



north central news

the voice of the north central phoenix community since 1999

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Pandemic intensifies domestic violence

By Colleen Sparks

The Phoenix Police Department and non-profit organizations are scrambling to help victims of abusive relationships after a significant increase in violent crime this year.

There were 24 homicides linked to domestic violence during the first six months of this year in Phoenix, a jump from 10 homicides linked to domestic violence the first half of 2019, according to the Phoenix Police Department. Police also reported domestic violence-related deaths increased 180-percent from January through Aug. 3 of this year compared to that same time period last year.

The COVID-19 pandemic has forced people to stay home more often, which can be dangerous for anyone in a violent relationship, experts say. Victims can find it even more challenging to seek help and find a way to leave an abusive relationship when their offender is frequently home tracking their movements.

please see VIOLENCE on page 5



Charlotte Shaff, a North Central resident, mother and owner of The Media Push, recovers after having a bilateral mastectomy, where both breasts are removed, due to breast cancer in 2018. Styling her hair is her friend Kelly Coleman, while her husband, John Shaff, helps her and their son, Eric, watches (photo courtesy of Charlotte Shaff).

Shining a light on local breast cancer resources

By Colleen Sparks

It is Breast Cancer Awareness Month, a time to boost awareness of this potentially deadly disease as doctors, survivors and non-profit leaders in North Central fight it every day, providing critical support to those affected by it.

Many medical centers and organizations in the area deliver mammograms, radiation, chemotherapy and surgery, while also providing counseling and support groups, rides to medical appointments and other practical assistance.

Banner MD Anderson Cancer Center at Banner – University Medical Center at 925 E. McDowell Road, provides comprehensive treatment for patients with breast and other forms of cancer. The other cancer centers are in Sun City and Gilbert.

“My advice is always to take it one step at a time,” said Dr. Vilert Loving, a radiologist and Chief of Breast Imaging for Banner MD Anderson Cancer Center. “There’s a lot of breast cancer survivors out there and a lot of patients actively being treated. That community is very helpful to each other.”

Often the journey starts with a mammogram that detects breast cancer and usually the patient will next

meet with a surgeon to determine the best type of surgery. Banner MD Anderson Cancer Center provides integrative oncology, breast imaging, breast cancer surgery, genetic counseling, clinical trials and many other services.

Loving said Banner Health recommends women begin having yearly mammograms at age 40, but if they have a family history of breast cancer they might want to start earlier. He said if someone’s “first-degree” relative, a mother or sister, had breast cancer it indicates that person is “at a higher risk” of contracting it. He said 3-D mammograms are great at capturing pic-

please see BREAST CANCER on page 6

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Cross Roads Preschool and Kindergarten, which took a major financial hit during the COVID-19 pandemic, is seeking the community's help through a GoFundMe site in recovering \$50,000 in operating costs it incurred after being forced to close its doors temporarily in March (photo courtesy of Cross Roads Preschool and Kindergarten).

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Preschool/kindergarten seeks support to survive

By Colleen Sparks

Cross Roads Preschool and Kindergarten is asking the community for help to stay open, after being hit hard by the COVID-19 pandemic.

The school, which is located at 7901 N. Central Ave., has set up a GoFundMe page, seeking \$50,000 to recover costs after it was forced to close its doors temporarily in March due to the Coronavirus crisis. Money raised from the GoFundMe site will help with payroll and rent, as well as utilities and materials for learning, said Emily Watson, director of the school.

In-person instruction was delayed until this month because of the school's commitment to the safety and well-being of its students and staff members. Teachers will be required to wear masks and there will be stringent disinfecting and hand-washing policies in place, as well as staggered playground and restroom times, Watson said. There were 85 students enrolled for this new school year in-person, as of late August.

Cross Roads Preschool and Kindergarten has served thousands of families in North Central since 1965. The preschool educates children ages 2, 3 and 4 while the progressive kinder-

garten teaches kids 5 years old in play-based programs with academics.

"It's such a loving, wonderful, sweet community," Watson said. "We're just so grateful to have such a loving, sweet community of people that are taking care of us. We're just blown away by the donations coming through. I really feel like we're going to be okay and everything's going to work out."

As a non-profit school, Cross Roads runs on a tight budget funded by tuition and school fundraising events. The pandemic has caused a temporary decline in student enrollment. While the school has applied for grants and loans, it still needs more money to pay for expenses.

Students at Cross Roads focus on reading, numbers and letters, as well as music, Spanish and physical education.

As of late September, the school had raised \$22,070 through the GoFundMe site. If you would like to make a donation, visit charity.gofundme.com/o/en/campaign/help-save-crossroads/crossroadspreschool.

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Be sure to visit us online at www.northcentralnews.net for the latest local community news

COMMUNITY

VIOLENCE continued from page 1

“There is a decrease in individuals seeking shelter,” said Jenna Panas, CEO of the Arizona Coalition to End Sexual and Domestic Violence. “We are concerned about that, of course, because what we’re also seeing in the community is increased violence. When the assault does happen it is significant, as opposed to minor.”

The non-profit Arizona Coalition to End Sexual and Domestic Violence provides technical assistance and training to organizations that directly help domestic violence victims. It also operates a statewide hotline victims can call, 602-279-2980 Mondays through Fridays. Victims also can call the National Domestic Violence Hotline 24 hours a day, seven days a week, for help at 1-800-799-SAFE (7233.) Anyone who cannot speak safely can log onto thehotline.org or text LOVEIS to 1-866-331-9474.

On average the Arizona Coalition to End Sexual and Domestic Violence receives 120 calls a month but in April of this year it received 201 calls and in May it took 178 calls. Advocates can help domestic violence victims find shelters, mental health services, legal assistance and other resources.

Phoenix Police Sgt. Maggie Cox said if someone is in an emergency situation, that victim should call 9-1-1. If someone wants to report something suspicious or a potential crime that is not an emergency, they can call the non-emergency police line at 602-262-6151.

“We are here for them,” Cox said. “We have resources for them and we want them to call, check on your neighbors.”

She said the Phoenix Family Advocacy Center also is a good resource as it helps victims of domestic and sexual violence, as well as other violent crimes. It is located at 2120 N. Central Ave. To learn more, visit phoenix.gov/humanservices/programs/emergency/domestic.

Jewish Family & Children’s Service provides many services and support to help domestic violence survivors and their children.

It operates a Shelter Without Walls program that targets people in an abusive relationship that need help leaving safely, as well as those who are getting ready to leave a shelter and those who have left the relationship but still need help.

Advocates meet domestic violence victims wherever it is safe for them, to

help them find shelters and affordable housing and to offer information about finding legal representation for court procedures, said Linda Scott, vice president of Child & Family Solutions for Jewish Family & Children’s Service. The organization provides support groups and one-on-one counseling and assistance with applying for a scholarship for education.

People seeking shelter can call the Shelter Line in Maricopa County at 480-890-3039.

Scott said it is often difficult for people to leave their abuser because their partner has threatened to hurt them or their children or pets if they leave. Often victims have not been able to work or save money because of their abuser.

To learn more, visit jfcsaz.org.

Catholic Charities also helps domestic violence victims. It operates a shelter and provides case management to help victims plan how to become independent including finding a safe apartment, shelter or house, as well as offers support groups for victims. The organization also assists them with developing

please see VIOLENCE on page 8

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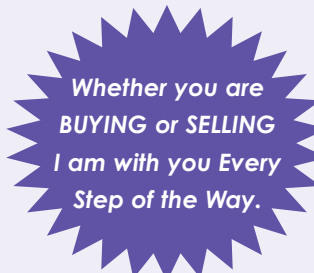
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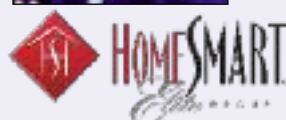
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BREAST CANCER *continued from page 1*

tures of the breast from different angles to help detect breast cancer.

Arizona Oncology, which has a location at the Phoenix – Biltmore Cancer Center at 2222 E. Highland Ave., recently hired breast surgeons Dr. Ronald L. Bauer and Dr. Lise C. Walker, for their Phoenix breast surgical team. Breast surgeon and chief of operations Dr. Edgar D. Staren has also resumed seeing patients in Phoenix.

Bauer said the older someone is, the higher the risk of getting breast cancer. He added if two or more women in someone's family had breast cancer under age 50 that also increases the risk. Those who have Ashkenazi Jewish heritage also have a higher chance of experiencing breast cancer. Walker said other factors that can increase women's risk of developing breast cancer include starting their period at a young age and late onset of menopause.

"The main thing is, whatever's good for your heart is good for your breast," Bauer said. "Eat lots of fruits and vegetables, exercise, anything you can do

to stay lean and thin."

He said breast cancer surgery has become more conservative in recent years. Many years ago, surgeons would remove the whole impacted breast and muscles "down to ribs," taking out all the lymph nodes under the arm. Now a lumpectomy, where cancer or other abnormal tissue is removed from the breast, is common.

Dr. Linda Greer, a breast imaging specialist at Abrazo Central Campus, 2000 W. Bethany Home Road, sees the value of early detection for patients. The Breast Health Center at Abrazo Central Campus provides information for patients about the risk of contracting breast cancer, as well as a place to explore treatment options. It also provides 3-D mammography.

Charlotte Shaff, a North Central resident, mother of two boys in the Madison Elementary School District, and owner of The Media Push, had ignored her orders to obtain mammograms for several years despite her husband, John, who is a physician assistant, urging her to get them. She said she felt fine and did not have a family

history of breast cancer.

When she was 46 in April of 2018, a mammogram revealed she had breast cancer.

"The first time that I cried was right before I went in for surgery," Shaff said. "I remember just bawling in my husband's arms."

She had a bilateral mastectomy, where both breasts are removed, and later underwent radiation for 33 days. Shaff had a hysterectomy in October of 2018 to try to decrease the risk of cancer returning.

"It's okay to reach for medication to help you but you also need to surround yourself with positive, uplifting people," she said.

Coleen McKinstry, senior manager, Community Development for the American Cancer Society in Arizona and a 17-year breast cancer survivor, agreed it is helpful to have loved ones' support. McKinstry was 41 years old when she was diagnosed.

The American Cancer Society has a phone number people can call 24 hours a day, seven days a week, for information about cancer resources. That num-

ber is 800-227-2345. Volunteers from the American Cancer Society drive patients to treatments but that is on hold now due to the pandemic. Usually the American Cancer Society has an annual fundraising walk but because of the Coronavirus crisis, Making Strides Against Breast Cancer will be a vehicle event where participants drive their cars on a fixed route from 7 to 10 a.m. on Oct. 24. To learn more, visit MakingStridesWalk.org/PhoenixAZ.

The Phoenix Cancer Support Network, a non-profit organization, offers transportation to medical appointments, meal deliveries, gas cards, and assistance with fittings for prosthetics, as well as other help.

Jenny Martin, CEO and founder of the organization and a North Central resident, started the organization in honor of her sister, Annie Weber, who died of cancer in 2005.

"We took a horrible situation and we turned it into a resource for people," Martin said.

To learn more about Phoenix Cancer Support Network, visit pcsnetwork.org.



