Anthem COVID-19 Cases
Why We Have No Clue
Page 16

Where to get Help
Page 11

Financial Aid for Small Businesses
Page 19

What Do You Have? Symptom Checker
Page 20

It’s OK to Go Outside
Page 22
Up to $3686 off
On Qualifying Equipment
Including Federal Tax Credit,
Manufacturer’s & APS rebates

Just in case you were wondering.

The best time to replace is now...

ProSkill Services the Highest Rated **★★★★★** Dealer in the Nation!
Thank You
Anthem!

The outpouring of love and consideration is truly moving. Neighbors who call to see how they can help; like Mandy Wong who made custom masks...local businesses asking what we might be short on for supplies and willing to donate...parents of children who send cards in the mail to brighten our seniors days.

Most of all... our families who are beyond brave, loyal and selfless in respecting the challenges we’re all facing and embracing the implemented video technology to communicate with their loved ones instead of face to face visits.

...to our dedicated medical team who is beyond committed and continues to preserve the health and well-being of our residents.

Being in Anthem for 17 years, we can truly say... it’s a beautiful community filled with beautiful people!

Thank You

Sam Ile
602.909.9550

Kori Zaringer
480-258-7344

For more information or to schedule a tour, contact us today.
AnthemSeniors.com

Thank You

ANTHEM SENIOR LIVING
Anthem Parkside
Est. 2003

SENIOR SANCTUARY
OF ANTHEM
Anthem Parkside
Est. 2019

MOUNTAIN COVE
SENIOR CARE
Anthem Country Club
Est. 2019

Kendallwood Design Inc
Home Remodel Specialists
602-252-3844   www.Kendallwoods.com

Your Anthem Dentist
Dr. Pile is pleased to provide exceptional Cosmetic, Preventative, and Family Dentistry to Anthem and surrounding communities.

Element Dental
by Nicholas Pile, DMD
623.551.5555
YourAnthemDentist.com
3655 W. Anthem Way, A-117 (in the Anthem Marketplace)

Now Accepting New Patients | Most Insurances Accepted

$59 NEW PATIENT CLEANING, EXAM & X-RAYS

NEW PATIENT SPECIAL:
$50 VISA CARD

*With purchase of complete exam, x-rays and cleaning. Cannot be combined with any other offer or coupon. No cash value. Must be presented at initial exam.
Need Help This Tax Season?

Don't believe the new 1040 postcard means easier tax filing. More forms, more information and even more questions to answer. Freeman Income Tax Service is ready to handle the confusion created by the new tax laws. We can help, give us a call today!

623-518-2157
www.FreemanIncomeTaxService.com

DAISY MOUNTAIN DENTISTRY

PETER VOGEL, DDS
VJAL VANCE, DMD

COMPREHENSIVE DENTISTRY
- PREVENTATIVE CARE
- COSMETIC DENTISTRY
- ROOT CANAL THERAPY
- IMPLANT RESTORATION
- EXTRACTIONS
- DENTURES

OPEN SATURDAY

623.551.5250
4205 W ANTHEM WAY #106 ANTHEM, AZ 85086
WWW.DAISYMOUNTAINDENTISTRY.COM

AVOID COSTLY DAMAGE TO YOUR HOME WITH OUR ANNUAL ROOF INSPECTIONS

ANNUAL ROOF INSPECTIONS INCLUDE:
- Roof inspections of all roofing types
- Replace any broken/cracked tiles
- Reset any slipped tiles
- Repair any damaged or shrunken mortar balls/joints
- Reseal roof penetrations as needed
- Clean out all valleys/dead valleys
- Clean out all gutters
- Pictures included on any repairs
- AND SOLAR PANEL CLEANING!

