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Jared Loughner is undergoing intensive therapy at a federal prison facility in Missouri. SPRINGFIELD NEWS-LEADER

Inside Loughner's world

By Sean Holstege
 The Arizona Republic

Jared Loughner, prisoner No. 15213-196, spends his life in isolation but is never alone. Cameras watch his every movement. Guards log his actions every 15 minutes. His existence is charted in three colors. Blue means he's

in bed. Green means up and awake. And then there's red. Red means he is pacing in tight circles in his small cell. Red made up the largest slice on Loughner's tri-color pie chart some days during the summer. Since then, the red slice has shrunk, and the blue one has looked more normal. The ratio

of the recorded colors shifts with Loughner's moods as his mind responds to therapy and drugs. A mental-health team at the U.S. Medical Center for Federal Prisoners in Springfield, Mo., is treating the man accused of January's Tucson-



Jared Loughner

See LOUGHNER, Page A18

DECLINING TAXES A THREE-PART SERIES

Reaping Arizona's tax cuts

Corporations paying less as state woos employers

By Ronald J. Hansen
 The Arizona Republic

Every year, about two of every three Arizona corporations pay almost no state income tax. The state has not taken steps to boost those collections. Instead, Arizona has been cutting business taxes for two decades, and more tax breaks will take effect in coming years. The tax-cut effort reflects a strategy by lawmakers to lure employers to Arizona, especially high-tech ones, by lowering the costs of doing business to better compete globally. But the strategy may come with a price. Unless enough new businesses arrive, corporate income-tax revenue, which makes up about 7 percent of the state general fund, could decline. That would leave financially stressed Arizona with a dilemma: Curb public spending or raise other taxes, such as sales tax on consumers and

See TAXES, Page A6

CONCUSSIONS: NFL'S CHALLENGE, DANNY WHITE'S FEAR

125 FORMER PLAYERS SUING THE NFL OVER HEAD INJURIES | **\$100 MIL** AMOUNT THE NFL WILL DONATE OVER 10 YEARS TO MEDICAL RESEARCH | **21%** INCREASE IN NFL PLAYERS SUFFERING CONCUSSIONS, FROM 2009 TO 2010

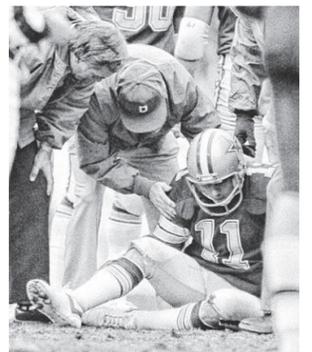


A GAME'S LASTING DANGERS

By Dan Bickley | The Arizona Republic

Thanksgiving is a state of mind, a time to count blessings. » Danny White feels like one of the lucky ones. » White is an Arizona State University legend, the first native Arizonan inducted into the College Football Hall of Fame. And when he returns to Dallas for the annual NFL Thanksgiving game, he'll be hailed as a legendary Cowboys quarterback. » Not that he remembers much of it. » "It's funny," White said. "I don't have vivid memories of playing games in Texas Stadium. I vaguely remember coming out of the tunnel and what the field was like, but that's about it."

See CONCUSSIONS, Page A8



Danny White, 59, of Gilbert (above and top) says that he has had as many as 20 concussions while playing football in high school, for Arizona State and for the Dallas Cowboys. TOP: MICHAEL CHOW/THE REPUBLIC. ABOVE: AP.

ON THE WEB: Danny White talks about football in videos at sports.azcentral.com.

Egypt police, rioters clash ahead of vote

By Aya Batrawy
 Associated Press

CAIRO, Egypt — Egyptian riot police firing tear gas and rubber bullets stormed into Cairo's Tahrir Square on Saturday to dismantle a protest tent camp, setting off clashes that killed two protesters, injured hundreds and raised tensions days before the first elections since Hosni Mubarak's ouster. The scenes of protesters fighting with black-clad police forces were reminiscent of the 18-day uprising that forced an end to Mubarak's rule in February. Hundreds of protesters fought back, hurling stones and setting an armored police vehicle ablaze. The violence raised fears of new unrest surrounding the parliamentary elections that are