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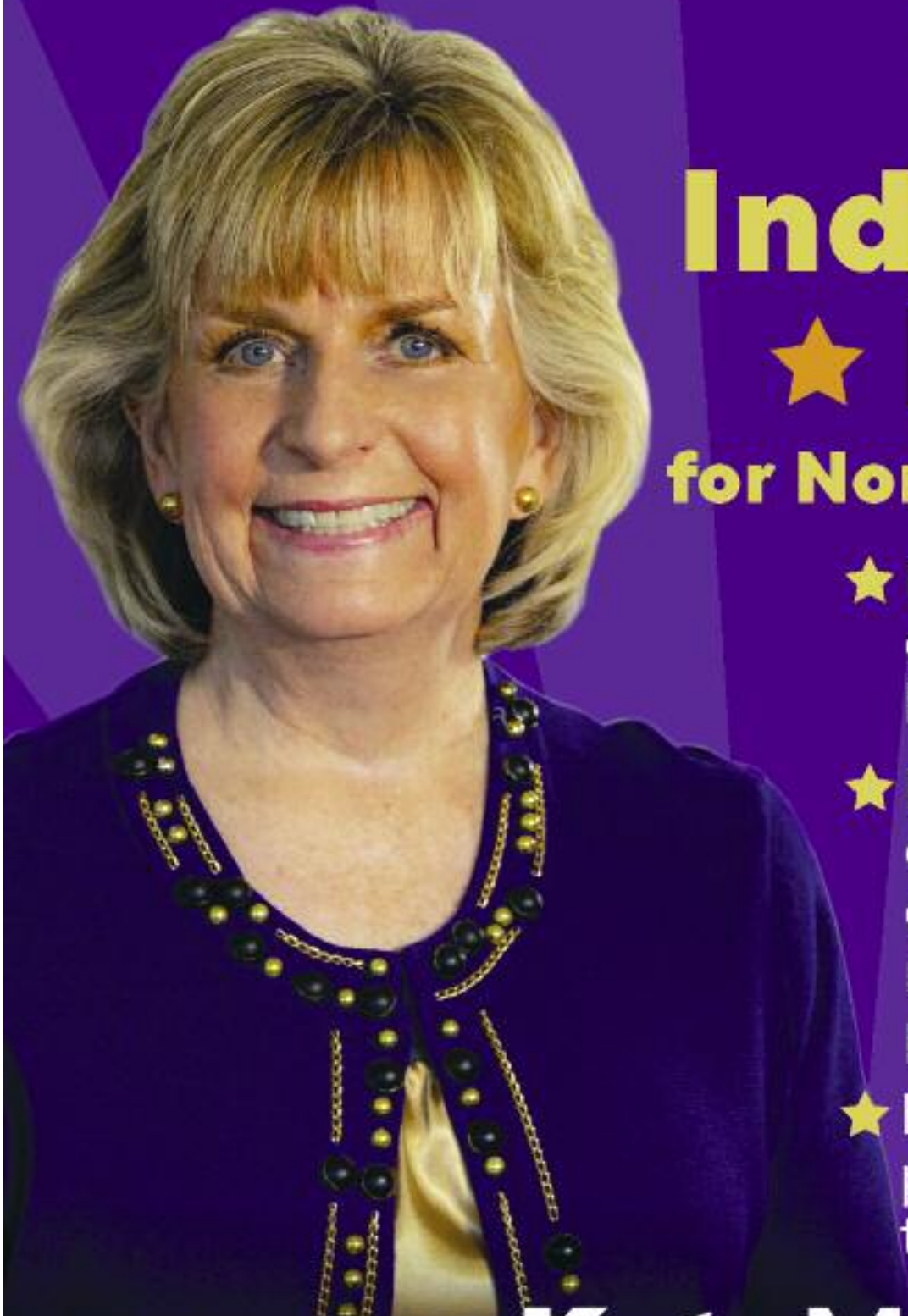
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VIOLENCE continued from page 5

resumés, said Anna Joyave, Catholic Charities victim advocate. Catholic Charities helps those leaving abusive relationships file protective orders.

Its advocates travel anywhere in Maricopa County.

“What I do want them to know is that they have value, they have worth and they deserve to be treated with respect and kindness,” Joyave said.

If you need immediate help, you can call Catholic Charities’ 24-hour hotline at 480-821-1024, or visit catholiccharitiesaz.org.

Chrysalis is a local organization that provides shelter, counseling, community education, help finding transitional housing and other services for domestic violence victims. It also runs an offender treatment program.

Abuse can take on many forms, including physical, emotional, economic and sexual offenses, as well as threats, intimidation, isolation and other behaviors used to maintain fear, intimidation and power.

“One of the most dangerous times

for somebody is when they do actually leave a situation so you do want to plan for that,” said Patricia Klahr, CEO and president of Chrysalis.

To obtain help 24-hours a day, seven days a week from Chrysalis, call 602-944-4999 or email advocatereferal@noabuse.org. For more information, visit noabuse.org.

Fresh Start Women’s Foundation also helps domestic violence survivors.

The organization’s mission is “about educating and empowering women to reach self-sufficiency,” said Meg Sneed, director of Quality and Data Services for Fresh Start Women’s Foundation. It has certified legal document preparers help women prepare for divorce, custody issues and other legal procedures and can connect women with shelters. The organization provides support groups, as well as offers workshops and offers a scholarship to help women return to school.

“The first step that we can all take is just to love ourselves and just do what is best for ourselves,” Sneed said.

To contact Fresh Start Women’s Foundation, call 602-252-8494 or visit freshstartwomen.org.

City offering bonuses for housing assistance

To help bring more affordable housing to the area, the Phoenix City Council and Housing Department is offering a signing bonus for landlords participating in the Section 8 program.

Landlords will receive a \$500 signing bonus for any executed Section 8 Housing Assistance Payment (HAP) contract. The funding is subsidized by the Federal CARES Act and is specifically for city of Phoenix landlords who make their properties available to residents with vouchers.

The HAP contracts last for one year, meaning residents with housing vouchers will be guaranteed a place to live for at least 12 months. The incentive will support Phoenix’s existing efforts to put homeless voucher holders in rental units and eviction prevention attempts by urging landlords to keep participating in Section 8. The city has set aside \$500,000 of Section 8 Federal CARES Act money for this program.

To learn more, visit phoenix.gov/housing/section-8-resources.

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Spook-tacular Happenings in the Housing Market

We have dressed up every year for Halloween to hand out candy and, when our children were younger, we walked our neighborhood trick or treating and attended friends' block parties in North Central Phoenix. Still so uncertain what this year will look like but with the onset of fall and cooler weather in Arizona, we look forward.

I have been selling homes in North Central for more than 28 years and have never seen prices like I have in the past five months. This includes both luxury homes and homes priced under \$600,000. During the second week of September, we were fortunate to close on seven homes with varying sales prices ranging from \$289,000 (which had three offers) to \$1,120,000.

We have worked hard; interest rates have been consistently low since April and May and our community continues to offer outstanding home values. Since the beginning of 2020, I have sold 84 homes including 19 homes priced at more \$800,000. Just three weeks ago, my client along with four others made offers on a home for \$2 million (two were cash offers). After a successful negotiation, my client's offer was accepted. This all happened in 24 hours. It is safe to say that North Central is alive and well.

I sell homes in a variety of price ranges in North Central and recognize the significance of different priced homes in our neighborhood. We are lucky as our housing market is still thriving. Sales are up. I have personally sold more than 200 homes priced over \$800,000. I appreciate the level of expertise it takes to sell these high-end homes. We allocate a

significant percentage of dollars on advertising and have built respected relationships with local experienced Realtors who have comparable knowledge of area's values.

It works to the advantage of my clients that I am a seasoned Realtor; no, it doesn't mean that I'm old. It simply means that I know the work it will take to make the selling or buying process as effortless as possible in this market.

In another development and a testament to the increased amount of business we have achieved, I welcome MaryAnn, my wife of 34 years, to our team this November. She is an expert in marketing and has been operating the social media accounts lately and recently received her real estate license. It hasn't been since the Jockey Club days that we worked together, the DJ who stole my heart.

Maybe this year she will be Marilyn Monroe again, sadly no one would know who Marilyn Monroe is, but we will creatively hand out candy, that's for sure!

Happy Halloween!

Bobby Lieb

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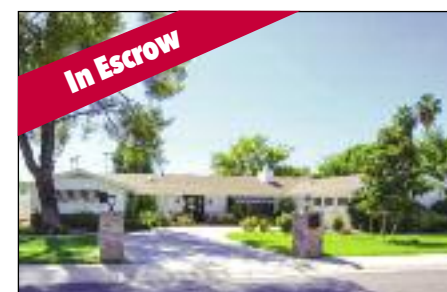
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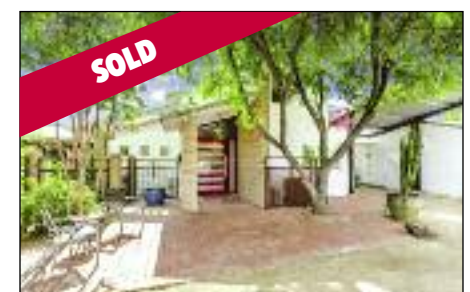
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COMMUNITY

Candidates vie for school board spots

By Colleen Sparks

Residents in November will have a chance to make an impact on local children's education by electing governing board members.

In the Madison Elementary School District, four people – three incumbents and one newcomer – are seeking the three seats on the board. Board President Scott Holcomb, vice president Sarah Speer and board member Matt Gress are running for re-election while newcomer Karen Gresham is running.

A mother of three and former certified public accountant, Gresham has served on many parent-teacher organizations (PTOs) and district committees.

"I just want to make sure we continue to earn our great reputation," Gresham said. "One thing I want to do is make sure all our schools have the same opportunities and resources."

Gress, who is budget director for the State of Arizona, is a former school-teacher, who was elected to the board initially in 2016. He said he has "set my

priorities by listening to parents, teachers, principals and community members – and then taking action." One of his top goals if re-elected is ensuring all students have access to a device for at-home learning.

"The district must be there to support our staff," Gress said.

Holcomb, an attorney, has served on the board for 16 years, and has three biological children and a foster daughter who attended Madison schools.

"My goals for the district are really focused on the strategic plan," he said. "We're proud of the strategic plan and implementing that, which is focused on not just academics but serving the needs of the whole child, with emotional-social issues."

Speer, a mother of three, owns Clever Bird Communications, a small writing and marketing consulting firm. She was first elected to the board in 2012.

If reelected, Speer said "continually making sure that our staff and students are safe and healthy in the face of Covid-19 is my primary goal right now and the foreseeable future."

Four candidates are running for

three seats in the Washington Elementary School District. Current board President Tee Lambert is seeking reelection, as are incumbents Aaron Jahneke and Nikkie Lynn Whaley. Newcomers Jenni Abbott-Bayardi and Lindsey Peterson also are vying for seats.

Lambert, first elected to the board in 2004, is a Title Technician in the Paradise Valley Unified School District and her children attended district schools.

"My immediate goal is to move towards reopening schools in the safest manner possible," she said. "Once we are past the Pandemic, I want to be on the board that guides WESD in reviewing and evaluating how we can continue to improve equity."

Whaley, who has been on the Washington board since 2017, is a Board Support Specialist with the Arizona School Boards Association. Her son attended district schools and her daughter attends a district school.

"If re-elected, I would like to continue to pursue: social emotional wellness, student/family engagement, educational equity and teacher recruit-

ment, development, and retention," Whaley said.

Abbott-Bayardi, a mother of three who attended district schools, works in pharmaceutical sales.

"I deeply believe students' success can be hampered if their mental, emotional, social, and physical health are not actively cared for in all areas of their lives," she said.

Peterson, a mother of five children, is an English teacher at Apollo High School.

"As a teacher advocate, and a parent with diverse experience in the WESD (my oldest has severe autism, and attended the WESD self-contained autism program; my middle is in the Gifted Learning Center in the WESD, and my kids have attended six WESD schools), and many years to still go in the district, I felt I had a unique ability to be that voice," she said.

Jahneke, could not be reached for comment, but he is an independent insurance agent and associate dean, School of Business with CollegeAmerica in Phoenix.

please see SCHOOL BOARD on page 12

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COMMUNITY

Scholarships help adults return to school

By Colleen Sparks

During these difficult times, a local non-profit organization is offering two scholarships to help adults return to school and build better lives.

GK Legacy Foundation, based at 4455 E. Camelback Road, is accepting applications for the Keep Your Chin Up Scholarship Fund and the Healthcare Heroes Scholarship.

The Keep Your Chin Up Scholarship is open to Arizona residents ages 25 and older with no previous bachelor's degree. Those eligible can apply for funds to attend any accredited college, university or vocational institution.

The Healthcare Heroes Scholarship, a new program, is open to Arizona residents 25 and older with no previous bachelor's degree who want to pursue a degree in healthcare, including nursing and medical assistant programs, at an accredited college or vocational school. There will be a total of \$50,000 of scholarships awarded for this round for both programs. The maximum individ-

ual award for the healthcare scholarship is \$5,000 while the Keep Your Chin Up scholarships range from \$500 to \$5,000 per recipient.

The deadline to apply for either scholarship is Thursday, Oct. 15 and the winners will be announced in early November.

Peggy Baze, founder and CEO of the GK Legacy Foundation, started the organization in honor of her late father, George Keown, known as GK, whose favorite saying to family members whenever they faced challenges was to "Keep your chin up, kid."

"I brought my siblings and mom on board to be board members," Baze said. "They help choose applicants. It's a real healing process for us because we get to do something wonderful on behalf of my dad."

A degree is needed for almost any job. However, it can be a struggle for adults who are trying to take care of their families and finances to be able to go back to school, Baze said.

To apply for a scholarship from the GK Legacy Foundation, visit gklegacy-foundation.org.

SCHOOL BOARD *continued from page 11*

In the Phoenix Union High School District, there are two seats up for grabs and five candidates running. Lela Alston, who also is a state senator, is seeking reelection. Newcomers Girmar Anwar, Debbie Cross, Aaron Marquez and Nedra Sheppard also are running for seats.

Alston taught for 34 years in the Phoenix Union High School District. She has been on the Phoenix Union governing board for 12 years.

"One challenge is helping families and teachers adjust to a virtual learning situation, especially when technology isn't always available," Alston said. "We are providing additional training for teachers and staff, equipping students with computers and wifi hotspots, and allowing choices for both students, faculty, and staff on whether they want to work in a virtual, in person, or hybrid when it becomes safe for in person."

