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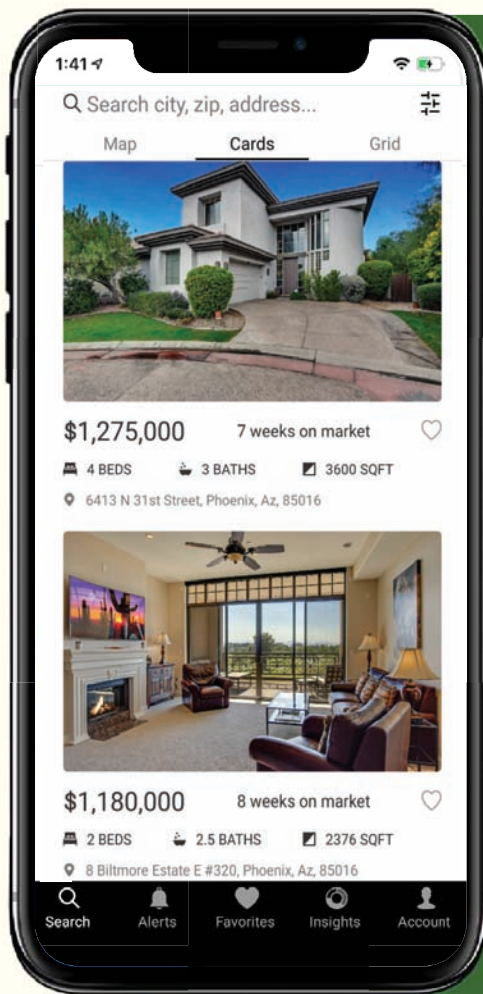
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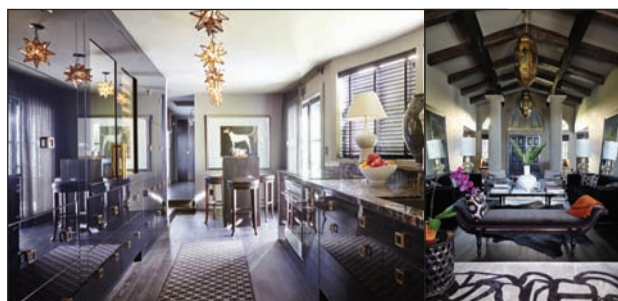
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## ***"Mexicano on Main Street" from Gennaro Garcia Kicks off the 2021 Season at Royse Contemporary***

Royse Contemporary is excited to present "Mexicano on Main Street," a solo exhibition of renowned artist Gennaro Garcia. This exhibition showcases a dynamic and vivid multi-media collection of work, including paintings, monosilk prints, along with debuting some of his latest Talavera Collection from Puebla in collaboration with Uriarte Talavera. This show highlights the artist's distinctive style, fresh voice, engaging subject matter and vivid creations. "Art sets me free and allows me to share my passion," states Garcia who strives to create art in every technique, style, color and texture, always evolving within his art.

He infuses his work with familiar imagery and subjects that are inspired by his dual identities as both Mexican and American giving us a true authentic Latino immigrant perspective with his latest show, states Curator, Nicole Royse. Garcia has masterfully fused the vibrant color palette of his childhood in Mexico with his impeccable world-class skill, utilizing a combination of Italian techniques working with oils, acrylics, and plaster, blending old and new world. "Art is addictive and therapeutic, it is the best way to communicate the way I feel, think and love," affirms Garcia.

Garcia is a native of San Luis, Sonora, Mexico, migrating to Arizona in his early twenties with drive, passion and the desire to create art. His work is featured in 10 different galleries in both the United States and Mexico



and numerous private collections, including representation by Royse Contemporary in Scottsdale. He is the recipient of several awards including the Masters of the Southwest Award, presented by the *Phoenix Home & Garden* and most

recently the Hispanic Heritage Award presented by Cox Communications and the Arizona Diamondbacks. He is also the resident artist at Xico Inc., a Latin & Native American Arts Organization.

As a seasoned artist, advocate, and chef he has brilliantly melded together all of his passions, and in 2018 Garcia partnered with Aaron Chamberlin to open Taco Chelo in Downtown Phoenix, highlighting the traditions of Mexican food and his art-work. His work is featured in many commercial and residential interiors, handling the interior design of over a dozen restaurants that feature his art and furniture design: including Barrio Queen, Casa De Julia, Ghost Ranch and Taco Chelo. His work has been exhibited in more than 80 exhibitions in the last 5 years. He has been featured in numerous local and national publications including: *Phoenix Home & Garden*, *Phoenix Magazine*, *Arizona Republic* and *Univision*.

"Mexicano on Main Street" will be on display through February 14th, 2021 at Royse Contemporary located at 7077 E. Main Street, Suite 6, Scottsdale, AZ 85251 in the Scottsdale Arts District. They are open to the public Thursdays from 6:00 p.m. to 9:00 p.m. and Saturday 12:00 p.m. to 4:00 p.m., or by private appointment or in-home appointment at your convenience. For more information about Royse Contemporary visit [www.roysecontemporary.com](http://www.roysecontemporary.com).





## Huss Brewing Co. Rolls Out New Low-Calorie IPA and Welcomes Back Seasonal Favorite

Arizona's own Huss Brewing Co. has rolled out a new IPA craft beer in January, the Low-Lo IPA. The beer is named for its low calories and local roots. Handcrafted by Brewmaster Jeff Huss and Head Brewer Matt Johnson, this new IPA has a unique flavor profile, and is Huss' first-ever low-calorie IPA. The Low-Lo Hazy IPA boasts just 109 calories (4.0% ABV) and showcases a ton of fruit on the nose. Notes of candied pineapple, melon, peach and tangerine help to create a crisp and delicious finish in this pale-yellow beer. Low-Lo is a perfect blend of Idaho 7, Mosaic and Amarillo hops that makes this brew a hopheads dream, without the guilt.

In addition, Huss is excited to welcome the return of the seasonal, community-grown CenPho Citrus IPA. This beer is brimming with fresh lemon, grapefruit and orange and other homegrown backyard citrus collected from the historic neighborhoods surrounding Huss' Taproom in Uptown Phoenix and created in partnership with Phoenix City Councilwoman, Laura Pastor, who represents District 4, home to both Huss' Uptown Taproom, and the state's first-ever experimental citrus trees (planted circa 1895). Every winter, Huss invites the community to participate in crafting this truly community-brewed IPA by donating citrus in exchange for a free pint upon release and a certificate for half-off of a six-pack.

The Huss Family of beers are available at your favorite restaurants and bars Valley-wide as well as the Huss taprooms in Tempe and Phoenix. Their beers are also available at select grocery and convenience stores across Arizona. For more information, please visit [www.hussbrewing.com](http://www.hussbrewing.com).



## Valentine's Day at the Spa at The Village Health Clubs & Spas

Nothing says romance like a trip to the spa and The Village Health Clubs & Spas are offering specials that are perfect for celebrating Valentine's Day the whole month of February. Head into any Village location for a date with your sweetheart, or spoil yourself with a self-love day of pampering.



The Chocolate Cupcake Body Treatment (\$105) is a 60 minute service that starts with a Primal Elements Cupcake Body Scrub which leaves the skin exfoliated and refreshed. The Chocolate mousse Hydrating Body Mask is a delicious antioxidant mask that combines cocoa with macadamia, almond and jojoba oil leaving skin smooth and hydrated. Finish off this treatment with the LaLicious Sugar Kiss body butter with notes of vanilla, citrus and rose, which will seal in moisture and have you walking out of the spa smelling like a Valentine's Day treat.

Looking for a facial? Try the Sweet Red Rose Anti-Aging Treatment (\$125) which includes your choice of Microdermabrasion or Dermaplane. Sweet red rose, a regenerative agent, is blended with BioComplex 2, a super antioxidant booster, to restore radiance through a targeted blend of nutrients ensuring long lasting results. This option is great for those wanting a little extra plumping hydration during this winter weather. Finish your spa day with The Chocolate Dipped Berry Manicure/Pedicure (\$40 Hands/ \$70 Feet). Eminence berry sugar scrub is used to exfoliate and is followed by the Chocolate Mousse hydrating mask, leaving your hands and feet hydrated and silky smooth.

All Village club locations are offering these spa treatments, and you do not have to be a member to visit the spa. For more information about The Village Health Clubs & Spas, visit [www.villageclubs.com](http://www.villageclubs.com).

## From the Publisher...



Happy Valentine's Day to all our *Biltmore Lifestyles* readers. February is here, and it looks like we can finally see the light at the end of the tunnel, as the vaccine is rolled out across the country.