Call today to receive a FREE ESTIMATE!
602-501-7717
www.KodiakRoofingAZ.com

INSIDE

RESOURCE GUIDES
6 Community Organizations, Groups & Venues
11 Where to Find Help

ONLY ONLINE
13 Coronavirus Updates

A SPECIAL NOTE
13 Let’s Pull Together

NEWS » HEALTH
16 Why There’s No COVID-19 Case Tally for Anthem or Phoenix

NEWS » BUSINESS
19 Help for Small Businesses & Independent Contractors

CURRENTS » HEALTH
22 It’s OK to Go Outside

FACEBOOK CHATTER
23 Neighbors Finding the Good

PRICETT FENCE
25 Notes From a Non-essential Worker

CLASSIFIEDS
27 Cheap Effective Advertising
Most community events, activities and meetings have been canceled, so rather than the usual In&Out Calendar, here are many of the local places and organizations that routinely appear in this space, so you can inquire as needed about possible cancelations and closures (and... reopenings).
Allergy Season is Here.

ALLERGY IS OUR SPECIALTY
Adult & Children's Allergies, Asthma, Sinusitis, Hay Fever, Hives, Eczema, Drug & Food Allergies

Voted one of the Top 10 Allergists — Phoenix Magazine

Fadia Habib-Khazen, MD
Anaphylaxis Expert
Housam Alasali, MD

Most Insurance Plans Accepted

ADULT & PEDIATRIC ALLERGY ASSOCIATES, PC
4100 N. 42nd Ave., Suite A-101, Phoenix, AZ 85014
623-551-9366
www.AllergyFirm.com

Counselors are AZ Certified Teachers
Themed Weeks (Shipwrecked, Jumanji, Storybook Adventure. Party in the USA. Mad Scientist, and Blooming with Fun) include field trip. Harkins Movie tickets, crafts, and much more!
Regular (8am-3pm) and Extended Hours (7am-6pm), daily and weekly tuition rates

Get your application packet now by visiting www.CaurusAcademy.org/summercamp

SCHOOLS
Adams Traditional Academy
2323 W. Parkside Lane, Phoenix 602-928-5517
www.adamstrad.org

Counselors are AZ Certified Teachers
- Personal Injury
- Business Law
- Estate Planning
- Probate
- And more!

Get your application packet now by visiting www.CaurusAcademy.org/summercamp

Counselors are AZ Certified Teachers
Themed Weeks (Shipwrecked, Jumanji, Storybook Adventure. Party in the USA. Mad Scientist, and Blooming with Fun) include field trip. Harkins Movie tickets, crafts, and much more!
Regular (8am-3pm) and Extended Hours (7am-6pm), daily and weekly tuition rates

Get your application packet now by visiting www.CaurusAcademy.org/summercamp

SCHOOLS
Adams Traditional Academy
2323 W. Parkside Lane, Phoenix 602-928-5517
www.adamstrad.org

Counselors are AZ Certified Teachers
Themed Weeks (Shipwrecked, Jumanji, Storybook Adventure. Party in the USA. Mad Scientist, and Blooming with Fun) include field trip. Harkins Movie tickets, crafts, and much more!
Regular (8am-3pm) and Extended Hours (7am-6pm), daily and weekly tuition rates

Get your application packet now by visiting www.CaurusAcademy.org/summercamp

SCHOOLS
Adams Traditional Academy
2323 W. Parkside Lane, Phoenix 602-928-5517
www.adamstrad.org
Not in stores? Not a problem.

Many people are now ordering ROs so they don’t have to rely on stores that can’t keep up with demand. Gain control of your own source of dependable water. Plus, it’s much cheaper than bottled water. We have options to fit any budget. Call for details.

Call Pete!

The Water Guy!

(623) 551-PETE
7 3 8 3

CENTURY 21 Arizona West
is Your Virtual Agency!
OPEN FOR BUSINESS

7048 W. Anthem Way, Ste C170
Anthem, AZ 85086

Because
Each office independently owned and operated.
FOOD AND NUTRITION

Meals for Kids (and Adults)

During School Closures
602-526-3434
www.azshealthzone.org/schoolfood

Grab-and-go program for children and teens ages 18 and under of any school to receive one free breakfast and lunch per day. Children must be present at time of pick-up. Adults may purchase breakfast for themselves for $1 and lunch for $2, Monday–Friday. See locations below for pick-up times:

Barry Goldwater High School
11 a.m.–1 p.m.
2920 W. Rose Garden Lane, Phoenix
623-445-3014

Beul Community Center
11 a.m.–1 p.m.
3435 W. Phoenix Peak Road
Distributed at the park, enter from 35th Avenue.

