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Ultra Smooth Skin

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Special Feature Page 9





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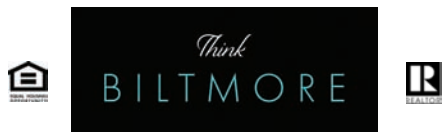
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Doctors are First in Arizona to Perform New Valve Replacement

Doctors at Abrazo Arizona Heart Hospital are first in Arizona to perform a new tricuspid heart valve procedure as part of an early feasibility study of the Intrepid™ Transcatheter Tricuspid Valve Replacement (TTVR) system.



Abrazo Arizona Heart Hospital is the only hospital in Arizona participating in the world-wide clinical study. The Intrepid TTVR system is an investigational device that received Breakthrough Device Designation by the FDA in late 2020.

The tricuspid valve helps keep blood flowing in the right direction through the heart's upper right chamber. The procedure is being studied for use in patients with severe, symptomatic tricuspid regurgitation, which may lead to eventual heart failure or death.

Tricuspid regurgitation affects approximately two million people in the United States. It is a highly undertreated disease due to the morbidity and mortality associated with surgical intervention, according to interventional cardiologist Dr. Timothy Byrne, Medical Director of Cardiology Services at Abrazo.

The device is implanted using a transfemoral delivery catheter, a minimally invasive method that allows physicians to position and place the valve through a catheter inserted in the femoral vein.

"A significant number of patients are affected by heart valve disease and tricuspid valve regurgitation. We are excited to be part of the research on this new device that could lead to possible future widespread treatment of those with this condition," said Dr. Byrne.

"Much progress has been made with transcatheter replacement of diseased aortic valves, but whether we can replace the tricuspid valve without open heart surgery represents a new frontier in cardiology," added Dr. Merick Kirshner, a cardiothoracic surgeon at Abrazo Arizona Heart Hospital.

"Many of the patients needing tricuspid valve replacement are not good candidates for traditional surgical tricuspid valve surgery due to poor function of the right side of the heart and therefore considered high risk patients," said Dr. Kirshner.

"Outcomes data generated during this initial study phase will be useful for the future treatment of these patients. We are optimistic that this study will help lead to more clinical research and device innovation around this treatable disease," added Dr. Byrne.

Abrazo Arizona Heart Hospital's structural heart program offers options for patients with conditions that adversely affect the structure and function of the heart. The hospital's physicians have participated in numerous clinical studies leading to approval and widespread use of new devices and procedures, such as TAVR - Transcatheter Aortic Valve Replacement.

Abrazo Arizona Heart Hospital is the first hospital in the western United States to hold American College of Cardiology accreditation for cardiac catheterization, treatment of chest pain, heart failure and atrial fibrillation.

For more information on cardiovascular services at Abrazo Health hospitals, visit AbrazoHealth.com.



Dr. Timothy Byrne and Dr. Merick Kirshner perform advanced procedures at Abrazo Arizona Heart Hospital.

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From the Publisher...



I hope you all are having a great finish to your summer and that you are staying cool! The Valley is heating up, and this is definitely the time to enjoy those swimming pools. Many of the resorts are running specials for local staycations. This is a great opportunity for you to experience the local resorts at a fraction of the cost of prime season. Many of the resorts have just reopened and would welcome your visits with open arms. I like to check out the newspaper's Sunday travel section for specials and ideas of where to travel. Of course, you can also just hop on the internet and begin your Google search.

The list of staycation ideas in Phoenix is endless and perfect for anyone and everyone. Whether you are parents of children, vacationers, newly transplanted Phoenicians or someone who has grown up and lived here for years, there is something for everyone. Right here in our backyard, there is no better place to relax than the newly-renovated Arizona Biltmore Resort! If you haven't been to the hotel since the renovation was completed, you should stop by and see what they've done!

Also, keep in mind during the month of August there are plenty of summer sales going on around the Valley. You may not be thinking about this right now, but holiday shopping is right around the corner. Why not visit some of the sales and start your shopping early?

Until next month, *Susan*

Please feel free to write: P.O. Box 93244, Phoenix, AZ 85070

Phone: (480) 460-7779 or (602) 469-8484

email: biltmorelifestyles@gmail.com • www.biltmorelifestyles.com

Publisher

Editor

Susan Aavang
Julie Nicholson

FOUND:RE Contemporary Announces New Exhibitions

FOUND:RE Contemporary and FOUND:RE Phoenix Hotel are excited to announce the opening of their new exhibition, "XSCAPE: Landscapes, Cityscapes and Mindscapes," with support provided by Artlink Inc. This exhibition cycle presents the work of 64 Arizona artists and showcases their exploration of a variety of landscape motifs, both realistic and imagined. The exhibition is open to the public and remains on display through Sunday, November 14th.

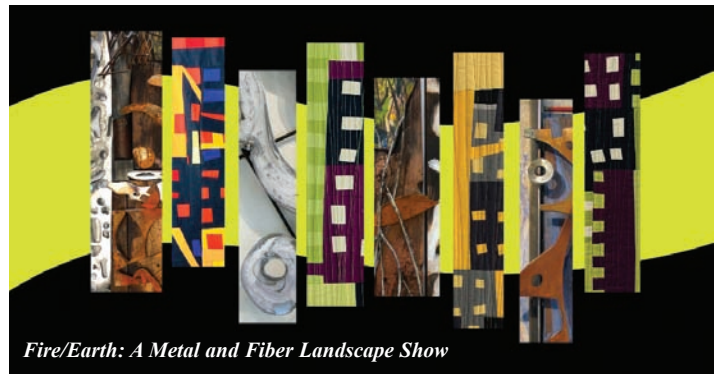
"We're so excited to debut our latest exhibition, which features such a wide range of incredible talent," says FOUND:RE Contemporary Curator Audrey Galat. "We love playing an active role in the Phoenix arts community and giving new and veteran artists alike a platform for their masterpieces."

Presented as part of FOUND:RE Contemporary's regular schedule of rotating exhibitions organized by Galat, the exhibition encompasses the entire ground floor of the FOUND:RE Phoenix Hotel, allowing for social distancing while giving art lovers the opportunity to view it at their leisure, 24 hours a day, seven days a week. For those that prefer a more in-depth viewing experience, Galat is available for private tours, which can be arranged via www.eventbrite.com/e/foundre-art-tour-tickets-151706936531.

More than 60 artists and their works are included in the exhibition. A complete list of artists and their works, the majority of which are for sale, can be previewed and purchased via www.foundrecontemporary.com.

Debuting during the opening reception, "Fire/Earth: A Metal and Fiber Landscape Show," featuring Aryana Londir and Joan Waters, is the first of two landscape exhibitions spotlighting how natural elements are used in art. "Fire/Earth" brings together two elemental forces and celebrates how these forces of nature can be used to create unconventional landscape art. Through the use of cotton (earth), fiber artist Aryana Londir creates depictions of dynamic cityscapes through the soft material of fabric. Using another element (fire), Joan Waters creates intricate scenes of nature through the forging and welding of metalwork.

This exhibition will be featured at the FOUND:RE Contemporary Gallery off Portland Street through Saturday, September 18th. It can be viewed Monday through Saturday from 10:00 a.m. to 6:00 p.m. Appointments are not necessary; guests can stop by the FOUND:RE Phoenix Hotel's front desk for entry. For more, visit www.foundrecontemporary.com or www.foundrehotels.com. ❖



Fire/Earth: A Metal and Fiber Landscape Show



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Save the Date!!!

Trends Charitable Fund Announces Gala Details and Honorees

The Trends Charitable Fund (TCF), a long-time local nonprofit organization, will host its annual gala, "An Evening of Trends," on Saturday, October 23rd, beginning at 5:30 p.m., at the Montelucia Resort in Paradise Valley. Proceeds from the gala will benefit TGen, the renowned research institute.