It's time to start living again. My sister-in-law, Amanda, sent me a song that states my sentiment exactly. It is a song by a group called Mercy Me called "Say I Won't." In the song he says, "while I've been waiting to live, my life's been waiting on me. I'm gonna run; no, I'm gonna fly. I'm gonna know what it means to live and not just be alive!" That song just touched my heart and says how many of us might be feeling in today's predicament. With all the death that we have seen across the nation, we should all grasp this mindset and live our lives to the fullest!

Many of the events here in the Valley of the Sun will be getting started back up for us all to enjoy. Stay tuned right here to read about them! For some outdoor activity, be sure to read our cover feature this month on the Arizona Biltmore Golf Club. They have several different membership opportunities for you to choose from; they even have a "test drive" membership where you can try them out for a month. Get out and play a round of golf and enjoy the beautiful weather which is one of the reasons we live here!

Until next month, *Susan*

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

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Publisher

*Susan Aavang*

Editor

*Julie Nicholson*

Cover Feature: The Arizona Biltmore Golf Club

## Big Game Catering Deal and Valentine's Day Kids Eat Free at Miracle Mile Deli

**Sunday, February 7th - Big Game Catering**

Order catering for 10 or more people for Super Bowl Sunday and Miracle Mile Deli will throw in a free cookie platter.

**Sunday, February 14th - Kids Eat Free on Valentine's Day w/ adult entree purchase. (12 and under, must order off the kids menu.)**

To view the menu, visit [MiracleMileDeli.com](http://MiracleMileDeli.com).

Miracle Mile Deli was founded by Brooklyn, New York native, Jack Grodzinsky in 1949, and has become one of Phoenix's most classic dining institutions. Generations of families have gone to Miracle Mile to share amazing meals in their casual and warm dining atmosphere. The family establishment has been owned and operated by three generations of the Grodzinsky/Garcia Family over the last 7 decades and continues to draw hundreds of visitors each day. Customers have become accustomed to enjoying Miracle Mile's signature New York style favorite sandwiches such as "The Straw," "The New Yorker" and "The Triple Decker." Miracle Mile's massive menu of salads, comfort food, burgers and beer on tap always has something to appeal to everyone, along with top-notch customer service.

Miracle Mile is located at 4433 North 16th Street in Phoenix, AZ 85016. For more information, call (602) 776-0992 or visit [www.miraclemiledeli.com](http://www.miraclemiledeli.com). The hours are Monday through Saturday from 11:00 a.m. to 7:00 p.m. Miracle Mile is closed on Sundays. Curbside, dine in, takeout and catering are available.



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## Featured Properties



### 2402 E. Esplanade Lane #505 \$998,900

Totally remodeled 2,417sf modern contemporary residence with 3 bedrooms. Beautiful wood floors, high-end appliances including wine refrigerator and private balcony. Enjoy high-rise living at Esplanade Place; the award-winning high-rise offers the finest in services and amenities including valet parking, roof-top pool, spa, full fitness center, 24hr security lobby desk. Located at The Esplanade community, the Biltmore area hub of many top-level business & financial companies, fine dining, theater, shops!



### 2211 E. Camelback RD. #907 \$1,055,000

Gorgeous ninth floor unobstructed views from this 2,450sf high-rise residence at the Residences at 2211 Camelback! A fabulous buy with 2 bedroom suites and a third room/den or 3rd bedroom and 3 bathrooms. Rarely available, this floor plan has that extra room/den and 3rd bath but not too large in total sq ft! Newly updated building with stunning features! Valet parking, roof-top pool, full fitness center! Includes 2 garage spaces.

## Don't Let Stress Lead to Heart Attack or Stroke

Can stress contribute to a heart attack or stroke? Hospitalizations for stroke and heart attack nearly doubled in the two days after the 2016 presidential election, according to a recent study published in *Proceedings of the National Academy of Sciences*. Other studies have reported similar findings.

Doctors from Abrazo Health say that while stress and anxiety can contribute to health problems, it's important to know the risks and ways to reduce the likelihood of experiencing a heart attack or stroke.

"Being emotionally upset or angry can raise blood pressure and heart rate, which changes blood flow and reduces blood supply to the heart. This can lead to a heart attack or other cardiovascular problems," said Dr. Gopi Cherukuri, a Cardiologist at Abrazo Arizona Heart Hospital. "And that's not even taking pandemic-induced stress into consideration."

Dr. Emun Abdu, Medical Director of Cerebrovascular and Endovascular Neurosurgery at the Abrazo Central Campus Comprehensive Stroke Center, noted that stroke is the fifth leading cause of death in the U.S. and can cause lasting brain damage, long-term disability, or even death. A stroke occurs when blood supply to part of the brain is blocked or when a blood vessel in the brain bursts. In either case, parts of the brain become damaged or die.



Both physicians say if you or someone you know is experiencing anxiety from the current political climate, it could be time to take a break from media consumption and engage in healthy activities.

That includes taking time away from the TV, phone and computer, eating healthier foods and limiting alcohol consumption, increasing exercise, and avoiding arguments over politics.

"The combination of a pandemic and elections occurring in the same year has brought new levels of stress affecting many in the community. Don't be overwhelmed with current events to the point you are delaying health screenings, procedures and emergency care," said Dr. Abdu.

Heart disease costs the United States more than \$200 billion each year including the cost of health care services, medicines and lost productivity, according to the U.S. Centers for Disease Control and Prevention.

### Watch for signs of heart attack, including:

- ♥ Chest tightness.
- ♥ Shortness of breath.
- ♥ Pain between the shoulder blades or in the arm, jaw, chest or upper abdomen.
- ♥ Dizziness or fatigue.
- ♥ Clammy skin or cold sweat.
- ♥ Indigestion or nausea and vomiting.

Stroke is preventable and treatable, according to the CDC. Getting fast treatment is important to preventing death and disability from stroke, which affects more than 795,000 people in the U.S. each year.



### Watch for signs of stroke, including:

- ♥ Sudden **numbness** or weakness in the face, arm, or leg, especially on one side of the body.
- ♥ Sudden **confusion**, trouble speaking, or difficulty understanding speech.
- ♥ Sudden **trouble seeing** in one or both eyes.
- ♥ Sudden **trouble walking**, dizziness, loss of balance, or lack of coordination.
- ♥ Sudden **severe headache** with no known cause.

Call 9-1-1 right away if you or someone else has any of these symptoms.

Dr. Abdu and Dr. Cherukuri both emphasized, "If your party didn't win on Election Day, take a deep breath and focus on your health. Above all, remember that your health is more important than politics."



# Lunafest, A Fundraising Film Festival Featuring Films by and About Women

## Proceeds Benefit Valley Nonprofit Soroptimist International of Phoenix



LUNAFEST, the fundraising film festival dedicated to championing women filmmakers and bringing women together in their communities, brings its virtual event to Phoenix in partnership with local nonprofit Soroptimist International of Phoenix (SIP) for its sixth consecutive year beginning 4:00 p.m. on Sunday, March 7th.

Phoenix's first prime time anchorwoman Mary Jo West and Phoenix Film Critics Society President and RightThisMinute Host Gayle Bass bring their passion and talents to LUNAFEST as this year's co-emcees for the online event.

Since 2001, LUNAFEST® has been flipping the script, creating opportunities for women in film. These talented women directors bring stories from all over the world, sharing new perspectives and lighting a fire in the industry. The 2021 Season features seven short films featuring strong women, powerful images and impactful language. Stories reflect the diverse perspectives of the filmmakers and their subjects.

Tickets are \$25 per household and available at: <https://www.lunafest.org/screenings>. A streaming link and password will be sent to all those that have purchased tickets the morning of the event. Purchasers will have 24-hour access to view the films until 4:00 p.m. on Monday, March 8th.

All proceeds from LUNAFEST will benefit local nonprofit, Soroptimist International of Phoenix, whose mission is to empower women and girls by providing access to, and support of their educational objectives and Chicken & Egg Pictures, a nonprofit organization that supports women nonfiction filmmakers whose artful and innovative storytelling catalyzes social change.

Thus far, LUNAFEST, which was created and funded by LUNA®, The Whole Nutrition Bar, has raised more than \$6 Million for nonprofit organizations across the U.S. and Canada.

