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# Welcome to Summer in Willo

## SUMMER ALWAYS BRINGS

many things, like a break for the board, a break for Inside Willo, heat, and vacations. Reminder: If you're leaving for a vacation, be sure to alert your neighbors, letting them know when you'll be away and if anyone will be in your home during your absence.

We are continuing our ongoing battle to protect Willo from the lunacy of our state legislature. We have reserved funds in our budget to hire a lobbyist and have met with one recommended group, planning a second meeting as soon as possible. Both groups come highly recommended, and once we've interviewed both, we will make a decision on who to hire.

There is some misinformation out there regarding Willo's response to HB2721, which was passed in 2024 but will not take effect until 1/1/2026. Our Communications Committee chair, Sandra Lefcovich, is working on a timeline showing where board members and neighbors began attending meetings on this over a year ago. This timeline, when

completed, will show how we've worked and continue to work diligently to protect our neighborhood.

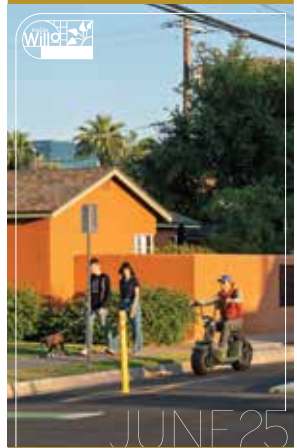
I encourage everyone to reach out to me or the committee chairs, VP Aaron Searles and Opal Wagner, if you have any questions. If you can share time to volunteer with us, that would be even better. Our work will hopefully benefit all of us.

Speaking of volunteering, the Home Tour committee is gearing up for the 2026 event. President's Day weekend, Saturday, February 2/14, for our Twilight Tour and Sunday, 2/15 for the big event itself. Volunteers will, of course, be necessary for that weekend, but the committee works all year planning for this event. So if you'd like to help, the committee can always use the help. I will be working on home procurement with a soon-to-be announced associate.

Looking forward to a healthy amount of homes and volunteering.

The two greatest things you can donate to our neighborhood are your time and your home (for home tour only). Both allow our neighbors to meet each other and develop long-lasting friendships. Until September, see you 'round the 'hood. ■

## ON THE COVER



With 3rd/5th Avenue projects coming to a close, more neighbors have been spotted enjoying walks, rides, and trots!

PHOTO BY  
ED BUCKEL (GRANADA)



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### WILLO WEBSITE

[WWW.WILLOPHX.COM](http://WWW.WILLOPHX.COM) is regularly updated with news, events, & past issues of *Inside Willo*.

### WILLO HISTORIC NEIGHBORHOOD ASSOCIATION BOARD OF DIRECTORS

Established in 1986, the WNA Board consists of 13 volunteer positions elected biennially by the membership. WNA is not a Homeowners' Association (HOA); It does not collect dues; its mission is to preserve Willo's historic designation and community quality. WNA meetings are open, all Willo residents may attend. Bylaws, registration, and agendas are available on [WILLOPHX.COM](http://WILLOPHX.COM).

### INSIDE WILLO MAGAZINE

*Inside Willo* magazine is a communication Winstrument of the Willo Neighborhood Association (WNA) to share and highlight Home Tour, Block Watch, Kids Club, Zoning, internal committee news, Historic Preservation, WNA Board business and elections, and any legislative and City of Phoenix business that impacts Willo.

*Inside Willo* is published monthly from September to June and is free of charge. Residents are encouraged to submit articles (125-500 words) by the 10th of each month. Resident business owners are encouraged to advertise in the magazine. The editor reserves the right to edit material as needed, attribute authorship, and determine when to publish submissions in the magazine or on Willo's social media platforms, [WILLOPHX.COM](http://WILLOPHX.COM), and promotional materials. The WNA retains the right to use all photos, media, and articles indefinitely.

*Inside Willo* does not accept political content or advertisements. The magazine is posted on [WILLOPHX.COM](http://WILLOPHX.COM), where back issues can be accessed. No copies may be reprinted electronically or otherwise.

