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Special feature pages 12-13



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Chompie's and Barrio Bread Bring Sonoran-Style Bagels to Chompie's Phoenix Location

Two longstanding Arizona-grown brands are introducing Sonoran-style bagels to the Phoenix market. Renowned James-Beard Award Winner Don Guerra of Barrio Bread and Neal Borenstein, who heads up Chompie's expansive bread and bakery department, partnered in 2023 for the sake of the grain, initially introducing the Tucson market to their unique line of Sonoran-style bagels, scratch made with intention, clean ingredients and lots of love.

Guerra and Borenstein worked for months testing and perfecting recipes for this artisan bagel line that fills a "hole" in the market. The formula tracks with Guerra's development of a local grain economy and a desire to support local businesses by using all local ingredients. Everyone involved in the "grain chain" has an important role in showing consumers that amazing food can be made with the ingredients that grow locally.

The Sonoran-style bagels honor the region's heritage with scratch-made goodness and local ingredients. Made with Arizona-grown Sonoran whole grain flour from Hayden Flour Mills, these bagels celebrate our local farming and production.

With high demand in Tucson, the partners have been diligently working to expand into the Valley. The beloved bagels are now available for pre-order and pick-up at the Chompie's Phoenix location.

Available in six-packs of four distinct flavors, Sonoran Plain, Sonoran Sesame, Sonoran Everything and Sonoran Focaccia, the bagels are produced in very limited quantities to ensure quality and freshness.

Pre-orders are now available. Pick-ups are at Chompie's Phoenix location only on Saturdays between 9:00 a.m. and 5:00 p.m. Pre-orders must be received by noon on the previous Wednesday for the following Saturday's pick-up.

For more about Chompie's, visit their website at www.chompies.com. ❖



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From the Publisher...



As summer fades, September marks the beginning of autumn, characterized by cooler temperatures, shorter days, and the vibrant colors of changing leaves. This transition is not just a shift in weather; it symbolizes a time for new beginnings. Many cultures celebrate the harvest during this month, recognizing it as a period of abundance. As we look around us, we can see that this is all around us as the Valley continues to grow.

There are many health benefits of cooler weather. Among these are: improved sleep quality, enhanced metabolism and fat loss, reduced inflammation, better brain function, fewer allergies and illnesses, and mood enhancement.

During the winter months, cooler temperatures can also provide mood-boosting benefits. Spending more time indoors during cold weather often leads to increased social interactions with family and friends, which can enhance emotional well-being. Furthermore, the cold can stimulate the release of endorphins, helping to alleviate stress and anxiety. Be sure to check out our cover feature on pages 12 and 13 bringing a unique and effective approach to your health and wellbeing.

I look forward to bringing you another exciting issue of *Biltmore Lifestyles* in October.

Until next month, *Susan*

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Publisher

Editor

Susan Aavang
 Julie Nicholson

The Hermosa Inn Announces 2024-2025 Mimosa & Monet Art Series

The lushly landscaped patio of The Hermosa Inn creates the ideal setting for the popular Mimosa & Monet Art Class Series with artist-in-residence, Carrie Curran, for a memorable morning of mimosas and entertaining art instruction.

From enthusiastic beginners to emerging professionals, Carrie teaches, inspires and guides guests on an artistic journey while using acrylic on canvas to create their very own masterpiece.

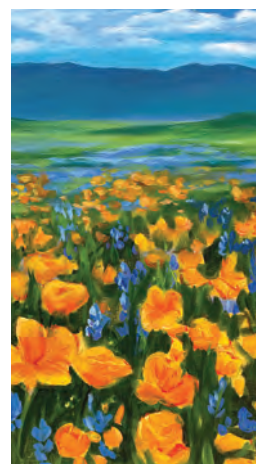
Mimosa & Monet is a series of eight Saturday morning classes, from 9:30 a.m. to 11:30 a.m., beginning October 19th that will run through May 3rd.

The class fee is \$120 per person and includes instruction, tax and gratuity, all supplies, a mimosa, coffee and pastries.

Extend the great vibes of this creative class with a celebratory brunch at Lon's and enjoy either a complimentary appetizer or cocktail, with the purchase of one brunch entrée. Vouchers will be presented at the class/limit one per person. Reservations are recommended and can be made by calling (602) 955-7878 or visiting www.lons.com.

Dates and Art

Cathedral Rock, Sedona • October 19th
 Desert Yucca • November 9th
 Illuminated Cactus • December 14th
 Pinnacle Peak at Sunset • January 11th
 Monet Water Lillies • February 8th
 Sonoran Desert Spring Poppies • March 8th
 Adobe • April 6th, 2024
 Flowers for You • May 3th, 2025 ❖





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Camelot Homes Announces September Sales Start For New North Scottsdale Luxury Community

Camelot Homes is pleased to announce that sales will begin on September 7th for The Edge at Joy Ranch in North Scottsdale. The new 52-home luxury home community is located on 77.5 acres at the NE Corner of Lone Mountain Parkway and East Joy Ranch Road in North Scottsdale and offers 3/4+ acre lots with homes that range in size from 3,400 to 5,000 square feet. Nestled against Tonto National Forest, homeowners will enjoy luxury living surrounded by technicolor desert, endless mountain views, and easy access to some of Arizona's best hiking and mountain biking trails. The community is also located near Desert Mountain and Mirabel country clubs, offering year-round golf and fitness opportunities.

These homes feature exciting new Palm Springs postmodern architectural designs and four single level floor plans which include 3-5 bedrooms and 4.5-6.5 baths with options for casitas, game rooms, wet bar, wine wall and 3-4 car garages. Pricing will start in the \$2 millions.

"Every home at The Edge at Joy Ranch will have incredible desert views," says Camelot Homes Managing Director Julie Hancock, "but there are definitely a handful that will get snapped up first. There's just something about having natural rock outcroppings in your own backyard, as well as a property that's nestled up against the vast Tonto National Forest."

About Camelot Homes

Camelot Homes began building its legacy based on uncompromising quality over 50 years ago. Across three generations, the Hancock family has provided the kind of personal consideration, attention to detail and luxurious, expert craftsmanship that distinguishes homes built by Camelot



from all others on the market. Award-winning design and timeless elements are organically incorporated into every home, with a result that is wholly inspired by the clients we serve. A home is much more than a structure – it's an enclave that captures and treasures the poignant moments, the unforgettable celebrations, and the unexpected joys that encompass a beautiful, imaginative life. Even as our business grows, we are committed to building distinctive, best-in-class homes that have as much character as their owners, providing a level of quality that goes above and beyond every industry norm, and surpassing the expectations of even the most discerning homebuyers. ❖

The Saguaros Announce 2024 Niteflite: Time Flies Golf and Gala Signature Two-Day Fundraiser Benefiting Saguaros Children's Charities

The Saguaros are proud to announce the details of their upcoming two-day fundraiser, 2024 Niteflite: Time Flies Golf and Gala. The golf tournament will be held November 15th at McCormick Ranch Golf Club and the fun continues the following evening with The Niteflite Gala at The W Scottsdale. This year's time-traveling theme will bring past decades to life at the golf tournament, while the future will be on full display at the gala. All proceeds will benefit the Saguaros Children's Charities foundation. Tickets and sponsorship packages are available now at the website at www.saguaros.com/niteflite.

"The excitement for this event continues to grow every year," says this year's Niteflite Chair Tad Crother. "Niteflite brings together community-minded professionals from all over the Valley to raise money for Arizona children's charities, and the fact that all 72 golf tournament fivesomes sold out in just five hours shows the passion for the cause!"

Entering its 35th year, Niteflite is one of the longest running and most successful charity golf tournaments in Arizona. The Niteflite Golf tournament on November 15th will feature a unique five-person-per-group format with a modified best ball scramble scoring system, play with the pros holes, longest drive contests, closest to the pin contests, and prizes for the top teams. Participants can look forward to retro Americana decade-themed decorations and entertainment at each of the holes. At 6:00 p.m. on November 16th, the Niteflite Gala will take place on the Wet Deck of The W Scottsdale. The futuristic event will put technology at the forefront with futuristic performers, photo opportunities and food and drink stations.