Boulder Creek High School
Thursdays
4040 N. Gavilan Peak Parkway, Anthem
623-609-1614

Desert Academy
11 a.m.–noon
33625 N. North Valley Parkway, Phoenix
623-229-1335

Adult meals not available at this location.

Desert Mission Food Bank
9229 N. 4th St., Phoenix
602-870-8662
www.desertmission.com/programs/foodbank

Services the following zip codes: 85086, 85085 and 85027. Proof of residency and photo identification required. Call in advance to ensure availability of supplies and current hours, procedures and requirements.

Foothills Food Bank
6038 E. Hidden Valley Drive, Cave Creek
480-488-1145
www.foothillsfoodbank.com

Services the following zip codes: 85086, 85085 and 85027. Proof of residency and photo identification required. Call in advance to ensure availability of supplies and current hours, procedures and requirements.

Health-e Arizona Plus
Website to apply for Nutritional Assistance (formerly the Food Stamp Program), medical assistance and cash assistance programs.

WIC Program: Maricopa County Constitution Elementary WIC
18440 N. 15th Ave., Phoenix
602-506-2033
constitutionwic@maricopa.gov
https://azdhs.gov/prevention/azwic/

The Arizona Supplemental Nutrition Program for Women, Infants and Children (WIC) provides help to families, including nutritional education, supplemental nutritious foods and health and social services resources. See website for eligibility requirements.

HEALTH

Arizona Alliance for Community Health Center
NODA: Versado Valley Health Center
20440 N. 27th Ave., Phoenix
480-882-4545, info@aaachc.org
www.aaachc.org

Non-profit healthcare providers committed to making comprehensive primary health care available to all, regardless of insurance status.

NorthingHealth: COVID-19 testing (not a free service)
Call the nurse line before coming in:
480–587–6200.

Symptom Checker
www.honorhealth.com
Check symptoms or chat with a caregiver for free to determine the proper steps depending on the situation, plus other resources and tips.

Centers for Disease Control and Prevention: Mental Health Tips
https://emergency.cdc.gov/coping/index.asp
Stress relief suggestions for all, helpful tips depending on the situation, plus other resources and tips.

Just need to talk to someone?
Call the Disaster Distress Hotline:
1-800-955-9599
Text “TalkWithUs” to 66746

SENIORS

Area Agency on Aging: Region One
602-264-4357
info@aaaphx.org
www.aaaphx.org
Meals and services for ages 60 and up, their caregivers and adults with disabilities and long-term care needs, plus a 24/7 senior help line.

Arizona Commodity Senior Food Program
602-542-4446
https://des.az.gov/services/basic-needs/food-assistance/az-commodity-senior-food-program
A monthly food package program for ages 60 and up. See eligibility requirements online.

ONLY ONLINE

Coronavirus Updates

The latest local news and information about COVID-19 cases, closures and more is updated online as new information becomes available.


MomDoc: Virtual Healthcare Visits for Pregnant Women
480-621-3600
sarahbruner@momdoc.com
www.momdocswv.com

Coronavirus information for expectant mothers, plus virtual healthcare visits available to all, regardless of ability to pay.

Teledoc Health
1-800-835-2362
www.teledoc.com

Speak with a doctor, therapist or medical expert anytime and anywhere, via telephone. Set up an account online or download the app. Virtual visit results can be shared with your primary care physician upon completion. Copay varies by insurance plan, but out-of-pocket cost is $49 or less for everyday care.

Let’s Put Together

Small businesses in Anthem and surrounding neighborhoods—the lifeblood of our community—are facing extreme challenges. Like all businesses, In&Out Publications is adjusting its operations to ensure we continue to provide our readers with important information relevant to our community, and to help our fellow business owners keep their doors open.

How To Stay Informed

• Pick up the latest issue from a rack outside our office at 42104 N. Venture Drive, Suite C-118. Since most business locations are closed and, in an effort to reduce human contact, we are making magazines available there.