Co-chaired by Oscar De las Salas and Beth McRae, the gala will honor ten women, called Trendsetters, for their community leadership and volunteerism. Fabulous Phoenician, Tim Braun, General Manager of Neiman Marcus, will also be honored for his community contributions.

Guests will enjoy an interactive red-carpet arrival, cocktail reception, raffle, live auction and multi-course dinner, as well as an after party.

The ten Trendsetters being honored are:

- Ruby Farias
- Tracey Lytle
- Diane O'Malley
- Kristen Sandquist
- Stacie Stephenson
- Ronnie Kiefer
- Sally Odegard
- Lisa Portigal
- Robin Snyder
- Sandra Wilken

"While we had to skip our gala in 2020, we are delighted to be back full force and better than ever this year," said Susie Wesley, President of the TCF board. "We have lots of surprises and cool experiences for guests to enjoy on October 23rd."

The Trends Charitable Fund (TCF) is a 501(c)(3) organization that was founded in 1995 to issue grants to Arizona 501(c)(3) organizations that meet the TCF mission to support programs in need that positively impact women, children and

their families where the TCF can make a significant difference. Funds have been granted for both operational and capital expenditures.

The TCF mission is carried out through the volunteer work of dedicated TCF Board Members, Trendsetters (women honored at an annual "An Evening of Trends" event for their community leadership), and other community volunteers. Funds are raised through one major fundraiser (An Evening of Trends in the fall). Over the years, the TCF has donated over \$5 million to local nonprofits.

For more information on An Evening of Trends, visit www.trendscharitablefund.org or contact one of the chairs: Beth McRae, beth@mcraeagency.com, (602) 330-1996, or Oscar De las Salas, oscar@oscardelassalas.com, (602) 770-3162. Tickets start at \$500 per person.

About TGen, an affiliate of City of Hope

Translational Genomics Research Institute (TGen) is a Phoenix, Arizona-based nonprofit organization dedicated to conducting groundbreaking research with life-changing results. TGen is affiliated with City of Hope, a world-renowned independent research and treatment center for cancer, diabetes and other life-threatening diseases: CityofHope.org. This precision medicine affiliation enables both institutes to complement each other in research and patient care, with City of Hope providing a significant clinical setting to advance scientific discoveries made by TGen. TGen is focused on helping

Beth McRae
&
Oscar De las Salas



patients with neurological disorders, cancer, diabetes and infectious diseases through cutting-edge translational research (the process of rapidly moving research toward patient benefit). TGen physicians and scientists work to unravel the genetic components of both common and complex rare diseases in adults and children. Working with collaborators in the scientific and medical communities worldwide, TGen makes a substantial contribution to help patients through efficiency and effectiveness of the translational process. For more information, visit: tgen.org. Follow TGen on Facebook, LinkedIn and Twitter @TGen. ❖

Restaurant Highlight - Ember Restaurant at We-Ko-Pa Casino Resort Receives *Wine Spectator* "Best of Award of Excellence" for 2021

The We-Ko-Pa Casino Resort is thrilled to announce that Ember, its fine dining restaurant, has received *Wine Spectator*'s esteemed "Best of Award of Excellence." The honor recognizes recipients that offer extensive selections with excellent breadth across multiple regions and significant vertical depth, and Ember is now one of 19 restaurants (out of nearly 9,000) in Arizona – and one of approximately 1,000 around the world – to receive this award.

This is the second time that the Fort McDowell Yavapai Nation has been lauded by this highly regarded industry publication. In 2006, the Ahnala Mesquite Room received the "Award of Excellence," recognizing the restaurant's wine list that featured a well-chosen assortment of quality producers along with a thematic match to the menu in both price and style. The fact that the tribal nation has now been granted two *Wine Spectator* awards for excellence, an achievement rare among tribal casinos, affirms their commitment to delivering an exceptional culinary experience.

"American restaurants are back in business, as patrons are eagerly returning to dining rooms across the nation," said Marvin R. Shanken, Editor and Publisher, *Wine Spectator*. "In this year's Restaurant Awards issue, we reflect on how restaurateurs navigated this incredibly difficult period, and look ahead, with every indication that the coming year will be one of the most promising in decades for an industry we all love. It's been a long road back, and it feels wonderful to celebrate restaurants and all they bring to the world of wine."



Flaming Hot Chocolate Truffle

"The 'Best of Award of Excellence' really belongs to our advanced sommelier Dennis Payne, whose 31 years of experience and painstaking efforts over the past year have resulted in this impeccable award-winning wine list," added Zac Gallo, Executive Director of Food and Beverage for the We-Ko-Pa Casino Resort. "Not only has Dennis cultivated an extensive wine and spirit program, but he ensures the proper care, storage and handling of our collection to maximize our guests' dining experiences."

Ember's wine program covers seventeen

countries, focusing on each country's top wine-producing regions and most highly acclaimed vineyards. It includes 517 wines by the bottle and 26 wines by the glass – ranging from a strong California presence to Barbaresco, Rioja, New Zealand, Argentina and Germany – along with 30 dessert wines from across the globe as well as 15 ports and madeiras.

In addition, Ember has a special page in their 37-page wine list titled "The Century Club," dedicated to the world's top 100-point wines. Curated for fine wine collectors, this list contains 32 critically acclaimed wines spanning more than two decades that have scored a perfect 100 points.

Wine Spectator began its program to recognize the world's best wine lists in 1981. There are three levels: the Award of Excellence, the Best of Award of Excellence and the Grand Award - with 1,673; 1,141; and 103 winners this year in each respective category.

All award winners are featured in *Wine Spectator*'s special 40th Anniversary Restaurant Awards issue, available to readers today.

For more information on Ember, visit www.wekopacasinoresort.com/dining/ember. ❖



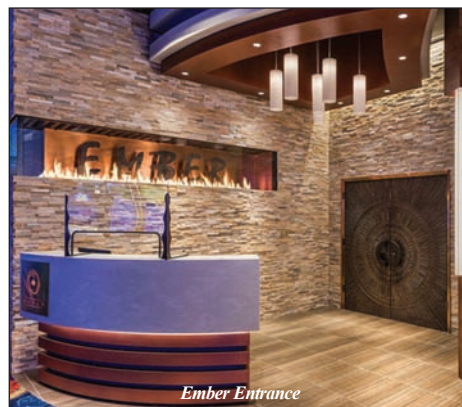
Snake River Farms Wagyu Striploin with Lobster Risotto, Asparagus and House Ujjih Sauce



Ember Piano Lounge



Ember Interior



Ember Entrance



Labor Day Deal at Roaring Fork

Roaring Fork will be celebrating the Labor Day holiday on September 6th with extended happy hour pricing all night long from 4:00 p.m. to close in the bar and saloon. Menu items include:

- Caesar Salad with Romaine, Parmesan, Croutons and Traditional Dressing \$6.50
- Mixed Market Greens with Candied Walnuts, Feta, and Cranberry Vinaigrette \$6.50
- Iceberg BLG with Blue Cheese, Bacon and Ranch \$6.50
- Fresh Guacamole with Crispy Tortilla Chips \$8.50
- Chicken Tinga Tacos with Chipotle Chicken, Pickled Onion, Cotija Cheese, and Flour Tortillas \$8.50
- Queso Con Puerco with Pepper Jack Cheese, Green Chili Pork and Crispy Tortilla Chips \$9.00
- Green Chili Pork with Warm Flour Tortillas \$9.00
- Crispy Chicken Beignets Hot/Not Hot with Cilantro Lime, and Sweet Chili Yogurt \$9.00
- Rotisserie Chicken Flat Bread with Basil Pesto, Roasted Chilis, Tomato and Pepper Jack Cheese \$11.00
- Smoked Chicken Wings with Celery and Ranch \$11.00
- Roaring Fork's Big Ass Burger with Lettuce, Tomato, Onion, Pickle, Bacon and French Fries \$12.50
- Hot Chicken Sandwich served with Coleslaw, Pickles and French Fries \$12.50
- Pork Wings with Spicy Slaw and Chef's Select Sauce \$14.00
- RF Nachos with Chicken Tinga, Queso, Red Bell Pepper, Tomato, Cilantro, Cotija and Jalapeño \$14.00

