



# north central news

the voice of the north central phoenix community since 1999

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## Veteran, firefighter thrives on service

By Colleen Sparks

U.S. Air Force veteran Doug Mummert spent 36 years battling flames and saving lives with the Phoenix Fire Department, earning a Medal of Honor and other awards, but he is nowhere near ready to hang up his hat.

The North Central resident serves as president/chairman of the board for the Phoenix Fire Foundation, which raises money for the Phoenix Fire Department, as well as other public safety agencies in the region. Mummert also is fired up about his work as president and National Trustee of the Rocky Mountain Southwest Chapter of the National Academy of Television Arts and Sciences and he volunteers as a board member of Arizona Search Dogs, an organization that offers canine search capabilities.

The Camelback High School graduate, ahead of this month's Veterans Day, says public service was instilled in him as a child. His father, John

*please see VETERAN on page 4*



Kyrie and her daughter, Caressa, check out a holiday tree at Phoenix Children's Hospital. The hospital and foundation help families in many ways, including by providing toys to youths around the winter holidays (submitted photo).

## COVID-19 creates stress as holidays approach

By Colleen Sparks

The COVID-19 pandemic is generating anxiety as people struggle to figure out how they will put food on the table, buy gifts and orchestrate holiday gatherings amid the economic strain and health concerns.

Many residents in North Central and around the country have suffered job losses or a decrease in their work hours while some are recovering after contracting Coronavirus or mourning a loved one who died as a result of the illness that has gripped the world. While Thanksgiving, Hanukkah, Christmas and New Year's Day are often holidays where large groups of friends and family members gather in homes to celebrate, exchange gifts and share food, COVID-19 has made it more challenging. Those at high risk of contracting Coronavirus might feel isolated this holiday season if their loved ones are keeping their physical distance in order to try to protect their health.

Local non-profit organizations say they are hearing from many people that they are concerned about how they can afford to pay their mortgages or rent, as well as buy clothes and other basic necessities. These groups are doing all they can to try to help residents stay afloat and still generate some holiday magic.

"I get calls, every day now three or four calls a

day probably at least, from people that are needing help with their rent," said Kathy Rood, manager of Jewish Social Services for Jewish Family & Children's Service. "It's really scary. You see people with families that can't even pay their rent. They're not going to be able to provide for the holidays. Most of the people I have heard from have never had to ask for help before."

Jewish Family & Children's Service organizes a program where businesses, families and religious organizations sponsor families for the winter holidays. Sponsors buy items on wish lists, including clothes, bicycles, shoes and other items.

Rood said the organization also is concerned

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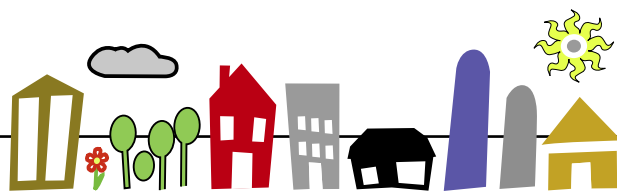
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## COMMUNITY

## Elevate Phoenix lifts up teens via mentorship

By Colleen Sparks

When Teresita Jasso was in high school, she struggled with depression while dealing with a toxic home life, but an unusual program that connected her with teacher/mentors helped her find her voice and recover from trauma.

Jasso, now 26, has come full circle as she helps teenagers now as a teacher/mentor herself with Elevate Phoenix, a local non-profit organization that supports urban youths. She and others on staff at Elevate Phoenix help students develop leadership skills, including tutoring elementary school students, as well as prepare for post-high school education and careers and develop courage, forgiveness and other character qualities. The teacher/mentors are available 24 hours a day, seven days a week, to help students deal with personal issues and to serve as positive role models.

While the COVID-19 pandemic has prohibited Jasso and the other teacher/mentors from teaching students on campus, they are still connecting frequently through video chats, socially distant in-person gatherings, phone calls and texts. Jasso works with students at Camelback High School, focusing this year on assisting seniors with their college applications, but she also frequently communicates with two Camelback High students who were in her class last school year: America Bello and Briseida Mayagoitia.

"I'm teaching them a lot of self-care, take care of yourselves right now," Jasso said. "A lot of my students don't do that and they're not kind to themselves. Through the mentoring relationship they've learned to deal with emotions and know what emotions they're dealing with. It's so rewarding. Just to even have a student reach out in the middle of the night and share whatever they're struggling with, it's an honor for me and I don't take that for granted."

Growing up, she said officials put her in the Elevate Phoenix program because she had been caught using drugs in high school. Jasso said she had been sexually assaulted and her brother's toxic behavior troubled her. The



Teresita Jasso (center), a teacher/mentor with Elevate Phoenix, bonds with students Briseida Mayagoitia, (left), and America Bello, who were in her class last school year (photo by Maricela Lopez).

teacher/mentors at Elevate Phoenix were the first people she told about the assault and they helped her learn to cope with the emotional aspects of it, encouraging her to obtain counseling.

Last school year Jasso taught and mentored America, now 15 and a sophomore, and Briseida, also a 15-year-old sophomore. The girls still come

*please see MENTOR on page 8*

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### COMMUNITY

#### VETERAN continued from page 1

Mummert, was the Maricopa County sheriff in the 1960s and 70s.

"It's second nature to me and it's very fulfilling and very rewarding and I wouldn't change it for the world," Mummert said.

He joined the U.S. Air Force after high school. A movie showing firefighters extinguishing flames from aircraft sparked his interest in firefighting.

The Vietnam War had ended but Mummert's career was taking off as he completed basic training and then was assigned to an Air Force base in Illinois, where he became certified as a firefighter. He later was stationed at Williams Air Force Base, where he engaged in extensive training with firefighting.

"We didn't have a ton of action," Mummert said. "We did have fires, generally mostly in the housing areas...then some aircraft incidents and crashes."

He went to Mesa Community College and became an emergency medical technician. Mummert also has attended Phoenix College, Arizona State University, Grand Canyon University and the Community College of the Air Force. While he loved the Air Force, he said he "yearned for something else and more action."

After completing an interview process and test, he was hired by the Phoenix Fire Department in 1979.

Mummert served as a firefighter, paramedic, Hazardous Materials Technician, engineer, captain, public information officer and battalion chief at Phoenix Fire Department. He said he received the department's Medal of Honor after he and another firefighter, while on vacation in Mexico, helped rescue a man who was injured in an accident, with his leg "partially amputated." Mummert and his friend treated the man, rode with him in an ambulance and contacted U.S. and Mexican authorities to arrange for a helicopter to meet them at the border. They orchestrated having the man flown to a hospital in Phoenix, where his leg was successfully reattached. Later they learned the man was a U.S. Marine.

"It comes full circle because we were able to help another veteran," Mummert said.

He also was an original member of the Phoenix Fire Department's Arizona Task Force and later for the Phoenix Fire's All Hazardous Incident Management Team. Mummert later joined FEMA's



U.S. Air Force veteran Doug Mummert worked for 36 years with the Phoenix Fire Department. He earned the department's Medal of Honor for his work with another firefighter rescuing a man in Mexico (photo courtesy of Doug Mummert).

Incident Support Team (IST).

He is known as the "father" of Samantha, the synthesized voice that is heard dispatching incidents over Channel One on the radio and in fire stations. Mummert also lent his own voice to the broadcasting industry in various capacities. He took over as managing director of the Phoenix Fire Television Network in the late 1990s. In 1998, he, his team and department leadership collaborated to create the "Phoenix Fire Works" TV program, which covered topical fire department-related issues. Mummert also was the long-time host and producer of Phoenix Fire's weekly radio show, "Valley Watch."

Mary Morrison, president of the House of Broadcasting, Inc. (HOB), said Mummert is a "man of passion and action," who "brought structure" to the local/Southwest Emmy Awards.

Paula Pedene, executive director of Honoring America's Veterans and a U.S. Navy veteran, also praised Mummert. She met him years ago at a crisis management event when she was working for the Phoenix VA.

"The pointers he provided to us were excellent, and it helped us better prepare for any contingencies we might face," Pedene said.

She said later Mummert helped support the Phoenix Veterans Day Parade.

"He brought many bright moments to my time as a PIO, and I am grateful to him for his compassion and support," Pedene said.



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## COMMUNITY

### STRESS continued from page 1

about senior citizens who do not have many family members or friends nearby. Each senior Jewish Family & Children's Service serves will receive gift bags with grocery store gift cards, quilts, puzzles, calendars, candy and/or other presents this holiday season.

When the pandemic started, seniors in the community often lost their access to in-person activities and social gatherings as they had to be canceled. Now Jewish Family & Children's Service's Center for Senior Enrichment is providing more virtual/online programs. Weekly chair yoga classes, Phoenix Art Museum docents' talks and weekly Shabbat programs are some of the diverse online offerings it provides. The activities are open to seniors of all faiths and delivered through Zoom. To see a schedule of the programs, visit [facebook.com/JFSCSE](https://facebook.com/JFSCSE).

Senior Pastor Kimberly Scott with Cross Roads United Methodist Church said she and her congregation have heard from many people who are struggling lately, including recent college graduates who are having trouble finding suitable employers.

"The biggest trouble right now is with our elderly population, people who just can't get out, they can't get out to see their friends, their families," Scott said.

She said she hoped this month that the church would be able to safely hold services in-person again, perhaps in a drive-thru-style format. Scott said church members have been calling elderly residents to check on them and the congregation might have a blue light ceremony to honor loved ones who died this year.

Rhonda Baldwin, manager of social services for Phoenix Children's Hospital, said she and her colleagues have noticed more families of patients struggling.

"We started noticing right away that families had been laid off from their jobs or placed on furlough or had pay cuts," Baldwin said. "Their bills were still coming in."

She said many families the hospital works with are concerned about how they will pay their mortgage or rent.

"When you're in that kind of financial stress, you're very concerned about trying to have a typical holiday," Baldwin said. "They say, 'Usually I'm the one donating to families in need

and now I'm that person in need.'"

Some families are feeling financial strain from having to pay high medical bills for their sick children and exhausting all their paid time off from work. Phoenix Children's Hospital Foundation's Hardship Fund helps families offset many of the costs related to hospital visits, including food, gas, lodging and transportation. A toy drive is held to provide children who are patients at the hospital with presents around the holidays. Also, a donor ensures children receive gifts through the Bill Holt Pediatric HIV Clinic at Phoenix Children's Hospital.

You can find ways to help families by visiting [phoenixchildrensfoundation.org/ways-to-give](https://phoenixchildrensfoundation.org/ways-to-give).

Arizona Helping Hands, a non-profit organization that provides essential items for children in foster care, is concerned about how the pandemic will impact donations from people in the community, said Dan Shufelt, president and CEO of the organization. The organization has provided more than 16,000 children with twin beds or cribs over the last seven years and it also provides gifts to group homes to give children for their birthdays. Arizona Helping Hands typically puts boxes at businesses so employees can fill them with toys for children in foster care but many offices have been closed in recent months.

Arizona Helping Hands also relies heavily on volunteers, which has been an issue this year due to the pandemic. You can make a financial donation to the organization or purchase items on an Amazon wish list for foster children, with links provided at [azhelpinghands.org](https://azhelpinghands.org).

Generation Justice, a North Central non-profit organization, is trying to determine how to bring families together for the holidays "in the safest possible ways," said Darcy Olsen, founder and CEO. This organization advocates for foster care children and it has seen more youths in need of finding steady, permanent homes since the pandemic started.

"For most of these kids, their Christmas wish is to have a family," Olsen said. "If you can open up a bed it's pretty simple to get licensed and it will be one of the best decisions you've ever made."

She has fostered 10 children altogether and four of them she adopted. Single foster parents can be stressed try-

*please see STRESS on page 8*

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## Real Estate Corner

**Bobby Lieb**

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

**With Gratitude for Thanksgiving!**

November, as some of you may know, is National Gratitude Month. It seems logical because of Thanksgiving, but it does remind us to take a moment, be reflective and practice gratitude and give thanks for clients, friends and family.

There really isn't a day goes by that something or someone reminds me of my dad, Herb Lieb. He introduced my brother and me to so many wonderful, lifelong friends after living in Phoenix for more than 40 years. He was incredibly loyal to these friends and his family. He instilled in both of us that there was literally no substitute for loyalty. I understand and am very grateful for this lesson and could not agree with him more.

It was a natural progression to choose to specialize in real estate in North Central Phoenix because the area had been home to dad since he moved here in 1964. As some of you know he had a retail store and nightclubs here also and we have been visiting and living here since then. For this reason, I am certain it has given me a real advantage in assisting sellers and buyers with more 3,500 homes in almost 30 years. North Central is my home! When you hire me, you hire an agent who knows the values in all of the North Central neighborhoods whether it is \$200,000 or \$5 million.