• Visit www.AnthemNews.com where we upload the latest issue in PDF form even before it is mailed out. The site is regularly updated with Anthem-relevant news.

• Visit www.NoPhoNews.com for up-to-date coverage of local news and county and statewide COVID-19 information, including updated case numbers.

These are uncertain times, but we know for sure we’ll need a unified effort to get through. Anthem was among the hardest hit in the nation during the previous recession; we learned hard lessons then that allowed us to recover stronger than ever. 1) Keep it local to support our neighborhood businesses. 2) Dig deep for patience, compassion, understanding. 3) Reach out to our neighbors (digitally, over the phone or with a note under the door) to ask for and/or offer help.

Stay safe,
In&Out Magazine Staff
NEW LISTINGS

FABULOUS FLOOR PLAN
N LAUREL VALLEY, ANTHEM PARKSIDE
5th bedroom possible
4 BEDS + DEN | 3.5 BATHS | 4-CAR GARAGE
3,484 SQFT | $514,000

CUTE & COZY HIDEAWAY
W OWENS WAY, ANTHEM COUNTRY CLUB
Move-in Ready
2 BEDS | 2 BATHS | 2-CAR GARAGE | 1,157 SQFT
$244,000

ELEGANT RURAL LIVING
RIDGECREST ROAD, DESERT HILLS
1.26 acres, fully fenced
4 BEDS | 3 BATHS | 4-CAR GARAGE | 3,103 SQFT
$589,000

Need Help?
If you’re struggling financially, local organizations may be able to help. Start with St. Vincent de Paul at 623-465-9694. If you can donate time or money to help out, please see the back page of this issue for suggestions.
Meanwhile, as diagnosed cases of COVID-19 in Arizona rose from five on March 1 to 1,598 on April 2, people in Anthem and elsewhere around the North Valley were wondering why local statistics were not being reported.

“It would be helpful to breakdown the # of cases per zip code!” Marisha Dowdell wrote on the North Phoenix News Facebook page. “We have the right to know exactly where this virus is!!”

As of this writing, that information was not being distributed, according to county and state health officials.

“Public Health does not report this data at the city level,” Fields Moseley, director of communications for Maricopa County, told North Phoenix News and In&Out Magazine. “That is not an effective way to track and respond to disease when there is community spread. It can give a false sense of safety or a false sense of danger. Everyone should assume they can come in contact with COVID-19 at this time and take precautions as outlined by ADHS.”

“Given widespread transmission, all Arizonans should expect that COVID-19 is circulating in their community,” said Arizona Department of Health Services Director Dr. Cara Christ.

How Tests & Results are Handled

Moseley outlined how test results are handled:

“If a person tests positive for COVID-19, they will be contacted by Maricopa County Department of Public Health,” he said. “They will be advised to take precautions to lower the spread of disease, including reaching out to potential contacts. In some cases they might meet with an investigator. While Public Health must protect their private information (because of federal and state law) some people choose to self-report to their community.”

Individual hospitals follow guidelines from the CDC and Arizona Department of Health Services to determine who gets tested. “Those results are reported to the state and county,” Moseley said. “Maricopa County Department of Public Health does not report results by hospital or community.”

One case of COVID-19 was reported to and then announced by the Anthem Golf & Country Club on March 21. The man, who was not identified, was said to be recovering.

(Continued on Page 18)
Don’t Walk In

HonorHealth is among the facilities capable of testing for COVID-19. In a statement, the company advised people who think they might have COVID-19 not to walk into any healthcare facility.

“If you have the following symptoms—fever over 100.4, cough, shortness of breath—please call the nurse line at 480-587-6200, so that we can direct you to the most appropriate place for care,” the company stated.

During March, it was taking up to five days for test results to be returned.

“At this time, COVID-19 testing capabilities are continuing to expand across the state,” ADHS spokesperson Caroline Oppleman said on March 25. “Physicians can order lab tests for patients who meet certain criteria, which can be found on our website [www.azdhs.gov]. County public health departments typically announce new cases to the public as they get lab results,” Oppleman told In&Out. “Counties also report these cases to ADHS and they are reflected in the statewide case count available on azhealth.gov the following day at 9 a.m.”