Specialty Drinks/Pricing includes:

- Huckleberry Frozen Margarita house made with a Huckleberry Swirl \$7.00
- Raging Rita (house frozen margarita) served frozen or on the rocks \$7.00
- Spicy Jalapeno Margarita with Jalapeño infused Tequila, Triple Sec, and Fresh Sour \$7.00
- Peach Margarita (house frozen margarita) with Peach Schnapps \$7.00
- Adult Arnold Palmer with Deep Eddy Sweet Tea Vodka, and Fresh Lemonade \$7.00
- Classic Martini with Smirnoff Vodka or Bombay Gin \$7.00
- Classic Manhattan with Old Forester Bourbon, and Sweet Vermouth \$7.00
- Campo Viejo-Brut, Rose \$7.00

Roaring Fork is located at 4800 North Scottsdale Road in Scottsdale, Arizona. For more information, please call (480) 947-0795 or visit the website at www.roaringfork.com. ❖



The Phoenix real estate market is hot & is showing no signs of cooling off, as the temperatures begin to rise in the Valley of the Sun. Thinking about selling? There are steps you can take before putting your home on the market to increase your chances of receiving your very best offer, just like Linger Lane.

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Easy and Healthy Back-to-School Ideas from Village Health Clubs

With school starting, Jamie Miller, the registered dietitian for the Village Health Clubs & Spas, has put together a few easy, healthy recipes for parents to make in the morning and send with their children to school.

For more information, or to get in touch with Jamie, visit www.villageclubs.com.

Breakfast:

Blueberry Peach Baked Oatmeal

Servings: 8

- 2 cups old-fashioned oats
- ¼ cup almond meal/flour
- 1 tsp baking powder
- ¼ tsp baking soda
- ½ tsp sea salt
- 2 tsp ground cinnamon
- ¼ cup granulated monk fruit or sweetener of choice that measures like sugar
- 2 tbsp coconut oil or melted butter
- 2 cups milk (regular, almond, coconut etc)
- ¼ cup unsweetened Greek yogurt
- 2 tsp pure vanilla extract
- 1 cups fresh or frozen blueberries
- 1 cup fresh or frozen peaches, diced



Preheat oven to 350 degrees F. Grease a 9x13" glass baking dish and set aside. In a small bowl, combine oats, almond meal, baking powder, baking soda, salt cinnamon, and granulated sweetener of choice. Set aside. In a separate, microwave safe bowl, melt coconut oil or butter. Whisk in milk as you slowly pour it into the melted oil/butter. Add Greek yogurt, eggs, and vanilla and whisk until combined. Add dry ingredients to wet ingredients and mix well.

Gently fold in the blueberries and diced peaches. Spread evenly into the pan. Bake at 350 degrees F for 35-40 minutes until browned on the top and the top springs back when you gently touch it with your finger. Let cool for 15 minutes. Serve warm or refrigerated after baking, with a dollop of yogurt, drizzle of nut butter, or toppings of choice.

Broccoli Ham & Cheese Egg Bites

Servings: 12 muffins

- 1 ½ cup frozen broccoli, defrosted and chopped small
- ½ cup diced ham
- 12 eggs
- 1 cup 2% cottage cheese
- ½ cup 2% shredded cheddar cheese
- 1 tsp salt, or to taste
- ¼ tsp pepper, or to taste



Preheat the oven to 400°F. Generously coat a muffin tin with cooking spray or olive oil. Evenly divide the chopped broccoli and ham into the muffin tins. In a medium bowl, whisk together eggs, cottage cheese, cheddar cheese, salt, and pepper until well incorporated. Pour the egg mixture into the muffin wells, filling each ¾ full. Bake until the muffins are lightly browned around the edges, 12 to 14 minutes. Let cool for 2 to 3 minutes, then run a knife around each cup to loosen the muffins before removing them from the pan. Serve warm or cool completely on a wire rack before refrigerating or freezing.

Lunch:

Pizza Pasta Salad

Servings: 2

- 2 cups cooked pasta (whole-wheat, bean-based, or pasta of choice)
- 2-ounces shredded or sliced mozzarella cheese



- 1 ½ cups vegetables of choice: halved grape tomatoes, diced bell pepper, steamed broccoli florets, diced mushroom, sliced black olives, etc)
- 2 ounces protein of choice: diced ham, cooked chicken, nitrate free pepperoni, diced chicken sausage, chickpeas
- 3-4 tablespoons Italian dressing (to taste)
- Salt & black pepper to taste

In a large bowl, combine all ingredients and mix until well incorporated. Let sit for 30 minutes before eating for the best flavor. Can be refrigerated for up to two days.

Turkey Avocado Ranch Pita Pocket

- 1 whole wheat pita
- 6 slices no-nitrate turkey breast, deli style
- 1/2 avocado, sliced
- 2 lettuce leaves, torn
- 1 small tomato, sliced
- 2 tsp shredded cheddar cheese
- 2 tsp yogurt based ranch dressing

Cut the pita in half, and place half the turkey, avocado, vegetables, and cheese inside each of the pita pocket sides. Drizzle the ranch on top of each pita pocket and enjoy immediately. Or if making in advance, wrap in foil or place in a tupperware for up to one day until ready to eat. ❖

Ultra Smooth Skin Introduces Thermage Non-Surgical Skin Tightening

By **Samantha DeRose**

Thanks to advanced and diligent skincare routines, holding back the years is getting easier and easier, but there's one thing our skin has yet to conquer—physics!

As we lose collagen and gravity pulls us down, radiofrequency treatments like Thermage can help skin stay firm and uplifted.

Lisa Williams, ANP-C, Nurse Practitioner, Medical Aesthetics Director shares how her clients are able to turn-back the hands of time with Ultra Smooth Skin's non-invasive, non-surgical Thermage treatment.

The Lowdown - What is Thermage and how does it work to address the signs of aging?

Thermage is a non-surgical FDA approved face and body skin tightening treatment that uses radiofrequency energy to stimulate collagen formation to lift, tighten, smooth and contour the skin to create an overall younger appearance.

It is a popular choice for adult men and women, whether they are just beginning to notice the symptoms of aging on skin or have dealt with years of wrinkles and sagging skin.

This non-invasive alternative to cosmetic surgery is perfect for those looking to achieve smooth, firm, tight, glowing skin without surgery, needles or downtime.

Firmer, Tighter Skin Anywhere - What areas of the body can Thermage be used?

Thermage can be used in numerous places throughout the body, from the

eyes to the thighs, hands and knees. Many people use Thermage for sagging jawline, turkey neck or wrinkled skin on the belly.

The Blow-by-Blow - What is the treatment process like?

After removing all traces of make-up, a temporary tattoo grid is placed along the treatment area. Your aesthetic provider will then use a handheld device that cools, heats and then quickly re-cools the skin. During the procedure you will feel a gentle vibrating sensation with intervals of a heating sensation on your skin as the radiofrequency heat (RF) penetrates the deeper layers of the skin. After each grid section has been gone over three times, the technician then contours along the jaw and cheekbones for added tightening. The Thermage procedure generally takes 45 minutes to treat the face and up to an hour for other parts of the body, depending on the size and location of the treatment area.

The Results - What can you expect and what is recovery/aftercare like?

Following the treatment, you will be able to go about your usual day. The entire procedure is non-invasive with no downtime. You may notice that your skin is a bit red for a few hours afterward, but you can resume your normal skincare regimen following treatment, including makeup application. You will notice initial tightening, however full results become more obvious in the next two to four months.