See EGYPT, Page A14

BUSINESS

Crowds flocking to outlet malls

With many shoppers still on a tight budget but searching for quality merchandise, outlet malls are doing brisk business and bracing for a big holiday rush. **D1**

Black Friday guide: Find store hours and how to get real-time updates. **D1**



MANUEL BALCE CENETA/AP

NATION & WORLD

Debt panel ready to admit defeat

Sen. Jon Kyl (left) of Arizona and other members of the bipartisan congressional "supercommittee" that had been in negotiations for months on reducing the federal deficit are set to announce as soon as Monday that the talks have failed. **A10**

VIEWPOINTS

Grand Canyon's grand mystery: A 1909 newspaper article details the purported discovery of mummies, treasure and other evidence of an Egyptian society in the Canyon. **B10**

A&E

Christmas takes center stage: Traditional productions return and new shows emerge as music, theater and dance venues across the Valley get in the holiday spirit. **AE1**

TRAVEL

Warm-weather ice rinks: Resorts throughout the Sun Belt now offer outdoor skating rinks during the holidays, giving guests a touch of Rockefeller Center tradition. **T1**

High 69
 Low 54
 Cloudy. **B12**

Astrology **E4** Lottery **B2** Real Estate **RE1**
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 Dear Abby **E4** Opinions..... **B9-11** Valley 101 **B12**

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Loughner

Continued from Page A1

area mass shooting with counseling and a cocktail of drugs to counter anxiety, depression and psychosis.

Dr. Christina Pietz, prison psychologist and Loughner's main therapist, delves into his past and trawls through his psyche, trying to restore the 23-year-old to mental competency so he can stand trial on 49 charges related to the shooting deaths of six and wounding of 13, including U.S. Rep. Gabrielle Giffords, on Jan. 8. He has pleaded not guilty. Pietz diagnosed Loughner early on with schizophrenia, based partly on descriptions from people who knew him and after reading his online statements and a dream journal recovered at his home. She also interviewed him for nine hours over a month.

Prison officials won't talk about Loughner's confinement. His family and his attorneys have turned down interview requests, and Pietz didn't return calls. But a fascinating glimpse into his world and new clues about his past, including that his family took him to a therapist years ago, emerges from court testimony of Pietz and others who have reviewed Loughner's file.

Pietz is his main human contact. She meets with Loughner every weekday from 10 minutes to an hour.

Loughner's universe is a roughly 8-by-10-foot cell with concrete floors and a steel bed. He has a toilet, a sink and a shower, but the shower curtain was removed.

Natural light enters through a window with thick, plastic-coated glass and bars. Guards keep the ceiling light on 24 hours a day.

His cell is on a special psychiatric ward, Building 10. About 300 of the 1,142 inmates at the Springfield prison, known to locals as Fed-Med, are housed in Building 10. All inmates are issued khaki pants and T-shirts.

At one time, all federal lock-down psychiatric prisoners in the country were confined to one area, Ward D, says psychologist David Mrad, who retired from the prison five years ago. He says Ward D became notorious in the prison system as a tough place to do time because "the most severe, out-of-control or dangerous psychiatric patients" went there. Prisoners nicknamed it "10-Dog," dog for D.

It's unclear, but two retired prison officials say it's likely Loughner is on that ward. The prison won't say.

Fed-Med opened in 1933 and has held many of America's most notorious prisoners. The list includes mob bosses Joseph Bonanno, John Gotti and Vito Genovese; terrorists Jose Padilla and the "blind sheik" Omar Abdel Rahman; and the traitorous spies Jonathan Pollard and John Walker.

A troubled mind

The question of Loughner's mental state arose right after his arrest. News reports detailed his bizarre rantings and strange videos on the Internet. He was seen smirking at his initial appearance in court. In March, prosecutors asked that Loughner be evaluated for his paranoid fears and the voices he was hearing, and a judge sent him to Fed-Med, where he was labeled a high-profile inmate.

Pietz met him on March 23 at his cell. He sat on his bed, unrestrained. She was in a hallway, talking to him through a grill. For months, all of their encounters would take place there.

He cocked his head and looked at her out of the corner of one eye. He laughed at things that weren't funny and cried at things that weren't sad. His remarks were linguistic porridge. This was the maniacal-looking Loughner that the world remembered from the days after his arrest.