"This year's Niteflite Gala will feature more glitz and glam than ever, with robots, lasers, and some fun futuristic surprises," adds Crother. "This event has been a million dollar fundraiser for us in past years, and we're working hard to reach the million dollar mark this year too!"

Information on sponsorships, tickets, and tables can be found on the Saguaros website at www.saguaros.com/niteflite.

About The Saguaros

Founded in 1987, the philanthropic and social club known today as the Saguaros has raised millions of dollars for local Arizona non-profit organizations. Composed of up to 50 young professionals under the age of 40, The Saguaros proudly give back to the community and support children's charities through two main fundraising events: Niteflite and the Olympiad. Most importantly, The Saguaros are unique among service organizations in that they not only raise money for children's charities, but also encourage volunteer opportunities with the children the club supports. This active participation serves to strengthen relationships and create true partnerships with The Saguaros' charity partners. All proceeds from Saguaros' fundraising activities benefit the Saguaros Children's Charities foundation. ❖



Forever Loved Pet Sanctuary Receives Nearly \$35,000 in Grants from Two Industry-Leading Organizations

Forever Loved Pet Sanctuary (FLPS), Scottsdale's only senior dog rescue group, is the proud recipient of two grants: \$14,651.40 from The Grey Muzzle Organization and \$20,000 from Molly's PawPrint.

All monies received will be used to defray medical treatment costs for – and facilitate the ongoing care of – the dogs in FLPS' care, from the five currently in residence at the shelter to the 27 residing in foster and hospice foster homes.

"As a small rescue, we rely heavily on grants to sustain our mission of finding homes for senior dogs in Arizona," said Luisa Chocron, FLPS Founder and Executive Director. "Many people adopting a dog tend to go for the cute puppies, but the overlooked and underserved senior community deserves homes just as much. Some may argue even more, as these special dogs have loved their people well and been faithful companions over their lifetimes, and have more than earned compassion, peace, comfort and dignity during their twilight years."

A national nonprofit, The Grey Muzzle Organization improves the lives of at-risk senior dogs by providing funding and resources to animal shelters, rescue organizations, sanctuaries, and other nonprofit groups nationwide. FLPS received one of their top grant awards and was among the top tier of the 300+ applicants.

The grant will enable FLPS to take in 12 senior dogs, with each dog receiving \$1,220.95 to fund their basic medical and dental care. After those 12 dogs have received care, any remaining funds will go toward the veterinary and dental care of additional senior dogs that FLPS pulls from rural and municipal shelters.

"Thanks to the generosity of our donors, we're delighted to help deserving organizations like Forever Loved Pet Sanctuary make a positive difference in the lives of dogs and people in their communities," said Lisa Lunghofer, Grey Muzzle's Executive Director. "Many senior dogs in the Scottsdale area are enjoying their golden years in loving homes thanks to the lifesaving work of Forever Loved Pet Sanctuary."

For the fifth year in a row, FLPS received a \$20,000 grant from Molly's PawPrint, who promote a no-kill philosophy and partner with leading animal rescue and welfare organizations to improve the lives of the most vulnerable animals by supporting critical initiatives such as spay, neuter, rescue, adoption and training.

"Cori and I are very excited to partner with you for another year to support the wonderful work you do for senior dogs," added Bob Trudeau, General Partner for Molly's PawPrint. "By what they do every day, Forever Loved Pet Sanctuary supports our no-kill movement and manifests our core values of compassion, integrity and leadership."

In 2023 alone, FLPS rescued 105 senior dogs, placed 80 senior dogs in new homes, and helped 12 senior dogs receive in-home hospice care. In the first six months of 2024, those numbers are 61, 38 and 1, respectively.

For more information on Forever Loved Pet Sanctuary, visit www.foreverlovedpets.org. ❖



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Larry Fitzgerald and Bell Bank Team Up and Take 50 Kids On a \$100 Shopping Spree to Going, Going, Gone

Bell Bank Champion Larry Fitzgerald Jr. recently joined the long-standing financial institution to take 50 Kids from locally founded Future Stars, on a \$100 shopping spree at Going, Going, Gone.

Founded in 2008 by Shereka Jackson, Future Stars, a (501c3) exists to provide opportunities for inner city youth to achieve their goals in higher education with a focus on technology.

Each child from Future Stars who participated received a \$100 shopping spree and a backpack stuffed with school supplies, courtesy of Bell Bank. The organization also received a \$5,000 donation from Dick's Sporting Goods and Going, Going, Gone.

Fitzgerald says he remembers how he felt going back to school. He loved the camaraderie, being able to make new friends and meet his new teachers. He hopes this shopping spree motivated the students for the new school year ahead.

"The building blocks of success come through education and we have to stress the importance of that in our communities," said Fitzgerald. "Getting these kids back to school and giving them a backpack full of supplies gives them something they can be excited about and gets them excited to go back to school."

Fitzgerald says Bell Bank has inspired him to do more through his Larry Fitzgerald Foundation.

"If you look at what Bell Bank stands for, empowering their employees to find people in their own communities that they can help, is very similar to what I try to do," he said. "Bell is a great example of an organization at the top and they don't forget their core values and something that is very commendable. I hope more companies will see this and try to emulate that."

Future Stars provides STEM education, trainings and mentorship by partnering with the community centers and the community in which they live. The organization supports students with mentoring, financial awareness, training and scholarship searches for school advancement.

"Future Stars has a core belief that without exception, every child is a star and they believe



in making sure that our youth have an opportunity to be the best version of themselves. It is a powerful organization that is doing so much good in the community, and we were truly blessed to be part of this heartwarming afternoon," said Reine Hamilton, Bell Bank Commercial Banking Manager. "Having Larry Fitzgerald, our Bell Bank Champion, on hand to shop with the kids and give them a pep talk made the afternoon even more special."

As a Bell Bank Champion, Larry Fitzgerald is featured in Bell Bank's advertising and social media, provides exclusive experiences for Bell Bank customers and connects with the bank in paying it forward through charitable work in the community.

For more information about Bell Bank or Bell's commitment to charitable endeavors please visit www.bellbank.com. ❖



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The Italiano Opens September 20th

The Italiano, the newest masterpiece by Chef Joey Maggione and his team of culinary geniuses, has announced its official grand opening for Friday, September 20th, 2024. Located at 90th Street and Shea Blvd. in Scottsdale, the elevated Italian restaurant will be The Maggione Group's sixth concept introduced to the Valley's award-winning dining scene.

"This is truly our best concept yet! We're drawing inspiration from every corner of Italy to blend age-old traditions with innovative approaches," says Joey Maggione, Chef and Co-Founder of The Maggione Group and Chef Joey Concepts. "We can't wait for you to experience our family's heritage in a new and familiar way."

The new 7,543 square foot restaurant greets its guests with a charming entry and picturesque doorway. Adorned with limestone and olive trees throughout, the restaurant will feature traditional seating as well as an indoor patio creating an al fresco dining experience that is unmatched. Designed by the creative eye of Cristina Maggione, The Italiano will elevate the dining experience with the addition of a private dining room with an immersive art installation

that pays homage to Chef Joey's late father's iconic restaurant, Tomaso's. Additional design elements include a sky-painted ceiling for guests to sip and unwind under a color-changing canvas that reflects the rising and setting of the sun.

The Italiano exudes an ambiance of casual elegance, blending warmth with sophistication, while offering authentic Italian dishes that transport you to the very heart of culinary tradition in Italy. The menu will feature the flavors of old-school red sauce Italian cuisine with a Chef Joey touch. Interactive tableside experiences will include an antipasto cart where guests can curate their own plate with over 30 different items. There will also be a must-try Limoncello cocktail cart and a Zabaione dessert cart.