The best part about Thermage is that unlike many other cosmetic procedures



Lisa Williams, ANP-C, Nurse Practitioner, Medical Aesthetics Director - Photo by Carl Schultz

on the market requiring multiple sessions, Thermage utilizes your body's own collagen to deliver natural results after a single treatment and results continue to improve over time and last for years.

The Cost

The Thermage treatment is \$1,450.

About Ultra Smooth Skin

Ultra Smooth Skin specializes in high quality, non-invasive and non-ablative cosmetic treatments such as Thermage, Botox, Juvéderm, CoolSculpting, CoolTone and laser treatments to clients that are interested in looking younger and enjoying healthy and smooth-looking skin. Founded by Lisa Williams in 2003, the company has three locations in Arizona: Chandler, northeast Scottsdale in DC Ranch and one at the Gainey Village Health Clubs & Spas in Scottsdale. For more information about Thermage, please visit www.ultrasmoothskin.com/thermage.

For more information about Ultra Smooth Skin or to make an appointment for a free consultation, visit www.ultrasmoothskin.com or call or text (480) 991-3038. ❖



Ultra Smooth Skin Location at Gainey Village Health Clubs & Spas

Ultra Smooth
SKIN
MEDICAL AESTHETICS

Back-to-School Hair Care from Mane Attraction Salon

It's back to school time in the Valley, and Mane Attraction Salon has compiled a handy list of tips and tricks to take the fuss out of getting the kiddos' hair ready.

Some schools have strict limits on hair color and lengths, so if color has been added during the summer months, Chris Knudsen, Owner of MAS, suggests booking a Crystal Gel Malibu Treatment to gently lift out artificial color while leaving the natural color alone.

Once you have a clean, healthy head of hair, Knudsen encourages establishing a hair routine in order to keep it that way. Good hair rituals include:

- Establish a routine for washing hair and stick to it.
- Proper shampoo application, hitting the roots first.
- Proper conditioner application, starting with middle to ends first.
- Proper combing/detangling, starting at the ends and then working through to the roots.
- Proper prep products, such as Bumble and bumble's Tonic Lotion, which contains tea tree oil, a natural lice repellent.
- No heat styling, but rather using air drying products such as Aquis Wraps or simple braids while you sleep.
- Proper way to put hair in a ponytail, such as using Teleties versus rubber hair ties, to prevent breakage.

If you are looking to get your kiddos' hair ready to head back to school, consider booking an appointment at Mane Attraction Salon. At the salon, a stylist will do an in-depth analysis of your child's features and lifestyle to recommend the best cut for them. It's also important to discuss how much time you (or they) are willing to spend styling and combing their hair, along with how often they need to get a cut and/or color. Ideally, the team at MAS will help you find the look that fits your child's facial features but is also low maintenance.

To book an appointment at MAS, call (602) 956-2996 or visit www.maneattractionssalon.com.



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Supply Chain Kinked or Broken?

By Tina Mellino, Interior and Lifestyle Designer,
ZIA Interiors, Allied ASID



Have you tried to order something lately from a simple car part to an appliance, or a custom piece of furniture, only to hear it is back-ordered or will take 8 to 10 weeks? Are you tired of hearing the delay is due to Covid? Defined: the supply chain is made up of many sources that work in conjunction with one another to produce and deliver a product to your doorstep in a reasonable amount of time. This makes sense.

Covid-Containers and Cold:

Yes. COVID changed our lives. The world as we knew it simply stopped turning and the syncopation of the supply chain remains interrupted.

Everything good arrives via container. If those containers sit on a dock waiting to be unloaded, we wait for what is inside.

The February Freeze in Texas shut down numerous chemical plants that produce chemical compounds that go into the making of plastics and foam. As a result, it has impacted the manufacturing of foam (used for furniture cushions) and everything from auto parts, to computers and PVC pipe.

I asked Mark Erwin, of locally owned, Family Founded (1958) Pacific Manufacturing, a Custom Furniture Manufacturer to share his insight to the supply chain disruption and how it has impacted their business.

"For us, it's been challenging to say the least," Mark said. "Our production meetings have become a shuffle of what we have. Do we have lumber, foam and fabric? Thankfully we are vertical and haven't missed a beat or day of production. If the supplies are available, we see 20-60% price increases and double the cost of freight. A container from China that used to land in LA for \$2k is now \$4,500.00. Unfortunately, we all have to pay more."

Contact Tina for Interior and Lifestyle Design Services at tmellino@cox.net, www.houzz.com/pro/tmellino or visit you may www.ziainteriors.com



Nomada Provisions Announces New Daily Specials

Need a reason to sip in the season this summer? Nomada Provisions in Phoenix has new summer specials designed to help customers "wine down" and sip in some delicious and refreshing wines, bubbles and more nearly every day of the week! Daily specials include:

Spritz Bundle Wednesday — Enjoy a bottle of Prosecco and an Italian aperitif for just \$40 every Wednesday

"Weird and Wacky" Thursday — Thirsty for something new? Try bottles of select "out of the box" wines for just \$15 on Thursdays

CAN Friday — Every Friday, all canned selections are half off

Porch Pounder Saturday — This bougie light-hearted wine is just \$15 on Saturdays

Bubbles Sunday — Every Sunday, all selections of bubbles are half off

Nomada is open Wednesday through Saturday from 9:00 a.m. to 7:00 p.m. and Sunday from 7:00 a.m. to noon. nomada Provisions is located at 3410 N. 24th Street in Phoenix. For more, please visit www.nomadaphx.com.



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Pomchies Launches Two New Products

Local Accessories Company Introduces Pom Pouch and Pom Sack Lines

Pomchies, the national fashion accessories company headquartered in Arizona which during the pandemic positioned itself as a leader in mask manufacturing with more than four million sold and counting, has announced the launch of two new product lines — the Pom Pouch and the Pom Sack. Designed to be used for everyday use and as convenient travel accessories, both the Pom Pouch and Pom Sack are now available for preorder.

“Creating new items that we think our clients will love is one of my favorite parts of being an entrepreneur,” says Heather Clark, Founder and Owner of Pomchies, which is today’s leader in fashion accessories from headwear and luggage tags to pet products and water bottle carriers, all of which are made with sustainability in mind. “The Pom Pouch and Pom Sack lines add some fun and whimsy to practical travel and everyday accessories.”



The Pom Pouch is a convenient eight-by-five-inch wallet wristlet featuring a divider that creates two inner pockets to keep items such as credit cards, passport, sunglasses or cellphone organized while on the

go or traveling. The Pom Pouch features a zip closure and fashionable braided wristlet to keep hands free. It comes in 11 colors and styles — including solid hues such as the two-sided Very Berry (featuring a bold pink and light blue combo), Solid Black and Solid Grey as well as bold, fun patterns including Pink with Green Palm Trees, Gold Pineapples, Leopard, Snakeskin, Black Cow, Indigo Tie Dye, Sunshine Navy Tie Dye and Mauve Strokes. Each Pom Pouch retails for \$12.95 to \$19.95 or wholesale for \$5.95.

The Pom Sack serves as the Pom Pouch’s “big sister,” and is a frequent traveler’s best friend. This 10.5-inch-by-14.5-inch drawstring bag is specifically designed to store shoes in the suitcase to keep dirt and odors from permeating clothes and other items when packing and traveling. Created to save space and maximize suitcase organization, the Pom Sack fits most shoe sizes and comes in the same aforementioned colors to match the Pom Pouch as well as additional popular Pomchies’ patterns including Crabs, Flamingo, Spring Flowers, Cactus Blooms and Butterflies. The Pom Sack wholesale cost is \$4.95 each and retail is \$9.95 to \$12.95.

At the onset of the pandemic, Pomchies redirected its efforts to become a proactive part of mitigating the spread of the disease with the development of comfortable, breathable and fashionable masks made from swimwear material in



sizes for both adults and children. Demand for POM Masks quickly escalated and within a year, Pomchies sold

more than four million masks around the world and positioned itself as an industry leader of fashionable and functional necessities and accessories.

