



# north central news

the voice of the north central phoenix community since 1999

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## Fall events move to virtual format

By Colleen Sparks

Businesses and non-profit organizations are finding creative, new ways to deliver popular, large fall events that are critical fundraisers and cherished community gatherings despite the Coronavirus pandemic.

Many of these events will move to online/virtual formats while some will be held in-person with rigorous, new guidelines followed to promote social distancing and cleanliness in order to try to keep people safe.

Arizona Restaurant Week will aim to entice customers to nearly 80 restaurants from Friday, Sept. 18 to Sunday, Sept. 27. Restaurants provide three-course meals for \$33 or \$44 per person and some will provide alcohol with the menus. Due to the COVID-19 pandemic, at least 80 percent of the restaurants taking part in the events will offer curbside pick-up for their Arizona Restaurant Week menu, said Susie Timm, director of public relations for the Arizona Restaurant Association. The restaurants will follow Centers for

*please see VIRTUAL on page 8*



Sienna Stark, 13, a North Central resident, finds stress relief and helps others deal with anxiety through her online yoga and meditation program, YogieFlow. Sienna's service is just one of many resources available in the area to help community members cope with the effects of the Coronavirus pandemic (submitted photo).

## Find help for handling pandemic angst

By Colleen Sparks

The COVID-19 pandemic has created high levels of stress, anxiety and depression but luckily there are many resources in North Central to help residents cope during this chaotic time.

Counselors, psychiatrists, social workers, non-profit organizations, yoga teachers, doctors and others in healing professions are busy striving to help people of all ages find ways to relax and stay mentally strong. Some residents have lost loved ones to the virus while others are recovering from COVID-19. Many parents are stressed out trying to educate their children at home as many schools are still closed for in-person classes. Other residents might be struggling financially as they lost jobs while some are feeling socially isolated.

Neighborhood Outreach Access to Health (NOAH), a federally qualified community health provider that is an affiliate of HonorHealth, has more than 40 mental health employees, including licensed counselors, who help patients in different medical centers. Psychiatric staff members also will be in the clinics once they reopen. Two of the centers are in North Central – NOAH Desert Mission Health Center at 9201 N. Fifth St. and NOAH Midtown Health Center

at 4131 N. 24th St. Patients can access individual, family, couples and pediatric counseling at those centers, as well as receive “peer support” from employees who have their own history of mental illness, who have completed training though they are not licensed clinicians. Care coordinators, who have some additional mental health system training beyond that of the peer support employees, follow up with patients.

NOAH averaged 110 appointments for mental health services a day at the North Central locations in July, up from 33 per day in July 2019, said Michael Pearson, director of Marketing and

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## COMMUNITY

## Local nurses receive care packages from NY

The Intensive Care Unit (ICU) nurses from Good Samaritan Hospital in West Islip, Long Island, New York recently sent care packages to the ICU nurses at Abrazo Arizona Heart Hospital. The packages included snacks, facial masks, eye bag patches, markers, coffee and oatmeal, aimed at easing the nurses' stress. Hospitals in Arizona have been managing an increased patient census during the Coronavirus crisis.

The packages came about because an Abrazo nurse who came to the Phoenix hospital from New York is friends with a nurse in New York whose team put together the packages. Abrazo Arizona Heart Hospital ICU staff nurse Tim Eisemann said the whole Phoenix ICU team is "deeply grateful" to his friend and her colleagues for sending the gifts as COVID-19 has generated "great stress and anxiety" among the nurses.



Intensive Care Unit (ICU) nurses at Abrazo Arizona Heart Hospital, pictured here, are thrilled and grateful they received care packages from ICU nurses in New York recently (photo courtesy of Abrazo Arizona Heart Hospital).

dent of the East Sunnyslope Neighborhood Association & Block Watch, at 623-759-2881.

## Nominations sought for MLK awards

The city of Phoenix seeks nominations for the Living the Dream Award, given to individuals who exemplify the ideas of the late civil rights activist and minister Martin Luther King Jr. through continued dedication to human relations and social justice.

In addition, the Lifetime Achievement Award recognizes those who have made Phoenix a better place to live through commitment to promoting social and economic justice, defending civil rights and enhancing dignity, emulating the lifelong dedication of Calvin C. Goode.

The deadline for nominations is 5 p.m. on Friday, Sept. 25. Learn more by visiting [phoenix.gov/eod](http://phoenix.gov/eod) or by calling 602-534-1279.

## Donate blood at Sunnyslope event

The East Sunnyslope Neighborhood Association & Block Watch and North Village Baptist Church will hold a blood drive from 11 a.m. to 4 p.m. on Saturday, Sept. 12, at the church at 1010 E. Alice Ave. The organizations have

partnered with state Sen. Kate Brophy McGee, Maricopa County Supervisor Bill Gates and Phoenix City Councilmember Debra Stark for the event.

All blood donors must wear a mask or cloth-based face covering. To make an appointment to donate blood, visit [bloodhero.com](http://bloodhero.com). If you have questions about the event, call Jeff Tisot, presi-

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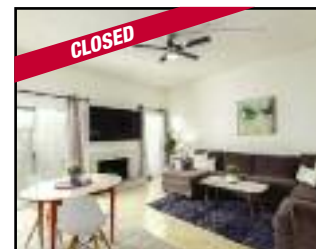
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HELP continued from page 1

Engagement for NOAH in Arizona.

Most of the NOAH centers provide physical and mental health services to patients, often during the patient’s same visit to the facility. While NOAH is not part of HonorHealth, its employees are HonorHealth workers who are leased to NOAH. Counseling is being conducted online or on the telephone during the pandemic, said Britni Earnest, licensed professional counselor who provides counseling services at NOAH and also is chief operations officer of EyeLink Technologies, which provides telehealth psychiatric services for NOAH’s patients.

Earnest said that COVID-19 has de-stigmatized mental health services.

“We know that mental health does not discriminate,” she said. “Across the board, people are scared and they’re sad and lonely. Human beings are resilient but we don’t do great with abrupt change. It’s good because we’re all in this together.”

Earnest recommends people exercise, meditate and practice mindfulness while staying socially connected during this pandemic.

To learn more about NOAH, visit [noahhelps.org](http://noahhelps.org).

Jewish Family & Children’s Service, based at 4747 N. 7th St., provides counseling for people of all ages, conducted through video chats and on the telephone during this pandemic. Outpatient mental health and substance abuse treatment, as well as primary medical care services, are provided at the organization’s clinics. Its In-Home Older Adult Behavioral Health Program provides mental health treatment in the homes of people ages 55 and older.

“We’re not going to be out of work anytime soon because the need is definitely there,” said Mary Jo Whitfield, vice president of Integrated Health for Jewish Family & Children’s Service.

Whitfield said parents who have children with autism spectrum disorder are more stressed out as their kids are home more often. Jewish Family & Children’s Service mental health professionals visit homes to teach life skills to families and children, including showing kids techniques for managing anger and socializing, when it is clinically appropriate.

To learn more about Jewish Family & Children’s Service, visit [jfcfaz.org](http://jfcfaz.org).

Catholic Charities also provides counseling with costs on a sliding scale, delivered online now due to COVID-19. During normal times, the organization provides counseling at its different locations in Phoenix and other areas of the Valley. The non-profit organization also is forming virtual support groups with 10 or fewer people to help them find healthy ways of managing stress. It costs \$15 for six weeks of the groups.

Anna Smith, senior program manager for the counseling program at Catholic Charities, said she has seen more anxiety, depression and fear among clients during this pandemic.

To learn more, visit [catholiccharitiesaz.org](http://catholiccharitiesaz.org).

Clint Cooper, a licensed marriage and family therapist at Achieve Counseling & Wellness at 7301 N. 16th St., said he and his colleagues have seen more patients lately but he is not sure if it is because of the pandemic. He said many patients are anxious and stressed, as well as depressed and worried.

“Everybody is going to have their  
*please see HELP on page 6*



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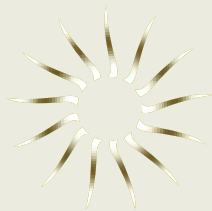
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HELP continued from page 5

own specific related trauma, just as you would to a natural disaster or our veterans' experience going to war," Cooper said.

He recommends people limit the amount of time they spend reading and watching news stories about the pandemic.

A 13-year-old North Central girl, Sienna Stark, is doing her part to try to help people of all ages unwind. The homeschooled student started her own business, YogieFlow, through which she teaches yoga classes online.

"It's really fun for me and I just feel great and very energized and calm after it," Sienna said. "It's helped me deal with all this external stress."

She said yoga can help other youths become more flexible, build skills that will help them in sports and learn to keep their cool so they will get along better with their siblings.

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

For people who are experiencing urgent mental health needs that might not be able to wait days or weeks for an

appointment, Banner Health and other companies have hospitals with psychiatric units. Banner – University Medical Center Phoenix at 1111 E. McDowell Road has such a unit while Banner Medical Group operates different clinics in the Valley where counseling is provided. Emergencies including a patient who is suicidal can be treated there, said Scott Bartlett, director of Behavioral Health Case Management Services for Banner Health.

Bartlett recommends people focus on what they can control, rather than worrying about others' actions and reach out to help others as strategies for coping.

Anyone who needs immediate help also can call Crisis Response Network, which has a crisis line at 602-222-9444 or 800-631-1314 in central Arizona. People who have problems that are not necessarily as urgent can call the "warm line" at 602-347-1100. While the crisis line aids people who may be suicidal or having severe panic attacks, residents can call the "warm line" for any reason, including loneliness and other mental health problems, said Beth Brady,

director of organizational strategy and education for the Crisis Response Network.

Teenagers can seek help in ways that meet their needs through Teen Lifeline, which offers support through phone calls and texting. From 3 to 9 p.m. the calls and texts are answered by other teenagers while other times counselors, psychologists or social workers answer calls and texts. The hotline is available 24 hours a day, seven days a week. There were 3,100 calls and texts to Teen Lifeline in June compared to slightly under 1,400 in June of last year, said Nikki Kontz, clinical director at Teen Lifeline.

Many teens are struggling with being home more often during the pandemic as they are around their parents more frequently and "that's not awesome," Kontz said. Some might be living in unsafe homes. Kontz said many of the teens calling or texting lately are concerned about isolation, anxiety and depression. The Teen Lifeline can be reached at 602-248-8336 (TEEN) or 800-248-8336 (TEEN).

Older adults can find many ways to

stay entertained, exercise and socialize through AARP Arizona's many online classes and offerings. Some involve healthy eating, a virtual tour of the state, watching movies, doing yoga, and participating in a fitness boot camp, said Brenda Holt, associate state director – Community Outreach and Advocacy.

To learn more about AARP Arizona, visit [local.aarp.org/az](http://local.aarp.org/az).

Circle the City, a non-profit community health organization that provides healthcare to homeless residents, also offers mental health support to its patients as part of its holistic treatment and outreach. The organization has various primary care medical centers and a mobile health team around the Valley including in North Central.

"What I'm hearing is just people are worried about how it's (COVID-19) going to affect them and they have nowhere to go if they get sick," said Rafael Martinez, licensed clinical social worker and director of Behavioral Health for Circle the City.

To learn more, call 623-900-2203 or visit [circlethecity.org](http://circlethecity.org).



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## Real Estate Corner

**Bobby Lieb**

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

## Home sales are strong

I hope everyone had a good summer, whether it was Phoenix like me or you went out of the area (I am so jealous!!). Most importantly for those of you who have school kids at home, I wish you a healthy classroom wherever it is and a very safe surrounding!!

We are probably in one of the craziest real estate markets that I have ever seen but the values in North Central are up, especially in the luxury market. July had a record number of closings in our MLS system, which goes back almost 20 years. According to the Cromford Report, July had a dollar volume of \$3.8 billion; 15 years ago the second-highest total was \$2.9 billion.

One-third of homes closed were over asking price and only 155 involved any sort of seller-paid closing cost assistance. Half of all sellers who accepted contracts in the first week of August did so with 7 days or less on the market.

The luxury market, which includes homes over \$1 million, is up an incredible 93 percent over last year at this time. Between \$500,000 and \$1 million, contracts are up 64 percent. Between \$300,000 and \$500,000, they are up 39 percent and between \$250,000 and \$300,000, they are up 15 percent. If you need or want to sell for a great price, do it today while the interest rates remain at record lows!!

North Central sales are as

strong as I have ever seen them, especially in the luxury market, where I have sold 16 homes this year over \$800,000. I have sold 84 homes so far in 2020 ranging from \$60,000 to \$4.1 million. We have all kinds of values in our area and we're glad to take any home or lot on!! What I have enjoyed over the years is seeing the first-time home buyers who paid \$200,000 to \$300,000 10-15 years ago who now are buying million-dollar homes from me. I really appreciate your support!!

If you are looking to list your home or buy either your first home or your 10th one, please give me call. I have lived in North Central for almost 40 years now and have been visiting since 1964 when my brother and I came to see my dad when he moved in Central Phoenix. This area has always been our family's home and will continue to be our home for many more years!!

Happy 31st birthday on 9/11 to my son Sean!!

Have a great September!!

**Bobby Lieb**

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COMMUNITY

VIRTUAL continued from page 1

Disease Control and Prevention (CDC)’s standards for safety and there will be a takeout option for menu items.

