



AHWATUKEE | CHANDLER | GILBERT

Fall 2023

KUPS 2020

MAGAZINE

Deanna "Dee" Gordon

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Still Waters Run Deep

(Ready, Set, Book Your Cruise Today!)

How long have you been thinking about doing something special for your significant other? What thoughts go through your mind while you are driving home from work? What ideas are you having in the shower or driving back from Sedona after hiking Oak Creek Canyon and experiencing the red rock, trees and running water? Now your brain is in full throttle and your mind is running deep. It's time to put it all together. While you were thinking about your significant other, what to do, where to go, that cruise you have been considering strongly comes to mind.

If you have never been on a cruise or it's been a while since that last cruise, 2023 is a great year to get in the cruise of things. The pandemic is now in the rear view mirror and life is slowly opening up again. As the world slowly begin to reopen again, one of the best ways for you and yours to play your part in this (should I say, restart the world) is doing it by taking a cruise on Celebrity Cruise where everyone is a celebrity. Your celebrity status on board is not determined by how much wealth you have, but how much love you have for the water (oceans and seas). In one of my previous messages, I compared the earth's water ratio too land and it was about three fourth of the earths surface is water and about one forth is land. Our bodies have about the same ratio. Think about it, our love for watere is natural, because our bodies have about the same ratio of water as the earth we live on.

So, our love for water being natural, let's go out and enjoy Mother Earth in it's waters. How are we going to do that? Book a cruise on Celebrity Cruises. In booking your cruise now, it is easy to understand that focusing on the past or the future, is a waste of time. We can understand that what matters is how well you are to experience what you are doing in that moment. On Celebrity Cruise you can learn how much more exciting life is when things are uncertain. Be aware of that uncertainty teaches us resilience and resilience gives you awareness. We all need that to become our best self.

Remember the water beneath the cruise ship (Celebrity Cruise) you are on are still and runs deep. In closing, always be mindful that a cruise is a perfect way to connect with your partner and disconnect from the world we have left behind. Ready, Set, Book your cruise on Celebrity Cruise Today!

Don Bridges, President



I Fix It All

Kevin Harper is an army veteran, with a beautiful wife, teenage daughter and 3 fur babies. An Ahwatukee resident, He prides himself in being honest, reliable, and prompt. His motto is 15 minutes or less, because usually he can fix your phone in less than 15 minutes. Don't let that fool you though, Cpr Cell Phone repair doesn't just offer repairs, they have a full selection of new devices for sale as well, including the latest gadgets. Stop in and browse the latest selection of accessories as well, you may be surprised by what you find. As one of the only stores that are also authorized to repair Assurant insured devices as well as ZAGG replacements, you can save yourself a trip to the apple store or your cellular carrier.

Kevin has been an entrepreneur all his life but saw a need for better repair options when he broke his iPhone over a decade ago. The options at that time were to risk craigslist amateur repair men in their living rooms or be price gauged at phone companies. After learning all he could, Kevin ventured out on his own founding Ez Iphone repairs, that would later become a part of the global franchise CPR Cell Phone Repair. He set his sights on Ahwatukee after seeing the small town feel and moving

his family here from the greater phoenix area. Kevin prides himself in being a member of the Ahwatukee community. Employees become a part of his family just like the loyal customers we see time and time again for upgrades, repairs and new devices.



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On May 24th 2002 Arizona natives Brad and Brandy Lloyd opened their Any Lab Test Now location in Ahwatukee at 4025 E. Chandler Blvd. Suite #54. The Lloyd's along with their outstanding medical assistant team are proud to offer the Ahwatukee community the opportunity to take control of their health with direct access lab testing. Any Lab Test Now® provides direct access to clinical, DNA, and drug and alcohol lab testing services, as well as phlebotomy and other specimen collection services, through a retail storefront. Just like any other retail business, our customers walk in, choose the lab tests they want and get tested. The physician's order is provided through our ordering physician network. Our customers are a mix of consumers, businesses and government entities.

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The Any Lab Test Now business model is designed around customer experience. Time matters and our processes intend to get customers in and out of the store in an average of 15 minutes or less. Most test results are also available in only 24 – 48 hours. Any Lab Test Now also partners with many major, high-quality laboratories throughout the U.S. Our lab vetting process ensures our franchise owners and their clients, especially physicians, trust the quality of all lab test results. Reach out today to see how your local ANY LAB TEST NOW® can serve your health and wellness needs!