The Italiano, located at 9301 E. Shea Blvd., is now hiring for dozens of positions including servers, bartenders, food runners, bussers, expeditors, hosts, line cooks and dishwashers. For more information or to apply, visit www.harri.com/magg-italiano-scottsdale. The restaurant is open daily for lunch, happy hour and dinner. For more information, visit www.theitaliano.com and follow along on their social media at @TheItalianoTrattoria. ❖



Picazzo's Celebrates Celiac Awareness Day on September 13th and Every Day with Entire Menu of Gluten-Free Dishes and Desserts

Celiac is an autoimmune disease that affects 1% of the population. The disease can start at any age and causes a variety of gastrointestinal issues when gluten is ingested. The only treatment for celiac disease is a strict, lifelong gluten-free diet, which means avoiding all foods and products containing wheat, barley, rye, and their derivatives. Eating out can be a challenge for those with celiac, however not at Picazzo's Healthy Italian Kitchen, where the entire menu is gluten-free, with the exception of one pizza dough that is made in a separate oven.

Picazzo's, known for its health-conscious and organic allergy-friendly menu, transitioned to a 99% gluten-free kitchen in 2013 when the owners saw a growing demand for gluten-free options. Since then, Picazzo's has become a go-to destination for gluten-free dining, offering a wide range of dishes like Chicken Parmesan and Cauliflower Crust Elote Pizza that are safe for individuals with celiac disease or gluten sensitivities.

"Some of our most loyal diners are those with Celiac," says Picazzo's Co-Owner Chris Disney. "It can often be hard for people with this disease to join their gluten-eating friends and family for a meal at a restaurant where they can find something delicious to enjoy while enjoying the company of loved ones. They tell us how grateful they are to have a wide variety of pizzas, pastas and desserts to choose from – all gluten-free!"

Picazzo's boasts one of the biggest menus of gluten-free items in the state, with nearly 50 pizzas, pastas, appetizers, salads, soups, specialty items and desserts that contain no gluten – including Arizona's only gluten-free tiramisu!

About Picazzo's Healthy Italian Kitchen

Picazzo's is an Arizona-based family-owned and operated restaurant with locations in



Chicken Piccata

Sedona, Scottsdale, Tempe, Paradise Valley, Arrowhead, and Gilbert. Picazzo's sources clean, whole foods, rich in nutrients, blended with fantastic flavors. The locally owned restaurant offers a fusion approach to a modern-Italian cuisine that sprinkles in the bold flavors of Asian, Mediterranean and Mexican ingredients into their menu of salads, entrees, pasta, and pizza. Picazzo's goal is to bring people together through food and compassion, by meeting the need for quality, healthy dining options for individuals that may have dietary restrictions as well as their guests that do not, bringing everyone

together in the same dining experience. Picazzo's is committed to providing a wide selection of vegan, vegetarian, gluten-free and allergy-friendly items, and sourcing the cleanest, healthiest ingredients available. The restaurant sources 95% organic produce, and makes sauces and dressings from scratch, using organic spices and non-GMO sunflower and imported olive oils. In addition to the main menu, Picazzo's also offers a separate 100% vegan menu with salads, entrées, pasta, pizza, and desserts, using brands that support the plant-based diet, such as Follow Your Heart, Daiya and Beyond Meat. ❖



Cheesecake



Chicken Parmesan



Spicy Southwestern Chipotle Pasta



Elote Pizza



Tiramisu



New York Style Cheesecake



Full Speed Chicken and Ribs Now Open in Phoenix

New Concept by Little Miss BBQ Founders is Moving Full Speed Ahead for Expansion in 2025

Full Speed Chicken and Ribs, the new concept developed by Little Miss BBQ Founders Scott and Bekke Holmes, is now open at 513 E. Roosevelt Street. Focused on Southern and Nashville hot fried chicken and biscuits as well as pecan-smoked pork ribs and pulled pork, Full Speed Chicken and Ribs is already set for expansion in 2025.

"We're really excited about bringing simple yet excellently-executed Southern and Nashville staples to the Phoenix area and serving our guests in a fun and welcoming environment," said Holmes. "What started as a brainstorm has developed into a concept that we feel can be recreated anywhere. We look forward to introducing Full Speed Chicken and Ribs to other areas of the Valley next year."

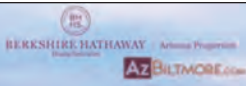

The seed for Full Speed Chicken and Ribs was planted at the height of COVID, during which time the Holmeses purchased a fryer and began testing recipes at home, focusing primarily on Nashville hot chicken, smoked ribs and pulled pork and house-made buttermilk biscuits. With a purposefully small menu, the focus is on exceptional quality and a superior guest experience.

The unpretentious yet scrumptious menu begins with fried chicken offerings from tenders to leg quarters (including the thigh and drumstick), fried to a golden perfection and served with guests' choice of southern, medium or "hottie hot" flavors. Pork ribs are available by the half rack or full rack; diners can even order a single rib. Sides include crunchy crinkle-cut fries, crispy coleslaw, thick and rich BBQ pork and beans and creamy mac and cheese.

Sandwiches include anything-but-traditional Pulled Pork and Chicken options as well as The Roosevelt Chicken Biscuit featuring a fried chicken breast, comeback sauce and pickles piled high on a house-made buttermilk biscuit. Other items of deliciousness include Pimento Cheese and Crackers, the Southwest Salad, "This & That Fries" loaded with pulled pork or fried chicken and the Strawberry Shortcake Biscuit for dessert. Catering is also available.

Full Speed Chicken and Ribs is open Tuesday through Saturday from 11:00 a.m. to 8:00 p.m. and Sunday from 11:00 a.m. to 3:00 p.m. For convenience, the restaurant offers easy online ordering via its website. For more about Full Speed Chicken and Ribs, visit www.eatfullspeed.com. ❖




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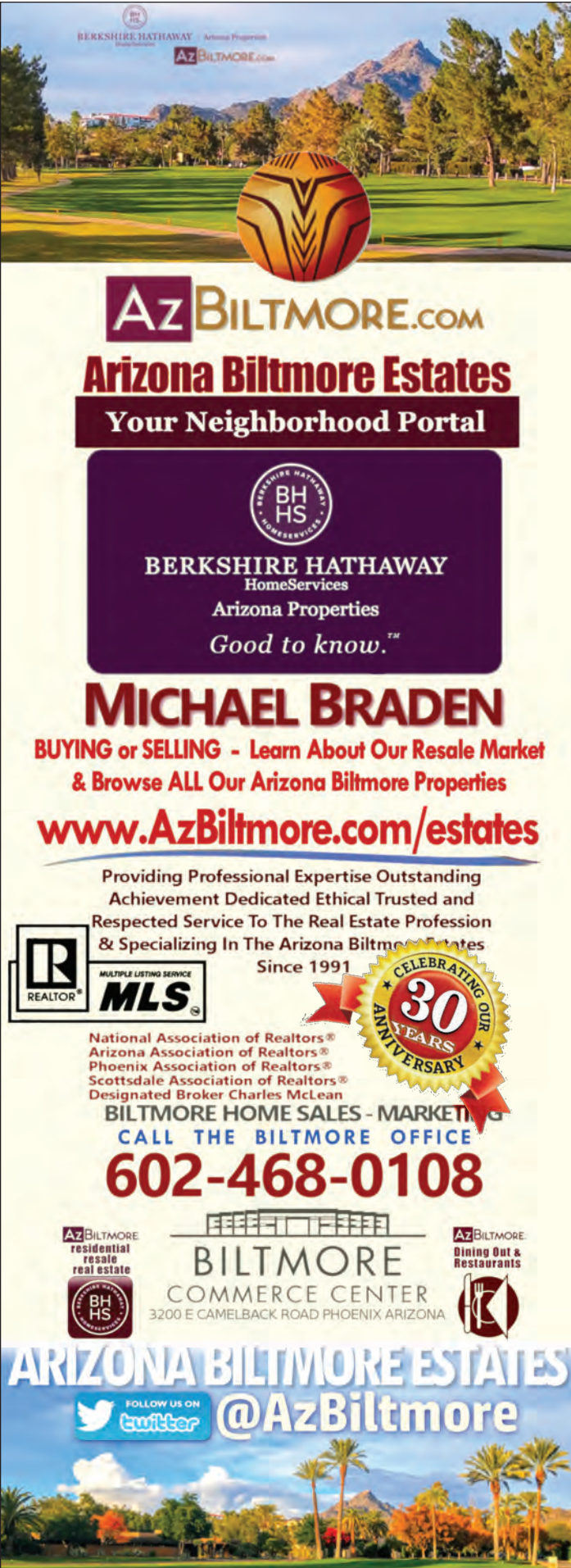
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A Pain-Free Life and Peak Performance is Our Ethos.