“COVID-19 is a serious disease that is highly contagious and can be fatal in anyone, especially our elderly population and people with underlying health conditions,” Christ said. “Protecting those at highest risk of complications and ensuring that our healthcare system is prepared to deal with a surge in cases is our highest priority. It is imperative that everyone takes precautions to protect themselves and their family from this disease.”


Stop the Spread

The best ways to prevent the spread of COVID-19:

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then immediately throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick.

“If someone in your family has tested positive for COVID-19, keep the entire household at home and contact your medical provider,” the ADHS advises.

SOURCE: ADHS

Help for Small Businesses & Independent Contractors

In&Out Staff Writers
info@anthemnews.com

Expanded financial help from the federal government to ease the coronavirus crunch is now available to small businesses and individual workers. Here is an overview based on documents at the Small Business Administration website (www.sba.gov) and analysis by Heather Maxwell, executive director of the Anthem Area Chamber of Commerce.

Paycheck Protection Program

Apply for loans to keep employees on payroll with full salary and benefits for up to eight weeks. Approved lenders include federally insured depository banks and credit unions (ask your lender if they participate). You must go through the lender where you have deposits, according to one local banker, who added that banks are scrambling to get set up for the onslaught.

Eligibility is broad, including these individuals and entities if affected by COVID-19:

• Sole proprietorships
• Businesses with fewer than 500 employees
• Independent contractors and self-employed people
• 501(c)(19) veterans organizations
• Private nonprofits

The kicker: “SBA will forgive loans if all employees are kept on the payroll for eight weeks and the money is used for payroll, rent, mortgage interest, or utilities,” the agency says.

Info https://www.sba.gov/funding-programs/loans/paycheck-protection-program-ppp

Economic Injury Disaster Loan

These SBA loans provide advances up to $10,000 available in three days to qualified applicants, with loan totals ranging up to $2 million. They provide working capital to help overcome the temporary loss of revenue. The initial advance will not have to be repaid even if you are not approved for the broader loan or if you decline any loan amount offered in excess of the $10,000 cash advance grant, Maxwell explained, adding: The loan/grant application is a quick five-minute online process.

“Every business has been or will be impacted by this worldwide crisis, and I encourage every business owner, non-profit, and independent contractor to access the $10,000 cash-advance grant available to them under the SBA’s Economic Injury Disaster Loan program,” Maxwell said.

Info https://www.sba.gov/page/disaster-loan-applications

It can be very hard to tell the difference.

By Robert Roy Britt
rbritt@anthemnews.com

New cases of flu in Arizona have fallen significantly from more than 3,000 per week at the peak in late January to just 136 in the seven-day period ending March 31. The drop is not completely unusual for this time of year, but the case count had been running notably higher than the previous five-season average, and the dropoff has been remarkable.

New data from Kinsa, a company that sells internet-connected thermometers, found the number of people with fevers across the country declined notably in late March in places where stay-at-home directives were issued. The data suggest social distancing reduces infections of influenza and other infectious diseases that cause fever, the company says.

Warmer weather also tends to mean common colds become less frequent. But for people who suffer seasonal allergies, well, here we go again.

And at a time when the slightest symptom can trigger concern, healthcare professionals say it can be nearly impossible to tell the difference between COVID-19, cold, flu and allergies.

Still, there are some ways to get a handle on what you might have, and what you might not have.

Allergy sufferers know the annual drill: itchy and watery eyes, runny nose, congestion and sneezing.

Allergies never cause a fever, says Dr. Sanjiv Sur, an allergist at Baylor College of Medicine. (Allergies can trigger or exacerbate asthma, a separate condition that can cause shortness of breath, coughing and other symptoms, according to the Mayo Clinic. And allergies can lead to sinus infections that can cause fever.)

“If there is a significant change in your allergy symptoms from what you have had in the past, then you should consider being evaluated by a physician,” Sur said.

Severe cases of COVID-19 nearly always involve fever, a persistent dry cough and difficulty breathing, including shortness of breath, according to the Centers for Disease Control and Prevention. But many people get only mild cold- or flu-like symptoms or no symptoms at all.