Pietz had to gain his trust, start building a history of his social interactions and his illness.

Mrad, in an interview with *The Arizona Republic*, says the typical approach for a Fed-Med psychologist is to begin by asking questions about the inmate's background, family and childhood. Mrad, now director of clinical training for the School of Professional Psychology at nearby Forest Institute, says he also told new prisoners that everything could end up in pretrial testimony or a report but wouldn't be introduced in trial. That made building trust more difficult.

"It does create problems," Mrad says. "The typical doctor-patient relationship does not exist."

Still, to the inmate, "this person is more accepting than most folks you deal with, and that's comforting," he says.

In Loughner's case, Pietz moved fast. Loughner's thoughts gushed out, according to a psychiatrist familiar with the prison's assessments. The outpouring came after years of Loughner's growing isolation.

Within days, they had discussed security-camera footage from the Safeway store where the shooting occurred. The video shows Loughner firing all the bullets of a 9mm Glock into a crowd, authorities have said. Loughner said the video was doctored.

"He believed that the government, possibly his attorneys, possibly law enforcement, had actually edited the version of the video," Pietz testified on Sept. 28, according to a recently unsealed court transcript. "He believed his attorneys were blackmailing him."

Loughner refused to meet with them at the prison. When they arrived, he lunged at them and spat. But he talked to Pietz.

On March 28, she asked about his adolescence.

"I think there's child abuse," she quoted him as saying. She asked him to elaborate. He said, "I have to mention this because it's included in my high-school education. While I was sitting there, I was a child slave."

The remark smacked of Loughner's delusional ramblings in online posts and videos, in which he said he was persecuted by authority figures, particularly educators and the government. But Pietz testified this didn't seem a fantasy created by a delusional mind but his way of expressing something real.

It was during high school, in 2006, that Loughner started having trouble. That year he drank so much vodka he had to be taken to an emergency room to have his stomach pumped.

That episode was reported publicly after the shooting. But less well-known is that his parents, Randy and Amy Loughner, took him that year to a psychologist.

"His family got him to seek treatment," Dr. James Ballenger, a Charleston, S.C., forensic psychiatrist who read Loughner's prison evaluations and testified about them, told *The Arizona Republic*. "He got a straightforward diagnosis of depression. He was treated."

It's unclear how often or for how long he was treated. Until the testimony, there was no public record of any referral or counseling for him. The new information dispels a common perception that his parents never sought help for their troubled young son.

Ballenger and Pietz told the U.S. District Court in Tucson in September that Loughner had started spiraling into schizophrenia by early 2008. He heard voices and acted strangely. Since 2009, he has had delusions of being persecuted.

Ballenger, who says he has been an expert witness in more than 200 cases, saw no evidence in the Loughner files that he was seen by or referred to counselors for the new illness seizing his mind.

Loughner couldn't silence the slew of "hateful" and "derogatory" voices in his head, as Ballenger described them.

By the time he was in Fed-Med talking to Pietz, his schizophrenia had gone untreated for nearly four years. The illness raged on.

He threw chairs and wads of wet tissue paper at the cell-door grill when he saw video cameras. He often stripped and showered in front of female guards.

On May 25, during a court hearing in Tucson, Loughner burst into a rant in which he called presiding U.S. District Judge Larry Burns "your cheesiness." Burns ruled Loughner was not mentally fit to stand trial.

Three days later, when Loughner was back in his cell, Pietz told him for the first time he was mentally ill.

"He was devastated," Pietz later testified. Over the next month, "he would lay in bed and often had his entire head covered," she said. "He might converse with me while he was laying in his bed, but he wasn't willing to get up."

On June 21, the prison team began giving him drugs for his restoration. Loughner took Risperdal, an antipsychotic drug, mixed with Kool-Aid in a paper cup. He was given it through a

See LOUGHNER, Page A19

Arizona Academy of Family Physicians



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FAMILY PHYSICIAN OF THE YEAR—CALL FOR NOMINATIONS

All members of the public are urged to consider their family physicians and submit nominations to the Arizona Academy of Family Physicians (AZAFP). The criteria for the AzAFP Physician of the Year award are as follows: a compassionate, caring family physician; community involvement that enhances the quality of life in his/her home area; and provides a credible role model as a healer and human being to his/her community, and as a professional in the science and art of medicine to colleagues, other health professionals, and especially to young physicians in training and medical students.

