the voice of the north central phoenix community since 1999

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Construction booms despite pandemic

By Colleen Sparks

A bright spot during the COVID-19 pandemic is the tremendous growth in the number of businesses and homes cropping up in North Central and plans for more to open this year.

Commercial and multi-family construction activity decreased in the first half of last year around the United States except in Phoenix, according to "Construction Dive," a construction industry publication. Construction starts, where ground is broken to begin building, in Phoenix increased by 82 percent during the first half of last year, "Construction Dive" reported. That is equivalent to almost \$2.8 billion in project starts for that time period.

"We're having a healthy influx of folks moving to Phoenix," said Joshua Bednarek, deputy director of the city of Phoenix's Planning and Development Department. "There are a lot of things to make this an attractive place to call home or open a business."

please see CONSTRUCTION on page 4

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Tricia Todd-Schiff learned valuable life and job skills while participating in an adult program for people who are blind or visually impaired, at the Foundation for Blind Children. Her teacher and mentor Tom Brew, pictured here, was supportive and helped her overcome challenges and build confidence (photo courtesy of the Foundation for Blind Children).

Helping adults with visual problems thrive

By Colleen Sparks

Tricia Todd-Schiff was born with a rare, genetic disorder that caused her to be declared legally blind at age 19 and when her husband died several months ago she had to relearn how to complete everyday tasks.

These obstacles might seem insurmountable, but they did not stop Todd-Schiff, who enrolled in classes at the Foundation for Blind Children, an agency at 1234 E. Northern Ave., which offers programs and services starting with infancy through adulthood. She learned valuable skills including cooking, cleaning, crossing streets, navigating bus rides, managing a budget and using computers, while bonding with fellow students and teachers in the close-knit community.

Todd-Schiff, 49, has enjoyed working with Tom Brew, 79, an orientation and mobility specialist, who retired previously but came back because he is passionate about helping those who are blind and visually impaired.

After meeting with Brew frequently in person or online, due to the COVID-19 pandemic, Todd-Schiff is ready to reenter the workforce.

"I'm very proud of where I was and where I am now," she said. "It's like a little family. Even though you have a visual impairment or you're blind, they want to see you succeed." The Foundation for Blind Children offers a well-rounded system of programs and services, to help blind and visually-impaired people's development. Through its early intervention program, staff members visit homes after babies with impairments are born to teach parents ways to assist their visually impaired or blind children. The professionals help children develop all their senses to build a foundation for learning and family life. Specialized teachers, counselors and therapists work with parents to plan individualized programs in the foundation's preschool.

In cooperation with the Arizona State School for the Deaf and Blind, the foundation offers daily class-

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COMMUNITY

theHUB, city to plant trees, erect signs

By Colleen Sparks

Expect to see more green and signs that promote safe, secure neighborhoods in Sunnyslope, thanks to a partnership between the HUB (Hatcher Urban Businesses) and the city of Phoenix.

The city will donate dozens of trees from the city's Central Station project, a Valley Metro site, at Central Avenue and Van Buren Street to be planted along Hatcher Road near businesses. Phoenix officials were still in the process of determining how many of those trees will fit along Hatcher Road, as of press time, said Phoenix Councilwoman Debra Stark. The number will depend on space available and the size of the trees, she said.

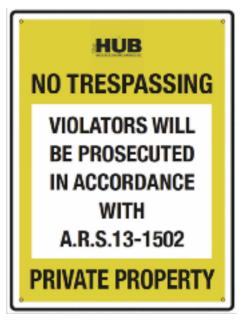
The businesses that want the trees will need to put irrigation in place, said Caroline Lobo, president of theHUB. Lobo said Stark, as well as the city's Community and Economic Development team worked with theHUB to allow the tree project to move forward.

"The Hatcher Road Overlay (HRO), adopted in 2008, calls for an improved streetscape in an effort to make Hatcher Road more pedestrian and business friendly," Stark said. "Not only will the trees improve the streetscape by promoting shaded walkability, they will also assist in the overall beautification of Hatcher Road thereby making it more attractive to residents, Hatcher road business owners, developers and investors."

She said the goal is for the trees to be in the ground no later than the spring.

TheHUB received a \$10,000 Neighborhood Block Watch Grant, which it will use to put up signs in the community that have the name theHUB on them. These signs also will say "No Trespassing," indicate that violators will be prosecuted and say "Private Property." Lobo said there are more than 150 businesses in theHUB along Hatcher Road between 19th Avenue and Cave Creek Road, and each one can obtain a sign.

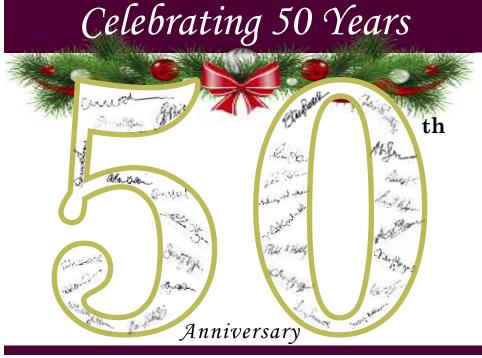
"When you put up Block Watch signs, people know it's under surveil-



lance," Lobo said. "We want to be partners in helping reduce crime."

The Block Watch grants are administered by the Phoenix Police Department and the program offers a chance to enhance the quality of life and safety in the city of Phoenix via

please see HUB on page 8



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north central news

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COMMUNITY

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One of the new developments is ARRIVE Phoenix, an ARRIVE Hotels location, that opened at 400 and 444 W. Camelback Road late last year. Vintage Partners, a real estate development company and Venue Projects, a Phoenix redevelopment practice, converted two buildings that had been used for offices previously into the main part of the hotel. Three additional buildings were erected between the two mid-century towers. The 79-room boutique hotel spans the two towers at Camelback Road and 4th Avenue. It features a popsicle shop that also serves as the registration desk; a Cartel Coffee Lab and Lylo Swim Club, a pool bar. Another part of the project, a penthouse cocktail lounge called Don Woods' Say When is scheduled to open Feb. 1.

The pace of construction was slowed down through this pandemic and the hotel opened in September, later than originally planned, said Walter Crutchfield, partner with Vintage Partners and one of the project developers.

Elsewhere in North Central, Chipotle Mexican Grill opened last year at 1818 W. Bethany Home Road. A Chick-fil-A is expected to open soon at the same intersection of 19th Avenue and Bethany Home Road, said Christine Mackay, director of Community and Economic Development for the city of Phoenix. Fired Pie, a pizza chain restaurant, opened recently at 1810 W. Northern Ave.

Diller Grove at the Park, a new development of luxury custom homes, cropped up west of 15th Avenue and north of El Caminito Drive near Royal Palm Park. There were 11 homes constructed and 10 had been sold, as of press time, said Jay Khor, managing director at Conflux Real Estate, which brought the builder to the table. Prices for the homes range from about \$950,000 to \$1.3 million.

Khor said North Central has excellent schools, it is close to the city center and it offers many employment sources including hospitals, law firms, financial companies and restaurants.

Caroline Lobo, president of the HUB (Hatcher Urban Businesses) is pleased with the growth in the area.

"Our goal is to build up the community," Lobo said. "It's all about creating the sense that everything works together."

Construction is underway on a

QuikTrip convenience store and gas station at the southwest corner of 12th Street and Northern Avenue. It will be about 4,800 square feet, said Aisha Jefferson-Smith, corporate communications manager for QuikTrip. It is expected to open this winter.

Several businesses are going to welcome customers in the coming months to a development on 16th Street, slightly north of Bethany Home Road near Matty G's Steakburgers & Spirits. The site used to have Shasta Pools' design center and one of the buildings there is being expanded, said Gabriel Howe, senior project manager with Point B Property Development. A coffee shop, dance studio, Artichoke Basille's Pizza restaurant optometrist are planning to open their stores there. The optometrist may open as early as this month.

Howe said he and his team had basically completed construction in January of last year but around March when the pandemic hit all but one of the businesses – Artichoke Basille's Pizza - that had been planning to lease space there backed out.

"I think anybody would be naïve to say that they're not concerned," Howe said. "But we feel like they're doing really well."

Ron Marino, managing member of the upcoming Artichoke Basille's Pizza on 16th Street and a location in Tempe, said since initially opening in New York in 2008 the pizza eatery has "become one of the most respected names for pizza lovers with an almost cult following." Marino expects the restaurant will open in April.

"North Central Phoenix is a unique location because it's central and relatively easy to get to from anywhere and the combination of so many people living in this diverse neighborhood and so many other great restaurants is very exciting," he said.

David Richert, who Point B Property Development hired as a consultant to help with the development, said many people have moved to Phoenix from California and the East Coast recently. The 16th Street businesses will be popular among area families with children, Richert predicted.

"People have found that being in those neighborhoods that were created 40, 50 years ago, they're attractive from anything to a tear-down to a total remodel to fixing up and they're not overly expensive," he said.



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COMMUNITY

VISUAL continued from page 1

room instruction for preschoolers who are singularly impaired and those who are multi-handicapped. It also provides support to students who are blind or visually impaired with visits to elementary schools and through summer programs for teens.

The foundation also operates a lowvision clinic inside its main campus. Students at Arizona State University can earn a bachelor's degree in Special Education with a concentration in Visual Impairment, through a program delivered in partnership with the foundation.

In the Adult Comprehensive Program, students take classes in technology, braille, mobility, activities of daily living, career exploration and orientation and mobility.

Todd-Schiff said Brew taught her tips for safely crossing streets and walking around the townhome complex where she lives. When she felt frustrated he would tell her to calm down and he also told her what to do if she got lost while in public.

"Her husband passed away and she

needed a lot more orientation and mobility," Brew said. "Orientation means knowing where you are, where you're going. Mobility means movement. Anything with movement is important."

He has enjoyed watching Todd-Schiff progress.

"It's been night and day," Brew said last month. "I remember when Tricia first came into the program and she was quite nervous. She's always had a great attitude about learning. Now she's just changed so much in the last five or six months."

Todd-Schiff said she was planning to start a manufacturing job and she planned to complete the foundation program last month.

Julie Oliver, director of Rehabilitation Services for the Foundation for Blind Children, said the adult program is limited to 16 students, and it typically takes nine months to a year to complete.

"One of the things that sets Foundation for Blind Children apart is we make the program very individualized to the student, so they are working on what will be beneficial for them to go back to work," Oliver said. "What we want is to provide awareness for employers for this untapped labor force. They can do your job."

These adults learn the workplace skills and they are good problem solvers because they must constantly adapt and adjust to a world that poses many challenges to those who are blind and visually impaired, she said.

Todd-Schiff was born with retinitis pigmentosa, a disorder that involves a breakdown and loss of cells in the retina, which is the light-sensitive tissue that lines the backs of eyes. When she was younger glasses helped her see but her vision began getting progressively worse. At age 19 Todd-Schiff was declared legally blind and now she sees shapes but not fine details. She went to Glendale Community College for a while and worked for the Arizona Industries for the Blind, a non-profit organization, for more than 13 years. Her parents and siblings are supportive and frequently help her, but she has learned to do many more things on her own since participating in the program.

"One of the areas that Tricia would-

n't share that she's grown a lot in is her self-advocacy, whether it's pushing back on her family or giving the person she needs in an Uber or Lyft information about how to help, or a younger student in the program - giving them tips," Oliver said. "That's a great area of growth for Tricia."

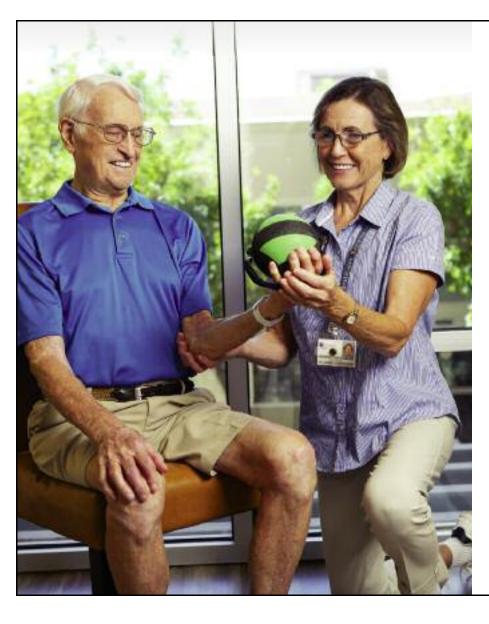
To learn more about the Foundation for Blind Children, visit seeitourway.org.

HUB continued from page 3

empowering community groups, according to the city Block Watch grant site.

Stark's office and the city's Community and Economic Development Department worked to have banners installed on street poles along Hatcher Road recently. There are about 10 of these banners along Hatcher Road from 19th Avenue to 7th Street, Stark said.

These banners are part of overall marketing efforts by the Community and Economic Development Department to attract more businesses and investment to the Hatcher Road area, she added.





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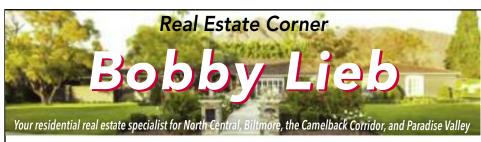


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Here's to a better year!

