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Special feature, pages 12-13

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Phoenix Sky Harbor News

International Air Travel Bouncing Back at Phoenix Sky Harbor

International air travel has been making a strong recovery at Phoenix Sky Harbor, where Condor Airlines recently resumed its nonstop Phoenix-Frankfurt flight after a two-year hiatus due to the COVID-19 pandemic. This service operates two days a week from May through September.

Condor, which began nonstop seasonal service from Phoenix in May 2018, saw strong demand in 2018 and 2019 prior to the onset of the pandemic.

International flights to Phoenix are estimated to bring in approximately \$3 billion each year.

All told, America's Friendliest Airport® offers nonstop flights to more than 20 international destinations.

You can see a complete listing of international nonstop destinations on the airport's Where We Fly Web page at: <https://www.skyharbor.com/flights/WhereWeFly>.

The return of service to Frankfurt is in addition to British Airways and American Airlines returning their daily, nonstop London Heathrow flights.

The British Airways flight departs Phoenix Sky Harbor each evening at 7:15 p.m. and arrives in London at 1:15 p.m. the next day, while its return flight departs London at 2:15 p.m. and arrives in Phoenix at 5:05 p.m.

American Airlines departs Phoenix Sky Harbor at 5:55 p.m. and arrives at 12:10 p.m. the next day, while its return flight departs London at 9:30 a.m. and arrives in Phoenix at 12:35 p.m.

As for international destinations south of the border, there are now 11 nonstop destinations from Phoenix Sky Harbor to Mexico. If you recall, American Airlines added seasonal nonstop service to La Paz and Loreto in December 2020.

Both destinations sit on the Gulf of California coast in the Mexican state of Baja California Sur.



In addition, Air Canada recently relaunched its nonstop service between Phoenix Sky Harbor and Montréal – Pierre Elliott Trudeau International Airport. This flight now operates year-round.

Air Canada flies from Montreal to Phoenix on Tuesdays and Saturdays and departs from Phoenix to Montreal on Wednesdays and Saturdays.

Air Canada also offers nonstop flights to Toronto, Vancouver and Calgary.

If you plan to travel internationally, it is recommended you arrive at least three hours prior to departure. For more international travel tips, please visit www.skyharbor.com/beforetraveling/internationaltravel. ❖

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Celebrate Summer with a Drive-In Concert At Uptown Plaza

There's no doubt summer is officially upon us with the kids home for the summer and temperatures rising in sunny AZ. Uptown Plaza's giving you something to put on your event calendar that's fun for the whole family. Catch Elvis Before Noon hitting the stage at a Drive-In Concert on Friday, July 8th starting at 6:30 p.m. Plus, order yummy eats to enjoy from inside your car from a variety of restaurants offering takeout such as Shake Shack, Chula's Seafood, Lou Malnati's, Shushi Vibe, Flower Child and more.

Uptown Plaza will host various events throughout the year, including live music in the courtyard, mini golf, family-friendly events and more. To stay up-to-date on the latest events happening, please visit www.uptownplazaphx.com/events.

Uptown Plaza is located on the northeast corner of Central Avenue and Camelback Road, in the heart of Phoenix's historic north-central neighborhood. The newly restored mid-century modern shopping center is a lively urban hotspot, boasting a wide selection of health, retail, and restaurants. The Plaza has over 20 retailers, and the full list can be found at www.uptownplazaphx.com. ❖



From the Publisher...



It's July and I can't believe that 2022 is already half over! Where did all those months go? It seems like it was just yesterday that we were chatting about our New Year's resolutions and getting fit in the new year! And now, we can reflect back and see how many of those resolutions came true so far. It's not too late to accomplish them!

July is also a the time when we celebrate the independence of our country. Let's take some time to reflect upon and appreciate the freedom that we have been given on this holiday. We don't want to take for granted the liberty we have in this great nation; nowhere in the world is there such opportunity than in the United States. We have freedom of speech, religion and one of my personal favorites, freedom of the press. So, this Fourth of July, remember the meaning of this day and celebrate these gifts. Happy 4th of July to all!

Summer is always a perfect time to visit the local resorts, because they are all offering such fantastic deals. The *Arizona Republic's* Sunday paper runs several articles and advertisements showing these awesome deals. Staycations are a good way to rest without a long drive or flight. So be sure to check out the local deals and remember to rejuvenate!

Thank you for reading this month; I look forward to bringing you another exciting issue of *Biltmore Lifestyles* in August.

Until next month, *Susan*

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- ~ Price Upon Request.



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- ~ Delightful high-floor residence.

The Cosanti Foundation Announces "The Architecture of Possibility: Dome House"

The Cosanti Foundation announces the upcoming opening of a new exhibition at the Burton Barr Central Library at 1221 N. Central Avenue. In partnership with Phoenix Public Library, the exhibition, entitled "The Architecture of Possibility: Dome House," traces the history of arcology, The Cosanti Foundation's own theory of sustainable urban planning, back to its earliest roots in the design of Paolo Soleri and Mark Mills' Dome House in Cave Creek.

Arcology is a combination of the terms architecture and ecology. The concept proposes a shift in architectural and urban design away from sprawl development and toward a human-centered and environmentally-responsible approach. Arcology first appeared in print in The Cosanti Foundation's 1969 publication, *Arcology: The City in the Image of Man* by Paolo Soleri, which was followed by a record-breaking exhibition at the Corcoran Gallery of Art in Washington, DC in 1970 and the concurrent establishment of Arcosanti, a prototype arcology and ongoing demonstration project near Mayer.

Originally considered a somewhat radical theory, many aspects of the arcology concept have been embraced by mainstream culture and by professionals in numerous fields in the half-century since it was initially proposed. Decades before the formal articulation of arcology, Soleri's design for Dome House was already incorporating key tenets of the theory.

Curated by The Cosanti Foundation's Assistant Curator Noémie Despland-Lichtert, "The Architecture of Possibility: Dome House" explores the history and current state of this unique dwelling commissioned by Leonora Woods in 1949. The exhibition introduces viewers to the notion of early sustainability and energy conservation, desert masonry, and the architectural and artistic uses of found objects. The exhibition illustrates the Dome House design, investigates the geothermal properties of the construction method, brings in perspectives from current and past inhabitants and presents archival materials from the Cosanti Foundation Archives at Arcosanti and the Mark Mills Papers at Cal Poly San Luis Obispo.



The Dome House - Photo by Aimee Madsen

The Burton Barr Central Library is already home to a number of books and several works of art produced by The Cosanti Foundation over the years, including examples of the widely-recognized bronze and ceramic bell assemblies that are created by hand by the artisans of Cosanti Originals at both Arcosanti and Cosanti (The Cosanti Foundation's two flagship properties). Moreover, the design of the library itself came from architect Will Bruder, a graduate of The Cosanti Foundation's long-standing multi-week arcology workshop program. Arcology remains an important theory for planners and architects worldwide, and The Cosanti Foundation is honored to be partnering with Phoenix Public Library in this opportunity to enhance public awareness and understanding of the concept and its local roots. For more information, visit cosanti.com and arcosanti.org. ❖



Nothing Says 4th of July Like Hot Dogs Miracle Mile Deli Special Deal All Month

Did you know, Miracle Mile Delicatessen, located at 16th Street and Campbell in Central Phoenix, was the first establishment in the City of Phoenix to sell an all-beef kosher hot dog? This July, the restaurant is offering a special to commemorate this history and National Hot Dog Month with the Dog Days of Summer \$6 Hot Dog Special.

According to the National Hot Dog and Sausage Council, Americans consume approximately 20 billion hot dogs a year. That's roughly 70 hot dogs per person annually with the majority of these being eaten between Memorial Day and the Fourth of July.

