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May is Stroke Awareness Month: Minutes Matter, Your Health Can't Wait Biltmore Area Served by Abrazo Central Campus Comprehensive Stroke Center

When a stroke happens, every minute counts. Not only is knowing the signs and symptoms of stroke important, so is having a capable treatment facility nearby. In the Biltmore area, that facility is the Abrazo Central Campus Comprehensive Stroke Center.

Stroke patients who receive treatment quickly have the best chance of survival and prevention of disability, says Dr. Emun Abdu, Medical Director of Cerebrovascular and Endovascular Neurosurgery at Abrazo Central Campus.

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. Stroke is a leading cause of death in the U.S. and around the world, causing lasting brain damage, long-term disability or even death.

May is National Stroke Awareness Month. Stroke is preventable and treatable, according to Dr. Abdu. Stroke affects more than 795,000 people in the U.S. each year, and getting fast treatment is key to preventing death and disability.

Warning signs of stroke include:

- 🚨 Sudden numbness 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," said Dr. Abdu. Even during the pandemic, your health can't wait.

Comprehensive Stroke Centers 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.



"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," explained Dr. Abdu.

The U.S. Centers for Disease Control and Prevention (CDC) offers a simple test to act **FAST** if you think someone may be having a stroke:

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 simple phrase; is the speech slurred or strange?

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

Also, note the time when the symptoms first appear, this helps health care providers determine the type of treatment needed.

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

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From the Publisher...



May is here and along with the month of May comes Mother's Day, Memorial Day and of course the warmer temperatures. Make your Mother's Day plans early, as most of your favorite restaurants are now back up and running. With limited seating for social distancing purposes, Mother's Day reservations are sure to book up fast.

The time that we have all been waiting for has arrived. The Arizona Biltmore has reopened under the slogan, "Welcome to the Reimagined Arizona Biltmore." They have reimagined the Arizona Biltmore, A Waldorf Astoria Resort with two key concepts in mind: reviving the best of their past and creating spaces suited to today's discerning guest. From fresh dining experiences, to their new adults-only Saguaro Pool oasis, to new venues like The Spire Bar, there's plenty to discover.

One of the new additions is the Paradise Pool. The reimagined family pool has something for everyone with a splash-worthy 65 foot triple slide waterslide, The Twist, and 15 newly dressed cabanas to call home for a day in the sun. Tierra Luna, the new spa at the Arizona Biltmore is receiving a complete renovation to provide guests a calming destination that awakens the senses and offers rejuvenation for body, mind and soul. Both will be open this month.

Until next month, **Susan**

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

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Susan Aavang
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ryan house
**Community
 Breakfast**
MAKING MEMORIES • CREATING LEGACIES



Ryan House Virtual Community Breakfast Streaming Live Featuring Emcee and Media Personality Catherine Anaya

Rise and shine with Ryan House at 10:00 a.m. on Friday, May 14th, and attend its Virtual Community Breakfast!

Register today and join more than 1,000 guests who are expected to virtually attend this year's event, to learn more about Ryan House and hear stories about the inspiring work they do for children with life-limiting medical conditions and their families.

This year's signature event will showcase some of Ryan House's most beloved memory-making and legacy building programs and services and the families that use them led by this year's Emcee and Media Personality Catherine Anaya!

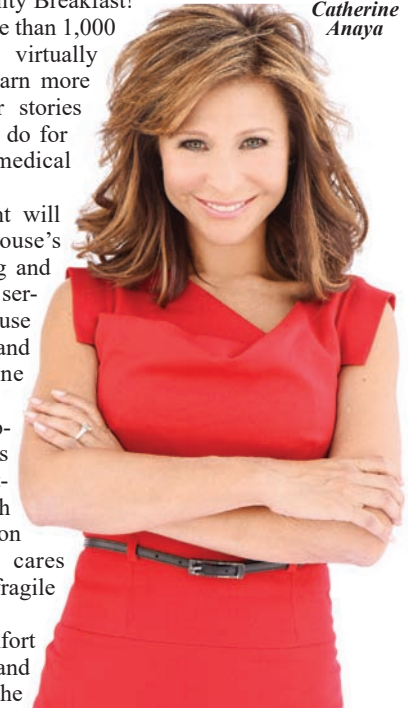
Thanks to community support, mission-critical funds raised that morning will directly support Ryan House, which currently relies 100 percent on community donations and cares for Arizona's most medically fragile children and their families.

Gifts will provide care, comfort and community to children and families at Ryan House in the coming year.

Admission is free. To reserve your spot as an individual guest or a Table Captain and/or for more information, visit www.bit.ly/rh2021communitybreakfast. For sponsorships, contact Amy O'Sullivan at (602) 200-0767 or aosullivan@ryanhouse.org.

About Ryan House

With world-class care and programs, Ryan House embraces all children and their families as they navigate life-limiting or end-of-life journeys through palliative and respite care that addresses the emotional, spiritual and social needs of the family, continuity of care from diagnosis to end-of-life, expert care provided by their prestigious care partners and highly trained staff and a loving community that offers ongoing support and compassion. Ryan House is the only facility of its kind in the state and only one of three in the country. For more information, visit ryanhouse.org. Follow us on Twitter and Instagram and join them on Facebook.



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Featured Properties



2402 E. Esplanade LN. #PH1 \$1,995,000

Gorgeous Penthouse Residence, updated in 2011, with a soft, contemporary design throughout! 3,350sf 3BR/3BA and a den/office/library. Hardwood floors. Enjoy the Esplanade Place award-winning services and amenities in the iconic Biltmore area.



2402 E. Esplanade LN. #901 \$1,750,000

Immaculate 3,000sf residence on the 9th floor with numerous upgraded features throughout. Open floor plan with 2BR/3BA, office/den, media room, travertine stone floors and gourmet kitchen. Valet parking, rooftop pool, full fitness center and numerous services & amenities to welcome you home.

Tesla Rideshare Program Launches for Phoenix to Tucson Travel

Arizonans are often faced with a hurdle when traveling between Phoenix and Tucson because it's too close to fly, but too far to use a traditional ride share company like Uber. A new service unlike anything else in the U.S. just launched in Phoenix to address this challenge.

Falcon Line, a new business headquartered in Scottsdale, is helping travelers move between the Valley and Southern Arizona in Tesla-style, minimizing costs, stress and inconvenience.

"Flying is expensive, cumbersome and chaotic; bus or shuttle travel is inexpensive, but the experience is pretty undesirable and driving yourself on the I-10 for two or more hours is unproductive and stressful, that's where Falcon Line comes into play," said Michael Puhala, Falcon Line CEO and Founder. "Most users of our service are looking for travel accommodations between 75 and 200 miles in length and the Phoenix to Tucson route is the first of many corridor travel options in our plans to roll out across the U.S."

Currently Falcon Line offers fully electric, premium, business class service from point A to point B with professional drivers in a fleet of Tesla Model X vehicles. Passengers can book a single seat or reserve the entire car for their journey. To make sure there is no lapse in productivity, cars are equipped with retractable desks in the back seats, 5G Wi-Fi and more amenities to make personal and business travel seamless.

"Today's travelers want a consistent experience that is safe, convenient and mindful," said Puhala. "Falcon Line was born with this con-

sumer in mind. Plus, not only does Tesla provide a gold standard luxury travel experience, it is an electric car that's better for the environment, and as an added benefit, can use the HOV lane during high traffic times."

Booking a ride is simple. Travelers can schedule one-way or roundtrip travel online at www.ridefalcon.com. Fares range from \$100 to \$300. Reservations are arranged in advance to assure accommodations can be met. Subscription services will be available for frequent passengers who travel often between Falcon Line metropolitan areas.