“It’s imperative that ARW happen this year, and be successful—these restaurants have suffered terribly during the pandemic and this will boost sales and visibility for sure,” Timm said. “It is a way for customers to enjoy their favorite time of year –and a way to give restaurants a sense of normalcy as well.”

Phoenix City Grille at 5816 N. 16th St. will participate in Arizona Restaurant Week. Sheldon Knapp, Phoenix City Grille owner, said every bit of business helps.

“The restaurant weeks help to attract more of the locals,” Knapp said. “A lot of people will try new restaurants that they normally wouldn’t be visiting.”

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

The Great American Seed Up, a fall event that drew almost 900 people last year, will look different this year due to COVID-19. Ordinarily participants come to North Phoenix Baptist Church

to scoop seeds into popcorn buckets and take classes. This year it will be the Great American Seed Up in a Box, where customers pick up their seeds rather than walking around in the church. For \$160 you can buy a standard bundle with the first 25 varieties of seeds organizers put together for a group of 10 people, said Greg Peterson, one of the founders of the Great American Seed Up and founder of The Urban Farm and co-founder of the GrowPHX Collaborative. Ticket holders will be able to take classes online this year. They will be contacted about when and where to pick up the seeds this month.

The Veterans Medical Leadership Council was planning to have its 18th Annual Heroes Patriotic Luncheon at the Arizona Biltmore on Nov. 5 but will switch to a virtual format. This event typically draws about 600 people. This year’s celebration of veterans and their service to the country will occur online in an hour-long program with a musical tribute, a keynote speaker and recognition of several honorees from different conflicts. To learn more, visit [arizonavmlc.org](http://arizonavmlc.org).

The Phoenix Veterans Day Parade, produced by Honoring America’s Veterans, will not take place in person due to COVID-19. However, there will be a virtual celebration of veterans called “USA, A Beacon of Liberty” streamed live on Facebook and YouTube at 11 a.m. on Veterans Day, Nov. 11. Ordinarily the parade draws about 45,000 spectators in North Central. Students in grades nine through 12 also can enter an essay competition on the theme of “USA, A Beacon of Liberty” by Friday, Sept. 4 for a chance to win scholarships.

The online broadcast on Veterans Day will recognize veterans and highlight the high school essay winners while also sharing footage of a past parade, said Paula Pedone, Honoring America’s Veterans executive director and a U.S. Navy veteran.

Cancelling the in-person parade was a difficult decision but important to protect the health of everyone, Pedone said.

“The majority of our veterans demographically are 60-plus (years old),” she said. “Several have health issues due to Agent Orange and other issues.”

To learn more, visit [honoringamericasveterans.org](http://honoringamericasveterans.org).

Elevate Phoenix, a local non-profit organization that supports urban youths, will hold its largest event of the year online rather than at its normal venue. The 4th Annual Elevate Phoenix Invitational hosted by Tom Lehman, will be livestreamed from 6 to 7 p.m. on Nov. 2 at [elevatephoenix.org/invitational](http://elevatephoenix.org/invitational). The online event will offer silent and live auctions and corporate supporters will share stories about how the organization helps youths. The silent auction opens Oct. 1 online.

The virtual event is free to watch, but Elevate Phoenix hopes to raise at least \$600,000 from it. To learn more, visit [elevatephoenix.org](http://elevatephoenix.org).

UMOM New Day Centers, a non-profit organization that assists people who are experiencing homelessness, is moving its 12th Annual Walk the Walk to End Homelessness Founded by the Women’s Auxiliary to a virtual format Sept. 19. People can walk anywhere they like. Normally this walk is held at the Phoenix Zoo. To learn more, visit [umom.org](http://umom.org).

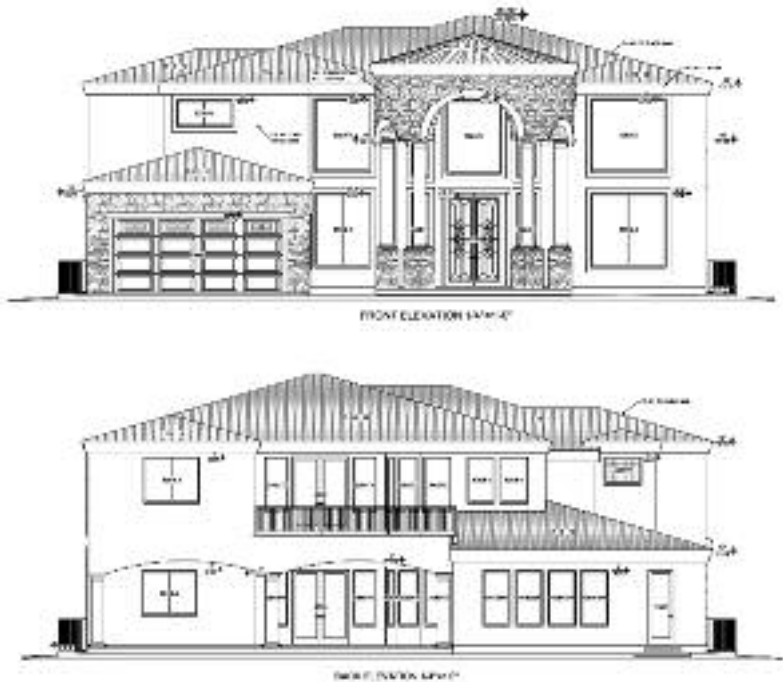
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# North Central Phoenix

## HOMEOWNERS ASSOCIATION

After much consideration and discussion, we regret to announce that the 2020 NCPHA Annual Meeting has been cancelled due to the COVID 19 pandemic. We look forward to seeing you again at our Annual Meeting in September 2021.

In spite of quarantines and lockdowns, we continue to be busy in 2020 and would like to share a few accomplishments over the past year.

**Zoning cases are being conducted virtually, which has its challenges. But thanks to your emails of either support or opposition, we are actively maintaining and protecting our cherished North Central neighborhood. Cases affecting North Central are:**

- Currently opposing a 65' monopine proposed within 60 feet of a residential neighborhood (minimum is 150') at 301 E. Bethany Home. The NCPHA has worked over the last 15 years keeping monopines, monopalms and other intrusive cell tower equipment out of sight by working with cell companies to give us the technology we need, but well hidden throughout our neighborhood. This case was recently withdrawn by the applicant who is pursuing alternative solutions. Updates will be on our website.
- Increased safety precautions are being implemented on the Sonoran Bike Pathway which will improve visibility and notification to cyclists and pedestrians. These will occur by January 2021.



**The NCPHA Tree Committee is working tirelessly to preserve our beautiful streetscape and tree canopy:**

- Your generous donations continue to allow us to partner with the City of Phoenix to buy more trees and increase the tree health along the historically protected areas of North Central Avenue.
- The North Central Realtors Home Tour recently presented the NCPHA with a generous \$5000 donation for replacement trees on Central Avenue.
- Additionally the committee met with the City of Phoenix to discuss a long-term strategy to protect and save our trees. As a result, a new tree pilot program is underway.

**Our Public Safety committee continues to collaborate with the Phoenix Police Department to keep our neighborhoods safe:**

- The committee conducts quarterly meetings, virtually, with the Desert Horizon Precinct and surrounding neighborhood leaders, to communicate issues, strategize solutions and build relationships. We strongly support our Police Department.
- We said good bye to District Commander Aimee Smith as she moved into the position of City Liaison, and welcomed Commander Charmane Osborn. Commander Osborn is a 22-year veteran of the department.
- The NCPHA was recently awarded the Neighborhood Block Watch Grant for the fourth year.

**The Healthy Giving/Church Relations committee is collaborating with our faith neighbors within the boundaries of the NCPHA, to build relationships and discuss best practices to assist the homeless community.**

*Our website at [ncpha.org](http://ncpha.org) has more detailed information regarding our neighborhood. We are a volunteer organization and rely on the generosity of property owners within the NCPHA boundaries (see below). Often we need to hire legal counsel and other means of assistance. Your annual dues handles our regular expenses, but we always appreciate and can use more. Additionally, your financial support allows us to continue to ensure that the beauty, charm and history of North Central is preserved. If you haven't signed up to get our email updates, please do so at [ncpha.org](http://ncpha.org).*

Anyone who lives within the NCPHA boundries\* is considered a member of our volunteer organization. We ask that each property owner pay a **minimum of \$25.00 for annual dues (January-December)**. We appreciate any amount of generous support. For updates on zoning cases in our neighborhood, please visit [www.ncpha.org](http://www.ncpha.org).  
*\*Northern side of Missouri to the southern side of Northern; the east side of 7th Avenue to the west side of 7th Street.*

Two ways to pay: Go online to [www.ncpha.org](http://www.ncpha.org) and click **PAY DUES** tab on the Home page which will thake you to PayPal. Fill out the information below and **mail your check, payable to NCPHA to:**

NCPHA  
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Amount of Dues (min of \$25.00) \_\_\_\_\_

Other Donation (please specify): (Beautify North Central/Trees, Healthy Giving) \_\_\_\_\_

*This ad has been paid with funds from the Neighborhood Block Watch Grant*



COMMUNITY

City, neighbors discuss 3rd Avenue upgrades

City of Phoenix officials and neighbors are talking about possible ways to improve the safety, access and comfort for people walking and riding bicycles along 3rd Avenue.

Rick Mountjoy, chairman of the Medlock Place Traffic Committee, said traffic studies suggested some streets in the Medlock Place Historic District, especially 3rd Avenue, become congested with vehicles cutting through the neighborhood. Medlock Place is in North Central between North Central Avenue and North 7th Avenue, south of Missouri Avenue. Mountjoy said one possibility would be to add a strip about three to four feet wide with trees between 3rd Avenue and a new walking/biking path, between Georgia Avenue and Camelback Road.

A feasibility and scoping study for the study area, on 3rd Avenue between Camelback Road and Missouri Avenue, is being conducted, according to city officials. Several alternatives are being considered and city officials plan to do virtu-

al outreach about the study via Webex either this month or in October. Public input will be gathered, then a preferred design will be selected and later the city will seek funding for construction.

To learn more, visit [phoenix.gov/streets/projects/3rdavenueuped](http://phoenix.gov/streets/projects/3rdavenueuped).

RAMMS suspends fall sports

Recreation Association of Madison Meadows & Simis (RAMMS) is suspending its fall sports due to the COVID-19 pandemic.

The organization recently announced the plans to postpone flag football and volleyball, saying it “prioritizes the health and safety of all the participants in our athletics” and it felt it was prudent to follow the lead of the Madison Elementary School District, which has delayed in-person classes from resuming until October. RAMMS is closely connected with the school district though not part of it. Madison district’s governing board voted to delay the start of in-person learning until the end of the first quarter (Oct.

2) unless data showed a downward trend of Coronavirus cases suggesting it would be safe to open back up earlier.

Parents are urged to check the RAMMS website for updates on sports at [ramms.org](http://ramms.org).

Temple to hold High Holiday services online

A local temple will open its doors virtually to the community for its High Holiday services.

Services for Rosh Hashanah and Yom Kippur will be delivered through the Beth Ami Temple of Paradise Valley’s website, [bethamitemple.org](http://bethamitemple.org). The temple, located at 3535 E. Lincoln Drive, chose to provide the services free-of-charge online for those who want to worship during the current pandemic. Rosh Hashanah Eve service will be shown on the website at 7:30 p.m. on Friday, Sept. 18 and Rosh Hashanah Day service will start at 10 a.m. on Sept. 19. Kol Nidre Eve service will be broadcast at 7:30 p.m. on Sept. 27 and Yom Kippur Day service will be online at 10 a.m. on Sept. 28. Yom Kippur Memorial

Service and the conclusion will take place at 4 p.m. on that day.

To learn more, visit [bethamitemple.org](http://bethamitemple.org).

Web page offers details on COVID-19 relief

The city of Phoenix received \$239 million from the federal government in March to help residents and businesses affected by the COVID-19 pandemic. In May the Phoenix City Council approved a Coronavirus Relief Fund Strategic Plan providing \$150 million of the \$239 million in available Federal CARES Act money received by the city for programs formed specifically to help those in need.

Last month the city launched a public information page that has information and updates on how the money has been spent.

Businesses and residents can find guidelines on how to seek assistance with rent, utilities, mortgage payments, business relief grants and restaurant restart grants on the webpage. Check it out at [phoenix.gov/covidrelief](http://phoenix.gov/covidrelief).



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COMMUNITY

Beware of COVID-19 test result scams

Arizona Attorney General Mark Brnovich is warning residents to watch out for COVID-19 test result scams.

He said testing providers and patients have reported a possible imposter scam, where fraudsters might call consumers claiming that they have obtained their COVID-19 test results. These scammers are trying to acquire patients' personal information or to trick them into paying money.

Brnovich said if anyone calls asking for personal information including a Social Security number or Medicare account information, those are red flags that it might be fraud. A COVID-19 testing center will not ask for Social Security numbers, banking information or other personal details. Brnovich said typically billing for Coronavirus lab tests is handled through the patient's health insurance or the Arizona Department of Health Services, at no cost to the patient. Before making any payments, contact your doctor and insurance provider to confirm that they

are requesting them. You can report questionable COVID-19 testing billing requests to the Arizona Department of Insurance and the Arizona Department of Health Services.

While some testing providers might offer to provide test results over the phone or through text, if requested, patients might prefer to obtain results directly from their doctor or via online patient accounts that the lab hosts. Do not provide any information over the phone if requested.

To learn more, visit [azag.gov/consumer/covid-19](https://azag.gov/consumer/covid-19).