Ethos Integrative Medicine, a naturopathic clinic based in Scottsdale, Arizona, is transforming the way that entrepreneurial and active individuals stay healthy and live pain-free, active lives. Ethos believes that movement is foundational for health; without the ability to move, people face stiffness, gradually slide into inactivity, and consequently become unhealthy. When pain strikes, it can keep active individuals on the sidelines, missing social events, hindering productivity, passing up once-in-a-lifetime opportunities, and preventing them from feeling their best.

Pain is not something individuals “just have to live with.” Helping people stay active is one of Ethos’ specialties. Their expert team has dedicated countless hours shadowing a diverse array of medical professionals to

refine their approach. This commitment has enabled them to provide more accurate diagnoses, determine the optimal timing for specific treatments, and identify when collaborating with other healthcare providers can enhance a patient’s overall care.

Getting out of pain is paramount, but the path to get there can be long and winding. While patients often come to the clinic for different injuries or symptoms, many of their stories share a common theme. They’ve fallen into what Ethos calls “The Gap” in conventional medicine — where conservative care is exhausted, surgery isn’t an option, and waiting for the pain to get worse seems like the only choice.

Michael, 46, came to Ethos after exhausting every option in The Gap. An avid tennis player and golfer, energetic entrepreneur, and father to two boys, Michael took pride in his dynamic lifestyle and was determined to find a solution for his shoulder pain.

Yet ice packs and heat compresses were no longer helpful, and relying on pain-pills was not an option he wanted to take. He committed to physical therapy for weeks with little impact, tried dry needling and cortisone injections without success, and was ultimately told by several doctors to stop all activity that aggravated his arm. Michael had done everything his insurance allowed, but was still stuck at square one. Social outings came to a halt and restless nights due to nagging, worsening shoulder pain were now impacting his ability to show up for his business and family.

Most providers only look for what they know how to treat. But Ethos’ comprehensive ‘Deep Dive’ approach and expertise allowed the team to bridge that gap for Michael. Using a detailed pain profile, a precise 32-point shoulder inspection, musculoskeletal ultrasound, and diagnostic



pain-mapping technique, their team of regenerative orthopedic experts were able to confirm that Michael's rotator cuff injury was not only a result of a poor movement pattern, causing wear and tear to the muscles and joint structures in his arm, but was also linked to his chronic neck pain — something that prior doctors failed to assess!

With this meticulous diagnosis, the team developed a targeted treatment plan to address both root causes of pain, healing the damaged tissue and allowing Michael to finally experience lasting relief. Beyond addressing pain, Ethos understands that hormones play a vital role in energy, focus, and performance. Achieving optimal results means going the extra mile to assess for chronic disease risk and optimizing hormones to improve energy, sleep, metabolism, stress response, and mental acuity.

Within three months of Michael's comprehensive treatment plan, he regained full range of motion, improved his testosterone, and made strides in his performance. Michael was able to dial-in on growing his business, show up for his kids, bring his A-game to tennis, and break 100 in golf — pain-free and confident.

Ethos was founded in 2015 when, now husband and wife team, Dr. Matthew Hernandez and Dr. Alexandra Mayer realized that the existing medical model is not designed to help active, high performing individuals maximize their health. "We wanted to challenge that system, switch the focus to proactive care, and find solutions that deliver the results those individuals are looking for," says Dr. Mayer. By moving beyond the confines of the insurance-medical model, Ethos is able to provide targeted, evidence-based solutions that prioritize their patient's goals.

This unwavering commitment to excellence shines through in the personalized care Ethos provides, exemplified by Michael's transformation from debilitating shoulder pain to a confident, pain-free return to his life. Dr. Hernandez shares, "It's been nine years since we opened our doors to our community, and we've been honored to help so many people live healthier, happier, and more active lives. We value the trust our patients put in us, and work very hard to make sure we can deliver."

With their innovative regenerative treatments, personalized labs, and unmatched expertise in addressing orthopedic and hormonal concerns, Ethos Integrative Medicine continues to be a leading clinic in helping patients confidently take control of their health, achieve peak performance, and live vibrant, active lives.

To become a patient at Ethos Integrative Medicine, please call 480-257-7684, or scan the QR code below to schedule an introductory call.



EXPERIENCE THE FREEDOM OF A PAIN-FREE SHOULDER:

- 1. Ethos Pain Profile:** Is designed to identify the specific characteristics of your pain, so we can pinpoint exactly where it's coming from.
- 2. 32-Point Shoulder Inspection:** Your pain bothers you during specific movements. Our 32-Point Shoulder Inspection allows us to replicate those painful movements so we are one step closer to eliminating them.
- 3. Precision Shoulder Scan:** Our advanced musculoskeletal ultrasound exam gives a detailed, real-time view of your shoulder's structures, providing more accuracy than a regular MRI.
- 4. Ethos Pain Map:** This is a specialized method to confirm the exact source of pain in your body. This detailed approach helps us create a personalized strategy, increasing your likelihood of long-term success.
- 5. Easy-To-Understand Explanation:** We skip the complex terms and offer you a direct, honest breakdown of your diagnosis.
- 6. Leave You Better Promise:** If by the end of the visit you do not have a better understanding of your pain or what your options are moving forward we will give you a full refund on your visit.

Get Out Of Pain TODAY: Call 480-257-7684 to Get Started with your Deep Dive at Ethos Integrative Medicine!

~ Golf Tip ~

Swim Paddle Drill

By Tina Tombs, The Arizona Biltmore Golf Club



The paddle drill, made famous recently by Ludwig Aberg on the PGA TOUR, has been measured by @sportsboxai. I have used the swim paddle for years to help students feel their correct trail hand grip, arm action in their golf swing, to improve awareness and for consistency. While using the paddle, it creates great feel and promotes consistencies in the swing.

Common mistakes that make this drill less effective include semi-gripping/grabbing with the fingers rather than leaving the hand open and orienting the palm inconsistently to not match your trail hand grip.

For best results, tilt the paddle a little more on top (weaker) – as seen in this picture. You will see your Sway Gap (Sway Gap measures the horizontal distance between the center of the chest and the center of pelvis. When we say “center of” chest or pelvis, we mean the geometric center of these segments (internal to the body), not the sternum or belt buckle. Using this drill will help your hand path to club head path match ups emerge.

Please check out @sportsboxai on Instagram if you would like to see additional visual references.

Tina Tombs is a 2020 Arizona Golf Hall of Fame Inductee, a *GOLF Magazine* Top 100 Teacher in America, and a two-time LPGA National Teacher Of The Year. To schedule your next golf lesson or clinic session, you can contact Tina or her staff by downloading their app TinaTombsGolf on the app store or google app store. ❖



Celebrate National Potato Month with Eat Up Drive In

Get ready for a spud-tacular National Potato Month this September at Eat Up Drive In! To celebrate everyone's favorite versatile vegetable, the Arcadia eatery is introducing a special 'potato punch card promotion' for guests to receive a FREE regular or loaded baked potato after their fifth baked potato purchase! (Buy 5, get 1 free!)