Anwar is an educator, who said he will "seek to create an environment of accountability in order to make the changes necessary to move towards a

higher success rate amongst our students, staff and community."

Marquez, who has served in the U.S. Army Reserve since 2009, is currently a member of the Individual Ready Reserve and he has a daughter and stepson.

"Our first goal has to be to find a way to open schools in a way that follows the best science and expert recommendations," he said.

Sheppard, a retired Phoenix Union district teacher, is now a substitute educator.

"My goals for Phoenix Union are to improve accountability and facilitate change among students, parents, teachers, administration, by working closely with the leadership team to identify, recommend and modify systematic practices that will foster student academic and social achievement," she said.

In the Glendale Union High School District three people are vying for three seats. Voters will not have to choose governing board members in the Osborn Elementary School District, either, as three candidates have sought three seats.



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COMMUNITY

Pet of the Month

Hummingbird is sweet pit bull terrier, pointer mix

Hummingbird is an adorable, sweet American Pit Bull Terrier and pointer mix, who is as playful as they come.

Available for adoption through the Arizona Humane Society, she has lots of energy, which she shows during playtime. Hummingbird came to the organization when her previous owner's neighbors noticed they had moved out and left her behind. Unfortunately that is a common occurrence and a good reminder that the Arizona Humane Society's Pet Resource Center has help for pet owners in need, stressing that abandoning your pets is never the answer.

Hummingbird would love to meet a family with children 10 years old or older and another sociable dog with whom she can play. Her droopy ears, smiling face and lots of love make her bound to steal your heart. The Humane Society recommends taking the whole family to meet her during an appointment because of her lively disposition to ensure she would be the perfect fit.

While the Humane Society locations are temporarily closed due to the COVID-19 pandemic, its Virtual Adoption Matchmaking Program by appointment is available to place pets, include cute Hummingbird. Her pet number is 644427. By the time you contact the program, Hummingbird might have already been adopted but the Humane Society has dozens more great pets who need loving homes. To see all the animals available for adoption, visit azhumane.org/adopt.

PACC911 online event celebrates rescues

Check out the Phoenix Animal Care Coalition (PACC911)'s annual "Glimmer of Hope" event, which will be streamed live at 6 p.m. Pacific Time on Oct. 7.

The event will celebrate and share the mission of love and recovery of animals with viewers watching from the comfort of home. There will be a live auction with celebrated "auctiontainer" Letitia Frye. You can learn about stories of how animals were rescued and helped due to PACC911's Medical Relief Programs. Some of these furry superstars will make appearances during the event.

Ian Schwartz of CBS/KPHO



Hummingbird is a lovable, lively American Pit Bull Terrier and Pointer mix, who loves to play and needs a "fur-ever" home (photo by Arizona Humane Society).

Channel 5 will host the event and will be joined by featured guest Jan D'Atri, NBC/KPNX- Channel 12 host, and host of KTAR's radio podcast "Dishin' It Up."

The event celebrates the 800 animals rescued and rehabilitated in 2019. To register, visit pacc911.org/glimmer-of-hope-2020.

PACC911 brings together many animal welfare organizations in the state, by uniting them and providing opportunities to work together for the greater benefit of the animals.



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COMMUNITY

Fields reopen for sports teams to play

By Nicholas Johnsen

Grab your cleats and soccer balls, because the City of Phoenix is ready to play ball.

For the first time in several months, athletes and coaches can now reserve public sports fields and other facilities. The change comes after Phoenix Councilmembers Sal DiCiccio, Thelda Williams and Jim Waring brought a reopening plan to a recent City Council meeting.

The reservable facilities had been closed since April 2, which was also an order by the Council. Several of these fields and courts are in North Central, including at Granada, Solano, Palma and Colter parks. These parks boast various different facilities, including soccer and baseball fields, as well as other multi-purpose spaces.

DiCiccio represents Phoenix's 6th district, which includes North Central.

"We've had a huge number of folks pushing for this," said DiCiccio's Chief of Staff Sam Stone. He said that many

athletes and parents were driving to open athletic facilities in different cities across the Valley when the fields in Phoenix were closed.

"In that regard, it's much safer to have more fields with less crowding, and of course, having them closer to their homes," Stone added.

The Phoenix Parks and Recreation Department determined that three health-related metrics for reopening these fields were met. There had to have been a downward trend in COVID-19-like symptoms within a 14-day period and in the number of positive tests within a 14-day period, as well as the ability of healthcare facilities to effectively treat at-risk individuals without the possibility of overload.

All non-participants of sports are required to wear masks and physical distancing between spectators is encouraged, except for those living in the same homes. The allocation times in between games have been changed so that the fields can be sufficiently cleaned.

Rovers and park rangers monitor the sites. Violations of these guidelines can lead to suspensions of future reser-

ations or allocations of fields.

Councilmember Debra Stark, who represents Phoenix's 3rd district, which includes a significant part of North Central, is pleased about the reopening. Stark said many parents told her they will be happy to get their children out of the house. She said it took her a while to get there, but after talking with the acting Parks and Recreation Department director and reading the Centers for Disease Control and Prevention's (CDC) guidelines, she was more confident about the reopening.

"I think there's a lot of pent up frustration," Stark said. "At least now, there are different outlets for people."

Parent and coach, Jeff Tisot, president of the East Sunnyslope Neighborhood Association & Block Watch, has two young athletes at home. Tisot said he believes playing sports with their peers will be good for children's mental health.

He did disagree with the city's move to re-open the bathrooms around these fields.

"There's no way you're going to be able to keep them sanitized," Tisot said.

The city has doubled down on its restroom cleaning, now cleaning them twice a day.

To learn more, visit phoenix.gov/parks/sports/athletic-field-rentals.

Nicholas Johnsen is a master's of Mass Communications student at Arizona State University's Walter Cronkite School of Journalism.

Volunteers needed to help homebound adults

Duet, a local non-profit organization, needs volunteers to help homebound adults. The organization matches volunteers to adults who need help with grocery shopping and transportation to medical appointments. Duet also provides many support groups, virtually or by phone, for family caregivers and grandparents raising grandchildren.

There were nearly 40 homebound adults waiting to be paired with a volunteer, as of last month. Duet has resumed in-person volunteer orientations, following COVID-19 safety guidelines. These orientations take place twice a month. To learn more, visit duetaz.org/volunteer.

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TAKING CARE OF BUSINESS

Local business to pitch products to Walmart

By Colleen Sparks

Plant-based products created by a North Central business could possibly be sold at Walmart.

Organic Excellence, owned by Jaime and Jim Boyachek, is one of 14 Arizona companies chosen to participate in Walmart's seventh annual Open Call, where entrepreneurs pitch their products for a chance to put them on the retail chain's shelves. About 850 businesses from around the country were selected to take part in the online event, chosen out of more than 4,800 applications.

Businesses will take part in virtual/online one-on-one pitch meetings with Walmart buyers and have the opportunity to hear directly from Walmart executives and learn from company leaders in smaller breakout sessions on Oct. 1. Potential Open Call deals range from putting products in a handful of local stores to supplying goods to hundreds of Walmart stores, Sam's Clubs, Walmart.com and Walmart Marketplace online.

The Boyacheks own Healthy Habit health foods store and Jaime also is a registered nurse and transformational health coach.

Organic Excellence provides toxin-free, non-GMO, gluten-free health and beauty products, including Feminine Balance Therapy, a cream with progesterone, chamomile extract, aloe vera gel, lemongrass oil, vitamin E, and many other ingredients. It aims to help safely restore healthy progesterone levels to support natural hormonal balance, as well as ease the symptoms of PMS, perimenopause and menopause.

"It's really helpful for women of all ages," said Michelle Prince, sales manager for Organic Excellence. "It will literally become whatever it is your body really needs."

Organic Excellence, which began in 1999, also offers a Balance Plus Therapy, a bio-identical progesterone cream with phytoestrogens, which are estrogen-like herbs. It is formulated to help women going through menopause and beyond that time period.

Besides assisting customers with finding hormonal balance, Organic Excellence also sells Inflammation



Jaime and Jim Boyachek own Organic Excellence, which makes plant-based products that aim to help people find hormonal balance and relief from pain, among other benefits. They have been invited to pitch their products to Walmart online this month (submitted photo).

Relief Therapy, a cream that helps relieve inflammation, pain and stiffness, especially Carpal tunnel syndrome, Prince said. The local business provides many skincare items, including an Anti-Aging Therapy Silk Protein Formula and Skin Renewal Therapy. Customers can treat their hair to Organic Excellence's Wild Mint Conditioner, Wild Mint Shampoo and Wild Mint Styling Spray.

Organic Excellence will introduce a bio-identical progesterone cream tailored to men and at-home hormone test kits soon. Its products are sold at Healthy Habit at 6029 N. 7th St., as well as at Sprouts Farmers Market locations, Natural Grocers and health food stores around the country. To learn more, visit organicexcellence.com.

Business Briefs

Polish your resume for free in library program

You can access help writing a resume in online programs that the Phoenix Public Library offers.

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please see RESUME on page 18



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1320 E Bethany Home Rd 37 • \$186,000	3444 W Apollo Rd • \$259,900	7529 N 8th Ave • \$2195 Mo.
4582 S Wildflower Pl • \$735,000	721 E Sierra Vista Dr • \$620,000(4-Plex)	4601 N 12th Ave 3 • \$1350 Mo.
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TAKING CARE OF BUSINESS

RESUME continued from page 16

job search. The next online program will be held from 8 a.m. to 5 p.m. on Wednesday, Oct. 7 online. You must have a copy of your resume ready to submit electronically via email. Another One on One Resume Help offering will take place from 8 a.m. to 5 p.m. on Monday, Oct. 12 and the same time on Monday, Oct. 19. The free service is delivered in partnership with the YMCA and Arizona@Work.

To learn more, visit phoenixpubliclibrary.org.

Find jobs, seek workers through tourism office

If you are looking for a job or your business wants to hire employees, the Arizona Office of Tourism can help.

It has teamed up with employers and organizations around the state to promote immediate, relevant job opportunities. The office can connect companies that need to hire workers immediately with trained, motivated tourism industry employees. There are listings for food service, hospitality, housekeeping,

healthcare and many other types of positions on the office's website at tourism.az.gov/hiring-opportunities.

You also can find unemployment resources including details about insurance and a guide for filing for unemployment insurance benefits at tourism.az.gov/unemployment-resources.

There is data on Arizona lodging, bed tax rates and the economic impact of the travel industry in the state on the website at tourism.az.gov. If you want to hire employees and have questions, you can contact Becky Blaine, deputy director of the Arizona Office of Tourism at bblaine@tourism.az.gov or at 602-245-8524.

Unusual office complex thriving despite pandemic

While the COVID-19 pandemic has disrupted the economy, CASA, a local community-oriented work environment, is blossoming with new leases.

Located at 7878 N. 16th St., CASA is an office building constructed in the 1980s that received a major facelift last year. The 181,000-square-foot project has signed new leases over the last few

months. It has leased 140,000 square feet altogether in the building, as of early last month.

The office complex has two large courtyards with outdoor seating and free Wi-Fi, indoor conference and training rooms, spacious work areas with access to natural light, glass-front private offices and exposed ceilings in open workspaces. Amenities include a library and wellness center with a yoga room, fitness space and an on-site meditation room. Businesses that have signed leases include Bay Equity, Coterie Advisors, Jack Capital, Canyon Home Care, American Energy Group and Forrest Logistics.

To lease space, contact Ryan Timpani, managing director at JLL, at 602-282-6252 or ryan.timpani@am.jll.com.

Amazing Lash Studio opens on Glendale

Jennifer Glendy Clausing has opened a new Amazing Lash franchise location in Madison Village Marketplace at 742 E. Glendale Ave. Studio estheticians use a patented process to place semi-permanent eyelash extensions onto clients' own

lashes, recreating the curve and size of natural lashes. The franchise has 250 studios in 25 states.

You can see how you look with different lengths and styles of lashes on the Amazing Lash Studio website at amazinglashstudio.com. For the best experience, use GlamCam in the Amazing Lash Studio app, available through the App Store and Google Play.

Hours are 10 a.m. to 6 p.m. Sundays; 9 a.m. to 8 p.m. Mondays through Fridays and 9 a.m. to 7 p.m. Saturdays. To learn more, visit amazinglashstudio.com.

Site offers details on restaurants, hotels

The Arizona Chapter of the Hospitality Sales and Marketing Association International (HSMIAI-AZ) and KickCovid.US are teaming up to help travelers coming to the state.