Ordinance would end flavored tobacco sales

Phoenix City Councilmember Michael Nowakowski is pushing for the end of sales of flavored tobacco products in the city.

A study that researchers at Stanford University School of Medicine, the University of North Carolina at Chapel Hill and Washington University in St. Louis conducted recently revealed that 41 percent of public schools in Phoenix

are within 1,000 feet of a tobacco retailer. The study also showed that there are nearly 11 times more tobacco sellers per square mile in the lowest-income neighborhoods than in the highest income ones.

Lawrence Robinson, president of the Roosevelt School District Governing Board, also said that research shows that the vape and smoke-shop industry is aggressively crowding communities with improper products, trying to attract children.

Local advocates and organizations recently teamed up with Nowakowski to seek an end to the sale of flavored tobacco products in an effort to decrease tobacco use among youths and save lives. Nowakowski plans to sponsor a city ordinance that would stop the sale of flavored tobacco products, including e-cigarettes, as well as flavored cigars, menthol cigarettes and smokeless tobacco. The ordinance would be subject to the full City Council's vote.

For more information about the university study, visit [aspirecenter.org/tobaccoretailers](https://aspirecenter.org/tobaccoretailers).

**Federal grant to fund new Phoenix buses**

The Phoenix Public Transit Department will be able to pay for new buses worth nearly \$7 million because of federal support.


U.S. Transportation Secretary Elaine L. Chao recently announced the Federal Transit Administration (FTA) will give the department more than \$6.9 million for new buses, which will improve the reliability of Phoenix's current bus system. The grant will help boost efficiency and reliability of the city's bus fleet while offering access to jobs, schools and health services, Phoenix Mayor Kate Gallego said

Phoenix's Public Transit team had to meet all the criteria required for funds. The application process was very competitive as demand for grants for buses and bus facilities far exceeded available money.

The voter-approved Phoenix Transportation 2050 plan outlines the need to buy new buses to modernize and expand the city's bus fleet. To learn more, visit at [phoenix.gov/publictransit](https://phoenix.gov/publictransit).

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COMMUNITY

Pet of the Month  
Pit bull terrier mix  
is smart, loves snuggling

Roxy is an adorable, eight-year-old American pit bull terrier mix surrendered to the Arizona Humane Society in July.

Her previous owner was no longer able to care for her and did not have the time to provide her with the best life possible. The Arizona Humane Society quickly discovered Roxy suffered from allergies and obesity, as well as had a few masses on her body. Her medical needs can be addressed with an appropriate plan from her future veterinarian and family.

Everyone who knows Roxy describes this unusual beauty as a sweetheart, who is smart and knows all her basic commands. She also is potty-trained. Roxy could use a little more exercise than she is accustomed to experiencing but she loves snuggling on the couch. She also has lived with other dogs in her previous home but it is recommended she meet all potential new family members to ensure she will fit in well.



Roxy is an eight-year-old American pit bull terrier mix who is smart and loves to snuggle. She knows all her basic commands and is seeking a “fur-ever” home (photo courtesy of Arizona Humane Society).

While all Arizona Humane Society Adoption locations are temporarily closed you can access the organization’s Virtual Adoption Matchmaking Program by appointment. Roxy’s pet number is 641064.

While Roxy might have been adopted by the time you make an appointment through the matchmaking program, the Arizona Humane Society has dozens more pets who also need loving homes. To see all animals available for adoption right now, visit [azhumane.org/findapet](http://azhumane.org/findapet).

AHS needs PPE for  
hospital, emergencies

The Arizona Humane Society is looking for help in acquiring the protective gowns it needs for personnel who work in its hospital and emergency services.

AHS is facing a shortage of isolation gowns for its Second Chance Animal Trauma Hospital and intensive care units, including the Bottle Baby Kitten ICU, Parvo Puppy ICU, Mutternity Suites and more, because these gowns have been allocated for human use only. In addition, AHS’ emergency animal technicians and animal cruelty investigators are running short of Tyvek suits used in hoarding cases and COVID-19 exposed households.

Members of the public can help supply these critical items by purchasing them for donation on the AHS Amazon Wish List at [www.azhumane.org/ppegowns](http://www.azhumane.org/ppegowns). Add the AHS address to your personal shopping list (9226 N. 13th Avenue, Phoenix, AZ 85021, phone 602.997.7585).

On average, AHS uses 950 dispos-

able gowns per week for the nearly 18,000 sick, injured and abused homeless pets AHS takes in each year. For more information, visit <https://www.azhumane.org/>.

Play or adopt  
at pop-up event

Enjoy a morning out with the dogs on Saturday, Oct. 3, at a free Pop-Up Dog Park & Pet Adoption event hosted by The Barking Lot PHX. The off-leash fun takes place from 8 a.m. to 1 p.m. next to the Uptown Farmer’s Market at North Phoenix Baptist Church on the corner of 7th Street and Bethany Home Road.

Take part in some doggie playtime at The Barking Lot PHX’s 26,000 square foot pop-up dog park. Make a new friend at the pet adoption hosted by 2 Da Rescue, a local, no-kill, all-breed, dog rescue. Take a photo of the good boys and girls at a pet portrait studio hosted by local photographer, Keelia Leigh. Photos are taken on a first come first serve basis.

There will be fresh coffee and delicious breakfast options from on-site coffee vendors and food trucks. A second event will take place on Nov. 7. For more information, visit <https://thebarkinglotphx.com/>.

Donate vehicle to  
help Humane Society

If you have a vehicle you no longer need and you want to help animals, the Arizona Humane Society offers a Wheels for Wags Program.

Anyone may donate a vehicle, even if it is not running, to the organization, which has its own dealership license. That means the Arizona Humane Society can take every step it needs to generate money from the donated vehicles. It can fix most issues with vehicles in-house to help boost the value of them and can sell the vehicles itself. Besides cars, you also can donate tractors, boats, motorcycles, ATVs and RVs, for the Arizona Humane Society to sell either whole or as parts.

The vehicle donations and the income they help provide will go directly back into helping the thousands of homeless pets the organization cares for including buying pet food and providing vaccinations.

To learn more, visit [azhumane.org/wheelsforwags](http://azhumane.org/wheelsforwags).



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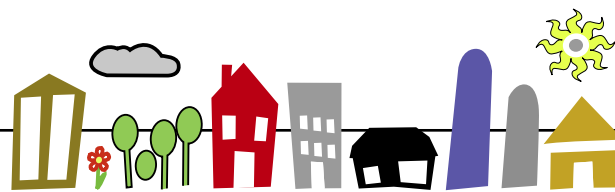
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### TAKING CARE OF BUSINESS



Hi, skin, a new facial bar in Uptown Plaza at 100 E. Camelback Road, provides customizable facials and face workouts, in an open, barber-shop-style setting (photo courtesy of Mark Elias/Hi, skin).

## New salon offers customized facials

By Colleen Sparks

If you are looking for a convenient way to refresh your skin in a customized treatment, say hello to a new business in North Central.

Hi, skin is a facial bar in Uptown Plaza at 100 E. Camelback Road, Suite 132, that offers facials and face workouts, which are basically non-invasive face lifts where technicians use lymphatic drainage massage techniques and modalities including microcurrent and cool lifting. The facial bar is expected to open on Thursday, Sept. 10 though it had planned a soft opening with some free services last month.

This new business offers time-based facials customized to each client's skin conditions and concerns, said Hi, skin owner Mark Elias. There are many specials for first-time customers, including the "Ice Attack," a vigorous face workout that utilizes high-pressure frozen CO2 to blast collagen-based serum onto the skin at a frozen temperature, for \$129. The original cost for that facial is \$190.

First-time customers can try Hi, skin's 50-minute facial and 15-minute face workout combined for \$79. The salon uses Naturopathica and Eminence Organic Skincare for services and also

sells products from those lines, as well as other brands. Considering the different brands and products, there are thousands of combinations of facials customers can receive at the business, Elias said.

"We're an open concept," he said. "The goal with that is to provide convenience and affordability to people. A lot of people don't go (for facials) because it takes two or three hours out of their day. You get to check-out and it's like 200 or 300 bucks. Essentially the goal with us is to provide convenience and affordability to people."

Hi, skin is set up like a barbershop with chairs out in the open as a way to demonstrate the sense of ease and budget-friendly services.

Elias said the salon has many safety measures in place to protect customers and employees amid the COVID-19 crisis. There is a sneeze guard at the reception desk, as well as many touchless hand sanitizer dispensers around the salon and clients are required to wear face masks until they sit down for their treatments. Technicians also are required to wear face masks and face shields during every service. Chairs and high-touch points are being disinfected after every customer receives their skin-care offering.

Hi, skin will be open from 10 a.m. to 7 p.m. Mondays through Saturdays. To learn more, visit [hiskin.care](http://hiskin.care).



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TAKING CARE OF BUSINESS

Business Briefs

Lotions & Potions opens Melrose District site

Lotions & Potions Fragrance Blending Bar, a business for more than 45 years, is now selling its “scent-sensational” body and bath products in the Melrose District.

The store that offers a large variety of essential oils, diffusers to dispense the oils, as well as bath fizzies, body lotions, soap, candles, custom-perfume-blending of more than 500 fragrances and other items opened in March at 4302 N. 7th Ave. Because of the COVID-19 pandemic, diffusing natural oils into the air at home has become more popular, as more residents are working from home, according to Lotions & Potions. The store also sells CBD wellness products.

Sharon Muir, a certified aromatherapist for 30 years, started Lotions & Potions in 1973, as she had been dealing with extreme sensitivity to most soap and many body care products, along with toxic ingredients. She helps teach aromatherapy classes and has created

perfumes and complementary products for several clients around the country. To learn more, visit [lotions-potions.com](http://lotions-potions.com).

The Brokery will open new office

The Brokery will expand its presence in North Central when it opens a new location.

An independent, boutique residential real estate brokerage, it tentatively plans to open its doors this month at its location on Bethany Home Road, east of 7th Street. The Brokery has neighborhood-centered offices that provide high visibility to its clients’ properties in modern showcases. Its number one goal is to offer excellent service and extensive market insight to residents in the community. The Brokery’s co-founders Tucker Blalock and Oleg Bortman are excited to announce the upcoming grand opening while the exact date has not yet been set.

This new office, a mid-century home, is being transformed into a modern workspace with walk-in-friendly areas. It will be The Brokery’s

third location in the Valley with one currently located in the lobby of the Arizona Biltmore Hotel and the headquarters on North 40th Street, one block north of La Grande Orange Grocery & Pizzeria. Sam Levy, a North Central resident and Realtor at The Brokery, will call the new workspace his “home,” as will other team members. The office will be open from 9 a.m. to 5 p.m. daily.

For more information, contact Levy at 602-501-9352 or Blalock at 602-561-0445. To learn more about The Brokery, visit [thebrokery.com](http://thebrokery.com).

Cox grant helps residents with autism

Residents who live in a modern apartment community for those with autism and other neurodiversities will be able to keep connected thanks to a donation Cox made.

Cox provided a \$35,000 grant to First Place AZ to pay for Alexa smart devices for each resident who lives in the apartment property at 3001 N. Third St. This grant also will fund new iPads for First Place residents to further

boost their transition to independence via technology. During this time when routines have been disrupted because of COVID-19 as the ability to offer in-home support is not always possible, Cox wants to ensure First Place residents have the technologies they need to grow in their confidence and independence.

Denise D. Resnik, founder, president and CEO of First Place AZ, said the property is home to more than 50 people with autism, including her son, Matt. She said Alexa has helped Matt learn to clearly enunciate responses he wants to make, which include assisting him with making a grocery list, playing his favorite Beatles music and checking the weather forecast. Staff members at First Place have been teaching residents how to most effectively engage with Alexa, customizing these devices based on their needs.

First Place AZ is a non-profit charitable organization that advances residential choices for adults with autism and other neurodiversities. To learn more, visit [firstplaceaz.org](http://firstplaceaz.org). For more details about Cox, visit [cox.com](http://cox.com).

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# HAPPY HOUR WITH HERSCH

During this time of solitude, music has become a bigger source of joy and inspiration for me. I still dearly miss the socialization and energy of a live show and I cannot wait to experience that again. However, I have been pleasantly surprised how well the new music released this year has filled that hole. There is not much I want to celebrate and remember about 2020, but the depth, quality and artistic integrity from the artists is something I will not forget and am forever grateful for.

**Below are my favorite albums of the year, so far:**

- 10. Party Food by Coach Party
- 9. Fetch the Bolt Cutters by Fiona Apple
- 8. The Bastards by Palaye Royale
- 7. Do You Wonder About Me by Diet Cig
- 6. Sideways to New Italy by Rolling Blackouts Coastal Fever
- 5. Pray For It by July Talk
- 4. Surf by Blackstarkids
- 3. So When You Gonna by Dream Wife
- 2. RTJ4 by Run The Jewels
- 1. ??????

## \$100 TRIVIA CONTEST

**What is my favorite album of the year so far?**

First to answer correctly will receive a \$100 gift card to Stinkweeds Music Store.

**Winner for Last Month - Cory Shapiro | Last Month's Answer - Jack Ryan**

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



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**8003 N. 9th Ave.**  
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**2577 W. Monte Cristo**  
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**Please apply at [www.valleylifeaz.org](http://www.valleylifeaz.org)**

### TAKING CARE OF BUSINESS

#### Apply for IT, cybersecurity jobs via Apprenti Arizona

There is good news for anyone looking for IT and cybersecurity jobs.