For Valley residents, Miracle Mile Deli claims the distinction of being the original home of the New York-style, all-beef hot dog, thanks to the delicatessen's first owner, Jack Grodzinsky. "My grandfather moved to Phoenix from Brooklyn in 1949. At that time, the restaurant was located at 16th street and McDowell and surrounded by nothing but dirt roads. Phoenix was a very small city and the Valley's hot dog was vastly different than the New York-Style frankfurter we've come to know and love," said Josh Garcia, third-generation owner of Miracle Mile Deli. "Back then Phoenicians ate what was called the "Red Hot." It was a deep red tube steak that wasn't an all-beef product and had lots of fillers and food coloring."

According to Garcia, Grodzinsky insisted on serving an all-beef kosher New York-style frankfurter from New York because he knew the quality – and taste of the product was much better. Selling sub-par products was not an option for Grodzinsky, which is why changing the hot dog product was one of the first modifications he made in the restaurant. Ultimately, Grodzinsky wanted to be proud of all the products served in his establishment.

Today, Miracle Mile Deli sells more than 3,000 pounds of Hebrew National All-Beef Kosher Hot Dogs every year.

Topping a hot dog is a personal choice too and some hot dog connoisseurs have strong opinions about what should, and should not, be put on a hot dog. In Chicago, hot dogs are served with yellow mustard, chopped white onions, sweet pickle relish, a dill pickle spear and tomato slices, never ketchup. While in New York, sauerkraut and spicy brown mustard are the way to go.

Garcia suggests hot dog toppings are as individual as the customers who order them, "Get creative with all kinds of stuff like shredded cheese, chili, sour cream, tortilla strips, bacon. In my opinion, there is no wrong way to top a good hot dog."

"The most important part of a hot dog is enjoying it with the people you love," added Garcia. "Hot dogs are enjoyed by people of all ages. From kids to grandfathers, it's hard to find someone who doesn't love a hot dog or who doesn't have fond memories of family fun with a hot dog in hand. That's what good food is all about, sharing it with the people you love."

Visit Miracle Mile Deli this July for the Dog Days of Summer \$6 Hot Dog Special, which includes a hot dog, fries, and a drink. Add chili, New Yorker or Straw toppings for just \$1.00 more.

For more information about Miracle Mile Deli's history, summer deals or menu items, visit www.miraclemiledeli.com.

Summer Hair Care Tips from the Pros At Mane Attraction Salon

Summer is officially here, which means we are all slathering on the sunscreen to protect our skin, but we often forget to protect our scalp and hair. The chlorine from pools, salt from the ocean and the sun can wreak havoc on your hair if it is not protected. You should be thinking about your hair just like you do your skin. Before you go out in the sun, you apply sunscreen, right? And, if you get sunburnt what do you do? You apply aloe or some other soothing agent, right? But, do you have a plan for your hair before you go out in the sun or water? And what is your current recovery strategy for your hair if it is exposed?

The pros at Mane Attraction Salon have put together some helpful tips to keep your hair healthy through all of the swimming and sun that inevitably consume most of our days.

According to MAS owner Chris Knudsen, here is how you should prep your hair and scalp for chlorine, salt water and sun:

- Sunscreen should be applied to part lines and low-density areas. Treat it like your arms, face and back.
- Use a sun protectant for the hair.
 - ~ We recommend Aveda's Sun Care Protective Hair Veil, a lightweight, water-resistant UV defense mist that forms an invisible screen to help protect hair from sun exposure.
- Rinse hair and use a leave-in conditioner before going in the pool or ocean to fill the hair.
 - ~ Hair is like a sponge and if it is already full, it won't absorb the chlorine or salt. We recommend Aveda's Nutriplenish Leave-in Conditioner. Again, the key is to do it before getting in the water.
- When it comes to removing chlorine or saltwater build-up, and how to counteract the effects of the sun after a day at the pool, Knudsen says to:
 - Gently cleanse the body and hair with Aveda's Sun Care Hair and Body Cleanser.
 - ~ This all-in-one, color-safe cleanser is formulated with a corn-derived chelator that gently removes chlorine, salt and product residue without stripping your natural oils, or color. It has tamanu oil and organic coconut oil help maintain moisture balance.
 - Another tip is to detangle properly! We recommend the I-detangle Olivia Garden Brush because it is a great detangler that comes in different strength bristles for fine, medium and thick density hair.
 - ~ Make sure to saturate your damp hair with the same Aveda Nutriplenish Leave-in Conditioner you used prior to swimming, and then use the I-detangle, starting at the ends and then move up to the roots.
 - After you have clean and detangled hair, we recommend using Aveda's Sun Care After-Sun Hair Masque.
 - ~ It's wonderful for sun exposed hair because it is formulated with morikue™ protein which helps rebuild the hair from the inside. It also has the same certified organic coconut oils to help moisturize sun-exposed hair. Plus, it is effective for all hair types.

The experts at Mane Attraction Salon can help properly rehab your hair with a great conditioning treatment or a fresh haircut after you return from vacation. Or stop by the salon before your trip to pick up the styling products you will need to protect your hair throughout your summer travel.

For more information about Mane Attraction Salon or to book an appointment, please call (602) 956-2996 or visit the website at www.maneattractionssalon.com.



***Philanthropists Debbie Gaby and Kathryn Pidgeon to Co-Chair Brainiac Bash 2023
Brain Injury Alliance of Arizona Event will Feature Gaby's Iconic Celebrity Catwalk***

The Brain Injury Alliance of Arizona is pleased to announce that Valley Philanthropist Debbie Gaby and lawyer Kathryn Pidgeon of Pidgeon and Hill PC are the Co-Chairpersons for the organization's 2023 Brainiac Bash. The second-annual Brainiac Bash will be held January 14th, 2023, at the Omni Scottsdale Resort & Spa at Montelucia. Last year the event raised \$234,000 to fund brain health programs throughout Arizona.

"Kathryn and I know we're a dynamite team. We established that many moons ago," said Gaby. "This is going to be a phenomenal event."

Gaby is an icon in the Phoenix philanthropic arena, having worked with many Valley charities during her time as owner of Sleep America and then through her Debbie Gaby Charities organization. She was twice named the Most Influential Person in Valley Nonprofit from *Arizona Foothills Magazine* and received the "Woman of the Year" Award from Women of Scottsdale. Gaby has personally donated more than \$50 million to charitable causes through the years.

"We're honored to have Debbie and Kathryn co-chair our 2023 Brainiac Bash, a Soiree to Support Brain Health, said Carrie Collins-Fadell, CEO of The Brain Injury Alliance of Arizona. "Debbie and Kathryn's generosity has helped shaped the Valley nonprofit scene and now they're leaving their mark on brain health at a time when the need for programs, services and education has never been greater."

Pidgeon is an adoption lawyer who is involved with multiple nonprofits in the Valley including serving on the boards of the Maricopa County National Adoption Day Foundation as President, Family to Family Foundation, Arizona Friends of Foster Children Foundation as honorary past board member, and an Inaugural Board Member for the Family Formation Charitable Trust.

"I have a new passion to lift up and support survivors of brain trauma," said Pidgeon. "I want to help spread the word and generate awareness."

This year the Brainiac Bash will incorporate Gaby's beloved Celebrity Catwalk with honorees from last year's Brainiac Bash, local celebrities and dancers walking the catwalk.

Debbie Gaby said she was drawn to help the nearly forty-year-old nonprofit after learning about their unique mission. "When it comes to supporting the brain health of Arizonans after accident, illness, injury or trauma, the Brain Injury Alliance is unparalleled," said Debbie Gaby. "I have met with their leadership and know the programs that Brainiac Bash will support to serve some of those made most vulnerable including veterans, military families, domestic violence survivors and more."