There are two pickup and drop-off locations in Phoenix including one in North Scottsdale at the Scottsdale Quarter and a second near Phoenix Sky Harbor International Airport. There is one pickup and drop-off location in Tucson at La Encantada Shopping Center. When travelers book a seat, it's point to point drop off. If travelers book the entire car, they will get an added benefit of door-to-door service.

Travelers can also breathe easy as they travel in style knowing the Tesla Model X vehicles have an advanced air purifying system and the vehicles are sanitized after each trip, allowing



travelers to feel safer than flying or sitting in a passenger van in the COVID-19 era.

Falcon Line just launched its services in Phoenix and Tucson in April with plans to expand in Northern Arizona (Flagstaff and Sedona) in May. The program provides users a premium travel service in parts of the U.S. where there are no premium corridor travel options. Falcon Line has identified 32 additional corridors across the U.S. for potential expansion in 2021 including Austin, San Antonio, Dallas and Houston, Texas. The company's goals include expanding to 10 corridors by the end of next year and 25 corridors in the next five years.

For more information or to book your travel with Falcon Line, visit ridefalcon.com. ❖

The Hermosa Inn Announces Hot Summer Rates and Cool Dining Dates

With cool casitas and cabanas, subterranean dining and authentic Arizona charm, this luxury boutique hotel offers special summer room and dining opportunities from May 17th through September 30th, 2021

The Hermosa Inn, a AAA Four Diamond hotel nestled in the heart of Paradise Valley, offers plenty of options to unwind and dine at this boutique hideaway of 43 luxury casitas situated on six lushly-landscaped acres.

Summer in Paradise GETAWAY Offered Exclusively Online

Available from May 17th through September 30th, 2021

Weekday rates start at \$169, while weekend rates start at \$189, plus tax and resort fee of \$35, which includes valet parking.

- Overnight accommodations
- Two drink tickets upon arrival per room
- \$25 daily Food & Beverage credit
- Daily poolside treats
- Early check-in/late check-out, based on availability
- Upgrade upon arrival, based on availability

Special Menus And Venues

Lon's Taste of Summer Menu

LON's culinary team will be creating a tantalizing three-course prix-fixe dinner menu for \$55 (not including tax or gratuity) offered from June 1st through September 16th.

Cool Dining in Lon's Underground Wine Cellar

The return of 100+ degree temperatures in the greater Phoenix area also ushers in a cool reprieve in the form of a one-of-a-kind culinary experience in the underground wine cellar at LON's at the Hermosa. Beginning June 3rd through September 12th, the hotel's signature restaurant will open its private subterranean wine cellar to offer guests and Valley residents alike a special five-course tasting menu (\$75 per person, not including tax and gratuity) along with a wine pairing option (additional \$35/person).

Cool (in every sense of the word), the cellar, kept at 57 degrees, is normally available exclusively for private events, but will now be open for parties of two or more, Thursday through Sunday nights. Reservations can be booked up to seven days in advance by calling LON's at (602) 955-7878.

Weekend Brunch

With a wide-ranging menu including Lobster Tempura, three variations of Eggs Benedict,

Huevos Rancheros, Vanilla French Toast, House Ground Beef Burger and the Shrimp & Blue Crab "Louie" Salad, LON's is the ideal locale for a leisurely weekend brunch, offered Saturday and Sunday, from 7:00 a.m. to 2:00 p.m.

For just \$36 per person, the Hacienda Brunch for Two features a shared starter (choice of the House-Smoked Salmon, Avocado Toast, or the House-Made Peppered Bacon served sizzling on a cast-iron skillet with mini-waffles and maple syrup), choice of two entrées or salads and two featured boozy beverages.

The brunch cocktail menu offers a range of colorful and refreshing Margs, 'Mosas & Mules, which can be customized with blood orange, kiwi, pineapple, black cherry, or white peach puree. The perfect summer sipper, the White Sangria is an effervescent blend of Prosecco, St. Germain and peach puree. Red or yellow Marys (chipotle/tomato or horseradish/yellow tomato) are show-stoppers created with infused AZ Mission vodka and fresh tomato juice, garnished with pickled sweet peppers.

Lon's Last Drop All-Night Happy Hour

From Memorial Day to Labor Day, LON's Last Drop, (LON's casual alternative) celebrates summer with daily happy hour from 4:00 p.m. to close, with reduced pricing on Arizona craft canned beer, wines on tap, and draft cocktails. Bar snacks include Roasted Pepper Hummus with Grilled Pita, Tajin Popcorn and Warm Crafted Olives. A hearty and delectable array of Bar Bites feature Grilled Beef Sliders, Parmesan Garlic Fries, Grilled Steak Tacos, Chile Citrus Chicken Wings, and the ever-popular Tortilla Chip Trio of House-Made Guacamole, Salsa and Queso Dip.

Perfect for sharing, the Carafe & Cellar Board is an incredible value for just \$28, which boasts a board of house-cured artisan meats and cheeses, served with crispy bread and a carafe of draft wine.

Poolside In Paradise

Luxuriate poolside in comfortable cabanas, available from 8:00 a.m. to sunset and toast the day with either a bucket of Arizona canned beers with house-made guacamole, chips and salsa or a carafe of Sangria of the Day, served with a seasonal fruit and cheese platter. Cabana rentals start at \$75 per day and reservations are required.

For snacking and sipping poolside, choose from signature sandwiches, colorful salads and specialties including blue crab cakes and grilled fish tacos. Refreshing hand-crafted cocktails include a Bikini

Rita, White Sangria, Mango Habanero Ranch Water, with Casamigos Reposado, Mango Real, lime, habanero bitters, Topo Chico and the Woke Up In Paradise, with Mount Gay Rum, Rum Bar white rum, vanilla liqueur, lime, Fruity Pebbles orgeat and Tiki bitters.

LON's Summer Hours

Breakfast: 7:00 a.m.–10:00 a.m., Monday-Friday

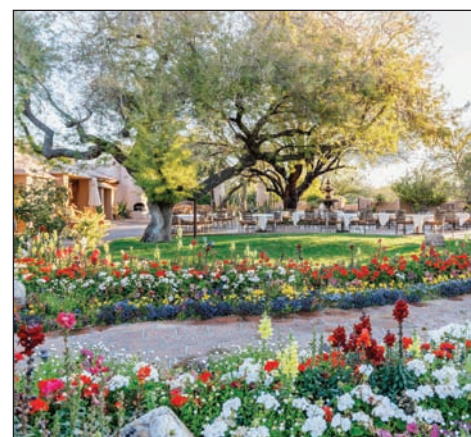
Lunch: 11:30 a.m.–1:30 p.m., Monday-Friday

Dinner: 6:00 p.m.–9:00 p.m., Sunday-Thursday; 6:00 p.m.–10:00 p.m., Friday-Saturday

Brunch: 7:00 a.m.–2:00 p.m., Saturday-Sunday

For restaurant reservations, visit lons.com or (602) 955-7878.

For hotel reservations, visit hermosainn.com or call (844) 267-8378.



Forrest Anderson Plumbing and A/C Offers 8 Tips to Avoid Costly Utility Bills

The warm weather this month is a good reminder for Valley residents to prepare their homes to be as energy efficient as possible before temperatures skyrocket. With so many people working and attending school remotely, experts at locally owned Forrest Anderson Plumbing and A/C (Forrest Anderson) recommend starting new daily habits to keep homes cool and make sure air handling systems are running at peak efficiency.

"The most important thing people can do to save money on their electricity bill is to make sure their A/C unit cools their home quickly and to the correct temperature before we hit the summer highs," said Audrey Monell, President of Forrest Anderson. "Just like a car needs regular oil changes, an A/C unit needs regular servicing to prevent small issues from turning into big problems when the systems are under the strain of extreme temperatures."