The Greater Phoenix Chamber Foundation recently kicked off Apprenti Arizona to offer new pathways to those looking for positions in those fields. Apprenti Arizona is seeking motivated candidates to apply for these roles. The Valley has more than 8,000 tech companies including Go Daddy, WebPT, American Express and Dignity Health. This industry employs more than 175,000 people, with average wages at about \$79,000 a year, 20-percent higher than the national average, according to Apprenti Arizona. There are more than 15,000 people in cybersecurity positions in the state, as well as many nationally known cybersecurity programs and multiple cyber warfare ranges.

To learn how to apply for a position, visit [apprenticareers.org/apply](http://apprenticareers.org/apply).

#### Many Worlds offers huge sneaker selection, cleaning

If you want new shoes for your workouts or would like to rejuvenate your existing tennis shoes, you might want to visit Many Worlds sneaker store.

The new store at 4524 N. 7th St. sells more than 700 pairs of sneakers at any one time and is also home to Reshoevn8r, a drop-off sneaker cleaning service. It features exclusive sneakers and also carries a clothing line. Many Worlds carries a variety of sneakers for different ages and styles.

Many Worlds is open from 11 a.m. to 7 p.m. Mondays through Saturdays and from 11 a.m. to 4 p.m. Sundays. To learn more, visit [facebook.com/manyworlds.az](https://facebook.com/manyworlds.az).

#### Midtown Music helps musicians of all levels

Midtown Music can help budding musicians tap into their creative sides and gain performance skills.

The music studio at the corner of 8th and Clarendon avenues offers instruction for students of all ages and skill levels, though most of them are young beginners, owner Timothy O'Brien said. He teaches classes in guitar/bass/ukulele, piano/keyboard and drum set/percussion one-on-one in person or online from his home studio.

Students must wear masks for in-person lessons. There are no group

classes at the moment because of the COVID-19 pandemic but they will be offered again in the future when possible. Students can perform in monthly virtual recitals.

Students learn to read music, understand music theory and play by ear and rock to their favorite songs alone or with other musicians. O'Brien started Midtown Music in 2018 but has taught professionally for almost two decades at a school or store.

Midtown Music offers one-on-one online or in-person lessons for \$135 a month, with a 30-minute class once every week, this month. Two siblings enrolled in classes receive a discount, paying \$225 a month for classes.

To register for classes, visit [midtownmusicphx.com](http://midtownmusicphx.com) or call or text O'Brien at 219-793-DRUM (3786).

#### ARRIVE Phoenix hotel will open Sept. 4

The new ARRIVE Phoenix hotel, a restored, mid-century modern property at 400 W. Camelback Road, will accept its first guests on Friday, Sept. 4. Starting that day, guests also will be able to visit the Pop Stand, a handcrafted popsicle shop that also serves as the registration desk.

Take advantage of pre-opening rates starting at \$139 a night for a room with one king-size bed and quench your thirst at the on-site Cartel Coffee Lab or lounge at the Lylo Swim Club, a poolside bar and restaurant that offers light, Hawaiian-Japanese-influenced bites including made-to-order musubi, poke bowls and Japanese-style fried chicken. The second guestroom tower with the Don Woods' Say When rooftop bar is scheduled to open on Nov. 15.

ARRIVE Hotels & Restaurants CEO and co-founder Matt Steinberg said many steps have been taken to protect the safety of guests. There will be touchless on-site payment systems and sanitized and pre-bagged linens and bathrobes. Hospital-grade electrostatic disinfection machines are being used with a non-toxic disinfectant solution to sanitize guest rooms before and after any staff member comes into the room. Guests will be required to wear masks in all public places.

The hotel features 100-percent Egyptian cotton lines and spacious tile showers with imported Tynham bath products. To learn more, visit [arrivehotels.com/phoenix](http://arrivehotels.com/phoenix).





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## CURRENT LISTINGS/ESCROWS

210 E Cactus Wren	.....Just Listed	.....4900SF	.....5BR/4.5BA	.....\$1497,500
5724 N Echo Canyon Dr	....New Price	.....3738SF	.....3BR/3.5BA	.....\$1,400,000
816 E Circle Rd	.....In Escrow	.....3995SF	.....4BR/2.5BA	.....\$1,150,000
3146 E Maryland Ave	.....Just Listed	.....2925SF	.....3BR/2.5BA	.....\$ 949,500
6312 N 4th Pl	.....Just Listed	.....2885SF	.....4BR/3BA	.....\$ 949,900
8051 N 15th Ave	.....In Escrow	.....3583SF	.....4BR/4BA	.....\$ 799,000
6522 N 14th St	.....In Escrow	.....2906SF	.....4BR/2.5BA	.....\$ 750,000
505 E Missouri Ave	.....In Escrow	.....3277SF	.....4BR/3BA	.....\$ 709,000
7045 N 7th Ave	.....New Price	.....2368SF	.....4BR/3BA	.....\$ 629,000
724 E Claremont St	.....In Escrow	.....2500SF	.....4BR/2BA	.....\$ 599,000
1744 E. Missouri Ave	.....New Price	.....29070SF	.....4BR/3BA	.....\$ 599,000
15368 N 18th St	.....In Escrow	.....3529SF	.....4BR/3.5BA	.....\$ 650,000
1744 E Missouri Ave	.....New Price	.....2907SF	.....4BR/3BA	.....\$ 625,000
11 W Cheryl Dr	.....New Price	.....2048SF	.....3BR/2BA	.....\$ 575,000
701 W Las Palmaritas Dr	....In Escrow	.....3092SF	.....5BR/2.5BA	.....\$ 575,000
1611 N 11th Ave	.....Just Listed	.....1829S	.....4BR/3BA	.....\$ 539,900
1810 W Butler Dr	.....In Escrow	.....1778SF	.....4BR/2BA	.....\$ 369,900
1102 W Glendale Ave #125	.In Escrow	.....2103SF	.....4BR/3BA	.....\$ 369,000
507 W Beverly Ln	.....In Escrow	.....1618SF	.....3BR/2BA	.....\$ 319,900
1102 W Glendale Ave #102	.In Escrow	.....1791SF	.....3BR/2.5BA	.....\$ 297,500
8008 N Central Ave #10	....In Escrow	.....1974SF	.....3BR/3BA	.....\$ 275,000
1411 E Orangewood Ave #230	.In Escrow	.....1244SF	.....3BR/2BA	.....\$ 274,900
6240 N 16th St #34	.....Just Listed	.....2BR/2BA	.....1191SF	.....\$ 199,900

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# Bobby Lieb

Associate Broker

m. 602.376.1341

## Featured Homes for September



507 W Beverly Ln • \$319,900



1810 W Bulter Ln • \$369,900



6240 N 16th St #34 • \$199,900



1611 N 11th Ave • \$539,900



11 W Cheryl Dr • \$575,000



1744 E. Missouri Ave. • \$599,000



1411 E Orangewood Ave #230 • \$274,000



724 E. Claremont St. • \$599,000



701 W Las Palmaritas • \$575,000

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### SOLD HOMES FOR 2020

2205 E Colter St	\$4,100,000	719 W Claremont St	\$ 769,000	4430 N.22nd St. #13	\$ 550,000	7340 N. 11th St.	\$ 400,000
5450 E Arcadia Ln	\$2,500,000	1512 W Palmyra	\$ 710,000	14 E Laurie Ln	\$ 530,000	6163 N 28th Pl	\$ 399,000
7020 N. Wilder Rd.	\$2,400,000	1439 E Echo Ln	\$ 750,000	4827 E Weldon Ave	\$ 529,900	3015 E Coolidge #6	\$ 385,000
6020 E. Doubletree Ranch Rd.	\$1,860,000	126 W. North Ln.	\$ 748,840	534 W. El Camino Dr.	\$ 515,000	720 W. Thunderbird Rd.	\$ 369,000
8255 N 18th St	\$1,175,000	1441 E Missouri Ave	\$ 740,000	27525 N 113th Pl	\$ 510,000	509 W. Missouri Ave.	\$ 339,800
6611 N Central Ave	\$1,175,000	1002 E Kaler Dr	\$ 726,000	6811 N 11th Pl	\$ 505,000	1636 E Cactus Wren Dr	\$ 365,000
9824 N 53rd Pl	\$1,700,000	5301 N. 6th St.	\$ 675,000	6050 N. 10th Pl.	\$ 502,500	4301 N. 21st St. #61	\$ 335,000
10825 N 55th St	\$1,275,000	6621 N 14th Pl	\$ 675,000	1133 E Gardenia Ave	\$ 475,000	7330 N 11th St	\$ 330,000
321 E. Pomona Rd.	\$1,250,000	3853 E. Crittenden Ln.	\$ 675,000	6118 N 9th Ave	\$ 475,000	732 W. Pierson St.	\$ 301,000
9904 E. Quarry Trail	\$1,050,000	412 E. McLellan Blvd.	\$ 659,000	1312 W Georgia Ave	\$ 445,000	1124 E. Rose Ln. #6	\$ 255,000
245 E Ashwood Pl	\$ 990,000	1404 W Gardenia Ave	\$ 655,000	1525 W Vernon Ave	\$ 445,000	350 W Maryland Ave	\$ 239,000
2214 E San Juan Ave	\$ 975,000	902 W Claremont St	\$ 610,000	6302 N. 11th St.	\$ 439,900	8225 N Central Ave #15	\$ 238,500
81 E Circle Rd	\$ 975,000	517 W. Lamar Rd.	\$ 600,000	8145 N 13th Pl	\$ 434,000	3302 N 7th St #120	\$ 208,000
11 W San Juan Ave	\$ 900,000	216 E Keim Dr	\$ 600,000	3137 E Hazelwood St	\$ 426,250	100 W Maryland Ave N1	\$ 190,000
209 W. Lamar Rd.	\$ 860,000	1516 W. Winter Dr.	\$ 585,000	1711 E Solano Dr	\$ 420,000	750 E. Northern Ave. #2003	\$ 147,000
4714 E Lewis Ave	\$ 812,000	6217 N 7th Ave	\$ 575,000	1902 E Coolidge St	\$ 415,000	1525 E Cortez Lot	\$ 65,000
5112 N. 34th Pl.	\$ 784,000	77 E Missouri Ave #37	\$ 575,000	3120 E Coolidge	\$ 400,000		



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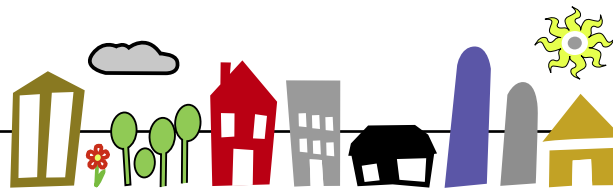
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HEALTHY LIVING

Doctors say don't delay needed ER visits

By Colleen Sparks

While the COVID-19 pandemic has led to many business closures and some trepidation about going to medical offices, it is important to visit emergency departments for problems that could be deadly.

A recent poll from the American College of Emergency Physicians and Morning Consult shows 80 percent of adults are concerned about contracting Coronavirus from another patient or visitor if they enter an emergency room. However, emergency care teams see the complications that develop when patients avoid obtaining the care they need, according to the American College of Emergency Physicians. Emergency physicians are "highly trained to handle pandemics and prevent the spread of infectious diseases," said Dr. William Jaquis, president of the American College of Emergency Physicians.

Dr. Frank LoVecchio, a North Central doctor who works primarily in emergency departments at different local hospitals, agreed. He also is a professor in the University of Arizona College of Medicine – Phoenix.

"That's one of the negatives of this pandemic is that we do see people with chronic illness not coming to see their doctor or coming to the emergency department," LoVecchio said. "People are delayed with heart attacks, more delayed with uncontrolled diabetes and kidney issues."

Data from the Centers for Disease Control and Prevention (CDC) showed in the 10 weeks after the declaration of COVID-19 as a national emergency, visits to emergency departments decreased 23-percent for heart attacks, 20-percent for strokes and 10-percent for a hyperglycemic crisis.

LoVecchio said emergency departments are taking precautions to protect people amid the pandemic, including keeping patients with COVID-19 sepa-

rated from patients with other issues and thoroughly disinfecting rooms. Medical professionals and visitors must wear masks.

Some signs that someone might be suffering a heart attack include chest and arm pain, shortness of breath and occasionally nausea and vomiting, LoVecchio said. Signs of a stroke include slurred speech, face drooping or numbness and arm weakness, according to the American Stroke Association.

To learn more about how emergency departments are striving to keep communities safe during this COVID-19 crisis, visit [emergencyphysicians.org](http://emergencyphysicians.org).

care for this health issue.

Four Abrazo hospitals, including Abrazo Central Campus at 2000 W. Bethany Home Road, have been honored with the American Heart Association/American Stroke Association's Get With The Guidelines Quality Achievement and Target: Stroke awards. These awards highlight Abrazo's investment in technology and talented medical professionals to treat stroke and neurological diseases around the Valley.

Abrazo Central Campus obtained the Get With The Guidelines-Stroke Gold Plus/Target Stroke Elite /Target Stroke Advanced Therapy Award. Neurosciences are a big focus at the Abrazo Central Campus, where Dr. Emun Abdu is medical director of Cerebrovascular and Endovascular Neurosurgery and Dr. Samuel Kim is medical director of Neurosurgery. Abdu and Kim have high levels of neurosurgery experience and expand the hospital's capabilities for treating patients who need that type of help.