Welcome to 2021!! Lets hope it will be a healthy and happy year. My best to my fellow bar and restaurant employees/ owners!! Truthfully, any of you who are in an industry or business that is impacted by COVID, we are praying for you to survive this ugly time in our world.

I appreciate all of you who have supported me for the past 29 years in specializing in North Central, especially in 2020 when we sold 123 homes. I was lucky enough to sell 25 homes over \$1 million including a \$4.1 million home as well as 36 homes under \$500,000.

North Central has prices all over the board, which is why I love this area so much. There has been so much remodeling going on the past two years, which also includes a lot of new construction.

A couple of interesting changes have taken place in the past 12 months, one of which is that is some homes are getting multiple offers, which forces some buyers to waive inspections and appraisal fees. There certainly is a risk in waiving these fees, so please understand the consequences when you do waive certain contingencies. Waiving these rights could place you in a delicate situation.

I am asked what major changes 2020 brought to our market – I feel interest rates and lack of inventory helped our home values soar to all-time highs. Certainly the pandemic will be felt in our market for years to come, so let us hope that things get back to normal within the next five to six months.

Certainly the luxury market is at all-time high in North Central, so if you are thinking about listing your home in 2021 please give me a shout out. I currently have five clients looking for homes between \$1 million and \$2 million+ on a one-half-acreplus lot. North Central is no longer the Wild Wild West!! Truthfully, if you have any home for sale in any price range, please call me. We will get it sold for you.

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COMMUNITY

ASU offers saliva COVID-19 testing

By Maryn Weeks

The ASU Biodesign Institute is using a rapid form of COVID-19 testing that has put it on the short list of innovators of 2020.

Arizona State University created these rapid tests just months after Gov. Doug Ducey announced that Arizona was in a state of emergency. Unlike the commonly used COVID-19 tests that utilize a nasopharyngeal swab, ASU uses saliva to determine the results. Joshua Labaer, executive director of the Biodesign Institute, told Arizona Public Media that saliva tests might be even more accurate than nasal tests because the test taker produces the entire sample.

The saliva test also is less invasive and easier on the person taking it than the nasal swab exam. When people enter the testing area they are given a bag with a tube, a straw and a wipe. They are then directed to a cubby, where they sit down and spit into a straw that is placed inside the tube. Once the tube is half full, the test taker

is done and walks over to a nurse, who accepts the tube. The saliva test results come back within 30 to 48 hours. Nurses and nursing students participate in the distribution of straws and testing tubes, as well the collection of the tubes when done. The whole process takes about 10 minutes.

"It's quick and easy," said Amanda Jackson, an ASU junior nursing student. "It makes test takers feel better because no one has to invade their privacy to give a test."

Arizona State University was honored with the Innovator of The Year Award in the academia category at the Governor's Celebration of Innovation on November 4. This was the 17th annual and first virtual celebration of the award. ASU is not a stranger to this award, as it was a finalist 14 times and won it 10 times previously.

The university plans to keep using the Biodesign Institute to administer the rapid saliva-based testing as the number of COVID-19 cases has been increasing in Arizona, as of press time. ASU provides the testing on all four campuses: Downtown, Tempe, West,

and Polytechnic. To schedule a test, visit eoss.asu.edu/health.

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

Barrow foundation to host online event

The Women's Board of Barrow Neurological Foundation will host the Grand Toast to Barrow as a streamed/online event in lieu of the annual Barrow Grand Ball due to the COVID-19 pandemic. The countdown and program log-in starts at 6:30 p.m. and then the formal program starts at 6:45 p.m. on Saturday, Jan. 23. You can log in with a private link that will be sent to attendees prior to the event.

Barrow Neurological Institute is recognized around the world for its research and for handling difficult surgical and medical neurological conditions. To learn more, call the Women's Board of the Barrow Neurological Foundation at 480-562-6444 or email contact@womensboardbnf.org. For more information visit supportbarrow.org.

Piper Charitable Trust funds emergency grants

Virginia G. Piper Charitable Trust is doing its part to help Maricopa County science, human services and arts and cultural non-profit organizations during this COVID-19 pandemic.

The organization provided more than \$6.3 million in emergency grants to help these entities as the world deals with economic struggles due to the Coronavirus crisis. Of the grants, twothirds or \$4.3 million will go to aid human services and arts and cultural non-profits that are dealing with threats from the pandemic and its economic fallout. Those challenges include significant revenue losses from events being cancelled and a drop in donations. Human services organizations are seeing a major increase in the community need for their services as the workforces shrink while many volunteers need to shelter in place.

Mary Jane Rynd, president and CEO of Virginia G. Piper Charitable Trust, said this is the time to step up quickly to help non-profits, as they are "serving on the frontlines and are essential to our health and economic vitality."

Arizona State University's Biodesign Institute will receive a \$2 million grant to expand its rapid diagnostic, automated testing to try to reduce the viral spread and possible reoccurrence of COVID-19. The charitable trust will aid ASU's response to COVID-19 emergency preparedness in the areas of testing critical workforce employees, including healthcare employees, first responders and essential infrastructure personnel. It also will assist ASU by supporting its assembling of nose and throat swab test kits in short supply for healthcare providers and manufacturing of personal protective equipment.

Other recipients of the grants include 28 human services organizations, which will take in more than \$2 million, to help support their community responses to the pandemic.

The Association of Arizona Food Banks, The Salvation Army and The Society of St. Vincent de Paul will receive grants of \$250,000. Catholic Charities Community Services, the Foundation for Senior Living, Phoenix Rescue Mission and several other organizations will be given grants of \$100,000.

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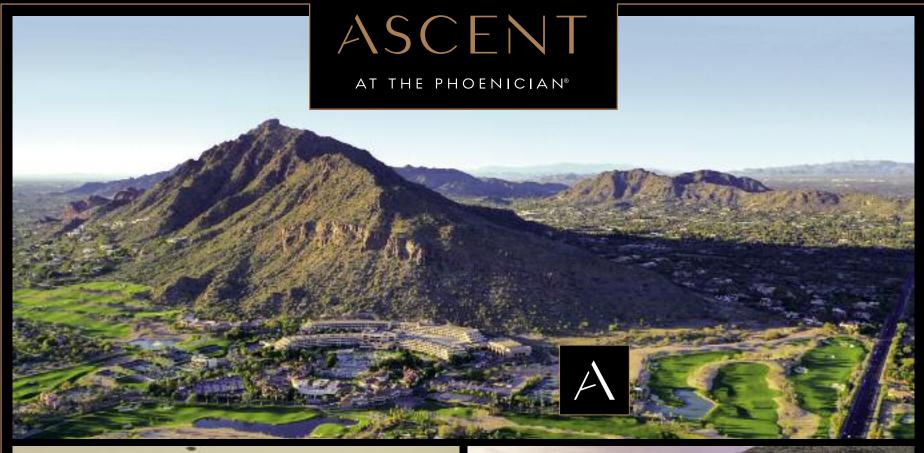




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Homicides increase, other crimes drop

The city of Phoenix is experiencing some crime trends that are similar to other metropolitan areas in the country but doing well solving homicide cases.

Recently released FBI data shows across the country the number of property crimes, rapes and robberies decreased in 2020 compared to comparable months in 2019, according to a city of Phoenix news release. However, the city of Phoenix is performing better than the national average for solving homicides.

In Phoenix, rape cases decreased 5.4 percent, burglaries dropped down 23 percent and thefts saw a nearly 11 percent decline for last year compared to 2019. Those numbers mirror what is occurring in cities around the United States, where fewer property crimes are being committed but there are more murders taking place. Around the country, murders increased by more than 20 percent from 2019 to 2020. In New York City murders increased 33 percent and in Chicago they went up by 47 percent and these crimes jumped up 30 percent in Los Angeles. However, Phoenix is not seeing the type of record-breaking homicide cases it experienced many years ago. These cases hit their peak in 2003 when Phoenix lost a record 247 lives to homicides. While Phoenix's population has increased by more than 20-percent since 2003, homicide numbers have decreased. There were 187 lives lost to homicides in 2020, as of mid-December.

In 70 percent of the Phoenix homicide cases, the person killed was the victim of someone who had a firearm. Last year homicide detectives were able to find and arrest almost three-quarters of the homicide suspects in Phoenix, as of mid-December. The Phoenix Police Department's homicide clearance rate is 72 percent, which is more than 10percent higher than the national Unified Crime Reporting murder and non-negligent manslaughter clearance rate of 61.4 percent. The unit's increased successes are the result of a multi-pronged approach, includes focusing resources on using critical pieces of evidence to pinpoint specific suspects. Phoenix Police Department recently launched a Crime Gun Liaison Program, where highly trained detectives work with the Crime Lab in collecting evidence during shooting investigations.

If you see criminal activity occurring, you should call 9-1-1. If it is not an emergency, you can call the nonemergency line at 602-262-6151. You can review crime trends in your neighborhood by visiting phoenix.gov/ police/resources-information/crimestats-maps.

Phoenix makes Top 10 **Digital Cities list again**

The city of Phoenix is on a role for its use of technology, as it has once again been named a Top 10 Digital Cities Survey winner among cities with 500,000 or more residents.

The 20th annual survey, which is organized by The Center for Digital Government, honors cities for utilizing technology to resolve social challenges, enhance services and strengthen cybersecurity, among other accomplishments. The 2020 survey also praises cities using technology to better assist residents despite new challenges sparked by the COVID-19 pandemic. Phoenix responded quickly by digitizing government participation through virtual City Council and community meetings, as well as quickly moving thousands of city employees to mobile/virtual workplaces. The city expanded its Wi-Fi coverage outside of almost 50 libraries, community, senior and recreation centers to ensure all students have internet access while schools are closed and providing virtual lessons.

Phoenix Mayor Kate Gallego said the pandemic "has exacerbated the need to bridge the digital divide."

The city's sophisticated use of analytics, digital inclusion and COVID-19 response led it to place fourth in the survey, advancing a spot from 2019. The 2020 submission revealed the digital enhancements of the Phoenix Police Public Records request process, which provides 10 online choices ranging from incident reports to crime statistics. Phoenix is now focused on a measure that will speed up the digital transformation of the city's 311 CRM infrastructure. This platform will offer multiple channels for submitting service requests and comments, as well as will improve digital service delivery without the need for in-person interactions.

To learn more about the Digital Cities Survey, visit govtech.com/cdg.



Warmest thoughts and best wishes for a Happy New Year. May peace, love, and prosperity follow you always.



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COMMUNITY

Pet of the Month

Kitty is sugar and spice, seeks loving home

This kitten is made up of sugar and spice and everything nice.

As sweet as can be, Sugar lives up to her name. An adorable three-month-old furry friend, she came to the Arizona Humane Society ready to find her forever home after her previous owners could no longer keep her. This is a great reminder that the Humane Society's Pet Resource Center is available to provide resources and tips to pet owner who need help.

Sugar is curious and loves to explore her surroundings. She remains active during the day and like most kittens this beautiful girl is shy when you first meet her. After a few minutes of love, playtime and treats, Sugar becomes her sociable, lovable and adorable self. If you are craving a sweet pet, Sugar is your girl.

While all Arizona Humane Society Adoption locations are temporarily closed, its Virtual Adoption Matchmaking Program is available by



Three-month-old Sugar, who is as sweet as her name implies, is looking for a forever home where she can flourish (photo courtesy of Arizona Humane Society).

appointment to place pets with forever families. Sugar's animal number is A650816. It is possible that Sugar will have been adopted by the time you have your Virtual Matchmaking Adoption by Appointment, but there are dozens of other wonderful pets that also need loving homes. To learn more, visit azhumane.org/adopt.

Buy bones to support small-dog rescue

You can help the Arizona Small Dog Rescue when you buy treats for your canine companions at PHX Beer Co.

The PHX Beer Co. Brewery & Tap Room at 3002 E. Washington St., the PHX Beer Co.'s Scottsdale location and Smelly Dog at 5739 N. Seventh St. recently started selling dog bones. PHX Beer Co. makes these PB Brew Bones in single, three-ounce sizes and as a pack of 18 bones with a part of the proceeds going to Arizona Small Dog Rescue at 1102 W. Hatcher Road. The ingredients are pup-friendly and have whole wheat flour, peanut butter and eggs. These bones are possible because of a partnership with Smelly Dog, an area bakery that also offers a hotel, grooming and other services for dogs.

To learn more about Smelly Dog, visit smellydogaz.com. For more information about Arizona Small Dog Rescue visit azsmalldog.org.

AHS to run mobile veterinary clinic

The Arizona Humane Society is going to help thousands of Valley pets and their owners with its new Healthy Tails Mobile Veterinary Clinic.

That is thanks to a \$300,000 mobile veterinary unit from the Banfield Foundation. Through this clinic on wheels, about 6,000 additional pets in the community are expected to obtain affordable or free medical care every year. The Healthy Tails Mobile Veterinary Clinic is designed to help low-income pet parents around the Valley overcome barriers, including unreliable transportation and financial hardships, so their pets can keep receiving comprehensive medical care. Offering affordable veterinary services including vaccines and microchips, as well as tick, flea and preventative treatments and wellness exams in targeted areas will help keep pets and people together.