If you think you have COVID-19 or the flu, check for a temperature of 100.5°F Fahrenheit or higher, according to Kaiser Health News. If you don’t have a thermometer, watch for chills, sweats or body aches—all signs of a fever and all symptoms that allergies do not cause.

If you have a fever, or if you suspect you might have COVID-19, health officials ask that you please stay home and not risk infecting others. If symptoms become severe, contact a healthcare professional.

### Symptom Checker

<table>
<thead>
<tr>
<th>COLD</th>
<th>FLU</th>
<th>COVID-19*</th>
<th>SEASONAL ALLERGIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incubation period</td>
<td>1-3 days</td>
<td>1-4 days</td>
<td>2-14 days</td>
</tr>
<tr>
<td>Symptom onset</td>
<td>Gradual</td>
<td>Abrupt</td>
<td>Gradual</td>
</tr>
<tr>
<td>Typical illness duration</td>
<td>7-10 days</td>
<td>3-7 days</td>
<td>Undetermined</td>
</tr>
</tbody>
</table>

**SYMPTOMS**

- **Sore throat**: Common, Sometimes, Sometimes, Rare
- **Sneezing**: Common, Sometimes, Rare, Common
- **Stuffy, runny nose**: Common, Sometimes, Sometimes, Common
- **Itchy eyes**: Sometimes, Rare, Rare, Common
- **Cough, chest discomfort**: Sometimes, Common, Common, Rare
- **Fatigue, weakness**: Sometimes, Common, Sometimes, Sometimes
- **Fever**: Rare, Common, Common, Rare
- **Aches**: Rare, Common, Sometimes, Rare
- **Chills**: Rare, Common, Sometimes, Rare
- **Headache**: Rare, Common, Rare, Rare
- **Shortness of breath**: Rare, Rare, Common, Never
- **Nausea**: Rare, Rare, Rare, Never
- **Vomiting**: Rare, Rare, Rare, Never
- **Diarrhea**: Rare, Rare, Rare, Never
- **Stomach pain**: Rare, Rare, Rare, Never

Note: Viruses can be contagious during the incubation period, before symptoms start.

*Some people with COVID-19 experience only mild cold- or flu-like symptoms or no symptoms.

**SOURCES:** Asthma and Allergy Foundation of America; Mayo Clinic; Peter Gulick, Michigan State University; CDC; Merck Manual; University of Michigan

INOUT GRAPHIC BY ROBERT ROY BRITT
It’s OK to Go Outside

When Gov. Doug Ducey on March 30 announced the stay-at-home order for Arizona, some people were surprised that walking, hiking, biking and even golf were encouraged, so long as “physical distancing practices are used.” That means staying 6 feet away from other people.

The advice is generally in keeping with that of the CDC and other health experts, who say the primary risk of coronavirus transmission is from contact or close proximity with other people, or from touching infected surfaces. That would include the gas pump or other things you might need to touch on, say, a road trip.

Meantime, physical activity is not only important for overall health, it’s good for the immune system, Harvard researchers say, and it’s a great way to ease stress and anxiety, according to the Mayo Clinic.

So yes, given our wide-open spaces and generally uncrowded communities, get out. Just keep your distance and watch what you touch (and make sure kids do, too).
I’m inviting you to make our roads safer and get rewarded for doing so. Are you in?

Contact me today to get started.

Justin Simons, Agent
3655 W Anthem Way
Anthem, AZ 85086
Bus: 623-551-3700
justin.simons.j663@statefarm.com

*Some customers could see a discount up to 50%. Discount names, percentages, availability and eligibility may vary by state and coverage selected. Enrollment, terms and conditions apply.

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company; Bloomington, IL
State Farm County Mutual Insurance Company of Texas; Richardson, TX

---

I come from a long line of cockroaches, and I’m damn proud of it. Josiah Prickett sailed from England to the New World sometime prior to 1654 and settled on the banks of the Delaware River in South Jersey. And we never left. Wars, floods, and yes, pandemics, have been no match for the genetically average, but somehow hearty, Prickett gene.