When the Valley heats up, common issues can become big problems. A certified inspection will identify refrigerant leaks, dirty coils, loose connections, and other concerns. In addition to getting A/C units serviced, here are eight simple things homeowners can do to be energy efficient and save money.

Turn up the thermostat – Raising the thermostat one degree saves up to 3% on energy costs, so aim for 78 degrees when combined with fans. Installing a smart thermostat can make the transition easier by automatically adjusting the temperature.

Shade windows – Close curtains and blinds to block sunlight and consider adding exterior shade screens. If you are remodeling, consider investing in double or triple pane windows, and plant trees in front of south and west facing windows to block the sun.

Change lightbulbs – Switch out older lightbulbs with LED's that give off less heat and use less energy. Make a habit of turning off lights, videogames and electronics when not in use.

Use fans wisely – Set up desk fans wherever the family uses computers and switch ceiling fans to spin counterclockwise to push air down to feel up to 5-degrees cooler. Get in the habit of using a bathroom fan while showering to remove heat and humidity, and take advantage of kitchen and laundry room fans that vent air outside.

Keep doors open – Keep internal doors open to let air circulate. Closing doors changes the air pressure which can make A/C units work harder.

Replace air filters monthly – Dirty air filters can cause the A/C unit to work harder, increasing electric bills and repairs. Check filters monthly and after each Monsoon storm and vacuum the air intake vents.

Seal leaks – Use an infrared thermometer to check for air leaks around windows, doors, and in the attic. Sealing gaps with caulk and weatherstripping reduces energy costs and dust.

Get an energy audit – An audit can identify air leaks and insulation gaps and help determine the best energy plan.

Some families also use super-cooling techniques to bring the home down to 68-degrees for a few hours and then turn the A/C off to let the home slowly warm up. It will significantly cut energy use, but with everyone spending so much time at home there can be a huge adjustment to get used to the temperature swing.

Forrest Anderson is a locally owned company that provides every customer with a 4-point Complete Service™ Experience to identify problems that can cause A/C units to break down. They take the time to make sure customers understand all their options using high-definition photos on a tablet. To schedule an appointment, call (623) 780-4060. ❖



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Taliesin West Front Elevation - Photo Credit Andrew Pielage

New At Taliesin West: Wine & Wright Tour Every Friday

Looking for a fun date night or a new way to get together with friends in a socially distanced, outdoor setting? Enjoy an evening where Friday happy hour meets golden hour with the brand-new "Wine & Wright Tour" at Taliesin West.

Sip on a beverage an hour before your guided tour surrounded by Frank Lloyd Wright's iconic architecture and the distinctive landscape of the Sonoran Desert. Explore Wright's home and laboratory with a professional guide and become inspired by nature, art and Wright's use of organic architecture.

Wine & Wright Tour at Taliesin West

Offered Fridays Only

Tour Times: 5:00 p.m., 5:30 p.m. and 6:00 p.m.

Bar Hours: 4:00 p.m. to 6:00 p.m.

60-minute tour + one hour before the tour for drinks.

Advance ticket reservations required.

\$50 includes tour and one complimentary beverage of choice (*non-alcoholic sections are available.*)

For more information and to purchase tickets, visit www.franklloydwright.org.



*Taliesin West Afternoon Tours
Photo Credit Frank Lloyd Wright Foundation*



*Dragon - photo credit
Frank Lloyd Wright Foundation*



*Taliesin West Night
Photo Credit Andrew Pielage*



*Taliesin West Afternoon Tours
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*Cabaret Day
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*Taliesin West Drafting Studio
Photo Credit Jill Richards*

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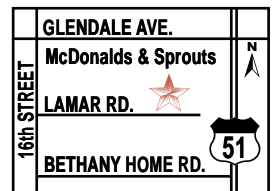
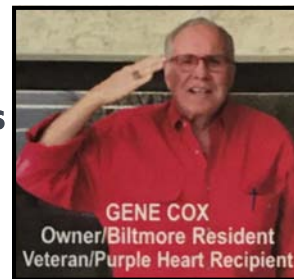


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*Taliesin West - Photo Credit Foskett Creative
Courtesy of the Frank Lloyd Wright Foundation*

All Night, All Summer Happy Hour Returns to Iconic Roaring Fork

The much anticipated, All Night, All Summer Happy Hour returns to Scottsdale's local favorite, Roaring Fork restaurant June 1st through Labor Day, Monday, September 6th. Beginning at 4:00 p.m. Sunday through Thursday, guests can receive happy hour pricing in the bar and Saloon on the following menu items:

- ✦ **Caesar** - \$6.50 served with Romaine, Parmesan, Croutons, and Traditional Dressing
- ✦ **Fresh Guacamole** - \$8.50 served with Crispy Tortilla Chips
- ✦ **Green Chili Pork** - \$9.00 served with Warm Flour Tortillas
- ✦ **Queso Con Puerco** - \$8.50 served with Pepperjack Queso, Green Chili Pork, & Crispy Tortilla Chips
- ✦ **Chicken Tinga Tacos** - \$8.50 served with Chipotle Chicken, Pickled Onion, Cotija Cheese, and Flour Tortilla
- ✦ **Crispy Chicken Beignets** - \$9.00 served hot or not hot with cilantro lime, and sweet chili yogurt
- ✦ **Smoked Chicken Wings** - \$11.00 served with Celery and Ranch Dressing
- ✦ **Rotisserie Chicken Flat Bread** - \$11.00 served with Basil Pesto, Roasted Chilis, Pepper Jack Cheese, and Tomatoes
- ✦ **Hot Chicken Sandwich** - \$12.50 served with Coleslaw, Pickles and French Fries
- ✦ **Roaring Fork "Big Ass" Burger** - \$12.50 served with Lettuce, Tomato, Onions, Pickles, Bacon, & French Fries

In addition, \$6.00 Wines by the Glass will be offered as well as \$7.00 "Roaring Cocktails" including the famous huckleberry margarita, Raging Rita, the Peach Margarita, Adult Arnold Palmer, Spicy Jalapeño Margarita, the Peach Margarita, the Classic Martini and Manhattan.

About Roaring Fork

Roaring Fork's Wood Fired Cooking captures the spirit of bold American cuisine, creating flavors that crackle with a rugged edge. In the Old West, the best food was prepared on a simple wood fire. This same spirit, freshness and flavor are at the heart of every dish served at Roaring Fork. Select from lamb, chicken, beef, pork and fresh fish entrees all perfectly prepared by wood fire rotisserie, open flame grill or wood oven roasting. Roaring Fork is located at 4800 North Scottsdale Road in Scottsdale Arizona. For more information call (480) 947-0795 or visit the website at www.roaringfork.com. ❖



A Modern Twist on the Traditional Himalayan Salt Lamp

Get your authentic glow on and relax with Himalayan Salt Lamps that are a lovely addition to any home decor. The one-of-a-kind creations are truly an original gift and a centerpiece to any room of the home. These are gorgeous, the real deal, and oh-so soothing!

A woman-owned business, d'aplomb stands out in the industry for its authenticity and elegance at an affordable price. Whether you choose the lovely carved flower or opt for the modern rectangle design, you will enjoy clean and natural living at its finest.

What sets these Himalayan salt lamps apart is that they are all hand-crafted in Pakistan using salt from the Warcha Salt Mines. The pink salt is the most beneficial, cleanest salt on the planet, formed over 250 million years ago when the sun dried up the primordial ocean that covered the area that is now the Himalayan mountain range. The salt from the unpolluted ocean was preserved in crystals containing all 84 elements found in the body.

By releasing negative ions that trap air pollutants such as allergens, mold, bacteria and electromagnetic radiation, the lamps absorb dust and purify the air, thus relieving fatigue, anxiety, and insomnia.

The brand plans to launch three new lamps this year. In the meantime, take a look at these bestsellers that are popular Mother's Day gifts and all-time Amazon favorites.