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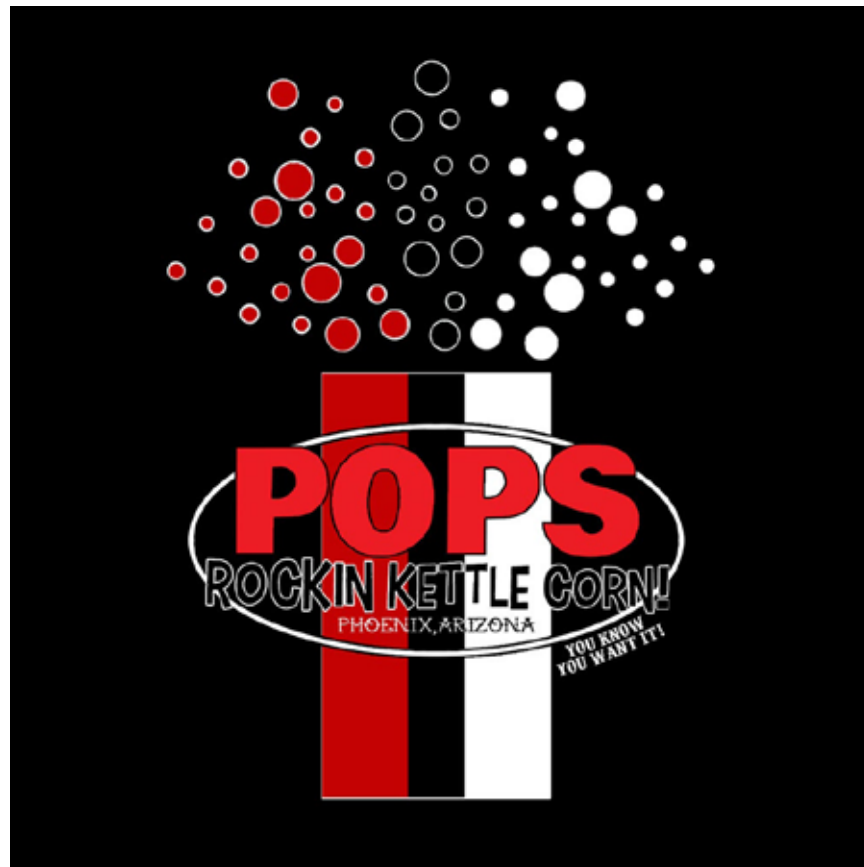
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FACT: Popcorn is traditionally air popped whereas Kettle Corn is hand popped in a kettle over fire at around 500 degrees. Kettle Corn takes on a subtle and unique "char-broiled" flavor.



Here at Awaken Chiropractic we meet our patients where they are. Dr. Alyson uses a gentle and specific chiropractic technique that works with your body and not against it. We listen to your goals and celebrate your achievements, no matter the size! We are all strong individuals and when you are in pain or limited functionally, it can be hard to see your true inner strength. Dr. Alyson taps into that strength and awakens the best version of you.

Whether you are a weekend warrior, aspiring college athlete, new mom, or taking your first baby steps, you are in the right place.

Healing happens here.

Outside of the office Dr. Alyson loves spending time in the community, exploring local businesses, hiking, volleyball and practicing yoga. She is often accompanied by her loving and supportive fiancé and happy go lucky Golden Retriever Hazel.

Dr. Alyson earned her Doctorate at Cleveland University - Kansas City, learning from some of the most well renowned educators of the field. After graduation, the family traveled across the country. Ahwatukee has welcomed them with open arms, providing them with a great sense of community and love. Dr. Alyson is honored to be serving this deserving community.

Mention "KUPS2020" to receive a New Patient Discount!



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PHYSICAL THERAPY

Athletico Ahwatukee was opened in December of 2021 with the intent on providing extraordinary physical rehabilitative and preventive care to our community. At Athletico we strive to provide personalized care to assist in management of chronic pain, post-surgical care, sport injuries, motor vehicle injuries, as well as vestibular, dizziness, and balance problems.

Dr. Josh Horner is the clinic's Physical Therapist and is a board-certified Orthopedic Specialist. In addition, Dr. Horner is also a certified Vestibular and Concussion specialist, Dry Needle certified, and educated in Blood Flow Restriction training. Dr. Horner has experience in treating the spine as well injuries to the shoulder, knee, hip, and ankle.

The Athletico Ahwatukee team is pleased to announce the addition of its Physical Therapist Assistant Lee Lindner. Lee provides a great resource to the team as he brings extensive experience in massage and personal training into his physical therapy career.

Our humble clinic has thoroughly enjoyed growing with a community we've grown to love. If you're experiencing any persistent issues, have a surgery coming up that requires rehabilitation following; or simply just wish to move better through your day, give Athletico a call to schedule your free 30-minute Assessment!

