wear masks, except when eating lunch and social distancing will be done whenever feasible, Ryan said.

Plexiglass will be used in some areas of Brophy to enhance safety.

Xavier College Preparatory is planning to return for online classes Aug. 13 and 14 and then bring students back in person Aug. 17, as long as the state does not change the allowed start date, said Sister Joan Nuckols, BVM, principal at Xavier. Students can choose to keep doing online learning starting Aug. 17.

The campus will incorporate social distancing and students will be required to wear masks except when eating lunch. Individuals will be asked to stay home if they have a temperature of 100.4 degrees or higher.

St. Francis Xavier School, a prekindergarten through eighth grade school, has prepared three different plans for the coming academic year, depending on direction from Gov. Ducey and the Roman Catholic Diocese of Phoenix, St. Francis Xavier School Principal Ryan Watson said. One would be for all students to be back on campus, another would divide the school into two groups that would rotate between taking classes online at home and coming to campus and a third choice would be an online-only scenario.

Students’ temperatures will be checked on campus once in-person learning starts at St. Francis Xavier.

Midtown Primary School, a charter school for grades kindergarten through fourth, plans to reopen for online classes Aug. 5 and then in-person classes Aug. 17. Students can remain online after Aug. 17, if they choose, Principal Judy White said. Children and employees will wear masks except during lunch and students screened to make sure they do not have temperatures before starting the school day. Social distancing will be done as much as is possible.

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City offering face coverings to public

The city of Phoenix currently requires everyone to wear face coverings, with some exceptions, in public, and provides many places to acquire them.

Phoenix Public Transit and the Phoenix Public Library have teamed up to provide face coverings to community members at libraries close to public transit spots. All public transit riders are expected to wear face coverings on bus, light rail and Dial-a-Ride vehicles. You can pick up face coverings while collecting library items during curbside service hours at the Burton Barr, Cesar Chavez, Desert Sage, Harmon, Palo Verde, Saguaro and Yucca public libraries.

Face coverings also are available from Phoenix Public Transit employees at these transit centers: Central Station, at Central Avenue and Van Buren Street; Ed Pastor, at Central Avenue and Broadway Road; Metrocenter, on the south side of the mall parking lot and Sunnyslope, which is at Third Street and Dunlap Avenue.

Public transit riders are encouraged to bring their own face covering, which can include masks, face shields, homemade cloth coverings and other cloth that covers the mouth and nose. Anyone ages 2 and older in the city of Phoenix, must wear a face covering when they leave their home or residence and are within six feet of another person who is not a family member or someone who lives in their home. There are exceptions to the rule for those who have medical or mental health conditions or religious beliefs that prevent them from wearing such a covering.

To learn more about face coverings, visit cdc.gov.

Organization pays it forward to caregivers

A not-for-profit organization is showing gratitude to caregivers who help residents in assisted living, memory care and skilled nursing centers.

Phoenix Holocaust Association is heading the efforts to provide a grocery store gift card of at least \$50 to each caregiver in several different Valley senior living communities. Besides receiving a \$5,000 grant from Albertson's-Safeway, the association also has kicked off a GoFundMe campaign to raise more money to meet the project's goal of \$10,000. Due to

quickly exceeding that goal, the not-for-profit organization has changed its goal to \$15,000. It hopes to keep adding more caregivers at more senior living centers as long as fundraising keeps going well.

The first senior facilities to take part in the campaign include The Palazzo, a private, full-continuing care community at 6250 N. 19th Ave.; Belmont Village in Scottsdale; Kivel Campus of Care in Phoenix and Friendship Village Tempe.

The Phoenix Holocaust Association, incorporated in 1985, is a partnership of Holocaust survivors, their descendants and the community that aims to honor the memory and legacy of survivors and victims and to promote awareness of the Holocaust.

To make a donation, visit gofundme.com/f/help-us-recognize-our-caregivers.

Swing into summer at city golf courses

While it can be difficult to find activities to do this summer due to COVID-19, you can get into the swing of things at the city of Phoenix's many golf courses.

The city's golf courses are open normal hours and following Centers for Disease Control and Prevention guidelines and physical distancing measures. Golf cart rental and use is limited to one person at a time unless there are two family members using it together.

Nearby courses include Encanto 9-Hole Golf Course at 2300 N. 17th Ave. and Encanto-18 Hole Championship Course at 2775 N. 15th Ave. The city of Phoenix's Palo Verde – 9 Hole Course is located at 6215 N. 15th Ave.

Rates vary according to the golf course and other factors. You also can buy Phoenix Golf Premium and Premium Senior discount cards at the golf courses. The cards provide special offers and discounts at Encanto, Cave Creek, Aguila and Palo Verde golf courses for non-Maricopa-County residents. Phoenix Golf Junior Monthly Passes provide unlimited, stand-by tee times, prior to twilight Mondays through Fridays, for youths ages 17 and younger for \$30 a month. The Junior Monthly Passes are good at Encanto, Aguila, Cave Creek, Palo Verde and Grand Canyon University golf courses.

To find rates for the city courses, visit phoenix.gov/parks/golf.

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Pet of the Month

Sweet Pauly D is small but loving

If you remember the MTV show “Jersey Shore,” you will surely know that this kitty will help you get your “GTL” (Gym, Tan, Laundry) any day.

Pauly D is a handsome, five-year-old, domestic shorthair that was taken to the Arizona Humane Society in April. That makes him the organization’s current longest resident and a great example of the Arizona Humane Society’s policy that says an adoptable pet will never be euthanized for the amount of time spent there or space issues.

While this sweet boy has a huge heart and loves everyone he meets, including other cats, he is only six pounds. What Pauly D lacks in size he makes up for with his big personality and ability to give love to anyone who is willing to accept it. He will need a home where the owners are willing to create a plan with their veterinarian as he gets ear infections a little easier than other pets do.

The Arizona Humane Society’s



Pauly D is a small, but sweet five-year-old, domestic shorthair with a big personality seeking a forever home (photo courtesy of Arizona Humane Society).

adoption locations are temporarily closed but its Virtual Adoption Matchmaking Program is available by appointment to place Pauly D and other pets with their forever families. If you are interested in adopting Pauly D, his pet number is 634191. He might have been adopted by the time your Virtual Matchmaking Adoption by Appointment is held but the Arizona Humane Society has dozens of other wonderful pets seeking loving homes. Take a moment to meet some of the other dogs, cats and other companion animals at the shelter. To see which pets are available for adoption right now, visit azhumane.org/findapet.

Socialize your puppy during pandemic

Four-legged friends serve as sources of comfort to people working from home during this Coronavirus pandemic but getting your puppy used to socializing can be difficult amid social distancing.

The Arizona Humane Society’s Pet Behavior Team said there are many new experiences you can provide your pets at home to help them become well-socialized, happy and healthy.

One idea is to pull out objects or appliances your pet has never seen before and praise and reward it with treats for investigating them. The Arizona Humane Society also recommends you place interesting materials on the floor to get your puppy used to walking on different surfaces. Cardboard, metal baking trays, wood and pillows are some items you could have your puppy walk on at home.

The pet behavior team also suggests you play dress up and wear different hats in front of your puppy. Another

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idea is to go “people watching” from your window, vehicle or front yard. Reward your puppy for looking at people, dogs, cars and other sights from a distance.

You can take In-Home Private Lessons from the Arizona Humane Society, as well as access Virtual Pet Training Lessons for help training your pet. To learn more, visit azhumane.org/dog-training-classes.

‘Pets on Parade’ show to urge donations

You can hear stories of animals being rescued and learn how to help them when the Arizona Humane Society’s “Pets on Parade: Special Edition” airs this month.

This special, 30-minute show will be aired at 12:30 p.m. on Saturday, Aug. 29, on 3TV. Ordinarily “Pets on Parade” airs every week on 3TV but because of the COVID-19 pandemic, guests have not been allowed in the studio due to safety measures so the Arizona Humane Society filmed the show completely on its own to be aired

later. This special edition of the show is designed to help raise money for the Arizona Humane Society’s Urgent Summer fund, which assists pets in need. It is an important fundraiser, especially at this time.

To learn more or to make a donation to the Arizona Humane Society, visit azhumane.org.

Dbacks’ support will help the homeless

Homeless people, who are especially vulnerable during this Coronavirus pandemic, will receive more support thanks to a donation from the Arizona Diamondbacks Foundation.

The foundation recently provided \$100,000 to the Human Services Campus, Inc. for COVID-19 relief. This money will be used to buy personal protective equipment for Human Services Campus employees and other partner organizations’ staff members, as well as to increase cleaning supplies and services, expand staffing, boost security and offer heat relief, among other needs. The Human Services Campus is

running under strict health and safety measures that the Centers for Disease Control and Prevention (CDC) has established and is following county health officials’ guidelines.