For more information about LUNAFEST, please visit [www.lunafest.org](http://www.lunafest.org). ❖



*Film Still - Overexposed: Filming an Arctic Odyssey*



*Film Still - A Line Birds Cannot See*



*Film Still - The Scientists Versus Dartmouth*



*Film Still - Knocking Down The Fences*



## Michael Waltrip Brewing Company Announces Partnership with MoBetta Golf Tour

### Two-Time Brand Named "Official Beer of the MoBetta Golf Tour"



Michael Waltrip Brewing Company, founded by two-time Daytona 500 champion, Michael Waltrip, and the MoBetta Golf Tour, cofounded by PGA legend John Daly, are announcing the brewery's "Two-Time" brand of lagers and ales has been named the Official Beer of the Tour.

"We are pleased to welcome Michael Waltrip Brewing Company to our family of sponsors," said John Daly. "I've known Michael for many years so having his brand involved with our Tour is really special and I know the golfers are going to enjoy his better beers."

The MoBetta Golf Tour is designed to give the everyday golf enthusiast the chance to compete for cash. Tournaments are set up to have low entry fees and high payouts. The number of players in each tournament determines how many players are paid. An annual \$250 membership along with tournament fees allow any golfer to be eligible to play in all sanctioned events on the tour. Six divisions are based on handicaps, making it the only national tour to use handicap divisions. Tournaments are scheduled throughout the country, culminating at the MoBetta US Championship in Las Vegas.

"We are really excited about joining the MoBetta Golf tour with our Two-Time brand," said Michael Waltrip. "John and I have played golf several times over the years, so when the opportunity to get involved with the Tour was presented, it was an easy decision. What goes together better than beer and golf."

"We are delighted to have Michael Waltrip Brewing Company and Two-Time on board as the official beer of the MoBetta Golf Tour," said Mick Weber, Director of Operations, MoBetta Golf LLC. "Michael himself personifies not only the lively nature of his Two-Time beer brand, but also our tour. His involvement is exciting in what is certain to be very successful partnership,"



Michael Waltrip and Jon Daly

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#### About Michael Waltrip Brewing

Based in Phoenix, Arizona, Michael Waltrip Brewing Company, founded in 2020, is a premium brewing company that celebrates the enthusiasm and joy of better living of its founder, iconic motor sports champion Michael Waltrip. The company's flagship brand, Two-Time lagers and ales, is the result of Waltrip's quest to create better beers that are easy to drink, approachable, filled with quality ingredients, fabulously refreshing and brewed with craftsmanship. The fun and flavorful collection of beers, aptly named after Waltrip's two-time Daytona 500 victories, features a "Blonde" ale; a coconut India Pale Ale "Checkered Past" and a Mexican-style lager "Vamanos." Seasonal and other new selections are planned for the beverage portfolio. Phoenix-based brewery and taproom, tasting and lifestyle events, and distribution in other states are in development. For more information, please visit [MichaelWaltripBrewing.com](http://MichaelWaltripBrewing.com)

#### About MoBetta Golf Tour

The MoBetta Golf Tour is designed to give the everyday golf enthusiast the chance to compete for Cash. The tournaments are set up to have low entry fees and high payouts. The number of players in each tournament will determine how many players get paid. All golfers will be required to purchase a yearly membership card for \$250 per year and can play in all sanctioned events, including the MoBetta Golf US Championship in Las Vegas. Their two main goals are to grow the sport of golf and grow the prize money of each event. ❖



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## Cosanti Bells Ring, Art and Architecture Stand In Honor of Paolo Soleri's Timeless Legacy

Cosanti Originals windbells and the art and architecture of Paolo Soleri have made their stamp on residences and commercial businesses for decades. But for the first time, the Cosanti Foundation has compiled "Soleri in the Valley," a list of notable places where Cosanti windbells ring and Soleri's signature works help define Arizona landmarks. Some of these significant locations include:

- ✦ **Dome Home in Cave Creek**, the first home Soleri built
- ✦ **Neiman Marcus in Scottsdale** - Cosanti windbells welcome shoppers at the main entrance
- ✦ **Soleri Bridge in Scottsdale** - Built in 2010, the Bridge and special assembly over the canal celebrate its 10th anniversary this December
- ✦ **The Arizona Biltmore** - Cosanti windbells reside within Frank and Albert's restaurant
- ✦ **Burton Barr Central Library** - An entire bell collection is featured on the second floor, outside The AZ Room
- ✦ **Phoenix Art Museum** - Soleri's large metal sculpture greets guests outside the main entrance
- ✦ **Phoenix Sky Harbor International Airport** - Terminal 4 features a hanging special assembly, post security
- ✦ **Mayo Clinic** - Cosanti windbells hang in the main lobby
- ✦ **The Arizona Cancer Center Chapel (University of Arizona campus in Tucson)** - The chapel boasts a series of

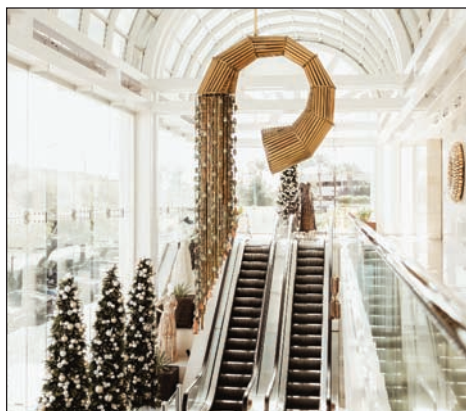
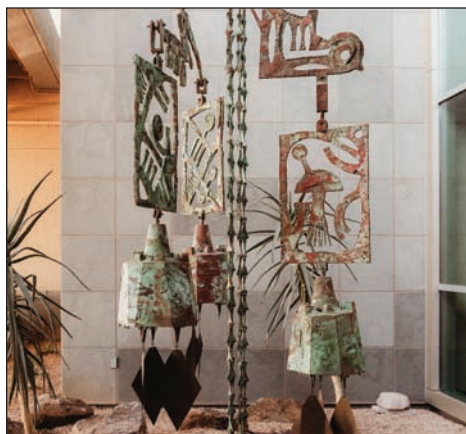


vaulted ceiling panels and vertical wall panels that together form "A Tree of Life" installation and a large sculptural bell mobile

- ✦ **Glendale Community College** features the Soleri Amphitheatre in the grassy northwest corner of campus
- ✦ **The DeConcini House in Phoenix** - Soleri's "stamp" on this project includes signature motifs such as cast concrete panels, the large letter 'P' shaped entranceways, and cantilevered counters

Soleri's legacy can also be seen in murals



throughout Arizona on highway underpasses such as Exit 263 - the Arcosanti Road exit - on I-17 and along 22 miles of the new extension of the 202 South Mountain Freeway. Beyond Arizona, the Paolo Soleri Amphitheater, originally opened in 1970, still stands in Santa Fe, New Mexico. Marked for demolition in 2011, a "Save the Soleri Amphitheater" initiative has been implemented by the Santa Fe Indian School alumni. Cosanti windbells and so much of Soleri's history can also be found at Cosanti Originals Studio and Gallery in Paradise Valley including the CAT-cast house, apse, gallery and studio.





Cosanti is located at 6433 E. Doubletree Ranch Road in Paradise Valley. For more information, visit [www.cosanti.com](http://www.cosanti.com). ♦




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## The Rhythm of Color ~ Part 2/2

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



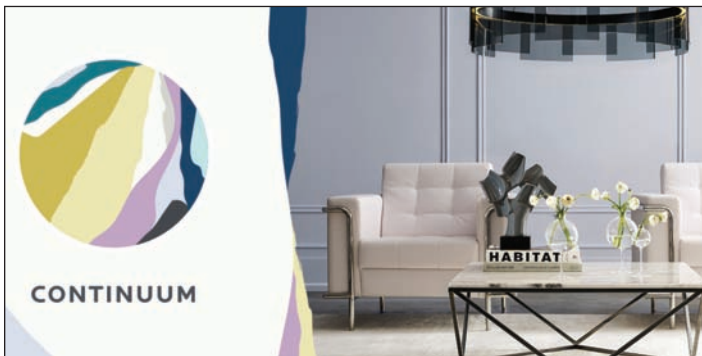
In determining yearly color forecasts, paint manufacturers take a close look at design trends as well as global issues and influences. The right mix of color, texture and light can energize a lackluster room, evoke a sense of calm or inspire high-energy. If you're looking to hit refresh in 2021, take your cues from the color experts at Sherwin-Williams and their 2021 paint color predictions.

The Sherwin-Williams paint company selected 40 trendy colors, broken up into four palettes, under a theme called "Rhythm of Color." Sue Wadden, Director of Color Marketing at Sherwin-Williams, stated in a press release that this theme examines, "where we've been to help inform where we're going and to help us create that central hub that is so vital to our everyday living and working now." Each palette draws inspiration from design trends and pop culture and features a unique mix of soft neutrals and vibrant accent colors.