This month I had the pleasure of selling a home to Victoria and Blake Lewkowitz, who are actually buying their second home from me since they moved back to Phoenix a few years ago. I sold their home in Central Phoenix in four days. Blake's Dad, Herman, is a former workout partner, and his grandfather Jerry was one of my dad's favorite attorneys. He had a few. Thank you so much to the Lewkowitz family for their loyalty.

Marsha and Richard Smith first hired me 22 years ago to sell their home in Paradise Valley. I then sold the Smiths their home in the Biltmore area 21 years ago. This week, we just resold this home, since they have decided to move out of

state to be close to their grandchildren. They have been incredibly loyal for over 20 years and three homes. Thank you to the Smiths for their loyalty, I appreciate you both.

I wanted to also thank one of my clients and his family, who would prefer to stay unnamed. They have bought more than 10 homes with me over the past 20 years (five were investment homes). Thank you for over 20 years of loyalty.

I would like the opportunity to work with you to achieve top dollar in today's unique real estate market. I am the agent who lives and specializes in the North Central community. I don't have a team of agents, so to quote my good friend Jeff Pollett (my dad was great friends with his parents as well), "When you hire me you get ME!"

During this unorthodox year of 2020, I have sold 110 homes so far ranging in prices from \$65,000 to \$4.1 million. Fifteen of the homes were priced at more than \$1 million. Instead of specializing in just luxury homes, I am the real estate agent who specializes in our area with a myriad of values.

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Here's to my sincere gratitude and wishes for a safe Thanksgiving,

**Bobby Lieb**

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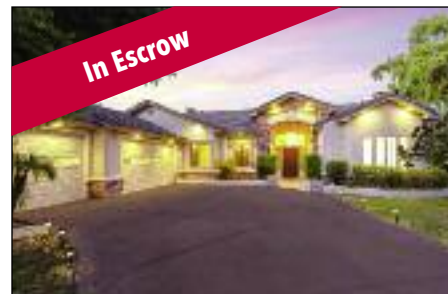
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DEADLINE FOR ADVERTISING AND EDITORIAL IS THE 15TH OF THE MONTH PRECEDING PUBLICATION

COMMUNITY

MENTOR continued from page 3

municate with and see Jasso frequently. America said with Jasso’s guidance she has learned “how to not react” to problems and to be the “bigger person” when someone attempts to make her angry. “She was the most funnest, sweetest, encouraging teacher,” America said. “We went for some coffee and for lunch and we also went to an adventure camp together. I like to talk to her about my problems. She’s very easy to talk to.” Briseida also praised Jasso for her support and guidance and said participating in the program has helped her become more comfortable with public speaking. “I got way more comfortable when it comes to presenting in class and with kiddos,” she said. “We actually read a book, ‘The 7 Habits of Highly Effective Teens.’ It’s a really good book. It’s given me a lot of tips on things I can do.” Elevate Phoenix is holding its largest event of the year online this year

from 6 to 7 p.m. on Monday, Nov. 2. This fundraising virtual gathering, the 4th Annual Elevate Phoenix Invitational hosted by Tom Lehman, will generate money to help ensure the organization can keep helping youths. It will be broadcast live at [elevatephoenix.org/invitational](http://elevatephoenix.org/invitational). There will be silent and live auctions and stories about how Elevate Phoenix helps children and teens will be shared.

STRESS continued from page 6

ing to juggle work while caring for their foster children, who might still be taking school classes online due to the pandemic. Olsen urges people to help other families as much they can, including contributing gift cards to Child Crisis Arizona, which aims to offer youths in the state a safe environment, free from abuse and neglect. To learn more about Generation Justice, visit [genjustice.org](http://genjustice.org). Free Arts for Abused Children of Arizona also wants to make the holiday season brighter for children, who are

facing challenges including a lack of connection during the pandemic, said Marisa Arellano, programs manager for the organization. The organization’s mission is to use the healing powers of the arts to assist abused and homeless children in building resiliency and learning to trust and heal. When the COVID-19 pandemic began “there was a lot of need for connection” among the children Free Arts serves as many of them were forced to stay home with schools closed. The organization sent to-go art kits to group homes and other facilities with the tools they would need to create artwork. It also ran a summer camp virtually, where kids and teens learned to dance, perform music and engage in visual arts. Free Arts will provide boxes with art projects and activities children and teens can do starting the week before Thanksgiving and again right before Christmas. Free Arts for Abused Children can always use donations of art supplies and financial contributions to help youths. You can learn how to give by visiting [freeartsaz.org/you-can-help](http://freeartsaz.org/you-can-help).

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-Vivian Taylor (founder of AIRES)

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# FREE Vaccines for Life Program

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## COMMUNITY

### Pet of the Month

#### Calico cutie is friendly, loves to cuddle

Calico cutie Maze is a beautiful, one-year-old kitty who was surrendered to the Arizona Humane Society and is ready to find her “fur-ever” home.

This inquisitive, friendly cat is the queen of decorating and loves to scamper around. She is always ready to cuddle and adores meeting new people who are willing to pet her gorgeous coat.

Maze is a ball of love but she can be a little shy at first because of the shelter environment. In no time she will be purring for your attention and she is eager to find a place to call home, where she can bond with lots of pets and explore.

While the Arizona Humane Society Adoption locations are temporarily closed due to the COVID-19 pandemic, you can still access the organization’s Virtual Adoption Matchmaking Program by appointment. It is possible Maze might have been adopted by the time you participate in your Virtual Matchmaking Adoption by appointment, but the Arizona Humane Society has many other, wonderful pets who also need loving homes. You can see all the animals who are available for adoption by visiting [azhumane.org/adopt](http://azhumane.org/adopt). Maze’s pet number is 647676.

### Humane Society waives fees for older pets

Some things grow better with age and in that spirit, the Arizona Humane Society is waiving adoption fees for all dogs and cats who are at least 7 years old this month.

Adoption fees usually range widely, starting at \$50. Most senior pets are typically on the less expensive end of the adoption fee schedule as a way to help them find their permanent homes. Residents generally tend to adopt puppies and kittens very quickly while the more mature pets take much longer to be taken home by their “fur-ever” families. However, adopting a senior pet offers many benefits as most of them are already trained and you can tell what their personality is like.

To schedule an adoption appointment with the Arizona Humane Society, visit [azhumane.org/adopt](http://azhumane.org/adopt).

### PetSmart helps abuse survivors stay with pets

PetSmart Charities is doing its part to help keep people who have survived domestic abuse with their animals.

Last month, in honor of Domestic Violence Awareness Month, PetSmart Charities made a \$2.1 million commitment to programs that serve at-risk pet parents who are experiencing domestic abuse and other crises exacerbated by the COVID-19 pandemic in the United States and Canada. This money will support many programs including pet-friendly domestic violence shelters,



COMMUNITY

pet deposits for housing that allows animals, emergency boarding for pets and other measures to try to keep furry friends and their people together during uncertain times.

Often domestic abuse survivors do not leave their abusers because they are worried about what will happen to their pets if they leave. Another challenge for domestic violence survivors is many shelters do not accept pets.

Grants have been given to animal welfare organizations and social services agencies in the United States and Canada to help people escaping domestic abuse, precariously housed residents, anyone too ill to care for their pets and LGBTQ+ youths who are facing housing instability. Arizona Coalition to End Sexual and Domestic Violence is using its \$25,000 grant to assist its BaRC program, which offers pet boarding and financial help for pets of people who are experiencing or at risk of suffering from domestic violence or sexual assault.

PetSmart Charities is dedicated to finding life-long, loving homes for all pets by supporting programs and

thought leadership that connects people and pets. It offers an in-store adoption program in PetSmart stores around this country and Puerto Rico and also helps find permanent homes and families for more than 600,000 shelter pets per year. To learn more, visit [petsmartcharities.org](https://petsmartcharities.org).

### Track and field club to restart practices, meets

Children and teens can lace up their sneakers and hit the track again as So Swift Athletics is resuming this month.

This USATF-affiliated Youth Track & Field Club, new to North Central, trains and mentors athletes who are ages 5 to 18. The COVID-19 pandemic forced the past season to be canceled right when the athletes were getting on track in the spring. But the club is back in action and wants to add more athletes for preconditioning this month.

So Swift Athletics' mission is to offer a fun, welcoming environment for athletes to engage in positive, meaningful experiences while learning the fundamentals of track and field. The

founder of the club, coach Tawnie Martin is a youth track and field coach committed to making a positive impact on children and teens. A goal-oriented coach with a record of successfully motivating and mentoring student-athletes to meet and exceed their goals, she is a level USATF coach, specializing in mid/long-distance and block starts. Martin previously worked as the sprint coach at Centennial High School from 2018-19 and now she is the sprint coach at Sunnyslope High School.

Pre-season conditioning will start on Monday, Nov. 2. There will be practices Mondays, Wednesdays and some Saturdays. Kids of all skill levels can join. There is a monthly fee, as well as a membership in the USATF. The club's regular season is January through May with the USATF Arizona Junior Olympics State Qualifying meet being held in June and the Junior Olympics Regionals and Nationals in July. To learn more, including how to join the team, email [soswiftathletics@gmail.com](mailto:soswiftathletics@gmail.com). For more information on the team, visit its Facebook page at [facebook.com/SoSwiftAthletics](https://facebook.com/SoSwiftAthletics).

### Residents urged to 'scan the street'

The city of Phoenix Street Transportation Department is urging people to be alert and watch out for those who are on the roads but not in vehicles.

It kicked off a new public service announcement (PSA) – Scan the Street for Wheels and Feet. This animated video urges everyone to pay attention to anyone using Phoenix streets who is not driving a vehicle. Residents walk, run, as well as use wheelchairs and other mobility devices, ride bicycles, push strollers and ride scooters on Phoenix streets.

Street Transportation Department director Kini Knudson said the department is working to enhance safety through engineering by implementing HAWK signals, flashing pedestrian beacons and high-visibility crosswalks. But the city also wants to influence residents' behavior through PSAs.

To watch the video and learn more, visit [phoenix.gov/newsroom/street-transportation/1579](https://phoenix.gov/newsroom/street-transportation/1579).

# New Construction Beauty in North Central Phoenix

## TARGET COMPLETION IN FALL 2020

Beautiful exclusive custom estate in established Central Corridor and renowned Madison School District. Every detail of the home is of the highest quality materials and construction with current technology and contemporary design in mind. The gourmet kitchen is appointed with imported Italian cabinetry and innovative stylish SMEG appliances. Purchase now and select your own custom finishes but you will love the finishes we have chosen! Pool design is complete and ready to start construction.

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COMMUNITY

Mayor to deliver State of City address

Phoenix Mayor Kate Gallego will deliver the annual State of the City Address during a Greater Phoenix Chamber of Commerce virtual event this month.

Gallego will discuss her vision for the city of Phoenix, share her reflections of how the city responded to the COVID-19 pandemic and talk about how the city is moving forward into 2021.

The live event will take place from 10:30 to 11:30 a.m. on Tuesday, Nov. 17. To purchase a ticket for the online event, visit phoenixchamber.com. For questions call 602-495-2182 or email events@phoenixchamber.com.

City, Habit for Humanity making home repairs

City of Phoenix residents can obtain the help making repairs to their homes as part of a new partnership.

Habitat for Humanity Central Arizona provides city residents affordable home repairs so they can safely and comfortably live at home during the

COVID-19 pandemic. In partnership with the city, the organization makes air conditioning/heating repairs and system replacements, resolves plumbing and electrical issues, fixes and replaces roofs and makes other upgrades to address a home's safety and health. Other repairs available through this partnership include work on ranges, ovens and refrigerators. The program does not offer services for landscaping, fencing, painting or pools.

Rental properties are not eligible for the repairs and neither are projects at a home that is not the owner's primary residence. Repairs that are not related to safely remaining at home are not covered through the partnership. The property must be within the city's limits and applicants must own and live in their home. In order to qualify for the help, the total household income must not exceed certain limits. Household members must show proof of lawful residence. Any repairs must be ones needed to make the home healthier and safer.

To learn more about the repairs program, call 602-268-9022,

Extension 224 or fill out the contact form available at [habitatcaz.org/apply/home-repair](https://habitatcaz.org/apply/home-repair).

Duet's virtual tea supports its programs

You can feast on tea and treats from the comfort and safety of home while helping support non-profit organization Duet at a virtual event.

Duet's 30th Annual Poinsettia Tea will be held online from 2 to 3 p.m. on Sunday, Dec. 6 in order to keep participants safe in light of the COVID-19 pandemic. Anyone who registers for the event by Sunday, Nov. 15 will have the choice of receiving an unusual Poinsettia Package with tea, coffee, sweets and prizes.