KickCovid.US is a free website where visitors can learn which restaurants and hotels are open and what COVID-19 safety measures they are taking. You can search to see which

please see SITE on page 20

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TAKING CARE OF BUSINESS

SITE continued from page 18

hotels and restaurants are open, whether guests are wearing masks and if social distancing is in effect. The site gives people information they need to safely engage in activities and to give businesses and other organizations a way to let customers know they are ready to offer safe services.

The website was launched in August, starting with a small group of volunteers in Virginia. It is a grass-roots movement that depends on crowd-sourcing to populate the data. The effort in Arizona is being supported by HSMIAI-AZ.

Dunkin' organization helps hungry residents

The Dunkin' Joy in Childhood Foundation is helping people who are struggling with hunger and food insecurity, providing \$1 million in emergency hunger relief grants to non-profit organizations committed to helping underserved communities that have been negatively impacted the most by the COVID-19 pandemic.

The foundation previously provided \$1.25 million in grants, distributed in March, to help health and hunger relief organizations during the early days of the Coronavirus crisis.

More than 54 million people in the United States might be food insecure this year, including 18 million children, according to Feeding America.

Dunkin' also donated \$1 to the foundation for every gift card purchased at DunkinCoffeeBreak.com last month.

Dunkin' has several locations in the Valley including one at 1543 E. Bethany Home Road. To learn more, visit dunkindonuts.com.

WW of Arizona reopens for in-person workshops

WW of Arizona has resumed its in-person workshops for small groups in Phoenix and other areas of the state.

You must make a reservation to take part in these in-person, 60-minute workshops, which will take place one evening a week and twice on Saturday mornings. Every studio has been reconfigured to permit social distancing and everyone must wear a face mask inside.

WW of Arizona, formerly Weight Watchers, has several locations in the Valley and Tucson, including one at 5555 N. 7th St. The number of people allowed in each studio will be limited to 13 to 20.

Regular virtual workshops also will be held online. To make a reservation for a virtual workshop, visit weightwatchersaz.com/webinars. For more information about WW of Arizona, visit weightwatchersaz.com.

Facial practice offers seasonal beauty treats

Give your skin a boost and save some dough with two \$99 fall facial specials at Arizona Facial Plastics, a plastic surgery practice and med spa at 3102 E. Indian School Road. Each facial costs \$99.

The Honey Crisp Facial is a defense/immune-boosting treatment that includes an apple enzyme and caramel mask with black BeeOme, an elixir. It is beneficial for most skin types. The Spiced Cider Facial is a gentle service for all skin types that features an apple orchard enzyme and an autumn spice hydrating mask. The specials will be offered through the end of November.

For more information, visit arizonaafacialplastics.com.

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HAPPY HOUR WITH HERSCH

I have been processing 2020 extremely well! Then I realize, or at least admit to myself, that's a bit of a lie. It's not that I can't handle the changes we've faced - I can - but it has exacted a price.

Things wear on me - the constant concern about the pandemic's impact on my high-risk family members, the isolation, the seemingly constant societal unrest, the lack of grace in behavior amongst all of us and the plight of the downtrodden and less fortunate.

It's not noticeable at first - but then I realize I lack my typical balance and have less joy. This is not surprising because, for me, a lot of that balance and joy comes from social activities like concerts and dinners with friends.

On the other hand, this year has provided a great amount of time to reflect and truly appreciate what I have on a whole different level. It has given me the chance to remember the small moments that make up the fabric of our existence but tend to get lost in our chase for more. It has made me aware of how blessed my life is and the head start I was provided that many in our country do not receive.

The most important thing I have learned in 2020 is that my joy cannot be extinguished if I engage in being reflective and grateful. I hope all of you are finding joy and hanging strong in these interesting times.

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6035 N Central AveJust Listed8048SF6BR/6.5BA\$3,900,000
5724 E Echo Canyon RdNew Price3738SF3BR/3.5BA\$1,400,000
210 E Cactus WrenNew Price4900SF5BR/4.5BA\$1,395,000
2939 N Manor Dr WJust Listed4721SF5BR/4BA\$1,395,000
6312 N 4th PlIn Escrow2885SF4BR/3BA\$ 949,000
3146 E Maryland AveNew Price2925SF3BR/2.5BA\$ 899,900
8051 N 15th AveIn Escrow3583SF4BR/4BA\$ 799,000
6522 N 14th StIn Escrow2906SF4BR/2.5BA\$ 750,000
544 E Belmont AveJust Listed3941SF5BR/3.5BA\$ 739,900
505 E Missouri AveIn Escrow3277SF4BR/3BA\$ 709,000
34920 N 23rd LaneIn Escrow		\$ 850,000
3824 E MelodyJust Listed4007SF5BR/3.5BA\$ 699,900
340 E Osborn Rd #3New Construction	..2441SF3BR/3.5BA\$ 695,000
340 E Osborn Rd #4New Construction	..2441SF3BR/3.5BA\$ 695,000
340 E Osborn Rd #1New Construction	..2255SF3BR/3.5BA\$ 650,000
340 E Osborn Rd #2New Construction	..2255SF3BR/3.5BA\$ 650,000
15368 N 18th StIn Escrow3529SF4BR/3.5BA\$ 650,000
701 W Las Palmaritas Dr	...In Escrow3092SF5BR/2.5BA\$ 575,000
1611 N 11th AveIn Escrow1829SF4BR/3BA\$ 525,000
7747 N 13th StJust Listed1668SF3BR/2BA\$ 406,900
1810 W Butler DrIn Escrow1778SF4BR/2BA\$ 369,900
6240 N 16th St #34In Escrow1191SF2BR/2BA\$ 184,900
5125 N 34th PlFor Rent	3BR/3.5BA\$3,600/mo



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34920 N. 23rd Lane • \$850,000



1611 N. 11th Ave. • \$525,000



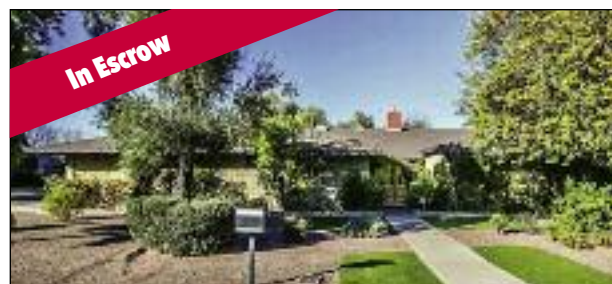
1102 W. Glendale Ave. #114 • \$369,000



701 W. Las Palmaritas • \$575,000



1810 W. Bulter Ln. • \$369,900



202 E. Berridge Ln. • \$625,000



3146 E. Maryland Ave. • \$899,900

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SOLD HOMES FOR 2020

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



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HEALTHY LIVING

Children can contract COVID-19

While the majority of people who have contracted COVID-19 are adults, experts say children and teens are not immune to the disease in Arizona and around the country.

The American Academy of Pediatrics and Children's Hospital Association recently released a report showing there were 513,415 child COVID-19 cases reported in the United States, Puerto Rico and Guam, as of Sept. 3. That means children represented 9.8 percent of all Coronavirus cases.

In Arizona, there were 25,365 cumulative COVID-19 cases among those ages zero to 19, with children and teens making up 12.5 percent of total Coronavirus cases in the state, as of Sept. 3, according to the report. This report showed Arizona was among eight states with the highest number of cumulative cases of COVID-19 in children, as of early last month.

Dr. Lisa Grimaldi, an associate professor in the Division of Cardiovascular ICU at the University of Arizona College of Medicine Phoenix, said most children who have tested positive for COVID-19 do not have symptoms or have only a very mild disease. Grimaldi also is pediatric critical care physician at Phoenix Children's Hospital. She said there are reports out of New York and Europe that children are being hospitalized with a new disease that appears to be tied to Coronavirus. Called multisystem inflammatory syndrome in children (MIS-C), it looks similar to Kawasaki Disease, a rare pediatric condition that makes blood vessels in the body become inflamed and can cause life-threatening aneurysms, Grimaldi said.

She said most children who develop COVID-19 related MIS-C do not have the symptoms commonly seen in adults with Coronavirus, including breathing problems or a cough. Most children who contract it suffer abdominal pain,

vomiting or diarrhea. Affected children also might have a fever of 101 degrees that lasts for several days, as well as a skin rash, red eyes, red tongue, enlarged lymph nodes and swelling and redness of the feet and hands. Grimaldi recommends parents who notice their child has a fever, abdominal pain or any of the other symptoms contact their pediatrician as quickly as possible.

To learn more about how COVID-19 impacts children, visit the University of Arizona College of Medicine at phoenixmed.arizona.edu or Phoenix Children's at phoenixchildrens.org.

Health Briefs

Banner Health changes visitor policies

Some changes in visitor policies for Banner Health hospitals are in place.

Banner Health last month changed its visitor restrictions in the Valley, as well as in the Tucson and Casa Grande

areas. One visitor is allowed per patient per day for most in-patients. There still are no visitors allowed, with a few exceptions, in out-patient buildings and for out-patient services attached to hospitals, including emergency rooms and out-patient treatment centers. Pediatric patients, under age 18, can have one guardian or support person with them, as well as one visitor per day.

Visits for most patients will be allowed from 10 a.m. to 6 p.m., with a maximum amount of time allowed at three hours. All visitors must bring their own masks and wear them continuously inside the hospitals. Because of the COVID-19 pandemic, all visitors must undergo a health screening when they check in and be prepared to wait in line before coming into the building. Visitors can complete an electronic visitor health screening before arriving at the medical center to speed up entrance into the building. The screening is available at bannerhealth.com/patients/patient-resources/visitor-restrictions.

To learn more, visit bannerhealth.com/covid19.

Bashas' stores providing flu shots to public

Bashas' Family of Stores' grocery locations around the state, including Bashas', Food City and AJ's Fine Foods, will host flu shot services. There will be flu (Quadrivalent) shots, which protect patients against four flu strains, as well as pneumonia shots to help protect people in the long term, depending on the risks, against 23 types of bacterial pneumonia, deadly blood infections and meningitis. The flu (Quadrivalent) shots costs \$45 each and the pneumonia shots costs \$130 each, but Medicare B and Blue Cross Blue Shield of Arizona cover both types of shots. The flu shots are free for all state of Arizona employees, as well as their spouses and dependents, along with state retirees with Benefit Options coverage.

No appointment is needed to acquire the shots but you should not receive either vaccine if you have ever experienced a serious allergic reaction to eggs or to one or both of the vaccines. If you have a fever or acute respiratory or another active infection or illness you should not get the shots. Those who have a history of Guillain-



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Barre Syndrome also should not obtain the shots.

The CDC recommends everyone six months and older, with rare exceptions, obtains a flu vaccination every year. It said seasonal influenza (flu) viruses are detected year-round in the United States but flu viruses occur more commonly in the fall and winter, with activity often starting to increase in October.

The flu shots will be given from 9 a.m. to 12:30 p.m. on Monday, Oct. 12 and Friday, Oct. 23 at the Bashas' at 5555 N. 7th St. Flu and pneumonia shots will be provided from 9 a.m. to 12:30 p.m. on Friday, Oct. 30 at AJ's Fine Foods at 5017 N. Central Ave.

To find more times and locations to receive a flu shot, visit healthwaves.com. You also can find locations by visiting the Arizona Department of Health Services at azdhs.gov.

Abrazo Health experts say don't delay heart care

While COVID-19 is on everyone's mind, Abrazo Health officials are reminding people that heart disease is the number one killer of men and women in this country.

They urge residents not to delay obtaining heart care at Abrazo Health hospitals and doctors' offices around the Valley. Patient safety is Abrazo Health's most important priority during this Coronavirus pandemic. There are protective policies and pre-operative measures in place that originate in Abrazo-affiliated physician practices and offices. Patients who do not have COVID-19 are kept separate from those who have COVID-19 at all times. Care teams at Abrazo hospitals frequently meet to share and adopt best practices that emphasize maintaining patient safety.

Dr. Timothy Byrne, medical director of cardiac services for Abrazo Arizona Heart Hospital, said postponing heart care could cause major complications for patients with many types of cardiovascular conditions. For example, Byrne said conducting a transcatheter aortic valve replacement (TAVR), a procedure to replace a diseased aortic valve, can be "life-saving." As soon as patients start having symptoms related to their aortic valve "the clock starts ticking," he said. Byrne said patients who have chest pain should not put off going to be tested as it

could be a symptom of atherosclerotic heart disease, aortic dissection or pulmonary embolism.

About 655,000 Americans die from heart disease every year, according to the Centers for Disease Control and Prevention (CDC). If you want a referral to an Abrazo cardiologist, visit AbrazoHealth.com or call 1-855-93-HEART (1-855-934-3278).

Banner officials warn about 'Benadryl Challenge'

The Banner Poison and Drug Information Center is warning people about a potentially deadly challenge being done on a popular social media platform.