Pom Pouch and Pom Sack are now available for pre-order. For more information or to order, visit www.pomchies.com.

About Pomchies: Heather Logan Clark created Pomchies in 2002 out of a desire to utilize the excess unused swimsuit material from her previous swimwear company. All of the products are produced from the highest quality swimwear fabric that is durable, waterproof, washable, reasonably priced and also eco-friendly. Clark is proud to be a certified woman-owned company that has offered products currently available locations throughout the United States, as well as globally in Australia, Japan, Singapore, Thailand and the UK. ❖



9/11 Memorial Tower Challenge Returns to the Valley at Gila River Arena Participants to Climb 2,071 Steps Representing the 110 Floors of The Twin Towers

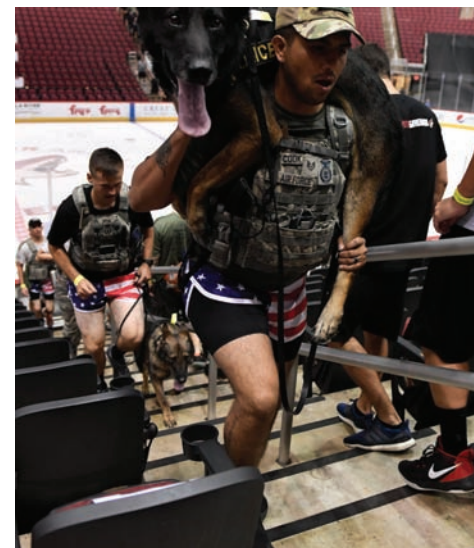
The 9/11 Memorial Tower Challenge will return to Gila River Arena Saturday, September 11th, 2021. Twenty years ago, on the morning of September 11th, 2001; 2,977 victims, including 343 Firefighters, eight Emergency Medical Technicians, and 72 Law Enforcement Officers from a total of eight local, state, and federal agencies were killed when terrorists crashed four hijacked planes into the World Trade Center Towers in New York City, the Pentagon in Arlington, Virginia, and a field near Shanksville, Pennsylvania. Over the 20 years since the terror attacks of September 11th, Our Nation has lost over 7,000 members of Our Military and another 53,000 wounded, in the Global War on Terror. On Saturday September 11, 2021, we will meet at Gila River Arena to remember all the Firefighters, Law Enforcement Officers, and First Responders that were killed on 9/11, and all

the Members of Our Military who have died in the ensuing fight against global terrorism, and climb 2,071 steps for the 2021 Memorial 9/11 Tower Challenge.

This event is open to the public including all active, reserve, and retired members of Fire Service, Law Enforcement, First Responder, and Military communities, along with families and friends. Registration for this year's event is now open, visit 911towerchallengefoundation.org to register today. The first 1,500 people to register will receive a T-shirt and a challenge coin. All proceeds raised will benefit the 100 Club of Arizona, and the Gary Sinise Foundation.

They are currently looking for event sponsors. Sponsorship levels start at just \$1,000. For more information regarding event sponsorship opportunities, please email Lindy Smith at lindy@100Club.org.

The casualties from the 9/11 attacks and ensuing war on terror included NYPD Officer Brian McDonnell, 38 years old and Army Specialist Chris Moon, 20 years old. Officer McDonnell was a US Army veteran and served 15 years with the New York City police Department, Brian was a member of ESU 01. Brian also served the citizens of Tucson for a year as a member of the Tucson Police Department. Army Specialist Christopher Moon, a native of Tucson was a talented baseball player for Tucson High School. Chris was the Southern Arizona Baseball Player of the year in 2006 and earned a Baseball scholarship to the University of Arizona. Chris gave up his scholarship to serve Our Nation and became a member of the famous 82nd Airborne. On July 6th, 2010, Chris stepped on a roadside bomb. He was evacuated to Landstuhl Army Medical Center. Chris died on July 13th. ❖



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Civana Wellness Resort & Spa Launches Happiness-Boosting “Joyful Journey” Program for Guests

Nestled high in the breathtaking Sonoran Desert, CIVANA Wellness Resort & Spa is thrilled to announce the launch of its new signature wellness track, “Joyful Journey.” A recent study from the Institute for Positive Research revealed that the COVID-19 pandemic caused the largest dip in happiness levels of Americans in 50 years. In fact, 97 percent of respondents felt happier when planning a vacation and 71 percent showed greater levels of joy to have a trip planned within six months. Leveraging the serotonin-boosting benefits of travel, CIVANA’s “Joyful Journey” is ideal for anyone in the process of or seeking to make lasting positive changes in their life. The new wellness track enables guests to connect with their happier, healthier selves through more than 10 unique wellness experiences including joy-inducing fitness classes, science-backed workshops, interactive culinary demos and more.

Honoring the resort’s commitment to “happiness first, healthiness always,” CIVANA’s

“Joyful Journey” enlightens guests on what it means to connect with one’s happy state of mind through stronger body, mind, and soul connections. This program complements the resort’s personalized – yet flexible – wellness experiences that have dubbed it a lauded “playground of wellbeing” for intrepid travelers. Each element in the wellness track is thoughtfully designed to create an impactful experience. Guests will depart with defined practices that will enable them to continue to grow the good that lasts in their brain and in their life.

Sample “Joyful Journey” wellness experiences include:

Ecstatic Dance: Explore the connection with the physical body through this meditative and joy-inducing dynamic movement practice.

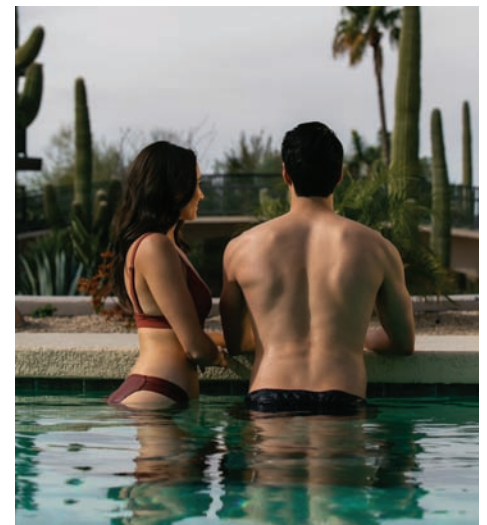
Stress Relief & Happiness: The Power of Scent: Scents are proven to improve mood and productivity, triggering feel-good endorphins and serotonin. In this 60-minute workshop, guests will put their noses to work, creating an exclusive elixir of essential oils.

Rebound: An intense (but fun) beat-based, sweat inducing, low-impact trampoline class that is both mentally and physically challenging.

The Habit of Happiness: In this interactive and transformational workshop guests will explore how they can hardwire their brain for happiness through meditation, journaling and positive psychology.

Sound Healing for Joy: Adult bodies, made up of 60% water (a great conductor of sound vibration), can become places of healing with the right environmental sound vibrations. Allowing harmonious yin sounds to lead to a nurturing state of relaxation, guests can tap into the familiar state of joy reminiscent of the womb. This customized experience creates the vibrations of love, joy, and soothing sounds to enhance a state of regulation and healing.

Adaptogens 101: From mood-boosting ashwagandha to stress-soothing cordyceps, you’ll learn everything you wanted to know about adaptogens. Explore how these buzzy herbs and plants work alongside easy recipe ideas





ONE HOUR LATER...