Stories about how Duet has impacted the community will be shared and guests will be able to hear the festive sounds of The Ames-Apperson Duet. Destry Jetton, "Arizona Middy" host, will serve as the emcee. There will be an online auction and other surprises. Tickets to the tea cost \$75 each. All proceeds raised from the tea will support Duet's health and well-being ser-

vices that are free-of-charge for family caregivers, grandparents raising grandchildren, homebound adults, and faith communities. SRP is the Platinum sponsor for the tea.

To register, visit [duetaz.org/tea](https://duetaz.org/tea).

Walk to raise money to fight disease

You can help raise money to battle Huntington's disease just by taking a walk in your neighborhood during a virtual event this month.

The Huntington's Disease Society of America's (HDSA) Arizona Chapter will host the Arizona Virtual Team Hope Walk on Saturday, Nov. 21. Participants can select their own course and walk in their driveway, a park, on a treadmill or anywhere to help the cause.

Team Hope Walk is free; those who take part set their own fundraising goals. Participants are urged to share their photos with the hashtag #VirtualTeamHopeWalk on social media to tag their supporters and thank everyone who helped them reach their goal.

To learn more, visit [arizona.hdsa.org/about/chapinfo](https://arizona.hdsa.org/about/chapinfo).



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Medicare Open Enrollment  
October 15 – December 7

Medicare Plans  
are offering  
historically low  
premiums

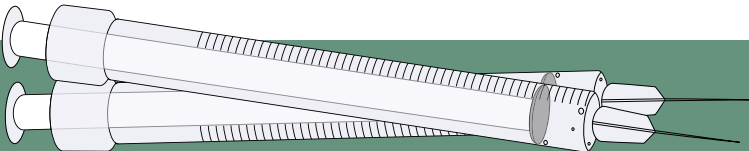
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Aging Benefits Assistance Counselor

602-280-1059

Work with an Area Agency on Aging Benefits  
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- Review your plans and the best coverage for you
- Help you compare your current Medicare health plan with other Medicare choices
- Help you understand Medicare options, including programs you may qualify for that can assist with paying the Medicare Monthly premiums and Medicare prescription drug costs

The best way to protect yourself and your family  
this year is to get a flu shot. Remember the flu  
shot is covered for people who have Medicare.



Important  
Medicare dates

October 15

Open Enrollment begins

This is the one time of year when ALL people with Medicare can make changes to their health and prescription drug plans for the next year.

**Decide: October 15 is the first day you can change your Medicare coverage for next year.**

December 7

Open Enrollment ends

In most cases, December 7 is the last day you can change your Medicare coverage for next year. The plan has to get your enrollment request (application) by December 7.

January 1

Coverage begins

Your new coverage begins January 1 if you switch to a new plan. If you stay with the same plan, any changes to coverage, benefits, or costs for the new year will begin on January 1.



NORTH CENTRAL

Q3 MARKET REPORT | JULY - OCTOBER 2020

NORTHERN AVE TO CAMELBACK RD | 7<sup>TH</sup> AVE TO 7<sup>TH</sup> ST

NUMBER OF SALES			AVERAGE SALES PRICE		
2019	2020	% CHANGE	2019	2020	% CHANGE
40 SALES	56 SALES	+ 40 %	\$733,125	\$866,864	+ 18 %
AVERAGE DAYS ON MARKET			NOTABLE SALES		
2019	2020	% CHANGE	5600 N 4TH ST // \$2,001,000		
113 DAYS	87 DAYS	- 23 %	332 E TUCKEY LN // \$2,100,000		
			5625 N 4TH ST // \$1,960,000		

Home sales in North Central are skyrocketing.  
Prices are going up and days on market are going down.

What does this mean for you? It means if you're thinking about selling your home, the time is now!

With limited inventory and historically low interest rates, our current environment is a dream for homeowners who would like to receive top dollar for their property.

Questions about selling or buying? Interested in learning what your home may be worth?  
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Phoenix Mayor Kate Gallego, far left; Tempe Mayor Corey Woods, Tolleson Mayor Anna Tovar and Avondale Mayor Kenn Weise stress the importance of obtaining flu shots after they received their shots at a Walgreens (photo courtesy of Mayor Kate Gallego's office).

### Local mayors team up to encourage flu shots

Phoenix Mayor Kate Gallego and the leaders of other cities in the Valley are literally rolling up their sleeves to stress the importance of obtaining flu shots.

Gallego, Tolleson Mayor Anna Tovar, Tempe Mayor Corey Woods and Avondale Mayor Kenn Weise recently received flu shots at a Walgreens store at 3402 N. Central Ave. They joined forces to try to emphasize to the public why people should take flu shots, especially during this COVID-19 pandemic. Walgreens Regional Vice President David White talked about the role Walgreens has played in trying to guarantee every person acquires a flu shot and described how the public can obtain a shot at any of the Walgreens locations.

The city of Phoenix also has teamed up with Passport Health to offer free flu shots to the community around the city. To find a Walgreens near you, visit walgreens.com.

### City secures protective equipment for schools

Schools in Phoenix will be able to use more than 1 million pieces of Personal Protective Equipment (PPE) in order to enhance safety amid the COVID-19 pandemic, thanks to the city.

The city of Phoenix has been working with area school districts to help guarantee that there will be a strong supply of this equipment in order to try to keep students and teachers safe.

Regular cloth masks and cloth masks with clear windows will be given to school districts so they can reopen for in-person learning. The masks with clear windows allow students with hearing impairments, as well as those with disabilities and youths learning English or learning to read to see visible expressions. Phoenix also worked with area school districts to order 1,500 gallons of hand sanitizer and 38,000 isolation gowns. The city understands the importance every school is placing on the health and safety of students, teachers and other employees.

Distribution of the equipment began in September at the Phoenix Convention Center.

### Free COVID-19 tests offered around city

It is easy and free to obtain COVID-19 testing in North Central and other areas of Phoenix.

Community partners of the city are holding free drive-thru testing sites this month and in December. There will be testing from 7 a.m. to noon on Saturday, Nov. 7 at Grand Canyon University at 5115 N. 27th Ave. Another COVID-19 testing event will take place from 7 a.m. to noon on Saturday, Dec. 5 at Orangewood Elementary School at 7337 N. 19th Ave. You can register at equalityhealth-foundation.org/covid19 or by texting "FREE TEST" to 31996 or by calling 888-587-3647.

To find out about other testing dates and locations, visit phoenix.gov.



# VOTE

VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE  
VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE  
VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE  
VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE VOTE

## \$100 TRIVIA CONTEST

## Who is my favorite politician of all time?

First to answer correctly will receive a \$100 gift card to the HillStone's.  
Winner for Last Month – Mark Hester | Last Month's Answer – Larry Fitzgerald

First person to correctly answer the trivia question via email, text or phone call will get a \$100 gift card to the Hillstone. 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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## ASK THE ATTORNEY

**Q: How does the CARES Act impact my planning and do I need to update my estate plan prior to 2021?**

A: The CARES Act includes a waiver of required minimum distributions (RMDs) for 2020. This waiver applies to IRAs, including both traditional and Roth IRAs, and company savings plans like 401 (k), 403(b), and 457(b) plans. The RMD waiver is useful for those who would have to take a 2020 RMD based on higher account values on December 31, 2019.

Depending on the outcome of the election, there could be a significant reduction in the federal estate and gift tax exemption. Those individuals that would be affected by the reduction should consider updates and/or gifting prior to the end of the year, as a reduction would likely be retroactively effective to January 01, 2021.

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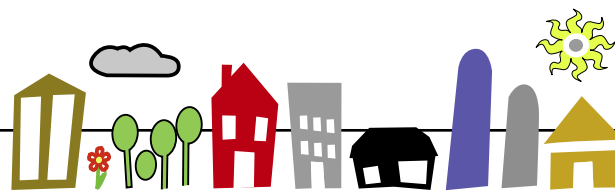


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### TAKING CARE OF BUSINESS

## Business Briefs

### ATHENA Awards to honor businesswomen

Businesswomen around the Valley will be recognized at the Greater Phoenix Chamber's ATHENA Awards online.

These internationally recognized honors are given to women who work in diverse industries to continue their commitment to leading, serving and mentoring. There will be 11 finalists for the award acknowledged during this virtual event from 11 a.m. to 12:30 p.m. on Friday, Nov. 6. The ATHENA award distinguishes three women every year who are at the top of their fields and who invest in their careers, as well as their community and other women.

The 2020 ATHENA Finalists in the private sector are Rhonda Bannard, president and chief connector of Inspired Connections; Rachel Frazier Johnson, Esq., principal and managing attorney of Rachel Frazier Johnson Law; Monica Garnes, division president of Fry's Food Stores; and Doris Savron, vice provost, Academic Colleges, University of Phoenix. In the public sector, the 2020 ATHENA Finalists are Peggy J. Chase, president and CEO of Terros Health; Chevy Humphrey, The Hazel A. Hare President and CEO, Arizona Science Center; Torrie A. Taj, CEO of Child Crisis Arizona; and Christine K. Wilkinson, senior vice president and secretary of the university, CEO and president, ASU Alumni Association, Arizona State University. In the Young Professional category, the 2020 ATHENA Finalists are Veronica Aguilar, associate director of Alumni Career Services, Arizona State University; Anna Carolina Ortiz, International Program Director for Esperanza; and Monica Trejo, Arizona State director, National Domestic Workers Alliance/Care in Action.

The cost for viewing the awards is \$55 per person for Greater Phoenix Chamber members and \$110 for non-Chamber-members. To register and learn more, visit [phoenixchamber.com](http://phoenixchamber.com).

### Boutique offers sales on top of discounts

Looking for unusual, whimsical gifts for loved ones this holiday season?

Find gifts and deals at Purple Lizard Boutique.

Although the locally owned store's brick-and-mortar presence at 2827 N. 15th Ave. was closed as of press time due to the COVID-19 pandemic, you can order items online for delivery or curbside pickup. Mention code NCN10 this month and receive 10 percent off merchandise in the boutique's "Sale Corner" on its website. The "Sale Corner" features clothes, shoes, purses, wrist warmers and other items that are discounted.

Marguerite Tram, owner of The Purple Lizard, and her husband, Joe, wear masks and gloves when delivering purchases to customers through curbside pick-up. Tram sends regular emails to customers encouraging them to shop online and the boutique also posts many photos of merchandise on Facebook. To learn more, visit [purplelizardboutique.com](http://purplelizardboutique.com).

### Former tennis star to open Hand & Stone spa

A former tennis star is trying his hand at a different type of field – owning a massage and facial spa.

Jack Snyder plans to open a Hand & Stone Massage and Facial Spa at 742 E. Glendale Ave., Suite 166, in January. Hand & Stone offers hot stone, Swedish, deep tissue, sports and many other types of massages, along with a variety of facials and hair removal services and a membership program that includes monthly treatments.

Snyder, who has been playing tennis since he could walk, was a four-time All-State in high school and a state champion on his senior year. He played competitive club tennis at Loyola University Chicago. He plays tennis twice a week, holding a 5.0 USTA rating. He also taught tennis for eight years.

To learn more about Hand & Stone Massage, visit [handandstone.com](http://handandstone.com).

### Teachers can apply for SRP grants for instruction

Salt River Project (SRP) is providing grants to teachers aimed at enhancing instruction in several subjects.

The grants will be accepted through Feb. 28 for this 2020-21 school year. Teachers are urged to apply for class-

***please see GRANTS on page 18***



When Experience Matters, Call Rodney Coty



1338 E. Colter Street • \$498,500  
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7025 N. 22nd Drive • \$280,000  
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802 E. Cavalier Drive • \$445,000  
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3543 W. Tuckey Lane • \$214,900  
3 bed/2 bath, 1416 SF, Red brick fixup

2020 SALES

7044 N 11th Dr • \$580,000	1050 E Clinton St • \$300,000	1010 W Vista Ave • \$2795 Mo.
6240 N 10th St • \$436,500(Duplex)	5817 N 12th Pl • \$599,900	7529 N 8th Ave • \$2195 Mo.
5402 E Windsor Ave 51 • \$263,000	3444 W Apollo Rd • \$259,900	4601 N 12th Ave 3 • \$1350 Mo.
1320 E Bethany Home Rd 37 • \$186,000	721 E Sierra Vista Dr • \$620,000(4-Plex)	4601 N 12th Ave 2 • \$1050 Mo.
4582 S Wildflower Pl • \$735,000	1313 W Luke Ave • \$346,500	4601 N 12th Ave 1 • \$1000 Mo.
1735 W Seldon Ln • \$510,000	1125 E Shangri La Rd • \$435,000	910 W Wagon Wheel Drive • \$670,000
1742 W Seldon Ln • \$534,900	1123 W Orangewood Ave • \$530,000	4455 E Paradise Village Pkwy S 1024 • \$268,000
10858 N 11th St • \$370,000	10407 N 11th St 3 • \$1450 Mo.	
521 W Marlette Ave • \$405,000	821 E North Ln 2 • \$1350 Mo.	