To try to create a self-sustaining model, the Humane Society will run the mobile clinic four days a week, with two days dedicated to affordable, fee-for-service and the other two days providing free services 24 weeks of the year.

The Arizona Humane Society is grateful to its partners at the Banfield Foundation. To find a location near you, visit azhumane.org.

New resource helps pet owners in need

Thousands of pets in Arizona may be at risk of being surrendered to animal shelters by the families who love them but might be forced to choose between finding a place to live and keeping their pets due to the COVID-19 pandemic once the eviction moratorium lifts at the end of December. It is estimated that between 22% and 39% of renters will be affected, along with an estimated 5,000 pets each month.

In an attempt to keep pets and people together, several Arizona animal welfare organizations have formed the Pet Housing Help AZ Task Force in order to collectively offer communitywide solutions for pet owners in need. The task force efforts include expanding internal foster care programs, enhancing surrender and crisis prevention programs, increasing partnerships with human and health service agencies, and developing and launching www.pethousinghelpaz.org, a commuwebsite nity-wide highlighting resources and a network that connects people in need of help directly with other Valley residents to rehome or find temporary housing for their pets.

For more information, visit www.pethousinghelpaz.org.



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Women's Final Four coming to Phoenix

For the first time Phoenix will serve as the host city for the NCAA's Women's Final Four.

The NCAA recently announced the city would be the host city for these national semifinals, which will start on April 3, 2026 at Talking Stick Resort Arena. The national championship final game will take place on April 5 of that year.

The Valley's bid for the Final Four was a collaborative effort that included the city of Phoenix, Visit Phoenix, the Phoenix Suns, Phoenix Mercury and Talking Stick Resort Arena working with the Phoenix Local Organizing Committee and Arizona State University, which will be the collegiate host institution. This Final Four completes Arizona's history as the country's leading destination for major championships. The Valley will be the home of the 2023 Super Bowl and the 2024 NCAA Men's Final Four.

There will be Final Four events at the Phoenix Convention Center related to the Women's 2026 Final Four. Some of them include the Women's Basketball Coaches Association (WBCA) Annual National Convention and a Fan Festival, which will feature competitions, basketball clinics, prizes, autograph sessions, entertainment and other activities.

Playground opens at Longview Park

There is another place where children can play in North Central.

City of Phoenix Councilwoman Laura Pastor joined city Parks and Recreation Department employees last fall to celebrate the opening of a playground in Longview Park at the corner of 14th Street and Indian School Road. The 4,900-square-foot area is lighted and features a swing set, as well as climbing structures geared towards youths ages 2 to 12. Multiple shade canopies cover the play amenities.

Besides the addition of the playground, the park project also included a new ramada with picnic tables, a perimeter sidewalk with benches, as well as a drinking foundation and landscaping. Valley Rain did the construction and the project was paid for by the voter-approved Phoenix Parks and Preserve Initiative (PPPI).

Students from Longview Elementary School and Arizona Autism Charter School, which are neighbors to the park, assisted city staff members during the playground design process.

Name changed to reflect equality

An organization celebrating its 40th anniversary is unveiling its new name.

The Greater Phoenix Gay and Lesbian Chamber of Commerce is now called The Greater Phoenix Equality Chamber of Commerce. As one of the largest groups in the Valley, the change of name was done to mark a commitment to equality and diversity and to better serve the business community of Phoenix and neighboring cities in the future. Chamber President Michael Marcinko said it shows how the organization has grown and while it started out as a group to only serve the

LGBTQ+ community, half of its membership is made up of allies to that community. The organization's mission is equality in business and life, Marcinko said.

Phoenix Mayor Kate Gallego supports the Chamber's mission, saying the organization "is a critical link in our community when it comes to making the city of Phoenix the BEST place to live, work, and raise a family."

The Greater Phoenix Equality Chamber of Commerce started as a social business group but quickly expanded into a not-for-profit advocacy organization specifically committed to broadening economic opportunities and advancement for the LGBT community. During this COVID-19 pandemic the Chamber has held virtual meetings for its members and continues to advocate for business with governmental leaders.

To learn more, visit PhoenixEqualityChamber.org.

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Medicare coverage is not a one-and-done decision.

Changing health care needs and life events <u>may</u> mean your Medicare overage needs to change, too.

If you enrolled in a **Medicare Advantage Plan for 2021**, you will be able to make changes during the Medicare Advantage Open Enrollment from **January 1 through March 31**.

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COMMUNITY

Tutor, student stay in touch during pandemic

By Colleen Sparks

A retired teacher and a third-grader at Madison Simis Elementary School are bonding despite the challenges of the COVID-19 pandemic.

Kathy Tincombe of North Central has been working with Wylie Mulligan, 8, through the Oasis Intergenerational Tutoring Program since Wylie was in kindergarten. Through the program, Tincombe would meet one-on-one with Wylie weekly in school, where they would read together, play games, sing and chant to boost the boy's reading, writing and communication skills. Oasis is a program that partners with the Madison Elementary School District to pair older adults with students needing literacy support.

Tincombe, who taught for 30 years in kindergarten, first and second grades, prepared lessons for Wylie to engage in when she came to the campus. They would play games focused on finding words, as well as using flash cards and Tincombe would read non-fiction books to him about animals, as he loves to learn about them. Wylie also would read aloud and practice chants and songs Tincombe created to help him learn.

"I took a shine to him right away," Tincombe said. "I felt an instant rapport with him. He's a delightful boy. He's very intelligent and he is very interested in the world. He loves humor. We bonded right away. His comprehension is excellent because he is very bright. It was just the mysteries of learning to read that kind of stumped him at times."

Since students have been taking classes from home online due to the Coronavirus crisis, Tincombe, 72, and Wylie have written each other letters and communicated through video chats to stay connected. Tincombe sent him letters with chants and songs to help him keep up with his reading and a picture of her new dog. She also texts Wylie's mother, Meghan Mulligan, to keep in touch.

"We do Zoom calls and she can still send books through the mail," Wylie said. "We write letters to each other."

Meghan said she has seen Wylie improve greatly with his reading since Tincombe started working with him.

"We absolutely love it," Meghan said. "We call her Miss Kathy. They have developed such a cute and special rela-



The city of Phoenix is seeking nominations for the 2021 Outstanding Young Man/Young Woman of the Year awards. Pictured here are Jaime Perez and Genevieve Craven, the 2019 recipients (photo courtesty of the city of Phoenix).

tionship. He likes telling her things."

She said her daughter, Moira, 6, a first-grader, has been involved in the program, too, and writing letters to her tutor. While Wylie had been back in the classroom for in-person learning, as of press time, Tincombe said she will not be able to visit the school in person due to health issues that would make her more vulnerable to contracting COVID-19. Once a vaccine is approved and she can obtain it, she plans to return to in-person tutoring.

Other tutors also are writing letters to the children they work with during this pandemic. More than 100 tutors in the Madison district participate in the tutoring program.

City seeks nominees for youth awards

High school students who are seeking recognition for their accomplishments can apply for city of Phoenix awards.

The city's Youth and Education Office is accepting applications for the 2021 Outstanding Young Man/Young Woman (OYMYW) of the Year honors. The OYMYW of the Year program distinguishes young people, enhances the view of youths and boosts community awareness of teens' positive contributions. This program is open to any students who are enrolled in a high school in Phoenix or who live within the city limits of Phoenix. One young man and one young woman will be chosen as winners from each City Council district and receive an award of \$500 each. Each district-level winner also will be eligible for another \$1,500 award if they are selected as winners citywide.

To apply for the awards, students must write an essay, turn in a recommendation letter and show proof of legal residence in the United States. Community members will interview the finalists. District award winners will be invited to attend a luncheon where the citywide award recipients will be announced.

To apply, visit phoenix.gov/education. The deadline to apply is before 5 p.m. on Friday, Feb. 26.

Motorized vehicles not allowed on canal

A city of Phoenix employee is asking residents to spread the word and report people illegally using motorized vehicles on the Grand Canal.

Stacie Beute, Neighborhood Specialist for the city, in an email to Pierson Place Historic District representatives urged them to consider sharing information about the problem in their neighborhood meetings and/or in any communication materials to residents. Motorized vehicles are not allowed on the canal, but Beute said the city has received continual reports about vehicles on the Grand Canal between 19th Avenue and Seventh Street. She said that violators primarily are moped riders using the canal as a road during rush hour but sometimes electric bikes and other vehicles use it during other times of day. Beute said her department is working with the city's police and Street Transportation departments and SRP to tackle the issue.

Anyone who sees motorized vehicles on the canal should call Crime Stop at 602-262-6151. Beute asked residents to log what they saw, including the type of

vehicle, a description of the rider, the time of day it occurred and if the rider was on the north or south side of the canal. Beute can be reached at 602-256-3253 or stacie.beute@phoenix.gov.

City hits record in street paving projects

If you are finding your drive to work or other destinations smoother, it could be because the city of Phoenix recently finished another record-breaking season of street paving.

The COVID-19 pandemic did not slow down street maintenance crews and contractors who finished the city's busiest paving season ever recently, a city press release said. While these essential workers could not work from home, they encountered less traffic, making the pavement projects move along more quickly.

About 590 miles of Phoenix streets underwent pavement maintenance treatment last year, about 12 percent of the city's whole street network. The city's largest paving season was in 2019, in which it tripled the number of major street miles paved compared to the average number. Last year, Phoenix treated about 130 more miles of streets than it did in 2019.

The Accelerated Pavement Maintenance Program does more than just create smooth roads in the city. Bicyclists and walkers also will see Transportation upgrades. Street Department employees review each roadway for opportunities to boost safety and bicycle connectivity. More than 40 miles of new bicycle lanes were installed and about 30 miles of bicycle lanes were upgraded to add buffers in fiscal year 2020. More than 3,000 curb ramps were enhanced to meet the most current Americans with Disabilities Act (ADA) standards via the 2020 pavement maintenance program.

Last year the city of Phoenix introduced the Cool Pavement Pilot Program. Through this program, cool pavement was applied at nine spots around the city, covering 36 miles of residential streets in neighborhoods, as well as one parking lot at a city park. This lighter-in-color asphalt treatment reflects instead of retaining heat. The treatment has the potential of offsetting increasing nighttime temperatures in Phoenix.

To learn more, visit phoenix.gov/streets.



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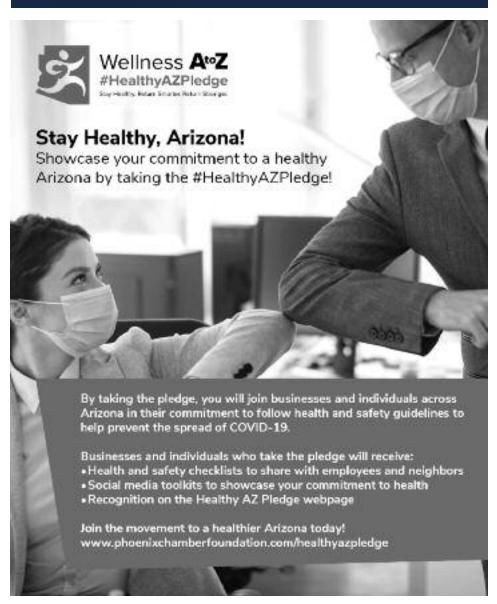
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TAKING CARE OF BUSINESS

Business Briefs

IT company raising money for food bank

A North Central IT company is showing its heart during this time when the COVID-19 pandemic is causing financial struggles.

Adopt Technologies, which is located at 7500 N. Dreamy Drive, is asking its clients and the public to contribute to the Phoenix Rescue Mission, which has seen a big increase in demand due to the Coronavirus crisis. The company started a fundraising campaign to support the rescue mission, seeding it with a \$10,000 contribution. Adopt Technologies' goal is to generate a fund of \$50,000 in corporate donations.

Those who donate to the Phoenix Rescue Mission will be recognized on a web page, as well as at any other event promotions or honors. Adopt Technologies also hopes to bring in enough individual donations to completely match the pool of corporate donations. The goal is to generate \$100,000 for Phoenix Rescue Mission. Food insecurity in Arizona is 12.4 percent, higher than the national percentage of 11.1, as of press time, according to Adopt Technologies.

To learn more, visit adopttechnologies.com. To make a donation to the Phoenix Rescue Mission, visit adopttechnologies.com/adopt-gives-back.

Real estate company sees significant growth

Homie, a real estate technology company with a North Central office, is showing tremendous growth in the Valley since launching in 2018.

The company saw a 525-percent growth in the number of transactions it processed from 2018 to last year. Its success in Phoenix occurs at a time of hyper-growth around the country. Homie is continuing to build momentum after its Series B financing earlier this year and it plans to open two more markets this year. This business has about 30 employees in Phoenix with an office at 2425 E. Camelback Road.

With Homie, local real estate agents show clients' homes and assist sellers through the selling process. It does not charge commissions on sales, but rather just a flat rate fee, which helps clients save a lot of money. Homie estimated homeowners selling their homes save from \$9,000 and \$10,000 per transaction. The company offers a flat rate of \$2,500 compared to traditional agents that typically charge up to 3-percent on the listing side. To learn more, visit homie.com.