While thousands of Arizonans will be seen in an emergency room due to brain injury this year, and over 5.3 million people in the U.S. live with a permanent brain injury-related disability, brain injury tragically remains misunderstood, misdiagnosed, and rarely talked about. The Brain Injury Alliance of Arizona is a statewide organization that supports individuals with brain injuries and the professionals that serve them, through prevention, education and awareness. ❖



*Kathryn Pidgeon Left, Debbie Gaby Right
Photo Courtesy of Paul Markow Photography*

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Local Stacation?



Skysill Bar, Photo Credits Jeff Zaruba

The Westin Tempe Offers Stays Starting from \$189/Night for Its First Summer ~ Weekly Event Series at Skysill Rooftop Lounge

As the temperature continues to heat up, so are things at The Westin Tempe as it celebrates its first summer with room rates starting from \$189/night and a summer staycation discount for Arizona residents, launching alongside brand-new, weekly programming at the hotel's 18th-floor Skysill Rooftop Lounge.

For local residents looking to book a summer escape in the heart of Tempe's downtown district, the hotel is offering an Arizonan Staycation package, available to book now through September 30th. The package includes 15% off the best available room rates plus a daily \$50 food and beverage credit to be used at any of the hotel's three distinct dining concepts, which includes signature restaurant Terra Tempe Kitchen & Spirits, Skysill Rooftop Lounge and Cup of Joe Market Café, the hotel's quick-service bistro located adjacent to the lobby.

The Westin Tempe is also launching its first summer events program at Skysill that will take place every weekend throughout the coming months. From late-night swimming to champagne-filled Sundays, poolside movie nights and rooftop BBQs, the seasonal lineup includes:

Truly Thirsty Thursdays

Thursdays (now through Thursday, September 1st) from 3:00 p.m. to 10 p.m.

As the sun begins to sink behind the horizon,

Skysill welcomes both hotel guests and locals to its lounge every Thursday to enjoy music, evening swimming and a variety of bucket specials.

Fridays are for Fashion

Fridays (now through Friday, September 2nd) from 7:00 p.m. to 12:00 a.m.

As the valleys begins to cool off from a hot summer day, come in your best dress every Friday to Skysill to dance the night away with a live DJ, table reservations and VIP packages.

Brews + Views + BBQs with Skrewball

Saturdays (now through Saturday, September 3rd) from noon to 5:00 p.m.

Skysill Rooftop Lounge invites both hotel guests and locals to its open-air bar and lounge to enjoy a specialty menu of straight-from-the-grill BBQ delights, Arizona brews and Skrewball Whiskey specials, backdropped by panoramic views and a live DJ.

This event is free for guests and the public.

Skysill After Dark

Saturday nights (now through Saturday, September 3rd) from 7:00 p.m. to 12 a.m.

Following the sunset, guests and locals can get their weekends started at Skysill with resident DJs, table reservations and VIP packages.

Sundays are Filled with Bubbles

Sundays (now through Sunday, September 4th) from noon to 5:00 p.m.

Fill your Sunday afternoons with endless

bubbles at Skysill by enjoying a variety of rose, prosecco and champagne specials along with a live DJ.

Sunday Night Movies

Sunday nights (now through Sunday, September 4th) starting at 7:30 p.m.

Both hotel guests and locals of all ages are welcomed to enjoy a movie poolside on Skysill's open-air patio along with complimentary popcorn for hotel guests and the option to purchase for locals. Additional candy and snacks can be purchased from Cup of Joe to complete the experience.

Situated within Tempe's bustling downtown district and business corridor on the southeast corner of Mill Avenue and Seventh Street, The Westin Tempe is steps away from the city's best shopping destinations, culinary offerings, entertainment centers and major local landmarks. As of May 20th, travelers also now have the option to utilize the brand-new, nearby Tempe Streetcar, the first modern streetcar line in the Valley, to easily connect them with major business centers and venues throughout the city.

For more information about The Westin Tempe or to book your summer stay, visit www.marriott.com/en-us/hotels/phxwt-the-westin-tempe/overview/. For more details about Skysill's summer event series, visit skysill-rooftop.com/event-calendar/.



About The Westin Tempe

As the newest hotel to debut in Tempe, The Westin Tempe is a sophisticated destination that offers a distinct, premium guest experience incorporated into every aspect of the hotel's design, services and amenities. Centrally located in the city's downtown district, the contemporary hotel blends Tempe's vibrant atmosphere and unique local culture with the brand's Wellness at Westin pillars of well-being and numerous biophilic elements throughout its 18 stories, 290 spacious guest rooms and suites, and approximately 21,000 square feet of indoor and outdoor event space. The hotel also features a signature restaurant Terra Tempe Kitchen & Spirits, offering cuisine that evokes a fresh spirit of the Southwest through the use of local, seasonal ingredients and flavors; the chic Skysill Rooftop Lounge, the Valley's highest open-air rooftop bar and lounge on the 18th floor that

boasts its own curated menu of shareable plates and craft cocktails with panoramic city and mountain views. As the latest addition to the city's bustling corridor, The Westin Tempe is just steps from some of the area's best shopping, dining, nightlife and, entertainment destinations, plus local landmarks like Tempe Town Lake, "A" Mountain (Hayden Butte), Mill Avenue District and Tempe Beach Park.

About Terra Tempe Kitchen & Spirits

Located on the ground-level of The Westin Tempe, Terra Tempe Kitchen & Spirits features healthy, Modern American cuisine under the direction of Executive Chef Alexander Robinson. Cleverly combining bold, rustic flavors with locally sourced ingredients, Terra Tempe's menu offers an authentic reflection of the Southwest's rich history, while its innovative beverage program boasts local brews, an impressive wine list and hand-crafted cocktails that

blend native Arizona flavors with familiar favorite recipes. The restaurant and bar's contemporary interior affords a chic atmosphere that embodies the warm, inviting quality of the surrounding neighborhood while still maintaining a sense of intimacy with subdued lighting throughout, an expansive exhibition kitchen, and sleek sculptural elements like a striking, copper "veil" suspended from the ceiling and a prominent liquor tower that acts as both a beacon and a gathering place. Open for breakfast, lunch and dinner, Terra Tempe is situated in the heart of downtown Tempe. For more information, visit TerraTempe.com.

About Skysill Rooftop Lounge

Soaring above the heart of Tempe's downtown district on the 18th floor of The Westin Tempe, Skysill Rooftop Lounge reigns as the Valley's highest open-air rooftop bar. Focused on delivering a menu of shareable small plates along with its signature handcrafted "Skysill Spritz" cocktails, Skysill offers locals and leisure travelers a relaxing year-round escape where they can take a refreshing dip in the pool, unwind on daybeds and in private cabanas or catch a sporting event on the rooftop's expansive video screen, complete with 180-degree panoramic views of the vast metropolitan Phoenix area. Once the sun sets behind the mountain horizon, all elements of Skysill are elevated into a luxurious locale pulsing with energy. With an ongoing lineup of weekly programming, including Skysill's signature RISE Wellness Series, live music and rotating events, Skysill is the ultimate oasis in the sky. For more information, visit SkysillRooftop.com. ❖



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Macayo's Mexican Food Celebrates National French Fry Day with Special

National French Fry Day is celebrated on Wednesday, July 13th. And while French fries may be considered a side dish or an accompaniment to a burger or sandwich, Macayo's proves the French fry can be a hearty meal in its own right, especially when it's loaded with Macayo's famous carne asada!

In honor of this popular potato dish, Macayo's offers its Carne Asada Fries, a hearty plate of fresh-cooked hand-cut French fries topped with carne asada, mixed cheese, sour cream, guacamole and pico de gallo for just \$8 (regularly \$10.59).

Guests can enjoy this special all day long at Macayo's locations around the valley. For more, macayo.com. ❖

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Arizona Restaurant Association Announces 2022 Foodist Award Winners

Honorees Celebrated During First In-Person Ceremony Since 2019

In a ceremony held on Thursday, June 2nd, the Arizona Restaurant Association (ARA) honored the winners of the 2022 Foodist Awards. Results were based on public nominations and votes from the community in support of the food and beverage industry.