For more information about these and other properties, contact

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TAKING CARE OF BUSINESS

GRANTS continued from page 16

room grants to boost learning in the areas of math, science, engineering, technology and social science.

The SRP Classroom Connections program consists of Learning Grants by SRP, which offer funding up to \$5,000 per school for projects and programs that incorporate novel teaching strategies in math and science and meet performance guidelines as dictated by the Arizona Academic Standards. Social Science Grants by SRP support the enrichment and enhancement of classroom teaching in the subjects of history, geography, civics, government and economics and meeting performance standards that the state dictates. For this grant, up to \$2,500 is available per teacher.

All teachers in public and non-private schools in the Valley, as well as Pinal County, Gila County, Yavapai County, Page, St. Johns and Navajo Generating Station community chapters can apply for SRP Classroom Connections grants. To apply for a grant, visit [media.srpnet.com](http://media.srpnet.com).

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The photography studio, which recently opened at 6060 N. 16th St., offers high-end headshots, modern family photos and stylized portraits. Murray works with a diverse range of associates who provide hairstyling, makeup artistry, wardrobe and fashion styling services tailored to each client’s photography needs.

Portrait sessions cost \$300 each, with no time limit, and include make-up and hair styling, as well as access to outfits clients can wear for photos. Photographs are available in boxes with prints inside and as digital images. The prices for the photos vary depending on the sizes and needs.

Murray is a beauty, fashion and portrait photographer with more than 20 years experience in the field. In addition his own photography, Murray offers

classes at the studio. A Certified Professional Photographer (Professional Photographers of America), Murray instructs students in how to project and direct fashion shoots and work with models.

To learn more, call 602-872-7191, email Murray at [colin@cbm.photography](mailto:colin@cbm.photography) or visit [cbm.photography](http://cbm.photography).

**Local resident joins real estate firm**

Michael Marsh of North Central has joined Colliers International, a real estate professional services and investment management company located at 2390 E. Camelback Road, as associate vice president in office properties.

Marsh holds a Juris Doctor degree and a master’s degree in Business Administration from the University of Arizona and a bachelor’s degree from Gonzaga University. Previously he worked as an associate at Lee & Associates, Arizona. He has completed more than \$30 million in business involving more than 100 transactions for landlords and tenants during his commercial real estate career.

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Visit the Center Lawn of the Biltmore Fashion Park, which is at 2502 E. Camelback Road, to hear the band NEON perform free-of-charge every Saturday this month and in December. Most of the performances are from 2 to 5 p.m. but the band will play from noon to 3 p.m. on Dec. 5.

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

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2240 E Georgia Ave.....	Just Listed	4482SF	5BR/4.5BA	\$2,225,000
7151 N 3rd St.....	In Escrow	4250SF	5BR/4BA	\$1,450,000
5724 E Echo Canyon Rd .....	New Price	3738SF	3BR/3.5BA	\$1,400,000
210 E Cactus Wren .....	In Escrow	5BR/4.5BA	4900SF	\$1,350,000
2939 N Manor Dr W .....	New Price	4721SF	5BR/4BA	\$1,350,000
6312 N 4th Pl.....	In Escrow	4BR/3BA	2885SF	\$ 949,000
3146 E Maryland Ave.....	In Escrow	3BR/2.5BA	2925SF	\$ 899,900
34920 N 23rd Ln .....	In Escrow	5562SF	5BR/4BA	\$ 850,000
8051 N 15th Ave.....	In Escrow	3583SF	4BR/4BA	\$ 799,000
544 E Belmont Ave .....	In Escrow	3941SF	5BR/3.5BA	\$ 739,900
3824 E Melody Dr.....	In Escrow	4007SF	5BR/3.5BA	\$ 699,900
340 E Osborn Rd #3.....	New Construction	2441SF	3BR/3.5BA	\$ 695,000
340 E Osborn Rd #4.....	New Construction	2441SF	3BR/3.5BA	\$ 695,000
15368 N 18th St .....	IN Escrow	3529SF	4BR/3.5BA	\$ 650,000
1744 E Missouri Ave .....	New Price	2907SF	4BR/3BA	\$ 625,000
1611 N 11th Ave.....	In Escrow	1829SF	4BR/3BA	\$ 525,000
8710 N 6th Dr .....	Just Listed	1534SF	3BR/2BA	\$ 485,000
902 E Rovey Ave .....	In Escrow	1300SF	3BR/1.75BA	\$ 459,000
7747 N 13th St .....	New Price	1668SF	3BR/2BA	\$ 399,900
1102 W Glendale Ave #114	New Price	2103SF	4BR/3BA	\$ 363,000
1002 E Northern Ave.....	Just Listed	1304SF	3BR/1.5BA	\$ 214,900



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Featured Homes for November



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544 E. Belmont Ave. • \$699,000



34920 N. 23rd Lane • \$850,000



8710 N. 6th Dr. • \$485,000



1102 W. Glendale Ave. #114 • \$363,000



902 E. Rovey • \$459,000



340 E. Osborn Rd. #4 • \$695,000



202 E. Berridge Ln. • \$625,000



1005 E. Northern Ave. • \$214,900

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2205 E Colter St..... \$4,100,000	5112 N. 34th Pl. .... \$ 784,000	202 E Berridge Ln ..... \$595,000	6302 N. 11th St. .... \$ 439,900	1124 E. Rose Ln. #6 ..... \$ 255,000
5450 E Arcadia Ln ..... \$2,500,000	719 W Claremont St ..... \$ 769,000	5125 N 34th Pl ..... \$ 595,000	8145 N 13th Pl ..... \$ 434,000	350 W Maryland Ave ..... \$ 239,000
7020 N. Wilder Rd..... \$2,400,000	6522 N 14th St ..... \$ 750,000	1516 W. Winter Dr. .... \$ 585,000	3137 E Hazelwood St ..... \$ 426,250	8225 N Central Ave #15 ..... \$ 238,500
5600 N 4th St ..... \$2,001,000	1512 W Palmyra ..... \$ 710,000	6217 N 7th Ave ..... \$ 575,000	6811 N 11th Ave ..... \$ 420,000	507 W Beverly Ln ..... \$ 327,650
6020 E. Doubletree Ranch Rd. . \$1,860,000	1439 E Echo Ln ..... \$ 750,000	77 E Missouri Ave #37 ..... \$ 575,000	1711 E Solano Dr ..... \$ 420,000	4808 N 24th St #705 ..... \$ 325,000
8255 N 18th St ..... \$1,175,000	126 W. North Ln. .... \$ 748,840	701 W Las Palmaritas ..... \$ 568,000	1902 E Coolidge St ..... \$ 415,000	1102 W Glendale Ave #102 .... \$ 304,000
6611 N Central Ave..... \$1,175,000	1441 E Missouri Ave ..... \$ 740,000	4430 N.22nd St. #13 ..... \$ 550,000	3120 E Coolidge ..... \$ 400,000	3346 N 28th St ..... \$ 289,000
9824 N 53rd Pl ..... \$1,700,000	1002 E Kaler Dr ..... \$ 726,000	11 W Cheryl Dr ..... \$ 550,000	7340 N. 11th St. .... \$ 400,000	8008 N Central Ave #10 ..... \$ 275,000
10825 N 55th St ..... \$1,275,000	505 E Missouri Ave ..... \$ 688,000	14 E Laurie Ln ..... \$ 530,000	6163 N 28th Pl ..... \$ 399,000	1411 E Orangewood #230 ..... \$ 265,000
321 E. Pomona Rd. .... \$1,250,000	5301 N. 6th St. .... \$ 675,000	4827 E Weldon Ave ..... \$ 529,900	3015 E Coolidge #6 ..... \$ 385,000	3302 N 7th St #120 ..... \$ 208,000
816 E Circle Rd ..... \$1,120,000	6621 N 14th Pl ..... \$ 675,000	534 W. El Camino Dr. .... \$ 515,000	1810 W Butler Dr ..... \$ 370,000	100 W Maryland Ave N1 ..... \$ 190,000
9904 E. Quarry Trail ..... \$1,050,000	3853 E. Crittenden Ln. .... \$ 675,000	27525 N 113th Pl ..... \$ 510,000	720 W. Thunderbird Rd. .... \$ 369,000	6240 N 16th St #34 ..... \$ 187,400
245 E Ashwood Pl ..... \$ 990,000	412 E. McLellan Blvd. .... \$ 659,000	6811 N 11th Pl ..... \$ 505,000	509 W. Missouri Ave. .... \$ 339,800	750 E. Northern Ave. #2003 ... \$ 147,000
2214 E San Juan Ave ..... \$ 975,000	1404 W Gardenia Ave ..... \$ 655,000	6050 N. 10th Pl. .... \$ 502,500	1102 W Glendale Ave #125 .... \$ 369,000	1525 E Cortez Lot ..... \$ 65,000
81 E Circle Rd ..... \$ 975,000	902 W Claremont St ..... \$ 610,000	1133 E Gardenia Ave ..... \$ 475,000	1636 E Cactus Wren Dr ..... \$ 365,000	
11 W San Juan Ave ..... \$ 900,000	517 W. Lamar Rd. .... \$ 600,000	6118 N 9th Ave ..... \$ 475,000	4301 N. 21st St. #61 ..... \$ 335,000	
209 W. Lamar Rd. .... \$ 860,000	216 E Keim Dr ..... \$ 600,000	1312 W Georgia Ave ..... \$ 445,000	7330 N 11th St ..... \$ 330,000	
4714 E Lewis Ave ..... \$ 812,000	724 E Claremont St ..... \$ 599,900	1525 W Vernon Ave ..... \$ 445,000	732 W. Pierson St. .... \$ 301,000	

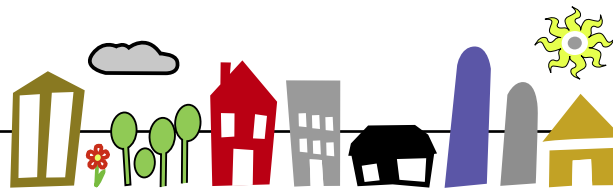


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HEALTHY LIVING

Health Briefs

Banner Health coloring page educates about flu

You can encourage your child to obtain an annual flu shot while making it a fun lesson through Banner Children's.

It is providing a free coloring page to stress the importance of acquiring flu shots, available to download at [BannerHealth.com/flu](http://BannerHealth.com/flu). The best time of year to get a flu shot is in October or November, according to Banner Health. Every year about 5 to 20-percent of people in the United States contract the flu and about 36,000 people die from it. The Centers for Disease Control and Prevention (CDC) said since 2010 flu-related hospitalizations among children ages 5 and younger ranged from 7,000 to 26,000.

The CDC said compared to other viral respiratory infections including the common cold, infection from the flu frequently causes a more severe illness. Less severe cases of influenza can

force people of all ages to stay home from work and school for several days.

Banner Health said the viruses in the flu shot are inactivated, meaning you cannot contract the flu from acquiring a flu shot.

To learn more and find flu shot locations, visit [BannerHealth.com/flu](http://BannerHealth.com/flu).

HonorHealth offers safety tips for pregnant women

HonorHealth is offering tips to anyone who is pregnant, as well as their loved ones, on how to stay safe amid the COVID-19 pandemic.

Dr. Kelly Helms, an obstetrician-gynecologist and independent member of the HonorHealth medical staff, said the Centers for Disease Control and Prevention (CDC) has released information indicating pregnant women are at increased risk of having a severe illness if they contract COVID-19. She recommends women maintain social distancing and properly wash their hands, while staying healthy during the

pregnancy. Helms urges women who are pregnant and experiencing a fever and/or body aches, shortness of breath or a new-onset cough to call their obstetrician. Depending on the severity of the illness, the doctor might or might not recommend staying at home and self-quarantining while treating their symptoms with over-the-counter medicine. If the illness is severe, the pregnant woman might be sent to a hospital.

Helms said there is limited information about the virus, but there was no evidence, as of press time, suggesting that Coronavirus can be passed from a mother to her baby through the placenta. There also has been no evidence that the virus can cause fetal abnormalities.

Helms said it is safe for pregnant women to take acetaminophen (two 500 mg tablets) for symptoms of fevers, chills or body aches. Cough syrups also are safe to take during pregnancy, as are anti-allergy medications for congestion or a runny nose including fluticasone

propionate, cetirizine, guaifenesin and fexofenadine.

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

Experts say flu shot critical this year

Health experts are urging everyone to obtain flu shots this year, especially as the COVID-19 pandemic continues.