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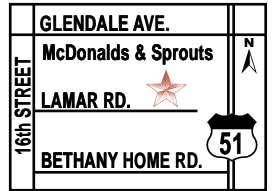
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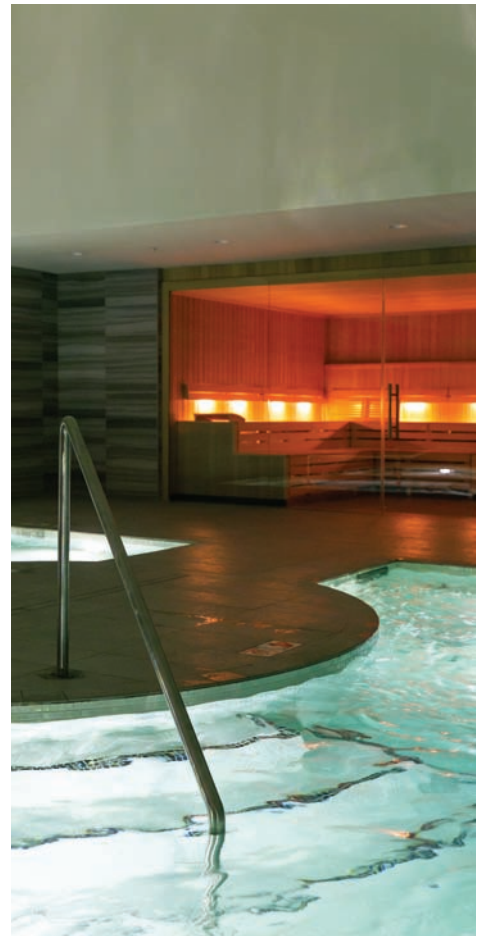
through an inspiring 45-minute interactive talk and tasting.

Vibe & Flow: Vinyasa is a mindful practice linking breath and movement to help you flow through each posture with intention. In this music driven practice, you will flow along to tracks from varied genres. This one-hour class is held in a dark, candlelit space with no mirrors to encourage you to turn your focus inward and explore your individual practice.

Apart from "Joyful Journey," guests at CIVANA can leisurely experience more than 10 daily, distinct, wellness classes, a plant forward approach to eating well, and healing spa treatments.

To ensure peace of mind for guests, the resort continues to implement enhanced health and safety measures including wellness checks upon arrival, social distancing, thorough sanitation protocols and more.

For more information or to place a reservation, please visit www.civana.com or call (480) 653-9000. ❖





RED Development Underway with Construction on The Grove in Phoenix
\$300 Million Development Featuring The Global Ambassador by Sam Fox is Now Underway

RED Development announced that construction is underway on the \$300 million development of The Grove, the highly anticipated mixed-use destination on the northwest corner of 44th Street and Camelback Road that features the recently announced hotel, The Global Ambassador, by restaurant innovator Sam Fox.

Arguably the most high-profile intersection in the Valley, the 15-acre development also features a signature four-story Class-AA office building, several ground-floor retail spaces and restaurants; two additional two-story office buildings; a self-storage facility by Hibernia Capital; a covered parking structure; and a luxury apartment building by StreetLights Residential. Completion of the first phase is expected in the latter half of 2022 with final completion and the hotel’s opening slated for fall 2023. The Grove is also home to the new, state-of-the-art Phoenix Suns and Phoenix Mercury private training facility that opened in late 2020.

“Between RED, Sam Fox and the Phoenix Suns and Phoenix Mercury, The Grove is being thoughtfully designed and created by local companies with proven track records for building exceptional developments,” said Mike Ebert, Managing Partner at RED. “On the office front, The Grove will feature the first new Class AA office campus in the area in close to 20 years. In the coming weeks, we’ll be announcing the first office tenants, which are currently set to surpass state records for price-per-square-foot leasing rates.”

Already making headlines around the country, The Global Ambassador is an internationally inspired hotel that will merge impressive hospitality, culinary and wellness experiences within one perfectly and precisely

curated destination. The hotel will blend a refined and elevated hospitality experience created through a global lens and local connections. Every detail of the well-appointed hotel has been meticulously poured over, studied and designed by Fox himself. Each element is purposefully designed to elicit one cultivated experience that is rich in charm and sophistication. As a dynamic restaurateur, Fox’s stellar lineup of inventive culinary offerings defines The Global Ambassador. The hotel boasts five original dining venues with cuisine influenced by the vibrant flavors found all over the world. The piece de resistance will be the Mediterranean rooftop restaurant that overlooks the iconic Camelback Mountain. The world-class amenity offering includes a Wellness Center complete with an expansive fitness level and ultra-luxe spa where health, beauty and fitness experts will curate treatments and practices designed to put the mind and body in perfect balance. Fox is co-developing The Global Ambassador with his trusted collaborator, business partner and friend Brian Frakes of Common Bond Development Group, a company known for its notable lifestyle development projects.

“I think this location at 44th Street and Camelback Road is the most prime piece of real estate in Arizona. It just doesn’t get better than this – the convergence of Phoenix, Scottsdale and Paradise Valley, plus it’s in my own backyard,” said Fox. “As with all of our projects, The Global Ambassador will be rooted in the surrounding community and the hotel will take that to the next level. When you first walk in, you’ll notice how open and all-encompassing the ground-level is, which allows travelers and locals to mix, mingle and connect. From one space to the next, the energy



plays off one another. We want people to reconnect and celebrate being together. Welcoming people into our neighborhood is the premise and foundation of The Global Ambassador.”

The Grove will also be home to the fifth Arizona residential community by StreetLights Residential, a trusted leader in the multifamily industry that takes a design-centric approach to urban development. The building will feature 58 two and three-bedroom luxury apartment homes with custom design features and finishes including wood flooring, quartz countertops, mini bars, spa-like bathrooms with walk-in showers and premium Sub-Zero and Wolf kitchen appliances with custom ready finishes to match built-in cabinetry. The building’s amenities include a lobby with access to a full-service concierge, a clubroom and resident bar, two fitness studios and an elevated pool deck with private cabanas, lounge seating and outdoor fireplaces.

“We believe this is one of the best pieces of real estate in the state of Arizona, and we are excited to be part of this transformative project,” said Greg Nadeau, Vice President of Development over the Arizona region for StreetLights Residential. “We have carefully crafted our residential building to complement the architecture of the district, delivering sophisticated and boutique feeling apartment homes designed for a similar style of living experienced in the surrounding Paradise Valley and Arcadia neighborhoods.”


Demolition on the site’s former buildings is fully completed and the initial site work including the parking garage excavation, shoring, underground utility work and waterproofing is now complete. Footings and the office building columns are currently being poured.

“The Camelback Corridor is nationally recognized as the most prestigious office locations for premier businesses in the Valley, and The Grove will only further enhance the strength and vitality of this area,” said Christine Mackay, Director, Phoenix Community and Economic Development. “As the first new Class AA office campus in two decades, we look forward to seeing the significant positive impact this development will have on the neighborhood in attracting world-class tenants.”

Leasing for the office building is now underway with tenant announcements expected in the coming months. For more information on The Grove at 44th Street and Camelback, visit REDDevelopment.com/TheGrove. For more about The Global Ambassador, you may visit their website at GlobalAmbassadorHotel.com. ❖




Mike Ebert (RED), Sam Fox (The Global Ambassador)



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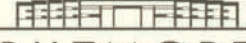

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Arizona Governor's Arts Awards Emerging Designer Award

Jummy Salami of Ahwatukee has been named recipient of the first Arizona Governor's Arts Awards Emerging Designer Award. The inaugural award was conceived as part of this year's hybrid Governor's Arts Awards. Leading up to the presentations, accomplished and emerging fashion designers were invited to dress local models to exhibit their creations at culinary venues in different Arizona communities.

"As we looked at the breadth and talent in Arizona's arts and culture sector, we felt it was important to recognize artists dedicated to fashion design," said Arizona Citizens for the Arts Executive Director Joseph Benesh. "An independent fashion committee judged the designers in categories including Originality, Wearability and Fabric/Construction."



The award includes a private professional shoot with photographer Chris Loomis at Frank Lloyd Wright Foundation's Taliesin West.