Started in 2005, the Human Services Campus is a collaborative effort of partner organizations on one campus that aims to end homelessness. There are 16 independent agencies on the campus that assist almost 1,000 people every day, providing holistic services including reunification with family members and friends, shelter, meals, housing, as well as physical, mental and dental health programs. To learn more, visit hsc-az.org.

Take steps to prevent drowning in pools

As the temperatures are scorching, many people in Phoenix are hitting pools and experts offer advice to keep yourself and your children safe.

The Phoenix Fire Department recommends if you see someone experiencing problems in the water that you yell for assistance and pull the person

out of the water. It urges you to call 9-1-1 right away and stay on the line. Perform CPR on the person, or if you are not trained in this technique, follow the directions the 9-1-1 operator gives you until help arrives.

In order to try to prevent drownings, the Phoenix Fire Department said you should use an approved barrier to separate your house from your pool. It also said children should never be allowed to be alone near a pool or any water source, including bath tubs, buckets, toilets, ponds and canals. The fire department urges you to keep a hook, pole, flotation device or other life-saving materials near the pool. It also said you should always have someone designated to watch your children when they are in a pool.

Phoenix Fire Department officials also say no one should swim alone and no one should swim while under the influence of medications or alcohol. Learn how to swim and do not swim when you hear or see lightning or thunder. To learn more water safety tips, visit phoenix.gov/fire/safety-information/home/water.



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TAKING CARE OF BUSINESS

Electrical school offers training for jobs

By Colleen Sparks

While the Coronavirus pandemic has caused many people in Arizona and around the country to lose their jobs, an unusual North Central school gives people a chance to start a new career while gaining workforce experience.

The Phoenix Electrical JATC (Joint Apprenticeship and Training Committee) closed for a few weeks in order to protect students and instructors due to COVID-19 then switched to an online format for classes. This school at 1520 E. Indianola Ave., established in 1943 through a cooperative industry action, trains students to become journey-level workers in the electrical industry. When they complete the program, they earn about \$60,000 in base pay in jobs, said Shawn Hutchinson, training director for the Phoenix JATC.

The Phoenix Electrical JATC pivoted to bring students into its school to do hands-on training in smaller groups than usual and implemented social distancing. Students and staff members wear masks in order to protect people due to COVID-19.

While the electrical construction industry has been affected by the pandemic, with a few Phoenix Electrical JATC students testing positive for the virus, it did not have a huge impact on the school, Hutchinson said.

"The industry was labeled as an essential industry very early on," he said. "There is still a lot of construction work happening in the Valley and around the state, all across the country. There are opportunities right now for journey-level workers to basically get a job anywhere in the country right now."

Students have to complete 936 hours of classroom training and 8,000 hours of on-the-job training in order to get certified as journey-level workers. Typically it takes four calendar years to finish the program. Students learn about OSHA standards, instrumentation, project management, interpreting architectural drawings and the mechanical side of fire alarms and other equipment, among other lessons involving math, science, technology and leadership.

Rosendin, an employee-owned elec-



Eddie Nuñez works on a project as an apprentice for Rosendin, an electrical contractor. He is a student at Phoenix Electrical JATC (Joint Apprenticeship and Training Committee) (photo courtesy of Rosendin).

trical contractor, supports the Phoenix Electrical JATC financially and by training apprentices, who are students at the school. It is one of about 100 contractors working with the Phoenix Electrical JATC. Rosendin has seen some additional absenteeism from employees and some shutdowns from general contractors due to COVID-19, said Stephan R. Cole, Workforce Development Coordinator with Rosendin. Rosendin, which has a Phoenix office, has adopted protocols to protect employees and other trades workers on the job, including offering hand sanitizer and face coverings and enhancing cleaning of job sites, Cole said.

"We have seen a dramatic need for skilled labor in the last few years and right now with so many people unemployed, it is a great time to try out a new career in the trades," he said. "Given the uncertainty that the retail and service industries are currently facing, now is an optimal time to pursue a career in the trades as the local construction industry does not show many signs of significantly slowing down."

Eddie Nuñez, a student in his third year at the Phoenix Electrical JATC, works as an apprentice for Rosendin.

"It is a good career path," Nuñez said. "I've learned a lot. I like when there's stuff to solve."

Rosendin is hiring; those interested can email Div4Jobs@rosendin.com. To learn more about the Phoenix Electrical JATC, visit pejadc.org.

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TAKING CARE OF BUSINESS

Business Briefs

Jewelry store owner pivots to selling protective guards

A local jewelry store owner is doing what he can to help other businesses protect their employees and customers.

Jay Goldman of Jay Goldman Ltd Jewelers recently launched Clear Health, through which he sells germ guard and hygiene screens made out of Plexiglass that businesses can set up to keep germs from spreading. Doctors, attorneys, restaurants and any other operation can set them up in any way that meets their needs. Filters are installed in them to allow people to hear others talking on the other side of the Plexiglass. They are customized for each business and come in different sizes and aim to protect people from the spread of COVID-19.

Restaurants have purchased them to separate tables and a doctor's office bought them to provide barriers with a sliding door. Some stores have bought barriers that are three feet long, although Goldman recommends that shields should not be made longer than

five feet as they can become bulky. Because the screens are retractable, they also are ideal in conference rooms to separate people seated in chairs.

The starting size and price is 18-inches-by-24-inches, one-quarter-inch thick, for \$89. Clear Health delivers the screens to customers. To order, call 602-369-3115.

Company offers tips for post-pandemic recovery

There are steps small businesses can take to handle the impact of the COVID-19 pandemic on revenue.

So says Ruth Urban, president and CEO of On the Money, an accounting advisory and bookkeeping firm at 7600 N. 15th St., who offered tips on ways to strengthen a balance sheet even if a recession occurs.

Urban recommends business owners focus on their cash flow because it is just as important, if not more so than evaluating income statements and balance sheets. She urges companies to proactively review where to increase or decrease cash. Urban said small businesses should cancel any unnecessary

expenses in their personal and business lives and renegotiate terms with one-time/recurring overhead costs, as well as purchases from suppliers. She said it is smart to look for new payment choices, including lower credit card fees, that can lead to major savings.

Another way to recover from losses is to evaluate existing client bases for profitability, Urban said. Often 80 percent of profit usually comes from the top 20 percent of clients so now is the time to refer low or no-profit clients to services more suitable for them, she added.

Urban recommends small businesses start or keep separate accounts to hold funds when they need them or for the next rainy day. That includes money to cover three to six months of expenses. A tax fund is another option for the next account for your business.

To learn more, visit onthemoneyaz.com.

Southwest Medical moves to new location

Southwest Medical, a locally owned medical supply business, is operating in a new, more functional location.

The business recently moved to 5330 N. 16th St. after having been located at 513 W. Thomas St. since 1993. The new location is a major improvement as its showroom is larger and has a better layout. It also has private fitting rooms, where customers can get measured for wheelchairs and try out different products.

The store sells a variety of products including wheelchairs, bathtub support, walkers and other items to help people live at home safely. It also sells lift chairs, wound care products, canes, catheters and other urological products, as well as scooters and temporary ramps.

Customers must wear masks when in the store, per city of Phoenix regulations. Guests and employees are asked to adhere to social distancing. Workers wear masks whenever they are in the showroom or away from their desks and surfaces are wiped down many times a day to try to prevent the spread of COVID-19.

Southwest Medical is open from 8 a.m. to 5 p.m. Mondays through Fridays. To learn more, visit southwest-medical.com.