"It was our absolute pleasure to return in person for an amazing celebratory event where we could raise a glass and honor to this incredibly talented group of people," says Arizona Restaurant Association President and CEO Steve Chucuri. "We have all worked diligently through the extreme challenges of the pandemic to keep our hospitality growing and thriving, and these are just a few of the amazing people we want to credit. There are so many more out there and we hope to recognize and celebrate them in the future, too."

Winners in their respective categories are as follows:

FOOD

Innovative Fast Bites - Thai Chili 2 Go
Outstanding Signature Dish - CRUjiente Tacos' Korean Fried Chicken Taco
World Class Dessert - Café Zuzu's Show Stopper Shake
Exceptional Happy Hour - Postino

BEVERAGE

Top Arizona Brewery - Huss Brewing Co.
Superb Bar/Nightclub - Garden Bar PHX
Best Beverage Program - Maple & Ash
Most Creative Cocktails To-Go - Pigtaails' Quarantine and Chill

RESTAURANTS

Innovative Fine Dining Restaurant Concept - Cloth & Flame
Emerging Restaurant of the Year - Chantico
Outstanding Local Restaurant Group - Fox Restaurant Concepts
Uniquely Arizona - Macayo's Mexican Food

PEOPLE

Pandemic Good Neighbor - Sasha Raj, 24 Carrots
Employee of the Year - Mary French Dafoe, Tonto Bar & Grill
Manager of the Year - Jim Gallen, Mountain Shadows Resort
Top Mixologist | Bartender - Kim Haasarud, Garden Bar PHX
Top Chef - Braden Levine, Sel
Food Pioneer - Jeff Smedstad, Elote Café and Michael Rusconi, Rusconi's American Kitchen
Restaurant Tourism Ambassador - Debbie Johnson, Arizona Office of Tourism

Legislator of the Year - Karen Fann, President of the Arizona Senate

After a two-year hiatus due to COVID, the Arizona Restaurant Association is pleased to have reunited the best of the best in the food and beverage industry for a night of celebrating their hard work and dedication to the Arizona culinary scene. The Foodist Awards honor the culinary minds that help shape the state's culinary landscape. Whether they cook regularly in their kitchen, dream up the next great concepts of tomorrow, mix it up behind the bar or manage foodservice solutions, these are the people that contribute to exciting and exhilarating food and beverage developments.

For more information about the Foodist Awards, please visit www.foodistawards.com. ❖

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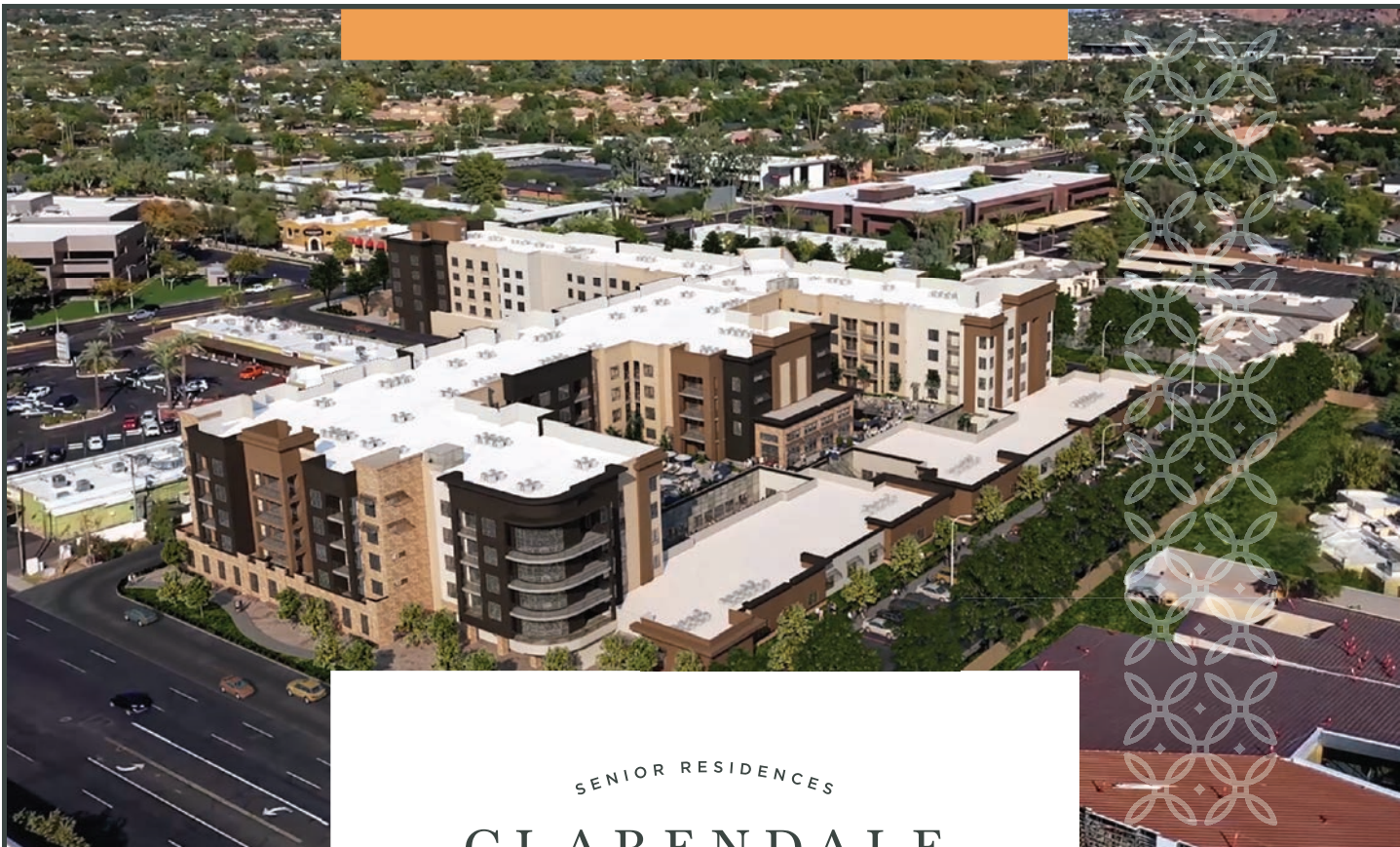
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Abrazo Central Campus in North Central Phoenix is a Comprehensive Stroke Center, recently recognized with the American Heart Association 2022 Get With The Guidelines® - Stroke Gold Plus, Target Stroke Advanced Therapy Honor Roll, and Target Type 2 Diabetes Honor Roll achievement awards.

Abrazo Central Campus Recognized for Comprehensive Stroke Care Achievements in Stroke Diagnosis, Treatment Earn Get With The Guidelines® Recognition

Stroke care provided at Abrazo Central Campus, a DNV Comprehensive Stroke Center, has been recognized by the American Heart Association/American Stroke Association with its 2022 Get With The Guidelines® - Stroke awards.

Abrazo Central Campus earned the Stroke Gold Plus, Target Stroke Advanced Therapy Honor Roll, and Target Type 2 Diabetes Honor Roll achievement awards.

A stroke happens 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 and cause lasting brain damage, long-term disability, or even death. Getting fast treatment is important to preventing death and disability from stroke, according to the U.S. Centers for Disease Control and Prevention.

Abrazo Central Campus offers multi-specialty management of patients suffering hemorrhagic or ischemic strokes. In addition to specialized testing and procedures like endovascular surgery, the hospital also includes inpatient rehabilitation services to help stroke patients during recovery and hosts a monthly stroke survivor support group.