Hand Carved Flower Rose

This lovely piece of art is great for anyone interested in healthy living, Feng Shui or simply beautiful home decor. A Mother's Day top choice, it features a crafted polished wood base and a dimmer to adjust lighting preference. Price: \$39.99.



Rectangle Himalayan Rock Salt Lamp

This is a modern take on the traditional salt lamp, filling your habitat with beauty, health and comfort. A perfect gift for graduates, loved ones, parents, college students, colleagues, yoga enthusiasts and teachers. Price: \$39.99.

For more information, or to order visit www.daplombusa.com. ❖



Take Care of Your Hair This Summer

Summer is coming, and with that comes exposure to lots of sunlight and heat. Mane Attraction Salon has put together some helpful tips to keep your hair healthy this summer:

- ✂ Avoid unnecessary heat styling: Embrace the natural waves and curl patterns by trying new drying techniques such as braiding and sleeping over night to release beautiful waves.
- ✂ Add a deep conditioner: Hello moisture! Adding a deep conditioner to your routine once a week can instantly add hydration to your hair.
- ✂ Use the proper hair towel: Wet hair is fragile and the friction can cause hair breakage. Our favorite hair towel, Aquis, wicks away 50% faster than a cotton towel. The towel presses water out of the hair, snag-free and hands-free.
- ✂ Be aware of the ponytail: Pulling the hair into the same position with tension and in the same place will cause damage and breakage to the hair. Rotate the position of your ponytail from high to low, pigtails and different braids. Also, choose ponytail holders that allow the hair to have movement and alleviate stress, such as Teleties.
- ✂ Cover it up: Protect your hair with UV protectant sprays, such as Bb Hair Dressers Invisible Oil Primer Spray, and hats for extended stays in the fun.
- ✂ Trim your hair: Split ends continue to break and will continue to do so until they are snipped off. Regular trims every six to eight weeks can strengthen the ends and maintain length.



Photo by Yellow Room Photography

Mane Attraction Salon is located at 3156 E. Camelback Road in Phoenix. MAS has remained on the cutting edge of hair styling and technique since it was established in 1977. Each stylist goes through an in-depth advanced training program where they are taught to give thorough consultations and demonstrate excellence in over 60 cutting and coloring techniques.

For more information about Mane Attraction Salon, or to book an appointment to see one of their stylists, call (602) 956-2996 or visit www.maneattractionssalon.com. ♦





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It's In to be Out

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



As our Arizona temperatures start to climb, we are drawn to the outdoors and specifically to our own outdoor oasis. Outdoor living is at its best during these months with crisp mornings and cool evenings.

In an era of a pandemic, lockdowns and quarantines, our homes have become a safe-haven. Just like the interior home furnishings market, the outdoor furniture market has realized great growth

and development.

The threshold between indoor and outdoor living has been crossed for several product categories, including kitchens, televisions, area rugs and upholstered pieces. The important differential comes down to durability and weather resistant materials.

According to Richard Frinier, now in his 40th year in the home furnishings and outdoor design industry, "if it's trending, it's ending." Instead, his designs remain in production for a decade or more. One of his earliest collections for Brown Jordan is still being produced 39 years after its debut!

As a design professional, Frinier believes design is about edit and focus. While being aware of current products in the marketplace, he prefers to concentrate on the evolution of experience and the willing collaboration of clients.

Throughout the 90's the focus moved from traditional patio styles to modern. Teak was introduced into the outdoor and indoor markets beyond the traditional park bench. Resin wicker followed as a new and exciting all-weather material creating what has grown into a billion-dollar market segment!

At the turn of the century marine-grade stainless steel, parabolic and stretch-sling seating emerged. Today, outdoor products continue to blur the line between indoor and outdoor living. Pictured are cross-over styles mixing Gray Teak frames with a Polyolefin Rope creating a clean aesthetic that works well indoors or outdoors.

The casual furnishings industry today offers a variety of detail and design that is evolutionary and revolutionary!

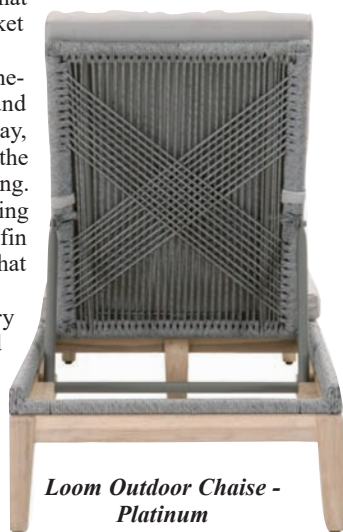
You may contact Tina for Interior and Lifestyle Design Services at tmellino@cox.net, www.houzz.com/pro/tmellino or visit www.ziainteriors.com. ❖



**Loom Outdoor Arm
Chair - Platinum
Gray Teak**



**Loom Outdoor Arm
Chair - Taupe White
Gray Teak**



**Loom Outdoor Chaise -
Platinum**

Scottsdale Musical Theater Company Continues Cabaret Style Series with New Andrew Lloyd Webber Revue

After sell-out shows in March and a sell-out extension running through April, Scottsdale Musical Theater Company continues their cabaret style musical revue at the Scottsdale Plaza Resort with a new show for the month of May, "Best of Broadway: The Music of Andrew Lloyd Webber." Performance dates are Saturdays: May 8th, May 15th, May 22nd and May 29th. Performances are at 8:00 p.m., with tickets at \$25.

"To be able to sit back and relax with a drink and enjoy music from Broadway's greatest shows...audiences are really embracing this format and thoroughly enjoying their evening out" states David Hock, SMTC's Executive Producer. "This cabaret format allows the performers to achieve a more intimate connection to the music and the audience, providing a uniquely wonderful and entertaining experience."

The new revue features the vocal talents of SMTC performers Elizabeth Blair, Nicki Bond, Hector Coris, Christopher Gonzalez, Taylor Hogan, Matt Newhard, Estrella Paloma Parra and Zack Wells. Musical direction and keyboards will again be handled by Josh Hontz with percussion handled by Shawn Jordan.

To maintain social distancing guidelines, the feel is like being in a nightclub with cocktail table seating spread out and each party will have their own table. Full bar service is available before, during and after each show. The Scottsdale Plaza Resort is located at 7200 N. Scottsdale Road in Scottsdale. Doors will open at 7:30 p.m. with the performance starting at 8:00 p.m. Tickets are only \$25 and reservations can be made online at www.scottsdalemusicaltheater.com.

Please contact SMTC at (602) 909-4215 or via email at info@scottsdalemusicaltheater.com for any additional information. The company website is www.Scottsdalemusicaltheater.com. ❖



Liz Blair in A Christmas Carol



Hector Coris in Annie



**Matt Newhard in
Thoroughly Modern Millie**



Matt Newhard and Hector Coris in The Producers



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Alex Stratta Changing the Canvas of Scottsdale Restaurant

Alex Stratta, the James Beard Award-winning chef behind Stratta Kitchen in Scottsdale, is changing the landscape of his namesake restaurant. Opening early this month, Campo Italian Bistro and Bar will bring the bountiful fields of the Italian countryside to the hearts of local diners with a menu full of authentic, handcrafted Italian favorites. Campo will offer dinner nightly, as well as weekend brunch.

Italian for “countryside,” Campo represents rustic Italian cooking with a modern progression of Italian traditions, says chef/owner whose father is from the Piedmont region of Italy. “As much as we loved bringing farm-fresh Mediterranean fare to Scottsdale with Stratta Kitchen, I realized that my heart was calling to the incredible variety and bold flavors of the rustic Italian countryside, including personal family recipes such as Aunt Seba’s meatballs. But also lesser known dishes, such as Mediterranean Sea Bass with Sicilian-style Caponata or eggplant salad, brunch dishes such as Italian Ranchero Eggs, and event decadent Italian zepoli, or donuts.”