### WILLO TEXT SERVICE

Sign up for Willo events text messages. Please send us an email with your full name, address, and phone number to confirm your subscription for one-way text updates to: [willotexts@gmail.com](mailto:willotexts@gmail.com) (for Willo residents only)

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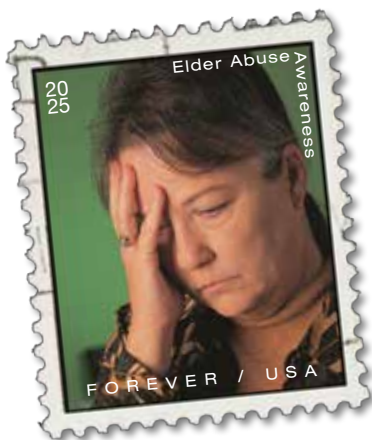
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While it is true that as we get older, we have an increased risk of physical and metabolic decline, exercise has been proven to slow down or even reverse aging

effects. Research has confirmed numerous links between physical activity and healthy aging, such as a reduced risk of falling, maintaining or building muscle mass, protecting your brain health, supporting a healthy heart, and even enhancing your mood and combating depression.

For many adults, an independent lifestyle is key to one's happiness. It allows them to continue to socialize and engage in everyday activities. Don't allow a sedentary lifestyle to stop you

from being able to do the things that make you happy. As recommended in the American College of Sports Medicine (ACSM), engage in aerobic activities for 150 minutes per week, strength train twice a week, and incorporate balance and flexibility exercises into your day. A healthier future can start today.

Jamie Craig Dove is the Senior Director, Marketing and Fund Development for the Area Agency on Aging, Region One.

See ad on page 6. ■

## Sarcopenia: Age-Related Muscle Loss & How to Fight Back

**SARCOOPENIA IS THE** gradual loss of muscle mass that naturally occurs with age. Starting in our 30s, most people lose 3–5% of muscle per decade—a rate that often accelerates after age 70. By the time a man reaches 80, he may have lost up to 40% of his muscle mass compared to his younger self at 25.

While muscle mass contributes to strength, research shows strength declines faster than size—about two to three times faster than we lose muscle mass. Power, our ability to generate force quickly, is lost even more rapidly due to the atrophy of fast-

twitch muscle fibers. Regaining lost muscle becomes increasingly difficult, especially after periods of inactivity or illness.

The good news is that muscle loss is not irreversible. According to Dr. Thomas W. Storer of Brigham and Women's Hospital, "it takes work, dedication, and a plan, but it is never too late to rebuild muscle and maintain it." Experts agree that progressive resistance training is the most effective way to regain and preserve muscle—at any age.

### How We Combat Sarcopenia

The Fitness HUB team is committed to helping individuals combat sarcopenia through expert guidance and personalized programs centered around evidence-based strategies, including progressive resistance training, functional movement, and lifestyle support.

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*President & CEO at Fit Phoenix*

See ad on page 21. ■



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# Block Watch News

Block Watch is moving to Push Notification Texts in June 2025. To opt-in, text the word BLOCKWATCH to 602-560-2616 and provide your full name and address. Your information will be kept private.

BY BOBBI RYALS (LEWIS)

## THANK YOU TO THE 22

neighbors who attended our first “Coffee with a Cop” meeting on May 8! We had the pleasure of meeting our new Community Action Officer (CAO), Tim Cobb, 602-485-6877; [timothy.cobb@phoenix.gov](mailto:timothy.cobb@phoenix.gov). Officer Cobb fielded questions from those in attendance, including questions about parking violations, trespassing in alleys and at neighboring businesses, homelessness, and what a CAO’s job description is. It was clear from the turnout that residents are very interested in Block Watch and when I asked what they liked about it, here are some of your neighbors’ comments: community, safe neighborhood, a cop to look up to, dialog, shared experience and ideas, the Golden Rule, rumor control, get togethers, people caring about each other, setting aside our differences and looking out for one another. Thank you to all the participants and their input!

**4-10-25** A pile of lit matches was found in the north alley of the 500 block of Coronado.

**4-12-25** At 11:20 am, a resident heard a vehicle crash. When she



went outside, she saw one vehicle in the middle of 7th Avenue and another parked across the street on the 500 block of Granada. The driver and the car’s passenger in Granada fled on foot in separate directions. 911 was called. There was no police follow-up, and the abandoned car stayed on the street for a few days, then disappeared.