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2214 E San Juan AveIN ESCROW3655SF4BR/3BA\$ 999,500
815 E Circle DrIN ESCROW3848SF4BR/3BA\$ 998,500
11 W San Juan AveIN ESCROW3226SF4BR/2.5BA\$ 959,900
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6621 N 14th PlIN ESCROW3050SF4BR/3.5BA\$ 688,500
7045 N 7th AveNEW PRICE2368SF4BR/3BA\$ 649,000
15368 N 18th StIN ESCROW3529SF4BR/3.5BA\$ 650,000
1744 E Missouri AveNEW PRICE2907SF4BR/3BA\$ 619,000
11 W Cheryl DrJUST LISTED2048SF3BR/2BA\$ 594,900
6217 N 7th AveIN ESCROW2380SF4BR/2.5BA\$ 599,000
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1611 N 11th AveJUST LISTED1829SF4BR/3BA\$ 549,900
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5450 E Arcadia Ln	\$2,500,000	1439 E Echo Ln	\$ 750,000	534 W. El Camino Dr.	\$ 515,000	3015 E Coolidge #6	\$ 385,000
7020 N. Wilder Rd.	\$2,400,000	126 W. North Ln.	\$ 748,840	27525 N 113th Pl	\$ 510,000	720 W. Thunderbird Rd.	\$ 369,000
6020 E. Doubletree Ranch Rd.	\$1,860,000	1441 E Missouri Ave	\$ 740,000	6811 N 11th Pl	\$ 505,000	509 W. Missouri Ave.	\$ 339,800
8255 N 18th St	\$1,175,000	1002 E Kaler Dr	\$ 726,000	6050 N. 10th Pl.	\$ 502,500	1636 E Cactus Wren Dr	\$ 365,000
6611 N Central Ave	\$1,175,000	5301 N. 6th St.	\$ 675,000	6118 N 9th Ave	\$ 475,000	4301 N. 21st St. #61	\$ 335,000
9824 N 53rd Pl	\$1,700,000	3853 E. Crittenden Ln.	\$ 675,000	1312 W Georgia Ave	\$ 445,000	7330 N 11th St	\$ 330,000
10825 N 55th St	\$1,275,000	412 E. McLellan Blvd.	\$ 659,000	1525 W Vernon Ave	\$ 445,000	732 W. Pierson St.	\$ 301,000
321 E. Pomona Rd.	\$1,250,000	1404 W Gardenia Ave	\$ 655,000	6302 N. 11th St.	\$ 439,900	1124 E. Rose Ln. #6	\$ 255,000
9904 E. Quarry Trail	\$1,050,000	902 W Claremont St	\$ 610,000	8145 N 13th Pl	\$ 434,000	350 W Maryland Ave	\$ 239,000
245 E Ashwood Pl	\$ 990,000	517 W. Lamar Rd.	\$ 600,000	3137 E Hazelwood St	\$ 426,250	750 E. Northern Ave. #2003	\$ 147,000
209 W. Lamar Rd.	\$ 860,000	216 E Keim Dr	\$ 600,000	1711 E Solano Dr	\$ 420,000	1525 E Cortez Lot	\$ 65,000
4714 E Lewis Ave	\$ 812,000	1516 W. Winter Dr.	\$ 585,000	1902 E Coolidge St	\$ 415,000		
5112 N. 34th Pl.	\$ 784,000	77 E Missouri Ave #37	\$ 575,000	3120 E Coolidge	\$ 400,000		
719 W Claremont St	\$ 769,000	4430 N.22nd St. #13	\$ 550,000	7340 N. 11th St.	\$ 400,000		



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HEALTHY LIVING

Health Briefs

Many sites offering COVID-19 testing

There are many places in North Central Phoenix and around the Valley where you can obtain testing for Coronavirus.

Banner Health is providing testing in Phoenix for those who are concerned that they might have been exposed to COVID-19 or to those experiencing a dry cough, fever or other symptoms of the virus. You must call to schedule an appointment between 7 a.m. and 6 p.m. Mondays through Thursdays; 7 a.m. to 5 p.m. Fridays or 8 to 11 a.m. Saturdays. Banner's drive-thru testing locations will not take walk-in patients. Everyone must be screened over the phone ahead of time and scheduled for an appointment.

When you arrive for your appointment, you must stay inside your vehicle and sign paperwork stating you agree to be tested and you will self-isolate until

a Banner Health employee contacts you with your test results. A Banner Health staff member will swab the inside of your nose to take a sample in a process that will take five to 20 minutes. If the test is negative, you can go back to your normal routine if you are not experiencing any symptoms of COVID-19. For those who test positive for the virus, Banner will contact the county and state health departments and give you instructions on the next steps you should take, which could include an additional quarantine period.

Banner Health has several COVID-19 testing locations in the Valley including at its urgent care center at 5018 N. 7th St. and its urgent care center at 3141 E. Indian School Road.

To learn more, visit bannerhealth.com/patients/patient-resources/covid-19/testing.

HonorHealth also is offering COVID-19 testing for anyone at least three months old. It is providing the testing at HonorHealth Medical Group

Urgent Care – Bethany Home at 1515 E. Bethany Home Road and at its Urgent Care – Saguaro center at 18404 N. Tatum Blvd. and at its Urgent Care – McKellips center in Mesa. An appointment is highly recommended at the Bethany Home site and is required at the Saguaro location. It is strongly recommended you make an appointment first before going for a test at the Mesa facility.

You can obtain a PCR test, which will tell you if you are currently infected with COVID-19, and a serology test (also called an antibody test), which will reveal if you have been infected with the virus recently or in the past.

Patients are not charged for the test when it is given but HonorHealth bills health insurance companies. If you do not have health insurance, the billing department will work with you to figure out your cost. To make an appointment for a COVID-19 test at HonorHealth Bethany Home, call 602-674-6260. In order to schedule an

appointment for a test at HonorHealth Saguaro, call 602-485-7475. To set up an appointment at the Mesa center, call 480-587-5520.

For more information about COVID-19 testing, visit honorhealth.com/coronavirus-covid-19/testing.

Simple steps can keep public transit riders safe

If you are riding on a bus or light rail this summer, there are steps you can take to try to stay healthy in the hot weather.

The city of Phoenix recommends anyone using public transit bring water with them to stay hydrated and to help fight heat exhaustion. City officials also suggest you cover your skin with lightweight clothes and wear a hat or possibly bring an umbrella when outdoors.

In order to reduce the time you are standing or sitting outside for a bus or light rail outdoors, check schedules ahead of time to determine wait times. Find schedules at valleymetro.org.

The city of Phoenix has a summer safety plan with tips about swimming, hiking, preventing fires and other activities. Learn more at phoenix.gov/pio/summer.

Free fitness classes offered online

Getting and staying in shape from home is easier now because of the city of Phoenix's FitPHX, which provides free exercise classes online.

The city's healthy community measure is delivering its summer activities via Zoom due to the Coronavirus pandemic. The programs started last month and include the popular Fitness Bootcamp, as well as the Fall Into Fitness series. A new monthly Morning Yoga series also is available.

Fitness Bootcamp, delivered in partnership with the Valley of the Sun YMCA, takes place from 6 to 7 p.m. every Monday through Aug. 31. YMCA instructors lead the circuit-style class that blends cardio, strength and speed for a workout to boost heart rates. Fall Into Fitness, presented in collaboration with Energized by Exercise, is a family-oriented program for all experience levels and ages. It is held from 6 to 7 p.m. Tuesdays through Sept. 1. Professional instructors head

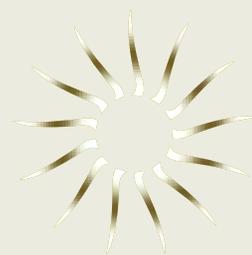


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HEALTHY LIVING

the calorie-burning classes including Turbo Kick LIVE, Zumba, P90X LIVE and HIGH Fitness. Classes are set to popular music and aim to prompt movement.

The city is teaming up with Sutra Studios to provide Morning Yoga from 9 to 10 a.m. every third Saturday of the month through Dec. 19. Kick off your day, stretch and get your energy flowing in these classes.

Registration is required for the classes. To learn more, visit Phoenix.gov/Parks.

Catholic Charities offers stress management groups

Stress management is a big challenge during this Coronavirus pandemic but Catholic Charities can help you find healthy ways to cope.

The non-profit organization's counseling department is forming small, virtual support groups with 10 or fewer people to help them discover healthy methods of managing stress. An experienced member of the counseling team will conduct the groups through Zoom. Since money is tight for many people due to the COVID-19 crisis, Catholic Charities wanted to provide affordable support groups, said Anna Smith, Catholic Charities senior program manager. It costs \$15 for six weeks of support groups.

Catholic Charities' professional team also delivers individual, virtual counseling for emotional, verbal, sexual and physical abuse survivors, as well as to help adolescents who have behavioral issues, people with anger management, anxiety, communication problems, depression, diverse, grief, loss, HIV/AIDS and other problems.

If you would like to participate in the group sessions or obtain individual counseling, call the counseling team at 602-749-4405. The individual counseling sessions are based on a sliding scale for people paying by credit card or they are covered by the Arizona Health Care Cost Containment System (AHCCCS), the state's Medicaid agency. To learn more, visit catholiccharitiesaz.org.

COVID-19 survivors can donate plasma

If you have had COVID-19 you can do something to help treat critically ill patients suffering from the virus.

Banner Health is urging those who had Coronavirus to donate their plas-

ma, which can be used to treat people who have COVID-19 currently. Banner Research is providing donation coordinators in the Valley, as well as Tucson and Northern Colorado, to help recovered COVID-19 patients complete the plasma donation process. The donation coordinators can evaluate qualifying criteria for potential donors, explain how the donation works and answer questions.