Boasting fresh ingredients, guests can enjoy antipasti starters such as Cold Smoked Salmon, Roasted Mussels, and Crispy Calamari and Artichokes before diving in to a wide array of entrees.

Insalata choices include Burrata Cheese and Oven Dried Tomato and an Antipasti Salad. For Pasta, choose from Spiced Butternut Ravioli, Bucantini with Meatballs, Potato Gnocchi and Shellfish Campanelle. Plus hearty entrees such as Crispy Skin Salmon with greens and beans or Chicken Cutlets with marsala,

wild mushrooms, artichokes and pancetta, a wide variety of premium pizzas and even a dedicated “Bambini” menu.

Also open for weekend brunch from 9:00 a.m. to 3:00 p.m., enjoy Buttermilk and Ricotta Pancakes or Campo French Toast with lemon mascarpone, paired with specially priced Mimosas and Bloody Mary’s. Or enjoy Campo’s Happy Hour with food options including Local Vegetable Speidini, Whipped Ricotta, Spicy Meatballs or pizza, all for \$10. Pair these with local draft beer, well cocktails, wine or sangria from 3:00 p.m. to 6:00 p.m. daily.

Campo Italian Bistro and Bar is located at 8260 N. Hayden Rd. #A102 inside the Mercado on Hayden shopping in Scottsdale. Open Tuesday through Thursdays from 3:00 p.m. to 10:00 p.m.; Fridays 3:00 p.m. to 11:00 p.m.; Saturdays 9:00 a.m. to 11:00 p.m.; Sundays 9:00 a.m. to 9:00 p.m. For more information, call (480) 597-9195 or visit www.campoitalian.com. ❖



Real Estate Update

Second Quarter Real Estate Trends for 2021



By Debbie Frazelle, Coldwell Banker Realty

The housing market is continuing to look extremely strong for the Phoenix area for the rest of 2021. Realtor.com's most recent forecast predicts home sales in the area will jump 11.4% over last year's levels, which is more than the national average. The combination of beautiful weather, great restaurants, a reasonable

cost of living and the ability to work from home, continues to draw people from out of state to the area. For residents looking to sell or buy, and for those looking to move to Phoenix, there are several housing market trends to count on through the rest of the year.

Home purchases will be propelled by underlying demand through the rest of 2021. This demand will come from a healthy share of Millennial and Gen-Z first-time buyers as well as trade-up buyers from the Millennial and older generations. United Van Lines has Phoenix rated the #14 city for inbound moves. As vaccines for the coronavirus become available to the public, and economic growth reflects the resumption of more normal patterns of consumer spending, home sales will gain even more in the second half of the year. Monthly Median Sales Price: up 19.0% from last year - and up 2.7% from last month per the Cromford Report.

As remote work continues in 2021 and in some cases, employers grant employees the flexibility to continue remote work indefinitely, expect home listings to showcase features that support remote work such as home offices, zoom rooms, high-speed internet connections, quiet yards that facilitate outdoor office work, and proximity to coffee shops and other businesses that offer back-up internet.

Sellers will be in a good position throughout 2021. Home prices will hit new highs, even though the pace of growth slows. Buyers will remain plentiful and low mortgage rates keep purchasing healthy, but monthly mortgage costs will rise as mortgage rates steady and home prices continue to rise. Sellers hoping to see further double-digit price gains will likely be disappointed, but those setting reasonable expectations can expect to see a timely sale and will want to focus on their next move.

First-time home buyers will remain a strong force as well. While younger Gen-Z buyers are expected to play a growing role in the housing market, the largest group of Millennials are now in their mid-30s. This is bringing a wave of demand from renters looking to buy their first homes. Additionally, the oldest Millennials are increasingly contributing to the trade-up market.

Home rental prices are also on the rise; if there is any way to hold onto your home and rent it out, do it. There are a large number of renters who are not able to find a place to live because rental inventory is low.

Lastly, buyers are putting down a lot more cash. We expect to see buyers continue to put more than 20% down.

Priorities have changed in 2021 in response to COVID-19 and many buyers are not waiting for a return to normal. Instead, they are anticipating a 'new normal' in which they live, work and entertain, and their home has become the true definition of a safe haven.

Looking to buy or sell, give me a call: Debbie Frazelle (602) 399-8540. ❖

Statistics from March 15th to April 15th, 2020

Homes for Sale	22	Homes Sold/Closed	16
Homes Sale Pending	20	Rentals Furnished	18
Rentals Unfurnished	5		

For Sale

Court	1	\$440,000
Colony	1	\$4696,900
Estates	3	\$2,800,000-\$8,900,000
Fairway Lodge	4	\$1,100,000-\$1,300,000
Hillside Villas	4	\$1,099,000-\$1,650,000
Meridian	2	\$320,000-\$350,000
Taliverde	1	\$1,399,000-\$2,000,000
Terraces	2	\$375,000-\$419,000
2 Biltmore	4	\$1,975,000-\$3,300,000

Pending Sales

Cloisters	2	Colony	1
Court	1	Fairway Lodge	1

Gates	2	Greens	1
Hillside Villas	1	Meridian	2
Mountain Estates	2	Square	1
Taliverde	2	Terrace	3
Two Biltmore	1		

Closed Sales

Alta Vista Park	1	Cloisters	2
Court	1	Gates	1
Green	1	Fairway Lodge	2
Hillside Villa	2	Hotel Villas	1
Mountain Estates	1	Mountain Villas	1
Terrace	2	Villas	1

Grow A Reader Virtual Book Drive Creates Opportunity for Corporate, Community Philanthropy

Every May, Southwest Human Development's Grow A Reader Virtual Book Drive helps provide books to young children in low-income Arizona communities. For companies and community volunteer organizations, Grow



A Reader is an opportunity to support a charitable initiative and have fun while you're doing it!

With many people still working from home, organizations can support the early literacy initiative by promoting their own customized Grow A Reader online shopping cart — complete with the organization's logo and message of support. By purchasing books through the online shopping cart, employees or members can plant the seed to help a child develop a lifelong love for reading.

Grow A Reader partners have many options for promoting their virtual book drives, including virtual and physically distanced implementation options. In addition to the virtual book drive donation cart, Southwest Human Development will also provide partners with an engagement toolkit that includes:

Weekly email templates — No one likes writing emails, so we make it easy with templates you can copy and paste.

Social media — Share the important work you're doing with customized social media graphics and sample copy for captions.

Virtual backgrounds — Promote the virtual book drive in Zoom meetings with children's-book-themed virtual backgrounds.

Virtual contest ideas — Compete against your colleagues to see who can raise the most funds.

Ice breakers — We'll provide team-building activities like dressing up as your favorite story character, sharing book quotes and more.

"Families who have been hit hard by the pandemic are already struggling to make ends meet. Literacy materials are an expense that's just not possible for these families right now," says Jake Adams, Chief Development Officer at Southwest Human Development. "Grow A Reader is an opportunity for organizations in our community to come together and support the literacy and development of kids who might not have access to books."

There are some awesome incentives for Grow A Reader partners!

If your group raises at least \$1,500 during the campaign month, Southwest Human Development will offer a free Reading Buddies Volunteer Experience for up to 20 people. Reading Buddies are huggable stuffed animals given to children in our literacy programs so that they have a friend with whom they can practice their reading skills. Participants will receive all supplies to choose an animal, fill it with stuffing, create a birth certificate and decorate its traveling case and a "passport" where they will write a letter from the animal to the child.

For groups who raise at least \$3,000 during the campaign month, in addition to the above option, Southwest Human Development will offer a free Little Free Library Build Experience for up to 30 people! The experience will include all materials and supplies to build and decorate three libraries as well as staff to guide your team through the exercise and placement in a community where books are most needed.