Dr. William Ellert, chief medical officer at Abrazo Health, said getting vaccinated against the flu is easy and a proven way to protect people from one of the world's most common illnesses. Receiving a flu shot reduces someone's risk of contracting the flu or influenza by 50 to 80-percent, Ellert said. The U.S. Centers for Disease Control and Prevention (CDC) said acquiring a flu shot is the greatest protection against this illness. The CDC recommends everyone ages six months and older who does not have specific medical conditions that would be exacerbated by the vaccine accept a flu shot.



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## HEALTHY LIVING

Ellert said the flu shot also reduces the particularly dangerous mix of the flu and COVID-19 co-infection, which has already been observed in some patients. A CDC study of the severe flu season of 2017-18 revealed that flu vaccination prevented an estimated 6.2 million influenza illnesses, 3.2 million flu-associated medical visits, 91,000 influenza-affiliated hospitalizations and 5,700 influenza-associated deaths.

Ellert said while there has been an improvement in the hospitalizations related to COVID-19, “we are definitely not out of the woods and at risk for resurgence.” Residents can protect themselves and their loved ones by getting the flu shot, ensuring that the Valley’s healthcare system does not become overwhelmed in the flu season while healthcare providers keep fighting the Coronavirus.

Besides obtaining flu shots, people also can take other steps to try to protect themselves from contracting the flu by avoiding close contact with other people, especially anyone who is sick. You

also can try to stay healthy by covering your mouth and nose when coughing or sneezing; as well as washing your hands regularly and thoroughly.

To learn more about the flu, visit [cdc.gov](https://www.cdc.gov).

### Project Roots sells produce at farmers’ markets

It is even easier to consume fresh fruits and vegetables in North Central, now that non-profit organization Project Roots AZ is selling its produce at local farmers’ markets.

The organization is selling fruits and vegetables from 8 a.m. to 1 p.m. Saturdays at the Uptown Farmers Market at North Phoenix Baptist Church at 5757 N. Central Ave. WNBA champion Bridget Pettis started Project Roots AZ to offer nourishing food options for underprivileged communities and to teach Phoenixians about the value of a healthier, more sustainable type of living in urban areas. Over the last year the non-profit has been harvesting produce with volunteers and other community gardens, then donating the fruits and vegetables

to area food banks. The produce also is sold at farmers’ markets and via seasonal produce bag delivery services. Proceeds from the sales are then used to assist more recipients.

Project Roots is looking for volunteers to help as the fall weather is here. Families and children are urged to assist with weeding, watering, planting and turning the soil.

To learn more about how to donate money or time to the non-profit organization, visit [projectrootsaz.org](https://projectrootsaz.org).

### Experts say exercise to reap many health benefits

As the holiday season approaches and people get ready to indulge in rich foods while they might have gained some pounds during the COVID-19 pandemic, experts say it is important to stay active.

The weather is cooler, making it more comfortable to walk, jog, bike and do other activities outdoors. Exercise is a good way to boost your immunity, which is especially critical during cold and flu season. Physical activity also lowers adults’ risk of high

blood pressure and stroke while improving mental health and cognitive function, among other benefits, according to the Centers for Disease Control and Prevention (CDC).

Children ages 3 to 5 years old should engage in physical activity throughout the day for their development and growth, according to CDC. The CDC recommends youths ages 6 to 17 do at least one hour of moderate to vigorous intensity physical activity every day, including daily aerobic movements. It says kids in that age group should do exercise that strengthens bones, including running and jumping, three days a week. The CDC recommends those ages 6 to 17 participate in activities that build muscles, including climbing and push-ups, three days a week. The Arizona Department of Health Services’ AZ Health Zone recommends adults take part in exercise that is moderate-intensity, including walking briskly, heavy gardening and vacuuming for at least 150 minutes a week.

For more information, visit the CDC at [cdc.gov](https://www.cdc.gov) and AZ Health Zone at [azhealthzone.org](https://azhealthzone.org).

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**SCHOOL DAYS**



Art teachers in North Central schools have found creative ways to engage students in lessons through online/virtual experiences during the COVID-19 pandemic (submitted photo).

### 'Outside-the-box' online art lessons

By Cami Parrish

North Central art teachers are finding new and creative ways to adapt to online learning amid the COVID-19 pandemic.

Many schools are still practicing virtual learning due to the Coronavirus crisis, meaning that arts departments within local schools are facing daily challenges as they adapt to this educational format.

During a typical school year, art classes would be held in classrooms that are fully equipped with paper, paint, clay and other materials for students to use. However, in response to Centers for Disease Control and Prevention (CDC) recommendations, most art classes are now held virtually, meaning that many students are no longer on school campuses for their classes. This has had a significant impact on the way that art teachers conduct their classes this semester.

Joanna Ewald, a visual art teacher at Madison Rose Lane Elementary School in the Madison Elementary School District said that the most challenging part of teaching art this semester has been accounting for the fact that students don't always have access to materials.

"We spent a lot of time trying to make markers and crayons interesting in the beginning," Ewald laughed.

Elizabeth Archuleta, a visual art teacher at Longview Elementary

School in the Osborn Elementary School District expressed similar sentiments.

"When you don't have a regular classroom with supplies and everything, kids basically just have crayons," Archuleta said. "You're lucky if they have a blank, white sheet of paper. So you're very limited in what you can do."

The Madison and Osborn districts have announced that they intend to allocate funding to providing students with certain art supplies in the near future so that students have materials for the classes. In the meantime, art teachers are constrained to creating lesson plans that involve things students already have at home.

Sara Daffe, a visual art teacher at Madison Park Middle School, said that in addition to making the classes accessible for all of her students, she tries her best to create lesson plans that give the students independent work-time, so that her students aren't "over-screened." "All of our students are on their computers almost constantly now, I really try to give them options that allow them to get off of their computers during my class," Daffe said.

Nevertheless, perhaps the biggest challenge facing arts teachers this semester is building personal connections with their students. Many teachers said that usually they make connections with students by asking them about the art they've made in their class. As a result of virtual learning, many of them are barred from connect-

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SCHOOL DAYS

ing with their students on this level.

“I don’t feel like I’m building that same relationship with my new students, and if I’ve had the students before, it feels like our relationship is just stalled,” Ewald said.

Despite the challenges that art teachers have faced, many have been able to create exciting new projects that keep students engaged and spread positivity around the community. For example, Melanie and Hazel, kindergarten and third-grade students at Madison Rose Lane Elementary School, said that one of their assignments was to draw “Health Heroes,” images of doctors and nurses that said “thank you” at the top, which were then given to medical professionals at COVID-19 testing centers.

Many of these schools are scheduled to resume in-person learning sometime this month and some began classes on campuses again last month.

*Cami Parrish is a journalism student in Arizona State University’s Walter Cronkite School of Journalism and Mass Communication.*

School Briefs

MADISON ELEMENTARY SCHOOL DISTRICT  
Open enrollment begins next month

The Madison Elementary School District will begin taking applications on Tuesday, Dec. 1, to enroll students.

Families who live within the district’s boundaries can enroll a child in a school in the elementary or middle school in the attendance area in which the family lives online by accessing [madisonaz.org/enrollment](http://madisonaz.org/enrollment).

Parents who live within the district’s boundaries but who want their student to go to a Madison school that is not part of their attendance area must fill out an open enrollment application that also is available through [madisonaz.org/enrollment](http://madisonaz.org/enrollment).

Madison Traditional Academy offers only open enrollment and does not have any specific attendance areas.

Those who live outside of the Madison district boundaries who want to sign up their child for a school in the district also need to complete an open enrollment application, which can be found at [madisonaz.org/enrollment](http://madisonaz.org/enrollment).

Several documents are required to register students, including a copy of each child’s birth certificate, custody/court

papers (if applicable) and immunization records, among other paperwork.

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

Students exchange letters with older adults

Older adults are finding ways to keep connecting with children in the Madison Elementary School District despite the COVID-19 pandemic with help from the Oasis Intergenerational Tutoring program.

In this program, mature adults are paired with students in grades kindergarten through third to work one-on-one every week as their tutors, friends and mentors. Oasis follows a six-step approach to literacy that educators designed that emphasizes improved reading, writing, speaking and listening.

The tutoring program has had to move away from the usual way tutors connect with children for safety reasons due to the Coronavirus crisis. Students in the Madison schools now are participating in the Oasis Postal Pen Pal Program, which kicked off last month. In this program students and Oasis tutors exchange letters with each other, which helps improve students’ reading and writing skills, foster relationships with the tutors and make the writing meaningful. More than 100 tutors take part in the Oasis program in the Madison district.

Madison district receives financial reporting honor

The Madison Elementary School District is receiving recognition for its financial reporting to the community.

The Government Finance Officers Association of the United States and Canada (GFOA) recently awarded the Certificate of Achievement for Excellence in Financial Reporting to the district for its comprehensive annual financial report (CAFR) for the fiscal year that ended June 30, 2019. An impartial panel judged the report to ensure it met the program’s high standards, which include demonstrating a constructive “spirit of full disclosure” to clearly convey its financial story and to motivate possible users and user groups to read the document.

The Certificate of Achievement is the highest form of honor in governmental accounting and financial reporting. Receiving it represents a major accomplishment by a government, as well as its effective management.



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SCHOOL DAYS

OSBORN ELEMENTARY SCHOOL DISTRICT  
Students celebrate Indigenous Peoples' Day

First-graders at Longview Elementary School recently celebrated Indigenous Peoples' Day with their librarian.

The students explored Hopi items that librarian Dorinda Montoya shared with them online/virtually and saw a slide presentation that included music, dances and videos. These first-graders learned some Hopi words and listened as a Hopi story was read to them. Several students shared Native American materials they had in their homes and one made her own version of a Hopi rattle.

Students' health is focus of district's collaboration

The Osborn Elementary School District is striving to enhance the quality and sustainability of physical and mental health services for students.

It recently joined the second cohort of school districts that are in the Collaborative Improvement and Innovation Network (CoIIN), after an invitation from the Arizona Department of Education's School Safety and Social Wellness Unit. Participating schools will work to boost the quality and ability to continue delivering health services to students, as well as to expand access to these offerings to a larger number of students. The goal of the participants also

is to work with state leaders to further policies and programs that promote quality, sustainability and growth of physical and mental health services based in schools.

A team at Longview Elementary School will be formed to apply the learning to their social-emotional well-being programs. The district's director of School Services, Ginny Shuss, and district social worker Judy O'Brien will lead the efforts. As well as the Arizona Department of Education, the district will work in collaboration with the CoIIN Network and the National Center for School Mental Health.

Solano principal picked for Valley educators group

Solano Elementary School Principal Lisa Norwood is not only guiding staff and students on campus but also heading an executive board to advocate for educational needs around the Valley.

She recently was elected as president-elect of the newly formed Phoenix Association of Black School Educators. The PhoenixABSE is an affiliate of the Arizona Association of Black School Educators, which is a branch of the national organization. This local organization will focus on the educational needs of Valley students and families.

Norwood is a graduate of the iLead program, which is an intensive principal training and certification graduate education program at Arizona State University. She also has worked as a principal in many other school districts

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SCHOOL DAYS

in the Valley. Norwood has been invited to work as an academic associate teaching two courses to the new master’s degree cohort of aspiring administrators in the iLead program this school year.

PRIVATE AND CHARTER SCHOOLS  
Midtown Primary students successfully start on campus

Students at Midtown Primary School are on back on campus for this academic year. The school has taught students in person since Sept. 1 while families also have had the choice of keeping their children home for online learning. As of press time, 65-percent of students were taking classes on campus.

The school set clear rules, including requiring face masks to be worn and providing daily health screenings and temperature checks in light of the COVID-19 pandemic. There also are different entrances on campus for kindergartners. The kindergartners eat breakfast and lunch in their own area of the campus. A staff safety manager cleans and disinfects all day, including on the playground equipment after



Second-grade students work on projects at Midtown Primary School, where in-person classes recently resumed (photo courtesy of Midtown Primary School).

each class uses it. Students who are sick with any type of illness are sent home quickly and asked to remain at home until they no longer have symptoms.

The goal of the new protocols has been to provide a safe environment for children to study and play.

“We did NOT sacrifice warmth, or friendliness, or fun – we are still a

warm, cozy, family-like school,” said Judy White, principal at the school.