Banner Health is part of a national expanded access program aimed at recruiting plasma donors and using the valuable blood component as part of the treatment protocol for patients with COVID-19. One single plasma donation can be used for many patients. People who have totally recovered from Coronavirus might have immune-boosting antibodies in their blood called convalescent plasma, which could be utilized to treat critically ill COVID-19 patients. The Food and Drug Administration recently permitted the transfusion of convalescent plasma as an investigational type of treatment.

If you live in the Valley, have recov-

ered from COVID-19 and want to donate your plasma, call 480-412-6859. To learn more, visit bannerhealth.com/patients/patient-resources/covid-19/donating-plasma.

HonorHealth changes services due to COVID-19

HonorHealth has adapted delivery of some of its services to try to prevent the spread of COVID-19.

The healthcare system has changed all follow-up and medical weight loss appointments for bariatric patients to virtual consultations. There are weight loss seminars being offered online, where HonorHealth's bariatric surgeons will talk about obesity and how to obtain the help you need. Post-op classes and support groups for bariatric patients also are being provided virtually. In-person seminars have been canceled through Aug. 31.

Cancer and hematology patients who have follow-up appointments scheduled will be contacted to move their appointments to virtual visits. Patients coming to any practice locations for these types of services will be

screened when they arrive. Those going to see a doctor for an in-person visit will be allowed to have one caregiver/visitor with them. That caregiver has to be between the ages of 18 and 65. If the patient is going to receive chemotherapy after the doctor visit, the caregiver/visitor will be asked to stay in the waiting room or a safe waiting area including the caregiver's vehicle.

HonorHealth's Diabetes Center is temporarily closed while its gastroenterology services are closed for in-person appointments. For heart and vascular patients, elective procedure scheduling also is on hold but HonorHealth will keep performing urgent procedures in its medical centers.

Women who are giving birth will be allowed to bring one support person and one certified doula with them in Labor and Delivery. The support person and doula will receive badges and be screened.

To learn more about changes in HonorHealth Services and to access online seminars, visit honorhealth.com/coronavirus-covid-19/impacted-services.



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SCHOOL DAYS



Brophy College Preparatory incoming juniors Jason Teetsel, Chase Gehringer, Christian Quartermain, Austin Kerr, Carson Perkins and Joey Slaubaugh recently volunteered at The Society of St. Vincent de Paul over summer vacation (photo by Alexis Gehringer).

Brophy students help at St. Vincent de Paul

Several Brophy College Preparatory students have been keeping busy helping others less fortunate in the community this summer.

A group of incoming Brophy juniors recently volunteered at The Society of St. Vincent de Paul as part of the service work students provide as “Men for Others.” The school welcomes students of all faiths and incorporates social justice formation throughout its program and curriculum. Residents around the Valley and world have been hit hard financially by the COVID-19 crisis and Society of St. Vincent de Paul offers services for homeless people, as well as medical and dental care for working poor residents, charity dining rooms, food boxes, thrift stores and other support.

Freshmen at Brophy start their formation as Jesuit-educated “Men for Others” by doing Freshman Breakaways, where they work at different Valley agencies and non-profit organizations and also via a partnership with Special Olympics that leads to a Game Day every spring on Brophy’s campus. Sophomores at Brophy participate in the Loyola Project, a program that lets them mentor and tutor younger students at different Phoenix schools. Brophy juniors must spend at least 40 hours over the school year doing meaningful service work around

the Valley. Seniors have different options for giving back.

Typically students volunteer about 35,000 hours a year through the service and justice formation programs that Brophy’s Office of Faith and Justice runs. Brophy aims to develop intellectual competence, as well as a strong moral compass, leadership and advocacy skills as it teaches “Men for Others” to serve the world.

School Briefs

GLENDALE UNION HIGH SCHOOL DISTRICT Librarian encourages reading over quarantine

When they were home during the quarantine, some Sunnyslope High School students still had their heads in books.

In order to encourage students to keep reading even when schools around the state were closed for in-person learning, Sunnyslope High teacher and librarian Patty Jimenez started the SHS QuarantEens Read Program. It gave students and staff members a chance to share what they were reading and have the opportunity to win new books. Every week during the quarantine, 10 names were drawn among the readers with each winner receiving two new books. The idea was to keep one book and give another one to a friend. These prizes will be given when classes resume on campus.

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SCHOOL DAYS

During the first week of the program, participants revealed they were reading more than 80 books. The titles of the books were added to a virtual bulletin board. The program continued through July 31. Remote learning for the 2020-21 school year starts Monday, Aug. 10 for Sunnyslope High and the other schools in the Glendale Union High School District. To learn more about Sunnyslope, visit sunnyslope.guhsdaz.org.

OSBORN ELEMENTARY SCHOOL DISTRICT

Early learners have many options

Give your young children a jump-start on learning by enrolling them in one of the Osborn Elementary School District's early childhood programs.

The district offers several early childhood options including the Osborn Montessori Program, which educates kids in self-paced, student-led classrooms at Montecito Community School. Applications are being accepted for students who will turn 3 years old on or before Monday, Aug. 3 or turn 4 or 5 years old by Tuesday, Sept. 1. There will be after-care options for students.

Tuition for the Osborn Montessori Preschool is \$4,500 a year for 3-year-olds and \$6,500 a year for 4-year-olds. If you are interested in learning more about this program, contact Romina Flores at 602-707-2014 or rflores@osbornsd.org.

The Osborn Dual Language

Community Preschool is a bilingual early childhood program that aims to help children and their families prepare for kindergarten by developing their literacy in two languages and familiarizing them with school routines. This program is held from 8 a.m. to 3 p.m. Mondays, Tuesdays, Thursdays and Fridays and 8 a.m. to 1 p.m. Wednesdays with after-care offered. Priority is given to students who will turn 4 years old by Aug. 31 but children who will turn 4 anytime from Sept. 1 to Dec. 31 will be considered for the program if openings exist and they are potty trained. Tuition for 4-year-olds is \$5,500 a year. The program is held at Encanto, Longview and Solano elementary schools. To learn more about this option, contact Flores.

Osborn district's Developmental Preschool educates children ages 3 and 4 who have been determined to qualify for special education services. It is provided at Encanto, Longview and Solano schools from either 8:45 to 11:45 a.m. or 12:45 to 3:45 p.m. weekdays but every other Wednesday classes are not held.

Southwest Human Development offers Head Start, Early Head Start and Early Head Start Childcare Partnerships in different school districts to try to ensure all children in the state have the same opportunity for success. Children from birth to 5 years old are eligible. To learn more, call 602-468-3431 or visit swhd.org/programs/head-start.

please see EARLY LEARNERS on page 24

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SCHOOL DAYS

EARLY LEARNERS *continued from page 23*

As of press time, the Osborn district planned to start distance/online classes Monday, Aug. 3 and to reopen schools for in-person learning no earlier than Sept. 8. To learn more, visit osbornschools.org.

PRIVATE AND CHARTER SCHOOLS**Fun run raises money for families in need**

Families in need will have food and help with rent, utilities and other costs thanks to three local students.

Charlie Fallon and Jackson Moran, incoming juniors at Brophy College Preparatory, and Jamie Stelnik, an incoming junior at Xavier College Preparatory, organized a virtual fun run to assist The Society of St. Vincent de Paul's COVID-19 Emergency Relief Fund. The run raised more than \$6,000 in a month. Walkers and runners contributed money to assist the fund, which pays for St. Vincent de Paul's charity dining rooms and food boxes, as well as help with rent and

utility costs for those who have missed paychecks. The money also provides for the costs of telemedicine and to purchase hygiene kits and provide shelter for those struggling financially.

Midtown Primary School hires reading specialist

There is good news for children at Midtown Primary School who need a little extra help with reading.

The primary school on the campus of Westminster Presbyterian Church at 4735 N. 19th Ave. has hired another reading specialist to help first through fourth-graders, Principal Judy White said. She said the specialist will join several other reading specialists on campus. White said she and her staff members have been concerned about the time students lost in the physical classroom when schools were closed due to the COVID-19 pandemic. The specialists can help students catch-up with reading.

White added 98-percent of her school's families live in poverty, making it difficult for them to take extra time to read with their children.

School to provide dinners for families

There is a new service for families that need help feeding their children.

Midtown Primary School will begin serving free dinners from 4:45 to 5:15 p.m. Mondays through Thursdays, starting Wednesday, Aug. 5, on its campus at 4735 N. 19th Ave. Any children 18 years old and younger may eat the dinners there in this federally sponsored program.