Eat Up offers SIX different types of baked potatoes on their menu that are famously known for being HUGE! Options include Braised BBQ short rib, Plain, Loaded, Turkey Chili, Vegan Chili and Broccoli & Cheddar. This potato-rific deal is exclusively available for in-person



redemption, so swing by the Arcadia neighborhood eatery for dine-in, drive-thru, takeout or curbside service to grab your punch card.

Cooked slow and served fast, Eat Up Drive In serves meals that are individualized and family-sized, including prime dip sandwiches, braised BBQ short ribs, mac and cheese, crispy chicken

sandwiches and more savory classics. They serve six different types of baked potatoes! Eat Up also offers delicious kid-friendly meals and gluten-free options. Eat Up Drive In also offers catering, perfect for events and gatherings. For more information, please visit their website at www.eatupdrivein.com. ❖

Thirsty Lion

GASTROPUB

Seasonal Menu at Thirsty Lion Gastropub & Grill

Thirsty Lion Gastropub & Grill, with four Valley locations, celebrates the season with a new, limited time “Summer Fresh Menu” offering summer flavors and fresh, in-season produce and fruits. The summer menu will be available through September 29th. It will feature fare as well as craft cocktails and new refreshers (non-alcoholic) that tantalize the taste buds, and offer a culinary respite during the warm months.

New to the menu is an array of Artisan Flatbreads including Caramelized Pear & Prosciutto, Spicy Sausage & Prosciutto, Caprese & Roma Tomato and Pepperoni & Four Cheese. Other options include the Grilled Fresh Artichoke roasted with garlic herb butter and served with crispy onion strings and lemon thyme aioli; the Heirloom Tomato Caprese Salad; and a refreshing Spicy Shrimp Ceviche Stack.

Highlighted summer entrees and desserts include the Wagyu Beef & Prosciutto Burger, and Cedar Plank Roasted Salmon, and the Cast Iron Skillet Blackberry Crumble baked with blackberries, cinnamon, orange zest, pecan oat streusel, caramel and topped with vanilla bean ice cream.

Limited time Craft Cocktails include the Raspberry Mint Mule-jitowith fresh raspberries hand-muddled with mint, lemon & lime, Bacardi rum, Malibu rum, simple syrup and ginger beer, and the Passion Fruit Mango Margarita with Sauza Hacienda tequila, fresh passion fruit & mango puree, sweet & sour, agave nectar, freshly-squeezed orange & lime juice with a Tajin rim. Non-alcoholic Summer Refreshers include the Blood Orange Ginger Iced Tea, Hibiscus Basil Lemonade and the Passion Fruit & Mango Agua Fresca.

For more information, please visit www.thirstyliongastropub.com or call Tempe: (480) 968-2920; SanTan Village: (480) 899-0119; Desert Ridge: (480) 419-5070; Chandler Viridian: (480) 786-5799. ❖



45th Annual Friends of Erma Bombeck Authors Luncheon

Annual Event Features Literary Best-Sellers and Their Latest Works

One of the most highly regarded philanthropic literary events in the country celebrates its 45th annual gathering on Saturday, November 2nd, 2024 at the Arizona Biltmore. The 45th Annual Friends of Erma Bombeck Authors Luncheon, presented by the Arizona Women's Board, has an impressive line-up of best-selling authors. Inspired by the late Erma Bombeck, the event brings together prominent and accomplished writers to discuss their latest releases and offer special commentary on their careers, lives and writing inspirations.

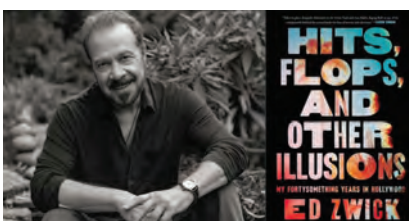
"We are thrilled to bring five noteworthy and talented authors to the Valley," said this year's Chairman, Kimberly Jacobsen. "The Authors Luncheon provides a wonderful afternoon of literary entertainment while raising critical funds for Arizona kidney programs."

The authors and their books available for purchase and autographing at the event include:

- Anne Byrn, *Baking in The American South*
- Hampton Sides, *The Wide Wide Sea*
- Danielle Trussoni, *The Puzzle Box*
- Lisa Wingate, *Shelterwood*
- Ed Zwick, *Hits, Flops and Other Illusions*

For the eleventh consecutive year, author and humorist Adriana Trigiani will serve as Emcee for the event. The program begins at 12:00 p.m. and is both preceded and followed by book sales and author signing opportunities.

The Authors Luncheon was created as a unique way to raise funds for Arizona kidney patients and their families. Event proceeds support kidney disease prevention, education, research and patient care programs. Last year, the Arizona Women's Board granted funds to kidney programs at the National Kidney Foundation of Arizona, Phoenix Children's Hospital Foundation, St. Joseph's Foundation, TGen Foundation, Transplant Community Alliance, and Valleywise Health Foundation. The annual sellout event has raised nearly \$14 million to support Arizona kidney health since its inception. Visit authorsluncheonaz.org for more information and to make a luncheon reservation. ❖



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Cosanti Originals' Annual Fall Bronze Bell Sale Returns

It's the most anticipated sale of the fall season at Cosanti Originals! The 2024 Annual Fall Bronze Bell Sale returns this October for just four days, Thursday, October 24th through Sunday, October 27th.

During these four days, shoppers can purchase their favorite Cosanti bells at 15% off. The entire collection of bronze bells and cause bells are eligible for this discount.

In addition to the sale, Cosanti Originals will be featuring a full program of hands-on activities, opportunities to engage with artisans and all-new experiences. The complete four-day schedule will be announced this fall.

Cosanti Original's Annual Fall Bell Sale discounts are available in-gallery only at the Paradise Valley location. For more about this sale, visit <https://cosanti.com/blogs/highlights/2024-annual-bronze-bell-sale>.

For more information about Cosanti Originals, visit www.cosanti.com. ❖

Native Grill & Wings Celebrates National Cheeseburger Day with Juicy Special

Is there anything more tempting than a juicy, hearty bacon cheeseburger from Native Grill & Wings?

How about one for just \$10?

In honor of National Cheeseburger Day on Wednesday, September 18th, select Native Grill & Wings locations around the Valley are serving up their famous Bacon Cheeseburger for just \$10 all day long!

For more about Native Grill & Wings, please visit www.native-grillandwings.com. ❖



~ Real Estate Update ~

PAR Settlement Explained: What It Means for Home Buyers and Sellers



By Debbie Frazelle, Coldwell Banker Realty

The recent National Association of Realtors (NAR) settlement has been a hot topic in the media, sparking discussions about potential changes in the real estate market. This can be confusing when you don't live day-to-day in the industry. I will explain the NAR settlement to the best of my ability focusing on its impact on real estate, specifically on the two key adjustments brought about by the settlement (still awaiting court approval).

Setting the Record Straight: Understanding the Landscape

Before I explain the NAR settlement, let's take a step back and understand the current landscape of buyer-agent compensation. Traditionally, real estate transactions have involved a few key players:

- **Sellers:** The party looking to sell their property.
- **Listing Agent:** The real estate professional representing the seller and marketing the property, setting up showings and open houses, assisting with negotiations, etc.
- **Buyers:** The individuals seeking to purchase a home.
- **Buyer's Agent:** The real estate professional working on behalf of the buyer to find a suitable property, identify market property negotiate the purchase, analyze the property's condition and interpret noted deficiencies, create a seamless transaction, etc.

Historically, compensation for buyer's agents has been facilitated through the Multiple Listing Service (MLS). This means the amount a seller is willing to offer a buyer's agent (often called buyer-broker compensation) is typically displayed on the listing itself. This system has worked for years, however, some sellers felt that it created pressure to offer certain levels of buyer-broker compensation despite it always being negotiable. Also, since sellers have primarily paid for buyers' agents' commissions in the price the buyer was paying, the relationships between buyers and their agents have not often been well defined and agreed to via a contract like a seller and their listing agent do with a listing agreement.