For more than 30 years we've been helping remove pain and discomfort from people's lives. Our patients trust in our expertise, which is why 98 percent would recommend us to a friend – because we were able to help make their lives better. – Athletico Physical Therapy, Better for Every Body





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Dr. Henry Martinez & Family

Ahwatukee's New Flower Shop

"Customer Service, Quality Flowers & Stunning Arrangements are our priorities" -This might as well be written in stone and is the Mission Statement of the new owners of Ahwatukee Flowers – which opened their doors just over a month ago in December, 2022.

Ahwatukee Flowers has been quietly building the reputation of "Ahwatukee's Florist." Nestled in the heart of the community selling beautiful flowers and creative arrangements at the northwest corner of Warner Road and 48th Street (commonly referred to as "Nellos Plaza"). As a business, the owners believe that building arrangements collaboratively with customers is incredibly essential, so there are studio tables for customers to order and design their personal arrangements. When asked about the importance of the location and product reputation, the owners commented: "Our belief is, no matter how beautiful our products are, if we are not there for our community when we say we will be, our community will not be there for us." We are committed to Ahwatukee and the community family.

The team has a quick eye for harmony, color, and symmetry that is essential for any florist looking to delight customers with stunning arrangements. Creativity is crucial and the foundation of everything they do at Ahwatukee Flowers. The team is able to convey inspiration, passion and excitement through floral arrangements and placement. They bring a genuine love of the art to the table. Their genuine love of flowers is helpful in attracting attention for beautiful designs, it also keeps creativity in the business, transforms a simple job into a greater passion.

Before they first had the idea to start a new venture, the owners had 3 must have's when building a new business:

- 1) It had to be a product and process they truly believed in.
- 2) It had to be in a location that felt like home, like community.
- 3) It absolutely had to be something that brought pride, joy and optimism to the community & people's lives.

"There is no better moment for us, then when a customer sees one of our creative arrangements or unique creations, and shares with us that it instantly took them to a special place or time in their life." This is what it's all about for the owners – making lasting memories that can be shared with all and serving and supporting the community.

The owners are truly humbled by all the love and support that they have received in Ahwatukee so far. The community has started to open their arms to welcome them and for that they are very grateful. "Our commitment to this community is the same as the commitment we made to ourselves. We promise to always be creative, we promise to deliver the highest quality product, and we promise to do better each and every day."

Ahwatukee Flowers is located at 4730 E. Warner Rd., Phoenix, 85044 and can be reached at 602-434-1111 for custom arrangements. They sell a variety of flowers including custom, fresh cut and pre-made arrangements.



Straight Up Tukee Style

Dr. Lee Gozdich would like to welcome you to Tukee Lifestyle Chiropractic! This state of the art office located in the Ahwatukee Foothills boasts some of the newest equipment available, such as an on sight digital x-ray machine which allows the doctor to see high resolution spinal images within seconds! The office also has a hydraulic chiropractic treatment table which raises and lowers to accommodate patients who are in pain so they do not have to climb on and off of the table– they simply step onto the platform and the table gently lowers to a horizontal position. With these tools the doctor is able to diagnose and treat the patient immediately on the first visit instead of delaying care.

Dr. Gozdich's approach is also somewhat unique. "Many chiropractors are trained in a certain technique that they apply to most patients. I am trained in several techniques and apply the particular treatment that I feel is best suited for each individual patient to get the best result. I also try to work with each patient to meet their individual goals. For instance, some patients may want to get rid of a long time pain or problem and are grateful for more of a correction of the problem. Other patients may be

seeking immediate relief of pain so that they can get back to being a weekend warrior on the bike or the golf course. I am proud to say that I am here to serve you, the patient, whatever your goals may be. In many cases where patients are seeking a correction of their spinal problem, I am able to show them pre and post treatment x-rays so that they can actually see the correction as well as feel the relief of the pain."

In his 30 year career Dr. Gozdich has treated professional and Olympic athletes, infants and elderly and everyone in between. "I love my patients and my goal is that each of them would share their experience in our office and recommend us to their friends and family. There is no greater compliment they could give."

Photo provided by Dr. Lee



Tukee Lifestyle Chiropractic is a full-service chiropractic treatment facility serving the Ahwatukee Foothills and surrounding areas.

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Meet Dr. Lee Gozdich

Soccer/Basketball Moms

Now I am not only a soccer mom but I have been promoted to a basketball mom as well. I like to cheer. A few weeks ago at my son's basketball game, he had an awesome block and I cheered loudly. Then I realized that I was cheering like I was at a professional basketball game where you have to be loud to be heard.

So now our Saturdays are filled with soccer and basketball games. We are usually driving from one to the other but I wouldn't have it any other way. Our kids are learning how to be team players and to work hard to get better.