The school also will offer dinners during the week from 4:45 to 5:15 p.m. at Proper Play at 9617 N. Metro Parkway West.

Montessori school opens entrepreneurship center

Students will get a taste of entrepreneurial life in a modern, new center at Villa Montessori School this fall.

The not-for-profit public charter school will house the Armstrong Center for Entrepreneurship (A.C.E.) on its middle school campus at 2925 E. Campbell Ave. This building will foster the spirit of entrepreneurship via learning about key business principles and by

setting up a student-run enterprise. The center will encourage collaboration, creativity, innovation and entrepreneurial activities to help the larger community via partnerships with area entrepreneurs, businesses, non-profit organizations and adjunct advisors. There are 12 garden beds and various gardening elements including vertical planters, hydroponic towers and window boxes adjacent to the building. The center also will serve as the Halle Foundation Retail Center storefront, where Villa Montessori students can display and sell their own products.

Villa Montessori's middle school curriculum includes teaching and encouraging many aspects of entrepreneurship while developing, growing and selling students' own products. The Armstrong Center for Entrepreneurship and the Halle Foundation Retail Center will open officially when in-person classes resume for middle school students. Villa's Entrepreneurship Center indoor and outdoor spaces are privately supported by donations the Armstrong Foundation, the Diane & Bruce Halle Foundation, parents and community members have made.

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SCHOOL DAYS

Local teen raises money, delivers water stations

Xavier College Preparatory incoming senior Kaori Robertson has not forgotten her roots as she helps people in need during this Coronavirus pandemic.

The teen, who plays on Xavier's volleyball team and was chosen for the "Navajo Times" All-Star List in 2019, recently took a three-day trip with her parents to Bashas' supermarkets in Window Rock, Pinon, Tuba City, Dilkon, Crownpoint and Sanders in the Navajo Nation to deliver hand-washing stations and touchless soap dispensers. She had launched a GoFundMe account to raise money for the project. The water stations are intended to decrease the transmission of germs and viruses often associated with touching standard sink faucets and knobs.

The Navajo Nation has been hit hard by the COVID-19 crisis. Kaori said the handwashing stations will offer comfort to people of the Navajo Nation. The portable washing stations can hold five gallons of water and are powered by water pressure from a foot pump at the bottom. The water stations normally



Xavier student Kaori Robertson raised money to purchase portable hand-washing stations, which she and her parents delivered to the Navajo Nation (submitted photo)

cost from \$115 to \$250 but Robertson was able to get a 20-percent discount with free shipping by using a promotional code from the Tido Home company.

Robertson lived in the Navajo Nation when she was a baby and has many relatives who still live there.

Xavier alumnae petition for changes to curriculum

A group of Xavier College Prep alumnae are calling on their alma mater to adapt the school's curriculum and culture in response to the changes demanded by recent societal events.

Alumni For Change has submitted a petition to the school hoping that a strong show of support from alumni, students, families and the community will resonate with the administration.

The group seeks five directives, based on feedback from Xavier graduates, along with research about the benefits of a diverse environment for students. The directives include creating a more diverse curriculum for all students; allowing racial and ethnic affinity groups to form on campus; bringing in more diverse speakers to speak on social justice issues at assemblies; hosting a third-party review of all equity and inclusion practices including hiring; and creating avenues for dialogue and collaboration between current students, past students, administration, and faculty

Organizers are collecting signatures and working to educate the community

about the need for diversity, equity, and inclusion in classrooms. To learn more, visit <http://www.alumnaeforchange.org>.

Xavier senior to swim for Ohio State University

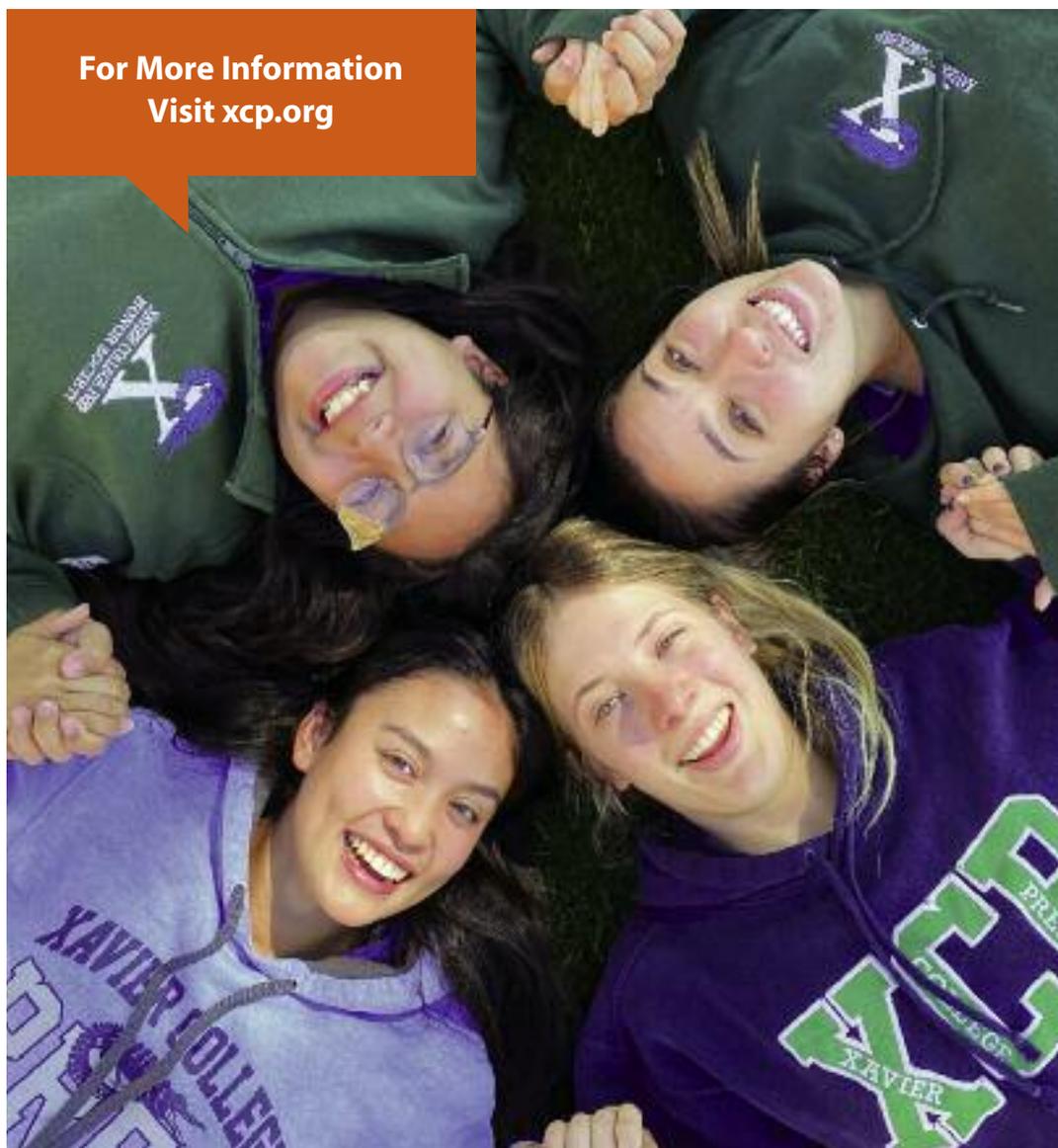
Mia Rankin, who will be a senior this fall at Xavier, recently committed to The Ohio State University, where she will swim for the Buckeyes as part of the university's class of 2025.

Rankin has been swimming since she was 6 years old. She is a distance freestyler who swims for Xavier's team and the Phoenix Swim Club. She recently completed a pair of top-18 finishes at Arizona Seniors after competing in five events at the Toyota U.S. Open.

Volleyball player scores scholarship to Stanford

Incoming Xavier senior Serena Turner has accepted a scholarship to attend Stanford University next fall and play on its beach volleyball team. Turner has played beach and indoor volleyball at Xavier, helping the school win three state titles. She also has been playing for a club team in the summer.

For More Information
Visit xcp.org



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8th Grade Day*

Oct. 30, 2020 | 9:30 a.m. - 1:00 p.m.

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Saturday, Jan. 9, 2021 or Saturday, Jan. 23, 2021

at 7:30 a.m. Registration for exam and application information at xcp.org. 9th Grade applications are due Monday, Jan. 25, 2021.

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GENERATIONS

Senior Living

Support is available for caregivers amid pandemic

If you are taking care of a loved one during this Coronavirus pandemic, there are organizations and agencies that can help you obtain the support you need.