Jabz Boxing raises money to fight against cancer

Jabz Boxing is helping to fight breast and ovarian cancers.

The business, which has a location at 5512 N. Seventh Ave., recently raised nearly \$3,000 for Bright Pink, a non-profit organization committed to saving lives from breast and ovarian cancers. Over a recent week, customers could take donation-based classes to help Bright Pink's mission. The designated Bright Pink workouts were open to the public with a recommended donation of at least \$5 per class. Class participants were urged to wear pink during the classes and were given access to digital tools from Bright Pink to help them understand their individual risks of contracting cancer and to personalize their prevention plans.

Jabz workouts blend cardio, strength-training, core work and plyometrics, giving students a full-body workout. The workouts are circuit-style and use boxing-inspired exercises. To learn more, visit jabzboxing.com.

Local man joins financial life firm

A North Central man is the newest member of LifeManaged, an independent, fiduciary, fee-only financial life management company.

Anthony Fischetti recently joined LifeManaged principal and founder Thanasi Panagiotakopoulos at the firm located at 5134 N. Central Ave. A Brophy College Preparatory product, Fischetti is the son of a local certified public accountant, and he earned a bachelor's degree with an emphasis in finance from Northern Arizona University. Prior to working for LifeManaged, Fischetti served hundreds of families and clients at The Vanguard Group in Scottsdale.

Panagiotakopoulos is the son of long-time restaurateur, Christo, of

please see LIFEMANAGED on page 18

HAPPY HOUR HERSCH

HAPPY NEW YEAR!

As we celebrate this new year, I wanted to thank my parents for all they have done for me. I would not be the person I am without their influence. Though my parents divorced when I was young, I never felt the pressure I'm sure they were dealing with, I learned the word dysfunction early. The divorce never deprived me of their love or their commitment to provide me the path to a fulfilling life. It allowed me to see past the charades and understand that dysfunction is often the norm in families. While many would consider my upbringing unconventional, my parents unfailingly taught me independence, perseverance, humility, graciousness, hard work, the willingness to think for myself, the importance of being nice (a seemingly undervalued quality currently) and the ability to accept people for who they are and not based on some preconceived notion. From afar my childhood might have looked messy but to me it was idyllic, and I am so thankful for the love and life lessons my parents provided.

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TAKING CARE OF BUSINESS

LIFEMANAGED continued from page 16

Christo's Ristorante. He founded LifeManaged in June of 2019 with the hopes of positively impacting the community and neighbors' long-term financial lives by utilizing an honest approach. LifeManaged strives to increase clients' clarity by understanding their personal experiences. It offers a fixed fee to help clients put plans into action to achieve "the financial freedom they deserve," Panagiotakopoulos said. He previously worked as executive vice president and senior wealth advisor at Pathlight Investors.

To learn more, call 602-931-5043 or visit lifemanaged.com.

Connect with others, find businesses on new app

If you're looking for a place to sip tea, bite into an ice cream bar, feast on breakfast, catch up over happy hour, create art, find volunteers or otherwise support the community, check out a new app called LocalBuzz.

Tony Ce, a local entrepreneur, long-time Phoenix resident and owner

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of Snoh Ice Shavery, and Adrian Gillette are the co-founders of the app. You can download it through Apple's App Store, Google Play and on the official website, localbuzz.co. LocalBuzz focuses on small businesses, local events and interesting aspects of communities. It allows users to obtain local content anywhere they go.

Anyone can post for free on the app, which divides content into several categories including "Community," "Kids Stuff," "Dining," "Arts & Entertainment," "Events," "Fitness" and "Outdoors."

Boost core strength at AIR Aerial Fitness

AIR Aerial Fitness, a North Central fitness studio offering a unique type of exercise, recently opened at 2824 E. Indian School Road in the Sprouts Farmers Market shopping center.

It offers four different class formats, including an AIR Foundation all-level cornerstone class, where students learn aerial exercises on hammocks. It emphasizes basic alignment, foundation and specific muscle actions. AIR Core is an all-level, 30-minute core

blast that uses the aerial hammocks and focuses on upper and lower abdominal, oblique and lower back muscles. AIR Flow is for all levels and it is an aerial yoga class for a deep stretch and core strengthening at a slower pace. A 50-minute intense AIR intermediate-level class offers aerial fitness training that blends elements of conditioning, Pilates, ballet and HIIT (High Intensity Interval Training) on aerial hammocks.

The cost is \$30 for a drop-in class or \$160 per month for unlimited classes. There are other discounts and promotions, as well as other class package offerings.

Owner Steph Doheny said all hammocks in every class are at least 6 feet apart to ensure students are socially distancing. Masks must be worn at all times while inside the studio. All hightouch surfaces are disinfected before and after every class and throughout the day when needed. There is a weight limit of 250 pounds per student for safety.

AIR Aerial Fitness is a franchise with other locations around the country. To learn more, visit airfitnow.com.

Crowd-funded company completes upgrade project

Neighborhood Ventures, a real estate crowd-funding company, recently finished renovations at Venture at Villa Hermosa, a 14-unit apartment structure at 5740 N. 10th St. that included new landscaping, roofs, cabinets, countertops, flooring, doors, hardware and appliances, as well as exterior and interior paint. Villa Hermosa was leasing units, as of press time. Over the summer 165 Arizona residents invested \$1 million in Venture at Villa Hermosa.

Since it was started in 2017, Neighborhood Ventures has paid for a total of four properties' projects, with a total investment of \$2.65 million from nearly 300 investors. Investment opportunities are open to anyone, with the only requirement being investors must be Arizona residents. Before crowd-funding laws were passed a few years ago, commercial real estate investors had to be accredited investors, meaning they had to be very wealthy.

To learn more, visit neighbor-hood.ventures.

Over Two Decades



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103 E. Palm Lane Unit C+D • \$375,000 4 bed/3 bath, 2 car garage, 2900 SF, poolside



22627 N. 45th Place • \$655,000 5 bed/4 bath+loft, 3846 SF, 3 car garage, pool, backs to Yavapai Trail, Desert Ridge

2020 SALES

7044 N 11th Dr • \$580,000
6240 N 10th St • \$436,500(Duplex)
5402 E Windsor Ave 51 • \$263,000
1320 E Bethany Home Rd 37 • \$186,000
4582 S Wildflower Pl • \$735,000
1735 W Seldon Ln • \$510,000
1742 W Seldon Ln • \$534,900
10858 N 11th St • \$370,000
521 W Marlette Ave • \$405,000
1050 E Clinton St • \$300,000
5817 N 12th Pl • \$599,900

3444 W Apollo Rd • \$259,900
721 E Sierra Vista Dr • \$620,000(4-Plex)
1313 W Luke Ave • \$346,500
1125 E Shangri La Rd • \$435,000
1123 W Orangewood Ave • \$530,000
10407 N 11th St 3 • \$1450 Mo.
821 E North Ln 2 • \$1350 Mo.
1010 W Vista Ave • \$2795 Mo.
7529 N 8th Ave • \$2195 Mo.
4601 N 12th Ave 3 • \$1350 Mo.
4601 N 12th Ave 2 • \$1050 Mo.
4601 N 12th Ave 1 • \$1000 Mo.
910 W Wagon Wheel Drive • \$670,000

4455 E Paradise Village Pkwy \$ 1024 • \$268,000 1055 N. Recker Rd. 1007 • \$247,000 14840 N. 47th Pl. • \$522,000 10628 N. 73rd Dr. • \$242,500 7025 N. 22nd Dr. • \$280,000 3543 W. Tuckey Ln. • \$214,900 230 W. Denton Ln \$457,500 802 E. Cavalier Dr \$430,000 1320 E. Bethany Home Rd. Unit 26 • \$206,000 22627 N. 45th Pl • \$655,000 564 W Nido Ave • \$2695 mo. 6514 N 13TH Dr • \$1495 mo. 6240 N 10TH St • \$1395



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CURRENT LISTINGS/ESCROWS

	6035 N Central Ave				_	-
2	2240 E Georgia Ave	In Escrow	.4482SF	5BR/4.5BA	\$1,	999,999
1	7 W Sierra Vista Dr	New Price	.4670SF	4BR/3.5BA	\$1,	395,000
1	10436 N Central Ave	In Escrow	.3082SF	4BR/3.5BA	\$	975,000
5	5501 E Beryl Ave	Just Listed	.2996SF	4BR/2.5BA	\$	949,000
7	7140 N 9th St	In Escrow	.2720SF	3BR/2.5BA	\$	895,000
8	8051 N 15th Ave	In Escrow	.3583SF	4BR/4BA	\$	799,000
1	345 E Missouri Ave	Just Listed	.3205SF	4BR/3.5BA	\$	695,000
3	340 E Osborn Rd #3	New Construction	.2441SF	3BR/3.5BA	\$	695,000
3	340 E Osborn Rd #4	New Construction	.2441SF	3BR/3.5BA	\$	695,000
1	345 E Missouri Ave	New Price	.3205SF	4BR/3.5BA	\$	665,000
1	W Cheryl Dr	Just Listed	.3002SF	4BR/2.5BA	\$	659,900
3	340 E Osborn Rd #1	New Construction	.255SF	3BR/3.5BA	\$	650,000
3	340 E Osborn Rd #2	New Construction	.2255SF	3BR/3.5BA	\$	625,000
1	15368 N 18th St	In Escrow	.3529SF	4BR/3.5BA	\$	650,000
1	15 W Cochise Dr	Just Listed	.1726SF	3BR/2BA	\$	550,000
5	5338 N Questa Tierra Dr	In Escrow	.2144SF	3BR/2.5BA	\$	549,990
6	5301 N 14th Pl	In Escrow	.2055SF	3BR/2.5BA	\$	509,900
1	026 E Wagon Wheel Dr	In Escrow	.1879SF	2BR/2BA	\$	459,900
5	E Butler Dr	In Escrow	.2662SF	2BR/2BA	\$	429,900
1	232 E Palacio Ln	In Escrow	.1548SF	3BR/2BA	\$	389,000
1	1102 W Glendale Ave #114	In Escrow	.2103SF	4BR/3BA	\$	363,000



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Featured Homes for January









340 E Osborn #1 • \$650,000



340 E. Osborn Rd. #2 • \$625,000



340 E Osborn #3 • \$695,000



340 E. Osborn Rd. #4 • \$695,000



1 W Cheryl Dr • \$659,900



15 W Cochise Dr • \$550,000

\$4 100 000



5338 N Questa Tierra Dr • \$549,900



902 E. Rovey • \$420,000

103 homes SOLD in 2020 and 17 properties currently in escrow. Call me to discuss your real estate needs and the value of your home. 602.376.1341. I work 7 days a week and am always available to help.

SOLD HOMES FOR 2020

2203 E COILEI 31	
5350 E Orchid Ln	. \$3,149,000
5450 E Arcadia Ln	. \$2,500,000
7020 N. Wilder Rd	. \$2,400,000
5600 N 4th St	. \$2,001,000
6020 E. Doubletree Ranch Rd.	. \$1,860,000
5726 N 2nd Ave	
7151 N 3rd St	
8255 N 18th St	
6611 N Central Ave	
9824 N 53rd Pl	
210 E Cactus Wren	
2939 N Manor Dr	
10825 N 55th St	
6138 E Rose Circle Dr	
321 E. Pomona Rd	
10432 N 48th Pl	\$1,200,000
816 E Circle Rd	
3611 E Mariposa St	
9904 E. Quarry Trail	
245 E Ashwood Pl	\$ 990,000
2214 E San Juan Ave	
ZZ 14 L Jali Juali Ave	\$ 773,000

815 E Circle Rd	\$	975,	00
6312 N 4th Pl			
11 W San Juan Ave	\$	900,	00
3146 E Maryland Ave	. \$	865.	00
209 W. Lamar Rd			
4714 E Lewis Ave			
34920 N 23rd Ln			
5112 N. 34th Pl			
719 W Claremont St			
6522 N 14th St			
1512 W Palmaire			
1439 E Echo Ln			
126 W. North Ln			
1441 E Missouri Ave			
1002 E Kaler Dr			
544 E Belmont Ave			
3824 E Melody Dr			
303 W Stella Ave			
505 E Missouri Ave			
5301 N. 6th St			
6621 N 14th Pl			
3853 E. Crittenden Ln			
OOO L. CIRCOIDEII LII	4	0,0,	-0

	412 E. McLellan Blvd	S	659	,000
	1404 W Gardenia Ave	\$	655	,000
	15638 N 18th St	٠\$	618	,000
	902 W Claremont St	\$	610	,000
	517 W. Lamar Rd			
	216 E Keim Dr	\$	600	,000
	724 E Claremont St	\$	599	,900
	202 E Berridge Ln	\$	595	,000
	5125 N 34th Pl			
	1516 W. Winter Dr	\$	585	,000
	6217 N 7th Ave	\$	575	,000
	77 E Missouri Ave #37	\$	575	,000
	701 W Las Palmaritas	\$	568	,000
	4430 N.22nd St. #13	\$	550	,000
	11 W Cheryl Dr	\$	550	,000
	14 E Laurie Ln	\$	530	,000
	4827 E Weldon Ave	\$	529	,900
	534 W. El Camino Dr	\$	515	,000
	1611 N 11th Ave	\$	512	,000
	27525 N 113th Pl	\$	510	,000
	6811 N 11th Pl	\$	505	,000
	6050 N. 10th Pl	\$	502	,500
_				

8710 N 6th Dr	\$ 480,	00
1133 E Gardenia Ave		
6118 N 9th Ave		
1025 E Denton Ln	\$ 456,	50
1312 W Georgia Ave	\$ 445,	00
1525 W Vernon Ave		
6302 N. 11th St	\$ 439,	90
8145 N 13th Pl	\$ 434,	00
3137 E Hazelwood St	\$ 426,	25
6811 N 11th Ave	\$ 420,	00
1711 E Solano Dr	\$ 420,	00
902 E Rovey Ave	\$ 420,	00
1902 E Coolidge St	\$ 415,	00
3120 E Coolidge	\$ 400,	00
7340 N. 11th Št		
6163 N 28th Pl	\$ 399,	00
7747 N 13th St		
3015 E Coolidge #6		
1810 W Butler Dr	\$ 370,	00
720 W. Thunderbird Rd	\$ 369,	00
509 W. Missouri Ave	\$ 339,	80
1102 W Glendale Ave #125	\$ 369,	00



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Many insurance plans reimburse for acupuncture treatment, and HSA dollars can be used to pay for acupuncture and herbal supplements. As we are nearing the year's end, take advantage of these benefits to do all you can to stay safe and healthy for new beginnings in the new year.