“Abrazo Central Campus is dedicated to improving the quality of care for our stroke patients by implementing the Get With The Guidelines® - Stroke initiative. It helps us track and measure our success in meeting evidenced-based clinical guidelines developed to improve patient outcomes,” said Chief Executive Officer Omar Pineda.

Comprehensive Stroke Centers like Abrazo Central Campus can treat patients suffering hemorrhagic or large ischemic strokes with follow up care in an intensive care unit. They can also treat patients with suspected aneurysmal subarachnoid hemorrhage, those requiring specialized testing or therapies such as endovascular surgery, and those requiring multispecialty management, explained Dr. Emun Abdu, a Cerebrovascular and Endovascular Neurosurgeon at Abrazo Central Campus.

“Comprehensive Stroke Center certification is difficult to achieve, and it recognizes that physicians at Abrazo Central Campus can treat a much wider range of neurovascular disease,” said Dr. Abdu. “First responders can bring stroke patients to Abrazo Central for virtually any kind of stroke or stroke complication.”

Stroke is the fifth leading cause of death and a leading cause of adult disability in the United States. Nearly 795,000 people suffer a new or recurrent stroke each year, according to the CDC.

“With complex stroke care, you must have quality clinicians, resources and support, and the ability to act with extreme efficiency because of the time-critical nature of these events,” said Dr. Abdu.

There is a simple test called **BEFAST** if you think someone may be having a stroke:

Balance – is there a loss of balance, dizziness or sudden headache?

Eyes – does the person have blurred vision, or lost vision in one or both eyes?

Face – ask the person to smile, does one side of the face droop?

Arms – can the person raise both arms? Does one arm drift downward?

Speech – ask the person to repeat a phrase, is the speech slurred or strange?

Time – if you see any of these signs, call 911 right away.

For more information on the Abrazo Central Campus Comprehensive Stroke Center, visit AbrazoHealth.com. ❖



Emun Abdu, MD, FAANS
Endovascular & Cerebrovascular
Neurosurgery | Western Neuro



Samuel C. Kim, MD, FAANS
Neurologic Surgery | Western Neuro



Shruti Badhwar, DO, FAAN
Adult Neurology | Western Neuro



Susan S. Pansing, MD
Adult Neurology | Western Neuro



Sushant P. Kale, MD, MPH, FAHA
Interventional Neurology | Western Neuro

Common Ground Culinary Debuting All-New Concept This Summer Introducing . . . Collins Bros. Chophouse

Restauranteur Christopher Collins, Chef and Owner of Valley-based Common Ground Culinary is excited to announce the grand opening of his latest concept: Collins Bros. Chophouse. Collins Bros. Chophouse is set to open its doors on Friday, July 8th. Open for lunch and dinner, dine-in or to-go, and is open 11:00 a.m. to 9:00 p.m. Sunday through Tuesday and 11:00 a.m. to 10:00 p.m. Wednesday through Saturday. The restaurant will replace one of Collins' early concepts, Twisted Grove, but will carry over a few menu favorites to the new restaurant's menu.

Serving only the highest quality cuts of meat, fresh seafood and the finest ingredients, guests will find that the lunch menu reflects the concept with protein forward dishes like 'SBK' Caesar with add-ons like rotisserie chicken, charred shrimp or marinated filet for an additional price, or the Steak & Fries (NY strip, house-made steak sauce, maldon sea salt, cracked black pepper). Dinner, which begins at 4:00 p.m. daily, is the real show at Collins Bros. Chophouse. This is the first Common Ground concept to offer the "Butcher's Shop" a carefully curated list with an assortment of different cuts of meat that can be ordered a la carte. The chophouse will feature happy hour from 3:00 p.m. to 6:00 p.m. that features a selection of craft cocktails, wines by the glass and bites to share like Short Rib & Goat Cheese Potato Croquette (lightly breaded in day old Noble toast, San Marzano tomato sauce and fresh basil) \$12, Broiled Oysters Rockefeller (creamy spinach, chopped bacon and a dash of hot



Collins Bros. French Dip

saucy) \$14 and Sweet Heat Chicken Wings (crushed peanuts, scallions) \$9 or take advantage of the Two Buck Shuck deal where fresh shucked oysters are only \$2. In celebration of the grand opening, Collins Bros. Chophouse is offering half off bottles of wine during the entire month of July!

The chophouse gives off a warm, dark and masculine vibe that has been dubbed "the most polished of all of the Common Ground concepts" by Chef Collins. Settle up to a dark wood table, and relax in black leather wrapped booths, or up at the bar in a black leather tufted bar stool.

As you look around the space, you will find a combination of exposed red brick walls, black and white star tile, black wood paneling and even a dark navy and green plaid wallpaper. Collins Bros. Chophouse will have a private dining option called the "Parlor Room" that is the perfect place to host a private lunch, dinner or work event.

Collins Bros Chophouse is located at 8220 North Hayden Road Scottsdale, AZ 85258. For more information follow them on social media @collinsbroshophouse, or on the website www.collinsbrosaz.com. ❖



Chophouse Cocktails



Shucked Oysters



Braised Short Rib



Steak & Fries



Shrimp Cocktail



NY Cheesecake

The Home Features That Will Help Boost Your Property's Value

By Debbie Frazelle, Coldwell Banker Realty



Making your house a home is like building any relationship: the more you put in, the more you get out! But there's a bonus with your home. When it's time to go your separate ways, you can make a nice profit.

Spruce up your home with your dream features, and you could boost its eventual sale value by more than the features cost.

So, which features are most attractive to buyers? Some may surprise you!

- A Pot Filler Can Boost a Home's Value by 3.2%
- Subway Tile in kitchen or bath by 2.13%
- Pendant Lighting in the Kitchen or Dining 2.66%
- Under Cabinet lighting in Kitchen, office, or Bedroom 2.48%
- Double Vanity sink 2.35%
- Barn Door to open or decrease space 2.35%
- Butcher Block 2.25%
- Quartz Countertops 2.26%
- Farmhouse Sink 2.22%
- Oversized windows 2.23%

In Arizona the most value boosting feature is patio and outdoor kitchen boosting your value by 1.45%. I would actually think it is more! Indoor/Outdoor living is what we love in the spring, fall and winter months.

First impressions count, but quality prevails. Adding genuine details to your listing can help draw in potential buyers; consider them virtual 'curb appeal.'

Information and statistics gathered from Realtor.com, Zillow and Angi's List.

Looking for advice on how to get your home ready to list, give me a call. Debbie Frazelle, Coldwell Banker Realty (602) 399-8540. ❖

Statistics from May 15th to June 14th, 2022

Homes for Sale	11
Homes Sold/Closed	3
Homes Sale Pending	12
Rentals Furnished	38
Rentals Unfurnished	5

For Sale

Estates	1	\$8,900,000
Biltmore Mountain Villas	1	\$1,799,000
Colony	1	\$1,695,000
Fairway Lodge	2	\$1,425,000-\$1,450,000
Greens	2	\$2,095,000-\$2,499,000
Court	1	\$565,000
Cloister	1	\$495,000
Meridian	1	\$295,000
Terraces	1	\$388,000

Pending Sales

Cloister	2
Colony..	1
Court...	2
Estate ...	1
Greens...	1
Meridian....	2
Taliverde...	1
Terraces	2

Closed Sales

Cloisters	1
Courts	1
Terraces	2



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Five Things to Keep in Mind If Your Dog Bites Someone

By Elliot H. Wernick, Senior Member, The Cavanagh Law Firm



Approximately 69 million U.S. households own dogs according to the American Pet Products Association's 2021-2022 Pet Owners Survey. A common question dog owners get is "Does your dog bite?" And, while approximately 4.5 million people are bitten by dogs every year (according to the American Veterinary Medical Association) most dog owners will respond with a definitive "No." While dogs bring so much joy to our lives, the reality is they still have fears, uncertainty, frustration and sometimes even behavioral issues, leading dogs to bite under the "right" circumstances.