Brophy students engage in mock election

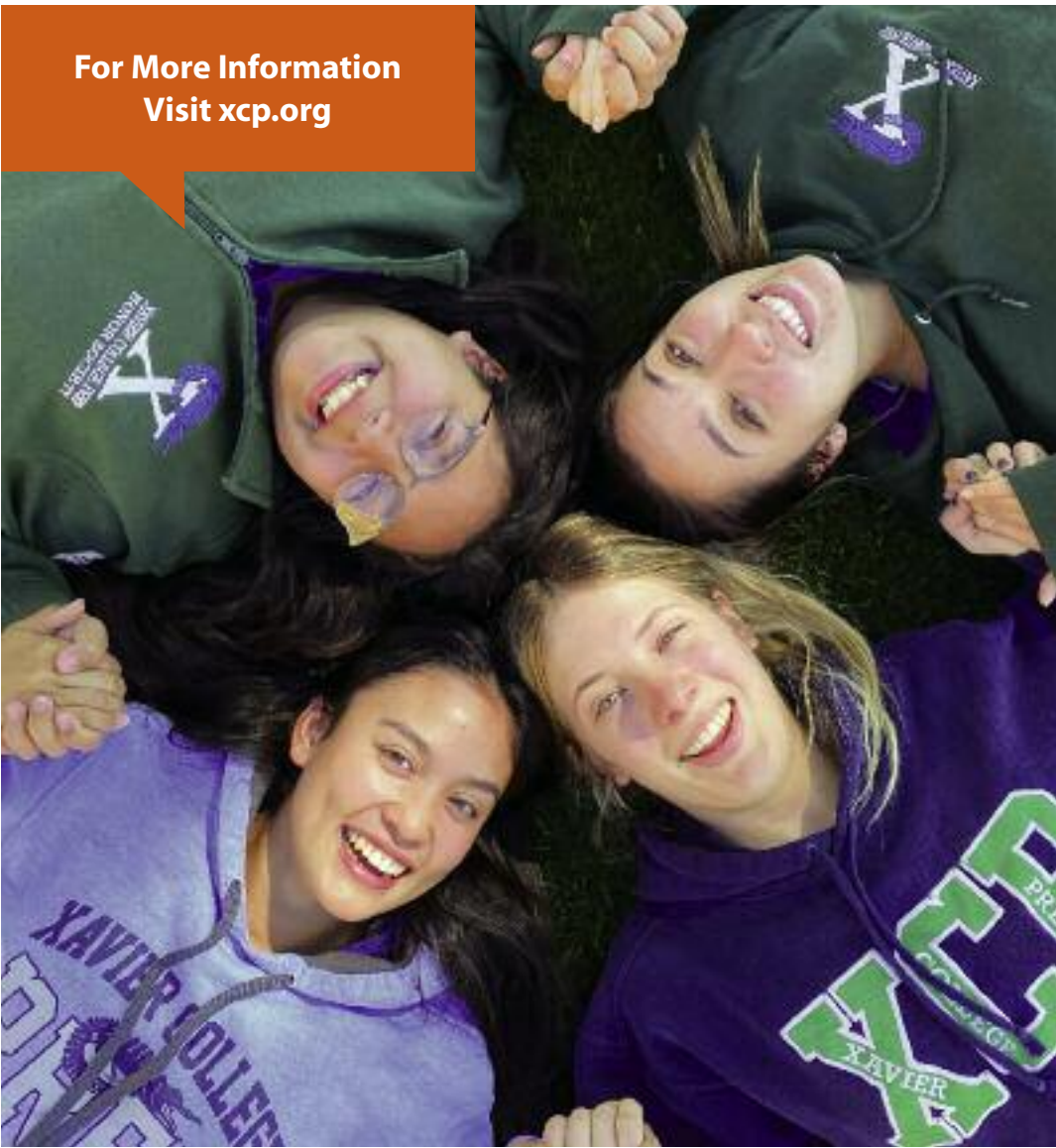
While most Brophy College Preparatory students are too young to vote, they still are immersed in the excitement of the 2020 election.

The school has declared Election Day, Nov. 3, a “Day of Democracy,” when the campus will serve as a Maricopa County polling location and classes will be dismissed for the day. It is part of the Brophy Votes initiative, which has offered many ways for students to learn more about the political process and candidate platforms over the last month. This initiative aims to instill the importance of voting in the students, once they are old enough to do so and steers them toward civil, respectful conversations.

Brophy students have been engaged in activities and events including a “Democracy and Hope” art installation, the Young Democrats Club and the Teenage Republicans Club giving presentations, a group viewing of the presidential debates, mock student voter registration and a mock election. Brophy teens also took part in the AZ Jesuits Vote – Voter Engagement Event last month. The Jesuits West Province held these virtual events focused on working for justice and racial equity. Members of the Arizona Jesuit community told stories and CORAZÓN

*please see MOCK ELECTION on page 28*

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



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Saturday, Jan. 9, 2021 and Saturday,  
Jan. 23, 2021.



## SCHOOL DAYS

**MOCK ELECTION** *continued from page 27*

(Congregations Rising Arizona Organizing Neighborhoods) provided a training session and time to connect with potential voters. CORAZÓN is a multi-faith, member-led grassroots organization that organizes congregations, schools and individuals with shared core values.

Brophy Principal Bob Ryan said in a letter to parents that the Brophy Votes campaign “will not only engage students in an examination of the issues, it will also provide them a specific and countercultural experience of civic engagement.”

## Two Xavier seniors earn National Merit titles

Two Xavier College Preparatory seniors are being recognized for their academic strength and potential to succeed in difficult college studies.

Camille Kerber and Alexandra Scott were recently named Semifinalists in the 2021 National Merit Scholarship Program. Officials with the National Merit Scholarship Corporation (NMSC) recently announced the names of about 16,000 Semifinalists in the 66th annual National Merit Scholarship Program. These academically strong high school seniors have the chance to keep advancing in the competition for one of the 7,600 National Merit Scholarships that are worth more than \$30 million, which will be provided next spring.

The Semifinalists represent less than one-percent of U.S. high school seniors, including the highest scoring applicants in each state. Officials select the number of Semifinalists in a state in proportion to that state's percentage of the total number of graduating seniors in the country.

Kerber describes herself as a bookworm but also is heavily involved in drama. This school year she is public relator and project planner of the Drama Club, as well as being a member of the National Thespian Society (an honors organization), council member of Arizona Theatre Company's teen program and stage manager for Brophy Student Theatre. She has performed in the cast and worked as a crew member for many plays and musicals. Kerber also is a jumper for Arizona Adaptive Water Sports, a non-profit organization that assists people with disabilities in playing water sports.



Xavier College Preparatory students (from left): Ava Chaffee, now a junior; Sara Watson, who was a senior and graduated in the spring; Kyra Klonoski, also a 2020 graduate and Grace Dimond, another 2020 graduate, perform in “Little Women” last school year. Ava was nominated for an honor and Sara, Kyra and Grace received distinctions through the 15th Annual National Youth Arts Awards (photo courtesy of Xavier College Preparatory).

Scott is a champion archer, captain of the archery team and she earned her place at the nationals this year. She also is arts editor of Xavier's literary magazine, vice-president of the National Art Honors Society and a member of the Calculus Club. Outside of Xavier, Scott trains with fellow black belt holders, as well as teaches youths in karate. To learn more about the National Merit Scholarship Corporation, visit [nationalmerit.org](http://nationalmerit.org).

## Xavier students named Commended Scholars

Several Xavier College Preparatory students are demonstrating their academic strength already this school year.

Principal Sister Joan Nuckols, BVM, recently announced eight seniors at the school were recently selected as Commended Students in the 2021 National Merit Scholarship Program. They are Bethany C. Barnwell, Kathy T. Chen, Bianca Victoria M. Feix, Linnea M. Kerber, Emma M. McCarthy, Natalina J. Putrino, Rishita M. Shah and Regan M. Williamson.

About 34,000 Commended Students around the country are being honored for their tremendous academic promise. They will not participate in the 2021 competition for National Merit Scholarship awards but they rank among the top 50,000 of the 1.5 million students who entered the contest by taking the 2019 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT).

The Commended Students have

shown great potential for academic success, according to a National Merit Scholarship Corporation (NMSC) spokesperson. Nuckols was expected to provide a Letter of Commendation from Xavier and the NMSC to the students.

## Theater students receive national awards

Several Xavier College Preparatory students are stars when it comes to their talent and hard work on stage and behind the scenes of musicals and plays.

These students recently were recognized as winners of the 15th Annual National Youth Arts Awards, which distinguish actors in educational and professional theaters.

The winner for “Lead Performance in a Musical” was Grace Dimond, who played Jo March in Xavier and Brophy College Preparatory's production of “Little Women.” She graduated from Xavier in the spring. Another Xavier graduate, Sara Watson, also received an award for “Lead Performance in a Musical” for her part as Marian Paroo in “The Music Man” last school year. Kyra Klonoski, who graduated from Xavier in the spring, was awarded for “Supporting Performance in a Musical” for her role as Marmee March in “Little Women.” Brophy senior Andy Wissink also won an award for “Supporting Performance in a Musical” for his acting as Laurie Laurence in “Little Women.”

The cast of “Little Women” at Xavier last academic year also received

the “Ensemble” award. Kate Brink, who is now a junior at Xavier, received the “Outstanding Featured Performance in a Play” honor for her part as Kalypso in “My Father, Odysseus,” a Xavier and Brophy production last school year. Jordan Baker, now a senior at Xavier, was distinguished with the “Outstanding Supporting Performance in a Play” award for her roles as Muse and Anticlea in “My Father, Odysseus.” Another Xavier student, Alisha Waheed, now a junior, also took home the “Outstanding Supporting Performance in a Play” award for her role as Athena in “My Father, Odysseus.”

Several Xavier and Brophy students also were nominated for the accolades. Ava Chaffee, now a junior at Xavier, and Talia Novack, now a senior at Xavier, were nominated for “Supporting Performance in a Musical” honors, for their acting as Beth March and Amy March respectively in “Little Women.” Lauren Vickers, who is now a senior at Xavier, was nominated for the “Featured Performance in a Musical” award for her part as Aunt March/Hag in “Little Women.”

Jessica Vining, theater teacher and director at Xavier, was nominated for a “Direction” award, one of the laurels given to adults involved in theater. Other adults nominated for awards through the program were Laurena Ketzler-Kerber, a Xavier parent, member of the Mother's Guild and guest artist for “Costume Design” for “Little Women” and “The Music Man;” Jonah Nelson, Xavier theater manager, for “Lighting Design” for “Little Women;” Thomas Lytle, Xavier stagecraft teacher, for “Set Design” for “Little Women” and Joshua Condon, guest artist and musical director for St. Francis Xavier Catholic Church for “Musical Direction” for “Little Women.”

A panel of more than 50 judges and reviewers selected the winners of the awards. Because of the COVID-19 pandemic there was not a live awards ceremony. National Youth Arts is a membership-based program that recognizes excellent work by youths in the arts, as well as adults who help with youths' productions.

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

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## Senior Living

**Learn about Medicare, beware of scams**

It is the season to enroll in Medicare and local experts can help you find the plan that is best for you.

Yvonne Kudray-Baraban, an independent broker who specializes in selling Medicare insurance through her company Medicare Benefits Consulting, L.L.C., said Medicare open enrollment began last month and runs through Monday, Dec. 7.

Because of the COVID-19 pandemic, there will be more Medicare Advantage plans providing telehealth services and coverage to allow their members to obtain medical treatment while staying in their homes, Kudray-Baraban said. Telehealth services allow members to communicate with doctors through video conferences.

Kudray-Baraban noted that the biggest change Medicare Advantage plans will make in 2021 is due to the 21st Century Cures Act. Medicare beneficiaries who have end-stage renal disease could previously enroll only in Medicare Advantage plans under limited circumstances, but now they can enroll in these plans starting in January.

Kudray-Baraban said the advantage of utilizing an independent broker to find a Medicare plan is that the broker works for you and can provide more than just one option. The independent broker's services do not cost anything as the broker receives a commission directly from the carrier whose plan is selected. You can reach her at 602-575-0622 or via Yvonne.Kudray@Cox.net.

The Area Agency on Aging, Region One, Maricopa County also provides free information to make selecting a Medicare plan easier. Its online resource library offers details on the two programs available in Medicare's Benefits Assistance program – the State Health Insurance Assistance Program (SHIP) and the Senior Medicare Fraud Patrol. You can ask questions, obtain help interpreting your Medicare billing statements and gather other information by meeting with volunteer counselors at many locations in Phoenix. To learn more, visit [aaaphx.org/program-services/benefits-assistance-programs](http://aaaphx.org/program-services/benefits-assistance-programs).

The Senior Medicare Fraud Patrol

teaches the public about healthcare fraud prevention and helps investigate and file claims to help resolve issues when someone is a healthcare fraud victim. If you suspect Medicare fraud, you can call 1-800-432-4040 or call the Area Agency on Aging's 24-hour Senior HELP LINE at 602-264-HELP (4357).

AARP warns that if you are currently enrolled in Medicare, you will not receive a new chip card to replace your paper ID card.

Senior Medicare Patrols help Medicare beneficiaries, their families and caregivers in order to prevent, detect and report healthcare fraud, abuse and errors. Learn more by calling 1-800-432-4040 or visiting [smpr-source.org](http://smpr-source.org).