If you have questions or your business or organization is interested in joining the Grow A Reader campaign, contact Annette Sutfin at (602) 633-8416 or asutfin@swhd.org. ❖

Treat Mom This Mother's Day's to Flavors From the South of France at FRANCINE Restaurant In Luxury Wing of Scottsdale Fashion Square

This Mother's Day join FRANCINE, the highly acclaimed French inspired Mediterranean restaurant, located in the luxury wing of Scottsdale Fashion Square for a special Mother's Day brunch starting at 10:00 a.m. on Sunday, May 9th.

Start the day of pampering mom with Francine's brunch menu and enjoy a wide selection of both traditional breakfast dishes to more refined entrees. From the Eggs Benedict to Francine's signature French Toast, there is something for every special mom in your life.

The restaurant will also be offering turf-inspired dishes like the Steak Frites seasoned with fine herbs and paired with shallot-tarragon bearnaise.

For brunch FRANCINE offers Ahi Tuna Tartar, Shrimp Fettuccine, and Salmon Carpaccio. For a more traditional French breakfast, guests can also enjoy a Croque Madame straight from the heart of France with egg, ham, gruyere, sourdough, and bechamel.

Pair Mother's Day brunch with FRANCINE'S signature cocktail Ah Oui Oui, a trendy earl gray tea infused rum with St. George pear, lustau amontillado, passion fruit, pineapple, and lemon. From the French 75 Valensol, a lavender-infused gin with ramazzotti rosato, raspberry, and lemon, to a sophisticated, luxurious bottle of Saint-Emilion, Château Cheval Blanc from Bordeaux, FRANCINE offers a wide variety of drinks perfect for any mom this Mother's Day.

FRANCINE's classics will be available for Mother's Day dinner including the L'agneau, a delicately prepared rack of lamb accompanied

by freshly made gnocchi, cauliflower and pine nut pesto. Straight from the seaside, the restaurant offers Moules Frites, Diver Scallops and Striped Bass.

Fan-favorite FRANCINE pastas will also be available. A lovely Crab Ravioli with ricotta, citrus, and saffron as well as the Bone Marrow pasta paired with cacio e pepe and topped with chives will be on the top of Mom's menu. Each dish is created to enhance the enriched flavors of both land and sea to create harmony and unison.

Mother's Day is not complete without FRANCINE's infamous desserts. Many of these crowd-pleasing delicacies are at the peak of perfection as their flavors beg for indulgence. For dessert, choose from an apple tart, flourless chocolate cake or chocolate pot de creme.

The newest addition is the Apple Sorbet, a delicate and rich dessert with a sophisticated use of blood oranges, olive oil and madeleine.

"We are so excited to participate in the celebration of mothers everywhere," said the French-trained Executive Chef of FRANCINE Brian Archibald. "After such a long and trying year, a lot of mothers were the backbone of their families, providing stability and love. It is an



Photo by Stephanie Kelly Photography

honor to be able to commemorate moms everywhere with French flair."

Mother's Day Hours

Brunch Menu: 10:00 a.m. - 3:00 p.m.

Dinner Menu: 3:00 p.m. - 10:00 p.m.

FRANCINE Restaurant is located in the luxury wing at Scottsdale Fashion Square at 4710 N Goldwater Boulevard Scottsdale, AZ 85251. For reservations please call (480) 690-6180 or visit francinerestaurant.com. ❖



Photo by Stephanie Kelly Photography



Photo by Stephanie Kelly Photography



Photo by Debby Wolves



Photo by David Blakeman



Photo by Stephanie Kelly Photography



Photo by Amates Photography

How Do You Mark Your Titleist Golf Ball?

By Tina Tombs, *The Arizona Biltmore Golf Club*



Have you ever thought that the marks and the colors you use on your golf ball affect your emotional and mental state to play better golf? What if you play better when etching a black line, red, orange or blue dots; yellow or green arrows?

Do you know which color is your favorite and the one that helps you feel better and play better? Studies have shown that color makes a difference and is useful in all types of learning.

According to Dr. Joseph Parent, a mental coach and author of the book *Zen Golf*, "Yes, it makes a difference, because color triggers emotions. It's really on an emotional level that you want to work with this. It works the emotional level and not the thinking-brain level. You won't say, 'Oh, red, I need red numbers.' That's not how it works."

Like any golf tip, this is a tip that you put in your TOOL BOX and it may help you get into a better mental state to play better golf.



BLUE represents: Cool and Calm, Peace, Loyalty, Confident

RED represents: Speed, Power, Control, Love, Energy

GREEN represents: Relax and GO, Quality, Freshness

YELLOW represents: Attention, Creativity, Happiness

ORANGE represents: Confidence, Success, Bravery

PINK Represents: Compassion, Sweet

PURPLE Represents: Spiritual, Luxury

BLACK Represents: Secure, Dramatic

WHITE Represents: Clean, Honest, Innocent

EXPERIMENT with different colors. Look at different shades of colored paper and notice what is around you while doing this, be aware of your emotions and how each color makes you feel. This will help you decide on the colors best for you. For example, if you are uptight on the golf course, maybe put a blue line or blue dots on your ball to help calm you down. If you need to get fired up and more energy, put a red line or red dots on your golf ball to get more energy. Or, use your favorite colored Titleist golf ball to help you play better golf.

The colors have different energies that go with them, but you are looking for what makes you feel less anxious and more at peace with yourself. Just put a little time in and see if there is a difference. Then, start shooting lower scores without doing anything different with your golf swing! ❖

Cheers To May & Moms

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



May is a busy month in the Valley with holidays, celebrations and an opportunity to enjoy cooler temperatures before the summer heat arrives.

Cinco de Mayo, or the fifth of May, is a holiday that celebrates the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. The day, which falls on Wednesday this year, is also known as Battle of Puebla Day. While it is a somewhat of a minor holiday in Mexico, in the United States, Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage. Celebrate Cinco de Mayo at The Adobe with a cold cerveza and say "salud!" or cheers!

Mother's Day is on Sunday, May 9th. The Adobe Restaurant is the perfect spot to celebrate mom on her special day. We will feature a delicious Mother's Day Brunch Menu and we will have beverage specials for moms (including one free mimosa). To make Mother's Day Brunch reservations, please call (602) 468-9160.

For golfers, the 2021 Arizona Biltmore Golf Club Summer Pass is now on sale. Play six rounds at the Arizona Biltmore Golf Club – any day of the week, at any time – for just \$199 now through September 10th. Summer Pass holders also received discounts at The Adobe Restaurant, 2-for-1 drink coupons, plus you can play up to six times at The Wigwam at their Summer Six Golf Pass rate. Pick up your 2021 Summer Pass online or in the golf shop. Cheers – I hope to see you and your family at The Adobe Restaurant soon. ❖

City of Cottonwood Hosts 28th Annual Vintage Run Through the Heart of Arizona's Wine Country on June 12th



On Saturday, June 12th at 6:00 a.m., the City of Cottonwood will be hosting their 28th Annual Vintage Run (formerly known as the Brian Mickelsen Marathon, in honor of one of Cottonwood's previous city managers). After being canceled in 2020 due to COVID-19, the run is returning with spaced out start times to promote social distancing and keep everyone safe. This beautiful race offers a ½ marathon, 10K and 2-mile races through the area's most scenic vistas.

"This is a historic event for the city that showcases the area's most breathtaking views and we are thrilled to be able to safely bring it back," said the Parks and Recreation Manager Jak Teel. "The waves of different start times will allow ample spacing for all runners as they enjoy a run through 'The Heart of Arizona's Wine Country.'"

Details regarding each race include:

½ Marathon:

Beginning at 6:00 a.m., attendees can run or walk through historic Old Town Cottonwood, along the gentle hills to Sycamore Canyon Road up to Tuzigoot National Monument, where the Sinagua Native Americans once lived. The path continues on a short series of trails with views of the beautiful Verde River into Dead Horse Ranch State Park.