Health Briefs  
Abrazo hospitals honored for stroke treatment

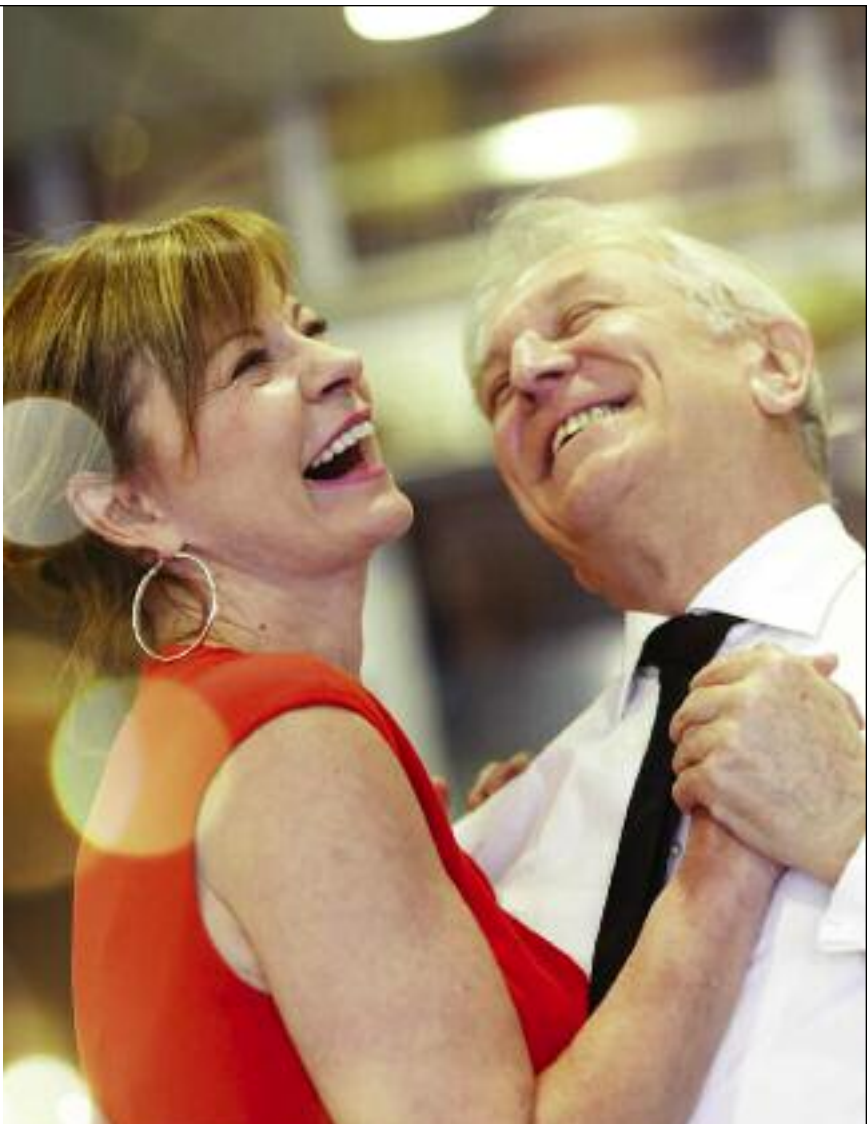
If you or a loved one has had a stroke or is believed to be at risk of experiencing one, the award-winning Abrazo hospitals offer a high level of

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Vaccines take time to build the proper antibodies so if you skip them or delay the doses it can cause increased risk of contracting an illness.

An advertisement for Clearskin Institute of Laser Aesthetics. The top features a logo consisting of a stylized 'C' inside an orange square, followed by the text 'Clearskin Institute of Laser Aesthetics' in a bold, black, sans-serif font. Below this is a horizontal line of 15 grey dots. The main headline, 'Come Check Out Our New Beautiful Office', is written in a large, bold, orange, sans-serif font. Underneath the headline is a list of services in a black, sans-serif font, arranged in two columns: '• Hair Loss Therapy', '• Body Contouring', '• Skin Rejuvenation', '• Skin Tightening', '• Hormone Therapy', '• Botox', and '• Laser Certification Courses'. The bottom section has a solid orange background with white text. It includes the website 'WWW.CLEARSKININSTITUTE.COM', the phone number '602.274.8254', and the address '3636 N CENTRAL AVE. SUITE 700 PHOENIX AZ, 85012'. On the right side of the orange section is a black, irregularly shaped badge with white text that reads: 'BRING IN THIS AD FOR 25% OFF LASER TREATMENTS AND 10% OFF TRAINING (EXCLUDES ALL RESURFACING)'.



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Nina Rawal, a sophomore at Xavier College Preparatory, founded Caring About Seniors, an effort in which she and fellow students wrote letters to senior citizens isolated by the pandemic and raised money for masks and other supplies for seniors (photo by Rawal family).

### Teen helps seniors with letters, masks

A Xavier College Preparatory sophomore concerned about her grandparents during this COVID-19 pandemic decided to get busy helping seniors in the community.

While talking to her grandparents through video chats, Nina Rawal noticed they were becoming sad and anxious as they could not participate in their usual activities and were isolated in their apartment complex. She thought other older adults must feel the same way so she contacted senior living centers in the Valley to learn what their residents' needed.

Nina met virtually with some classmates and started Caring About Seniors. The students sent 100 letters to seniors in a new penpal campaign. They were surprised and happy to receive many letters back from seniors. An avid violinist, Nina wanted to do even more, so she recorded her music and shared it with these seniors as a form of music therapy.

Besides writing letters, Nina and the other students also have baked treats for seniors and began a GoFundMe account to buy masks and other supplies. As of press time, they had raised more than \$2,000 to help provide safety and security of seniors in the community. These efforts have resulted in more than 500 masks being donated to group home facilities in

Glendale and Scottsdale with the help of local residents.

Nina and her classmates will keep the program going during the 2020-2021 school year.

## School Briefs

### GLENDALE UNION HIGH SCHOOL DISTRICT

#### Sunnyslope High teacher seeks donations for videos

A Sunnyslope High School teacher needs help continuing to create and edit instructional videos to help his students keep working under any circumstances.

Joshua Cunningham, who teaches science, is asking for donations via DonorsChoose.org of about \$2,600 to keep making videos to assist students as they had to miss in-person classes when Arizona's schools were forced to close their campuses due to the Coronavirus pandemic last school year.

Cunningham said his students are "creative and motivated" but many come from low-income homes and must work outside of their homes. He made the videos so they would not be stressed about missing in-person class time and could prepare for advanced placement (AP) exams.

The donations would fund a laptop allowing Cunningham to edit videos at home and school to help students do activities now and when in-person classes resume.



SCHOOL DAYS

To make a donation, visit DonorsChoose.org and search under Phoenix schools.

MADISON ELEMENTARY SCHOOL DISTRICT  
Teachers trained in engaging students

New teachers in the Madison Elementary School District are tapping into tools to keep students engaged and feeling comfortable in classes.

Teachers who are new to the district participated in the Madison Teacher Orientation last month, virtual sessions in which they learned online teaching strategies designed to actively engage children and teens. Teachers learned whole-group and small-group methods of teaching including how to ensure every student participates in discussions.

The new teachers also learned from Cynthia Mruczek, a lecturer and academic program associate at the University of Kansas, who talked about the concept of “culturally bound communication.” Mruczek said in some cultures adults will tell their children to do something in an indirect way by asking, “Is that where your shoes go?” but in other cultures parents directly tell their kids, “Pick up your shoes and put them where they belong.” The differences in communication styles can potentially cause misunderstandings. Madison district’s teachers were challenged to think about their communication patterns to try to help make all students feel welcome and safe.

Students dive into online learning

Students are hitting the ground running with online classes in the Madison Elementary School District.

The district has provided more than 4,500 Chromebooks to more than 75 percent of its students so they can take classes online as the district had not reopened its physical campuses for in-person learning as of late August due to the COVID-19 pandemic. The governing board voted to delay the start of in-person learning until the end of the first quarter (Oct. 2) unless data revealed a downward trend of COVID-19 cases indicating it would be safe to open back up earlier.

Anyone who needs help with accessing technology for online classes can call a Tech-Help phone line set up by the district’s IT department. The district also is helping families in need via discounted home internet options and offering district-issued Wi-Fi hotspots. If you need to learn more about the discounted home internet choices, call the main phone number for the school your child attends or the district office at 602-664-7900. To learn more, visit madisonaz.org.

Supplies would help students learn safely

You can help a teacher at Madison Rose Lane Elementary School enhance safety and learning when classes start again in-person in the district.

Teresa Belnap, a prekindergarten

*please see SUPPLIES on page 28*





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### SCHOOL DAYS



Zane Baiardi, a fourth-grader, and Zachary Baiardi, a first-grader, participate in online classes in the Washington Elementary School District (photo by Courtney Baiardi).

#### **SUPPLIES continued from page 27**

through second-grade teacher, is seeking financial help through DonorsChoose.org to purchase chair pockets, new dry-erase boards and math counters that will magnetically attach to the dry-erase boards. She is seeking about \$900 for the materials including chair pockets, which she said would provide storage of crayons, scissors, pencils and books. Students would be able to access these learning materials independently and without putting their classmates at risk in light of the COVID-19 pandemic.

The dry-erase boards would be used for writing, sight word practice and math lessons. Belnap said the math counters would attach to the dry-erase boards to provide activities for counting, addition and subtraction strategy practice. Every student would have their own dry-erase board and tools to practice these math techniques without having to share them with other students. To make a donation, visit DonorsChoose.org and search for Phoenix schools.

#### **PHOENIX UNION HIGH SCHOOL DISTRICT District cancels in-person sports workouts**

Students are back in online classes in the Phoenix Union High School District but will not be going to in-person workouts for sports teams right now because of the COVID-19 pandemic.

The district in a post on its website said it believes in “the value and importance of athletics” as they can transform young people as student-athletes, help them form relationships with peers and coaches and learn dedication, work ethic

and teamwork, among other life skills. The Aug. 14 post said it “cautiously allowed sports conditioning” this summer to prepare for fall sports but at this time it did “not feel that it is safe” for students to keep doing in-person workouts as the spread of COVID-19 in the community is much greater than recently released health benchmarks that recommend safely returning to campuses.

As of Aug. 17 the district postponed workouts, practices and competition for fall sports until the community met Arizona and Maricopa County’s health criteria for safely going back to in-person sports activities. Workouts for winter sports also will not start until those standards are met.

To learn more about the latest response to the Coronavirus crisis, visit pxu.org.

#### **WASHINGTON ELEMENTARY SCHOOL DISTRICT Students connect with teachers in Google classes**

Children and teens in the Washington Elementary School District are connecting with their teachers in real time in virtual Google classrooms this academic year.

The district began the 2020-21 year online due to the COVID-19 pandemic, providing math, reading, art, music and physical education in the online classes. Students will stay in online classes through Labor Day, Sept. 7. They also receive social and emotional support from the district’s social workers, behavior support advocates and psychologists, as needed, in real time. District leaders are reviewing health benchmarks the Arizona Department of Health Services and the Arizona Department of Education provide, as

SCHOOL DAYS



Boys attended a freshmen orientation at Brophy College Preparatory for which the private school set up Plexiglass and added other safety measures to protect students, staff members and visitors due to the COVID-19 pandemic (photo courtesy of Brophy College Preparatory).

well as information from Maricopa County Health Services to determine when it will be safe to return to in-person classes. The district will keep providing online education the whole school year for families that prefer to keep their children in virtual classes.

Washington Elementary School District provided 18,361 Chromebooks and more than 600 hot spots to students and their families.

Watch for updates on the district’s website at wesdschools.org.

Free meals provided at schools despite closure

While in-person classes had not yet resumed in the Washington district, as of press time, families can still access breakfast and lunches every week at all the schools.

District families can pick up five breakfast and five lunch meals for the week from 6:30 to 9:30 a.m. Mondays in the “Grab and Go” program that the district’s Nutrition Services Department provides. To find a school, visit wesdschools.org.

District’s social workers address emotional needs

The Washington Elementary School District is not only teaching students academics but also delivering tools to help them stay strong emotionally and mentally.

It is focused on offering emotional- and academically safe environments for children and teens as they work in virtual classes and when it is safe for them to go back to schools for in-person instruction. The district uses the

five core competencies from the CASEL Guide, which include understanding and managing emotions and setting positive goals. Establishing and maintaining relationships, as well as feeling and demonstrating empathy for others and making responsible decisions are the other factors of the program.

There are 34 school social workers in the district that support students, staff members and families during the academic year. These social workers have been teaching social-emotional learning (SEL) lessons online to students and also are available on their campuses to lend help.

PRIVATE AND CHARTER SCHOOLS  
Brophy starts virtual classes, adds safety measures

Brophy College Preparatory students are learning online while faculty members teach from their classrooms during the COVID-19 pandemic.

The online classes started Aug. 17 and the school is preparing to reopen for in-person classes on Tuesday, Sept. 8. At that time, students can decide to either come on campus for classes or attend classes from home. There will be a livestream for classes.