May they always know that I will be there cheering them on, even if it is loud.



Article and Photos by Aimee Woodward

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Today I see clients in several practice areas but I am most focused on Estate Planning, the preparation of Trusts, Wills, Powers of Attorney and medical advance directives because of the satisfaction it brings to prevent legal problems and save my clients' money. In addition, Estate Planning benefits my clients while they are still alive, by avoiding the need for guardianships and conservatorships.

I AM PASSIONATE ABOUT EACH CHANCE I HAVE TO MEET WITH PEOPLE AND MAKE A POSITIVE IMPACT ON THEIR LIVES! Unfortunately, most people do not do any estate planning or, even worse, try to do it all themselves without legal advice and guidance.

For those people, I am available to probate their estate, as that is probably what will be legally required when they die and their heirs discover that there is no will or trust (or that the will or trust they created is invalid, or the trust they created is missing and no copy is available). Estate Planning should be done sooner rather than later to avoid emergencies and expense. Please contact me below for a free review of your estate plan if it is more than 5 years old or if you have experienced life changes since you created your estate plan. If you don't have an estate plan, contact me for a free consultation. (Free consultation not available for probate or contested matters). Thank you.

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The Cami Girl

A New Athleisure Clothing Store to Fit All of your Seamless Needs

Located in the Fry's Shopping Center off of 40th and Chandler in Ahwatukee, The Cami Girl, a new clothing boutique owned by Marlene Kanehailua, brings a new fresh look and concept of seamless attire. The Cami Girl outfits women from ages 12 and above. The seamless concept allows for all women to fit into a camisole or leggings of their choice. We have one size fits most and a plus size line as well as maternity. Our products will grow with you in any way that you need. Great to wear with suits, under tops for extra length, for yoga, a night out on the town, or just staying home. Our bralettes were a huge hit during the pandemic because of their soft and functional Nylon and spandex blend of fabric not causing pressure to the shoulders.

A little history about The Cami Girl

The Cami Girl was founded in 2008 in Portland Oregon. At that time, the only item we sold was the basic camisole in 4 colors (Black, white, Ivory and Dark Brown). A year later we expanded to more camisole colors and added the signature favorite Seamless Tank Top. Soon to follow was the cap sleeve top, the ankle and capri

leggings then the long sleeve scoop neck top. By 2011, we had over 45 colors of camisoles and tank tops, added more colors to the long sleeve signature top and 5 different types of leggings. The rest is history. Our price point range is from \$8 to \$38. You can find us online at www.thecamigirl.com as well as on Amazon and now in store. Stop by our store and if you mention this article we will give you 10% off your entire purchase.

The Cami Girl

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CORNELIS HOLLANDER JEWELRY DESIGNS

One-of-a-kind since 1984

Renowned for sculptural designs featuring distinctive geometry and unique shapes Cornelis Hollander has been distributing contemporary jewelry around the world in Canada, Basel, Switzerland, Japan, and all over the US. Visit the website and go to his shop and manufacturing studio in Old Town Scottsdale and you'll see an amazing collection of beautiful jewelry you won't find anywhere else. There are stunning one-of-a-kind rings, engagement rings, bracelets, pendants and earrings in designs ranging from modern to more traditional.

The studio on North Marshall Way in Scottsdale is the artistic legacy of legendary jewelry designer Cornelis Hollander, who passed away in 2017 after a storied career that earned him a reputation as one of the most talented and creative jewelers in the world.

"He was an honest man, a hard worker, and always had a positive attitude. I am grateful to him and just want to honor him by continuing the love of jewelry and design." said his son, Walter Hollander, who inherited his father's talent and learned jewelry design by working by his father's side for ten years, is dedicated to continuing the Hollander reputation for unique design and flawless production. Cornelis's passion for beauty, dedication to excellence and unique vision live on through his son's creations.

Cornelis Hollander Jewelry Designs has built a cult-like following of dedicated clients and a perfect track record of hundreds of 5-star reviews online. Their most popular service is creating custom jewelry because of the experienced team of