HEALTHY LIVING

Health Briefs

Phoenix Children's notes dangers of 'The Glow'

If you are looking at photos from the holidays and notice your child has a white or yellow glow in one of their eyes, it could be a sign of a serious disease.

So says Phoenix Children's, which recently provided information for "Knowing the Glow," including what you should do if you see something that concerns you. "The Glow," known medically as leukocoria, is an abnormal reflection from the eye's retina. It shows up as a white, opaque or yellowish spot in the pupil of an eye. Phoenix Children's reports one in 80 children can reveal the glow in their eye before age 9. This glow can indicate one of more than 20 different eye diseases and conditions. None of the conditions can be diagnosed without the help of an optical device that an optometrist or ophthalmologist uses but parents or

family members are the first to notice "The Glow" in 80 percent of cases, according to Phoenix Children's.

This color in the eye could suggest your child has retinoblastoma, a rare type of eye cancer that typically develops before age 5. Treatments for this cancer are generally highly effective.

Phoenix Children's recommends that if you see the glow in more than one picture of your child you schedule a comprehensive eye exam, which includes a red reflex test with a pediatric ophthalmologist or an optometrist. Treatment is available at Phoenix's Children's.

To learn more or schedule an appointment at Phoenix Children's, call 602- 933-EYES (3937) or visit phoenixchildrens.org/centers-programs/ophthalmology.

Dignity Health urges people to wash hands

Keeping your hands clean is one of the most effective defenses against the spread of a virus, including COVID-19, as well as bacteria and germs, according to Dignity Health Medical Group, which has offered tips on the ways to most effectively wash and sanitize your hands to help decrease the spread of COVID-19 and other illnesses.

Dr. Son Dong, a family medicine physician with Dignity Health Medical Group – North State, recommends you wash your hands for at least 20 seconds with warm water and soap by thoroughly scrubbing your hands. He urged everyone to wash the front and back of their hands, in between fingers and under nails to reduce the possible spread of viruses and other illnesses. Doing so decreases the potential spread of illnesses and viruses that travel on surfaces, Dong said.

While many people carry hand sanitizer in their vehicles and purses to use throughout the day after touching surfaces, washing your hands properly with soap and water is probably more effective than any alcohol-based hand sanitizers. Dong said alcohol-based sanitizers might not attack certain viruses and bacteria, including norovirus or clostridium difficile. He added if you do not have access to clean water and soap then utilizing an alcohol-based sanitizer on your hands

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HEALTHY LIVING

with at least 60-percent alcohol is the next best option. Dong said be sure to use enough hand sanitizer so it is effective and rub it over the whole surface of both hands until they are completely dry.

According to the Centers for Disease Control and Prevention (CDC), you should wash your hands after blowing your nose, coughing, sneezing or using a tissue. They also recommend washing hands after being in a public place, as well as before and after caring for someone who is sick and before preparing or eating food.

To learn more, visit dignityhealth.org.

New treatment for atrial fibrillation patients

Abrazo Arizona Heart Hospital is now offering a new treatment – the Watchman FLX procedure, an alternative to blood thinners – for patients with non-valvular atrial fibrillation (NVAF) and are at high risk of stroke. The Watchman FLX received FDA approval in July.

Atrial fibrillation is a common

heart disorder that happens when electrical signals in the heart become irregular, prompting the heart's upper chamber to beat out of rhythm. The new procedure permanently closes off the left atrial appendage, which is the area of the heart where blood clots that cause strokes commonly form in NVAF. Dr. Akil Loli, who was the first physician at Abrazo Heart Hospital to implant the Watchman FLX device after it was approved for commercial use, said atrial fibrillation requires patients to receive immediate medical attention. Without accessing medical help right away a life-threatening stroke can occur, Loli said.

The new technology has a new, fully rounded design providing physicians the ability to safely enter and maneuver within patients' left atrial appendages, he added. The design "allows for optimal device engagement with the tissue" to help in offering long-term stability, as well as a more complete seal.

The American Heart Association said at least 2.7 million Americans have atrial fibrillation. It can lead to blood

clots, stroke, heart failure and other heart-related issues. People who have atrial fibrillation are at a higher risk of stroke if they are not taking blood thinners, which also can increase the chances of bleeding. The Watchman FLX device closes off a section of the heart called the left atrial appendage to prevent harmful blood clots that can form in that area of the heart.

Abrazo Arizona Heart Hospital is located at 1930 E. Thomas Road while Abrazo Central Campus is at 2000 W. Bethany Home Road. To learn more, visit abrazohealth.com.

Banner Health's new app helps those with diabetes

Banner Health is making it easier to access information about diabetes from your phone, tablet or other device.

You can download Banner's free app to learn more about diabetes, including what it means, medicine and other types of treatment available and how to monitor blood sugar levels. Type 1 diabetes is when the pancreas does not produce insulin and it usually develops in children and young adults, according to Banner Health. With Type 2 diabetes the body is not able to make enough insulin or the insulin is not used correctly. Gestational diabetes occurs during pregnancy while prediabetes is when blood tests reveal an increase in blood glucose that suggests a risk for diabetes.

Banner Health offers many different types of tools and advice for successfully managing diabetes. Some of the services include blood sugar testing, implantation and management of continuous glucose monitors, as well as insulin pumps. Banner Health also provides self-management classes, support groups and treatment for related complications including wound care.

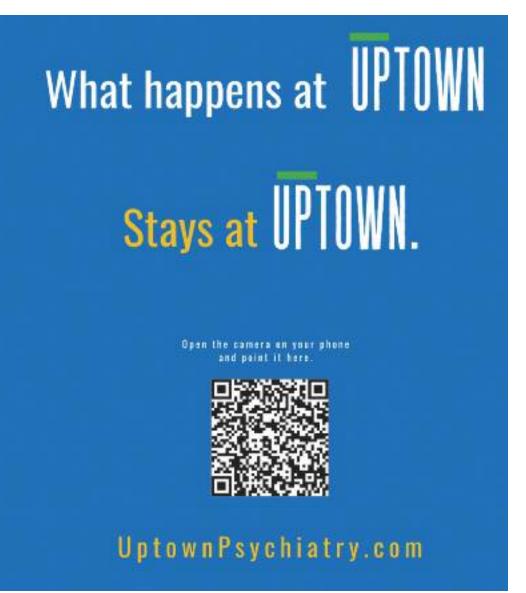
The healthcare system recommends those with diabetes eat healthy foods, stay active, test their blood sugar regularly, obtain regular check-ups and take any medication they are prescribed as directed. Cardiologists, dietitians, endocrinologists, nephrologists, surgeons and other specialists at Banner Health treat patients with diabetes. To learn more, visit bannerhealth.com/services/diabetes.

I Can't Sleep!

Insomnia is one of the most common and debilitating symptoms experienced by adults. Struggling to fall asleep and/or stay asleep can lead to significant physical and psychological consequences including fatigue, changes in mood, and difficulty focusing resulting in problems with school or work and personal relationships. Furthermore, lack of sleep has the potential to worsen underlying anxiety, panic attacks, bipolar disorder, depression, ADHD as well as medical conditions such as hypertension, gastrointestinal disorders and hormonal disorders.

The cause of sleep disturbances can vary widely. Insomnia can be caused by poor "sleep hygiene", stress, underlying medical conditions, medication side effects, drug or alcohol use or an underlying psychological condition. Occasionally insomnia can be "primary," meaning that the symptoms have been lifelong without an identifiable cause.

The good news is that insomnia often responds to treatment with medication and behavior change. At Uptown Psychiatry our approach to treatment often involves medications and other elements of an individualized treatment program to help you manage your symptoms, improve your everyday functioning, and lead fulfilling and successful life!





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SCHOOL DAYS



Brophy's Broncos cross country program won the 2020 AIA Division I state championship. Pictured here are (from left): Daniel Chavez, Kaden Stillwagon, Jessie Salinas, Jackson Moran, Xander Black, Charlie Fallon, Rey Perez and Brody Haar (photo by Mike Scannell).

Brophy cross country team earns state title

The Brophy Broncos cross country program hit the ground running this academic year, taking home the 2020 AIA Division I state championship.

Headed by Brophy College Preparatory senior Xander Black, who was the Division I boys individual state champion, the team cruised to the title, which the school had last won in 2003. Xander clocked 15 minutes, 34.6 seconds in the 5K run. He was the second Bronco to accomplish that win as Charles Hampton, class of 2003, led Brophy to the championship previously.

Xander told the The Arizona Republic that he ran close to two of his teammates towards the front of the race and "we just relaxed towards the front for the first half of the race." Then he said around the two-mile mark the

coach told him to "make a move."

Brophy Cross Country team participates in long-distance running and takes part in meets at the freshman, junior varsity and varsity levels.

School Briefs GLENDALE UNION HIGH SCHOOL DISTRICT

Future Freshman Night to be held virtually

The Glendale Union High School District will hold its signature event, Future Freshman Night, at 6:30 p.m. on Thursday, Jan. 14, online/virtually. Eighth-grade students and their families will learn about the nationally recognized academics, championship sports teams, as well as fine and performing arts classes and resources for college and career opportunities.

Each high school in the district will



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SCHOOL DAYS

host its own Future Freshman Night online presentation. To find your teen's designated school, check out the map at guhsdaz.org.

Sunnyslope seniors receive scholarships to universities

Three Sunnyslope High School seniors recently received full, four-year college scholarships.

Ashley Noriega Galvan, Dawnelle Heatherly and Kelly Labastida Medina each received the scholarships worth more than \$200,000 through the QuestBridge National College Match, which pays for tuition and fees, as well as room and board, books, supplies and travel expenses.

Ashley is headed to Notre Dame, Kelly plans to attend Northwestern University and Dawnelle plans to go to the University of Chicago.

To be eligible for these scholarships, students must have earned primarily A letter grades, rank in the top 5 to 10-percent of their graduating class and earn high scores on the SAT and ACT standardized exams. To learn more, visit questbridge.org.



Brittany Marshall



Jessica Sextor

John Williams

Make donation to schools to receive tax credit

Support students in the Glendale Union High School District while reducing your state income taxes at the same time.

The Arizona State Public School Tax Credit Law gives taxpayers who donate to a public school a tax credit of up to \$400 when they file personal taxes as "married filing jointly" or up to \$200 if they file as "head of household" or "single." You must make your tax credit contribution by April 15 to claim a credit on your 2020 tax year return, according to the Arizona Department of Revenue.

To learn more, visit guhsdaz.org.

Voters pass bond initiative to support GUHSD

Voters in the November special election approved a \$130 million bond measure for the Glendale Union High School District. The election authorized the sale and issuance of a maximum of \$130 million principal amount of ad valorem property tax bonds of the district in the form of class B general obligation bonds and related matters.

The funding will help renovate existing district buildings, provide new construction on school sites, strategic replacement of aging transportation fleet vehicles and to supply district centers with furniture, equipment and technology.

MADISON ELEMENTARY SCHOOL DISTRICT

Three teachers receive Golden Gator Awards

Three Madison Traditional Academy teachers are among those nominated by students at Xavier College Preparatory for Xavier's Golden Gator Awards, which recognizes teachers who have made a positive impact on them.