## Learn to handle chronic health issues in class

If you are dealing with a chronic health issue there is a class you can take to learn how to manage your challenges from the comfort of home.

Area Agency on Aging, Region One, will offer its next six-week Active Living with Chronic Conditions class via telephone from 2 to 3 p.m. Mondays, Nov. 9 to Dec. 14. Participants will understand how to manage their chronic health problems, including diabetes, arthritis, heart disease, pain and anxiety. They will learn practical tips for handling the pain and fatigue, as well as improved nutrition and exercise choices, understanding new treatment options and better ways to talk to their doctors and families about their health.

To register for this class, which will be done via conference call, call 602-241-5562 or email Rose Leyba with Area Agency on Aging, Region One, at [rose.leyba@aaaphx.org](mailto:rose.leyba@aaaphx.org). For more information, visit [aaaphx.org/healthy-living-fall-classes](http://aaaphx.org/healthy-living-fall-classes).

## Kids & Families

**Dads can finetune their parenting skills**

Fathers who are looking for tips on strong parenting can watch a virtual/online workshop for free on Monday, Nov. 9.

The city of Phoenix Parks and Recreation and Human Services



GENERATIONS

departments will hold the Virtual Speaker Series: Nurturing Fathers from 5 to 6 p.m. online. There will be a discussion about parenting and nurturing skills for men.

Participants must register in advance and will receive a unique code four to six hours before the session starts. The live video stream will be presented through Cisco Webex, so attendees must download the free Webex app via the iTunes or Android store or through their internet service provider.

To learn more and find out about other Parks and Recreation events visit [phoenix.gov/parks](http://phoenix.gov/parks).

Run, walk, gather swag in virtual Turkey Trot

Burn off some of the calories ahead of Thanksgiving dinner or afterwards during the Phoenix Turkey Trot – Virtual Event.

Because of the COVID-19 pandemic, the event has become virtual out of health and safety concerns for participants and their families. RacePlace is still offering lots of goodies for those who register online for the

virtual run and walk, which participants are urged to complete between Nov. 23 and 29. Runners and walkers are urged to either walk or run a 5K, to complete a 10K run or to do a “1 Mile Dash & Tot Trot.”

Registration cost is \$25 for several of the running/walking options and \$30 per person for others. Anyone who registers for the virtual run/walk will receive a limited edition, long-sleeve cotton race T-shirt, a unique race bib and a finisher medal.

Dress in costumes for a chance to win prizes. In order to be considered for a possible prize, post your photos on the Facebook page for the event, [facebook.com/The-Phoenix-Turkey-Trot-1492904627426364](https://facebook.com/The-Phoenix-Turkey-Trot-1492904627426364).

Download free music for kids, adults from library

You can download free music 24/7 through the Phoenix Public Library website on Freegal when using your library card. Library card users can download up to five songs per week and keep the files. Freegal is a music download and streaming service that

provides access to more than 16 million songs including Sony Music’s catalog of well-known artists. Cardholders can access a wide variety of music for children and adults.

To learn more and access Freegal, visit the Phoenix Public Library at [phoenix.gov/library](http://phoenix.gov/library).

Amenities at city parks reopen

The Phoenix City Council voted last month to start reopening all amenities in city parks. The city’s public parks, trails and golf courses stayed open during the COVID-19 pandemic but outdoor recreational features that present high-touch surfaces or areas that made physical distancing difficult were temporarily closed while city staff members and City Council members monitored positive case metrics for Coronavirus.

One popular area with easy and challenging trails, making it ideal for all ages, is Dreamy Draw Recreation Area at 2421 E. Northern Ave. It has a paved trail where you can push a stroller or just take advantage of a smooth path. There is much desert

plant life you can see from the trails.

Park visitors should follow several guidelines related to health and safety, including wearing a mask or face covering. You should not use public recreational amenities if you are showing symptoms of illness. Also bring your own hand sanitizer and wet wipes with you. The city also urges everyone in parks to keep at least six feet away from others who are not in their family or hiking group.

To learn more and find trails, visit [phoenix.gov/parks](http://phoenix.gov/parks).

Enchanted Island opens games, rides, other treats

The city of Phoenix attraction Enchanted Island Amusement Park at 1202 W. Encanto Blvd. has reopened. Enchanted Island offers rides, including a train, carousel, kiddie cars, bumper boats, games, a giant climbing wall, pedal boats and canoes. It has a snack bar and other amenities.

Enchanted Island provides an entertaining spot for birthdays, reunions, first dates and weddings. To learn more, visit [enchantedisland.com](http://enchantedisland.com).



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The Phoenix Theatre Company is building an outdoor stage that will resemble this rendering at Central United Methodist Church at 1875 N. Central Ave. This outdoor venue will allow guests to watch live performances again in a setting that aims to promote safety during this COVID-19 pandemic (photo courtesy of Phoenix Theatre Company).

## Theater company builds outdoor stage

The Phoenix Theatre Company is finding a creative way to bring shows back while aiming to protect the safety of actors and audiences amid the COVID-19 pandemic.

Shows are going to premiere on an outdoor stage being built at the Central United Methodist Church at 1875 N. Central Ave., one block north of its three-stage complex. The outdoor stage will provide ample room for guests to watch live performances while keeping their social distance from others.

The new performance area will accommodate about 250 people, seated in pairs and spaced six-feet from others in all directions. The new, 32-by-24-foot stage has been custom designed and built by outdoor event specialists to permit production teams to replicate high-production values while maintaining safety. There will be a wall of screens at the back of the stage to boost flexibility of the space.

The work had to comply with local, state and national health mandates. The Phoenix Theatre Company received approval from the state and city to hold outdoor gatherings. Vincent VanVleet, managing director of the Phoenix Theatre Company, said the best part is helping to bring “some of the country’s finest arts professionals back to work.”

The theater company voluntarily suspended shows in March to help try to reduce the spread of COVID-19.

Performances at the outdoor stage are expected to start with “Happy Birthday Dionne,” a tribute to Dionne Warwick featuring the local trio We3, on Tuesday, Nov. 10. The outdoor shows will run through May of next year. To learn more, visit [phoenixtheatre.com/plan-your-visit](https://phoenixtheatre.com/plan-your-visit).

## Phoenix Art Museum reopens for visitors

Phoenix Art Museum is open again for guests with safety measures in place.

The museum at 1625 N. Central Ave. announced its reopening last month and urged visitors to purchase tickets for exploring the site ahead of time to decrease contact points. If you pay at the museum you are required to use a credit or debit card at checkout, using the touchless payment stations. Cash is not being taken now.

The number of visitors who can buy tickets each day is being limited to try to maintain social-distancing requirements. Phoenix Art Museum is decreasing its daily attendance capacity to 600 people in order to meet guidelines from the Centers for Disease Control and Prevention (CDC).

The museum provides exclusive admission to visitors ages 65 and older from 10 to 11 a.m. Wednesdays through Fridays. It costs \$20 for general admission tickets for those ages 65 and older; \$23 for adults; \$18 for students and \$5 for youths ages 6 to 17. For more information, visit <https://phxart.org/>



## ARTS &amp; ENTERTAINMENT

## Campaign aimed at supporting public art

Friends of Phoenix Public Art recently launched a long-term community digital and social media campaign, LOVE IT! Phoenix Public Art. The campaign aims to boost awareness and generate citizens' pride and appreciation of the city's public art pieces. The campaign also will raise money to help the city preserve and maintain its public assets. There also will be an e-commerce store featuring fashion items.

Phoenix displays a nationally and internationally recognized Municipal Art Collection, which features more than 1,200 pieces of art displayed in city buildings and the Gallery @ City Hall. It also includes nearly 200 public art creations embedded in neighborhoods and city buildings around Phoenix. Public art is visible around North Central including a large sculpture, a pathway and artistic fence in a revamped area near an inactive well on the southeast corner of 6th Street and Butler Drive installed last year. Another art project, located at the southwest cor-

ner of 19th Avenue and Maryland Avenue, called "In Between," was composed by coLAB studio artists, with two vertical shade panels made from flower and galaxy images, at a bus shelter.

To learn more, visit [friendsof-phoenixpublicart.org](http://friendsof-phoenixpublicart.org).

## Herberger seeks artists for exhibit

The Herberger Theater Gallery is looking for artists to display their work next year.

Any artists who live in Arizona, at least 18 years old, can submit two or three-dimensional artwork to be considered for the exhibition, which will be on display from April 2 to May 2. The deadline to submit pieces of art for consideration is Dec. 31.

Artists are not permitted to turn in artwork that has previously been shown in the gallery and are not allowed to turn in pieces mounted on foam core alone. The value of the artwork must not be more than \$3,000 per piece. Josh Louche, guest curator, will select the materials for the exhibition based on

"adequacy to the theme," "originality," and "quality of execution." The theme for the exhibit will be "evaporation."

You can apply by submitting photos of your artwork electronically through WeTransfer or by mail on a flash drive or CD. There is a \$25, non-refundable fee to turn in up to six images and you can pay online or by sending a check or money order payable to "Herberger Theater" to Herberger Theater, Attention: Call to Artist Submission, 222 E. Monroe St., Phoenix, 85004.

To learn more, visit [herbergertheater.org/art-gallery-gift-shop](http://herbergertheater.org/art-gallery-gift-shop) and look under "Call To Artist Opportunities."

## 'Hybrid' arts festival returns for 11th year

Celebrate arts in the community during the Herberger Theatre's 11th annual Festival of the Arts.

The re-imagined festival, a hybrid event that will take place on Saturday, Nov. 14, from 11 a.m. to 5 p.m. at 222 E. Monroe St., will include live dance, music and theater performances on an outdoor stage, as well as some theater

groups streaming performances online. There will be aerials and artist demonstrations in physically distanced space. The public can buy art through online vendor booths.

Admission to the festival is free. It will take place outside in the plaza of the theater. To learn more, visit [herbergertheater.org/herberger-theater-festival-of-the-arts](http://herbergertheater.org/herberger-theater-festival-of-the-arts).

## Alwun House presents 'LIGHTHOUSE' exhibit

Alwun House Foundation at 1204 E. Roosevelt St. will light up Friday, Dec. 4 to Friday, Jan. 1 with innovative artwork. The gallery lights will be shut off while infused, interactive, light installations will create an abstract aesthetic experience. Expect to see light-boxes, lamps, video, art shrines, LED, fire, mixed media and other forms of expression.

The exhibit is available for viewing from noon to 6 p.m. Tuesdays through Fridays and closed for the holiday Dec. 23 to 28. To learn more, visit [alwunhouse.org](http://alwunhouse.org).

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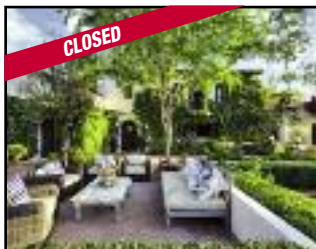
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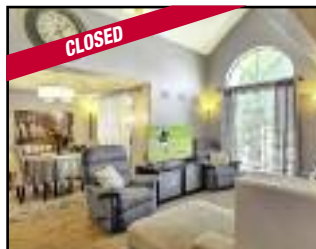
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FOOD FOR THOUGHT



Self-proclaimed 'Pupusa Princess' Yesenia Ramirez, left, and her mother Miriam Ramirez, have been bringing the cuisine of El Salvador to Valley diners since 2002. Customer favorites include pupusas, shown on the left, and a Salvadoran sampler (photo by Marjorie Rice).

## Café Chat

### Family serves up delectable Central American dishes

By Marjorie Rice

Self-described "Pupusa Princess" Yesenia Ramirez is on a quest to introduce Valley diners to the cuisine of her native El Salvador.

She serves it up in her Salvadoreño Restaurant on Central Avenue, south of Dunlap Avenue, and promotes it in videos and at the annual Pupusa Festival.

Salvadoran cuisine is amalgam of traditions from Mexico, Central America and the Caribbean, Ramirez said.

"We have some elements from Mexico – commonalities like rice and beans and tortillas," she said. "And we have an infusion of Caribbean, with Spanish influence. It's a little bit of both worlds. You get rice, beans and tortillas and then you also get the plantains and the yuca (the edible root of cassava)."

Ramirez said her restaurant makes tamales that are stuffed with chipilin, chicken and cheese.

"Chipilin is a leafy green vegetable native to Central America and used a lot by the Mayans in their cooking," she said. "If you cook it by itself, it doesn't really taste like much, but when you put it in things, it brings out their flavor. We also make a vegan tamale with beans. The tamales are wrapped in plantain leaves and steamed."

And then there are pupusas – probably the best-known Salvadoran staple.