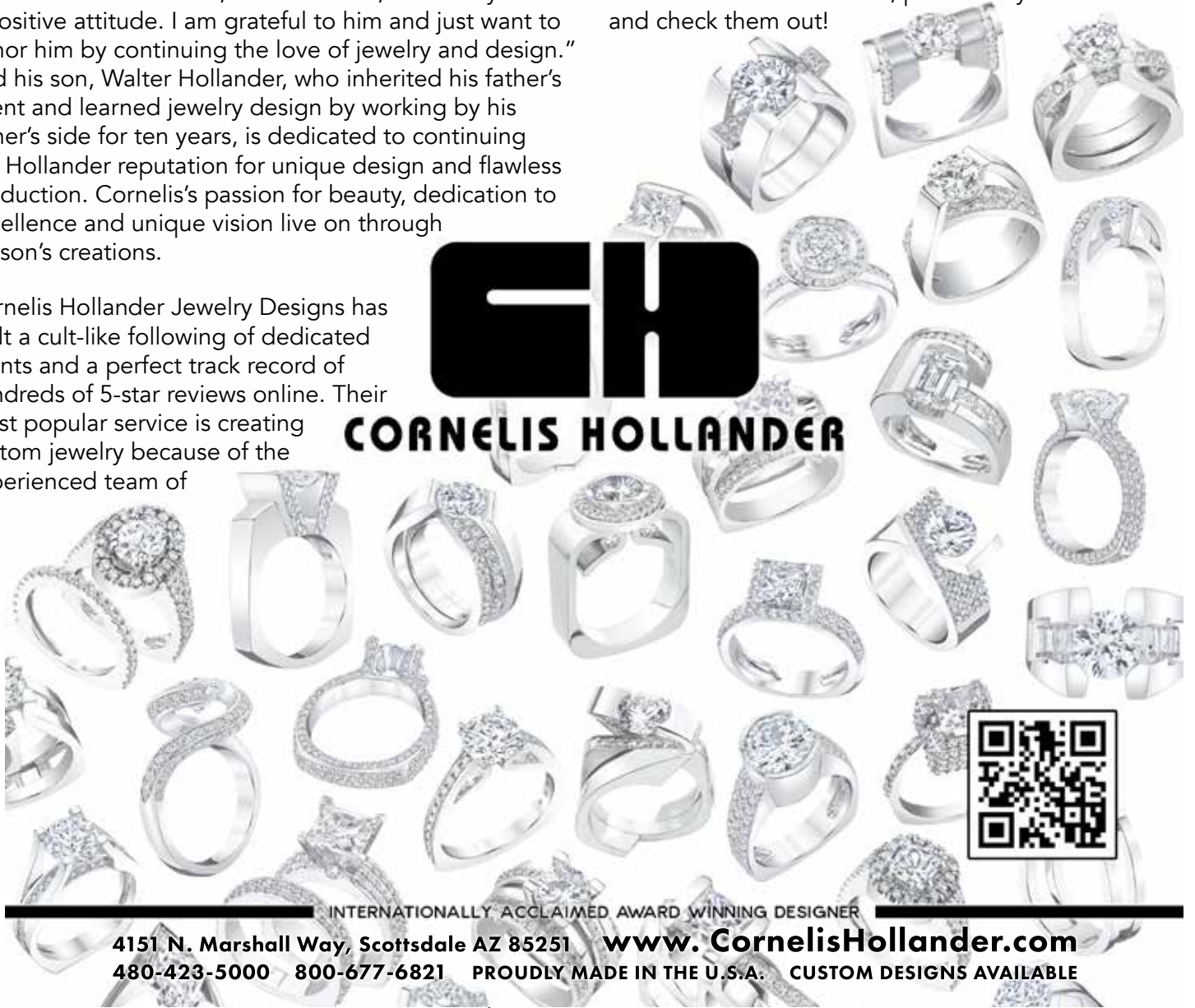
craftsmen on staff and an original design aesthetic that has won countless jewelry competitions over the years.

"It seems like more and more people in town want to join the Cornelis Hollander diamond ring club. Everyone wants us to customize our unique rings, to personalize what we create for them and make it their own," says Walter Hollander again, "We custom make everything piece of jewelry, it's what we specialize in and make affordable. We can do classic to contemporary styles, but our true followers let us make them a Cornelis Hollander original...I am new at running a jewelry company, but I am not new to this business and feel at home creating an extension of my dad's bold and beautiful catalog."

We love the jewelry this company produces and always look forward to something new from them. If you haven't heard of this brand before, please do yourself a favor and check them out!



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The World is Changing, Practice Gun Safety

I was born in Brooklyn, NY many years ago. Being from the Big Apple, it was not common to have or carry a firearm. It was taboo, as only law enforcement or criminals were known to carry firearms.

Leaving the big city and moving on to the Peach state (Atlanta, Georgia) was when I first learned that it was common for law abiding citizens to carry and buy firearms legally. This piqued my interest, but it wasn't something I pursued in the beginning.