**4-14-25** At 1:34 am on the 300 block of Vernon, a man was caught on camera rifling through an unlocked car. Nothing was stolen.

**5-4-25** A children’s bike was found in the front yard of a home on the 500 block of Vernon.

**5-5-25** A man entered the backyard of a home on the 500

block of Coronado around 2 pm via an unlocked gate and stole a bicycle.

Please remember to lock your cars, doors, and alley gates, and make arrangements for your package deliveries when you won’t be home.

I have Dusk to Dawn Lightbulbs for those who’d like one, email me at [WilloBlockWatch@gmail.com](mailto:WilloBlockWatch@gmail.com) and I will bring you a FREE bulb that comes on automatically at dark and goes off when it’s light out. They are amazing. Bulbs are courtesy of the Willo Neighborhood Association and the City of Phoenix Block Watch grant program.

Let’s keep Willo safe! ■



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# Willo Neighbor Night: A Tiki Style Send-Off

## OUR MAY WILLO

Neighbor Night was a festive tropical send-off to the season, hosted graciously by Lauren and Wylie Carhartt. Their home was the perfect setting for a tiki-themed evening filled with warmth, laughter, and neighborly interactions.

We enjoyed Hawaiian-style pasta salads, flavorful Japanese potatoes, rice with savory sauces, and a refreshing fruity cocktail provided by the Carharts. Neighbors added to the bounty with our own contributions of food, desserts, and drinks, creating a delicious communal feast. The Carharts' pool was a highlight of the night, offering fun and relaxation for guests of all ages. Laughter echoed from the water as both kids and adults cooled off and connected.

This gathering marked a special milestone—after 3 years, it was my final event as chair of the Willo Social Committee. In a symbolic moment, I passed the (tiki) torch to our new co-chairs, Michelle Kopp and Heidi Tancredi. I have every confidence they will continue to serve and uplift our neighborhood with creativity and care.



We pause our scheduled events for the summer, but let's continue looking out for each other and look for ways to carry the spirit of community until we reconvene for more neighborly fun in September!

## Social Event Hosts Needed for 2025-2026

Happy Hours and Neighbor Nights are scheduled from 5:30 - 7:30 p.m. on the second Friday of each month, September through May.

We like to diversify the locations to make it easier to meet neighbors from all over Willo, so if you haven't had a Happy Hour

near you, please volunteer! Understandably, not all homes or situations are conducive for all ages to attend. We are sure we can make your back, side, front yard, or interior work for a gathering. If you are able to host all ages, making it possible for more of our neighborhood to participate, it is very much appreciated.

If you are interested in hosting, please send a message to [willosocialcommittee@gmail.com](mailto:willosocialcommittee@gmail.com) to let us know.

## Be on the Social Committee

Continue the great tradition of making Willo more connected, supportive, safe, and fun by becoming a volunteer member of the Social Committee. We make the Happy Hours and Neighbor Nights happen, but also connect you with more events and groups to gather neighbors and strengthen our community. Please send an email to [willosocialcommittee@gmail.com](mailto:willosocialcommittee@gmail.com) if you would like to get involved. ■

Subscribe to [willosocialcommittee@gmail.com](mailto:willosocialcommittee@gmail.com) for notifications on upcoming Willo Social events.



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# Save Historic Willo Committee Update

BY CO-CHAIRS OPAL WAGNER (CORONADO) &  
AARON MONTAÑO SEARLES (EDGEMONT)

## THE SAVE HISTORIC WILLO

Committee has been tasked by Willo President Brad Brauer to counter the “Middle Housing” act, signed into law by Governor Hobbs on May 21, 2024. The law, which takes effect on January 1, 2026, permits duplexes, triplexes, fourplexes, and townhomes to be built on any single-family lot within one mile of the Central Business District of Arizona cities with populations over 75,000. This area includes all of Willo and is contrary to Willo’s Conservation Plan, which supports the preservation of Willo as both a historic district and single-family zoned neighborhood.

The committee has engaged with our legislators, Sen. Lela Alston, Rep. Aaron Marquez, and Rep. Sarah Liguori, resulting in HB2719, which would have exempted historic districts from the new law. Without a Republican co-sponsor, the bill did not make it out of committee and was not heard this (2025) legislative session.