One publication called them "tortillas on steroids." Pupusas are made with corn masa dough formed into a disc, then a filling is placed in the center and the masa is brought around it and sealed. The tortilla is flattened, then cooked on a grill, topped with curtido (vinegary pickled cabbage salad) and served with a savory – but not hot – sauce.

Fillings include pork, chicken, shrimp, beef and bacon; bean and cheese; potatoes and cheese; garlic and cheese; mushrooms and cheese – just about any combination you can imagine.

The most popular blend is the rebuelto pupusa, filled with beans, pork and cheese. Loroco, a Central American plant similar to squash blossom, combines with cheese for a popular vegetarian pupusa.

There's no lard in the tortillas, so vegan choices also are available.

A good way to get introduced to the cuisine is to order the Salvadoran sampler, with pupusas; tamal de chipilin con queso; plantain chips; savory empanadas stuffed with beef, potatoes and cheese; fried yuca (cassava root) with fried pork belly; dessert empanada (plantain-based dough filled with custard); curtido (cabbage salad pickled with lemon juice or vinegar), and salsa.

New to the menu is Pollo Guisado, stewed chicken with potatoes and carrots.

"The spices we use are called relajo, which translates to 'mayhem' because it's such a mix of tastes," Ramirez said. "It has sesame seed, pumpkin seed, cumin,

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## FOOD FOR THOUGHT

chile rojo (red chile) and other spices.”

The result is a savory blend, sort of like mole meets curry. It's subtle rather than fiery. “It's important to know that the spices we use are not hot,” Miriam Ramirez, Yesenia's mother said.

Drinks include aguas frescas – mixtures of fresh fruit and water, wonderfully refreshing.

While Yesenia Ramirez doesn't have formal culinary training, her family has deep roots in food services.

“My grandmother, back in El Salvador, used to sell food at the transportation centers, mining fields and farms,” she said. “She would make tamales and meals to take to workers in the mining fields and farms. We moved to California, and when my brother and I were like 11 or 12, my mom would make pupusas for us to sell at soccer games.”

The family moved to the Valley in 1996 and Miriam and Alfredo, who is Miriam's husband and Yesenia's father, opened the first of the family's five restaurants – in Mesa in 2002. Each of those restaurants is family-owned, but a different family member runs each one independently.

“In our family we all have different talents so we work well together,” Yesenia Ramirez said. “I can do the admin, the social media, the networking. My dad does a lot of the supply stuff and my mom has always done the admin part, being in the kitchen and supervising that.”

The pandemic has caused some changes in service – a move to takeout and delivery with reduced hours until indoor dining was again allowed – but Yesenia's technological prowess helped the transition go fairly smoothly.

“We already had the technology in place to do the takeout, the online ordering and the delivery apps,” she said. “We did have to edit the menu so people could read it in English as well as Spanish.”

Salvadoreño Restaurant, at 8911 N. Central Ave., is open from 9 a.m. to 8 p.m. daily. For more information, call 602-870-2955 or visit salvadorenorestaurant.com.

## TV 'takeover' spices up Brenda's Inferno

By Colleen Sparks

Brenda's Inferno, formerly known as The Armadillo Grill, spiced up its menu after being featured on the TV

show “Bar Rescue” in September, after host Jon Taffer and his crew visited for several days in March to try to boost operations and enhance the menu. That is when the name was changed to Brenda's Inferno, after the owner Brenda Lambrecht, who opened the restaurant 23 years ago.

The menu was pared down from almost 70 to five dishes. Since then the restaurant has brought back several of its well-loved items including fried pickles, the Philly cheese steak and buffalo chicken sandwiches. As it always has, the restaurant serves food that is all made from scratch.

Dishes added as a result of the filming include a spicy chicken sandwich, house burger, Southwest steak sandwich, shrimp poppers and “Fired Up Sliders.”

Lambrecht said Taffer made the restaurant “more Southwestern,” adding fresh peppers and other spicy touches to the menu. Customers can still watch sports on the 44 high-definition TVs and engage in off-track betting. The eatery's interior also was repainted with warmer colors. Happy hour specials are still offered, from 3 to 6 p.m. and 9 p.m. to midnight Tuesdays through Saturdays and all day Sundays and Mondays.

“It was an experience,” Lambrecht said of being on “Bar Rescue.” “They've done a beautiful job on the restaurant.”

Brenda's Inferno, located at 1904 E. Camelback Road, is open from 11 a.m. to midnight Mondays through Saturdays and 10 a.m. to midnight Sundays. To learn more, visit [brendasinferno.com](http://brendasinferno.com). For information about “Bar Rescue,” visit [barrescueupdates.com](http://barrescueupdates.com).

## Dining Briefs

### Let The Capital Grille do Turkey Day cooking

If you or your loved ones do not want to cook Thanksgiving dinner this year, The Capital Grille will be providing its traditional, annual turkey plates on Nov. 26.

The restaurant at 2502 E. Camelback Road will serve the turkey plates all day from 11 a.m. to 10 p.m. This special offering comes with turkey, gravy, sweet mashed potatoes, green beans, stuffing, salad, cheesecake and other traditional Turkey Day treats. The cost has not yet been set.

*please see TURKEY DAY on page 36*



## Who We Are

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

## Location & Meeting

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

## Tour Boundaries

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

## Join Us!

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

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

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



## FOOD FOR THOUGHT

**TURKEY DAY** *continued from page 35*

Diners also can order off the regular menu all day.

Customers can order the turkey plate per person and the side dishes are served family-style. Reservations are recommended as it is the busiest day of the year at the restaurant, said Randy Canada, managing partner.

In order to try to protect the health guests and employees and following state guidelines during this COVID-19 pandemic, The Capital Grille is keeping its restaurant under 50 percent capacity. Its employees wear face masks and their temperatures are taken daily. Customers also are asked to wear masks in the restaurant. The restaurant has enhanced its already stringent cleaning procedures, sanitizing all chairs, booths and tables after each group leaves.

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

**Local eatery offers seafood caught from owners' boat**

Chula Seafood, located at 100 E. Camelback Road, offers Phoenix's desert dwellers fresh swordfish right from the owners' boat, FV CHULA, in San Diego/Point Loma, along with seafood of other species from California. The menu also offers specialties from Baja, Mexico, New Zealand, Faroe Islands, Boston and other areas of the world.

Chula's offerings include swordfish tacos, shrimp pastor tacos, a Chula Po' Boy (shrimp and remoulade on a baguette) and a crispy fish Sammy. You also can choose from many different types of fish including New Bedford scallops, Mojo swordfish and whole fried snapper.

Chula Seafood is open for dine-in, carry-out and curbside pick-up, as well as for fresh fish home delivery at [chulaseafood.com/delivered](http://chulaseafood.com/delivered). To learn more, visit [chulaseafood.com](http://chulaseafood.com).

**Daily Dose partnership helps feed hungry**

Daily Dose Kitchen & Bar is stepping up to help feed people in need during this COVID-19 pandemic.

The restaurant, which has a location at 1928 E. Highland Ave., is one of several entities partnering with the city of Phoenix and Local First Arizona Foundation to provide meals to vulnerable residents during the current economic and social crisis. The city con-

tracted with Local First Arizona Foundation to recruit the partners to help prepare the food in order to sustain local jobs and supply chains, boost the local food economy and keep Phoenix residents healthy. Produce is purchased from 10 area farms and delivered to 50 local restaurants, which prepare meals and deliver them to organizations that help Phoenix senior citizens, children and vulnerable adults in need. Local First reimburses the restaurants \$10 per meal.

The Feed Phoenix program is expected to distribute 20,000 to 30,000 meals and 1,500 food produce bags during the summer and fall.

Daily Dose Kitchen & Bar recently prepared dozens of boxed lunches and delivered them to Native Health, an organization that provides health care to urban American Indians, Alaska Natives and other individuals who encounter barriers to holistic, patient-centered, culturally sensitive health and wellness services. Free food is available in a grab-and-go format, from 8 a.m. to noon Mondays through Fridays at Native Health Central at 4041 N. Central Ave., Building C.

To learn more about Daily Dose, visit [dailydosegrill.com](http://dailydosegrill.com) and for more information about Native Health visit [nativehealthphoenix.org](http://nativehealthphoenix.org).

**Fall into seasonal drinks at Starbucks**

Fall is here and with it comes the return of popular fall drinks at Starbucks locations in North Central and around the Valley.

The coffee retailer recently added its Pumpkin Spice Latte, Pumpkin Cream Cold Brew, Salted Caramel Mocha and Salted Caramel Mocha Frappuccino drinks to its menu for the season. You can also feast on a pumpkin scone, pumpkin cream cheese muffin, pumpkin bread and other fall bakery items at Starbucks stores.

Starbucks also gives you a chance to try fall flavors at home with its pumpkin spice-flavored ground, packaged and ready-to-drink products, as well as its new Starbucks Maple Pecan Flavored K-Cup Packs + Ground Coffee and Starbucks Salted Caramel Mocha Flavored Creamer, being sold online and anywhere groceries are sold around the country.

Get into the seasonal spirit by calling Starbucks' 833-GET-FALL hotline at 1-833-GET-FALL (438-3255),

where you can choose to listen to the sounds of a hayride, hear pumpkin mantras and listen to the "Hear flannel on repeat" theme, among other options.

Starbucks has many locations in the Valley including one at 1601 E. Bethany Home Road. To learn more, visit [starbucks.com](http://starbucks.com).

**Mora Italian will have new dishes, new design**

Mora Italian has new owners who are bringing a revamped menu and a refreshed design to the restaurant.

Chef Scott Conant recently expanded his Arizona restaurant portfolio, announcing that he and his SC Culinary Inc. team have partnered with Creation Hospitality, for the ownership and operation of TheAmericano, an Italian-inspired North Scottsdale steakhouse. Through this new partnership, Conant exclusively will steer the culinary vision and operation its operation, along with Paride Guerra, director of operations and operating partner. SC Culinary and Creation Hospitality now will co-own Mora Italian, which is at 5651 N. 7th St.

Mora Italian is still home to Conant's seasonal menu of modern osteria food. It has earned many awards for its pasta paired with Italian classics and innovative dishes. Mora Italian had closed temporarily amid the COVID-19 pandemic but had expected to reopen in December. To learn more, visit [moraitalian.com](http://moraitalian.com).

**Someburros rolls out diverse deals this month**

Catch deals all this month at Someburros restaurant.

Someburros, which has a location at 5115 N. 7th St., will continue selling Albondigas, Mexican meatball soup, through March after rolling it out last month. In honor of "Friendsgiving," an unofficial holiday where friends gather to celebrate Thanksgiving, the restaurant will offer \$10 off its Fiesta Platters Nov. 23 to 25. These platters, which are ordinarily \$46, come with 40 Mexican Miniatures - mini chimis and taquitos, as well as guacamole, hot sauce and chips. They serve 10 to 12 people.

Veterans, active military members and first responders will receive 50 percent off their orders for dine-in and to-go purchases on Veterans Day, Wednesday, Nov. 11. This special is for

combo and specialty items and there is a limit of one person per order to obtain the discount. Prior to Veterans Day, anyone can enjoy a free half-pint of Someburros famous hot sauce when they purchase any size chip bag in honor of National Hot Sauce Day on Thursday, Nov. 5.

All this month and through December, customers who buy \$25 in gift cards from Someburros will receive a \$5 kickback. Also this month and next, customers can obtain 10 percent off all catering (full-service and self-service). You can buy a large, reusable tumbler with a \$20 gift card inside of it for \$25 as part of the "Burro Bundle" all of this month and through the end of December.

To learn more about Somburros, visit [someburros.com](http://someburros.com).

**Tortas Paquime welcomes Mayor, receives masks**

Tortas Paquime, a local restaurant chain with a location in North Central, recently received masks and a visit from Phoenix Mayor Kate Gallego.

Gallego and Monica Villalobos, CEO of the Arizona Hispanic Chamber of Commerce (AZHCC), met with Omar Alvarez, owner of the restaurant and member of the AZHCC. They talked about challenges facing businesses, especially small ones, during this COVID-19 pandemic and how they have adapted. Alvarez shared stories on what his employees believe makes the restaurant a great workplace, his pride in building his business and why he selected the city of Phoenix to open his restaurants.

Gallego donated 2,000 disposable masks to the restaurant chain, which offers handmade Mexican foods including sweet bread, torta and tostada paquime with pork sirloin, quesadilla paquime with any choice of meat, breakfast burritos, papas fritas and tacos de ribeye.

Alvarez is involved in the community, sponsoring school events and hosting Christmas parties with gifts and food for children and families.

The restaurant has a location at 17 E. Dunlap Ave. To learn more, visit [tpqfoods.com](http://tpqfoods.com).

**For local restaurant listings, visit our Dining Guide online at [www.northcentralnews.net](http://www.northcentralnews.net)**



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