Arizona Caregiver Coalition offers a Caregiver Resource Line at 888-737-7494. On the coalition's website, there are links to other organizations that provide information including the Maricopa County Department of Public Health at maricopa.gov. The health department website provides many resources related to COVID-19 including a list of county services affected by the healthcare crisis, the latest number of COVID-19 diagnosed cases and guidance on long-term care facilities. You also can learn tips for taking care of loved ones amid the pandemic through the Caregiver Action Network at caregiveraction.org/covid-19.

Make music, move in AARP online class

Tap into your musical side in the AARP Arizona AZ Rhythm Connection Virtual Drum, Music & Voice Jam (No Jelly) session on Saturday, Aug. 8.

This free, online class will be held online and anyone in the public may participate. Frank Thompson, a musician, will instruct students, who will be asked to gather wooden spoons, coffee cans, chop sticks, boxes of macaroni and cheese and other items at home to create music. He will guide students on how to create music and move together to popular songs with drum beats.

To register for this class, email azaarp@aarp.org.

Dance, act, sing in Zoom classes

Seniors can dance, act, sing and socialize in online classes that Jewish Family & Children's Service is offering starting this month.

The Creative Aging classes for people ages 60 and older are being provided via Zoom in order to promote safety during this Coronavirus pandemic.

Dance Through the Decades will be offered Tuesdays from 11 a.m. to noon Aug. 4, 11, 18 and 25 for \$40.

Michelle Dionisio will teach students the elements of dances that were popular from the 1950s to the 1980s. Some dances include Hand Jive, The Alley Cat, The Electric Slide and The Macarena.

In the Act 1 class, seniors will learn to stretch their creative muscles through improvisation and comedy monologues. This class will be held from 10:30 to 11:45 a.m. Aug. 6, 13, 20 and 27 and the cost is \$50. Students will engage in fun, improv games designed to awaken the mind and body. They also will improvise a short scene and deliver monologues. Amanda Melby of Verve Studios is the teacher.

Take voice lessons from 10 a.m. to noon Wednesdays from Aug. 5 to Sept. 23 through the Creative Aging offerings. Students will warm-up as a group and sing individually, focusing on techniques, tone, style and other components of singing. The class costs \$100.

To register for classes, visit jfcasaz.org/creativeaging or call Janet Rees at 480-599-7918.

Kids & Families

Gymnastics camp merges tumbling, academics

If you are looking for a safe place where your children can tumble and participate in other exercise while also focusing on their academic work, Impact Gymnastics Study Camp might be the destination for your family.

The gym at 7812 N. 12th St. is accepting enrollment for August and September now for the camp, which children can engage in five, three or two days a week in full or half-day options. Kids can take part in full-day classes from 7:30 a.m. to 5:30 p.m. or half days from 7:30 a.m. to 12:30 p.m. or 12:30 to 5:30 p.m. Children can complete their online classwork and stay in shape with tumbling/gymnastics activities. Youths from kindergarten to seniors in high school can sign up for the camp.

Children will learn in small groups and must wear masks while not engaged in physical activities due to the Coronavirus pandemic. Temperatures will be taken of staff members and children. Children must bring their own lunch and social distancing rules will be followed.

GENERATIONS

Youths should bring a printed class schedule, a laptop/notebook and ear phones; school supplies, log-in information and web links for academic work and a planner for tracking homework and tests. Parents will be asked to sign off on their child's work every day and return it with their student. Kids should wear gym-appropriate clothes.

The cost of the camp starts at \$979 for five days a week for a month and \$314 a month for two half days. To register, visit impactgymaz.com.

On-site program offers gymnastics, other activities

Arizona Sunrays, which has locations at 3923 E. Indian School Road and 15801 N. 32nd St., is providing on-site gymnastics, dance and NinjaZone classes at both spots starting this month. Safety measures are being taken to protect students and staff members from COVID-19 including instructors wearing face coverings, employees sanitizing equipment throughout the day and at night and students learning in small classes. Class days and times vary.

Children ages 3 to 5 years old can take part in Arizona Sunrays' licensed learning center, where they do gymnastics, dance, yoga and NinjaZone activities, as well as participate in music and art activities. They will receive instruction in ZooPhonics, a multi-sensory method to language arts that incorporates movement with the ABCs. That program starts Monday, Aug. 10 and is offered in half or full-day options two, three or five days a week at the 32nd Street location.

Those who are not ready to return for in-person classes can enroll in more than 25 classes in gymnastics, dance and NinjaZone activities where they can interact with their coach and classmates via Zoom.

To learn more, visit arizonasunrays.com.

Swim lessons focus on safety

Children can make a splash in after-school swim lessons at Hubbard Family Swim School.

The business, which has several locations including one at 13832 N.

32nd St., offers a variety of in-person swim lessons for youths eight weeks to 12 years old. In order to protect students and employees from COVID-19, Hubbard Family Swim requires everyone over age 6 to wear face coverings except when they are in the water. Families are being asked to limit the number of people accompanying children to lessons to one adult per group. Students should enter the building no earlier than 10 minutes before their scheduled lessons and to use hand sanitizer upon arrival. Children and employees practice social distancing when not in lessons.

After-school swim lessons are offered weekdays until 7 p.m. For more information, visit hubbardswim.com.

Young readers can review books

Kids who like to read can get their hands on books before they are released at Changing Hands bookstores.

The bookstore, which has a Phoenix location at 300 W. Camelback Road, has a B.I.T. (Before It's Trendy) and Lil B.I.T. system where young

readers may read books and write reviews on them before they are available to buy in the store. Those ages 12 to 17 years old obtain access to advance reading copies of Young Adult (YA) books and in return they write recommendations on the books they enjoy. Their recommendations are placed in the teen sections of the bookstore, on event displays and on the bookstore's website. One recent book offered was "Today Tonight Tomorrow" by Rachel Lynn Solomon, about a teen girl who is partnered with her worst enemy the last day of her senior year to participate in a school scavenger hunt.

Changing Hands' Lil B.I.T. offering allows readers ages 8 to 12 years old to read books and write their reviews. One book this group recently read was "Spirit Hunters," by Ellen Oh, a middle grade horror novel.

The bookstore is open from 10 a.m. to 6:30 p.m. Tuesdays through Sundays. Customers must wear masks and the business is limiting visits to 20 customers at one time due to the COVID-19 crisis.

For details, visit changinghands.com and click on the "Kids" section.

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Phoenix Boys Choir member Ben Whitsett played his dulcimer recently during an online talent show. The choir held rehearsals and a talent show, as well as recorded a song virtually recently as it wanted to keep the boys connected and singing but safe during this COVID-19 crisis (photo by Andrea Whitsett).

Choir gets creative to keep boys connected

Phoenix Boys Choir is keeping the music going despite the Coronavirus pandemic and is even seeking new members.

The choir closed its doors to in-person rehearsals and had to cancel concerts that would have been held in concert venues in March, April and May due to COVID-19. However, the choir provided a free online Memorial Day “Voices of Valor” concert in May. Video was posted online of the Phoenix Boys Choir singing patriotic songs for the concert that honored first responders helping the community during this healthcare crisis. Lt. Col. Kenneth “Scott” Morley of the U.S. Army Phoenix Recruiting Battalion, recorded a message posted in the concert video talking about how members of the Army are prepared for careers in science, technology, engineering and math (STEM). He also talked about how former Army soldiers have entered the civilian sector, where some of them are leading the way in hospitals and schools amid the COVID-19 crisis.

Phoenix Boys Choir released a song its members sang virtually, “Sing On,” as its final project of the year in May. The recording involved almost 100 boys and men singing individual parts, then their voices were layered together. The choir’s artistic director Herbert

Washington chose “Sing On” for his debut concert and the song illustrates how music has the power to help people persevere during hard times.

Members of the Town and Tour choirs of the Phoenix Boys Choir recently participated in a virtual camp, where they got to know each other in a “big brother, little brother Bingo card game/competition,” learned music theory, received voice lessons and learned new music. This online camp replaced the overnight, week-long camp ordinarily held in Payson. The 2020-21 season was scheduled to start the second week of this month (August).

Boys who want to join Phoenix Boys Choir can participate in virtual/online auditions through the end of September due to the COVID-19 cases increasing in Arizona. Parents may sign up on the choir’s website for auditions.

There are five choir levels including four that require auditions to join: Cadet, for boys 7 to 9 years old with little or no singing experience; Town, an intermediate choir for boys ages 10 to 12 with some music experience; Tour, an advanced treble choir for boys ages 10-14 and Master’s/Young Men’s Ensemble, an advanced choir with boys and men whose voices have changed. Boys ages 7 to 18 can audition for the various choirs.