The "Benadryl Challenge" is one of the fads on TikTok, where teens are challenging each other to take enough of this medication in order to hallucinate. The amount of Bendryl or Diphenhydramine needed to create hallucinations can be deadly. Benadryl is an antihistamine that is typically used to treat seasonal allergies or allergic reactions. Dr. Steven Curry, director of the Department of Medical

Toxicology at Banner – University Medical Center Phoenix, said the center treats critically ill patients who have suffered from diphenhydramine poisoning, who are in comas, have experienced seizures and suffered from cardiac toxicity, as well as died. The Banner Poison and Drug Information Center has gotten 380 exposure calls tied to intentional ingestion of antihistamines, since Jan. 1, as of early September. Almost all of the cases required patients to be hospitalized in a critical care unit.

Maureen Roland, register nurse and managing director of the Banner Poison and Drug Information Center, recommended parents talk to their children about the dangers of participating in or encouraging others to take part in social media challenges like this one. If you or a loved one believes they have been exposed to poison, medication or chemicals, call the poison center immediately at 1-800-222-1222. For more information about the Banner Poison and Drug Information Center visit bannerhealth.com/services/poison-drug-information.

Experts offer tips for quality sleep

The COVID-19 pandemic has disrupted nearly every aspect of life, causing stress that can impact sleep.

To improve your sleep, Lauri Leadley, president of Valley Sleep Center, recommends you stick to a bedtime routine every night, keeping in mind times and goals that you can maintain. She also recommends people limit time spent on social media and using electronics before going to bed. Instead, reading before bedtime can decrease stress, relax muscles and calm breathing.

Banner – University Medical Center Phoenix Sleep Center recommends you limit daytime naps to 30 minutes or avoid napping altogether. It also suggests you avoid drinking alcohol late in the evening and avoid taking stimulating medications at bedtime, including asthma medicine and decongestants.

Leadley also recommends you limit working out and eating large amounts of food right before hitting bed. Try exercising and eating dinner earlier in the evening.

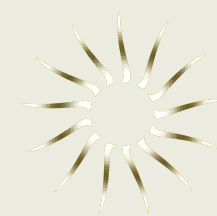


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Anna Foley, a senior at Madison Highland Prep, participates in an online lesson the school offers. Students have been collaborating with each other in breakout rooms and engaging in creative projects online, rather than in person, due to the COVID-19 pandemic (photo courtesy of Madison Highland Prep).

MHP students collaborate online

Students at Madison Highland Prep are tapping into technology as they take on inventive lessons their teachers have worked hard to develop using a myriad of strategies.

Since classes began for this academic year on Aug. 17, the teachers have implemented various techniques to engage students through the unusual, live-streamed distance learning program. Teachers have used Nearpod, Flipgrid, and Autodesk applications to try to make learning fun. Students have been working collaboratively on projects by taking part in breakout rooms with their peers. These virtual rooms offer a space where students can participate in content-based, meaningful discussions and work together to create creative projects. Every week, students receive hands-on, tactile resource packages to support their education at home. School teachers, administrators and staff members are proud of students for working hard and excelling in this challenging, new learning environment brought about due to the COVID-19 pandemic.

Teachers use the Zoom platform for video communication, as well as Swivel technology to provide live-streaming instruction for every class. These educators also utilize a wireless Mimeo tablet to deliver information directly to each student's home computer and every

classroom's LCD projector simultaneously. That means all students can keep accessing the same curriculum, as well as communicate with each other, work cooperatively on assignments and participate in labs no matter where they are.

Madison Highland Prep plans to resume in-person classes on Monday, Oct. 12, as long as the area keeps meeting the benchmarks that the Arizona Department of Health Services and Maricopa County Department of Public Health have set regarding safely reopening schools, based on the number of COVID-19 cases. Students who want to continue distance learning will be able to do so through December. To learn more about Madison Highland Prep, visit madisonhighlandprep.net.

School Briefs

GLENDALE UNION HIGH SCHOOL DISTRICT
Two seniors named Semifinalists

Two seniors at Thunderbird High School were named semifinalists in the 2021 National Merit Scholarship Program. Keegan Halvorsen and Elliott St. Clair were recognized in a virtual celebration of their achievements during a Glendale Union High School District governing board meeting last month.

The National Merit Scholarship Corporation selects semifinalists every September from 1.6 million entrants



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SCHOOL DAYS

around the country. Out of the 50,000 students who had the highest PSAT/NMSQT Selection Index scores, about 16,000 high school pupils qualify as semifinalists. To learn more, visit nationalmerit.org.

MADISON ELEMENTARY SCHOOL DISTRICT In-person learning scheduled to start soon

Students will be able to return to in-person classes on Oct. 12 in the Madison Elementary School District, as long as there is not a significant increase in the spread of COVID-19.

Schools will open with a hybrid learning model in which some students will learn in-person on their campuses and some students will learn at-home through an online system through December.

Families who want to keep their children learning at home online through December had to notify the district last month. Students who return to schools for in-person classes will have to follow protocols set in the

district's opening plan, which says students and employees must wear cloth or surgical face masks, except when they are eating or drinking and if they have health conditions that prevent it.

Parents will have the chance to sign up their children for the online option or switch them to in-person learning at the end of each quarter. The end of the quarters are Oct. 2, Dec. 18, March 12 and May 26.

To learn more, visit madisonaz.org.

Take virtual tour of elementary schools

Want to learn more about campuses in the Madison Elementary School District? The district will host a virtual "tour" of its elementary school campuses and offer information about its Signature programs at 8 a.m. on Friday, Nov. 6.

Principals at the schools will talk during the livestream from the Madison Center for the Arts. Parents can ask questions live during the tour. They are urged to fill out the Google form for this Discover Madison Virtual Tour through email by accessing madisonaz.org/discovermadison.



Jennifer Houston, Solano Elementary School Cafeteria Manager, helps distribute meals for the Osborn Elementary School District's free meal service (photo courtesy of Osborn Elementary School District).

OSBORN ELEMENTARY SCHOOL DISTRICT Free meal service starts again for youths

Children can once again receive free-of-charge breakfasts and lunches in the Osborn Elementary School District.

The district recently reinstated its

meal program, which provides five breakfasts and five lunches at four locations in the district to any child 18 years old and younger. These five-day meal bags contain frozen lunch entrees, cereal, frozen breakfast entrees, fresh fruit and vegetables, as well as milk. The weekly meal distribution takes place from 8 to 10 a.m. Mondays at the Encanto/Clarendon Elementary site at 1401 W. Whitton Ave.; Osborn Middle School kitchen at 1102 W. Highland Ave.; Solano Elementary School kitchen at 1526 W. Missouri Ave. and Longview Elementary School at 1209 E. Indian School Road.

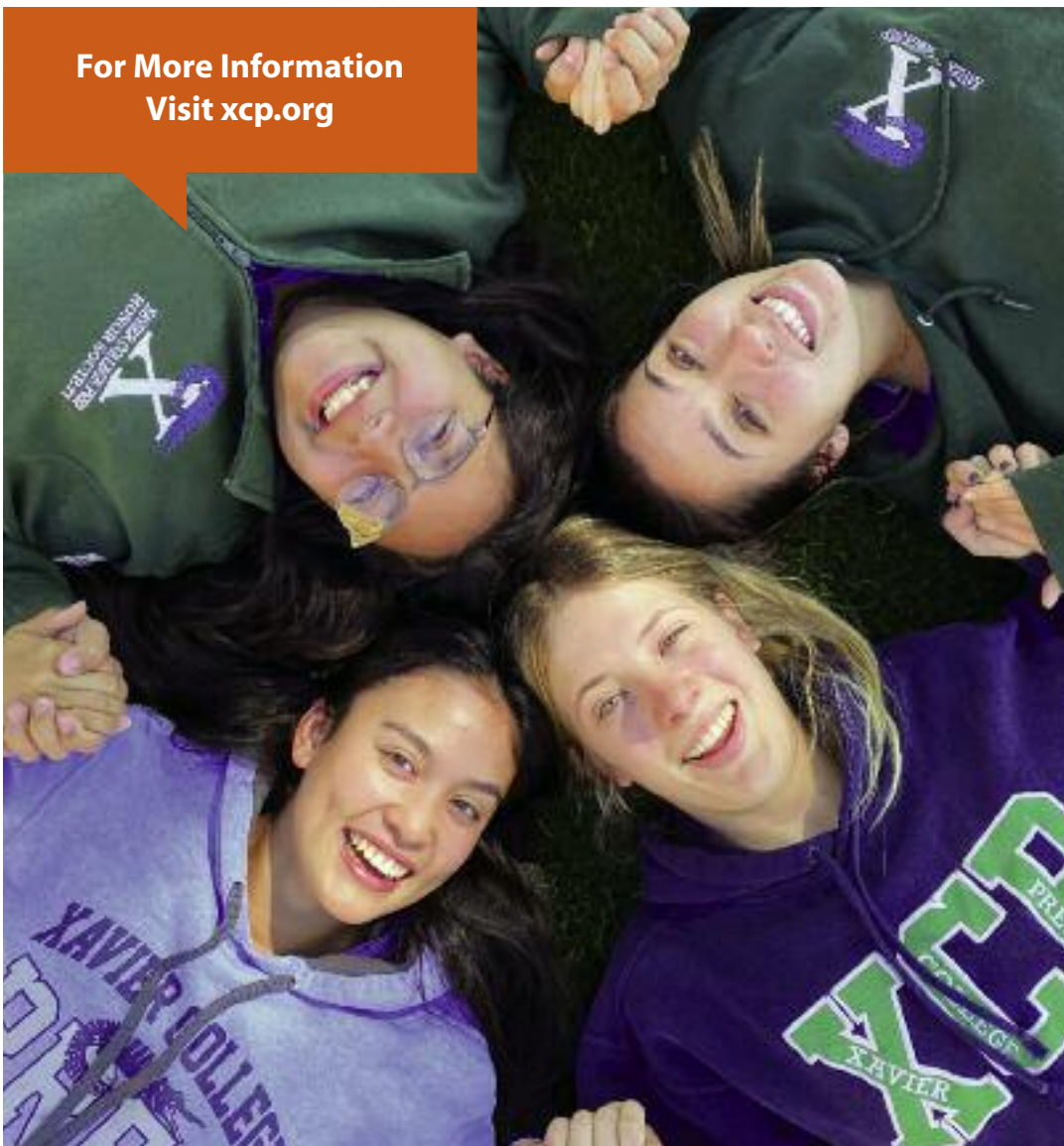
The days and hours of operation are subject to change. Watch for updates at www.osbornnet.org/District/Department/12-Osborn-Child-Nutrition and on Instagram @Nutriliciousosborn.

Art teacher links students with artists online

The COVID-19 pandemic is not keeping an innovative art teacher at Longview Elementary School from inspiring students.

please see ARTISTS on page 28

For More Information
Visit xcp.org



Xavier College Preparatory

is a Catholic community that strives to prepare young women of faith with the knowledge, skills, and integrity to meet the challenges of a changing global society in a positive and productive manner recognizing unity in diversity.



All are welcome!

Open House*

Oct. 25, 2020 | 12:00 p.m. - 3:00 p.m.

8th Grade Day*

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

Xavier Entrance Exam

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

Affording a Xavier Education

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

**Subject to change*

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SCHOOL DAYS



Mateo Parsons shows off fresh berries and peppers from a grab-and-go food pick-up service in the Washington Elementary School District (photo courtesy of the Washington Elementary School District).

ARTISTS continued from page 27

Liz Archuleta has been interviewing local artists through Zoom, giving her students the chance to hear the artists' personal stories and to engage in art lessons with them from their homes while classes are held online/virtually.

Students at Longview can walk to some of the murals the artists have created. Archuleta also has started live art lessons during lunch.

PHOENIX UNION HIGH SCHOOL DISTRICT District, partners help feed students

Students in the Phoenix Union High School District whose families may be struggling financially can obtain non-perishable food, toiletries and school supplies, thanks to a partnership with Frito-Lay and Feed the Children, an anti-hunger organization, which recently launched a "Building the Future Together" initiative to help thousands of students around the country in this 2020-21 school year.

The program is bringing in donations of food boxes, shampoo, conditioner, toilet paper, toothbrushes and other personal care items and paper, pens, notebooks and other school supplies to the Phoenix Union district. These items are delivered once a month in a large shipment to the school district's Falcon Family and Community Resource Center, which is located on the campus of Carl Hayden Community High School at 3333 W. Roosevelt St. Students from anywhere in the district can obtain the food, school supplies and personal care offerings.

Families can pick up donations every Wednesday and Friday, either at the Falcon Family and Community

Resource Center or if they do not have access to a vehicle, the district can deliver the food and supplies to them. If you need these items, contact the district at pxu-face@phoenixunion.org.