At its April meeting, the Willo Neighborhood Association allocated up to \$15,000 from Willo’s treasury to employ a lobbyist to shepherd another bill seeking an exemption for Willo from the “Middle Housing” law in 2026. The committee has received a proposal from one lobbyist and

is in the process of interviewing another.

In addition to engaging with the Arizona Legislature, the committee has performed public education and engagement at several community events, beginning with the Willo Home Tour, and including a petition drive to raise awareness.

Committee members have met with City of Phoenix Planning Department officials to request that public meetings be held regarding the new law and the Text Amendment as soon as possible. City staff are currently writing to make the law part of Phoenix’s Zoning Ordinance.

Committee members also spoke at the March meeting of the Phoenix Historic Preservation Commission to urge commissioners to become involved in this matter. Phoenix’s Historic Preservation Officer, Helana Ruter, will speak at the Encanto Village Planning Committee on June 2, 2025, at 6:00 p.m. in the Willo Conference Room at Phoenix College. Everyone is invited and encouraged to attend and ask questions.

Willo neighbors can help our efforts by signing the petition at [willophx.com](http://willophx.com), checking the website for updates, and attending public meetings and hearings.

We recognize our city has a

shortage of affordable housing. We believe affordable housing is a citywide issue, and the onus should not be on a few neighborhoods close to downtown to solve it. We already live in the most densely populated area of Phoenix and have welcomed thousands of new neighbors to our area these past few years. We further believe that more housing can be added without erasing our shared history by putting historic districts at risk for demolition and redevelopment.

Please join us by staying informed and involved and by supporting Willo Home Tour, whose efforts provide us with the funds necessary to preserve and protect Willo. ■

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# FROM UPDATES TO ACTION: JOIN THE JOURNEY!

FROM OUR CO-CHAIRS, COURTNEY + CRAWFORD

SCAN ME



## ARE YOU LOOKING

to get more involved in your neighborhood, meet amazing people, and put your talents to good use? The 2026 Willo Home Tour Committee is forming now, and we'd love

to have you on board! Whether you're a pro at planning events, great with graphics, love history, or just want to pitch in and connect with neighbors, there's a place for you. It's a fun, rewarding way to contribute to one of Willo's most beloved traditions while making new friends and building community pride. Let's make the next tour the best one yet — together! Interested? Email: [Willo-HomeTours@gmail.com](mailto:Willo-HomeTours@gmail.com). ♦ Please check [WILLO-PHX.COM](http://WILLO-PHX.COM), Instagram, and The Official Willo Historic Neighborhood Facebook page for meeting dates. ♦ Do you want to stay in the loop? You can also subscribe to our planning site to follow along with updates and progress. Come be part of one of Willo's most cherished traditions! Scan the QR Code above to subscribe. ■

## REMINDER TO FOLLOW US ON INSTAGRAM

**@Willophxhistoric**  
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OUR INSTAGRAM is such an amazing platform to highlight our neighborhood and spotlight neighbors + local businesses!

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# Here's to Your Mental Well-Being



**HI, I'M REAGHAN GITTIN,** your neighborhood mental health counselor. Have you considered that mental well-being directly impacts our body's long-term health? Stress doesn't just affect mood—it can increase the risk of chronic disease.

And right now? Many of us are carrying more stress than usual. From economic uncertainty to social unrest, we're navigating a world full of low-grade stress. This constant tension keeps our bodies in a heightened state of

alert, which is exhausting and unsustainable.

Here are a few ways to support your mental health:

When you feel stressed, take small actions that align with your values. Even tiny steps like organizing one drawer or texting a friend can improve mood.

Set a 10–15 minute daily “worry window” where you write down concerns. When worry creeps in, remind yourself: I’ll think about this during worry time to reduce rumination.

Label your emotions out loud. Literally saying, “I feel frustrated” or “I’m anxious right now” helps reduce your brain’s threat response.

Supporting your mental health is a vital step toward well-being. If you or someone you know is seeking additional support, you can reach out to Turning Point Counseling.