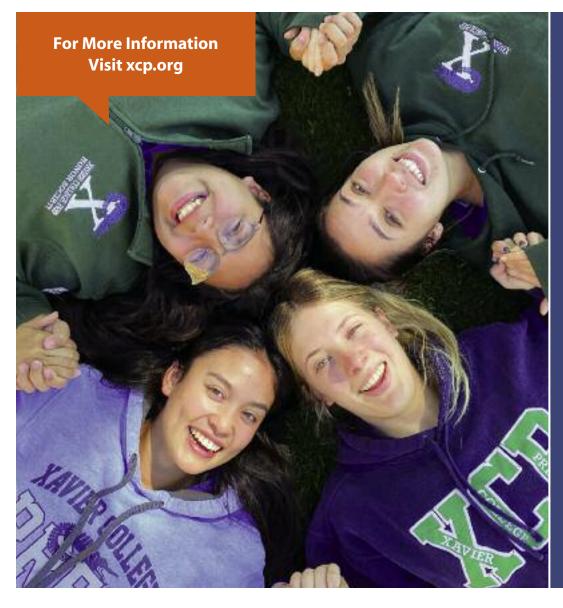
Brittany Marshall, an eighth-grade math teacher; Jessica Sexton, a seventh-grade math teacher and John Williams, a seventh/eighth-grade social studies teacher at Madison Traditional Academy, received the honors. Marshall has taught in the district for eight years, Williams for 15 years and Sexton for 11 years.

Every freshman student at Xavier could nominate a seventh- or eighth-grade teacher who had inspired her.

Eighth graders explore high schools virtually

Eighth-graders in the Madison district are gearing up for high school after exploring campuses virtually.

please see EXPLORE on page 26



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9th Grade Applications Available Now Go to xcp.org.

Xavier Entrance Exam

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





EXPLORE continued from page 25

The district held a Virtual High School Night on Dec. 15, when students and their families had the opportunity to interact with officials from 19 high schools and 21 programs. The event included high schools from the Phoenix Union High School, Glendale Union High School and Paradise Valley Unified school districts; six private high schools and one charter school.

The schools gave presentations and offered Madison families time to ask questions. The event was held in an online format because of the COVID-19 pandemic.

District to hold virtual job fair for many positions

Looking for a job? The Madison Elementary School District will hold a virtual job fair next month.

The event will start at 4 p.m. on Thursday, Feb. 18 online. The district will hire employees for positions including teachers, paraprofessionals and bus drivers. To learn more visit madisonaz.org/jobs.

OSBORN ELEMENTARY SCHOOL DISTRICT Volunteer and dog teach students life lessons

A volunteer with Gabriel's Angels and her dog are teaching students life skills in creative ways.

Marlena McCormac wanted to keep supporting students during this COVID-19 pandemic as classes have



Marlena McCormac, a volunteer with Gabriel's Angels, has been teaching students at Montecito Community School life lessons virtually with her dog, Socks, during this COVID-19 pandemic (photo by Marlena McCormac).

been held virtually/online. She developed lessons featuring her dog Socks that aligned with the focus on social skills in the Montecito Community School that she teaches online. McCormac's virtual lessons teach students about health and safety, as well as tattling vs. reporting, a growth mindset and other life habits for success. She works with students in grades kindergarten through fourth with behavioral and social-emotional needs. Volunteers such as McCormac help students form relationships.

Gabriel's Angels visits facilities serving at-risk children in the Valley, Prescott and Tucson. Registered teams, consisting of a person and a pet, provide unconditional love while teaching respect, confidence and empathy. To learn more, visit gabrielsangels.org.

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SCHOOL DAYS



Matthew Rouhani, 16, a junior at Brophy College Preparatory, recently sewed 54 masks that will be given to clients of St. Vincent de Paul and he made 181 blessing cards for them (photo courtesy of St. Vincent de Paul).

PHOENIX UNION HIGH SCHOOL DISTRICT Schools will stick with virtual learning for now

Classes in the Phoenix Union High School District will remain online this month because of the recent surge of COVID-19 in the community.

Superintendent Chad Gestson, in a video posted on the district's website, said the district will "always prioritize the health, safety and wellness" of students, staff members and the community. While the district wants to bring students back to campuses for in-person learning, "the spread of COVID" has been at dangerous levels, Gestson said. However, students can visit campuses for tutoring certain days.

Gestson said if the spread of COVID-19 is decreasing in the community at the end of this month then the district will bring staff members back to campuses Feb. 1 and allow up to 40-percent of students to come back for in-person classes on Feb. 16. If by the end of this month it is still unsafe to resume learning on campuses, then

the district will aim to start in-person classes on March 15. Gestson said if many students want to come back in person March 15 they would pick "A" and "B" days for learning in person.

For more updates, visit pxu.org.

PRIVATE AND CHARTER SCHOOLS

Brophy junior makes face masks, blessing cards

Community service is the fabric of life for a Brophy College Preparatory junior, who has been sewing face masks for clients of St. Vincent de Paul.

Matthew Rouhani, 16, recently used his grandmother's sewing machine to create 54 masks that will be given to residents who need them. He also made 181 blessing cards with inspirational messages for those who seek help from St. Vincent de Paul. Ordinarily Matthew would volunteer in person at St. Vincent de Paul in its Family Dining Room or Dream Center but he shifted his outreach to home projects amid this COVID-19 pandemic. He used a vari-

please see MASKS on page 28

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Scholarships available

SCHOOL DAYS

MASKS continued from page 27

ety of fabrics and supplies including basketball and unicorn prints for the masks. Matthew told St. Vincent de Paul he watched a YouTube tutorial and his mother provided some tips on how to create the accordion-style masks with loops that go around the ears.

Brophy Math Club advances to state

Several Brophy College Preparatory students have the equation for success, as they recently participated in a preliminary math competition.

The nine participants who are in the school's Math Club were scheduled to advance to the state event, as of press time. At the recent preliminary event Shaan Keole, a freshman, and Doer He, also a freshman, won first and second places respectively in the ninth-grade category. The faculty moderator for the club is Jason Svedin.

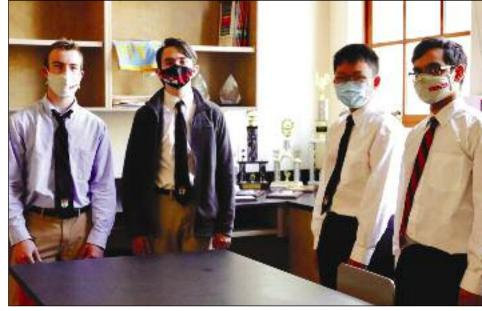
MHP students earn awards for AP test scores

Nine Madison Highland Prep students are in the spotlight for scoring high on an exam that allows teens to earn college credit while still in high school.

The students all received the AP Scholar Award, given to those who earn an average score of 3.00 on three AP or Advanced Placement exams last academic year. John Hubert and Mckenzie Steele were the seniors at Madison Highland Prep who received the AP Scholar Awards. Madison Highland Prep saw two students receive the AP Scholar with Distinction Awards, which are awarded to students with an average score of 3.25 on four AP exams.

This academic year, Madison Highland Prep is providing 11 schoolday AP classes with more than 100 students engaging with the AP College Board curriculum. Students also come to the school for socially distanced AP Spanish Language and Culture classes for their fifth hour of the academic day, on a voluntary basis to earn credit and prepare for the AP Spanish exam. The last time the AP Spanish exam was administered, Madison Highland had nine students achieve a score of 4 or higher.

Students who receive a score of at least 3 in difficult subjects and those who earn a 4 or 5 in other subjects on the AP exams earn college credit. A 5 is the highest a student can receive on the AP exams.



Brophy's Math Club members recently demonstrated their academic prowess at a preliminary math competition and advanced to the state event. Pictured here are some members of the club, (from left): Benjamin Jackson, a sophomore; Carson Lauer, a sophomore; Doer He, a freshman; and Amit Das, a senior (photo courtesy of Brophy College Preparatory).

Midtown Primary School students enjoy gifts

Midtown Primary School students are able to enjoy stuffed animals this New Year thanks to community "angels" who adopted them.

There were 30 community members who adopted the children at the school for the winter holiday season. These "angels" were teachers, individuals and the Camelback Community Bible Study church group, who ensured students had gifts for Christmas last month. In order to keep the magic of Santa Claus alive for the season, parents picked up the gifts from the school to put under their holiday trees at home. Santa flew in from the North Pole to meet with every Midtown student to give them a stuffed animal.

School receives grant for leadership, innovation

Strong leadership and innovation at Madison Highland Prep have earned the school a grant.

A is For Arizona recently awarded a 2020 Expansion and Innovation Fund Grant to the school for its leadership and excellence with remote, live instruction and learning. Madison Highland Prep boosted its virtual learning environment by increasing bandwidth to offer reliable live stream instruction for each classroom during this COVID-19 pandemic. The school bought a virtual server to guarantee predictable software access for its diverse science, technology, engineering and math (STEM) curriculum.

This Innovation Grant assisted

Madison Highland Prep with buying technology that helps teachers in using the Zoom platform for video communication, as well as modern Swivl technology for live streaming instruction for all classes.

The school's teachers also utilize wireless Mimeo tablets to send information directly to every student's home computer, as well as to the classroom's LCD projector simultaneously. This educational technique has proven to be engaging and allows the school to deliver the richness of its curriculum while using modern technology.

A for Arizona is a non-profit organization that aims to build an educational system in Arizona that prepares all students to succeed in the competitive global economy and contribute to their area communities.

Xavier students help people hit hard by pandemic

Xavier College Preparatory students are rolling up their sleeves to help people who are struggling during this COVID-19 pandemic.

Kelly Scott, a senior at the school, created Swim for the Light, a virtual fundraising swim, with proceeds going to Valleywise Health Foundation, which offers inpatient psychiatric services. Anyone could swim and students from Xavier, Brophy College Preparatory and other Valley schools, as well as former Olympian swimmers, participated.

Xavier's National Honor Society held its annual canned food drive recently to assist St. Vincent de Paul. Students, faculty members and other school employees contributed more than 280,000 cans of food.

Caroline Purtill, a Xavier junior, as well as her friends, initially raised more than \$11,000 to help the Navajo Nation several months ago and then it raised another \$10,000.

Xavier sophomore Nina Rawal created a website, Caring for Seniors and she and her friends sent 1,000 letters and provided 850 masks to senior citizens, as of press time.

Kaori Robertson, a Xavier senior, and her friends, raised money and worked with a manufacturer to bring hand-washing stations and touch-less soap dispensers to the Navajo Nation.

Xavier's Key Club donated books, school supplies, toys and clothes to fill 166 boxes, which were delivered to children in need around the world. That club and the Student Council bought and decorated Christmas trees, which were donated to St. Vincent de Paul

Two Xavier teachers receive college honors

Two Xavier College Preparatory teachers are making the grade for their accomplishments instructing students.

Rio Salado College named Alison K. Dunn, who is chairwoman of Xavier's Studio Arts Department, and Jennifer L. Weiland, who teaches AP, honors and college prep biology at Xavier, as Outstanding Adjunct Faculty. Dunn, who has taught at Xavier since 2008, received the Rio Salado distinction for last academic year. She teaches AP Art History, as well as advanced and intermediate drawing and painting. Through Rio Salado online, Dunn teaches Art History 101.

Weiland was awarded the faculty honor for the 2018-19 school year at Rio Salado. She started teaching at Xavier in 1997 and has been teaching Biology 100 at Rio Salado for six years.

Xavier College Prep and Rio Salado College are partners in a Dual Enrollment program, which offers the chance for high school students to earn high school and college credits simultaneously during regular school hours.





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GENERATIONS

Senior Living

Travel, exercise, socialize through Zoom classes

Jewish Family & Children's Service offers a variety of online classes for seniors to help them stay active, entertained and socializing through .

The non-profit organization's Center for Senior Enrichment will offer Dance and Movement with Michelle Dionisio from 11 a.m. to noon Mondays on Jan. 4, 11, 18 and 25. During the Schmooze Parlor, host Janet Rees will engage in conversations with participants about anything they want to discuss, from 1 to 2 p.m. Jan. 4, 18 and 25.

Engage in the Happy Healthy Hour at 1:30 p.m. on Wednesday, Jan. 6, which will focus on Mindful Self-Compassion, through the Zoom gathering.

Vocalist Nicole Pesce will return to the Center for Senior Enrichment with performances during the Great American Songbook class at 11 a.m. on Thursday, Jan. 7. On that same day at 1:30 p.m. you can travel virtually on a tour of The Highlights of Paris, with Karen Rudel from Sight Seekers Delight.

The center will hold the Dispatches in Quarantine featuring a video of the last interview with the late actor, comedian, director, screenwriter and author Carl Reiner before his death from 1:30 to 2:30 p.m. on Jan. 11.

Chair yoga classes will continue at 11 a.m. every Wednesday. Starting this month, the Ballet Theatre of Phoenix will offer chair ballet classes at noon on Fridays.

Classes are open to all older adults in the Valley and most of them are free. To register, contact Jennifer Brauner at seniorcenter@jfcsaz.org or call 602-343-0192.

Area Agency on Aging warns about text scam

The Area Agency on Aging, Region One is warning taxpayers about a text scam. It reported that the Internal Revenue Service, state tax agencies and the tax industry caution that there is a scam in which thieves try to trick recipients into disclosing bank account information. These text scams seek information under the guise of taxpayers receiving the \$1,200 Economic Impact Payment. Experts are reminding taxpay-

ers that neither the IRS nor state agencies will text taxpayers asking for bank account details so that an Economic Impact Payment deposit can be made.