To learn more about auditions for the Phoenix Boys Choir, visit boyschoir.org/join.

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ARTS & ENTERTAINMENT

Theater company adapts, plans return

While theaters in Phoenix and around the country are closed due to the Coronavirus pandemic, Arizona Theatre Company is finding creative ways to entertain the public.

The organization has pivoted to adapt to the challenges it is facing. It is planning to bring six Mainstage productions back to physical stages starting in January through November of 2021. Those who subscribe to six shows will receive their tickets to the productions once dates are set. All Mainstage plays will use a professional three-camera shoot on Opening Night. Subscribers who are not comfortable returning to the theater in-person will receive a link to watch the taped show.

Arizona Theatre Company also is providing a series of digital content, online workshops and outdoor musical performances in the coming months. Its “Hang & Focus Live” is a weekly Facebook Live show and podcast that involves the community in topics of current importance. The company also

is kicking off digital plays, readings, monologues and podcasts including virtual co-productions with six theater companies and various creative minds.

To learn more, visit arizonatheatre.org.

CARES funds help local arts groups

Several Phoenix arts organizations are receiving a helping hand as they have been hit hard by the Coronavirus pandemic.

The National Endowment for the Arts recently obtained \$75 million through the Coronavirus Aid, Relief, and Economic Security (CARES) Act to help arts organizations around the United States preserve jobs and assist organizations that were forced to close due to the COVID-19 pandemic. Of that money, the city of Phoenix received \$250,000 to use to provide grants to different community organizations. Arizona Opera was given \$50,000 to support personnel and cover facilities costs while Ballet Arizona also was awarded \$50,000 for the same types of

expenses. Phoenix Conservatory of Music also was given a grant of \$50,000, as was The Phoenix Theatre Company.

There were more than 3,100 eligible applications seeking \$157 million for the \$45 million available in direct assistance from the National Endowment for the Arts funding.

The Western States Arts Federation, a regional, non-profit arts service organization, also announced the recipients of its WESTAF CARES Relief Fund for Organizations grants. This competitive grant program is supported by the National Endowment for the Arts and set up to offer general operating support to arts and cultural organizations in the West negatively impacted by COVID-19. Black Theatre Troupe is one of the organizations to receive those grants. The grants ranged from \$10,000 to \$20,000.

Started in 1965, the National Endowment for the Arts is the independent federal agency that provides money and support to help Americans participate in the arts, use their imaginations and develop creative capacities. To learn more, visit arts.gov.

Learn about local artists in online ‘spotlight’

Phoenix Art Museum, which as of press time had remained close due to the COVID-19 pandemic, has started a weekly series that features Arizona artists on its new bilingual blog and across social media channels.

PhxArtist Spotlight is a weekly series that delves into what inspires and motivates Valley creative while tapping into the museum’s reach in the community to support and expand awareness of working artists. Many of these artists have been hurt by the economic impacts of COVID-19.

Every Tuesday the museum will focus on a different artist in the stage, posting questions and answers with the artist and pictures of their work on the museum’s Instagram, Facebook and Twitter channels, as well as on the bilingual blog. Residents are encouraged to nominate artists to be considered for the spotlight.

To nominate an artist and learn more, visit phxart.org/blog/artist-call-2020.



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FOOD FOR THOUGHT



Isam Saed (left), owner of Middle Eastern Bakery and Deli, offers friendly service and a wide variety of sandwiches, ingredients and grocery items with his team of Argentina Alvarez, Genoveva Galván, Rocío Gutierrez and Saharai Trejo. Staff members wear masks due to the Coronavirus pandemic but took them off for this picture (photo by Marjorie Rice).

Café Chat

Middle Eastern Bakery offers sweet, savory treats

By Marjorie Rice

Isam Saed didn't set out to be a restaurateur. But a fortuitous meal changed his path.

A physics teacher and entrepreneur, the Nazareth native had come to the United States in 1966 as a university student in Kansas and then he taught physics and chemistry in Haifa, Israel. Saed later moved back to the United States, where he operated convenience stores in Illinois with his brothers. He later moved to the Valley, where his son was in college.

In 2008, Saed was looking for a business opportunity and he met for lunch with his Realtor at a venerable bakery and deli on 16th Street. One of the owners was interested in selling the restaurant and after checking the receipts and sampling the food ("It had fantastic flavor," Saed said), he bought the place.

The Middle Eastern Bakery and Deli has been in the same 16th Street location for 53 years. It began as J and J Arabic Bread Company, specializing in pita, the ubiquitous pocket bread of the Middle East. That expanded into sandwiches – a natural since pita begs to be filled with something savory – then dinners. Customers liked the food so much

that they asked for ingredients to cook the dishes at home and a wide selection of spices and other ingredients for Middle Eastern cookery was added.

As the offerings grew, so did the store, expanding into two store spaces. It's a bustling spot, with customers dining at spaced tables and others in line for ingredients, sandwiches and grocery items.

You can linger at the shelves of the jam-packed little market, picking whole cardamom pods, pomegranate and date syrup, spice mixtures, tahini and all sorts of couscous and grains for Middle Eastern dishes. There also is a large in-house and takeout menu, and prepared dishes – lamb kebabs, spinach pie, baba ganouj, hummus and many others – in the refrigerator and freezer cases. Also piles of fresh pita and a bakery case packed with baklava and other Middle Eastern desserts are available to purchase.

Middle Easterners pride themselves on hospitality and Saed embodies that tradition, greeting customers and answering questions as he talks with a visitor about his path to his present-day deli and bakery.

In the Middle Eastern tradition of hospitality, Saed serves up a "snack." It's a plate brimming with dolmathes (stuffed grape leaves), kibbeh (bulgur, minced onions and finely ground meat – usually beef or lamb – and spices including cin-



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FOOD FOR THOUGHT

namon, nutmeg and clove), tabbouleh (minced parsley with tomatoes, mint, bulgur, onion, olive oil and lemon juice), hummus (mashed garbanzo beans, tahini, olive oil, lemon and garlic). Added to that are ample side dishes of silky, smoky baba ganouj (mashed grilled eggplant with tahini, olive oil, lemon juice and seasonings); olives, some marinated for months in-house; and pita.

It's all part of a traditional Meza – a meal of various dishes meant for sharing, along with conversation, followed by cardamom-laced black coffee, strong but not bitter and served in small cups. And dessert is the famous baklava, the honey and walnut mixture baked in filo pastry. The restaurant employees make a few varieties in Saed's deli.

Saed takes special pride in his kibbeh.

"Kibbeh are considered the pride of Lebanon," he said. "We make them three different ways – fried small like meatballs, big, or we make them what is considered the best, where the meat is raw lamb. It melts in your mouth like chocolate. I have two customers who come every month from El Paso, Texas, just to eat them."

The pita is puffy in texture, tender but with enough strength to hold fillings without cracking open. And it's available gluten-free.

"It took a year and a half to come up with the right recipe," Saed said. "We use rice, potato and corn flour. I did it as a favor to a customer. Now I get orders from Minnesota, from Seattle, from New York."

The Middle Eastern Deli is located at 3052 N 16th St, Call the deli at 602-277-4927 for hours and more information.

Note: there are various spellings for the menu items and we've chosen common variations.

Dining Briefs

Sushi Vibe opens in Uptown Plaza

A new restaurant, Sushi Vibe, is open in Uptown Plaza.

The Japanese restaurant is open for dine-in and take-out service at 100 E. Camelback Road. This locally owned eatery offers fresh sushi Mondays through Saturdays in a casual, modern setting. Its expansive front patio offers customers a view of the plaza's courtyard.

Some items on the full menu include salmon teriyaki, halibut hirage, miso eggplant, tuna vibe and classic sashimi. However, for the time being the restaurant is serving guests from a limited menu.

Restaurant owner Masa Kim also purchased neighborhood, popular eateries Sushiholic, Sushi Style and Fresh Wasabi in the Valley. Sushi Vibe is open from 11 a.m. to 2 p.m. and 4:30 to 9 p.m. Mondays through Thursdays and 11 a.m. to 2 p.m. and 4:30 to 10 p.m. Fridays and Saturdays.

Growly Delivers brings beer to your doorstep

If you love beer, there is a new service that brings your favorite drinks right to your door.

Growly Delivers, a new locally owned company, is delivering growlers of beer from PHX Beer Co. to subscribers. It is like the milkman business model of days past except rather than bottles of milk, customers receive growlers filled with beer. You can sign up for a weekly subscription with deliveries taking place every Thursday, pick the beer you want and it is delivered to you. PHX Beer. Co. has a Brewery and Tap Room at 3002 E. Washington St.

please see DELIVERY on page 32



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FOOD FOR THOUGHT

DELIVERY continued from page 31

and a Scottsdale location. Growly Delivers plans to add other area breweries in the Valley to its service.