WASHINGTON ELEMENTARY SCHOOL DISTRICT Students can feast on fruits, vegetables

Students in the Washington Elementary School District will be able to feed not only their minds, but also their bodies, with fresh fruits and vegetables, because of a federal program.

The district was chosen to participate in the United States Department of Agriculture (USDA) Fresh Fruit and Vegetable Program (FFVP) for this school year. The Arizona Department of Education will work with the district to offer fresh fruits and vegetables to students. This program's goals are to encourage healthier school environments by encouraging nutrition education. Children will be introduced to new and different varieties of fruits and vegetables and their overall acceptance and consumption of fresh, unprocessed produce will be boosted. Officials hope to influence children's diets to make a positive impact on their current and future health.

The grant will assist 19 schools in the district.

Out-of-this world lessons earn administrator honor

Innovative curriculum for gifted students that is out of this world has earned an official in the Washington Elementary School District a national honor.

Jason McIntosh, the district's Gifted Services coordinator, recently received the 2020 NAGC Curriculum

SCHOOL DAYS

Award for his Astronaut Academy curriculum unit. It is the fifth time he has obtained this recognition for exemplary curriculum in gifted education.

McIntosh's Astronaut Academy, 30-lesson interdisciplinary unit was designed to teach high-ability second and third-grade students how to think like astronauts and explore the far regions of the solar system. Students go on a journey to "visit" each planet and make their own space station while participating in engaging resources, learning activities and problem-based learning tasks. The concept of exploration is developed as students gain scientific knowledge and habits, including how to follow the scientific method and do research. Teachers can follow guidance and suggestions on how to adjust the rigor of the curriculum based on students' needs and interests.



Jason McIntosh

PRIVATE AND CHARTER SCHOOLS Brophy seniors named Semifinalists

Several seniors at Brophy College Preparatory are already on a roll this school year as they have been selected as 2021 National Merit Semifinalists.

The eight seniors were selected after entering the 2021 competition their

junior year, when they took the 2019 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT). The exam provides the initial screening of program applicants. Around the country more than 1.5 million juniors from about 21,000 high schools took that test and about 16,000 of those qualified as semifinalists.

The Brophy seniors who were selected as semifinalists are Justin An, Walker Bagley, Charles Fallon, Carl Justice, John Lomax, Nolan Lopez, Mateo Morris and Henry Palmer.

Students can join diverse clubs at Brophy

Proving that school is about more than just academics, Brophy College Preparatory recently held its Virtual Club Expo.

Through this online event, students could learn about the more than 100 clubs the private, all-boys, Jesuit, Catholic high school offers. Students can become involved in a large variety of service, faith, as well as competitive and academic; affinity and publication, performance and art clubs.

To learn more about the school's clubs, visit brophyprep.org/clubs.

Xavier to host online eighth grade socials

Xavier College Preparatory is pivoting during the COVID-19 pandemic to provide its 8th Grade Informational Socials online.

please see SOCIALS on page 30

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madisonaz.org/DiscoverMadison

Madison School District is Internationally Accredited through AdvancED

SCHOOL DAYS

SOCIALS continued from page 29

These events typically are held in person, where eighth-grade students and their parents have a chance to learn what freshmen courses look like, the types of clubs and activities available to Xavier students and what makes the private, all-girls, Catholic high school stand out. Parents can learn about how the admissions process operates, how to seek financial aid, various sports teams' try-out schedules and how to utilize carpools to transport their children to Xavier.

Xavier held several of the socials last month and will host many more this month, including one from 7 to 8:30 p.m. via Zoom on Wednesday, Oct. 7 and one from 7 to 8:30 p.m. on Tuesday, Oct. 13 through Zoom. There also will be an eighth grade social from 7 to 8:30 p.m. on Tuesday, Oct. 20 and from 7 to 8:30 p.m. on Wednesday, Oct. 21. The Zoom links will be emailed to parents a day before each event. To learn more, visit xcp.org/admissions/visitus/information-social.



Midtown Primary students play good behavior game

Midtown Primary School is helping students get into their groove with healthy life skills.

The school is using the PAX Good Behavior Game, which a classroom teacher developed about 40 years ago. Research reportedly reveals that PAX decreases the number of student disci-

plined problems, enhances student learning and reduces drug and alcohol use among students, as well as decreases aggression and other delinquent behaviors later in life. This evidence-based practice offers instructional and behavioral health strategies that teachers and students use every day in the classroom. Midtown's teachers and students love playing PAX to generate more heal-

ing and peace, health, happiness and harmonious social interactions in classrooms, around campus and at home.

ing and peace, health, happiness and harmonious social interactions in classrooms, around campus and at home.

Kindergarten teacher seeks support to buy letter cubes

You can help a teacher at AmeriSchools Academy Phoenix Camelback provide kindergarten students with tangible tools for learning words at home.

Olivia Ortega is asking for financial contributions through DonorsChoose.org to fund letter cubes and building words to help her students learn to recognize and identify letters and to create words. If she can provide them with letter cubes while they are learning at home, the students will be able to follow along with her instruction and have concrete work to show her.

With these new tools, Ortega said she would be able to offer quick assessments in breakout rooms utilizing the cubes and parents can make fun learning games with their children.

Ortega is hoping to raise about \$400 to purchase the letter cubes. To make a donation, visit donorschoose.org.

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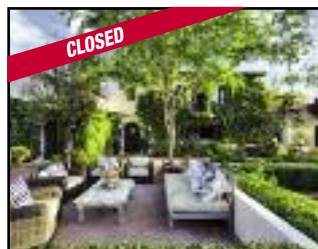
6108 N 11th Ave • \$395,000
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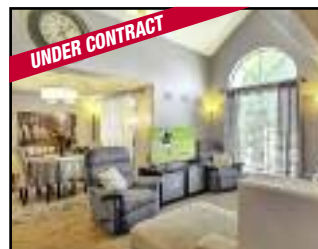
305 W Frier • \$1,420,000
4 bed, 4.5 bath, 3897 sf



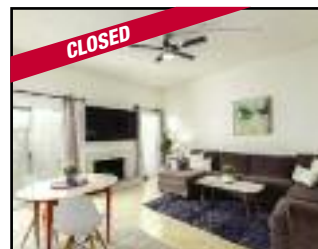
7813 N 13th Ave • \$1,100,000
5 bed, 4 bath, 3631 sf



149 E Country Club • \$2,150,000
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1333 E Morten Ave, 239 • \$195,000
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BOYS AND GIRLS BASKETBALL



We are feeling very optimistic that RAMMS boys' and girls' basketball will be back this season with the difference of it being outdoors! Depending on interest, we also hope to add a boys' 7th and 8th grade basketball division this year.

While these are uncertain times, please be assured that RAMMS will be following all recommended guidelines to ensure the safety of our players, coaches and families.

With the cancellation of our fall sports, we have additional time to plan for a safe return to basketball. Be on the lookout for a link to our **“no risk” registration**. The **“no risk” registration** means families will be able to register ASAP with no payment due until the start of the season. This will allow both RAMMS and our community to adjust to any changes that occur with the ongoing pandemic.

RAMMS is a parent run, volunteer organization founded in 1961 to provide recreational youth sports opportunities for children in and around North Central Phoenix. Join us as we celebrate **60 Years of RAMMS** sports! We welcome all children regardless of skill level, school or previous experience and look forward to continuing to serve our community.

PLEASE VISIT **WWW.RAMMS.ORG** AND SOCIAL MEDIA FOR REGISTRATION DATES AND UP-TO-DATE INFORMATION!

  @ramms_az

SUPPORT RAMMS

RAMMS is a non-profit, 501(c)(3) organization that relies on registration fees and sponsorship money to provide quality game venues, uniforms that the players are proud to wear, sports equipment to each team and capital improvements to local schools.

RAMMS is looking for businesses to advertise with us and to sponsor one or more teams. When sponsoring a team, your company name will be displayed on the jersey of your sponsored team. Sponsorships may be tax-deductible.

For more information, please email sponsorship@ramms.org.





GENERATIONS

Senior Living

Explore music in online Memory Café

Explore the power of music in a healing online program that Jewish Family & Children's Service is offering this month, as well as in November and December.

The JFCS Memory Café will continue to be held through Zoom at 10 a.m. the first Thursday of every month and 1 p.m. on the third Thursday of every month. Participants can learn how to create a Thanksgiving centerpiece from instructor Janina Phinao at the 10 a.m. Memory Café on Nov. 5 and sing holiday songs at the 10 a.m. sing-along with Dan Kurek on Dec. 3.

Sun Joo Lee, owner of Sunshine Music Therapy and a guitarist and vocalist, will engage participants in familiar songs and movements designed to feel good during the 1 p.m. Memory Café gatherings. Those will be held Oct. 15, Nov. 19 and Dec. 17. Lee has

master's degrees in voice performance and music therapy from Arizona State University, as well as an undergraduate degree in voice performance from Sungshin Women's University in Seoul, South Korea.

The Memory Café is for people who have memory challenges and their care partners to take part in fun, enriching activities in a supportive environment. It is free to participate. If you would like to attend the event, RSVP to Janet Rees at janet.rees@jfc-saz.org or by calling 480-599-7198.

State allowing visits to nursing homes

You will be able to visit loved ones in nursing homes and other long-term care centers in Arizona as long as you follow safety requirements set due to the COVID-19 pandemic.

The Arizona Department of Health Services recently approved guidelines that the Governor's Task Force on Long-Term Care proposed to start per-

mitting in-person visits in these types of communities. In order to visit these facilities, each visitor must reveal a negative COVID-19 test (either PCR or antigen) that is less than 48 hours old. Visitors also must sign attestations saying they have stayed in isolation from the time the COVID-19 test was done and the visit and that they do not have any symptoms of the virus.

Each nursing home and long-term care center must limit contact with residents as much as possible, including setting up a dedicated visitation area. Residents (when it is safe), visitors and staff members must wear face masks and facilities should require hand sanitizing before each visit. The nursing homes and other long-term care facilities must keep visitor logs for contact tracing reasons and enhance their sanitation of the facility where visits occur.

Long-term care residents had been living almost six months "alone and isolated from their families, putting their physical and emotional health in

peril" prior to the changes in visitation rules, said Dana Marie Kennedy, AARP Arizona state director. The new guidelines will let family members safely reunite with loved ones but AARP Arizona will keep advocating for more testing in long-term care centers, Kennedy said. Skilled nursing facilities restricted visitors when the pandemic began while assisted living and group homes set their own visitation policies.

To learn more, visit the Arizona Department of Health Services at azdhs.gov.

Grant will help support those with dementia

There is support and help available to families living with Alzheimer's disease and other forms of dementia.

Hospice of the Valley recently received a federal grant from the Administration for Community Living to assist those whose loved ones are struggling with these diseases. The three-year grant will let Hospice of the



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GENERATIONS

Valley greatly expand its Palliative Care for Dementia program, which offers in-home support to people at any stage of dementia and their family caregivers.

Hospice of the Valley, a not-for-profit agency, will collaborate with many local organizations to create programs with a special emphasis on those with dementia who live alone; anyone with distressed behaviors and residents with developmental disabilities including Down syndrome, who might develop Alzheimer's disease at an early age.

This grant also provides money to train a dementia-capable workforce to better serve the quickly increasing number of people who will be diagnosed with dementia.

Family caregivers who are helping a loved one with dementia also can call Hospice of the Valley's Home Dementia Caregiver Support: Palliative Care for Dementia 24 hours a day, seven days a week to ask questions and share concerns with a nurse or social worker. The phone number is 602-636-6363. A dementia educator also comes to homes to offer information about Alzheimer's disease and other demen-

tias, as well as behavior management strategies, medications, living wills and respite placement.

To learn more about Hospice of the Valley's Palliative Care for Dementia program visit hov.org/dementia/palliative-care-for-dementia.

Kids & Family

Online program helps babies build literacy skills

You can help your baby build literacy skills in an online program that the Phoenix Public Library offers.

The BabyTime program will meet virtually at 9:30 a.m. on Tuesdays, Oct. 6, 13, 20 and 27. Babies up to two years old can participate in the program, with an adult taking part with them at all times. An instructor will teach parents stories, rhymes and songs they can engage in with their babies. The babies will learn pre-reading skills from parents as they talk, sing and play together in the activities.

The classes will meet on WebEx, an online meeting platform. You must register for the program ahead of time. A

link to join the class will be sent to those who register the day of the program. To register and learn more, visit phoenixpubliclibrary.org.

Young adult fiction authors to talk at online event

Teenagers can gain inspiration from two authors of young adult fiction at an online event that Changing Hands Bookstore is offering.

Abigail Johnson, author of "Girl on the Run," and Kara McDowell, author of "One Way or Another," will talk about their latest work during this virtual conversation at 7 p.m. on Tuesday, Oct. 6 through Zoom.