This scam message says, "You have received a direct deposit of \$1,200 from COVID-19 TREAS FUND. Further action is required to accept this payment into your account. Continue here to accept this payment..."

The fake phishing URL, which looks like it comes from a state agency or relief organization, brings recipients to a fraudulent website that attempts to resemble the IRS.gov "Get My Payment" website. Those who enter their personal and financial account information on the site will have that information taken by the scammers.

If you see the text scam you should take a screen shot of the text message and include it in an email to phishing@irs.gov with this information: Date/time/time zone that the message was received, the number that showed up on their caller ID and the number that obtained the text message.

To learn more about the Area Agency on Aging, visit aaaphx.org.

Kids & Families

IMPACT to hold open gym, parents' night out

IMPACT Gymnastics Academy is helping parents to keep their children and teens occupied this winter with an open gym and a Parent's Valentines Night Out.

The academy will host Open Gym from 7:30 to 9 p.m. every Friday at its facility at 7812 N 12th St. for youths ages 6 to 17. The cost is \$15 if paid in cash or \$18 with a credit card. You must RSVP if your child will attend by calling 602-870-7574.

IMPACT will host a Parent's Valentines Night Out from 6 to 10 p.m. for kids ages 6 to 17 on Saturday, Feb. 13. Youths can engage in activities in the gym while their parents enjoy a date night ahead of Valentine's Day on Feb. 14. The cost for this event is \$30 for one child, with \$5 off the price for every child after that in the same family. You also can call IMPACT to RSVP for your child.

To learn more about IMPACT, visit impactgymaz.com.

Phoenix Children's helps homeless, struggling youth

Homeless and financially struggling children in the Valley face many challenges but Phoenix Children's offers assistance in several ways.

Children who do not have a permanent home are at higher risk of suffering depression, illness and injury and almost all of them lack access to medical care, according to Phoenix Children's.

The outreach program operates the Crews'n Healthmobile, a doctor's office on wheels that helps homeless and atrisk youths, where and when they need the help. Each van and clinic features exam rooms, a pharmacy, a laboratory and a triage unit, among other features. The homeless program helps patients up to 24 years old who are homeless or in danger of becoming homeless.

Phoenix Children's Hospital Breathmobile, a self-contained mobile asthma clinic, travels to inner-city schools, where it offers asthma diagnoses, treatment and education.

The *Phoenix Business Journal* recently awarded the Health Care Hero

award to Dr. Sarah Beaumont, medical director of Phoenix Children's Homeless Youth Outreach program.

To learn more, visit phoenix childrens.org/about-us/healthcare-out-reach

Develop tools to boost kids' good behavior

Parents, grandparents and others who care for children can obtain tools for encouraging good behavior in free online workshops.

Early Childhood S.T.E.P. (Systematic Training for Effective Parenting) will be held from 10 to 11:30 a.m. starting on Saturday, Jan. 9 through Zoom, a video chat system. This is an eight-session series that focuses on positive adult-child relationships. Each workshop builds on what is discussed in the previous one.

Participants will learn how to encourage cooperative behaviors by offering a loving, consistent environment. Topics of the series include child and brain development; understanding young children's behavior and building self-esteem. The workshops are geared towards those who have a close relationship with a child ages 3 to 5.

To register, call Dominica Aquino at 520-255-6534 or email her at DAquino@arizonaschildren.org.

Music Works offering piano lessons for youths

Music Works Community is going to start a new, 15-week semester of PRELUDE Piano classes for young musicians the week of Feb. 1.

You can register now for "hybrid" classes, which offer in-studio and online video formats. Piano Preschool "ShiningStars" classes are delivered for children ages 3 to 5 to prepare them for playing the piano, singing and moving, as well as developing hand coordination and rhythm with drumming. Music Works Community's "LeapFrog" piano lessons are provided to those in grades kindergarten and first to learn in small groups.

Music Works, "The Piano Place," provides lessons in piano for all levels and ages. It is located at 302 W. Bethany Home Road. To learn more email Director@MusicWorksCommunity.com

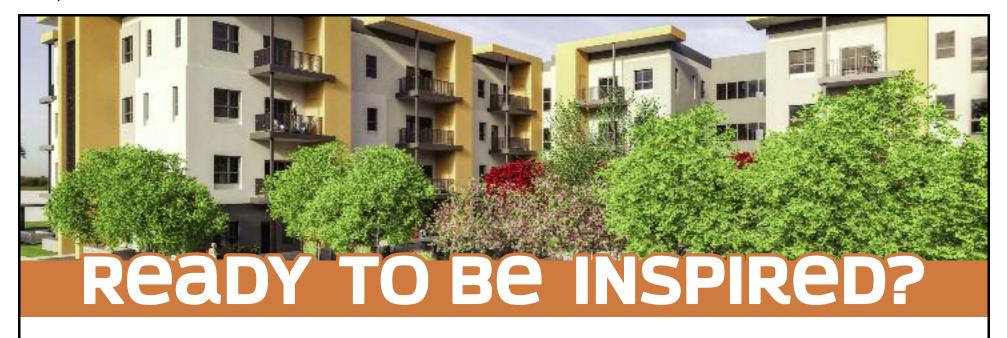
or call the studio at 602-264-5188. Discover more details about classes by visiting musicworkscommunity.com.

PHXPlays at Home to bring Virtual Bingo to residents

There are lots of activities you can do with your children or on your own from the comfort and safety of home, thanks to city of Phoenix online programs.

PHXPlays at Home – Happy New Year! Family Bingo will take place from 6 to 7:30 p.m. on Friday, Jan. 22 online through Webex. You can gather with family members and friends, even if they are in different locations, for a chance to win prizes. One registration per household (with up to five individual playing cards that will be sent to the main registrant's email address) is allowed.

You need a PC or a tablet to display the Bingo board and one device (a PC, tablet or smart phone) per player, to show the individual Bingo cards. It is free to play. To enroll, visit phoenix.gov/parks/classes-and-programs and then click on "PHXPlays at Home – Virtual Recreation Programs for Youth and Adults."



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ARTS & ENTERTAINMENT

Acclaimed actress sings Judy Garland

An Emmy-nominated actress will take audiences "somewhere over the rainbow" in a musical this month and in February.

'Get Happy: Angela Ingersoll Sings Judy Garland" will be on stage at Phoenix Theatre Company's new, socially-distanced outdoor venue Jan. 26 to 31 and Feb. 2 to 7 at the Central United Methodist Church at 1875 N. Central Ave. Ingersoll, who received national praise and an Emmy nomination for her role in this show, brings to life the late movie star and singer Garland, who signed a movie contract with MGM at age 13 and starred as Dorothy in the classic movie "The Wizard of Oz" in 1939. Ingersoll also earned recognition for her role as Garland in the play "End of the Rainbow," including Chicago's Jeff Award, a Broadway World Award and "LA Times Woman of the Year in Theatre" honor.

She headlines concert stages around the country in her role as the iconic performer and also partnered with Garland's son on stage for "Joey Luft and Angela Ingersoll Celebrate Judy Garland."

Ingersoll and her husband, Michael Ingersoll, produce and create the Chicago-based company "Artists Lounge Live" concert series, which delivers popular music of yesterday performed by today's talented artists. Also a writer, Angela has performed on stage in "How To Succeed in Business Without Really Trying," "Much Ado About Nothing," "Richard III" and many other shows. She also acted in a recurring role on "Chicago PD," an NBC show.

For tickets, visit phoenixtheatre.com.

ATC postpones its season again

Arizona Theatre Company will postpone its 54th season again until later this year because of the recent increase in COVID-19 cases and restrictions that national theater unions have imposed. The organization recently made the difficult decision to delay the season with plans to reopen for live stage productions when it is safe to do so.

While Arizona Theatre Company



Angela Ingersoll will perform "Get Happy: Angela Ingersoll Sings Judy Garland" on Phoenix Theatre Company's new outdoor stage at the Central United Methodist Church on north Central Avenue this month and next (photo by Amy Boyle Photography).

will not produce live or streamed theater currently, its creative and artistic teams continue their work, including developing a jukebox musical that is based on the music of the band Chicago. A new musical about Supreme Court Justices Sandra Day O'Connor and the late Ruth Bader Ginsburg also is being created. Both musicals will be performed on stage when the theater company can safely resume in-person shows. These performances will be available exclusively to subscribers and theater supporters.

An audio play starring Tony Award, Drama Desk and five-time Emmy Award winner John Larroquette, written by Lauren Gunderson, is also being planned.

Arizona Theatre Company's subscribers-turned-donors will obtain an exclusive look behind the curtain of the creative process with access to workshops, special digital performances and readings.

There are digital performances available to view, as well as Arizona Theatre Company's podcast, "Hang & Focus," which is available on Apple Podcasts, Spotify and YouTube. To learn more, visit arizonatheatre.org.

Nominations sought for arts awards

Lend support to individuals, organizations and businesses that have made an impact in the arts and cultur-



ARTS & ENTERTAINMENT

al scene in Arizona by nominating them for awards.

Nominations for the 40th Annual Governor's Awards are being taken online through Friday, Jan. 8. These honors are given to those who have made significant, outstanding contributions to arts and culture in the state. Categories have been added to recognize an even larger number of candidates whose work makes a significant difference in rural and urban communities across Arizona.

Peer-based panels will review the nominations. The categories are: Artist, Small Arts Organization, Large Arts Organization, Small Business, Large Business and Arts Educator. The 2021 Shelley Award also will be given to someone who has advanced the arts through strategic and innovative work in creating or supporting public policy that helps the arts in Arizona.

Nominees for awards must be Arizona residents, a business operating in and for the benefit of Arizona, a community organization or a school.

Panels with previous winners, community members and arts leaders around Arizona will evaluate nominations based on these criteria: significance of the contributions and success of the nominee; the range of people or groups served by their work and the length and degree to which they are dedicated to the arts.

More than 200 recipients have received Governor's Arts Awards since 1981. The awards will be celebrated on March 26 with activities around the state. To make a nomination, visit docs.google.com/forms/d/e/1FAIpQLS cEFLi6b-xgb7hL_uNeznKrr2nVWLVqdpnpJ2A_bLBZ5TjHtw/viewform. Or visit the Arizona Citizens for the Arts' Facebook page at facebook. com/ArizonaCitizensfortheArts.

Phoenix Chorale CEO leaving strong legacy

Phoenix Chorale CEO Jen Rogers will step down from her position this month after almost 15 years working with the organization.

The North Central resident has served as administrative leader of the choral ensembles since 2015, when she moved to the CEO position while she had worked previously as the vice president of marketing and communications. Phoenix Chorale's Board of Directors has implemented a plan to

put an interim CEO in place ahead of conducting a national search for Rogers' successor this year.

Lynne Traverse, Phoenix Chorale Board chairwoman, said that under Rogers' leadership the Phoenix Chorale has become solvent, expanded to include full and part-time staff members, as well as developed the board into a fully-functioning professional entity, started successful recordings and boosted donor support. Rogers said when she first began working with the chorale she was "captivated by the high level of music making." She said "every job has an expiration date" and she feels it is time to move on and allow others to move the choral ensembles forward.

The chorale appointed Christopher Gabbitas as artistic director in 2019 after a search process that Rogers and Search Committee co-chairwoman Rebecca McClain led.

To learn more, visit phoenix-chorale.org.

Take a vacation without leaving town

You can take a vacation to a foreign land without leaving Phoenix when you visit FOUND:RE Phoenix Hotel this month, as well as in February, March and April.

The hotel has kicked off its new Passport Series aimed at transporting guests to destinations around the globe within its grounds at 1100 N. Central Ave. During each one-night event, FOUND:RE's pool and bar area will be transformed to embody the spirit and feel of another global spot. Each event will featured food and drinks for purchase from that country or celebration while the décor also will reflect the theme.

Explore "Mexico" during the next Passport Series from 6 to 10 p.m. on Saturday, Jan. 16. Guests can let the good times roll at a Mardi Gras celebration in New Orleans in honor of Fat Tuesday on Tuesday, Feb. 16. The focus of the hotel's celebration on Saturday, March 13 will be Japan and you can delve into "Brazil" at the Passport Series gathering on Saturday, April 10. All the gatherings will be held from 6 to 10 p.m.

You do not need reservations. It is free to attend but guests must pay for their own food and drinks. To learn more, visit foundrehotels.com.



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 beginning at 9:00 am. Because of the COVID-19 pandemic, our meetings are held through Zoom. Following the meeting, we virtually "tour" 10 homes new to the market. We require those REALTORS who have a property on the tour to attend the meeting and then participate in the virtual tour of all houses on that day's tour. Each agent provides constructive feedback on price, condition, and key features of the home. The goal is to network with fellow REALTORS who also specialize in North Central Phoenix neighborhoods and help sell the property.

Tour Boundaries

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

Join Us!