If you are a dog owner in Arizona, here are five important things to keep in mind:

Arizona law permits a strict liability claim for dog bites. Unlike some states, Arizona does not give your dog a "free bite" before you are responsible. Rather, you – as the owner of the dog – are generally strictly liable for any injuries/damages caused by your dog, as long as the strict liability claim is brought within one (1) year from the date of the incident (or 2 years if it's a common law negligence claim), if the injured person can prove that the injury was caused by a dog bite, and, the bite occurred either in a public place or when the victim was properly and lawfully on private property.

There are generally two circumstances a dog owner may not be legally responsible. While often difficult to prove, if you can show that the injured person provoked your dog before being bitten, you may be able to avoid liability. In addition, if the person who was injured was not lawfully on your property (i.e., they were trespassing or entering your home or yard without permission to do so), you may also be able to avoid legal responsibility for the incident. It's important to be aware, however, that these defenses can be largely fact-specific and exceptions do exist.

A person bitten by a dog in Arizona can recover the following damages:

- Medical expenses
- Lost wages
- Pain and suffering
- Punitive damages (if the owner intentionally caused harm, or was aware of prior incidents in which the dog bit someone else)

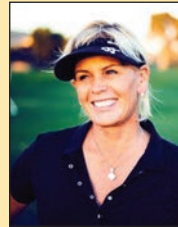
Always maintain control of your dog. When you are out and about, keep your dog on a leash (and, if appropriate, muzzled) and under control. When you're at home, make sure your dog is comfortable around guests before allowing them to approach, pet or interact with your dog – even if you're in your backyard.

Have appropriate and sufficient insurance coverage. If you are found liable for damages because your dog bit someone, those costs and expenses are your responsibility. With Arizona ranking 10th in the average cost of dog bite claims in 2021, according to a survey by the Insurance Information Institute and State Farm (at more than \$43,000 per claim), having sufficient insurance coverage through a homeowner's or renter's policy of insurance is the best way you can protect your and your family's assets. And, while some insurers may exclude coverage for certain breeds of dog, there are others without similar restrictions. There is legislation currently pending in the Arizona Senate that would keep insurance companies from excluding coverage for certain breeds.

Dogs are undeniably a wonderful part of our family, but we always need to be careful and cautious when around other people. If you happen to find yourself in an unfortunate situation with your pup, document the situation, never admit guilt and contact a personal injury attorney to see what steps you should take. ❖

Warm-Up with 15-foot Putts Before Every Round of Golf

By Tina Tombs, The Arizona Biltmore Golf Club



The most important part of the game is from 100 yards and in. I believe if we warm up and start there, we get our minds and our body in a great place to play as good as we can that day. Sometimes, I have played my best when I have not hit a ball and instead, warmed up with this putting drill and then hit a few chips. I find myself so ready to play.

First, I like to putt while everyone else is rushing to the range and then hit balls after. I believe before we go play, we can get our mind in a positive and clear mindset. We also want to get the body ready to play the best that we can that day. This 15-foot putting warm up drill does a few things for you, including:

1. Gives you feel in your hands for the distance.
2. Trains you to stabilize your body, get the pace of the greens you are playing that day for a putting distance that we tend to have a lot on the greens (as a result of a chip, a bunker shot or a shot to the green).
3. It can even calm your nerves and quiet your mind for other parts of the game: chipping, pitching, and for your long game to be more successful.

To start, I recommend getting a baseline at your home course. Put a marker down from 15 feet to the edge of the green, on a straight, flat putt. Use three balls and putt to the edge of the green until you start sensing the correct pace, just as I am doing in the photos.

1. Do this as often as you can you to dial in your feel and pace for your home course greens.
2. This will aid in training you to tune in to the changes of the pace of your own greens.

Putt 15-20 putts every time you go out to practice or before you play to get the feel of the greens from 15 feet. Then, when you go to another course, set up the same drill and calibrate yourself for the feel of the greens at the course you are playing. You will notice other greens having different speeds and will also be able to adapt accordingly to your putts faster.

After this 15-foot putting drill, putt some 20, 30, 40, 50 footers for tempo and pace of the greens and then end with short putts. Add a few chips and you will find your short game is ready for a great round of golf.

Finally, finish off on the range when everyone else is trying to find a hole on the green!

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.tinatombs-golf.com and sign on to book your next coaching session. ❖





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Clean Eating for Dogs is the Operating Principle at Shmush!

Pet parents who want wholesome food on their own plates can now get the same for their dog's bowls as well. Unconditional Luv, LLC, operators of Shmush!, aim to reimagine conventional pet food, starting with the introduction of Shmush! Breakfast and Bedtime Health Biscuits for dogs with custom crafted ingredients for the day and the night.



"Proper nutrition is a key contributor to a dog's overall health and longevity," said Michelle Brosdal, co-founder and co-owner of Unconditional Luv, LLC. "Our aim is to make pet food that is as wholesome as people's food, and we have discovered that this thinking is disruptive to the industry."

Shmush! Breakfast and Bedtime Health Biscuits for dogs are packed with natural, health-promoting ingredients, carefully selected after months of vetting. The biscuits are intended to support health, with ingredients customized for two of the most important times of the day—morning and night. They were inspired by the idea that pets deserve variety in what they eat, just as much as people do!

The company's founders Michelle Brosdal and Dr. Hillel Trope lovingly crafted the original recipes for Shmush! Breakfast and Bedtime Health Biscuits in Brosdal's kitchen with whole ingredients bought at the local grocery store! They mixed and baked samples in small batches again and again until the texture, the shape and the taste, tested by Brosdal's and Trope's dogs, was perfect.

"Michelle and I were told by many manufacturers that the recipes for these biscuits were impossible, and nothing like anyone has ever seen before," said Trope. "That's how we knew we had a one-of-a-kind product that needed to be brought to market and to pet parents."

Just like baby food, some pet parents make food for their pets from scratch and these new dog biscuits are meant to be close to homemade. The Breakfast biscuits contain ingredients fit for a favorite smoothie like strawberries, blueberries, blackberries and mangoes, as well as eggs and oats and powerful superfoods like moringa leaves and astaxanthin, packed

with vitamins, minerals, and antioxidants that help overall health and boost daytime energy.

"Our approach to pet food speaks to people and families who make their own health a priority, and who are seeking the same type of preventative benefits gained from healthy living and whole-food-eating for their pets," explained Brosdal. "Our natural ingredients were selected because of their commonly known health benefits."



Equally important to energy for the day, is rest and recovery at nighttime. Knowing that sleep helps our companion's bodies recharge, Brosdal crafted the Shmush! Bedtime Health Biscuit nighttime recipe with the immune system in mind. The Bedtime biscuits include ingredients like colostrum, chicken and eggs, barley grass, carrots, echinacea root, turmeric, and more, all chosen with the sleep cycle in mind.

"I like to think that the Bedtime biscuits will give pet parents extra joy, knowing that their sleep time is now so much more beneficial for their pet," added Brosdal.

Shmush! is made in the U.S. The Shmush! Breakfast and Bedtime Health Biscuit for dogs ordering options are meant to be as versatile as the product. Pet owners can start with a seven-day trial box with daytime and nighttime (14) servings for \$19.95 that is shipped for free. Once the biscuits win pets' taste buds, there is a special edition Shmush! tin, which helps preserve the freshness of the biscuits and holds a 28-day supply of (56) servings, priced at \$59.95. The 28-day supply refill box is priced at \$49.95. Orders will be shipped to anywhere in the U.S. for \$5.