### Design Concepts:

Continuum Palette's are influenced by the idea of an Ethereal Spectrum, Smart Living and a Hybrid of Synthetic and Natural Elements. The idea of exploring new frontiers with fresh inspiration and spirit that bounds fearlessly into the future. Color code SW 7076 Cyberspace an 'inky' hued blue.

- Key Influence of this palette are engineered environments
- Sea + Space
- Sculptural + Modernism



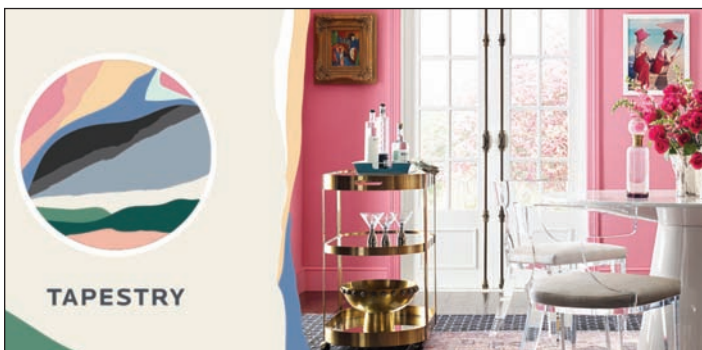
Creativity and personality define the Tapestry color palette and gives us permission to play and express happiness in a pure and simple form.

The concept of bringing joy back into our lives with a caution to the wind playful color palette like, SW 6577 'Jaipur Pink' and Perfect Periwinkle SW 9065. The use of lavish jewel tones and layers of pattern and texture will tell a story.

Mod-Max is also part of this color theme and comes in response to the resurgence of maximalism. Diffused almost-black colors have a strong gray, brown or green undertone that takes the edge off and softens blacks color boldness.

For sophistication and grounding check, utilize color code 6258 Tricorn-Black.

You may contact Tina for Interior and Lifestyle Design Services at [tmellino@cox.net](mailto:tmellino@cox.net), [www.houzz.com/pro/tmellino](http://www.houzz.com/pro/tmellino) or you may visit [www.ziainteriors.com](http://www.ziainteriors.com).



## Registration and Re-Enrollment Open for Nonprofits Participating in 2021 Arizona Gives Day, Presented by FirstBank

Coming off a record-breaking outcome in 2020 when Arizona Gives Day raised \$6.1 million for nonprofits across the state in the midst of a national pandemic, registration and re-enrollment is now open for Arizona nonprofits interested in participating in the 24-hour online fundraising event, on April 6th, 2021. Presented by FirstBank, one of the nation's largest privately held banks with a focus on "banking for good," Arizona Gives is hosted by the Alliance of Arizona Nonprofits and the Arizona Grantmakers Forum.

Arizona Gives Day is an annual event uniting nonprofits, big and small, new and established, to celebrate and increase philanthropy in Arizona through online giving. Arizona Gives Day helps raise awareness about the critical role Arizona nonprofits play in our communities and inspires people to give generously to create a thriving and stronger Arizona for all.

Re-enrollment and payment of a refundable registration fee is required annually and can be completed at [www.AzGives.org](http://www.AzGives.org). The registration deadline for new registration is March 5th, 2021. Since 2013, Arizona Gives has raised more than \$23 million for nonprofits statewide. Registrants receive access to workshops, training materials and an online giving toolkit.

New and improved features this year include personal fundraising campaigns, nonprofit goals and leaderboards turned on during the early giving period and an events and volunteer opportunity area collectively listed for viewing in one place. These features were created to encourage year-round use of the website and assist with connecting the community with nonprofit organizations of interest.

"Our ultimate goal is to provide critically important donations that enable Arizona nonprofits of every size to continue doing what they do so well in communities across the state," said Arizona Alliance of Nonprofits Chief Executive Officer Kristen Merrifield.

Information required for registration and re-enrollment includes general information about the nonprofit; IRS Determination Letter; the most current completed financials through Form 990 or the organization's operating budget; and a bank account and routing number for electronic distribution of donations. Arizona Gives virtual workshops to assist in making each participant's fundraising experience a success began in December, with additional workshops being scheduled for the first part of this year. Registrants can participate in real time or view the recording at a later date.

"Arizona Gives offers a number of significant options for both nonprofits and donors including the ability for year-round giving and for donors to create personal fundraising campaigns," Merrifield said.

### Changes for the 2021 campaign include:

- Improved giving day nonprofit dashboard
- Donor 'repeat your donation' feature
- Ability to review monthly donation distributions within your profile
- Resource and help library

A full explanation of improvements and answers to important questions about Arizona Gives Day can be found at [www.AzGives.org](http://www.AzGives.org).

For interested donors, AzGives.org offers an advanced search filter to find nonprofits by specific criteria, area of focus and which donations may qualify as an Arizona tax credit.

Donors also can create an account to pre-schedule donations or can check out as a guest, set up recurring donations, and make changes to their giving throughout the year.



## HAPPY VALENTINE'S DAY

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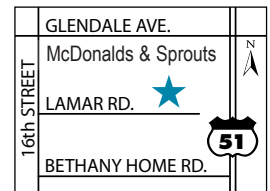
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## FOUND:RE Phoenix Hotel Transports Guests to New Orleans for Mardi Gras Themed Passport Series Event

Let the good times roll at FOUND:RE Phoenix Hotel and Match Market & Bar in honor of Mardi Gras! On Tuesday, February 16th, the hotel celebrates the next event in its monthly "Passport Series" with a Mardi Gras theme designed to help guests get in the spirit of the Big Easy with traditional "N'awlins" cocktails and cuisine, and a French Quarter-style carnival atmosphere on the outdoor pool deck and bar with live jazz music, beads, vibrant décor and more.



Libations available for purchase throughout the evening include specialty cocktails originated in the Crescent City including the Hurricane (credited to the famed tavern Owner Pat O'Brien in the 1940s); the Grasshopper (believed to be invented by New Orleans' bar Tujague's owner Philip Guichet in 1918); the Sazerac (named for the City's Sazerac House which opened in 1852); and the Vieux Carré (made in 1930s by Walter Bergeron, a bartender at New Orleans' legendary Carousel Bar).

Guests can also take a bite of Bourbon Street with Seafood Gumbo featuring sausage, shellfish medley, peppers, green onions and rice for \$9.

FOUND:RE's Fat Tuesday Mardi Gras celebration is part of its FOUND:RE Passport series, which brings guests and locals the unique flavors from destinations around the globe — without leaving the property! Attendees receive a FOUND:RE Passport with the opportunity to collect stamps from each destination; those that collect the most stamps during the series have the opportunity to win prizes and giveaways.

FOUND:RE Phoenix Hotel is located at 1100 N. Central Avenue in Phoenix. Admission for this month's event is \$15 and registration can be made via <http://bit.ly/35mLOK1>. For more information, call (602) 875-8080 or email [info@matchphx.com](mailto:info@matchphx.com).

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## With Golf Trending, Benefits of Arizona Biltmore Golf Club Membership Are Clear

There's no denying it, the last 12 months have been challenging. But as the old saying goes "there's always something to be thankful for." Through stay-at-home orders and shutdowns, golf is one thing many are thankful for. With its natural physical distancing elements and health benefits (both mental and physical), interest in golf and club memberships continues to climb across the country.

Locally, at the Arizona Biltmore Golf Club, they are witnessing a similar trend.

"With travel restricted, vacation plans squashed and many seeking an out-of-the-house family activity, we've seen increased interest in our club memberships," said Justin Creighton, Head Golf Professional at the Arizona Biltmore Golf Club. "In fact, since the pandemic began, we've welcomed 38 new members to the club."

With a surplus of club options in the area, the member and golf experiences offered by the Arizona Biltmore Golf Club remain a tremendous

value. Members enjoy 36 holes of golf at the Biltmore, plus access to three outstanding courses at The Wigwam Golf Club (also a JDM-owned property) in the West Valley.

Club membership options are reasonably priced and are available for individuals, families, companies and juniors. Membership categories include Junior, for those age 40 years and younger; Full Golf; Unlimited Golf; and Corporate, which allows each signer the ability to host up to three players at the member guest fee.

And, for those who just aren't sure if a club membership is right for them, the Arizona Biltmore Golf Club's Test Drive option is an opportunity for golfers to experience all the benefits of being a club member on a one-month trial basis. The Test Drive membership sells for \$1,000 (plus tax) and includes unlimited golf at no additional cost. The benefits of being a club member go beyond savings on golf, including discounts in the golf shop, full access to the practice facilities and more. Once the month is over, Test Drivers can join as a full golf member and receive \$500 off their initiation fee.