What’s more amazing: There have been zero Pricketts of great renown in the 366-some-odd years we’ve inhabited this great country. No war heros, no captains of industry, no great artists. No great politicians either, though they’re generally a much inferior breed of cockroaches.

My ancestors were “non-essential workers” way before it was a thing. About the only great claim to my family crest is that my cousin supplies all the baseball rubbing mud for Major League Baseball. He mines it from a secret location on the banks of, you guessed it, the Delaware River, in South Jersey. Unfortunately, that’s on mom’s side. Reunions can get intense when the highfalutin mud people show up.

So what am I doing during the Great Shut-In of 2020? I’m doing what Pricketts do best: I’m surviving. I’m planting a garden because that’s never a bad idea. I’m banging out projects around the house like there’s no tomorrow, though I’m sure there will be. I’m trying to appreciate my family more (I said “trying”!), and I’m also trying to be super nice to anyone with whom I come into socially acceptable contact.

I’ve been much more active, and eating less, so I’ve lost a nice chunk of weight. The weight loss might be stress-related but, hey, I’ll take it! I also started remodeling my bathroom right before all the restrictions took effect, but we don’t need to get into that nightmare.

I’m fortunate enough to be able to hunker down with my loved ones, as I’m not considered essential. I’m really not sure if that designation is due to my job description or my ancestry, but I’m sure the authorities know best.

(Note: This story is 100 percent true, with one exception. My uncle Wilson Prickett went from running a Woolworth’s in Oklahoma to leading a landing craft on the shores of Omaha Beach on D-Day. He made not one, but two trips across the beach, under heavy fire, to retrieve ammunition. A survivor for sure, and a true American hero.)
CLASSIFIEDS
So cheap! So effective! So smart! Visit anthemnews.com/Advertising

ANNOUNCEMENTS - GENERAL
Airport Shuttle: Sky Harbor and Mesa. Anthem Resident. Greg 808-936-8920

Countertops fabrication & installation granite-quartz & more Betto (602)760-7779 ROC 327846

CLASSSES
Adult Guitar Lessons from local instructor Flexible hrs to fit your schedule Call Al: 623-340-3208

ONLINE GUITAR LESSONS from a certified teacher. Colleen Moreno 623-910-0071

REAL ESTATE
ANTHEM EXECUTIVE OFFICE SUITES From $495 Per Mo! Owner/Agent 623.810.9090

Local experts, proven Results! Prickett Realty 623-551-8111

SERVICES - MISCELLANEOUS


Psychic - Palm-Tarot card Readings Spiritual Counseling and More 623-792-7292 www.anthempysic.com

Screenmobile of Glendale - Security Screens, Sun Screens, Insect Screen, Security Shutters, Roll Screens. Save 10% on all services with this ad. 623-561-6370 ROC#317007

SERVICES - A/C AND HEAT
AC, Heating Service, Repair, & Replacement AZ Perfect Comfort ROC 300933 Local & Veteran Owned. 602-789-3000

Anthem’s Most Trusted A/C and Heating Experts. ProSkill Services 623-551-7473

THINKING OF BANKRUPTCY?
We can help.
602-952-2666

THE LAW OFFICES OF THOMPSON & MCGINNIS
DIVORCE • CUSTODY • BANKRUPTCY

THINKING OF BANKRUPTCY?
We can help.
602-952-2666

For off lease, trade in, and new vehicle
INNOVATIVE PRICING
OUTSTANDING SAVINGS

Core 5 Youth Sports Camp
3v3 & 5v5 soccer

INDOOR SUMMER CAMP

Core 5 Youth Sports Camp
3v3 & 5v5 soccer

June 8th-12th
June 15th-19th
June 22nd-26th
July 6th-10th

Location: Bridgeline Academy, 23625 N North Valley Pkwy, Phoenix, AZ 85085

SIGN-UP @ CoreSFF.com | 702-807-1118

DESERT Foothills
AIR CONDITIONING & HEATING
480-595-0938 www.DesertFoothillsAC.com

Local Family Owned & Operated
AIR CONDITIONERS • FURNACES • HEAT PUMPS • SPLIT SYSTEMS • PACKAGE UNITS • MINI SPLITS
Specialties include: Installations, service and repair on all makes and models