Join the Shmush! email list to learn when the Shmush! Breakfast and Bedtime Health Biscuits for dogs will be available at ShmushPets.com. ❖



Pita Jungle Launches New Seasonal Menu 'Summertime and the Eating is Healthy'

Everyone's local favorite Pita Jungle just launched their new Seasonal Kitchen Crafts Menu, 'Summertime and the Eating is Healthy,' with dishes to help you beat the heat! The new menu features a variety of Mediterranean-inspired dishes with light, fresh and unprocessed ingredients inspired by the flavors of the season. The 'Summertime and the Eating is Healthy' menu is available now at participating Pita Jungle locations for dine-in, carry out and delivery.

The new summer dishes include:

Moroccan Gazpacho - Tomatoes, garbanzo beans, cucumber, onion, cilantro, celery, jalapeno, lemon juice, golden raisins and seasonings. Served cold with pine nuts and pita chips. Served vegan with cucumbers.

Labneh Dip Mezze Veggies & Chips - Labneh blended with za'atar-thyme mix, tomato, Persian cucumber, kalamata olives, fresh mint, EVOO and toasted pita. Made gluten-free with gluten-free pita.

Chicken-Asada Super Greens 'n Grains Southwest Bowl - Juicy Mediterranean dark meat chicken-asada, tossed in a chopped salad of red quinoa, avocado, tomato, roasted jalapeno, red onion, cilantro, parsley, sumac, a squeeze of

lemon juice and EVOO, on a bed of romaine lightly tossed in a freshly made red wine vinaigrette. Garnished with jicama sticks. Made vegan or vegetarian with tofu. (Gluten-free)

Levantine Lentils and Greens Stir Fry Salad Bowl - Stir fry of lentils, spinach, Tuscan kale, baby arugula and caramelized onions, atop a freshly tossed salad with seasonal mixed greens, tomato, Persian cucumber, yellow and red bells, radish, red onion, mint, sumac, a squeeze of fresh lemon, red wine vinegar and EVOO.

"High Plains Mediterranean Drifter" Garbanzo Tostada - Twice-boiled garbanzo, yogurt-tahini crema, avocado, yellow bells, tomato, Persian cucumber, celery, red onion, jicama, roasted jalapeno, on a pita tostada with pine nuts, cilantro, parsley, mint and a lemon squeeze. Made gluten-free with gluten-free pita.

Gyro Super Hero - Plant-based high protein gyro, vegan tzatziki, seasonal mixed greens, tomato, red onions, Mediterranean pickles and a Greek pita. Made gluten-free with gluten-free pita and vegan with regular pita.

Very Chicken Vindaloo - Mediterranean dark meat chicken-asada in a spicy vindaloo sauce, turmeric brown rice, honey glazed cab-

bage-kale super greens and green onions.

The Amazing Hummus & Chicken Pita - Mediterranean dark meat chicken-asada, freshly made hummus, chipotle-tahini based cabbage-kale super greens, avocado, tomato, Mediterranean pickles, red onions, pine nuts, lemon juice and pita. Can also be served as a bowl with turmeric brown rice. Made vegan and vegetarian with tofu, gluten-free with gluten-free pita.

Kataifi Cookie - A gooey cookie of shredded filo dough and crushed walnuts.

Pita Jungle is the go-to local restaurant for healthy, delicious food with 23 locations throughout Arizona. With the mission of helping guests sustain a healthy and balanced lifestyle, the restaurants serve up a diverse menu of tasty, fresh, wholesome foods, including a variety of vegetarian, vegan and gluten-free options. Pita Jungle's menu is influenced by tastes from around the globe with the benefits of the Mediterranean diet always apparent through the use of healthy lean proteins, veggies, legumes, nuts, grains and fruit. For more information on Pita Jungle, please visit www.pitajungle.com. ❖



Chicken Asada & Super Greens and Grains Southwest



Chicken Vindaloo Bowl



High Plain Mediterranean Drifter Garbanzo Tostada



Lentils and Greens Stir Fry Salad Bowl



Gyro Hero



The Amazing Hummus and Chicken Wrap

Thirsty Lion

GASTROPUB

Quench Your Thirst This Summer

Thirsty Lion Offers a Cure for Summer Cravings With New Summer Fresh Options

Thirsty Lion Gastropub (Phoenix, Chandler, Gilbert and Tempe) is renowned as a place where family and friends can come together and celebrate life with scratch-made food and a multitude of craft beer and cocktails. This summer, there are five more reasons to satisfy summer cravings with new seasonal options through September 2022.

Quench Your Thirst - Thirsty Lion will be offering new summer options including the Modern Whiskey Sour and the Jalapeño Paloma Margarita in addition to non-alcoholic summer refreshers including the Blood Orange Ginger Iced Tea, Hibiscus Basil Lemonade, and the Passion Fruit and Mango Agua Fresca.

Satisfy your Seafood Cravings - with fresh fish options including the new Spicy Shrimp Ceveche, Grilled Salmon Cakes, the Spanish Style Seafood Paella and Cedar Plank Roasted Salmon.

Hearty Options for a Hungry Lion - There is nothing better than a burger and a cold beer to satiate a summer appetite. Thirsty Lion's new melt-in-your-mouth masterpiece is an Artisan Lamb Burger served with ground lamb, fresh herbs, fontina and feta cheese, pickled red onions, arugula and garlic mint yogurt sauce on ciabatta bread. Other new satisfying options include the Deep-Fried Pickles, Mediterranean Chicken Sausage and Penne and the Grilled Fresh Artichoke.

Sweet Endings - Summer is the time to treat yourself and Thirsty Lion will be offering a new, amazing dessert to sweeten the deal. The Cast Iron Skillet Mixed Berry Crumble is baked with blackberries, blueberries, raspberries and strawberries, cinnamon, orange zest, pecan oat streusel, caramel and vanilla bean ice cream.

Bring the Thirsty Cubs to Eat - For parents seeking a place to bring the kids this summer, Thirsty Lion offers a kid's menu with plenty of options including Chicken Strips, Mac & Cheese, Mini Sliders, Fish & Chips and more!

For more information, please visit the website at <https://www.thirstyliongastropub.com/> or call Tempe: (480) 968-2920; Santan Village: (480) 899-0119; Desert Ridge: (480) 419-5070; Chandler Viridian: (480) 786-5799. ❖



Solve a Retirement Cash Crunch with More Liquidity

The phrase "house rich, cash poor" has new significance with a Bear Market, gas and food inflation and recession fears. These can quickly lead to declining wealth, cashflow and income, constraining a comfortable lifestyle. A couple of long time Biltmore homeowners have sold homes prematurely, because they ran out of liquidity. Modest retirement planning did not help. Sadly, these homeowners were not aware of strategies that would allow the "house rich" part of their asset picture to solve the "cash poor" part of their story.

Real Estate Advisor and Realtor, Andrew Waite, Coldwell Banker Realty wants to help "Rescue Your Retirement"™ and avoid this frequent dilemma. "Homeowners have more options to assure a comfortable lifestyle than they typically know," says Waite. "Let's talk and share these options."

Waite has assembled experts in FHA regulated home equity conversions (Mutual of Omaha Reverse Mortgage,) home equity loans (Guaranteed Rate,) down/rightsizing lifestyles, and wealth management and tax efficiency experts (Pacific Advisors). They will show guests how "captive assets" can be used to reduce financial stress, keep their homes and improve lifestyle.

He is inviting wise homeowners to enjoy a FREE dinner on August 2nd, 2022 to hear these experts and how they can help you. For more information, you may call Andrew at (602) 317-0700 or email andrew.waite@nexzusp.com. ❖

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Brighten Your Day with Summer Glow Specials at The Amethyst Spa

Now is the perfect time to reinvigorate mind, body and spirit with a relaxing facial, massage or foot massage at this gem of a day spa at the We-Ko-Pa Casino Resort. **Summer Glow Massage - 30 minutes - \$75 (was \$95)**

Essential oils can have benefits other than a nice aroma. Our signature Sagaromatherapy massage with orange aromatherapy incorporates orange essential oils to enhance your mood, calm your spirit, and balance mind and body. **Summer Glow Facial - 50 minutes - \$95 (was \$125)**

Replenish and rejuvenate tired skin with this skin-brightening facial using Dermalogica products. The double exfoliation will gently resurface your skin and accelerate cell turnover, leaving you with a bright summer glow! **Summer Glow Foot Massage - 20 minutes - \$35 (was \$60)**

"Soothe your sole" with the ultimate foot massage. Orange aromatherapy will relieve stress, invigorate fatigued feet, improve sleep patterns and boost your immune system.