"Girl on the Run" is a thriller about Katelyn, a girl who finds out her mother might not be the person she claims she is and that someone is hunting for both of them. Johnson, a Pennsylvania native who moved to Arizona at age 12, became a tetraplegic after she broke her neck in a car accident at age 17 but she still enjoys bodysurfing in Mexico. She has written several young adult novels.

"One Way or Another" is a holiday romance novel about Paige Collins, a

girl who decides to stop allowing her anxiety to keep her from experiencing true love. When she slips on a grocery store floor, her life divides into two, different parallel paths. McDowell graduated from Arizona State University with a bachelor's degree in English literature.

There is a suggested donation of at least \$5 to participate in this event. To register, visit changinghands.com.

Arizona Science Center reopens to public

You can visit the Arizona Science Center again, after it had been closed previously to visitors because of the COVID-19 pandemic.

The center at 600 E. Washington St. reopened to members in August and to the general public last month. Guests can take self-guided tours, participate in guided experiences, or do a combination of both adventures while following stringent health and safety guidelines. Visitors can select guided experiences in the mornings and self-exploration on levels one, two and

please see CENTER OPENS on page 34

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GENERATIONS



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CENTER OPENS *continued from page 33*

three throughout the day. The science center will stay closed on Tuesdays for deep cleaning. Some exhibits will stay closed so check the website, azscience.org, for updates.

Guests and employees must wear face masks/coverings and maintain social distances when inside the science center. Workers will complete health screenings every day. Visitors and employees are expected to wash their hands regularly or use the center's sanitizing stations.

Babies, kids can learn to swim at Hubbard

Hubbard Family Swim School, which has a location at 13832 N. 32nd St., offers swim classes for youths from two months to 12 years old. Its "Baby and Me" programs instruct little swimmers ages two months to three years old. There are "Little Snappers" classes for babies at least six months old, which they take with their parents, starting at \$22.50 for a 30-minute lesson. Hubbard's "Clownfish" classes teach those ages 24 to 35 months with two students in each class, for \$32 for a half-hour lesson. The swim school provides "Goldfish" classes for children ages 3 and older, with up to four students per class at a cost of \$22.50 per lesson. Older, more experienced children can enroll in the "Jellyfish," "Octopus" and "Lobster" classes at the same price.

Free, "Baby Splash" classes for babies eight weeks to five months old also are offered at Hubbard. Parents must be in the water with their babies for these lessons. There is a \$25 registration fee for the "Baby Splash" classes.

Hubbard's instructors are required to wear large, plastic face shields while teaching babies and children in the pools. Everyone over age 6 must wear face coverings when at the school, except when in the water. To learn more, visit hubbardswim.com.

Arizona Sunrays offers variety of classes

Arizona Sunrays, which has a location at 3923 E. Indian School Road, is offering many classes Monday, Wednesday and Thursday afternoons, as well as Thursday and Saturday mornings. There are beginning, intermediate and advanced gymnastics classes, as well as NinjaZone and dance classes. During a SUPERCAMP this

fall students can do any combination of gymnastics, sports, dance, crafts, NinjaZone, trampoline and small group activities.

Classes cost \$102 a month for 45-minute classes (meeting once a week); \$129 a month for 55-minute classes, \$187 for 85-minute classes and \$226 for 115-minute courses. The SUPERCAMP meets from 8 a.m. to 3 p.m. weekdays and costs \$336 for a full week or \$86 per day.

Everyone in the building must wear masks while students must wear masks any time they are not participating in physical activities, in order to protect people's safety. All employees take temperatures upon arriving at the business and wear face masks/shields all the time. Equipment is cleaned in between rotations. Learn more by visiting arizonasunrays.com.

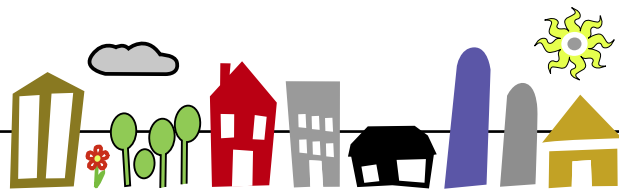
Girls can engage, build leadership skills at home

The Girl Scouts-Arizona Cactus-Pine Council (GSACPC) and Girl Scouts of the USA (GUSA) are offering girls the chance to develop leadership skills from home through 24 new badges related to entrepreneurship; science, technology, engineering and math (STEM); automotive engineering and civics. Any girls, even if they are not in the Girl Scouts, can engage in the activities and review guides online.

For the Entrepreneurship badge, girls in grades kindergarten through 12 build their own business plans and contemplate production, cost, profit, marketing and competition. STEM Career Exploration, for students in grades two through eight, allow girls to explore how they can help change the career in STEM fields. There are videos featuring girls can do including building structures at home, creating a symmetrical mosaic design and coming up with their own recipes.

Girls in grades kindergarten through fifth must design their own vehicles and test prototypes to earn the Automotive Engineering badges. In order to earn Civics badges, girls in grades kindergarten through 12th research laws and how they are created, as well as study their own local government officials.

The Girl Scout program aims to develop strong, effective leaders. To find activities through "Girl Scouts at Home," visit girlscouts.org.



ARTS & ENTERTAINMENT

Volunteer helps keep ballet on its toes

By Colleen Sparks

Growing up, Molly Greene loved going to see “The Nutcracker” ballet with her mother and volunteering as a candy striper at a hospital.

Those two passions – ballet and community outreach – have combined to make the North Central resident an ideal volunteer for Ballet Arizona. For her volunteer efforts, Greene, who is the senior director of Arizona government relations for SRP, recently received the 2020 SRP Presidents’ Volunteer Spirit Award. She and four other SRP employees were honored for their tremendous dedication to their communities. SRP provided checks of \$2,500 each to the company’s non-profit partners. The non-profit organizations could use the money however they chose to, for their operations.

Last year SRP workers and retirees volunteered more than 53,000 hours to 280 non-profit organizations in the state and donated about \$97,500 through SRP’s Dollars for Doers program.

Greene helps make ballet accessible to the masses as a member of Ballet Arizona’s board of directors and chairwoman of its Development Committee. A mother of three, she said SRP heavily promotes volunteerism and she had volunteered for some other organizations before an opening became available on the Ballet Arizona board about five years ago. The Development Committee’s mission “is to support financially the fundraising efforts of the organization,” said Samantha Turner, Ballet Arizona executive director.

Every year Greene volunteers hundreds of hours to help raise money and cultivate community partnerships for Ballet Arizona. She has helped support programs that bring dance to the community including Ballet Arizona’s Ballet Under the Stars, which provides free performances to 15,000 Valley residents in area parks every year. Greene’s also made a big impact on DanceAZ, a Ballet Arizona program where students at underserved schools learn life-altering skills via dance.

“There are so many incredibly



Molly Greene, senior director of Arizona government relations for SRP, received one of the 2020 SRP Presidents’ Volunteer Spirit Awards for her volunteer work helping Ballet Arizona (photo courtesy of SRP).

hardworking staff members at the organization,” Greene said. “It just seemed like a calling. I knew we had an incredible artistic director in Ib Andersen.”

Turner is thrilled to sing Greene’s praises.

“She has a lifelong commitment to volunteerism and is very dedicated to the organizations that she is a part of,” she said. “We are a better, more successful organization because she’s been part of our board.”

Greene is in her third year of her second term as a Ballet Arizona board member. She will help find a replacement to start when her term ends.

Ballet Arizona, like other arts organizations, can always use volunteers to help with projects. Anyone interested can contact Turner at sturner@balletaz.org.

Herberger shares videos of performers

While the Herberger Theater Center has been closed because of the COVID-19 pandemic, it is finding creative ways to keep audiences entertained.

The theater at 222 E. Monroe St. did not have a specific date set for reopening to the full public for performances but it has posted videos for its Lunch Time Theater supporters. In one recent video, Karen Burns, a profes-

please see PERFORMERS on page 36

ARTS & ENTERTAINMENT

PERFORMERS continued from page 35

sional actor, dancer and writer, who also teaches musical theater, voice and acting, talks about her background. Burns, a former Radio City Rockette, had been scheduled to perform a show, "An Otherwise Magical Life," with stories about her personal and professional life prior to the pandemic, as part of the Herberger's Lunch Time Theater.

On her Facebook page, Burns shared fun facts including that she previously dated an actor portraying a "Teenage Mutant Ninja Turtle" - Michelangelo.

While the Herberger waits for it to be safe to reopen to the public, it could use support to stay afloat. You can be a "Ghost Light" donor by making a financial contribution to the theater. The new Coronavirus Aid, Relief, and Economic Security (CARES) Act allows taxpayers to make charitable deductions of up to \$300. A tradition in the theater is to have a light, called the ghost light, that is left on, at the end of each performance, on stage. To make a donation to the theater, visit herbergertheater.org.



This photograph, "What Will I Say to the Sky and the Earth II" by Meryl McMaster is one of the pieces of art on display at the Heard Museum's "Larger Than Memory: Contemporary Art From Indigenous North America" (photo courtesy of Heard Museum).

Indigenous art on display at Heard

Explore art created by contemporary, indigenous artists around the United States and Canada in a diverse exhibit at the Heard Museum.

The "Larger Than Memory: Contemporary Art From Indigenous

North America" exhibit will be on display through Jan. 3 at the museum at 2301 N. Central Ave. You can see artwork in a variety of modalities and mediums in this collection centered around works produced in the 21st century. Indigenous artists in North America have created artwork that addresses key conversations occurring around the

globe. Their pieces express a continuum of their cultural heritages while also sparking conversations with and interpreting the precept of art history.

There are more than 40 works of art that 24 artists created in 13,000 square feet of gallery space. Expect to see art on paper, video, sculptural installation, painting, photography and other mediums. This exhibition comes with an illustrated catalogue with contributions that indigenous scholars have made available at the Heard Museum Shop.

Visitors to the museum must wear face coverings because of the COVID-19 pandemic. Social distancing also is required and there will be a limit of 100 visitors per hour in the museum. To learn more, visit heard.org.

Ballet school, company open in new space

Ballet Theatre of Phoenix is buzzing with dancers in its modern, new space while also offering online classes.

The dance school and home of Convergence Ballet recently moved into its new home at 6201 N. 7th St, where it holds 7,800 square feet for dance instruction. Fall in-person and online, Zoom classes began recently. The school emphasizes classical ballet while Ballet Theatre of Phoenix instructors follow the American Ballet Theatre's National Curriculum. They teach students from age 3 to pre-professional levels. The studios also offer extensive ballet classes for adults, as well as classes in other movement styles including contemporary and tap dance. Members of the community can rent the studios to provide a place for dancers and instructors to develop diverse movement including yoga, salsa, Bellydance and hip-hop.

Convergence Ballet is planning to enhance its PLIES Program (Providing Leaps in Elementary Schools), which offers free dance lessons to students at Loma Linda Elementary School. Previously the dance school and Convergence Ballet were operating at 2326 E. Indian School Road. The new space is larger than the previous location and in a safe area with good traffic flow, said Jennifer Cafarella, Ballet Theatre of Phoenix director and founder and artistic director of Convergence Ballet.

Visitors can make appointments to take private, guided tours of the studios. To reserve a tour, call 602-957-3364. To learn more, visit ballettheatreofphx.org.

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ARTS & ENTERTAINMENT

Local man chosen to head arts board

A North Central resident is taking the reins of the Arizona Citizens for the Arts Board of Directors.

The board recently elected Stuart Graff, president and CEO of the Frank Lloyd Wright Foundation, as its chairman. It also elected four new members of the board: Eric McCarthy, who works in Business Development at Harkins Theatres; Bill Way, director, MCE Social Capital and Mary Way, executive director, Southwest Shakespeare Festival. Rose Ann Forte, a partner at Southwest Capital Partners in Yuma, was elected as treasurer.

Arizona Citizen for the Arts represents the non-profit arts and culture industry across the state. To learn more, visit azcitizensforthearts.org.



Stuart Graff

Puppet theater offers drive-in shows

The COVID-19 pandemic is not stopping Great Arizona Puppet Theater from entertaining families.

The theater provides online and drive-in entertainment to the public. Drive-in shows are performed Saturday mornings in the parking lot on the west side of the puppet theater's building at 302 W. Latham St. The cost to see the shows is \$40 per vehicle, as long as the vehicle takes up only one space.

It has tentatively scheduled several shows so watch for updates on times and dates at <https://www.azpuppets.org/shows.php>. "Dinosaur Picnic," planned as a drive-in show at 8 a.m. on Oct. 3, is an original story the puppet theater created featuring large dinosaur puppets. "The Monkey and the Pirate" is tentatively set for 8 a.m. on Oct. 10. It is an original story about a monkey, his beloved banana tree, and a banana-seeking pirate. Other upcoming shows with tentative dates are "The Three Billy Goats Gruff" at 8 a.m. on Oct. 17 and "Trouble at Haunted Mountain" at 10 a.m. on Oct. 24 and 10 a.m. on Oct. 31.