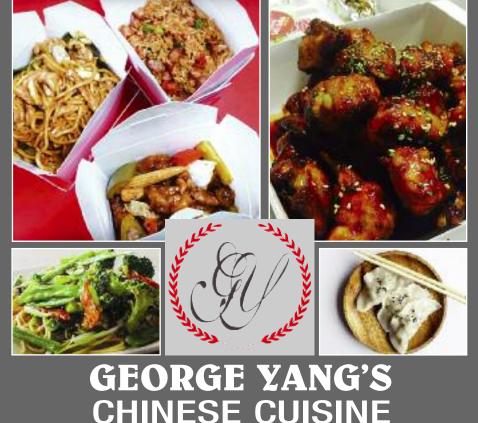
We love working with new members. Join our team and receive news and information about new homes on the market in the North Central Region of Phoenix.

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

https://northcentraltour.com/







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FOOD FOR THOUGHT



Bevvy chefs Jonathan Knight, left, and Donald Provencio have collaborated on an updated menu that includes their Tennessee to AZ Chick Sandwich, left, a 60/40 Burger that combines beef and bacon, and Neapolitan flatbread (photo by Marjorie Rice).

Café Chat

Bevvy's Gastropub fare gets update and new chef By Marjorie Rice

At Bevvy Uptown, when they say "bacon burger" they really mean it.

The gastropub's 60/40 Burger isn't just topped with bacon strips (along with fried onions, cheese, avocado and sriracha aioli), it's made with a mixture of 60 percent ground beef and 40 percent ground bacon. The result is bacon in every bite, a revelation of luscious smokiness. And it's a reflection of the collaboration of chefs Donald Provencio and Jonathan Knight.

Bevvy is part of Diane and Les Coriei's Evening Entertainment Group, a hospitality company with several restaurant concepts at locations in three states, including Bottled Blonde Pizzeria + Beer Garden, and Casa Amigos, both in Scottsdale. There are two Bevvy locations, in Old Town Scottsdale and North Central at Seventh Street north of Missouri Avenue.

The company brought on Knight in May as executive chef to oversee both Bevvy locations, and Provencio joined Bevvy Uptown as head chef in October.

"When we first met, Don told me, 'If I wasn't cooking, I don't know what I'd do,'" Knight said. "I feel exactly the same way, and I knew we'd work well together."

The pair immediately set to work to finetune the menu at both locations, updating and refreshing existing dishes and creating new items.

"We wanted to get back to who we are as Bevvy, that neighborhood place that everybody loves, with comfort food taken to the next level," Knight said.

One result is that 60/40 Burger, an old favorite now dressed with Sriracha aioli, a bow to Provencio's extensive background with traditional Mexican fare. Together, they added a new menu creation, the Tennessee to AZ Chick Sandwich – fried chicken on Texas toast with spicy berry jam, Swiss cheese, arugula, tomato, onion, garlic aioli and pickles.

Knight contributed another innovative combo, the aptly named Screwball Burger with a beef patty flambéed with peanut butter whiskey (yes, peanut butter), topped with cheddar, bacon and served with housemade jam.

The changes reflect differing preferences at each location. Provencio said the North Central location is "more influenced on Mexican cuisine than the Scottsdale Bevvy."

"That's special to the clientele here," Provencio said. "For example, I updated the chilaquiles on the brunch menu so they're aligned with the classic recipe, and they're our number one seller right now. Customers are glad to see consistent main dishes. There's nothing crazy on our menu."

FOOD FOR THOUGHT

Except, perhaps, for a hamburger named Screwball.

Provencio said customers "like that they'll find very traditional items – like our 'Basic' for brunch." That's eggs, bacon, toast, hash browns, fruit and yogurt.

Another favorite is Provencio's posole, available only on weekends.

The biggest change at Bevvy, as it has been for every restaurant in the nation, stems from the COVID-19 pandemic.

"We've been careful to check the temperature of every staff member, and they all wear masks and gloves," Provencio said.

The restaurant also has socially distanced tables and moveable partitions at the bar, and a large patio.

"We just make sure everybody stays safe," Provencio said.

There's more than food at Bevvy. "We really need fun right now," Provencio said.

So there's movie night every Sunday. Customers can watch a movie or sports – a nice option for couples when both aren't into football. The TVs are separated, so patrons can hear their selection. Each night's menu spe-

cial matches the movie theme, so for "Home Alone" it was Nero's Personal Pizza, and for "Elf" it was fried chicken and waffles – with plenty of syrup.

And for more excitement there's a "Drag Brunch" on the third Saturday of the month, featuring a drag performance. There's a \$25 reservation fee, so call for information.

Good food, an extensive cocktail and spirits selection and fun are a combination that has struck a chord with Bevvy Uptown patrons, Provencio said.

"I've been in restaurants for nearly 30 years, and this is the most family-oriented feeling I've ever had," he said. "It shows in our service and in our food. I think that reflects on how we treat our guests, and they see that when they walk in. We want to be a place where friends can be friends and family. We want to be safe, and we have a great time doing it."

Bevvy Uptown at 5600 N. Seventh St. is open from 11 a.m. to 11 p.m. Sundays through Thursdays and 11 a.m. to 2 a.m. Fridays and Saturdays. To learn more, call 602-568-0155 or visit liza@bevvyaz.com.

Dining Briefs Reminisce with seasonal favorites at Pita Jungle

Popular dishes from previous years are making their comeback at Pita Jungle.

The restaurant, which has locations in North Central and around the state, recently kicked off a new, seasonal menu called Pita Jungle Favorites, Hello Again. This menu features some favorite meals from previous years and a new Mediterranean Ramen.

Burrito of the Sea, which is one of the resurrected menu items, features sustainable Alaskan wild-caught whitefish, Tuscan kale, tomatoes, fresh jalapenos, cilantro, as well as red and green cabbage and other ingredients. Another dish on the seasonal menu is hummus with seared Ahi tuna, which includes curried-sesame crust and diners' choice of hummus and pita. Baba ganoosh, which is roasted eggplant, tahini, yogurt, fresh garlic, extra virgin olive oil, lemon juice, kalamata olives and pita is another meal brought back by popular demand.

Pita Jungle's Mediterranean Ramen

is a mixture of beef bone broth, capellini noodles, carrots, celery, onion, cilantro, parsley, fresh basil, pea sprouts and white wine.

The seasonal menu will be available until the spring. Pita Jungle has a location at 5505 N. 7th St. To find other locations and learn more, visit pitajungle.com.

The Refuge Café adds breakfast dishes

You can fuel up for the day with more savory and sweet foods while helping a cause at The Refuge Café.

This social enterprise of Catholic Charities Community Services has expanded its menu to include breakfast burritos, bowls, scones, muffins and breakfast sandwiches. You also can purchase bags of coffee in the café, as well as online at therefugeaz.com.

The Refuge Café offers a variety of drinks including drip coffee, Espresso, hot tea, iced tea, Americano, lattes and cold brew. It sells many different types of Espresso drinks, including "The Lavender," which features house-made white chocolate, lavender syrup with

please see REFUGE on page 36



It probably goes without saying, but this year has been unlike any other. 2020 taught us a lot about the importance of family, patience, health and most importantly, the need for a home office. I am blessed to have had so many amazing clients this year and appreciate you and your referrals more than you know. Next year will be better and we will get through it together. Happy New Year to your family!

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As we work to survive the impact of the COVID-19 pandemic, we remain committed to serving the North Central community and we thank you for your support.

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The staff of the North Central News would like to thank our readers for their continued support, allowing us to provide quality local news each and every month. We couldn't do it without you ... but we especially couldn't do it without the support of our advertisers! These local businesses are not only vital to a publication such as ours but also are the lifeblood of a local economy. So when you do your shopping throughout the new year, please patronize your local small businesses. You'll find great deals and unique items, and you'll help build a stronger local economy. Shop small, shop local—

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FOOD FOR THOUGHT

REFUGE continued from page 35

steamed milk and Espresso. The Refuge Café also sells smoothies, Italian sodas, lemonade and other drinks.

This café is open from 7 to 11 a.m. Mondays through Fridays and is providing limited, in-person dining. Located at 4727 N. 7th Ave., the business also has a patio. Customers who order coffee online can have it mailed to them with a shipping fee. Shipping is free with the purchase of six bags.

Winery helps St. Mary's Food Bank feed hungry

A North Central husband and wife who are co-founders of a winery are helping to feed people in need.

Benovia Winery and The Anderson Family Foundation recently donated \$10,000 to St. Mary's Food Bank. Joe Anderson and his wife, Mary Dewane, are co-founders of the winery, which is located in Sonoma County, Calif.

Benovia created a Pinot Noir called Courageous Care, for which a percentage of the proceeds from the sale were given to St. Mary's Food Bank and The Anderson Family Foundation matched that contribution.

Courageous Care Pinot Noir commemorates the late midwife Margaret Foley and pays tribute to everyone who is fighting the battle against COVID-19. Foley was Anderson's great-grandmother, who served as a midwife during the diphtheria epidemic in 1892. She treated families who suffered during that healthcare crisis and lost five of her children to diphtheria.

The 2018 Courageous Care Pinot Noir can be purchased for \$40 per bottle at benoviawinery.com.

Order meat, beers for From brewing company

SanTan Brewing Company is making it easy to feed your family and friends while watching the Super Bowl.

The SanTan location at 1525 E. Bethany Home Road offers by-the-pound options you can order for pick-up and delivery. These menu items include house-smoked beef brisket for \$14.99 for one pound; house-smoked pulled pork for \$12.99 per pound and cochinita pork carnitas for \$12.99 per pound. Side options available for purchase include coleslaw, potato salad, mac-n-cheese, jalapeno cornbread and pub-style wings.

SanTan's delivery app, ChowNow will deliver within about five miles of the restaurant but residents also can order the food through all the major delivery services. Delivery fees are charged based on the platform and orders.

Wash down the meat and side dishes with 32-ounce Canzillas and 64-ounce Growlers of the beers to-go. Prices for the Canzillas vary with the cost starting at \$8.25 for a 32-ounce one. Any of the beers that SanTan sells are available to be filled and sealed in the Canzillas or Growlers. The beer is available for pickup or delivery year-round.

To learn more, visit santanbrewing.com.

Private dining offers help medically fragile children

The winter holidays are over but you can still treat yourself or a loved one to something tasty while supporting local restaurants.

Ryan House, a non-profit organization that offers care and programs to help children and their families navigate life-limiting and end-of-life journeys, has organized "Sip. Savor. Dine. Culinary Experiences." Ryan House, which provides palliative and respite care, had to postpone its annual White Christmas Gala due to the COVID-19 pandemic so it developed this new event, through which the public can purchase private dining experiences, as well as catering for small groups from well-known chefs and popular restaurants.

Purchase a "Family Fun" package, for \$1,000, from several North Central restaurants including Spinato's Pizzeria & Family Kitchen, Original ChopShop, St. Francis and The Parlor. Buy the "Accompaniments - Curated Ryan House Wine Collection from ODV Wines" for \$250, which provides five bottles of wine. Those who buy the "Your Personal Award-Winning Chef" package for \$10,000 will receive a feast for up to 10 people in their home made by James Beard Award-winning and Michelin-starred chef Allesandro "Alex" Stratta. When you buy this package, the revenue will fund 70 hours of respite care for medically fragile children.

The dining experiences are available through Jan. 31. To purchase, visit ryanhouse.org/sip-savor-dine.

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

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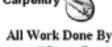
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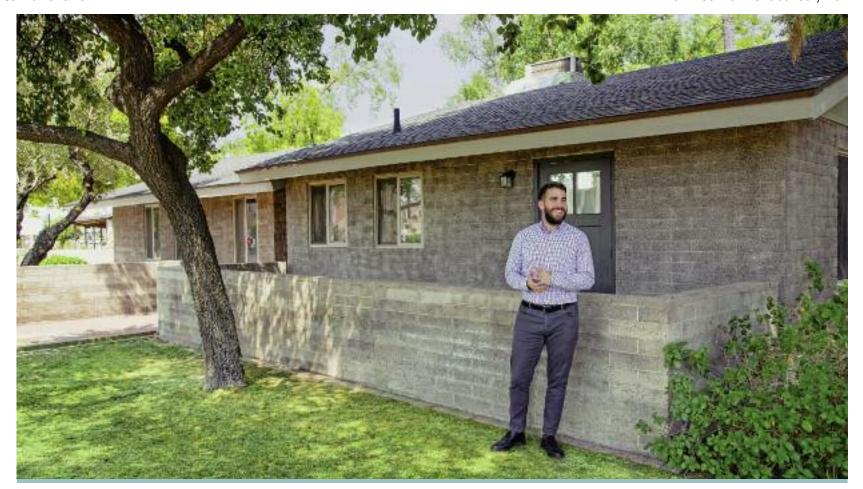
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I am proud to say that this year has been my best yet, despite the wild ride it has been. Surpassing \$20,000,000 in sales volume could not have happened without the clients who put their trust in me - and for you, I am beyond grateful. Relationships are what make this business fun, and without you, my days would be dull and my career nonexistent. I appreciate every one of you that I got the chance to talk to and meet this year, no matter how brief our interaction, and I look forward to continuing to help you achieve your real estate goals in 2021.

BEST WISHES INTO THE NEW YEAR,

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