Email: [reaghan@turning-pointcounseling.net](mailto:reaghan@turning-pointcounseling.net) Text or call: 602.345.0296

See ad on page 19. ■



## Maintaining Good Health in Retirement Starts with Preventative Care and Staying Active.

**WE SPEND A GOOD PORTION** of our lives running from one commitment to another, looking forward to the day that we can retire and spend more time doing the things we enjoy. I meet many people who do not practice self-care earlier in life, and when they finally retire, their health is declining. 60% of the adult population lives with chronic conditions, and 40% have two or more. A proactive approach before and after retirement can help pre-

vent many chronic conditions and improve overall well-being by identifying potential health issues early, allowing for timely treatment and reducing long-term medical costs.

Exercise, whether it's walking, swimming, or yoga, promotes strength, flexibility, and cardiovascular health, reducing the risk of heart disease, diabetes, and arthritis. It also boosts mood and cognitive function, helping maintain independence and mental

sharpness. Medicare plans include preventative tests and free gym membership through Renew Active, Silver Sneakers, and Silver & Fit, which encourage a healthy lifestyle.

By focusing on preventative care and staying active, retirees can enjoy a longer, healthier, and more fulfilling retirement.

Kelly Norton is a licensed insurance agent who helps people navigate Medicare.

See ad on page 12. ■



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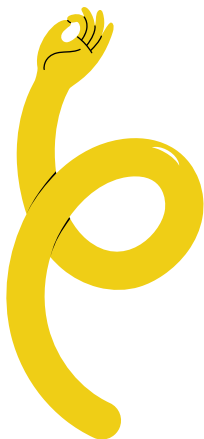
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# CALENDAR



**WEDNESDAY,  
JUNE 11, 18,  
& 25th**

■ **Hooray Namaste**  
Chair Yoga with  
Lara Cerri, RYT-200  
(Donation-based)

**WHEN:** 9:00 am to  
10:00 am

**LOCATION:** Tapestry  
on Central Clubhouse,  
17 West Vernon  
Avenue.

**NOTE:** On east  
end of pool in center  
courtyard; enter from  
east side glass doors.

**THURSDAY,  
JUNE 2nd**

■ **Encanto Village**  
Planning Committee  
Meeting

**WHEN:** 6:00 pm  
**LOCATION:** Willo  
Conference Room at  
Phoenix College, 1202  
W. Thomas Road.

**NOTE:** Phoenix's  
Historic Preservation  
Officer, Helana  
Ruter, will speak  
about Saving Historic  
Neighborhoods.

*Everyone is invited and  
encouraged to attend  
and ask questions.*

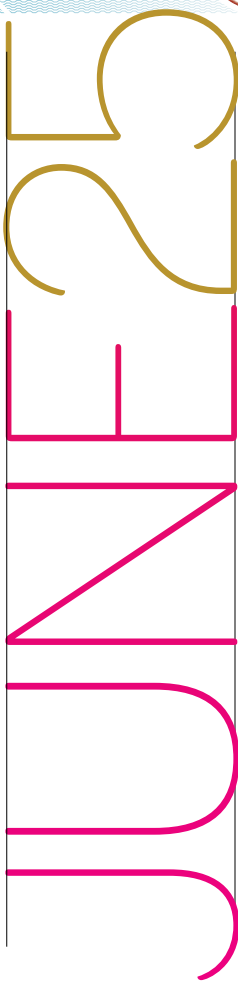
**THURSDAY,  
JUNE 12th**

■ **Willo Neighborhood**  
Association Board  
Meeting

**WHEN:** 6:30 pm - 8 pm

**LOCATION:** Arizona  
Opera - 1636 N Central  
Ave, Phoenix, AZ 85004.  
*Please check*

*WILLOPHX.COM  
and The Official Willo  
Historic Neighborhood  
Facebook Page for more  
details*



**LOOKING  
AHEAD TO  
SEPT.**

**THURSDAY,  
SEPT. 11th**

■ **Willo Neighborhood**  
Association Board  
Meeting

**WHEN:** 6:30 pm - 8 pm

**LOCATION:** Arizona  
Opera - 1636 N Central  
Ave, Phoenix, AZ 85004.

**FRIDAY,  
SEPT. 12th**

■ **Willo Happy Hour**

**WHEN:** 5:30 pm to  
7:30 pm

**LOCATION:** TBD

*Please check  
[WILLOPHX.COM](http://WILLOPHX.COM)  
and The Official Willo  
Historic Neighborhood  
Facebook Page for more  
details.* ■

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[reaghan@turningpointcounseling.net](mailto:reaghan@turningpointcounseling.net)

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ACTIVE!