After finishing my High School years, I carried on in the business management field managing everything from fast food to retail. I grew out of being confined within 4 walls, so I decided to switch directions and ventured over to the Telecommunications industry. This is when I started enjoying the freedom of being outdoors as I installed low voltage equipment for the various Communication companies. However, I still was not into guns as much at this time. But I had purchased my first firearm which was a very enjoyable moment because I always had a fascination with them even though I didn't move around in circles that really carried or actively used them for training.

As the years passed on, I eventually opened my first company where I trained and supplied a labor force for Comcast, Cox Communication, Charter, Directv etc. This shift in career choices lead me to be on the road more frequently as I traveled a lot to different states suppling the demand for labor in those cities. As I traveled, I noticed myself in some very sketchy neighborhoods and decided it was time for me to start carrying something for protection. So, I eventually applied for my Concealed carry permit which allowed me to carry legally in many of the states I worked in. By now I was actively carrying and started going to the range when time permitted. In going to the range, I noticed my shot placement was horribly and was not confident in my abilities to shoot accurately. This lead me down the path of finding a way to get knowledgeable training. So I sought out a company that could help me with that. I stumbled upon the NRA. In my down time, I started taking classes on the fundamentals of shooting, and completed every course they had to offer. Within a years' time, I took all the basic classes of each caliber of firearm and was now hooked. It became an enriching hobby that had me so intrigued I found myself buying a lot of different styles of guns and training with them vigorously.

Possibly a year prior to the pandemic I was so

involved that I also began to take instructor courses, so I was able to teach these valuable lessons to my family and peers who were just as unaware of the legalities and responsibilities of gun ownership. Just as the pandemic hit, I realized I was certified in pistol, shotgun, reloading, CCW and Gun safety and situation awareness. As with many small businesses, the pandemic hit hard and pretty much destroyed the business. I held on to what I could but ultimately decided it was time to move in a new direction once more.

So, I took what resources I had left and started a logistics company which hauled commerce and I also started to hold training classes for new gun owners. This proved to be exciting because everyone who had never dreamed of owning a firearm started to buy, and the market for new firearm owners was growing at a rate never witnessed before.

Now I was into these training classes heavily and had to pay for open classrooms at neighborhood outdoor ranges which was costly. Also, they rented these facilities to others making it sometimes difficult to book a reservation. So, I thought something needed to be done to streamline the process. It hit me it would make sense to open a gun store with a training classroom within, so I would be in control of the classrooms and times.

That is when Klik Klik Bang Firearms was formed. I went through the screenings and the meetings with the ATF. I then requested my dealers licence. Now, I have a retirement plan that I can do without all the traveling. However, I find myself back within those 4 walls as a retail storefront. But being the owner makes all the difference. I try to make the store environment similar to that of a barber shop, where you can come speak about news, guns training, sports etc. while purchasing either your first or one thousandth firearm and have the ability to get trained by certified instructors.

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Who we are:

Hello there! We are Dr. Matt McCutcheon and Kasey McCutcheon. Bridge Wellness Center is our passion project built from combining our specialties for an ultimate path to health, healing, and wellbeing.

As we became more versed within both of our careers, we realized the overlap in our goal to help children live their lives to its fullest potential were both ultimately rooted from within the nervous system. We saw the incredible growth, empowerment, and healing within the clients we were currently working with through our own therapeutic means, and knew that together it would only be amplified.

Our dream is to bridge the gap between chiropractic care and occupational therapy, so that children and their families can bridge the gap between mind, body, and spiritual connection for ultimate wellbeing.



What we offer:

Pediatric Occupational Therapy

Occupational therapy interventions include modifying tasks, adapting environments, and teaching a foundation of skills to help complete the most meaningful activities with increased independence and success. The most beautiful aspect of occupational therapy is... we get to make it FUN! Through obstacle courses, crafts, playing games, and engaging with multi-sensory input, children are addressing the skills required for their goals while enjoying the process. If your child is experiencing challenges within their daily routine, occupational therapy can address the origin of the limitation, tackle the skills required, and overcome any barriers that are impeding independence.

Commonly Addressed:

- Developmental Delays
- Sensory Processing and Integration
- Emotional Regulation and Behaviors
- Anxiety
- Delayed Milestones
- Executive functioning
- Gross and fine motor skill development
- Trauma
- Mental health
- Social participation
- Ocular motor skills, visual perception, and visual motor skills
- Eye-hand coordination and bilateral coordination
- Motor planning
- Balance
- Strength and endurance
- Activities of daily living (self-care skills)
- Rest and sleep
- Leisure activities/Play skills
- Picky eating



Chiropractic Care

The nervous system (brain and spinal cord) controls EVERY function in the body. Your spine protects and houses the nervous system. Spinal misalignment can be detrimental to the nervous system's ability to function, heal, and adapt optimally. Chiropractic removes the interference, allowing you to live your fullest, most vibrant life.