Students, faculty staff members and visitors will be required to wear masks on campus and Brophy has adopted many other safety measures to keep people safe. It has installed an air ionizing system, adopted new lunch procedures and established regular, deep cleaning and sanitizing measures. Social distancing will be followed as

please see SAFETY on page 30



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SCHOOL DAYS

**SAFETY** *continued from page 29*

much as possible and Plexiglass dividers have been set up in classrooms and other areas of campus. An eighth hour has been added to offer more time for student life activities. Prospective students and families can participate in informational socials via Zoom.

For more information, visit [brophyprep.org](http://brophyprep.org).

**Midtown Primary students involved in online learning**

Students are involved in projects online and using items at home to learn in innovative ways at Midtown Primary School.

Classes for the 2020-21 academic year began last month with students enrolled in the online program being taught by online teachers. Those students who want to return to in-person classes once the campus determines it is safe to do so are engaged in distance learning with teachers. Online learning is when students and teachers interact and participate in lessons on computer screens. With distance learning, stu-



Chloe Hinck, a first grade teacher, teaches students online from the campus at Midtown Primary School (photo by Belinda/Midtown Primary School).

dents also work from home on computers, but can use manipulatives and other materials for projects not found online. There are 114 students enrolled at Midtown Primary School so far this year and some spaces were still available, as of press time.

Principal Judy White said the online instruction is going well and participation has been wonderful. If the metrics from health officials reveal a “moderate” level of risk for in-person classes, then Midtown Primary School will start

classes for students back on its campus on Tuesday, Sept. 1. Students can stay with online teachers even after in-person classes begin again if they like.

**Xavier volleyball team earns academic honor**

Xavier College Preparatory’s varsity volleyball team is showing its spirit and academic prowess as it recently received a national award.

The team received the 2020 U.S. Marine Corps/American Volleyball

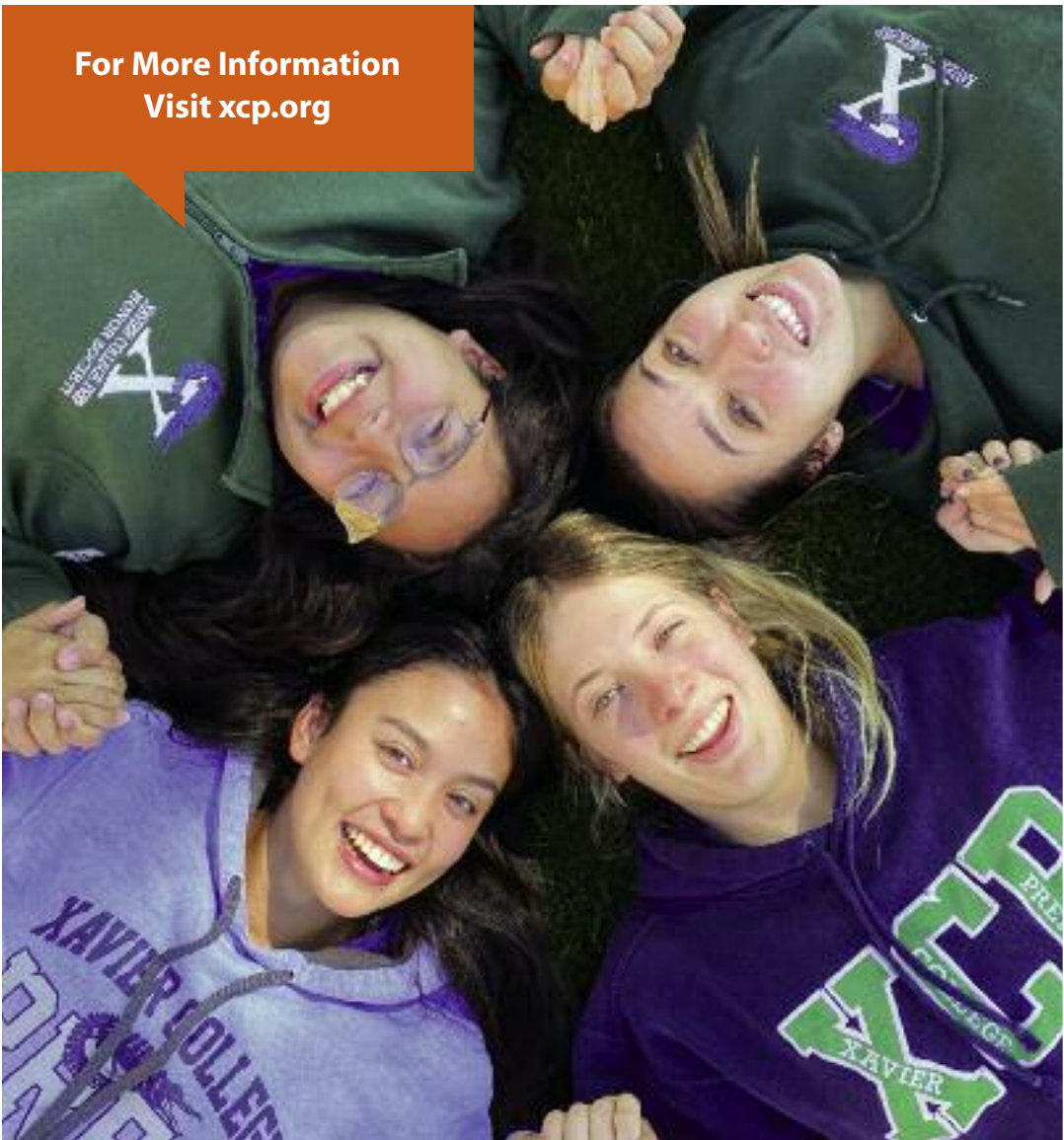
Coaches Association (AVCA) Team Academic Award for the 2019-20 school year. Xavier Gators maintained an average grade-point average of 3.8285 for that whole time period.

The U.S. Marine Corps and the American Volleyball Coaches Association said recently that 1,315 teams in the country received this award for the 2019-20 season. Also, 232 programs obtained Team Academic honors for the first time this year. The award Xavier received honors volleyball teams that keep a grade-point average of 3.30 on a 4.0 scale or 4.10 on a 5.0 scale.

**Free meals delivered at Midtown Primary**

Midtown Primary School is providing free-of-charge breakfasts and lunches to its students on campus.

The school at 4735 N. 19th Ave. provides one breakfast and one lunch per day to each student from 8 to 11 a.m. Mondays and by appointment. That means each student will receive five breakfasts and five lunches per week. This program is only for students enrolled at Midtown Primary School.



For More Information  
Visit [xcp.org](http://xcp.org)

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**Xavier Entrance Exam**

Saturday, Jan. 9, 2021 or Saturday, Jan. 23, 2021 at 7:30 a.m. Registration for exam and application information at [xcp.org](http://xcp.org). 9th Grade applications are due Monday, Jan. 25, 2021.

**Affording a Xavier Education**

Financial Aid Workshops available to interested parents during the Entrance Exam Testing, Jan. 9, 2021 and Jan. 23, 2021.

*\*Subject to change*





GENERATIONS

Senior Living  
Retired teacher gives back to students in need

A 91-year-old former teacher is thrilled to give back as part of the Assistance League of Phoenix’s Operation School Bell that provides clothes to students in need.

Dee Ames, who lives in the Beatitudes Campus, has volunteered for the program for nearly 30 years. The non-profit organization provides clothes, underwear, shoes, toothbrushes, brushes, socks and other items to thousands of children and teens in the Valley who attend Title 1 schools every year. It helps about 1,000 students in North Central, said Aimee Runyon, CEO of the Assistance League of Phoenix.

Ames, a widow who taught school for 40 years, has enjoyed helping youths pick out clothes and preparing their bags with items during Operation School Bell.

“Assistance League really saved my



Dee Ames, right, with Priscilla Allison, has volunteered with the Assistance League of Phoenix for nearly 30 years. Allison also is a member of the organization (photo courtesy of Assistance League of Phoenix).

life,” she said. “I’ve had a good life and the Assistance League is a big part of it.”

The children and teens usually receive school uniforms but since many are attending classes from home this academic year due to COVID-19 they

will obtain casual clothes including sweatpants, shorts and lightweight jackets. They also will receive masks and hand sanitizer because of the support of the BHHS Legacy Foundation.

Ames will not be able to attend Operation School Bell this year because of the risk of contracting COVID-19 but she has been a big help over the years, Runyon said.

“Her warmth and her sincerity really shine through when she’s around the kids and she’s just a wonderful person to work with,” she said.

To learn more about Assistance League of Phoenix, visit [alphx.org](http://alphx.org).

Travel to happy place with  
Memory Café ‘Camp Dayz’

Revisit days gone by in a special musical event provided by Jewish Family & Children’s Service and AARP Arizona.

JFCS will continue its online/virtual Memory Café program on Zoom from 10 to 11 a.m. on Thursday, Sept. 3. The theme of the upcoming event is

“Camp Dayz,” an interactive music program in which participants will reminisce about summer and the songs that remind them of the past.

It is free to attend but you must have a desktop computer, laptop or phone to take part. JFCS will provide volunteers to help participants get online.

The Memory Café brings together people who have had changes in their thinking or memory, as well as mild cognitive impairment or dementia because of Alzheimer’s disease or related disorders, along with their care partners.

To register for this event visit [us02web.zoom.us/meeting/register/tZAscumhrDstH9MdZOd7O9rvl67\\_43wPCnMs](https://us02web.zoom.us/j/8412500). For more information about JFCS, visit [jfcsaz.org](http://jfcsaz.org).

State provides free  
masks to seniors

If you are at least 65 years old you can obtain a free face mask aimed at preventing the spread of COVID-19.

*please see MASKS on page 32*



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## GENERATIONS

### MASKS continued from page 31

The Arizona Department of Health Services, in an effort to ensure everyone in the state has access to face masks, has teamed up with Hanes to provide reusable, washable cloth masks. Besides people 65 and over, others who are especially vulnerable to the virus can obtain the masks. Each order comes with five masks and there will be one order allowed per household. Cloth face coverings prevent the spread of respiratory droplets and can prevent you from contracting COVID-19 from other people.

To order a mask, visit [azdhs.gov](http://azdhs.gov) or call 602-542-8664.

### Help for grandparents raising grandchildren

Raising a grandchild can be a challenging task but a non-profit organization provides support in many ways.

There are more than 60,000 grandparents in Arizona who are raising their grandchildren, according to the local non-profit Duet. Adults taking care of their grandchildren can participate in free support groups in real time over Zoom, as well as virtual workshops and engage in BINGO Night, Pictionary games and Family Movie Night year-round through Duet. The non-profit also provides legal guidance and help, funds for activities, information, outings and guided assistance to grandparents.

Duet's staff members also offer resource help and other guidance over the phone. To learn more, visit [duetaz.org/grandparents-raising-grandchildren](http://duetaz.org/grandparents-raising-grandchildren) or call 602-274-5022.

## Kids & Families

### Online sessions offer tips on financial aid

High school seniors who are planning to start college in the fall of 2021 can get help learning how to apply for financial aid through an online program.

College Depot at the Phoenix Public Library provides free college and financial aid planning workshops and individual phone appointments to assist students and their families in seeking financial help for their college education. The Free Application for Federal Student Aid (FAFSA) applications site will open on Oct. 1 for the 2021-22 school year. High school seniors who intend to go to college beginning in the fall of next year must complete and turn in an application.

There is no official close date for FAFSA but it must be finished as part of the overall college application.

You must register for the online sessions. For session dates and times, visit [phoenixpubliclibrary.org](http://phoenixpubliclibrary.org) and click on "Online Programs." To schedule a phone appointment with a College Depot employee call 602-261-8847.

### Museum delivers DIY projects

While the Children's Museum of Phoenix has been closed due to the COVID-19 pandemic, you can still engage your kids in online and at-home educational and entertaining activities.

The museum provides daily projects, content and resources you can explore at home on Facebook and Instagram. There also are activity kits posted on the Children's Museum of Phoenix website in English and Spanish. To find these DIY projects and activities, visit [childrensmuseumofphoenix.org/exhibits-and-experiences/educational-value](http://childrensmuseumofphoenix.org/exhibits-and-experiences/educational-value).

The Children's Museum of Phoenix also will kick off a new program, the THINKER PLAYER CREATOR BOX, on Labor Day, Sept. 7. The boxes, designed for kids ages 4 to 9, feature four weeks of hands-on, educational activities focused on STEM (Science, Technology, Engineering and Math), as well as arts, literacy and movement.

The cost is \$139 per box for non-museum members and \$119 per box for museum members. To learn more, visit [childrensmuseumofphoenix.org/exhibits-and-experiences/programs](http://childrensmuseumofphoenix.org/exhibits-and-experiences/programs).

### Science center delivers online, interactive lessons

The Arizona Science Center is helping children explore science while at home or anywhere else.

It recently launched CONNECT @ Arizona Science Center, which provides standards-based science experiences designed to address students and teachers' personalized needs. The curriculum was added in response to increasing consumer and teacher demand for more science learning resources. This online program offers well-rounded, science-rich activities aimed at developing critical thinking skills with live instruction from the science center's educators. It is provided in three learning levels: supplemental science activities, interactive lessons and formal science learning. This science experience



GENERATIONS

includes annual goals and lesson plans created to meet or exceed the state of Arizona’s Science Standards.

Prices for the instruction vary according to the type of subscription you select. To learn more, visit [azscience.org/CONNECT](http://azscience.org/CONNECT).