The NAR settlement seeks to address two key changes impacting buyer-agent relationships and compensation structure. Let's explore these changes in detail and how they might affect you.

#1 Transparency Through Written Agreements

The first major change involves increased transparency in buyer-agent relationships. Arizona does not formally require buyers and sellers to sign an agreement outlining services a buyer's agent will provide and the associated costs. Not using an agreement can sometimes lead to misunderstandings.

The new settlement requires buyers and their agents to establish a written agreement at the outset of the home-buying journey (including before showing any homes to prospective buyers). This mirrors the practice between sellers and agents when negotiating a listing agreement. This written agreement will clearly define:

- The scope of services provided by the buyer's agent, such as property searches, market analysis, negotiation on your behalf, and guidance through the closing process.
- The fees associated with these services. This could be a flat fee, compensation based on the purchase price, or another agreed-upon structure.

This increased transparency benefits both buyers and agents. Buyers will have a clear understanding of what they're potentially paying for and what services they can expect. Agents can ensure their clients are aware of their expertise and the value they bring to the transaction.

#2 Shifting Landscape of Buyer Agent Compensation

The second key change revolves around how buyer agents' compensation is marketed. Previously, compensation for buyer's agents was often facilitated through the Multiple Listing Service (MLS). This means the amount a seller is willing to offer a buyer's agent is typically displayed on the listing itself.

Under the new settlement, this will no longer be the case. Buyer agent compensation will not be advertised on MLS listings and per normal, every brokerage has the right to set their own rates and fee structure for buyer agent compensation depending on the services they offer.

This does not, however, mean the end of compensation for buyer agents. Here's what this means for both sellers and buyers:

- Sellers will still have the option to offer compensation to buyer's agents but they will do it through different means than the MLS; such as their broker's website, and the agents directly. They can choose to factor this

compensation into their overall asking price or negotiate it as part of the offer process. History shows sellers decided to offer a buyer broker compensation as a marketing tool to attract buyers being represented by agents, which buyer representation has been increasing over the years even in these times when more technology and data are available to the consumer than ever before.

- Buyers will also have the option to directly compensate their agents. Again, much like a seller and listing agent negotiate their compensation and sign an agreement to work together, a buyer and their agent will do the same. Just to note, 14 states (not including AZ) in the country have already been operating with a mandatory Buyer Representation Agreement, so this is not new for every state.

Why These Changes Matter

These changes might seem like a shake-up to the traditional real estate transaction model. However, it's important to remember that Realtors provide a valuable service. Just like financial planners, lawyers, and accountants, we deserve fair compensation for our expertise.

Real estate agents bring a wealth of knowledge and experience to the table, helping you navigate the complexities of the buying and selling process. My services include:

- **Market Expertise:** To accurately assess property values, ensuring you don't overpay or miss out on a great deal.
- **Skilled Negotiation:** To negotiate on your behalf to get you the best possible price and terms on your purchase.
- **Risk Management:** To identify potential issues with a property and help you mitigate risks associated with the transaction.
- **Streamlined Process:** To guide you through the complex paperwork, inspections, and deadlines involved in buying a home.
- **Invaluable Connections:** Established relationships with industry professionals like lenders, inspectors, and title companies, making the process smooth.

The Future of Real Estate

The real estate industry is constantly evolving, and I am committed to adapting alongside it. I am dedicated to ongoing education, training, and exceptional customer service. I believe these qualities, coupled with the buyer agent representation transparency, brought about by the settlement, will ultimately lead to a more informed experience for both buyers and sellers.

The Bottom Line: I am Here to Help

While the exact long-term effects of these changes remain to be seen, I support any adjustments that assist buyers and sellers to achieve their real estate goals. I may not have all the answers yet, since this process is still evolving, but I am here to guide you through this transition. Please reach out with any questions you might have or if you want the NAR settlement explained to you directly. I will help you navigate the buying or selling process, ensuring a smooth and successful transaction in this new landscape. ❖

Statistics from July 15th to August 14th 2024

Homes for Sale	37	Homes Sold/Closed	4
Homes Sale Pending	7	Rentals Furnished	8
Rentals Unfurnished	8		

For Sale

Biltmore Mountain Villas	1	\$1,625,000
Colony	2	\$1,095,000-\$1,150,500
Courts	6	\$614,900-\$675,000
Estates	6	\$4,500,000-\$10,000,000
Fairway Lodge	3	\$875,000-\$1,575,000
Greens	1	\$1,495,000
Hillside Villa	1	\$2,695,000
Mountain Estates	1	\$3,495,000
Meridian	6	\$409,900-\$595,000
Terraces	9	\$299,000-\$475,000
Village on the Lakes	1	\$1,050,000

Pending Sales

Cloister	1	Colony	1	Fairway Lodge	1
Greens	1	Meridian	1	Terrace	1
Biltmore Mountain Villas	1				

Closed Sales

Colony	2	Meridian	1
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Zinburger Expands Beloved Menu to Include New Bowls, Appetizers and Frozen Cocktails

Launched in July at all five Arizona locations, Zinburger, one of many beloved brands under the Fox Restaurant Concepts umbrella, has added new dishes and cocktails to its already “zinfully” delicious menu of gourmet burgers and delightful drinks.

When it comes to a great meal, there’s nothing better than biting into a perfectly grilled, juicy burger, and sipping on a cold, creamy milkshake between every mouthwatering bite. Zinburger elevates the all-American burger experience by combining the perfect balance of comfort, flavor and high-quality ingredients to treat guests to an indulgent dining experience that starts with hand-cut zucchini fries and finishes with a vast selection of beer, wine and cocktails carefully chosen to complement every dish.

Highlights from the new menu begin with savory starters like the Spinach & Artichoke Dip (\$13) served with tortilla chips, Spicy Tuna & Avocado (\$15) with sliced cucumber and romaine hearts, Italian Meatballs (\$14) with cheesy garlic bread, and Soft Pretzels & Cheese (\$12) dusted with parmesan and ranch seasoning.

For a main course, guests can opt for one of the restaurant’s brand-new signature bowls, with

crowd favorites sure to include the Seared Tuna Bowl (\$19) with snap pea, bok choy, avocado, marcona almond, miso honey and spicy ponzu; the Spicy Chipotle Turkey Bowl (\$15) with charred peppers, brown rice, avocado, salsa, napa slaw and jack cheese; and the Mediterranean Chicken Bowl (\$16) with whipped tahini, marinated tomato and cucumber, charred pepper, feta and yogurt. Guests can also enjoy lighter fare like the Caesar Salad (\$8-\$13), delicious both on its own with romaine heart, shaved parmesan and toasted cheese croutons, and also with added protein like sesame-crusted tuna or chicken.

Praised for its already diverse and delicious craft cocktail offerings, Zinburger will also welcome a few more showstoppers to its drink menu. A real treat during the height of summer, frozen drinks (\$11) are certain to make a splash, with the lineup including The Margarita with blanco tequila and tart lime; the Mango Habanero Marg with blanco tequila, charred jalapeno and tajin; the Summer Berry & Yuzu with blanco tequila and smashed strawberry; and the Pina Colada with mahina platinum rum, coconut, pineapple and lime. Rounding out the list of new sips, guests can also enjoy The

Espresso Martini Milkshake (\$13) with vodka, Caffe Borghetti, licor 43, crushed Oreo and cinnamon cocoa dust; the Spicy Mango Margarita (\$12) served on the rocks with jalapeno-soaked blanco tequila, habanero and yuzu lime sour; and the Tropical Spritz (\$12) which features strawberry kissed white rum, blackberry bramble, peach and sparkling wine.