You can order any beer PHX Beer Co. lists on the Growly Delivers website at growlydelivers.com. The list includes Mango Foxtrot Cider, Bird City Lager, Arizona Gold and Orange Grove IPA. You also can request that more beers be added to the line-up and Growly Delivers will share that message with PHX Beer Co.

Growly Delivers picks up subscribers' empty growlers when it delivers the new, weekly order of fresh beer. If you place a one-time-only order, Growly workers will pick up your empty growler while doing other deliveries every Thursday. The high-tech uKeg growlers rent for \$5 a week while the classic, glass growlers cost \$1 a week to rent. To learn more, visit growlydelivers.com.

Pita Jungle rolls out summer specials

If you are looking for some new dishes to spice up your summer, check out Pita Jungle in North Central Phoenix and around the Valley.

The restaurant has brought back its seasonal gazpacho for the summer. This is a chilled soup made fresh with tomato, cucumber, cilantro, onion, celery, jalapeno, garbanzo beans, lemon juice and different Mediterranean seasonings. The gazpacho is served cold with pine nuts, cucumbers or pita chips. Pita Jungle's seasonal gazpacho will be available at least through the end of this month (August).

There also is a Family Meal special from Pita Jungle for \$39. It comes with signature hummus or Caramelized Cauliflower, a platter with selected ingredients (greens, sauce, and protein) to create your own pitas or bowls with turmeric brown rice and your choice of a signature salad or a large side dish. A serving of Pita Jungle's walnut baklava is included. You can order the Family Meal online at www.pitajungle.com, through third-party delivery apps including DoorDash and Postmates, or by calling your nearest location. It is available for curbside pickup, delivery or take-out.

Pita Jungle also is providing its happy hour platter for dine-in, takeout and delivery for \$25. The platter features signature tapas including hummus and chicken with pine nuts, fresh moz-

zarella and tomato, baked pita chips and kafta mini pockets. Add select bottles of wine and beer for \$15 with any meal purchase at certain locations.

Pita Jungle has a location at 5505 N. 7th St. and 4340 E. Indian School Road, and several other locations in the Valley. To learn more, visit pitajungle.com.

Get deals on drinks, food at Cold Beers & Cheeseburgers

If you want to quench your thirst, feast on a hamburger and save some money, Cold Beers & Cheeseburgers offers several weekly specials.

The specials are ongoing at the restaurant's Valley locations including the ones at 5625 N. 7th St. and 3950 E. Indian School Road. One deal is "Cantastic Tuesday," when you can buy cans of drinks for \$3 and order bottles of wine for half-off the regular price all day. Another special is "Pimp Your Burger Wednesday," when you can order your burger with unlimited toppings, such as ham, avocado, chili, sautéed onions and pico de gallo, for \$14.50.

Dine-in customers will receive a Scratch & Win card they can redeem at future visits through Sept. 1. Once scratched, the cards reveal a 10, 20 or 30-percent discount during another visit.

For details, visit coldbeers.com.

Barro's Pizza, Pepsi raise funds for cancer nonprofit

Families in Arizona impacted by pediatric cancer are getting a boost to help cover their expenses thanks to Barro's Pizza and Pepsi.

The restaurant and soda company recently donated proceeds from sales of all lunch specials at Barro's Pizza locations in the Valley to the Arizona Cancer Foundation for Children, an area non-profit organization that assists families with the high costs and difficult logistics of caring for children while they are receiving cancer treatment. Barro's and Pepsi donated \$40,000 to the organization. With this latest contribution, Barro's Pizza has raised more than \$140,000 for the foundation. The money helps families pay for travel needed for treatment, prescriptions, funeral expenses and other costs.

Barro's has a location at 3141 E. Indian School Road and several other spots in the state. To learn more about the restaurant, visit barrospizza.com. For more information about the

Arizona Cancer Foundation for Children visit azcancerfoundation.org.

Carry-out cocktails, Dim Sum on tap at eatery

Fans of Dim Sum and craft cocktails can try several carry-out drinks and chef-designed dishes with online ordering from Bitter & Twisted Cocktail Parlour.

The restaurant at 1 W. Jefferson St. is open again for carry-out cocktails and Dim Sum from noon to 9 p.m. Mondays through Saturdays. You may order from an ever-changing menu of to-go versions of classic and seasonal B&T cocktails in cans designed to allow for maximum flavor, freshness and taste, coupled with vacuum-sealed garnishes. These cocktails also feature custom QR codes on their labels with detailed instructions on how to make cocktails at home.

Bitter & Twisted's co-owner and chef Bob Tam has unveiled a new menu of handcrafted Dim Sum tailored for takeout orders, including potstickers, dumplings, rice bowls, the cheesy egg roll and Bao Royale, which has caramelized ground chuck, pickles, onions and Swiss and American cheeses. The new Dim Sum menu also has vegetarian choices including Pork "Siu Mai" Dumplings with plant-based Impossible "meat" and Veggie Garden potstickers. Some of the canned cocktails include a Flawless Gin Martini, the JT "Canhattan," La Chocolate Sazerac and the "No Laws" Pina Colada.

To learn more or to order, visit bitterandtwistedaz.com.

Those in need can buy more fresh produce

There is a way to obtain fresh fruits and vegetables grown in Arizona even while living on a tight budget.

Customers can double any amount of their SNAP/EBT and P-EBT benefits, formerly referred to as food stamps, at participating locations. Pinnacle Prevention provides Double Up AZ, which is a way to help people eat healthy foods during this Coronavirus pandemic until further notice. This program aims to help stabilize communities struggling with finding and affording healthy, nutritional food while also supporting the economy and Arizona's food systems. The SNAP/EBT and P-EBT benefits will be matched with more Double Up

currency, dollar-for-dollar, to allow shoppers to bring home more fresh fruits and vegetables grown in the state.

Arizona residents who receive SNAP benefits can use the unlimited Double Up Food Bucks Arizona (DFBA) program, an increase from the original limit of \$20 per day, because of pandemic and emergency funding from the state. Farmers markets, farm stands, food banks, grocery stores and other entities are partners in the program. Some partners that offer the fruits and vegetables for SNAP/EBT and P-EBT recipients include Downtown Phoenix Farmers Market at 721 N. Central Ave. and Uptown Farmers Market at North Phoenix Baptist Church at 5757 N. Central Ave. Fair Food Network, AZ Health Zone, Vitalyst Health Foundation and Mercy Care Plan support Double Up AZ. Pinnacle Prevention is an Arizona-based non-profit organization committed to increasing healthy families and communities. For more information about Double Up AZ, visit doubleupaz.org.

Support heroes, help kids with Dunkin' cards

Help children who are struggling while providing a gift card to treat someone to food and drinks at Dunkin'.

Every time someone buys an e-gift card to Dunkin' at DunkinCoffeeBreak.com, the doughnut restaurant chain will provide \$1 to the Dunkin' Joy in Childhood Foundation's COVID-19 relief fund, up to \$100,000. The donations will help children in underserved communities. You may donate the e-gift cards to heroes to thank them for the work they are doing during the Coronavirus pandemic.

The Dunkin' Joy in Childhood Foundation assists children dealing with hunger and health issues. This foundation aims to help kids feel like children even on their hardest days. It provides grants to hundreds of non-profit organizations around the country and is building kid-friendly spaces in hospitals, as well as supports food banks, among other work.

To donate an e-gift card, visit DunkinCoffeeBreak.com. For more information about Dunkin', visit dunkindonuts.com.

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

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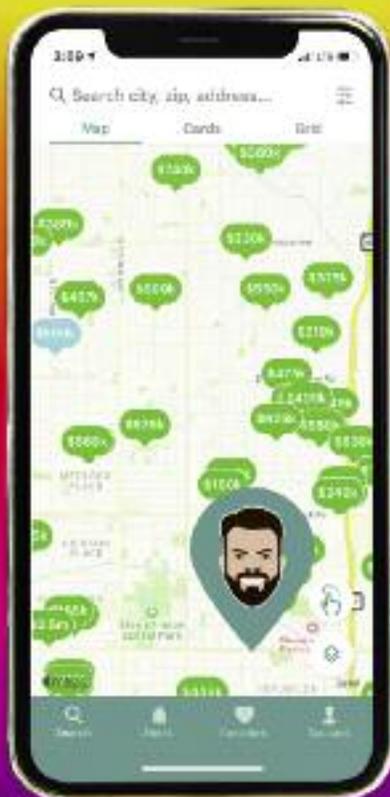
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