All Arizona Biltmore Golf Club memberships come with signing privileges at the award-winning Adobe Restaurant. Located in the clubhouse, the Adobe Restaurant serves breakfast, lunch and afternoon cocktails with happy hour starting at 2:00 p.m. daily. In addition to an incredible assortment of craft beers, the Adobe features a traditional food menu with a contemporary twist. The restaurant's beautiful outdoor patio is the ultimate spot to relax and unwind after golf, while inside treasured photos adorn the walls and celebrate the property's rich history.

The Arizona Biltmore Golf Club's semi-private status affords it the opportunity to accommodate resort and daily-fee rounds in addition to member play. Why join a club which also offers daily-fee access, you may ask? According to Creighton, the answer is simple.

"Access, proximity, convenience, variety and prestige, you'll find them all at the Arizona Biltmore Golf Club," said Creighton. "We're located in the heart of Phoenix, our Links and Adobe Courses provide variety and challenge, and members have advanced access to tee times."

Since purchasing the Arizona Biltmore Golf Club out of bankruptcy nearly 12 years ago, club owners JDM Partners have continually sought to improve the golf course and club facilities, while also enhancing the overall member experience.

"Moving forward, members can expect continued improvements throughout the club as JDM and our club operations team remain committed to delivering an outstanding experience for members and guests," added Creighton.

With health experts predicting more challenging times ahead, golf remains a viable option for people to enjoy and the Arizona Biltmore Golf Club is doing its part to keep guests healthy. In addition to requiring face masks when indoors and when in close proximity of others while outdoors, the club has invested in cart dividers so that members and guests may safely ride with fellow golfers. And, of course, walking is still a healthy option too.

**For more information on the Arizona Biltmore Golf Club's membership options, contact Steffen Koury at (602) 955-9794 or [skoury@jdmgolf.com](mailto:skoury@jdmgolf.com).**





## HULA'S Modern Tiki Adds Mocktails and The Impossible Burger to their Menu

HULA'S Modern Tiki has added some new options to their food and drink menus that support different types of lifestyles and diets. HULA's has rolled out a brand new Mocktail menu, cocktails made without the liquor, with island-inspired options like Hula Juice, Castaway Cooler, and more. These alcohol-free beverages, which are only \$6, are great for people of all ages and are a fun way to enjoy some tropical sippin' without the booze. Check out the new mocktail options and recipes below.

In addition, the Impossible Burger has also been added to the HULA'S food menu. Find it available in dishes like the signature Hawaiian-style Loco Moco dish, a burger patty on a bed of rice, smothered in brown gravy and topped with a fried egg. The Impossible Burger comes from Impossible Foods, a company that develops plant-based substitutes for meat products, making this a great choice for vegetarians and vegans.

HULA'S Modern Tiki has three locations around the Valley (Phoenix, Scottsdale, High Street) and all locations are currently open for dine-in and takeout. Visit [www.hulasmoderntiki.com](http://www.hulasmoderntiki.com) for more information.

### Hula Juice

- 1 1/2 oz Pineapple Juice
- 1 1/2 oz Orange Juice
- 1 1/2 oz Cranberry Juice
- 1 oz Passion Fruit Puree
- Ginger Ale

Add ingredients (minus ginger ale) into a shaker with ice. Shake and strain into a hurricane glass. Top with fresh ice and ginger ale. Garnish with orange, cherry and umbrella.

### Castaway Cooler

- 1 1/2 oz Orange Juice
- 1 1/2 oz Pineapple Juice
- 1 oz Pomegranate Syrup
- Ginger Ale

Add Ingredients (minus ginger ale) into a shaker with ice. Shake and strain into a mai-tai glass. Add fresh ice and top with ginger ale. Roll cocktail and garnish with an orchid.

### Orgeat Lemonade

- 1 1/2 oz Lemon Juice
- 1 1/2 Orgeat
- Soda Water

Add lemon juice and orgeat into a shaker with ice. Shake and strain into a hurricane glass. Add fresh ice and top with soda water and roll. Garnish with lemon wedge, cherry, orchid and an umbrella.

### Captain's Colada

- 1 oz Coconut Cream
- 1 oz Templeton's Spiced Falernum Syrup
- 3 oz Pineapple Juice

Add ingredients into a shaker with ice. Shake and strain into a tiki glass with fresh ice. Garnish with a pineapple frond and pineapple wedge. ❖



## Valley Expert Advice to Get Your House in Order

With winter in full swing, the experts at Donley Service Center are available to explain and demonstrate the following ways to protect your pipes and get the most out of your heating unit:

### Water Pipes

- Insulate pipes with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing. Running water, even at a trickle, helps prevent pipes from freezing.
- Make sure you cover your Pressure Reducing Valve (PRV) and backflow preventer during the winter to prevent damage during a freeze. It can be a \$400-600 repair.
- Know where your water shut-off valve is and label it for easy identification.
- Make sure all family members know how to shut off.
- Consider shutting off the water if you're leaving town.
- Letting your faucet drip can prevent pipes from bursting but will not stop them from freezing.

### Heating Units

- Best time to test your unit is in the morning. Turn your thermostat 2-3 degrees from the room temp and let it cycle on and off for an hour.
- Annual maintenance should include tests for gas and carbon monoxide leaks.
- Set it and forget it - local utilities recommend setting your thermostat at 68 degrees during the winter, but for every degree lower you can save 2-3% on your bills.
- Limit fans - bathroom exhausts, stove vent fans and clothes dryers can remove the warm air your heater produces and cost you money. Avoid using them during coldest parts of day.
- Add a little humidity - since moist air holds heat, using a humidifier may increase your comfort level and allow you to lower your thermostat setting.
- Don't forget to clean - while filters should be cleaned monthly during the summer months, you can get away with every other month during cooler season.

### About Donley Service Center

Jim and Mike Donley and their employees have been providing honest, caring service to Arizonans since 1976. Family-owned Donley Service Center has twice been honored with the Better Business Bureau's Ethics Award. Donley technicians receive ongoing training to provide the most comprehensive service for air conditioning, plumbing, heating, sewer repair, maintenance management and solar hot water. For more information, visit [www.donleyservice.com](http://www.donleyservice.com). ❖







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## Meal Prep Made Easy

### Discover New Ways to Safely Store Food with Lasting Freshness

Don't you just love it when you buy a product once and know it'll last forever? That's what you get with Lasting Freshness, a set of vacuum glass and plastic containers that work as a food preserver as well as a storage solution. The name says it all.

Stop wasting food and meal prep your way to easier weeks by using this ultimate storage system. Put the containers in the microwave, freezer and dishwasher - no problem! They're all BPA-safe and conveniently nest for easy storage.

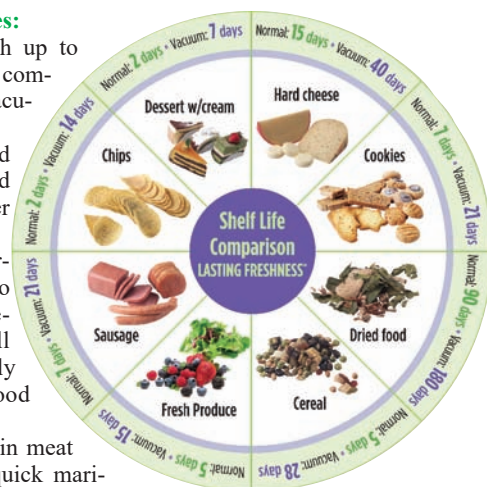
Start chopping up those favorite veggies, fruits and meats and prepare to save a bundle on groceries each month while managing your portion control at each meal. Get the most out of household staples such as lettuce, guacamole, crackers, chips and coffee and eliminate the waste. Marinate in just minutes instead of hours. Plus, your refrigerator and pantries stay organized, you can buy groceries in bulk, store food safely and commit to eating better. What's there not to like!



#### At-A-Glance Features:

- Keeps food fresh up to five times longer compared to non-vacuumed food
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- Freezer, fridge, and microwave friendly
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- Dishwasher safe
- All of the containers are easily nest for space-saving storage
- Price: starting at \$29 for a nine-piece set

Extend the life of your food. For more information or to order, visit [www.lastingfreshness.com](http://www.lastingfreshness.com).