Amethyst Spa is located at We-Ko-Pa Casino Resort at 10438 Wekopa Way, Fort McDowell, AZ 85264.

For reservations, call (480) 789-5335 or visit wekopacasinoresort.com/resort/spa. ❖

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Summer at CIVANA: The Ultimate Staycation

With summer travel ramping up, many travelers are turning to staycations for amazing getaways with the added benefit of being close to home. According to a survey by The Vacationer, more than 67% of American adults have done or will do a staycation this year. Knowing this, we wanted to share just some of the reasons CIVANA Wellness Resort & Spa in Carefree makes for the perfect summer staycation destination.

Nestled in the Sonoran Desert, just outside Scottsdale, CIVANA is a premier destination wellness resort offering a regenerating experience and a serene and healthy getaway to all travelers. This summer, the resort is launching new and unique wellness experiences and offerings sure to delight all guests.

See details on summer offerings below:

Summer Stay Offers:

- **Summer of Self Care:** Travelers can enjoy

2 or more nights of self-care and receive one 60-minute spa treatment as well as a \$100 in food and beverage credit if they stay by August 31st, 2022.

- **Local Love:** A world away, yet close to home. Arizona residents enjoy 25% off a wellness staycation.

- **Industry Rate for Wellness Professionals, Teachers and First Responders:** With proof of validation, guests who fall under the above categories are eligible for a significantly reduced offer of \$150 per night now through August 31st, 2022.

Self Care Socials: To help guests of the resort escape the heat and cool down, CIVANA will offer new Self Care Socials inclusive of creative indoor activities and complimentary refreshing drinks. The resort will offer this wellness activation every Thursday and Sunday.

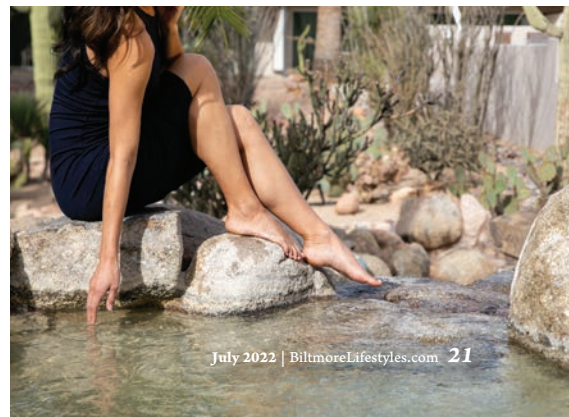
Restorative Spa Treatments: Experience extraordinary, restorative treatments offered by a truly gracious and passionate team of healers at the Spa. The CIVANA Renew is new this summer, offering a signature facial that incorporates the use of lymphatic style cupping and gua sha techniques to release tension, create movement and enhance detoxification.

Outdoor Adventures: Boundless beauty and beautiful weather make CIVANA the perfect setting for exploring the great outdoors and one's own wellbeing alongside expert wellness guides. Guests will take in all nature has to offer as they hike, bike, paddle and glide through Arizona's Saguaro-spiked landscape. CIVANA's summer adventure programming features beat-the-heat hiking, paddle boarding, kayaking and more.

For additional information and reservations, visit www.civanacarefree.com. ❖



Photos by Lisa Diederich Photography



Childsplay Announces Four-Play 2022-2023 Season

Childsplay launches its 46th season with a diverse four-show lineup leading off with *Selena Maria Sings* followed by the 2021-2022 smash hit *Rudolph the Red-Nosed Reindeer*, *Tomás and the Library Lady* and a new work premiering in 2023, *The Hula-Hoopin' Queen*. *Selena Maria Sings* and *Tomás and the Library Lady*, based on the true story of well-known Chicano author, poet and educator, Tomás Rivera, feature all Latinx casts.

Flex Ticket packages are now available starting at \$18. Ticket holders can choose seats and performances at any time throughout the season. Backstage tours also are included. Packages can be purchased online at www.childsplayaz.org/save. Single tickets will go on sale later this summer.

All performances are on Stage West at the Herberger Theater Center, 333 E. Monroe in downtown Phoenix.

The 2022-2023 season schedule includes:

Selena Maria Sings, by Miriam Gonzales, original music by Las Cafeteras' Daniel French. A co-production with Magik Theatre of San Antonio, Texas. October 22nd through November 5th. Saturdays at 1:00 p.m. and 4:00 p.m., Sundays at 1:00 p.m. Recommended for ages nine and older. *Selena Maria Sings* tells a story of music, family, immense love.



Rudolph the Red-Nosed Reindeer, adapted by Robert Penola based on the animated television special. Music and lyrics by Johnny Marks. November 19th through Dec. 24th. Saturdays at 1:00 p.m. and 4:00 p.m., Sundays at 1:00 p.m. Recommended for ages five and older.



Rudolph The Red-Nosed Reindeer is presented through special arrangement with Music Theatre International (MTI).

Tomás and The Library Lady, by José Cruz Gonzalez, music and lyrics by José Cruz Gonzalez, music arranged and performed by Adam Jackson, February 4th through March 12th. Saturdays at 1:00 p.m. and 4:00 p.m., Sundays at 1:00 p.m. Recommended for ages five and older.



The Hula-Hoopin' Queen, by Gloria Bond Clunie, based on the book by Thelma Lynne Godin, A co-production with Imagination Stage of Bethesda, MD. April 29th through May 21st. Saturdays at 1:00 p.m. and 4:00 p.m., Sundays at 1:00 p.m. Recommended for ages five and older.



For more information about Childsplay, please visit childsplayaz.org. ❖

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Downtown Tempe's Park After Dark Event Series Offers a Cool Way to Wind Down on Saturdays this Summer

The heat may be on, but a cooldown is happening in Downtown Tempe this summer. The popular Park After Dark summer event series returns under the cool shade trees at 6th Street Park. Attendees will discover plenty of refreshing fun and entertainment for all ages running every second and fourth Saturday through September. Each free event features a rotating lineup of entertainment, outdoor games and beer and wine vendors.

Throughout the series, attendees can take advantage of the abundance of food and drink options in Downtown Tempe, with 14 options less than a 5-minute walk from 6th Street Park. Guests can order food online and pick it up or have it delivered directly to the park for a nominal fee. A full list of food options is available online.

With its central location and vibrant character, Downtown Tempe is a preeminent Valley gathering spot. The annual Park After Dark series gives area residents the opportunity to wind down on the weekend while enjoying all that Downtown Tempe has to offer.

"Hot summer days call for a cool way to wind down on the weekend," said Kate Borders, Executive Director of the Downtown Tempe Authority. "Park After Dark brings people together to enjoy lively entertainment while supporting local merchants and showcasing Downtown Tempe as a terrific destination for the whole family."

The events are 7:00 p.m. to 10:00 p.m. every second and fourth Saturday through September 24th, at the 6th Street Park located south of 5th Street, between Mill and Forest Avenues.

The award-winning Downtown Tempe Authority is a private, nonprofit organization that works in partnership with the City of Tempe to increase the value of Downtown Tempe through enhanced management, safety, marketing and promotional services on behalf of DTA members and other downtown stakeholders.

More information about Park After Dark, including a complete lineup of live music and entertainment, will be available at www.downtown-tempe.com/events/park-after-dark. ❖

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