Phoenix Children’s requires masks, limits visitors

Due to the Coronavirus pandemic, Phoenix Children’s Hospital requires visitors and patients ages 2 and older to wear a cloth mask or face covering. If you do not have one, the medical centers will provide one to you. Also every patient and caregiver who enters the hospitals or clinics will be screened for a fever or cold or flu-like symptoms. Staff members are screened each time they enter.

As of press time, one healthy adult caregiver is allowed in a patient’s room at a time, though two caregivers can be registered to visit a hospitalized child. In the emergency room and clinics, one primary, healthy caregiver can come inside per patient.

To learn more, visit [phoenixchildrens.org](http://phoenixchildrens.org).

Watch free storytelling videos by Arizona authors

Children can watch storytelling videos online for free and engage in craft projects to accompany the tales.

Pueblo Grande Museum has moved its Arizona Summertime Storytelling to a virtual format with access to the videos available until Saturday, Sept. 5.

The videos are posted on the museum’s YouTube page at [youtube.com](http://youtube.com), where you can search for “Pueblo Grande Museum.” The storytimes include the reading of the book “What Do You Do When the Couch Eats Your Shoe” by Debi Novotny and “Green on Green” by Dianne White. The Arizona authors, who wrote the books, read them aloud.

To buy a craft kit for a specific story, you can sign up for it using the hyperlink to the Activenet Activity offered. Every kit is available to purchase for \$5 starting one week before the scheduled date of the online storytelling video.

To learn more about this program, call 602-495-0901 or visit [phoenix.gov/parks](http://phoenix.gov/parks).

Mascot teaches kids about wastewater

You can teach your child about water supply and waste removal with educational coloring books and other materials the city of Phoenix provides, and by introducing them to Loo Poo, a sidekick to Wayne Drop, Phoenix Water’s well-known water conservation mascot. Wayne Drop visits schools, libraries and various events and needed a partner to talk about the smelly side of things. Loo Poo represents wastewater that comes from drains, toilets, sinks and showers.

There are coloring and activity pages with Wayne Drop and Loo Poo that you can download from the city’s website at [phoenix.gov/waterservices/watercloud](http://phoenix.gov/waterservices/watercloud).



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

## Location & Meeting

Our meetings are held on the first, third and fifth Friday of each month. The meetings begin at 9:00 am and are held at the North Phoenix Baptist Church at the SE corner of Central Avenue and Bethany Home Road. Following the meeting, we tour 10 homes new to the market. The tour is 'caravan-style.' We require those REALTORS who have a property on the tour to attend the meeting and then tour all houses on that day's tour. Each agent provides constructive feedback on price, condition, and key features of the home. The goal is to network with fellow REALTORS who also specialize in North Central Phoenix neighborhoods and help sell the property.

## Tour Boundaries

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

## Join Us!

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

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

**<https://northcentraltour.com/>**



## ARTS & ENTERTAINMENT



Claudia Bloom, in center in a purple shirt, and Mary Petrich, to her right, lead the Phoenix Jazz Girls Rising program at The Nash. They are pictured here with girls who participated in last year's program, which strives to inspire young women's interest in playing jazz and fine-tuning their jazz skills (photo by Carrie Motzing Photography).

## The Nash teaching youths workshops

The Nash will help budding musicians finetune their jazz skills and style in workshops that will allow them to begin fall on a high note.

This jazz performance and educational venue is accepting applications for its Legacy Ensemble, Vocal Ensemble and Jazz Futures Workshops, as well as its all-female Phoenix Jazz Girls Rising program. These programs aim to develop jazz musicians and vocalists in the community and create a professional environment where they can learn and perform. Because of the COVID-19 pandemic the programs will be provided online and then will switch to an in-person format if it becomes safe for students and teachers.

Musicians ages 10 to 17 will learn the language of jazz from 4 to 6 p.m. Mondays, Sept. 14 to Dec. 14 through The Nash Futures Workshop taught by Pam Morita. No previous experience in playing jazz is required. Tuition is \$100.

The Nash Vocal Ensemble will be taught by Greg Amerind, from 7 to 9 p.m. Tuesdays from Sept. 8 to Dec. 14. This program is for singers ages 16 and older, who will learn vocal techniques, as well as collaborate with other musicians and develop their own stage style and presence. The cost is \$100.

Students already have been selected for The Nash Legacy Ensembles that Michael Kocour, director of Jazz Studies at Arizona State University and Eric Rasmussen, director of Instrumental

Music at Scottsdale Community College, will teach. Students in these ensembles will meet Monday evenings or Tuesday nights Sept. 14 to Dec. 14. High school age musicians had to audition for this program.

Local musicians Mary Petrich (saxophone) and Claudia Bloom (piano) head the Phoenix Jazz Girls Rising, which strives to offer mentorship and musical collaboration for aspiring young women with an interest in jazz. Girls ages 10 to 17 may participate in the weekly lessons at 10 a.m. Saturdays from Sept. 19 to Nov. 7 online. The girls will perform popular jazz tunes and their own improvised solos, culminating in a public performance at the end of the semester. The cost for this program is \$100.

To register and learn more, visit [phoenixjazzgirlsrising.com](http://phoenixjazzgirlsrising.com). For more information about the other programs, visit [thenash.org](http://thenash.org).

## Phoenix Art Museum to keep doors closed longer

Phoenix Art Museum will keep its physical doors closed through the end of this month because of the spread of COVID-19 around the state.

The museum at 1625 N. Central Ave. recently said it was prioritizing its dedication to the health and well-being of the community and its staff members. It is continuing to monitor the recommendations of state public health officials and is aiming to open the museum to members on Thursday, Oct. 1 and to the general public on



ARTS & ENTERTAINMENT

Wednesday, Oct. 14. However, Phoenix Art Museum will continue to provide weekly its bilingual blog, as well as virtual gallery tours, lectures, visits and educational events.

The museum has created a comprehensive plan to try to decrease the risk of infection for visitors and employees when it reopens physically. This plan includes limiting the number of visitors allowed inside each day and requiring staff members and guests to wear masks.

In light of the closure, the museum will provide an extension on all annual memberships and will extend some exhibitions impacted by the shutdown.

To learn more, visit [phxart.org](http://phxart.org).

Long-time dancer featured on YouTube show

A North Central choreographer and dancer will be featured on the premiere of “AZ Creates,” a new web series that highlights creative people in the state.

Pamela Cannedy, a long-time musical theater choreographer who owned Cannedy Dance Centre for the Performing Arts with her husband, Stepan Oleksyn, for 30 years, will be

the first guest on the show hosted by Valley resident Laurie Fagen. The show will make its debut on YouTube at 7 p.m. on Thursday, Sept. 10. Cannedy now choreographs shows for the Prescott Center for the Arts and Yavapai College while the dance studio has new owners and a new name, AZ Dance District.

Fagen started the program to showcase artists, musicians, filmmakers, actors and other artistic people in Arizona. She said creative professionals have been struggling due to the COVID-19 pandemic, which has forced shows and galleries to close.

Find the show on [youtube.com](https://www.youtube.com), then search for “AZ Creates.” Or visit it on Facebook at [facebook.com/ArtOnlineAZ](https://facebook.com/ArtOnlineAZ). For more information email [AZCreates.ArtOnlineAZ@gmail.com](mailto:AZCreates.ArtOnlineAZ@gmail.com).

Cultural Coalition receives CARES Act grant

Diverse cultural festivals and programs in the state will be offered online thanks to a grant provided to the Cultural Coalition, Inc.

Arizona Humanities rapid-response

grant program, funded by the Congressional CARES Act via the National Endowment for the Humanities, has provided \$7,620 to the Phoenix-based non-profit coalition. The Cultural Coalition has been supporting indigenous artists and encouraging youth arts education for more than 25 years.

The grant money will allow the Cultural Coalition to offer cultural festivals and programs to people around Arizona through online platforms while also helping to sustain community engagement with local artists. There will be recorded videos and livestream events on Facebook and YouTube including “The Portal to the Past” event, which would have been held at Pueblo Grande Museum in Phoenix. The grant also will support “The Artist Chat” series, where Valley artists offer tours of their studios.

Cultural Coalition, Inc. is one of 58 non-profit cultural and humanities organizations in Arizona given money to help with financial struggles that the COVID-19 pandemic has caused. To learn more, visit [culturalcoalition.com](http://culturalcoalition.com).

Phoenix Symphony cancels rest of season

The Phoenix Symphony has canceled its concerts planned for the rest of this 2020-21 season due to the COVID-19 pandemic.

President and CEO Suzanne Wilson said late last month it was “difficult to hear and disappointing to all of us” but the decision to not hold the shows was the “safest and most prudent plan” to try to ensure the community stays healthy. The orchestra will focus on preserving its future and returning to Symphony Hall to celebrate its 75th anniversary in the fall of 2021, Wilson wrote.

Phoenix Symphony team members said they would contact every patron impacted by the season cancellation to talk about ticket alternatives. To learn more, visit [phoenixsymphony.org](http://phoenixsymphony.org).

Feast on display of diverse masks online

Enjoy the magic of masks during an unusual event you can view from your laptop, iPad or other device.

Cultural Coalition, Inc. a Phoenix-

*please see MASKS on page 36*

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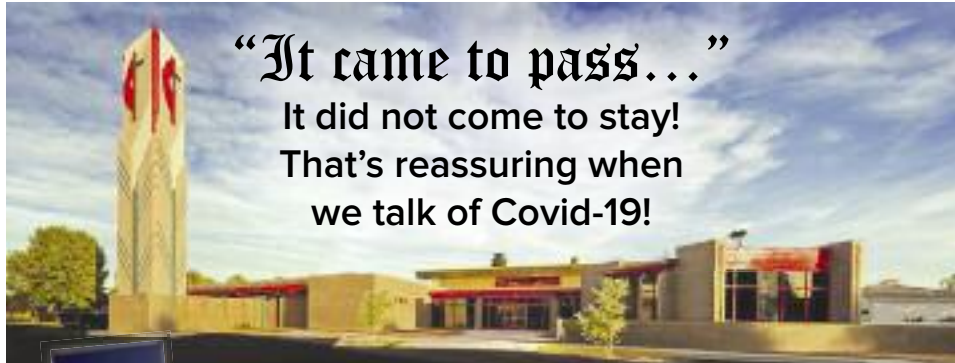


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Rev. Kimberly Scott

## ARTS & ENTERTAINMENT

### MASKS continued from page 35

based organization, will hold the 3rd Annual Mask Alive! Festival of Masks from 2 to 4 p.m. on Sunday, Sept. 13 on Facebook Live and YouTube Live. See intricate, colorful masks created by local arts in an entertaining display that tells stories through dance, music and theater. Favorites from previous Mask Alive events also will appear in the virtual program, including giant puppets, folklorico dance troupes and mariachi music. Viewers can interact online with the artists during the program.

This event showcases the cultural diversity of the Southwest, as well as the power of storytelling via music, dance and theater.

Learn more at [culturalcoalition.com/events/mask-alive](http://culturalcoalition.com/events/mask-alive).

### Find photos, sculptures at GalleryCoronado

If you are looking for new art to decorate your walls at home or in your office you might want to check out GalleryCoronado.

The gallery at 1516 E. Cypress St.

sells photography, sculptures, paintings, mugs and gift items. Patricia Lam, a photographer, opened the business in March but had to close it the same week because of the COVID-19 pandemic. You can purchase items through its website or make an appointment to visit the physical gallery. Lam represents photographers David Duane and Frank Sandez and painter Buddy Hathaway. The gallery also features pieces from sculpture artists Susan Feder and Tony Esber and bowls painted by artist Thomas Webb.

Photos are printed on metal, canvas, acrylic, glossy prints and other mediums. Most of the photos are available in sizes for commercial or residential uses. Lam’s work has been displayed in galleries in London, Vancouver, Los Angeles and other locations around the world.

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

### Arizona Theatre Company shares plays online

The show must go on for Arizona Theatre Company, which provides free digital performance offerings during the COVID-19 pandemic.

The company kicked off the first in its series of digital performances last month with “Alma,” written by Arizona Theatre Company’s 2019 Latinx Playwright Award winner Benjamin Benne. “Alma” is about a working mother who raised her daughter on her own with tough love, home-cooked comida and many prayers.

Upcoming productions include the premiere of “Slow Food,” by Wendy MacLeod, starring Brian Beacock, Joel Van Liew and Daina Griffith. It is the tale of a couple on vacation celebrating their anniversary at a Greek restaurant, where a wacky waiter works his way into their meal and their lives. “Somewhere Over the Border” by Brian Quijada, co-produced by Teatro Vista, about Reina Quijada’s real-life journey from El Salvador to the United States, also will premiere online, as will “Covenant” by York Walker, directed by Tamilla Woodward, a play about a guitar player returning to his small town as a blues star. “The Realness” by Idris Goodwin, directed by Wendy Goldberg, a story set in 1996 in the hip-hop scene, also will appear online.

More plays are in production and will be shown digitally with dates to be announced. To learn more, visit [arizonatheatre.org](http://arizonatheatre.org).

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## FOOD FOR THOUGHT



Justin Beckett designed his eponymous restaurant's kitchen to be open so guests can experience the sights, sounds and aromas of cooking. The pigs, Daisy, left, and Chico are among 30 that are found throughout Beckett's Table (photo by Marjorie Rice).

## Café Chat

### Beckett's Table rises to challenge of pandemic

By Marjorie Rice

Justin Beckett and his team at Beckett's Table are taking the challenges of the COVID-19 pandemic one day at a time, as long as those days give the popular chef a chance to do what he loves – creating delicious food.