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Loughner

Continued from Page A18

slot in his cell door, and though he objected, he drank it. If he hadn't, prison officials were ready to forcibly inject anti-psychotic medicine.

Two days later, prison officials agreed to his request for a TV so he could have more stimulation. He switched it off after 30 minutes, complaining to a prison therapist that, like a radio he was given during confinement in Tucson, it was planting messages in his head. The TV was gone five days later.

The drug treatment was short-lived. On July 1, the 9th U.S. Circuit Court of Appeals ordered the prison to stop forced medication.

Deteriorating state

On July 1, cut off from medication, Loughner entered the darkest chapter of his confinement.

He got "significantly worse," Pietz testified.

His pacing got out of control. He went in circles up to 14 hours one day.

"He paced so much that he created a blister on his foot," Pietz said. "The blister became infected. The infection actually moved up his leg." Loughner resisted treatment.

At one point in early July, he stayed awake for 50 hours straight. On one night, staff found him sitting on the concrete floor with his knees tucked into his chest. He spun in circles on his buttocks for two hours.

Pietz explained in court that when Loughner paces, "he's obsessing, ruminating about the events in his life, what he believes his life is going to be."

Around this time, he used a plastic spork, a tined spoon, to fling his feces on his bed.

He stopped eating normally and dropped 5 pounds in one day. Prison staff took urine samples to gauge his nutrition.

"During this time he was sobbing uncontrollably," Pietz said. "He was telling staff he wanted to die."

Judge Burns read the weekly clinical reports and later, in a telephone hearing, noted the severity of the decline. "He was up for many hours at a time, 50 hours at a time, pacing, walking in circles for hours, yelling, screaming, crying, rocking back and forth in the shower," Burns told lawyers, according to transcripts.

On July 8, the prison put Loughner on suicide watch, where he remains. Staff took everything out of his room that he might use to hurt himself and removed the shower curtain so he could be seen by a hidden camera. They gave him a "suicide blanket," made from a thick weave that cannot be torn.

Mrad, the retired prison psychologist, says a pair of eyes typically will be on him every 15 minutes and a camera at all times.

By July 18, Loughner had deteriorated so much that the clinical team decided to give him emergency forced medication without a court order because he was an imminent danger to himself.

A slow recovery

Since July 18, Loughner has gradually improved with treatment and a regimen of five drugs. But he still shows disturbed behavior, and doctors say he has a long way to go.

The decision to continue that treatment without a ruling from Judge Burns framed a complex legal fight that stretched through the summer and fall and was heard last month by the 9th U.S. Circuit Court of Appeals in San Francisco. Loughner's doctors testified that Loughner could die without proper medication.

Loughner takes the Risperdal for psychotic delusions and hallucinations, Wellbutrin to fight depression, Klonopin to help him sleep, Ativan to curb anxiety and Congentin for side effects from the medicine.

Improvement has been bumpy. On Aug. 26, Pietz told Burns, "Currently any time I interview him he paces back and forth. He's rocking back and forth. There are many times he will sob uncontrollably."

A month later, Loughner's de-



Lawyers and a judge wanted to keep Jared Loughner out of the courtroom after his earlier outbursts. But Loughner wanted to attend. CHRIS MORRISON/AP

fense team argued the medications were making him more depressed. Pietz testified "he's very depressed," so much so that when she gave him books and puzzles, he couldn't focus on them.

"He has clearly said he wants to commit suicide. He has written a note indicating (so) to his father," she said.

At that time he called his father, and the prison's special investigative services team, which monitors phone calls, became concerned enough to call Pietz and tell her "you need to listen" to them.

"He wanted to see (his father) one last time, then he would kill himself," Pietz testified.

Loughner even complained there was nothing in his cell that he could use for the act. Later they found another suicide note.

His delusions and hallucinations abated but didn't disappear.

On Sept. 4 staff found Loughner standing in the middle of his cell, talking as if somebody else were there. He kept repeating, "Stop, stop, stop."

Eleven days later, Loughner told one of Pietz's colleagues he was having conversations with imaginary friends.