Children

- ADD/ADHD and attention
- Anxiety
- Allergies, Asthma, and Inflammation
- Delayed Milestones
- Digestive Issues and Constipation
- Emotional Regulation and Behaviors
- Ear Infections and Immune Function
- Sensory Processing
- Sleep Challenges

Adults

- Headaches/Migraines
- Back Pain/Neck Pain/Sciatica/Rib Pain
- Numbness/Tingling
- Anxiety/Depression
- Trouble Sleeping
- Digestion and Constipation
- Immunity, Allergies
- Sports Performance, Recovery, Injury Prevention



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Active in our local community: Member of the Ahwatukee Foothills Chamber of Commerce. Senior Center Speaker. On the Regional Leadership Council of the Alzheimer's Association. Board member of Senior Advocacy Group of Ahwatukee.





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Heaven Touching Earth

Experience Heaven Touching Earth through dance-base choreography that captivates the joy of movement and the expression of life free from the boundaries of gravity.

Words, it's all about words, isn't it? They can harm or they can heal. Same thing with music. This is the reason I am so selective in my music for water aerobics set lists. I am a Pennsylvania transplant, actively pursuing my encore career of encouraging others to live their best life by feeling fit and having fun.

After a hiatus from teaching water aerobics during the pandemic, a very positive set list of music was a must as we all came out of a dark place. Spreading "Joy" was paramount as we all struggled to find our new normal.

Happy, upbeat tunes worked well at the YMCA back in Harleysville, PA, until the day I moved away to start a new life of retirement in Arizona. A lot of changes in my personal life occurred, and the lesson I needed to learn was you need to love yourself before you can love everyone else! When you love yourself, you glow from the inside. You attract people who love, respect and appreciate your energy. Everything starts with how you feel about yourself. Start feeling worthy and valuable and deserving of receiving the best that life has to offer you and the universe will respond accordingly, I promise!

Aquatic exercise provides many benefits including an ideal environment to exercise outdoors throughout the year in Arizona. The buoyancy of the water supports a portion of your body weight, making it easier to move in the water and improving your flexibility. During warm up and cool down, stretching and breathing help undo faulty movement patterns and muscle adaptations from being sedentary and creating a sense of length and openness. You don't have to be fit or flexible to dance, but you can build fitness, flexibility and coordination all while moving to the beat of invigorating and motivating music. Let your body vibrate and rejoice while enjoying the sweet and satisfying freedom of moving and grooving. The fusion of aquatic fitness moves with dance-based choreography captivates the joy of movement and the expression of life, free from the boundaries of gravity, limited only by the possibilities of human form.

Add perfect weather, beautiful surroundings, friends, laughter and love, and you've got the perfect prescription for the happiest workout ever that keeps you coming back for more.

Let's talk about the results. Yes! They happen organically, physically and mentally. And that positive set list I mentioned earlier? After not playing it for a year (when I thought I was retired), it caught me by surprise. I had offered to substitute a class for a teacher at my local pool one day and after she witnessed me teach a couple songs, I was hired by three contractors within a couple of days. The need is great here in this active older adult atmosphere.

Now back to the matter of words, when I played that positive set list for the first time in a long while, I was brought to tears as I'd realized every word in every song had come to fruition in my life. Now I end my classes with the reminder to be ever so cautious of the words you allow in your ears, in your brain and out of your mouth because they all have energy. The final move in my routine is always wrapping your arms around yourself for a big self-hug and taking a bow. (Remember love yourself first?) When you're ready to step out of the shadows, start rocking your purpose and live in true alignment with your soul, contact me.

"Janis Joy" Banes





Deanna “Dee” Gordon

November 12, 1940 - August 14, 2023



Deanna Gordon, Dee, to her friends. A driving force in the community. A pillar of the Ahwatukee Chamber. A vital part of her church community. I was privileged to call her friend. As will we all one day, she slipped from this life to the next, but leaves in her absence many fond memories. Those who knew her will miss her dearly. Those who didn't will endure the retelling of stories that colored in bright hues our times invested with her. We love you, Dee. We will remember you until it's our time to join you. PS, the Almighty knows what needs to be done and when without any insistent prompting or any reminders, but I have a feeling those are wasted words.

-Rick Allen





The void she leaves will be felt by all of us. Glad you (Andy and Michelle) were able to be there with her. She has been there for all of us at the Chamber and beyond. I am glad she will not suffer longer but will miss her in so many ways. Michelle and Andy, take care of you and know that we are all here to step up and help. Your Power Partner family loves you all.