DESERT Foothills
AIR CONDITIONING & HEATING
480-595-0938 www.DesertFoothillsAC.com

Local Family Owned & Operated
AIR CONDITIONERS • FURNACES • HEAT PUMPS • SPLIT SYSTEMS • PACKAGE UNITS • MINI SPLITS
Specialties include: Installations, service and repair on all makes and models
IN & OUT

toilet, TV install, and much more
lighting, smoke detector, stucco,
gate, irrigation, landscape,
TWO
GREG 602-695-7302

www.ApplianceProsAZ.com

Mr Appliance - Expert Appliance Repair. Family Owned, All Brands. 1 Year Warranty. Book online www.mrappliance.com or call (623) 777-5559


www.mignmaids.com

623-522-7662

Anthem area for 18yrs.

PROS. LOCAL IN ANTHEM. WE REPAIR ALL BRANDS/ MODELS REFRIGERATORS, WASHERS, DRYERS, STOVES, MICROWAVES, DISHWASHERS, ICEMAKERS & MORE!

www.AppplianceProsAZ.com

20+ years serving the North Valley Aloha Irrigation & Landscape Desert Botanical Garden Certified landscaper AMWUA certified irrigation specialist All work licensed & guaranteed. High water bill? FREE analysis of your current irrigation system! Call Jennifer 623-203-7177 AlohaIrrigation.com

Customized landscaping. Allow me to maintain your yard weekly, biweekly, monthly or quarterly. Barking Elk Landscaping 480-227-6837.


SonoranScapes Landscaping - Design, Install & Mntnc. PVC irrigation system re-pipes & more. Lic, Bond, Ins. 602-842-9948

www.mignmaids.com

623-522-7662

Anthem area for 18yrs.

IN & OUT

Professional Installation & Sales of:

FLOORING TILE & STONE LVT HARDWOOD SHAW & MOHAWK CARPET

KITCHEN & BATH DESIGNS CABINETS & COUNTERTOPS BACKSPLASH

Visit our Anthem Showroom!

Products for every lifestyle & budget
In home consultations & no obligation estimates

623-551-5409

M-F | 10AM to 5PM
4223 N. Vision Way
#123
Anthem, AZ 85086
ROC #291234

M-F | 10AM to 5PM
4223 N. Vision Way
#123
Anthem, AZ 85086
ROC #291234

IN & OUT

LICENSED - BONDED - INSURED
creativecommons.net
Let’s Get Through This

These are the toughest of times. There's no shame in asking for help. If you need help, call St. Vincent de Paul at 623-465-9694.

For those who can, please join us in supporting our local service organizations. Individuals can donate $400 to either of the following two organizations and get a dollar-for-dollar tax credit from the state, or $800 for a married couple (ask a tax pro for details or visit www.azdor.gov/tax-credits). Checks are the preferred method for donating to these local organizations:

**Anthem Cares Through Service**
3655 W. Anthem Way, A109-349
Anthem, AZ 85086
www.anthemacts.com
For help, email staff@anthemacts.com

ACTS helps in-need families pay bills. It distributes about $60,000 a year, with a limit of $1,500 per family, per year. All donations stay in Anthem. ACTS often has to ration the funds. “If we had more money we would give more out,” said ACTS President Kevin McLean. ACTS volunteers (more are needed) will also drive people without transportation to medical appointments and provide other services.

**St. Vincent de Paul**
c/o St. Rose Church
2825 W. Rose Canyon Circle
Anthem, AZ 85086
For help, call 623-465-9694

St. Vincent, at St. Rose church in Anthem, is a Catholic lay organization serving all faiths. Donations stay in Anthem, Tramonto, Desert Hills, New River and Black Canyon City. St. Vincent acts as an intermediary for ACTS, the Foothills Food Bank, and other organizations. ACTS typically refers families in need to St. Vincent, which conducts interviews to determine need and help organize services. St. Vincent also accepts food or cash donations at the church Monday, Tuesday, Thursday and Friday from noon to 2 p.m.