PENDING!

# Active Pending, & Sold Listings

SOLD!

ADDRESS	STATUS	PRICE
541 W Edgemont	<b>ACTIVE</b>	\$659,000
545 W Windsor	<b>ACTIVE</b>	\$780,000
536 W Windsor	<b>ACTIVE</b>	\$774,999
502 W Windsor	<b>ACTIVE</b>	\$825,000
538 W Holly	<b>ACTIVE</b>	\$860,000
541 W Palm	<b>ACTIVE</b>	\$950,000
521 W Granada	<b>ACTIVE</b>	\$950,000
345 W Wilshire	<b>ACTIVE</b>	\$995,000
34 W Vernon	<b>ACTIVE</b>	\$1,150,000
73 W Lewis	<b>ACTIVE</b>	\$1,190,000
87 W Windsor	<b>ACTIVE</b>	\$1,395,000
102 W Almeria	<b>ACTIVE</b>	\$1,585,000
338 W Encanto	<b>PENDING</b>	\$785,000
325 W Cambridge	<b>PENDING</b>	\$949,000
139 W Granada	<b>PENDING</b>	\$950,000
521 W Cambridge	<b>PENDING</b>	\$1,195,000
58 W Wilshire	<b>PENDING</b>	\$1,350,000
305 W Lewis	<b>SOLD</b>	\$650,000
525 W Cypress	<b>SOLD</b>	\$925,000
45 W Edgemont	<b>SOLD</b>	\$775,000
101 W Cypress	<b>SOLD</b>	\$1,680,000

Real estate information provided by **Bradley B. Brauer**, Broker's Hub Realty. All figures as of 05/13/2025. Information provided by Arizona Regional Multiple Listing Service and is listed by individual brokers. For more information, please contact the listing agent, one of our advertising realtors or your real estate professional.

# CALLING ALL WILLO ARTISTS!

Would you like to participate in an open studio event in Willo where you can gain exposure and sell your work before the holidays?

## LET'S MAKE IT HAPPEN!



I envision that on a Saturday in November (TBD), Willo artists will open their studios to the public. I am anticipating that the only cost to participants will be to print maps. Marketing will be through our individual social media accounts and contacts.

Interested? Contact Tricia Amato at [amatotricia@gmail.com](mailto:amatotricia@gmail.com)

# Maximize your Phoenix area home sale with a systematic process and expert guidance...

As a homeowner in Phoenix, particularly this historic and central corridor, you've likely put life, love, and funds into your home, but when you find yourself desiring extra space or amenities in your home, you may decide it's time to sell. That's when the question then becomes, how do you ensure you're doing everything possible to maximize your home's value?

If you're not prepared with a strategic plan and expert guidance, you can easily find yourself walking away with less than you deserve..

## I can help.

When you're selling your home, you want to know you have the guidance of someone who will go the extra mile to help you capture every bit of equity you've earned. Unfortunately, many agents today expect MLS and a click of the internet to sell your home. But that isn't how you ensure you're getting the maximum sale price.

You deserve better and I agree.

## Working with Brad...

Your comfort level from the first meeting to closing is my top priority. You've worked hard for your home, so I want to ensure you feel confident in the decisions you're making.

Using exclusive strategies to boost your home's perceived value, we'll get your home prepared and positioned on the market to attract the most qualified buyers.

My commitment to you is a fierce work ethic, due diligence, clear and consistent communication, and strategic negotiations. These are just a few reasons why my clients have trusted me to over 500 sales in Phoenix area real estate. My systems work and remove stress from this process.

## Call me today for your initial consultation – 602-690-1400

We'll discuss your needs, goals, and how I can work with you, and if it's the right fit, our next step from there.

## I look forward to hearing from you.

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Associate Broker  
602.690.1400  
Brad@B3RE.com  
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