Up through October, he "obsessed" over not wanting his therapy sessions to be videotaped, Pietz said. He told her he was worried about how the tapes would be used, though his defense team argued that they wanted video evidence of the sessions.

"He feels as though he has no control over anything that's going on around him, and this is just one more element of that," she said.

In such moments, Loughner shuts down. "I'm done talking to you. I'm going to ignore you now," he told Pietz.

Obsessions fade

Loughner's behavior has become less erratic.

By early September, his sleeping and appetite had improved. Pietz logged that he was sleeping eight to 10 hours a day and ordering three trays from the commissary rather than the two most inmates ask for. She said he was eating a substantial amount of junk food.

The published prison commissary list shows he can buy everything from a six-pack of Snickers bars for \$4.40 to a packet of buttered popcorn for 50 cents.

He also was pacing no more than an hour a day. His angry outbursts and throwing of chairs were gone. He started asking female prison guards to look away when he showered.

As he progressed, Pietz started returning items like toothpaste, soap and a washcloth. He became more self-aware and rational, more communicative and considerate, the psychologists testified.

He started looking forward to meeting his attorneys. He hasn't missed an appointment with them since being medicated.

In September, he became eager to fly to Tucson for another hearing about his mental competence. He told Pietz, "It is my case. It's about me. I should be there."

He also was eager to see his parents. The thought consumed him by late September.

Privately, the lawyers and Judge Burns were trying to find a way to waive Loughner's statutory requirement to be present, transcripts show. They didn't want another outburst like the one in May, and he wouldn't have much to contribute. In a telephone interview, Pietz told them it would be good for his recovery "because he has very

little interaction with others."

Loughner's behavior swung like a pendulum with news of the trip. At first, he said going to Tucson was important. When later it looked like he wasn't going, "he covered his head with a blanket," Pietz said. A day later she confirmed the trip and he started crying, explaining, "I'm glad."

The U.S. Marshals Service flies a direct charter "special operations flight" from Springfield to Tucson every time Loughner is set to appear in court, U.S. Marshal for Arizona David Gonzales told *The Republic*. Loughner, shackled and manacled, is the only prisoner on the six-seat jet during the roughly 2½-hour flight. He usually sits quietly, not speaking, Gonzales said.

In therapy, Loughner and Pietz talked repeatedly about his fondness for his turtles and dogs.

People suffering from schizophrenia can be unusually insightful about the feelings of others and often form strong bonds with pets, said expert witness Ballenger, who has practiced for 40 years and until 2002 was chairman of the psychiatry department at the Medical University of South Carolina.

Then one day Pietz showed up with a brace on her arm. He asked about it and then said something that Ballenger considers an important sign of progress: "I hope that you're OK."

"He had never said anything like that before, never expressed care for another person," Ballenger said. "That's as clear as any example, clearer, of his improvement."

Ballenger says Loughner is between 20 and 40 percent better. Both Pietz and Ballenger have said that Loughner stands a good chance of returning to mental competency. Regardless, he will need treatment for the rest of his life, Pietz testified in late September.

Pietz also testified that another encouraging sign was how Loughner was now discussing the Safeway footage. In the fall he agreed for the first time to watch it with her.

"Yes, and I'll draw you a picture of it so you'll understand it," he told her. She told Judge Burns that her treatment plan involves viewing a tape described by investigators as grisly and asking Loughner what was different between the images and what happened.

His reaction could determine how firm a grip he has on reality, one important factor in whether the therapists think he can be mentally competent to stand trial, Ballenger says.

There are other signs that he is grasping real events.

Already, Loughner has softened from his courtroom outburst in May, when he was heard to say of Giffords: "Thank you for the free kill. She died right in front of me."

"He now believes that she is alive," Pietz testified in late September. "He's less obsessed with that. He understands that he's murdered people. He talks about that. He talks about how remorseful he is for that. He understands the implications of what he did and the impact of what he did."

Whether his improvement continues to the extent that he can go to trial remains unknown. What is known is that he's improving and the psychiatric team is getting closer to finding out. Judge Burns has ordered another four months of forced medication, though that decision is under appeal. With each passing month, Loughner appears more communicative, logical and compassionate, testimony indicates.

Ballenger puts it this way: "He's becoming more human."

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