“Zinburger has been a favorite in Arizona since day one, so the fact that we’re bringing in new additions makes for even more reasons to dine with us. With more shareable items and healthier options now available alongside our classic heavy hitters, there’s really something for everyone,” said Stephani O’Connor, Manager of Culinary Standards for Zinburger.

Zinburger locations include Downtown Gilbert (344 N. Gilbert Road), Biltmore Fashion Park (2502 E. Camelback Road #127) in Phoenix, Scottsdale Quarter (15257 N. Scottsdale Road #F150), and Grant Road (6390 E. Grant Road) and Joesler Village (1865 E. River Road #101) in Tucson.

Reservations are highly encouraged. To book, visit ZinburgerAZ.com. For more information about Fox Restaurant Concepts, visit www.FoxRC.com. ❖





Roaring Fork Celebrates the Holidays With Bonus Gift Card Promotion

And Enjoy a Little Extra with Annual Bonus Gift Card Promotion

Roaring Fork in Scottsdale, known for its wood-fired cooking, signature Green Chili Pork Stew and Premium Steaks, marks the start of the holiday season with the return of its signature Bonus Gift Card promotion. Beginning on November 1st, Roaring Fork Restaurant will offer holiday bonus gift cards that include a complimentary \$20.00 card for any \$100.00 gift card purchase. Guests can purchase physical gift cards at the restaurant or e-cards online at www.roaringfork.com/gift-cards. The bonus cards will be offered through December 31st, 2024.



Celebrating a long-time holiday tradition, diners enjoy Roaring Fork's festive décor, wood-burning fireplace and the warm ambiance of their indoor and outdoor patios. Known for their famed bold American cuisine, holiday comfort food favorites include the Cedar Planked Salmon, 16 oz Prime Rib, Boneless Buttermilk Fried Chicken, Rainbow Trout, Grilled Fish Tacos, Sugar Cured Duck Breast, Braised Beef Short Ribs and more! Not to be missed appetizers and sides include the Green Chili Mac and Cheese, Skillet Corn Bread, Crispy Chicken Bites or the Smoked Chicken Wings.

About Roaring Fork

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. ❖



Phoenix City Grille Announces New Ownership

Beloved Valley Restaurant Welcomes New Partners

Sheldon Knapp, Founding partner of Phoenix City Grille (PCG) located at 5816 N. 16th Street, has announced the restaurant's new operating partnership. Dennis Shaw, an industry veteran with 40 years of experience, and Micah Wyzlic, longtime Executive Chef/Managing Partner of Phoenix City Grille now operate the neighborhood restaurant as partners.

"I am completely confident that Phoenix City Grille and our incredibly loyal customer base are in excellent hands with Dennis and Micah at the helm," said Knapp, who maintains a minority position in the business. "I look forward to working with Dennis and Micah in my semi-retirement as well as spending more time with my family."

Shaw's impressive industry career spans four decades with resume highlights including serving as Owner and Managing Partner of Sam & Luca Rustic Kitchen and Food and Beverage Director and General Manager of Las Sendas Golf Club, both in Mesa, as well as General Manager and Director of Operations at Lon's at the Hermosa Inn. Shaw has held other management positions at prestigious establishments such as the Desert Mountain properties, Four Seasons Hotels and Resorts, The Phoenician, Marriott Resorts and the Desert Inn in Las Vegas.

"I am so excited to be a part of the PCG community. I want to get very involved, get to know the patrons here, grow the legacy that Sheldon has built and keep PCG going for many years to come," said Shaw. "We will continue to evolve the great food and service with the same great team that has become synonymous with PCG while enhancing the dining experience and expanding our PCG roots as we evolve."

In 1998 Micah Wyzlic graduated from Scottsdale Culinary Institute at the top of his class and initially joined Phoenix City Grille in 1999, just a few years after the restaurant opened its doors. Of his 35 years in the hospitality industry, half have been spent with PCG. He began as Executive Chef, overseeing development of the culinary team and creating many of the restaurant's signature dishes that remain on the menu to this day. In 2018, Wyzlic returned to Phoenix City Grille, where he took on the role of Managing Partner in addition to serving as Executive Chef. He has been instrumental in the development of PCG's robust whiskey program and continues to oversee the restaurant's private barrel selections.



Micah Wyzlic, Sheldon Knapp, and Dennis Shaw

Throughout his career, he has also worked for the likes of The Ritz Carlton in Rancho Mirage and PGA West in La Quinta, both in California, as well as Holiday Retirement Corporation in Oregon, and served as food and beverage director of Atlasta Catering.

"I am excited to continue to honor the 27 years of tradition and excellence that was demonstrated by Sheldon," said Wyzlic. "I look forward to developing my leadership talent strengths under the tutelage of Dennis and to continue bringing new and exciting experiences to our amazing guests."

Shaw and Wyzlic are also excited to announce Phoenix City Grille's new bottle shop concept, Still and Barrel by PCG. Opening date is targeted for the year's end. Additional details about Still and Barrel by PCG are forthcoming.

For more information, visit www.phoenixcitygrille.com. ❖



Registration Now Open for the Salt River Firefighters 9/11 Memorial Stair Climb

Salt River Firefighters, East Valley Firefighter Charities and Salt River Fields at Talking Stick have proudly partnered with the National Fallen Firefighters Foundation to host the 8th Annual Salt River Firefighters 9/11 Memorial Stair Climb on September 14th, 2024 from 4:00 p.m. to 10:00 p.m. to honor and remember the fallen firefighters of 9/11. The 9/11 Memorial Stair Climb is not a timed race event, but a way to honor the Fire Department of the City of New York (FDNY) Firefighters, Police and EMS who selflessly gave their lives on September 11, 2001.

Participants in the event pay tribute to an FDNY firefighter, police officer, or EMS by climbing the equivalent of the 110 stories of the World Trade Center. Each climber will be issued a badge with the name and picture of one

of the fallen to carry throughout the climb, symbolically completing their journey to the top of the World Trade Center Towers. Through Firefighter and community participation, we hope to ensure that each of the 343 firefighters, 60 police officers, and 10 EMS personnel are honored, and their sacrifice, never forgotten. The 9/11 Memorial Stair Climb at Salt River Fields is an official climb of the National Fallen Firefighters Foundation (NFFF), and one of the most popular, and profitable in the country. All proceeds will benefit the NFFF and the East Valley Firefighters Relief Fund to provide assistance to families of fallen, injured, or sick brothers and sisters in the Public Safety community.

"We are extremely proud of what we have built here at Salt River Fields at Talking Stick. It is a really special feeling to see our incredible

community, including neighboring communities come out and support our event. This is a truly grassroots, down to Earth event that is put on, and supported for the right reasons, honoring those who gave their lives selflessly on September 11th, 2001," says SRFD member Riley Murph.

Registration for the 8th annual 9/11 Memorial Stair Climb at Salt River Fields is now open until the 2,000-person capacity is reached. The cost is \$35 and includes a commemorative t-shirt designed by our partner State Forty-Eight and participation/entry into the event.

This family-friendly event welcomes spectators to attend for free, but asks that no pets attend. To learn more about the 9/11 Memorial Stair Climb, please visit their website at www.saltriverstairclimb.com. ❖



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Arizona Restaurant Association Announces Fall Restaurant Week

10-Days of Delicious Dining Deals Begin Friday, September 20th

The Arizona Restaurant Association, the organization that advocates for and supports the state's hospitality industry, has just announced the return of its popular bi-annual 10-day dining extravaganza, Arizona Restaurant Week.

The 2024 Fall Arizona Restaurant Week (ARW) takes place Friday, September 20th through Sunday, September 29th. An astounding 160 restaurants around the state are already signed up. The ARA anticipates nearly 200 establishments will participate in this season's event.

"The support of our members and participating ARW restaurants is exemplary of the popularity and success of this incredible longtime event," said Arizona Restaurant Association President and CEO Steve Chucuri. "Season after season, we look forward to presenting this event with more restaurants, more deals and more fantastic ways to enjoy top-notch dining experiences."