10K:

An evening run beginning at 5:00 p.m., the 10K trail winds through beautiful Dead Horse Ranch State Park nestled between Sycamore Canyon and Mingus Mountain.

5K:

An evening run beginning at 5:30 p.m., runners race through the Heart of Arizona Wine Country in historic Old Town Cottonwood, and through the natural canopy of the beautiful State Park's Jail Trail.

2-Mile:

An evening run beginning at 6:00 p.m., attendees can run or walk from the Riverfront Ramada area to Dead Horse Ranch State Park's main gate and back. This route is fairly flat but the scenery is breathtaking.

Registration is open now for the 28th Annual Vintage Run.

For the ½ marathon:	\$50 (Mar 20 – Apr 30), \$60 (May 1 – June 10) or \$70 day-of.
For the 10K run:	\$30 (Mar 20 – Apr 30), \$40 (May 1 – June 10) or \$50 day-of.
For the 5K:	\$25 (Mar 20 – Apr 30), \$35 (May 1 – June 10) or \$45 day-of.
For the 2-mile:	\$20 (Mar 20 – Apr 30), \$25 (May 1 – June 10) or \$30 day-of.

To register, visit www.runcottonwood.com. Packet pickup is Friday, June 11th from 3:00 p.m. to 8:00 p.m. at the Cottonwood Recreation Center. Registration the day of the race is from 5:15 p.m. to 5:45 a.m. for the half-marathon and 4:00 p.m. to 4:45 p.m. for the 10K, 5K and 2-mile runs. ❖



Bold Mediterranean Flavors and Vibrant Seasonal Ingredients are on Full Display at T. Cook's this Spring & Summer

For more than two decades, T. Cook's at Royal Palms Resort and Spa has been one of the most celebrated historic restaurants in the Valley known for its creative cuisine, elegant setting and inviting ambiance of rich earthen tones, high-vaulted ceilings and gracious patios with views of the resort's lush grounds and the iconic Camelback Mountain.

New this season, culinary veteran and Executive Chef Lee Hillson is debuting a spring and summer menu with a focus on hand-selected ingredients prepared in simple, yet sumptuous dishes that highlight bold Mediterranean flavors with notes of regional influences from Northern Italy, Greece and Spain. Chef Lee also hearkens back to his childhood, taking immense inspiration from his mother's recipes that defined his early years in England.

"As our guests once again begin to safely enjoy dining at their favorite restaurants, we look forward to showcasing what's new here at T. Cook's," said Chef Lee. "This is the most significant menu revamp in a long time and I wanted this new menu to excite, inspire and entice our guests to branch out and experience unique preparations that are still classic and approachable. Fresh, vibrant flavors paired with premier meats, seafood and vegetables create these beautiful and memorable dishes. One flavor can make a dish take off and I'm in constant search of how to do that."

Some standouts of the menu starters include Salt Springs Mussels with Spicy Sausage, Baby Heirloom Tomato, Spinach, Pernod and Parmesan Cream (\$18); Roasted Bone Marrow & Escargot with Pancetta, Onions, Demi and Noble Bread (\$20); and Charred Spanish Octopus with Chimichurri, Saffron Poached Potato, Cherry Tomato and Calabrian Hot Chili (\$18).

Chef's personal favorites of the entrée selections include the Bolognese Bucatini with Shaved Parmesan, Herbed Ricotta and Basil (\$30); Mary's Organic Grilled Chicken with Grilled Artichoke, Asparagus, Pewee Potatoes, Candied Radishes, Lemon, Tarragon and Chicken Jus (\$35); and the Garlic & Rosemary Lamb Chops with Roasted Spring Potatoes, Snap Peas, Mint Pesto and Pomegranate Seeds (\$44).

Accompaniments (\$10 each) include Truffle Mash, Foraged Mushrooms, Grilled Asparagus

with Truffle Oil and Shaved Parmesan, Roasted Carrots with Horseradish Crema and Shaved Brussel Sprouts with Honey Mustard and Sumac. Chef Lee has partnered with Noble Bread for T. Cook's dessert selection that includes Citrus Olive Oil Cake and Raspberry Decadence (\$14 each).

Hailing from England where he started culinary school at 16-years-old, Chef Lee brings a worldly approach to his cuisine after traveling through the Mediterranean, Hawaiian Islands and Alaska as a guest chef on luxury cruise lines. A chef who has also appeared on the popular Food Network show, Iron Chef America, Chef Lee has created remarkable meals for luminaries such as President George W. Bush, Barbra Streisand, Princess Diana, Richard Branson, Billy Joel and author, Clive Cussler, to name a few.

T. Cook's menu focuses on simple preparations and uncomplicated dishes that honor the regions of Northern Italy, Greece, Spain and Provence. T. Cook's culinary philosophy of magnifying the purity of fresh, seasonal ingredients is a celebration of its treasured legacy and offers a captivating environment in every sense with stone fireplaces, al fresco dining and unique design elements.

Located at Royal Palms Resort and Spa, part of The Unbound Collection by Hyatt, T. Cook's sits within the heart of the resort's mature, lush nine-acre property at the base of the iconic Camelback Mountain.

With a heritage dating back to 1929, Royal Palms combines the graciousness and sophistication of a storied Mediterranean villa with the

intimacy and privacy of a secluded retreat, leaving a lasting impression on all who visit. A true destination for lovers, the resort was originally built as a private mansion as a grand gesture of love by financier Delos Willard Cooke for his wife Florence. Unlike any other resort in Arizona, winding stone paths transport guests past a grove of orange trees, trickling fountains in courtyards, roaring outdoor fireplaces, 100-year-old rustic doorways and hand-painted tiles, and lush gardens filled with magenta bougainvillea, exotic plants and desert flowers.

For more information on T. Cook's or to book a reservation, call (602) 808-0766 or visit www.TCooksPhoenix.com. ❖



T. Cook's at Royal Palms Resort and Spa



Lamb Chops



Mary's Chicken



Olive Oil Cake



Kale and Strawberry Salad



Bolognese Bucatini

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Hack Your Way to At Home Frugal Fitness With These Tips

Many of us are so used to being around the house for the past year, that some have become quite creative in terms of workout “equipment.” If you still prefer to keep your exercise routine at home, there really are effective things around the house to give you a solid fat burning and muscle building at home gym session. For those staying home due to budget concerns, just because you don’t have a fat wallet does not mean you can’t get buff. The following are budget friendly at home fitness tips from Jessica Mazzucco, NYC area certified fitness trainer and founder of www.thegluterecruit.com.

Here Are The Hacks:

Use soup cans for weights.

Jessica Mazzucco says that “You can do any triceps or biceps exercise at home using cans of soup that you’d do at the gym with dumbbells. To properly gauge the weight, don’t go by the ounces listed on the can — that’s liquid weight. Instead, weigh the cans on your scale to figure out the poundage that’s best for you.”

Use jugs as weights.

Fill a household bucket or jug with water (or sand, rock salt, or powdered detergent) and secure the top with duct tape. Lift it up and down in front of you as you do squats.

Substitute paper plates for body sculpting equipment.

“The key here,” Jessica says, “is to use the plates to help your body slide on a carpet. This allows you to do body sculpting moves that would ordinarily require workout equipment. You can do the sliding lunge (put the paper plate under one foot and lunge forward). Try simulating skating to work your butt and thighs — just attach the plates to your feet with rubber bands and slide away. Or, get down on all fours, put the plates under your hands, and use them to work your chest by sliding your arms back and forth.”

Substitute a countertop for a push-up bench.

In most homes, at least one countertop, either in the kitchen or the bath, is the right height for a push-up. Put both hands on the countertop, extend your legs behind you at an angle, lean down into the counter, and then push back up.