Reservations for a drive-in show must be made at 5 p.m. on the Friday prior to the show you are planning to see. You can make a reservation and

pre-pay for a show by calling the theater at 602-262-2050.

You also can help your children make puppets, sing songs from musicals and provide coloring pages with characters from shows through the theater's website, azpuppets.org.

Take classes at Shemer Art Center

You can get your creative juices flowing in classes at Shemer Art Center.

The art center at 5005 E. Camelback Road has opened back up again after having to close due to the COVID-19 pandemic. The Beginning & Intermediate Pottery with Alan Jones will be held from 1 to 4 p.m. Mondays from Oct. 26 to Dec. 14. Students will learn how to control clay on the potter's wheel, as well as practice basic shapes. This class costs \$245 plus there is a \$15 studio fee and an optional \$15 clay fee. Jones also will teach an Intermediate & Advanced Pottery class from 9:30 a.m. to 12:30 p.m. Mondays from Oct. 26 to Dec. 14. The class, studio and clay fees are the same costs as they are for the beginning and intermediate class.

Check out the Pottery Open Studio with Jones from 6 to 9 p.m. Mondays from Oct. 26 to Dec. 14. This class is for students who want to work at their own pace. Jones will be available for guidance. The Pottery Open Studio class is available to ceramics students currently enrolled in any Shemer Art Center class. The fee is \$35 per class while the classes cost \$245 for the whole session, with the \$15 studio fee and \$15 clay fee.

The Pastel Basics with Ludmila Demich class is being offered from 9:30 a.m. to 12:30 p.m. Wednesdays from Oct. 28 to Dec. 16. That class costs \$245. Artists can learn how to capture vibrancy and luminosity with pastels in the Pastel Open Studio with Demich from 9:30 a.m. to 12:30 p.m. Thursdays from Oct. 29 to Dec. 17 for \$210.

Students can learn the basics of silkscreen printing in the Printmaking: Silkscreen & Intaglio Printing with Larry Nisula class from 1 to 4 p.m. Wednesdays from Oct. 28 to Dec. 16. There will be an Oil and Cold Wax Medium: An Introduction and Way Beyond class with Barbara Bagan class from 1 to 4 p.m. Fridays, Oct. 30 to Nov. 20. To learn more, visit shemerartcenter.org.

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Tucker Woodbury, owner of The Vig Uptown, on left, and Executive Chef Jeremy Pacheco worked to develop an updated menu for the restaurant. Pacheco pours a yuzu-soy sauce over tuna seared on a heated soapstone (photo by Marjorie Rice).

Café Chat

The Vig offers chic setting, dynamic new dishes

By Marjorie Rice

It's mid-September and re-opening day at the Vig Uptown, adding a lively note to the culinary concert that is the intersection of 16th Street and Bethany Home Road.

During the COVID-19 pandemic hiatus, Vig co-owners Tucker Woodbury and Jim Riley, and new Executive Chef Jeremy Pacheco took advantage of the down time to revamp some of the interior – including moving their Genuine Concepts home office into new headquarters, carved from part of the patio. Tables were separated and Plexiglas partitions were installed between the booths.

And Pacheco took the lead on updating the menu.

“This space is about fun and gathering,” he said. “I wanted a menu that reflected that, with shareable items, where you come in with a group of friends and order several items that can pair well with mixed drinks.”

On this day, guests are sampling some of the new dishes, including Himalayan salt-seared tuna – slices of sushi-grade raw tuna served with pickled onions and a savory/tangy sauce of yuzu-soy, lime juice, onions, garlic and ginger. It's served on a platter with a soapstone slab heated to 500 degrees F.

Pacheco calls it an “interactive” dish – diners put bits of tuna on the stone, top it with onions and chili threads then pour on the sauce so it sizzles. Then it's wrapped in discs of paper-thin jicama, replacing the more traditional thin pancakes of Asian cuisine.

It's delicious with the Desert Dove cocktail – Herradura Silver tequila, grapefruit juice, lime juice, simple syrup, and Q Mixers grapefruit soda.

And that pretty much wraps up the new Vig – spiffy yet understated industrial chic interior, bar food that's been ratcheted up but still honors its roots, with great hamburgers (and a standout lamb burger in housemade pita), salads and tacos. Toss in starters designed to share and nibble with a tempting array of cocktails, spirits, beers and wine from the spacious bar, and you have a great neighborhood spot for gathering with friends to linger and savor.

One favorite from the starter menu: sizzling housemade thick peppered bacon, served on a hot fajita platter with a drizzle of maple syrup and sherry vinegar and grilled country bread. And don't skip the mussels – a full pound – braised with beer, chorizo, poblanos, garlic and butter, served with grilled bread from Noble bakery (Pacheco sources local whenever possible) and topped with fries. They're on the main dish menu, but would be great at the bar as well.

Another local-based favorite is the

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FOOD FOR THOUGHT

Sonoran Pasta Co. pasta – bucatini with wild shrimp from Rocky Point, cherry tomatoes, garlic, basil, oregano and Parmesan.

“It’s real simple, and one of my favorite dishes,” Pacheco said. “I could eat that every day.”

Pacheco formerly was at Lon’s at the Hermosa, and when the pandemic caused it to close, came to The Vig as a consultant. The partners asked him to join their team as executive chef, and he’s been working with them to update menus at all the Genuine Concepts locations: five Vigs, Ladera Taverna y Cocina in North Central, The Little Woody at 42nd Street and Indian School Road, The Womack at Seventh Street and Bethany Home Road, and The McMillan on Route 66 in Flagstaff.

All but the Womack, where some remodeling is ongoing, were scheduled to reopen by the first of October. And look for a new Vig in south Tempe, possibly in the next year, depending on COVID-19 and other variables.

Woodbury came to the restaurant business via a stint in advertising for the wool industry in New York, then

taking a turn to the bar business in the Valley, running a wrap/sandwich store, then back to advertising. Taking another turn, he opened the first Vig, at 4041 N. 40th St., with Riley. That location turns 14 this year. The Uptown location was second.

A friend told Woodbury he should meet Riley, so he did, and within a couple of days they became partners. Woodbury is the concept/creative guy and Riley is the one who makes the trains run on time.

The Vig Uptown, at 6015 N. 16th St., is open from 11 a.m. to 10 p.m., Mondays through Thursdays, 11 a.m. to 11 p.m., Fridays, 10 a.m. to 11 p.m., Saturdays and 10 a.m. to 10 p.m. Sundays. For more information, call 602-633-1187 or visit thevig.us.

Dining Briefs

Americano Foods nut butter sales to help Beirut

You can spread a little love around the globe when you buy almond or peanut butter from Americano Foods.

The Phoenix-based business, which

created Americano nut butters, recently said it would donate 100-percent of proceeds from its online sales throughout last month to relief work being done in Beirut, Lebanon. FirstBank, a privately held national bank, has promised to match the money raised throughout September.

Americano Foods co-owners Denise and Jeff Malkoon, who are third-generation Phoenicians of Lebanese descent, wanted to help people in Beirut as they were devastated watching the explosion at a warehouse in the Port of Beirut earlier this year and economic issues in the country. From late August through the end of September, all proceeds from online shop eatamericano.com were sent directly to Children’s Cancer Center of Lebanon, based in Beirut. The organization, an affiliate of St. Jude’s Children’s Hospital, was greatly impacted by the explosion.

Americano Foods makes and distributes nut butter products in many flavors including Cinnamon Honey Peanut, Choco Blanco and Classic Peanut. Its spreads are sold at AJ’s Fine Foods, Sprouts Farmers Market and

Fry’s grocery stores around Arizona, as well as at the Uptown Farmers Market, which is open from 7 to 11 a.m. Saturdays at North Phoenix Baptist Church at 5757 N. Central Ave.

Americano Foods also has worked with hunger relief agencies including St. Mary’s Food Bank. To learn more, visit eatamericano.com.

Charlie Mae’s Soul Food opens in North Central

If you are looking for home-style type cooking, you might want to visit a new restaurant in North Central – Charlie Mae’s Soul Food.

The eatery recently opened a new location at 2019 W. Bethany Home Road. Marcus Moody, Jr., and Brittany Doheny started Charlie Mae’s Soul Food in August last year and held a grand opening for the location on Bethany Home Road last month. The menu includes entrées such as catfish nuggets and shrimp; meatloaf, smothered pork chops, fish and jumbo fried chicken wings. Charlie Mae’s also offers several sandwiches, including a fried

please see CHARLIE MAE’S on page 40



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FOOD FOR THOUGHT

CHARLIE MAE'S continued from page 39

spicy chicken one with coleslaw, pickles and secret sauce on Texas toast and a shrimp po' boy with coleslaw and special sauce, and side dishes such as coleslaw, fried okra, collard greens, buttered corn, rice and gravy and red beans and rice.

Charlie Mae's Soul Food is looking for cashiers at its location on Bethany Home Road and its Laveen eatery. To apply and learn more, visit charliemae-soulfood.com.

Flavorz offers fish, chicken, homemade cakes

If you have a fever for the flavor of fish or chicken, a new restaurant might be just what the doctor ordered.

Flavorz Fish&Chicken, a family-owned and run restaurant, opened in July at 9706 N. 7th St. It features catfish, chicken wings and shrimp while it also serves baked macaroni and cheese. Regular customers rave about the restaurant's "sticky sauce," said Chiquila Mack, one of the owners. Mack and her husband, Lamont Turner, and her mother, Jeronica Allen, own the restaurant, which provides carry-out and drive-thru, as well as limited in-person dining.

Allen bakes double layer caramel

and cream cheese pound cakes every day. There is a cake of the day, which can be red velvet, split lemon, double chocolate and many other flavors. Flavorz Fish&Chicken also makes and uses its own pickles at the restaurant.

The restaurant is open from 11 a.m. to 8 p.m. Tuesdays and Thursdays, 11 a.m. to 10 p.m. Fridays and Saturdays and from 11 a.m. to 6 p.m. Sundays. To learn more, visit facebook.com/Flavorzaz or call 602-334-1844.

Press Coffee Community Blend sales to help causes

Try a new java blend for a cause when you order from Press Coffee.

The Arizona coffee roaster recently started selling its Community Blend coffee, with proceeds from sales going to different non-profit organizations. Every quarter Press Coffee will select a different non-profit to help. The first organization to receive assistance will be Arizona Coalition for Change, a Phoenix-based non-profit that helps empower everyday residents to enhance their community via building civic power, just and equitable schools, as well as developing safer neighborhoods. Press' Community Blend has strawberry, nougat and sugar-cane tasting notes.

Buy the Community Blend in any of the Press Coffee stores or online at press-coffee.com. Press has locations at The Muse Apartments at 1616 N. Central Ave., at 2390 E. Camelback Road and other areas of the Valley.

Plant-based dishes are focus of Pachamama

A new restaurant that puts a fun spin on plant-based food is open in North Central.

Pachamama at 4115 N. 19th Ave. offers tacos de Papa, which are corn tortillas with chile-garlic mash, chipotle cashew crema, cabbage, radish, cilantro, almonds and almond-arbol salsa. Some other recent dishes on the menu are Chipotle cashew macaroni, turmeric shallot grain salad, Chuna salad with chickpeas, pickles, celery, onions, Serrano and Aji aioli and Waulinut Rizo Burrito, which has walnut and cauliflower Rizo mix, cabbage, peppers, onions, Aji aioli and pickled vegetables.

Owners Kevin and Maria Lebron are a husband-and-wife team with extensive experience as chefs. Besides the brick-and-mortar location, Pachamama also sells food at the Downtown Phoenix Farmers Market from 8 a.m. to noon every Saturday at

721 N. Central Ave. Pachamama's brick-and-mortar spot is open from 11 a.m. to 5 p.m. Tuesdays through Saturdays. To learn more, visit pachamamaphx.com.

Indulge in pie special at Miracle Mile Deli

Try a slice of sweetness at Miracle Mile Deli during this National Dessert Month.

You can add a slice of pie for \$2 when you buy any sandwich or entrée through Oct. 31. The deli at 4433 N. 16th St. offers pumpkin, Boston cream, apple, cherry, lemon meringue, pecan and blueberry pies. A slice of pie without also purchasing a sandwich or entrée will be the regular price of \$3.25 and \$4.50 a la mode.

Miracle Mile Deli offers other desserts including New York style carrot and chocolate fudge cakes, cherry cheesecake and homemade bread pudding. It is open for dine-in, take-out and curbside pick-up from 11 a.m. to 7 p.m. Mondays through Saturdays. To learn more, visit miraclemiledeli.com.

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

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