## Pindler Predicts Top Fabric Trends for 2021

### Industry Leader in Decorative Fabrics Reveals Colors and Textures That Will be Popular This Year

We've said goodbye to 2020, and now it's time to say hello to a new year and new opportunities to get creative with exciting up-and-coming fabric trends. Pindler's design team predicts that 2021 will bring bold colors, comforting environments and a focus on cleanability. As these trends shape the industry this year, vibrant hues, serene shades, soft textures and performance qualities will all be in high demand.

#### Go Bold

The start of a new year is the perfect excuse to revamp existing spaces and make a bold statement. Vibrant colors like intense purples, saturated oranges and lively pinks are a great way to add a touch of fun. These invigorating shades energize any environment, whether you make a big commitment, like paint or upholstery, or add in small accessories for a pop of color.



#### Pindler Patterns:

P6348 Kanuma Midnight, 7029 Jacqueline Blossom, 8946 Jefferson Watermelon, 7027 Maestro Multi, 7028 Abode Spring, 7021 Norma Black, 7120 Gresham Rainbow, 7015 Legend Multi, 7020 Nikki Berry

#### Comfort and Calm

In these times, being able to retreat to comforting and tranquil settings is a must. More people are creating calm, relaxing environments in their homes and filling them with serene colors and soft furnishings that make for a perfect place to unwind. In addition to velvets, which continue to trend, lofty chenille fabrics and bouclé textures are perfect choices for designing plush and cozy interiors.



#### Pindler Patterns:

7013 Lourdes Aegean, 7064 Lofty Fawn (Fox), 7025 Fluffy Mineral, 7119 Cromwell Travertine, 7118 Harlow Snow, 7120 Gresham Beach (Waterfall), 7063 Bennett Cream, 7014 Nexus Teal

#### Bring the Outdoors In

The performance attributes of indoor-outdoor fabrics continue to make them a go-to for any indoor project. Cleanability has become increasingly important inside the home and, for many, the ease of wiping away spills and being able to clean fabrics with bleach is a win-win. Whether you choose a solid, stripe or pattern — and whether you want a traditional, modern or global aesthetic — there are numerous indoor-outdoor fabrics available that offer both sharp design and peace of mind.



#### Pindler Patterns:

6615 Fieldgate Indigo, 6989 Hatfield Mesa, 6538 Richfield Silver, 6403 Waterbury Nautical, 6479 Sunnyside Grotto (Poppy), 6743 Lakehurst Adriatic, 6987 Gwen Teak, 6886 Olander Pacific, 6616 Keating Denim

A variety of beautiful fabrics that fit these trends are available at Pindler's 16 corporate showrooms and nine agent showrooms across the U.S. as well as two agent showrooms in Canada. For more information, visit [www.pindler.com](http://www.pindler.com).

## Award-Winning Cocktail Lounge, Little Rituals, Celebrates Two Years in Business

Celebrating two years in business this February, Little Rituals in downtown Phoenix is serving up new nightly specials the week of February 16th. The stylish, award-winning bar is kicking off the celebration with items like an Anniversary Punch, \$50 bottles of champagne, and more. Now open Tuesday through Sunday, doors open at 5:00 p.m. and the last reservations are at 10:30 p.m. every night, and reservations are strongly recommended. Head into the swanky cocktail lounge and soak up the downtown views, specialty drinks and more as you toast to two years of Little Rituals.



#### Specials

**Tuesday, February 16th:** Aperitivo Hour all Night long

**Wednesday, February 17th:** Make any pour a boilermaker

**Thursday, February 18th:** \$50 bottles of Champagne all night long

**Friday, February 19th:** Special 2nd Anniversary Punch for guests

**Saturday, February 20th:** Special 2nd Anniversary Punch for guests

**Sunday, February 21st:** Spend Local Sundays - dine or shop at a local business or attend an event in downtown Phoenix and get 20% off your bill at Little Rituals

Plus, in honor of this milestone, Little Rituals is excited to introduce their revamped Aperitivo Hour, available everyday from 5:00 p.m. to 6:00 p.m. You'll also find new cocktails and an updated beer and wine list.

#### Aperitivo Hour

**Bottle and Board:** Receive a Chef's Board (charcuteries) with every bottle of wine. **Cocktail & A Cocktail:** Pair Your First Cocktail with \$1 Shrimp Cocktail.

#### Discounted Drinks:

Enjoy 25% off the Daily Rituals drinks.

Little Rituals is located at 132 S. Central Avenue, Phoenix, AZ 85004, on the 4th Floor of the Residence Inn/Courtyard by Marriott Phoenix Downtown. For more information about Little Rituals, please visit [www.littleritualsbar.com](http://www.littleritualsbar.com).





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## Local Award-Winning Photographer Releases AZ Uncorked, The Arizona Wine Guide A More Than 500 Page Hardcover Coffee Table Book

Award-winning photographer, designer and Scottsdale resident, Jenelle Bonifield, just released her highly-anticipated hardcover, coffee table book, *AZ Uncorked, The Arizona Wine Guide*.

This exquisite 11-inch by 9-inch book weighs more than six pounds and features 544 pages bursting with gorgeous color photographs, showcasing 45 stories about Arizona's beautiful vineyards, unique tasting rooms, and the maverick winemakers who call Arizona home like Eric Glomski, Sam Pillsbury, Maynard Keenan and Kent Callaghan, to name a few.

The book opens with a foreword by international wine reviewer, writer and sommelier Elaine Chukan Brown, known online as Hawk Wakawaka. The introduction was written by acclaimed local restaurateur and sommelier T. Scott Stephens, Co-Owner of Beckett's Table and Southern Rail in Phoenix.

The guide is then divided into sections based on Arizona's wine regions. Each section begins with an introduction written by Arizona wine industry professionals and enthusiasts including wine blogger Cody Chasen Burkett (CSW), Co-Owner of Scottsdale's FnB Restaurant Pavle Milic, and vineyard consultant Nikki Check. Michelle Jacob introduces our metro tasting rooms, and Annabel Sclipa introduces the outlier wineries. Richard Betts, independent wine and spirits educator, covers a section on Arizona wine festivals.

Bonifield spent over three years photographing and working with writers to craft stories about the people behind the Arizona wine industry.

"My concept for the book began with this goal: to provide a resource for Arizonans to learn about the many vineyards throughout our rugged high country and the fabulous wines our winemakers create," said Bonifield."

"What an amazing journey it has been getting to know so many Arizona winemakers and wine industry individuals. They are among the hardest working, most dedicated, and passionate people on the planet. I hope that people will enjoy the book as much as I have enjoyed creating it."

*AZ Uncorked – The Arizona Wine Guide* is a stunning creation culled from her efforts, and a first of its kind for the Arizona wine industry. The hardcover coffee table book, which is 100 percent locally produced and printed by Courier Graphics, is \$111 and available online at <https://arizonawineguide.com/order-book/> or at the following:



- **Jerome:** Puscifer - The Store, Four Eight Wineworks, Vino Zona
- **Phoenix:** Genuwine Arizona, Southern Rail, Beckett's Table
- **Scottsdale:** Merkin Vineyards Old Town Scottsdale, Salvatore Vineyards
- **Sedona:** The Art of Wine Sedona, Vino Zona
- **Sonoita:** Autumn Sage Vineyards
- **Tempe:** Tracy Dempsey Originals (TDO) & ODV Wines
- **Tucson:** Arizona Wine Collective
- **Verde Valley:** Page Springs Cellars, Carlson Creek Vineyard, Merkin Vineyards Osteria
- **Willcox:** Golden Rule Vineyards tasting room, Pillsbury Wine Company





## Macayo's Mexican Food Locations Launch Playoff Packages

As playoff season kicks off, Macayo's Mexican Food locations invites diners to score big with specialty packages designed to feed the whole football-watching family. Playoff Packages are available through Sunday, February 7th and include:

The Wild Card Package, serving 4-6 for \$42.99, includes:

- (1) 2-Liter bottle of Pepsi, Diet Pepsi or Sierra Mist
- (1) Dozen Mini Chimis
- (6) Cheese Enchiladas
- (6) Crispy Tacos
- (1) Pint Rice
- (1) Pint Beans
- Chips and Salsa

The Championship Package, serving 8-10 people for \$64.99, includes:

- (2) 2-Liter bottles of Pepsi, Diet Pepsi or Sierra Mist
- (2) Dozen Mini Chimis
- (1) Dozen Cheese Enchiladas
- (1) Dozen Crispy Tacos
- (2) Pint Rice
- (2) Pint Beans
- Chips and Salsa

Packages are available for take-out from all Macayo's Mexican Food locations or via Macayo's Delivery. For more information, visit [www.macayo.com](http://www.macayo.com).