Fashion Committee members were: Oscar De las salas (Architect-Judge); Ruby Farias (Designer-Judge); Rose Anne Forte (AZCA Board Vice-Chair-Judge); Angela Johnson (Designer-Judge); Patsy Lowry (Designer-Judge); Galina Mihaleva (Designer-Judge). Special thanks to Nadja Swarovski – Swarovski Foundation, Stuart Graff – Frank Lloyd Wright Foundation and Chris Loomis – Chris Loomis Photography.

For more information about Arizona Citizens for the Arts, visit www.azcitizensforthearts.org.

Arizona Citizens for the Arts, a 40-year-old 501 c3 organization, acts as the eyes, ears and voice of the nonprofit arts and culture sector in Arizona at the State Legislature, in local city halls and partnerships with business and community leaders involved in building and supporting quality of life in Arizona. ❖

Arizona Desert Shrimp Announces Availability of Arizona Desert Locally And Sustainably Grown Shrimp At West Valley Farms in Gila Bend

By Victoria Goitia Kemp

Arizona Desert Shrimp has been awarded the Monterey Bay Seafood Watch seal of approval! Recently featured in *Living Green* and *The Phoenix New Times* magazines, Chefs and consumers alike can finally get American grown shrimp that meets the highest standards of food quality and safety.



Products

In light of current news regarding diseases in imported shrimp to the U.S., we wanted to let you know you have a local Farm-To-Table option. Arizona Desert Shrimp currently has available frozen, heads off in 1lb. bags. Heads-on Shrimp will be available in mid-September and will most likely go fast! You can preorder by contacting me directly for more information.

Upcoming Event

Arizona Desert Shrimp is excited to work in conjunction with the town of Gila Bend, AZ in sponsoring the (annual) Shrimp Fest. This year Shrimp Fest '21 will be held on Saturday, November 6th, 2021. They are still looking for volunteers, vendors, and others to make this a success. Proceeds go to fund services and the community of Gila Bend.

For more information, call Victoria Goitia Kemp at (520) 909-4784 or email victoria@arizonadesertshrimp.com. For more information, please visit the website at www.arizonadesertshrimp.com. ❖



~ Introducing Attitude ~

ATTITUDE is the trusted eco-friendly brand that conscious consumers turn to for all their home, personal, and pet grooming needs. This is an all-natural source that's so committed to overall wellness for people, animals and the environment!

They are reducing single-use plastic, offer zero waste options and plant a tree for every product purchased in partnership with two leading non-profit tree planting organizations.

The ECOLOGO - certified brand's personal care and household cleaning products are safe, effective and hypoallergenic. Natural ingredients make up all of the brand's products, with offerings that reduce single-use plastic with plastic-free and bulk collections.

ATTITUDE makes it easier to adopt a natural, eco-friendly lifestyle while keeping things clean and sanitary. Here's a sampling of the best-sellers.

All-Purpose Cleaner

This cleaner is a natural way to get the surfaces in your home sparkling. Containing no toxic chemicals, it's safe for kitchens, kids, kittens — whatever you love! *Price: \$4.95*

Bulk Laundry Detergent

Available in a practical Bulk-to-Go format, this laundry detergent contains twice the amount of product and is a great way to reduce and reuse! Formulated with only natural and plant-derived ingredients like antibacterial green tea extract, the detergent is gentle on fibers as it is on your skin. *Price: \$25.95 (67.6 fl. oz)*

Curl Amplifying Shampoo

If you're looking to give body to your wavy hair or loose curls, look no further! This curl amplifying shampoo enriched with coconut and infused with chamomile extracts, hydrates and softens hair while giving it shine and defining your curls. *Price: \$14.95*

Bundle of 4 Liquid Hand Soaps

Keep your skin healthy, hydrated and protected every day. All hand soap is dermatologically tested and worry-free according to EWG, so feel free to wash away, safely! *Price: \$26.41*

Air Purifier

Keep the ambient air pure and refreshing thanks to the brand's safe and effective natural air purifiers using only the safest ingredients such as activated carbon for a worry-free way to clean air of stubborn odors and pollutants. *Price: \$5.95 (available in adult and baby options)*

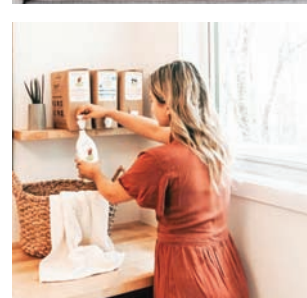
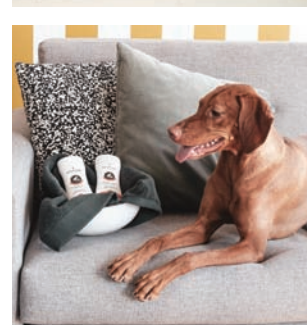
Pet Grooming Wipes

When your cat or dog needs a little help getting fresh or a wash around their eyes, ATTITUDE's biodegradable Natural Grooming Wipes are there. Using hypoallergenic plant- and mineral-based ingredients, they're a quick bath alternative that's gentle on your family's four-legged members. *Price: \$12.95*

Giving Back to Mother Earth: For every product purchased online or in participating stores, ATTITUDE will plant a tree in partnership with two leading non-profit tree planting organizations, Eden Reforestation and One Tree Planted.

About ATTITUDE:

ATTITUDE is a Canadian company built on innovation and imagination: natural personal care and household products of the highest quality, with the lowest impact on families and the planet. Follow them on Instagram @attitude_living. ❖



Meet Matt Vega – The Adobe Restaurant’s New GM

“Take care of your people...” that’s how Matt Vega’s dad, a retired elementary school principal, ends every phone conversation with his son. The elder Vega’s positive attitude, exuberant energy and work ethic obviously rubbed off on Matt, the new General Manager at The Adobe Restaurant at the Arizona Biltmore Golf Club.

Matt Vega grew up in Flagstaff before moving to Phoenix to attend Arizona State University. He got into the food and beverage industry while in college and has been focused on providing quality food and service to guests ever since. In his 30-plus years in F&B, Vega has always been detail-oriented.

“Consistency and attending to the fine details have always been my focus,” said Vega. “Consistency in food preparation and service, while making sure guests feel welcome and are treated like family.”

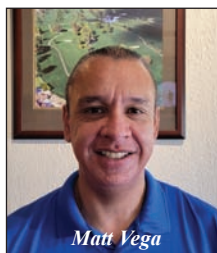
A passionate golfer who was a frequent Arizona Biltmore Golf Club player before being named the restaurant’s General Manager, Vega enjoys trading golf stories with Adobe guests.

“I’ve always enjoyed playing the golf courses here at The Biltmore,” added Vega. “Now, I’m excited to lead the Adobe’s talented F & B team.”

In his new position for just a few weeks, Vega has already made an impact on staff, keeping them busy during down times, while getting to know them on a personal level.

“I don’t expect to make big changes, but I will be fine tuning a few things on the service side. I also expect we’ll be adding a few new menu items in the fall, while also expanding our craft beer selection. The Adobe has always been a great neighborhood restaurant and bar, where folks feel welcome. I intend to continue that tradition.”

Whether it’s a golfer who just finished playing 18, a neighbor who enjoys breakfast each morning at The Adobe, or an employee having a tough day, Vega intends to honor his dad’s wishes and “take care of people.” ❖



Matt Vega

How to Hit the Hybrid Chip When YOU Need it!

By Tina Tombs, The Arizona Biltmore Golf Club



In the upcoming months of Arizona’s golf season, we are going to start seeing some different grass conditions with overseeding scheduled and our monsoon season ending. This hybrid chip is an easy way to reach front pins or those hard to reach back pins, especially, during the next few months when we are all going through turf changes and the challenging lies that are presented to us.

There is nothing worse than being just short in two on a par 4 and making a 6 because you bladed a chip over the green. The hybrid chip can be a lifesaver, especially when you have no green to work with or a lot of green to work with.

One thing to keep in mind: The ball comes off a hybrid pretty hot, so it’s just a little bump to get it going.