Substitute pantyhose for resistance bands.

“Almost any exercise you can do with a resistance band, you can do with old pantyhose or tights,” says Jessica. For example, sitting on the floor with your legs straight, loop a pair of pantyhose around the balls of your feet and pull back with both hands as if you are using a rowing machine.

A fitness ball.

Sometimes called a stability ball, looks like a large beach ball. You can do many core exercises, including abdominal crunches, with a fitness ball. You can also use a fitness ball to improve your flexibility and balance.

Kettlebell.

A kettlebell is a round weight with the handle attached at the top. A kettlebell can be used to do strength-training exercises and to help improve grip strength. Kettlebells are available in many sizes.

Jump-ropes.

Skipping rope can be a great cardiovascular workout.

Resistance tubing.

These stretchy tubes offer weight-like resistance when you pull on them. Use the tubes to build strength in your arms and other muscles. Choose from varying degrees of resistance, depending on your fitness level.

Chair or step stool.

Use a chair for support when doing exercises such as leg curls. A low, sturdy step stool can become exercise equipment if you use it for step training — an aerobic exercise resembling stair climbing.

Towels.

Make your waist-whittling planks more effective with towels says Jessica. Take two and place them under your hands or feet, then move forward, backward and sideways.

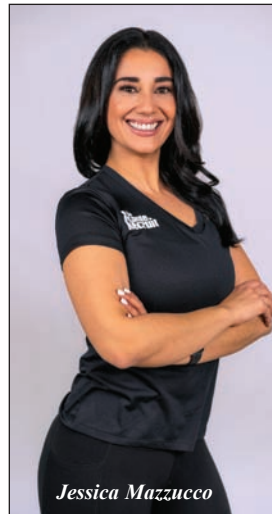
Clean Sweep.

This one’s easy: You can burn 80 calories every 20 minutes of sweeping. Pull out the broom and get to sweeping every corner of your house or apartment. How’s that for multitasking?

Laundry Twist.

Jessica says, “Sit next to a full basket of laundry and twist to grab an item from the basket. Twist to the other side to lay it on a pile. Continue until your laundry is finished.”

Become a member of an online fitness platform such as www.thegluterecruit.com. ❖



Jessica Mazzucco

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Your Bucket List for the
Ultimate College Experience!

There’s a lot that goes into making your college experience a success, from finding the perfect friend group, to succeeding academically, to exploring your newfound freedom. Instead of trying to “do it all,” author Charlotte Lake wants to help you figure out what parts of the college experience are most important to you and how to make them happen.

College students can check out the unique activities in 175+ Things to Do Before You Graduate College and get inspired, then use the journaling space included in the book to create their very own college bucket list. You’ll find ideas like take part in a protest for something you believe in, challenge yourself to make a friend in every dorm, fall in love with a fitness routine, chat about grad school with a professor and so much more!

It’s the perfect book for students who have been remote for the past year and are looking forward to packing in extra experiences when they head back to campus, or for students who are looking for activities that they can tailor to be COVID-friendly, like starting a podcast from your dorm room, or sitting in on as many free Zoom talks as you can. Check it out today!

For more information, visit www.simonandschuster.com, Amazon or Barnes & Noble. ❖





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Chauncey Social Unveils Arizona Restaurant Week Menu

Arizona Restaurant Week is back again, this May 21st to the 30th, and Chauncey Social has unveiled its three-course menu for the occasion. The menu has a nice selection of mouthwatering favorites like the Kung Pao Cauliflower, and the Prime Rib Dip. Guests can choose one option from the first and second course, with the final course being fixed.



First course:

Caprese Salad: house-made mozzarella, beefsteak tomato, basil pesto, toasted pistachio, balsamic reduction.

Shrimp Scampi: black tiger shrimp, calabrian chili butter, oregano, white wine, toasted noble baguette.

Kung Pao Cauliflower: shoyu chili sauce, carrot, tri-color peppers, celery, cashews, cilantro.

Second course:

Grilled Salmon Bowl: 6oz atlantic salmon, organic arugula, cous-cous, farro, cherry tomatoes, avocado, turmeric herbed yogurt.

Prime Rib Dip: shaved prime rib, provolone, caramelized onions, mushrooms, horseradish crema.

Brick Chicken: regal crest farms natural crispy half chicken, yukon gold garlic mash, lemon jus.

Lastly, the third course... dessert:

Guests can indulge in a delicious red velvet cake pop. The red velvet cake is topped with Philadelphia cream cheese icing. Chauncey Social is also offering a complimentary glass of house wine or draft beer with the menu. This three-course menu is offered May 21st through May 30th, 2021, and costs \$33.

Chauncey Social is located at 17767 N. Scottsdale Road, Suite 100, Scottsdale, AZ 85255. For more information, please call (480) 565-6488 or visit www.chaunceysocial.com.



Arizona Restaurant Association Announces Spring Arizona Restaurant Week Dates

"10 Days of Culinary Discovery" Event Returns to Arizona, with Dine-in and Take-out Options

The Arizona Restaurant Association is pleased to announce the return of Arizona Restaurant Week (ARW) this spring. For 10 days, beginning Friday, May 21st through Sunday, May 30th, diners can enjoy specially dedicated menus designed to showcase the true culinary talent that exists within the state, from the finest five-star restaurants to locally owned and chef-driven "hidden gems."

During the event, participating restaurants offer culinary adventures for a unique tasting opportunity in addition to their regular menus, featuring three-course prix-fixe menus for just \$33 or \$44 per person. Wine pairings to enhance each course are offered at some establishments for an additional cost. Menus are available for dine-in as well as to-go. With take-out dining still a necessary and vital part of how restaurants are surviving in the COVID age, diners are encouraged to participate in any way they feel comfortable, enjoying the incredible ARW menus in restaurant or in the comfort of their own homes.

"After the unrelenting challenges that the entire hospitality industry faced in 2020, we're thrilled to present Spring Arizona Restaurant Week, an event that has always been dedicated to promoting and supporting restaurants around the state," says Arizona Restaurant Association President and CEO Steve Chucuri. "We hope that diners take the opportunity during Spring ARW to patronize their favorite restaurant or give a new one a try." Restaurants already slated to participate in this year's Spring ARW include:

Arrowhead Grill
Buck & Rider
Charleston's Restaurant
Chauncey Social
Citizen Public House
Elements at Sanctuary Camelback Mountain Resort
Firebirds Wood Fired Grill - Chandler, Peoria and Gilbert
Kona Grill - Scottsdale & Gilbert
Litchfield's at The Wigwam
Marcellino Ristorante
MATCH Market & Bar at FOUND:RE Phoenix Hotel
Pasta Brioni
Pedal Haus Brewery - Tempe
Red's Bar and Grill at The Wigwam
Roy's - Chandler
T. Cook's at Royal Palms Resort & Spa
The Canal Club at The Scott Resort & Spar
The Gladly
University Club of Phoenix
Urban Margarita

As additional restaurants sign up, the complete list of participants, as well as their special ARW menus, will be updated and available to view at www.arizonarestaurantweek.com. New and returning restaurants are invited to participate in this year's Spring ARW; applications can be completed online at <https://arizonarestaurantweek.com/restaurant-sign-up>.

About Arizona Restaurant Week

The most edible time of the year, Arizona Restaurant Week sends diners on a ten-day tasting tour of the state. Participating restaurants are not only known for their exceptional cuisine, they also spare no expense to give diners an extraordinary culinary experience. One of Arizona Restaurant Week's goals is to position Arizona as one of the top culinary destinations in the nation by increasing awareness of the more than 8,500 dining opportunities available as well as stimulate business and revenue for restaurants throughout the state. Arizona Restaurant Week is produced by the Arizona Restaurant Association.

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