## Engaging and Enriching Virtual Programs for Older Adults

The Center for Senior Enrichment (CSE), under the auspices of Jewish Family & Children's Service, provides daily ZOOM programming for all older adults throughout the Valley, exploring music, movement, history, art and more during the month of February.

New this month is a Latin Fusion dance class on Monday mornings, February 1st and 8th at 11:00 a.m., with Michelle Dionisio, focusing on dances like the merengue, mambo, salsa and cha cha. All movements can be modified for varying ability levels.

Continuing in the Latin vein, The Musical Instrument Museum is presenting Fiestas Patronales: Music in Latin America's Celebrations, on Tuesday, February 9th at 1:30 pm. The talk features Dr. Daniel Piper, curator and ethnomusicologist for the MIM, introducing rich varieties of Latin music in cultural context.

Pianist Nicole Pesce returns with another delightful edition of the Great American Songbook on Thursday, February 4th at 11:00 a.m., this month featuring classic songs about love. Also on February 4th, at 1:30 p.m. is a fascinating virtual tour called Time Travel to Montmartre, with Karen Rudel of Sight Seekers Delight. The following Thursday, February 11th, at 11:00 a.m., we're welcoming back the Phoenix Art Museum with a new presentation on The Art of the Monument Men, who rescued great works of art during WWII on February 11th at 11:00 a.m.

The ever-popular Chair Yoga, taught by Zoe Bellinghausen, continues every Wednesday morning at 11:00 a.m., and is now preceded each Wednesday by an additional exercise class called Fitness Fun with Zoe at 10:00 a.m. Make it a double header!

Discover the benefits of drumming on Thursday, February 25th at 11:00 a.m. at Body Drumming with Joe Goldberger. Drumming has the ability to enhance your immune system while reducing anxiety and blood pressure. It's also great fun!

Fridays include a Welcome Shabbat program at 11:00 a.m., with Rabbi Nitzan Stein Kokin of Congregation Beth El on February 5th, and other special guests the following Fridays.

"Our attendance has increased each week since we began in November," states Jennifer Brauner, CSE Director. "We are grateful to our teaching artists and our participants for embracing the new technology to enable us to reach out throughout the Valley to provide meaningful, engaging programs to older adults in the comfort and safety of their own homes."

Classes and programs are offered Monday through Friday, generally at 11:00 a.m. and 1:00 or 2:00 p.m., and are open to all older adults. For a complete list of classes, please visit [www.jfcsaz.org/cse](http://www.jfcsaz.org/cse).

## Whats Your Sign?



## Surprise Your Valentine with Moxie Malas

As we approach Valentine's Day, and try to get past how the pandemic has changed our lives, we need to re-center our energy and focus on the good around us. Bracelets from Moxie Malas help us do just that. Made from healing crystals, Moxie Malas balances the energy that's dancing in our minds, so we become more calm and focused.

Using crystals that are sourced from around the world, the bracelets are broken down into different categories, such as Love, Thrive and Personal Power, reminding the wearer that they are the best version of themselves. The bracelets also use the power of aromatherapy through the use of porous lava stones. Pure essential oils can be dropped directly onto the stone and worn throughout the day, uplifting one's spirits.

Moxie Malas are handcrafted in the United States using only the highest quality of genuine semi-precious gemstones and crystals which are picked based on their own unique healing energies. Moxie Malas offers a unique gift during these unique times!

For more information and to order, visit [www.moxiemalas.com](http://www.moxiemalas.com).





## Buyout a Waterpark? Check! Your 2021 Bucket List Destination Awaits

Dreaming of your next vacation? Although travel looks a little different, the wanderlust remains high. Start planning your 2021 itinerary by adding Great Wolf Lodge Arizona's exclusive "Own the Park" package to your bucket list. This buyout package offers families the opportunity to make up for lost time, re-find each other, and travel for a purpose.

Not only will guests receive private after-hour access to the resort's 85,000-square-foot indoor waterpark with only family and friends of the "Own the Park" Package purchaser, but they'll also receive a slew of added amenities, including overnight accommodations in up to 10 Family Suites.

### Great Wolf Lodge's "Own the Park" Package starts at \$10,000 and includes the following:

- Exclusive water park access for 2.5 hours in the evening, after the park closes to the public – all slides, pools, rivers, water play features – just for those included on the package – with play safely overseen by Great Wolf's lifeguards.
- Access to a refreshment station with complimentary soft drinks, water, iced tea, and snacks during the water park adventure.
- Overnight accommodations for your pack in up to 10 Family Suites. Each suite sleeps up to five guests with two double beds and a pullout couch.
- In-suite fridge stocked with snacks, bottled water, and non-alcoholic beverages.
- A welcome gift valued at up to \$50 per Family Suite.
- Private breakfast for your pack the morning after the private water park experience.
- All the complimentary services and amenities are available to all other Great Wolf guests, including daily water park access, seasonal programs, StoryTime, Yoga Tails, crafts, and more.

Guests interested in purchasing the "Own the Park" Package should visit the website at [www.greatwolf.com/own-the-park](http://www.greatwolf.com/own-the-park) and complete an information request form. ❖



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## "2-2-2" ~ The Knockdown Shot

By Tina Tombs, The Arizona Biltmore Golf Club



What does "2-2-2" stand for? The knockdown shot is a shot that is used when we want to hit a low shot that may have a lot of roll. A great shot to have IN YOUR ARSENAL for our windy Arizona spring days!

Keeping the ball flight low, under the wind, beneath the branches of trees, or because of a bad lie, we may need to knock it down to protect and make ball-first contact. For this shot to be successful, it is important to adjust and make changes in our setup to change the outcome of the ball flight. This

is an easy way for you to remember how to get in the right set up to execute this shot.

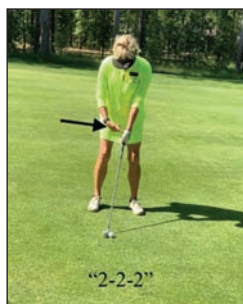
The first "2" stands for gripping down two inches on your golf club. We will grip down 2 inches on the club because we are making a ¾ swing and do not need the full length of the club.

The second "2" in "2-2-2" is to move the ball back 2 inches in your stance. By moving the ball back 2 inches in your stance it creates shaft lean and delofts your golf club. This will help you to hit your shot lower than normal and also create more roll.

The third "2" in "2-2-2" is to move the front foot back 2 inches. In essence this will create an open stance (aimed a little left with your feet for a right-handed player and aimed a little right for a left-handed player). This will help you to keep your weight and pressure on the front foot in your set up and throughout the swing.

To summarize, "2-2-2" is the number for the knockdown shot.

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 or clinic session, you can contact Tina or her staff at [www.tinatombsgolf.com](http://www.tinatombsgolf.com) and sign on to book your next coaching session. ❖



## Tequila Sunrise – It's More Than an Eagles Tune

By Pam Vincent, General Manager, Adobe at the Arizona Biltmore



It's another tequila sunrise. Starin' slowly 'cross the sky...so goes the old Eagles song. That popular tune was released way back in 1973 and peaked at number 64 on the Billboard Hot 100. Thirty-something years earlier, way back in the late 1930s, the original Tequila Sunrise was created by Gene Sulit and was served at...wait for it...The Arizona Biltmore. According to legend, Gene's concoction contained tequila, crème de cassis, lime juice and soda water.

Today, the modern Tequila Sunrise contains tequila, orange juice, and grenadine or a sparkling wine. When mixing a Tequila Sunrise there are a number of tequila options. Thanks to the recent boom in traditional tequilas and the wider availability of some Mexican brands, it's easier to find an outstanding, distinctive and refined tequila. The toughest part is choosing one among the myriad of tequila options.

In addition to the traditional Tequila Sunrise, there are other variations with similar ingredients that go by different names, including: The Arizona Sunrise, a Bloody Hurricane and the Hurricane Sunrise.

At the Adobe Restaurant we're still making Tequila Sunrises. Our bartenders tend to go with the modern recipe using grenadine, cazadores reposado and OJ, but are happy to make one Gene's way if you're curious about how the original tastes.

With orange juice as the main ingredient, Tequila Sunrises are typically enjoyed with breakfast. A number of items on The Adobe Restaurant's Breakfast Menu pair nicely with the sweet tang of a Tequila Sunrise, including our Avocado Toast, a Big-AZ Burrito or our very popular Eggs Benny. Of course, everything tastes better when you're starin' slowly 'cross the sky while dining alfresco on our Adobe patio.