Set up: (Image 1)

1. Narrow up your stance
2. Ball position is directly under your nose, center your stance to make sure you catch the ball first.
3. I use my putting grip because the motion is a lot like a putting stroke, but I recommend that you use the grip that feels the best for you.
4. Stand close to the ball, and choke down on the grip a few inches to shorten the club. The shaft should be pretty upright at address. This will help you make a straight-back, straight-through stroke. If you stand too far from the ball, the stroke will be more rounded, which makes it tougher to make crisp contact.
5. The stroke is a simple back and through with firm wrists.

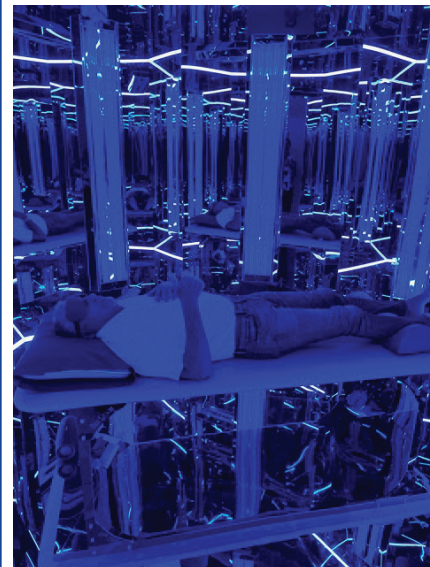
Why not just putt it? Because a putter has almost no loft, so you’ll tend to hit the ball down into the turf and come up short. The hybrid launches it a few inches in the air, so the ball skips off the fringe and rolls like a putt.

You’re gonna love this little shot! Sometimes when you are a little further off the green, and you have very little green to work with, when the pin is in the front of the green as shown here in Image 2, a hybrid chip is also a great choice. Set up the same way as described above, trust your shot, execute it and watch your score get lower and lower!

Tina Tombs is a 2020 Arizona Golf Hall of Fame Inductee, a *GOLF Magazine* TOP 100 Teacher in America, and two-time LPGA National Teacher of the Year. To schedule your next golf lesson, clinic session you can contact Tina or her staff at www.tinatombsgolf.com and sign on to book your next coaching session. ❖



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Sugaring has become a hot trend for hair removal, and for a good reason. The process is super simple, all-natural and effective. An alternative to waxing or shaving, the ancient art of sugaring has become the favorite way to remove hair, with lasting results up to six weeks. Bye-bye, hot wax and razors!

The kit includes earth-friendly ingredients, which are antiseptic and plant-based while providing antioxidants and amazingly anti-inflammatory results. It is perfect for sensitive skin. Check out this video tutorial with founder Danielle on the brand's YouTube channel, <https://www.youtube.com/channel/UCPsv89UWGM9L-Jdy8htrYDw>.

Swimsuit season is here, so be ready to hit the pool or beach (don't forget the sunscreen!). Go beyond the surface with these three best-sellers year-round and never need to wax or shave again: **sugaringLA To-Go Kit**

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About sugaringLA

From their studios to their at-home kits, sugaringLA products and industry-leading sugaring treatments are the healthiest and most effective method of removing body hair. Their proprietary sugar paste is so earth and human-friendly, you can even eat it! Follow them on Instagram @sugaringla. ❖



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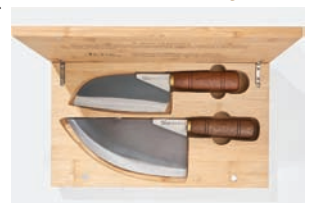
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The lightweight, carbon steel Moon Knife (named for its round shape) allows for a longer cut. Its light, thin blade makes it ideal for preparing coconut, watermelon, hard-skinned fruits - and, all meats.

Meet our Blacksmiths

About 200 years ago, blacksmiths made beautiful, intricate swords for the Thai-Burma war. They passed down their craft in making chefs knives. Today, a whole community is involved in a different part of the steel forging process! Families form co-operatives and have skilled workers dedicated to forging, grinding, stamping, woodwork, and finishing.

The price is \$70.00; visit www.verveculture.com/collections/thai-knives/products/thai-chefs-moon-knife. ❖



Skip the Crowded Airports This Summer – Revolutionary Hop-On Jet Service, JSX Was Social Distancing Before it Was Cool

With the help of researchers, *The New York Times* recently simulated the airflow within a typical flight experience on a Boeing 737NG, showing that the risk of exposure inside an aircraft is low due to constant airflow, however, the potential for exposure may be higher in crowded terminals where social distancing is difficult, and passenger volume is high.

Enter JSX, the revolutionary hop on jet-service, which offers the socially distanced and hassle-free experience of flying between private terminals on 30-seat jets starting at \$99 per person. Unlike commercial airlines, which fly out of packed airports, JSX features limited check points, no TSA pat downs, and no more than 20 minutes dwell time at their spacious open-air private hangars. The company was already primed to offer a safer experience overall pre-pandemic and were social distancing before it was cool. Now that it's top of mind, why fly any other way?

Under aviation expert and JSX CEO Alex Wilcox's leadership, the hop-on jet service has remained nimble and ahead of the curve versus its larger counterparts, despite an ever-changing travel climate and evolving consumer needs, carving out its own unique niche which Wilcox calls, "flying private for the public," democratizing the idea of private jet travel access for all.

The policies implemented by the company last summer cement JSX's commitment to safety and include their JSX Simpli-Fly program, which serve as a prime example of how the company continually adapts and caters to its customer base by taking them to where they want to be, in the way they want to get there crowd-free, hassle-free and worry-free.

Features of the JSX Simpli-Fly program include:

- ✈ Increased aircraft and lounge sterilization throughout the day and full-aircraft, non-toxic electrostatic spraying every 30 days.
- ✈ Touchless check-in to boarding procedures that take no more than 20 minutes, minimizing dwell time.
- ✈ No middle seats or overhead bins and a maximum of 30 customers per flight.
- ✈ HEPA filters and fresh air circulation every 2-3 minutes onboard - 5x more per hour than a hospital.
- ✈ Contactless, real-time, AI-enabled thermal Temperature Measurement Machines (TMM) at every airport.
- ✈ Fast deplaning and limited bag handling, with bags delivered moments after arrival.
- ✈ Free inflight beverages, snacks and cocktails – no credit card needed.



Alex Wilcox, JetSuite CEO

The award-winning regional air carrier, recognized by Fast Company as one of the "Most Innovative Companies" of 2020, has established an impressive West Coast and Mid-West flight network and amassed a reputation for joyful, simple and reliable air travel by providing 'hop-on air service' for all between major cities. Beyond the safety features of flying private during a health crisis, JSX is offering a super-safe and crowd-free travel option for all with flights starting at \$99 each way.

For more information, visit JSX.com. ❖



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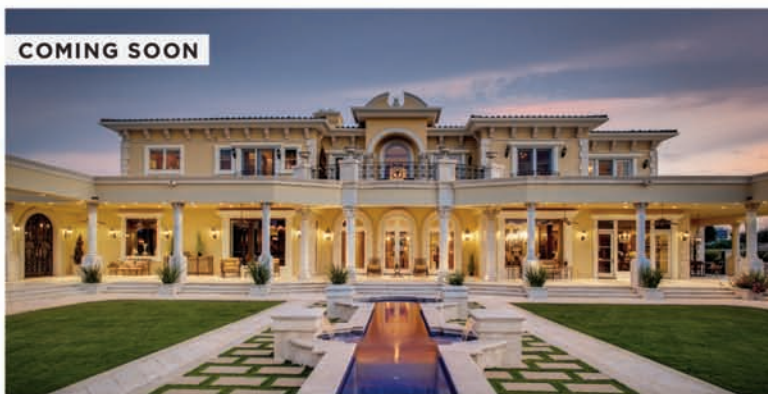
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