Throughout this 10-day event, participating establishments present exclusive three-course ARW menus, which feature some of their most popular dishes as well as new dishes not otherwise available at the restaurant. These menus allow chefs to showcase their superior talents while also incorporating trending, hyper-local or limited-availability ingredients. These menus are offered at a fraction at the usual costs.

ARW prix-fixe menus are either \$33, \$44 or \$55 per person (and even per couple, in some cases), depending on the restaurants. To further elevate their experience, diners can take advantage of exclusive ARW wine and cocktail pair-

ings at some establishments for an additional charge. More than 50 restaurants will feature exclusive Tito's cocktails as part of their ARW menu options.

There is something for every type and taste during Arizona Restaurant Week. The participating restaurants include everything from intimate chef-driven establishments and hidden gems to indulgent five-star fine dining. ARW features menus that represent a wide array of cuisines, cultures and cooking styles across all price points.

During this 10-day extravaganza, diners have the opportunity to try new restaurants or revisit their favorite eatery again and again, while enjoying a great deal.

A snippet of this year's Fall AWR lineup includes delicious choices such as:

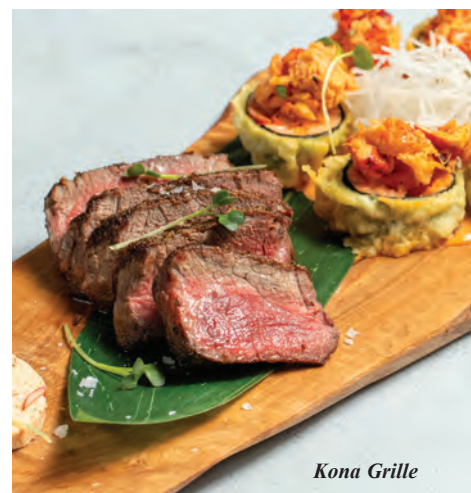
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Pasta Brioni
Pa'La Downtown
Rusconi's American Kitchen
Tash at Talking Stick Resort Hotel
The Mission – Kierland
Wally's American Gastropub
Zinburger

Beginning Sunday, September 1st, a compre-

hensive list of participating establishments and their featured 2024 Fall ARW menus will be available at www.arizonarestaurantweek.com. Restaurants and their menus will be continually added as the event draws nearer. ARW loyalists are encouraged to check the site often to view newly participating establishments.

Restaurants are encouraged to join the 2024 Fall Arizona Restaurant Week. Registration is currently open; applications for new and returning restaurants can be completed online at azrestaurant.org/arw. A restaurant participation package with complete details can be obtained here as well.

For more about Fall Arizona Restaurant Week, visit www.arizonarestaurantweek.com. ❖



Kona Grille



Lings Wok Shop



The Gladly



Blue Hound Kitchen



Los Sombreros



Match



Pasta Brioni

Big Brothers Big Sisters of Central Arizona Names New President and CEO

Big Brothers Big Sisters of Central Arizona has named Luis Vega as its President and CEO after a national search. Vega succeeds Laura Capello, who served the organization in various roles for more than two decades.

Vega joins Big Brothers Big Sisters of Central Arizona with a distinguished background in both the military and nonprofit sectors. He brings a wealth of leadership experience and a profound commitment to youth empowerment. Most recently, as Senior Vice President of International Operations at Allied Extract, Vega led critical humanitarian missions in Ukraine, evacuating critically injured children from war zones.

"Throughout the national search process, we were impressed with Luis' successful track record of developing community-driven, bottom-up strategies and building alliances across multiple sectors," said Jenny Holsman Tetreault, Chair of the Board of Directors for Big Brothers Big Sisters Central Arizona. "His advocacy for youth empowerment and ability to raise significant funds to transform lives in each of the communities where he's worked is remarkable. The Board looks forward to working with him to best serve families in our community who want to participate in the life-changing mentoring programs our organization provides."

This is a homecoming for Vega who was born and raised in Arizona and earned his B.A. in Political Science and Government from the University of Arizona. After the tragic events of 9/11, Vega joined the U.S. Army, was commissioned as an Infantry Officer, and deployed to Afghanistan in support of Operation Enduring Freedom. He earned a Bronze Star Medal. Vega transitioned to the U.S. Army Reserves Special Operations Command South Korea before separating honorably in 2021.

As a first-generation immigrant whose parents moved from Mexico in search of a better life for their children, Vega was inspired by their dedication to serving others. After his military service, Vega applied his leadership skills to nonprofit management with a focus on veterans, families and youth empowerment.

Through the Young Patriots Mentorship Program, a youth and veteran mentorship program Vega founded, he not only found his passion for youth empowerment but was nationally recognized and awarded the Veteran Community Engagement Director of the Year award in 2020 by Concerned Veterans of America. Vega's tenure as Executive Director at the Krohn Breakthrough Foundation highlighted his exceptional ability to drive organizational growth and impact. In his first year at the helm, Vega's effective fundraising efforts resulted in a remarkable \$3.9 million increase in revenue, greatly enhancing the organization's impact on youth.

"It is an honor and privilege to lead this incredible organization and to serve Arizona's youth and community which has given me so much. I am unwavering in my devotion to ignite the spark within our youth, helping them reach their full potential and realize their unique purpose in life," said Vega. "Every child has the potential to create a better world that wasn't there before them. Positive mentorship and a guiding hand will help them along the way, and there is no better organization than Big Brothers Big Sisters of Central Arizona to provide this experience."

"I want to acknowledge the outstanding work of Laura Capello for her exemplary leadership and incredible strides made during her tenure," Vega added. "Her accomplishments set a high standard and I am committed to honoring Laura's legacy by building upon the foundation she laid. I look forward to working with her over the next several weeks to ensure a seamless transition."

As President and CEO of Big Brothers Big Sisters, which has served Central Arizona for more than 60 years, Vega will work to expand the organization's relationships with mentors, donors, companies and other partners, to increase its capacity to serve more youth.

Big Brothers Big Sisters of Central Arizona makes meaningful, professionally supported matches between adult volunteers ("Bigs") and children ("Littles"), ages 6 through 18, in Maricopa County and Pinal County. These positive relationships have a direct and lasting effect on the lives of young people. For more information visit, www.bbbsaz.org.



Spice Up Your Fall at The Amethyst Spa At The We-Ko-Pa Casino Resort Fall Refresh Spa Specials

Treat yourself to one, or all of these energizing, reinvigorating treatments that are perfect for pampering this time of year:

🌀 Aromatherapy Massage 60 minutes

\$140 (was \$160)

Relax mind, body and spirit as you invigorate your senses with your choice of one of our healing, therapeutic aromas. As an added bonus, seasonal scents like clove or cinnamon boast anti-inflammatory benefits to help with circulation and detoxification.

🌀 Autumn Glow Facial 60 minutes

\$140 (was \$180)

This anti-aging pumpkin facial incorporates fall's most popular fragrance – along with Circadia by Dr. Pugliese's professional skincare line that combines pure botanicals, stem cells, vitamin and innovative peptide technology – to cleanse, exfoliate, hydrate and protect your skin. Hot towels, ice globes and a variety of targeted massages further elevate this luxurious experience.

🌀 Pumpkin Mani/Pedi 90 minutes

\$100 (was \$125)

Pamper hands, feet and nails with this fabulous pumpkin-infused combo using Dazzle Dry, a natural gel alternative developed by a local Chandler-based company. Enjoy the ultimate relaxation as nails are made fall-ready, with your treatments capped off with a signature sugar scrub and relaxing moisturizing massage.

* Valid through 11/30/24. Services are subject to availability. 20% gratuity not included. Cannot be combined with other offers or discounts. 24-hour cancellation fee will be applied.

Amethyst Spa is located at We-Ko-Pa Casino Resort at 10438 Wekopa Way, Fort McDowell, AZ 85264. For more information, visit www.wekopacasinoresort.com/resort/spa.



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