Cheers – I hope to see you and your family at The Adobe Restaurant soon. ❖



The Adobe Restaurant Patio

## Miracle Mile Deli Donates Proceeds to Nonprofit

Miracle Mile Deli is collaborating with the Happily Ever After League (HEAL), a local nonprofit organization that provides emotional and financial support to struggling mothers fighting cancer, to raise money to help stock the charity's food pantry.

Through the first quarter of 2021, the 71-year-old family-owned and operated restaurant in Phoenix, will donate 100% of the proceeds from "Miracle Meals for HEAL" purchases to assist in fulfilling HEAL's food pantry supply.

The community can contribute to the cause by placing an order on the Miracle Mile website ([MiracleMileDeli.com](http://MiracleMileDeli.com)) for the "Miracle Meals for HEAL," which is located off of the "Place A Takeout Order" tab on the restaurant's homepage. Once on the online ordering page, the button to make a simple \$10 donation will be at the top of the menu. With a few simple clicks to "Checkout," donors can make the easy donation by just using their credit card to make their generous donation, or add it to their cart if placing a lunch or dinner order from Miracle Mile.

"Any time of year, no one should ever struggle to feed their family and certainly not while a family member has to battle cancer," said Josh Garcia, Owner of Miracle Mile Deli. "As a small business, we understand the importance of family and supporting community members in need. Our customers have enormous hearts and I have no doubt we will raise a lot of money for HEAL with this program."

HEAL is a non-profit 501(c)3 organization focused on providing support for moms during cancer treatment. HEAL assists Arizona mothers recovering from any type of cancer with at least one dependent child living at home. Since its 2004 inception, HEAL has maintained its goal of never turning away a qualifying mom in need. The HEAL Pantry provides non-perishable foods to 40-50 people each month, helping offset the costs involved for cancer treatment and recovery.

With this program, Miracle Mile's goal is to provide HEAL with the necessities it needs to keep the food pantry stocked throughout the year. Pantry items include staples like bread, pasta, canned goods, fresh proteins and paper products.

For more information about HEAL, visit [www.HappilyEverAfterLeague.org](http://www.HappilyEverAfterLeague.org).

Miracle Mile Deli is located at 4433 North 16th Street in Phoenix. For more information, please call (602) 776-0992 or you may visit [miraclemiledeli.com](http://miraclemiledeli.com). ❖





## How COVID-19 May Change a Trip to the Dentist's Office

As the coronavirus pandemic swept the U.S., state governments mandated that dental offices open only for emergency procedures. But in the coming weeks, some dental practices may resume regular appointments in individual states where businesses considered “essential” are allowed to re-open.

When dentists do re-open for full business, the patient experience may seem the same in some ways, but in other ways the offices will reflect a “new normal,” says Dr. Kyle Bogan ([www.drkylebogan.com](http://www.drkylebogan.com)), a general dentist and speaker on workplace culture.

“Dentists are accustomed to following stringent infection control precautions under normal circumstances to lower the risk of transmission of infectious diseases,” Bogan says. “These precautions help keep both patients and dentists safe, because it assumes all patients may have an infection, despite the reality that most won’t.

“But now I expect patients will be given temperature checks before an appointment and be asked to fill out a questionnaire regarding coronavirus symptoms. All hygiene and safety standards will be enhanced, and the look of a typical dental office will be different.”

Bogan says those aren’t the only ways a dental visit may be different as a result of COVID-19. Others include:

**More safeguards against blood and saliva.** When dentists work on your teeth, they can produce aerosols – droplets or sprays of saliva or blood – in the air. This happens routinely when the dentist uses a drill or when the teeth are scaled or polished. With the coronavirus pandemic, there is an increased risk that the blood or saliva may carry the virus and either directly infect the dental staff, or land on surfaces that the staff or the next patient can touch, Bogan says. “Equipment that reduces patient spray will come into play for patient and employee safety,” he says. “You’ll see preprocedural rinses with a hydrogen peroxide solution, which is effective at killing the virus and reducing viral load in the mouth. There will be more use of rubber dams, a shield that fits over top of the tooth and minimizes aerosols in the area. The high-volume suction used to suction up spray will be used at a higher level. And some dentists may be wearing face shields.”

**An empty “waiting” room.** Seeing several people in the waiting room reading magazines may be a thing of the past. “You shouldn’t go into an office until it’s your time to go in,” Bogan says. “There will be limited, if any, occupancy in waiting rooms. Offices will schedule more time between appointments, both to maintain safe space between patients and to have sufficient time to clean up between patients. Parents or other people accompanying patients likely will have to wait outside the office.

**Alternating office hours.** “Offices may reduce schedules so fewer patients are there at once, reducing the chance for contact,” Bogan says. “Another option is longer hours on certain nights, in part to accommodate patients who couldn’t be seen during the shut-down – those who had to postpone non-essential appointments such as checkups, cleanings and orthodontic adjustments.”

“Along with having trust in your dentist’s ability to care for your needs, more than ever a patient has to trust in the cleanliness and safety of the dental environment,” Bogan says. “That’s what will help set an office apart, and anything less will result in a patient migration.”

### About Kyle D. Bogan, DDS

Dr. Kyle Bogan ([www.drkylebogan.com](http://www.drkylebogan.com)) is a general dentist and a speaker/consultant on workplace culture. He is the owner of North Orange Family Dentistry. Bogan earned a Fellowship in the Academy of General Dentistry and a Fellowship in the International College of Dentists. He is a member of the American Dental Association, the Ohio Dental Association, the International Dental Implant Association and the American Academy of General Dentistry. Bogan earned his Doctor of Dental Surgery degree from The Ohio State University, graduating Magna Cum Laude, and played sousaphone in the marching band. ❖



## How Cooler Temps Impact Car Tires and What do All Those Dashboard Lights Mean?

As the temperature drops, so can tire pressure. It’s not necessarily because tires are losing air, but because the air inside the tire condenses and takes up less space. Check and adjust tire pressure when they are cold.

It’s the time of year when more red, yellow and orange lights appear on car dashboards. Trying to figure out what all the lights on your dashboard mean can be confusing. And ignoring them can be dangerous.

Neighborhood Auto Repair Professionals (NARPRO) can decipher your dashboard. Keep reading to learn about the most common symbols and keep in mind your car’s dashboard may be different so check the owner’s manual or have a professional investigate.

### Red Means Warning

#### Engine Temperature Light

- Your engine is too hot. Pull over to a safe location. Do not open the hood for at least 20 minutes to avoid rupturing a radiator hose. Have car towed to a repair shop.

#### Oil Pressure Warning Light

- Your engine is running low on oil or there could be a problem with the engine.

#### Battery Alert

- Your car is running solely on battery power. There’s a problem with the charging system. Turn off anything that draws power from the battery until you reach a safe location.

#### Brake Light

- Make sure your emergency brake is off. If the brake light remains on you could be low on brake fluid or it could be something more serious.

#### Airbag Alert

- There could be a problem with your air bag. Have a qualified shop check this out.

### Yellow Means Safety

#### Tire Pressure

- At least one tire may have low pressure and should be addressed ASAP.
- Properly inflated tires are safer, wear evenly and save gas.

#### Engine Warning

- This light can indicate a minor or major issue. Have it checked out.

#### Antilock Brake System (ABS)

- There’s a problem with your brakes. If the light comes on while driving your brakes will still work, but the ABS might not engage in an emergency.

#### Low Fuel Indicator

- Ignore this at your own peril.

#### Low Windshield Fluid

- You’re running low. Fill it up as soon as you can.

### Green or Blue? What’d you do?

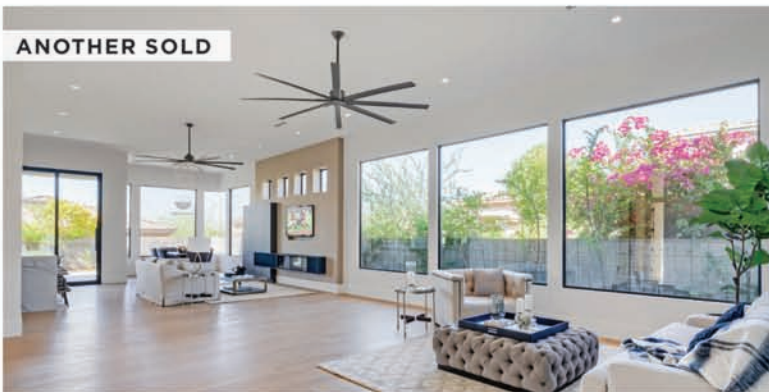
- These colors usually indicate some action you took like turning on high beams or turn signals.

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