They're practicing the recommended precautions – socially distant tables, small parties, disinfecting surfaces, masks and gloves, health checks for staff members – but Beckett doesn't let that get in the way of the priorities: great food and warm hospitality.

"My joy, my love, has always been playing with food," said Beckett, a graduate of California Culinary Academy in San Francisco.

When Justin, his wife Melanie, and friends Katie and Scott Stephens – both sommeliers – decided to open their restaurant 10 years ago, his deal with his co-owners was that he got to be in the kitchen every day.

It's been a successful arrangement. Administrative duties are largely the purview of Melanie Beckett, and the Stephens' efforts have led to Beckett's Table being honored by *Wine Spectator* magazine for its carefully crafted wine service, winning Awards of Excellence nearly every one of those 10 years.

"I get to be in the kitchen, and that's what keeps me excited about this business," Beckett said.

It also has helped keep him and his team focused during the months of the COVID-19 pandemic.

Beckett recalls the afternoon when Arizona restaurants were ordered to cease in-person dining.

"We were prepping for dinner," he said. "At that point, we sat down and said, 'How do we deal with this? What do we do with our staff? How do we get them as whole as possible so they can deal with the next week?' We took two days off and went to living life day-by-day, as far as business goes.

"We reopened on that Friday with a limited menu of to-go food," Beckett said. "Now it feels like – I hate the term – but it's our 'new normal.' We keep saying it could be worse and that we feel lucky just to be here."

These days the restaurant is at about 50 percent capacity. The communal table – one of Beckett's most popular seating areas in days past, when strangers would sit side-by-side to enjoy drinks and the day's specials, is "basically nonexistent," Beckett said.

Part of the restaurant's success during the COVID-19 crisis has been attributed to it creating new takeout options. Beckett said another key to its success is putting together the right team.

*please see BECKETT'S on page 38*

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## FOOD FOR THOUGHT

BECKETT'S continued from page 37

"I know that the people who we have in our company now have great attitudes," he said. "They're flexible. They're committed to staying healthy and keeping the restaurant healthy."

Takeout innovations have been "incredibly popular" with customers, Beckett said.

He developed a curbside menu that includes dinners featuring regular menu items packaged for a family of four, available Wednesdays through Sundays, and chef's special dinners, just for weekends, which allow him to spread his creative wings.

The dinners are a bargain at \$99, including a bottle of wine. They sell out, so order early.

"My creativity and my play time goes into those chef's dinners," Beckett said.

A recent menu included smoked white bean and pancetta deviled eggs; arugula salad with Armenian cucumber, fennel puffed corn, dried cranberries and lemon vinaigrette; herb and shallot roasted chicken; roasted vegetable ratatouille; garlic Parmesan Yukon gold potatoes; a pizza cookie with vanilla ice cream and wine.

"Sometimes it can be Asian satay sticks with noodles," Beckett said. "It doesn't necessarily belong on a table in this restaurant, but it's fun to eat and delicious, and you trust me that I can make good food, so you're going to try something different."

An unusual dish is bacon that is roasted, cooled and dipped in chocolate and frozen, served with house-made marshmallows, peanut butter mousse, graham crackers and caramel sauce – s'mores taken up a notch.

Another customer favorite is pork osso buco. Juniper berries, mustard seeds, pickling spices and sugar combine for a dry rub in which the pork marinates overnight. Then the pork goes into pork fat for five hours in a 200-degree oven. The resulting confit is beyond succulent, with flavors from the brine, and the richness from the fat keeping it tender and moist. Right now it's served with roasted poblano spaetzli, corn and caramelized onion but that may change as Beckett develops his fall menu.

Beckett's Table, at 3717 E. Indian School Road, is open from 4 to 9 p.m. Wednesdays through Sundays. For more information, call 602-954-1700 or visit beckettstable.com.

## Dining Briefs

## Brunch, munch and dance at Aunt Chilada's

Add some sizzle to your day or night while saving some money at Aunt Chilada's restaurant.

The restaurant at 7330 N. Dreamy Draw Drive offers brunch from 10 a.m. to 2 p.m. Saturdays and Sundays. During that time customers can order \$15 bottomless mimosas. Some featured dishes include Mexican eggs Benedict, Huevos Rancheros, traditional pancakes and omelets. You also may order off the regular menu all day weekends.

Happy hour specials are offered from 3 to 6 p.m. Mondays through Fridays at Aunt Chilada's on its patio and in its lounge. The Chipotle chicken tostada for \$5; guacamole and chips for \$6.50, nachos for \$6.50 and cheese crisp or a quesadilla for \$6 are some of the many happy hour foods. Customers can order domestic beers for \$3.50 each; house margaritas for \$5.50 each; house label spirits for \$5 and house wine for \$6 during happy hour.

Burn off your food and drinks during social distance line dancing in the large, outdoor pavilion at 6 p.m. Thursday nights, starting Sept. 10. A professional instructor will teach and there will be drink specials. It is recommended you sign up ahead of time for the lessons. Sign up on Aunt Chilada's Facebook page at facebook.com/AuntChiladas. For more information, visit auntchiladas.com.

## Angry Crab Shack gives to food banks

More people who are struggling financially will be able to put food on their tables because of Angry Crab Shack's donations.

The restaurant, which has a location at 2808 E. Indian School Road and one in Mesa, recently donated \$20,000 to St. Mary's Food Bank in Phoenix and United Food Bank in Mesa. Each organization received \$10,000 and altogether the donations will provide about 70,000 meals out of St. Mary's Food Bank and 50,000 from United Food Bank. Valley food banks have seen a significant increase in need, feeding as many as 1 million people a month, since the pandemic began.

Angry Crab Shack, a seafood restaurant group, donated more than \$145,000 to Arizona charities last year.

*please see DONATIONS on page 40*



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  - c. If no one is home, they will need to move on to the rest of the delivery route -- your items will be left on the front doorstep.
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## FOOD FOR THOUGHT

**DONATIONS continued from page 38**

The restaurant also is hiring wait staff, front-of-house workers, back-of-house employees and others at all its locations in Arizona. It expects an expansion to 100 locations or more by 2023. Workers must be at least 18 years old. To apply for a job, visit [angrycrab-shack.com/apply-now-locations](http://angrycrab-shack.com/apply-now-locations).

**Feast on family meal with tacos, beans, guacamole**

Blanco Tacos + Tequila, which has a location in Biltmore Fashion Park at 2502 E. Camelback Road, is offering a Family Meal for \$50 at all its sites through at least the end of this month. The meal has grilled chicken tacos, green chile pork enchiladas, black beans, rice, chips and salsa, as well as guacamole, warm queso, corn and flour tortillas. It serves four to six people.

Blanco Tacos + Tequila features a variety of tacos served with rice and your choice of black or charro beans. Burritos, bowls, enchiladas, fajitas, nachos con queso blanco and many other Mexican favorites also are on the menu, along with a large selection of wines, margaritas and cocktails.

Meals can be ordered to-go and for curbside pick-up. Learn more at [blanco-tacostequila.com](http://blanco-tacostequila.com).

**Blue House Coffee offers many ways to get java**

Are you a coffee lover? You'll find many different types of coffee at Blue House Coffee's website and at its brick-and-mortar store.

Blue House Coffee sells its drinks at several farmers markets including the Uptown Farmers Market, which is open from 7 to 11 a.m. Saturdays through October and then from 8 a.m. to 1 p.m. Saturdays from November through April at North Phoenix Baptist Church at 5757 N. Central Ave.

You also can buy Blue House Coffee roasts and blends at the Downtown PHX Farmers Market from 8 a.m. to noon through the end of this month and from 8 a.m. to 1 p.m. Saturdays from October through the end of April. Pick up orders at the downtown market by driving into the parking lot on McKinley and 1st streets.

A portion of money from sales of its Lil Hog Roast blend will go to Better Piggies Rescue, a non-profit organization that rescues and rehabilitates pot-belly pigs around Arizona.

Blue House Coffee's brick and mortar location is on the University of Arizona Phoenix Biomedical Campus at 435 N. 5th St. To learn more, visit [bluehousecoffee.com](http://bluehousecoffee.com).

**Culinary Dropout offers options in meal deal**

Culinary Dropout is helping provide popular meals for feasting at home while being cost-conscious.

The restaurant is providing a Family Meal that feeds four to six people through the end of this month and possibly longer. Each pack has macaroni and cheese, coleslaw and a house salad. You can order an eight-piece fried chicken meal for \$29, two racks of ribs for \$39 or a combination of chicken and ribs for \$35.

Culinary Dropout has a location at 5632 N. 7th St., as well as restaurants in Gilbert, Scottsdale, Tempe, Tucson and Austin, Texas.

To learn more, visit [culinary-dropout.com](http://culinary-dropout.com).

**Fired Pie brings back Elote Pizza**

Are you craving something different on your pizza? You might want to try Fired Pie's Elote pizza.

The fast-casual pizzeria has brought back the limited-time-only pizza due to popular demand. This street corn-inspired pizza has Elote cream sauce, mozzarella cheese, Hatch green chilies, bacon, red onion, Cotija cheese, cilantro and Mexican street corn. Order it on regular, cauliflower or gluten-free crust. The seasonal pizza will be available at least through the end of this month.

Check out Fired Pie's new location at 1810 W. Northern Ave. or visit the pizzeria at 3110 N. Central Ave. To find other spots, visit [firedpie.com](http://firedpie.com).

**Mix veggies, protein for Flower Child deals**

Flower Child is making it easier to feast on health-conscious meals for your whole family.

The restaurant is offering a Family Meal for \$44 through at least the end of the month. This meal includes chicken, a large chopped vegetable salad and your choice of two large side dishes, enough food for four to six people. Upgrade the protein to salmon, shrimp, steak or tofu for an additional \$8.

You also can order the Build Your Own Family Pack. Choose salmon, chicken, steak, shrimp or tofu and sides,

which include smashed potatoes, roasted broccoli and sweet corn and quinoa, to form your own meal. The proteins and salads serve four to six people and the sides are ideal for two to three people.

These specials are available for to-go and curbside pickup orders. Flower Child has several Valley locations including one at 100 E. Camelback Road and one at 5013 N. 44th St. To learn more, visit [iamflowerchild.com](http://iamflowerchild.com).

**Huss Brewing releases Oktoberfest beer**

Get into the spirit of Oktoberfest a little early with Huss Brewing Co.'s Oktoberfest Bavarian Märzen, which won the 2019 Silver Medal at the Great American Beer Festival in Denver. Huss' co-owner and Brewmaster Jeff Huss handcrafted Oktoberfest Bavarian Märzen in late summer in Tempe. It is a traditional, German-style copper-red brew with a full-bodied but dry flavor and a slight malty sweetness.

You can buy Oktoberfest Bavarian Märzen at Huss Brewing Company Uptown at 100 E. Camelback Road, Suite 160 and Huss Tempe at 1520 W. Mineral Road, Suite 102 through the end of October. It also is available at retailers around the state. To learn more about Huss, visit [hussbrewing.com](http://hussbrewing.com).

**New eatery offers 'American-style fusion' food**

The Edgemont, a new area restaurant that opened in May at 2800 N. Central Ave., offers "American-style fusion food," according to Bobby Hodge, one of its owners. It specializes in sandwiches, hamburgers, chicken wings and pizza. The Edgemont recently requested a liquor license from the city of Phoenix as it wants to add beer, wine and cocktails to its menu. It is open from 7 a.m. to 2 p.m. Mondays through Fridays but plans to stay open until 7 p.m. if the liquor license is approved.

The eatery's variety of sandwiches includes a Smokey Joe, which has mesquite smoked turkey breast, hardwood smoked bacon, smoked gouda, roasted garlic aioli and Dijon mustard, along with several vegetables on extra thick sourdough. One of its pizzas is Encanto Avocado, which has fresh sliced avocado, strawberry balsamic reduction, artichoke, fresh tomato, basil, olives, oregano, mozzarella cheese and other ingredients.

The Edgemont is open for limited seating in-person and for take-

out/phone-in orders. To learn more, visit [theedgemont.com](http://theedgemont.com).

**Pita Jungle adds iMeals with diverse choices**

Pita Jungle has boosted its catering choices with new individual box meals.

Called iMeals, they are individually wrapped and can be ordered for group, office or virtual events. Prices start at \$10.99 per meal. Customers choose from a pita/wrap or bowl of Mediterranean shawarma, grilled chicken, gyro, falafel, Philly steak, Philly chicken, wood-fried veggie lavash, turkey pesto, or lavash shawarma. Each meal also comes with a side salad (Greek, Mediterranean, chopped or spinach pasta) and a dip (hummus, garlic dip or tzatziki) with pita bread. Pita Jungle requires at least 10 iMeals for each order. The restaurant also is providing kids iMeals.

To order an iMeal, call the restaurant location or order through third-party delivery apps. Pita Jungle has several locations in the Valley including one at 5505 N. 7th St., which you can reach by calling 602-277-7482 or visiting [pitajungle.com](http://pitajungle.com).

**AJ's helps young chefs have fun in kitchen**

If your child likes to play around in the kitchen, AJ's offers a Little Chefs Club for kids ages 4 to 12 and posts recipes online. While the club is not meeting in stores, AJ's shares recipes for kids on its website.

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Check out recipes and find more information at [www.ajsfinefoods.com/little-chefs](http://www.ajsfinefoods.com/little-chefs).

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