- Darryl



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Stories of Hope

Christine Hotchkiss is the host and creator of Stories of Hope, a non-profit organization and video/audio podcast real life storytelling show found on YouTube, Spotify, and other audible platforms.

What makes Christine's podcast different than just a regular podcast? Christine found her life purpose through the pain of tragedy, a loss a mother feels deep within her heart and soul. The love and light Christine shares in her immediate community and throughout the United States is one that comes from heartbreak of losing her 17-year old daughter Nicole in a family accident on New Year's Day 2007. She doesn't want you to feel sorry for her, but rather be inspired by how she turned her pain into power by finding a way that allows others to heal, connect, be inspired, give, and receive Hope through real life stories from all over.

Everyone has a story, and some may be more heart breaking, they are all a story that can help another along their journey in life. Through each of Christine's personal interviews she found a common denominator of love, and a passion and a drive that keeps a person's spirit moving forward, sometimes finding their life purpose. Stories of Hope is more than a message with stories, Christine found it to be a way to connect and become a resource for many. Not only does she have one on one interviews with people who share openly about loss, tragedy, trauma, overcoming addictions, and unforeseen circumstances that has changed a person's vision of what they thought their life to be, but she found many non-profit organizations have become a community connection that may not have been known was available.

Stories of Hope shares the intimate and professional connections weekly on social media, and now has expanded to publications spotlighting non-profits to many communities where a connection can become a bond of friendships, community, inspiration, and resources. We hope you enjoy and share the monthly chosen organizations to help your community, families, and the awareness of each non-profit organization.

Christine is a small army but a mighty force when delivering a message of Hope. If you have questions, know an organization making a difference in

your community to be the possible next featured non-profit, email Christine directly.

May today be one of your best days

~ Christine Hotchkiss

stories@ChristineHotchkiss.com



Stories
of Hope

Whispering Hope Ranch

Whispering Hope Ranch Foundation is committed to improving the lives of children with special needs through the wonders of camp, the beauty of nature, and the human-animal connection. Our 45-acre fully accessible facility located in the cool pines of Payson is the only camp in Arizona designed and built from the ground up to accommodate the highly diverse needs of those we serve.

The Ranch can accommodate up to 164 campers, counselors, and medical personnel per session. Every aspect of the Ranch is designed to be inclusive, virtually every structure to every activity. Adapted traditional camp activities such as archery, arts and crafts, and sports are blended with our animal interaction and equine-facilitated programs. Like our campers, many of the animal residents live with challenges. Some have been rescued from abuse or abandonment. Others were born with physical anomalies or suffered illness or injury. Each week the Ranch transforms from one pediatric specialty to another. One summer week the Ranch might host

children with muscular dystrophy, the next spina bifi-da, and the next children in Arizona who are living in foster care, group homes, and protective custody. In the non-summer months, WHR opens our doors to individuals with special needs of all ages. Weekend retreats in spring and fall welcome children grieving over the loss of a sibling or parent or families enjoying a respite from the day-in-day-out marathon of appointments, procedures, and treatments associated with cancer and other serious illnesses. A week at camp can profoundly affect children with special needs, giving them tools to cope with everyday stress, improving their medical compliance, and developing "can do" attitudes.

In my role, I am responsible for creating an impact for our campers by creating long-lasting partnerships with companies, giving circles, and other organizations. This includes helping them meet their philanthropic goals, volunteer opportunities, and giving both monetary and In-kind.



P.A.W.S.S.

P.A.W.S.S. (Pups And Warriors Side by Side) is a local nonprofit that was founded by Ryan and Janna Newman and Michelle "Shelby" Scalise in April 2021, that assists disabled Veterans, First Responders, and their qualifying family members in training their own dogs to become their service dogs. Our training pack has over 20+ years of combined experience working with dogs and are all disabled Veterans, First Responders, or spouses/caregivers of disabled Veterans. We believe this allows us to better connect with students who enroll in our program, as we understand the impact first-hand that physical, mental, and emotional disabilities have on an individual but also what is projected onto their family members, known as secondary PTSD. We believe that to heal the Veteran/First Responder, you must heal the family, too. You can find out more about our organization by visiting our website at pupsnwarriors.org or by reaching out to us at 480-742-6333. Hands to help, Paws to save.



Mission of Mercy Arizona

Today, it is estimated that over 1 million Arizonans are without health insurance. For those with chronic conditions (diabetes, hypertension, asthma, etc.), not receiving care can be a death sentence. Thankfully, in Arizona, there is Mission of Mercy (MOM) whose mobile medical clinic model has been providing free, compassionate primary care to our community's uninsured and underinsured for 25 years! Grounded in strong faith-based values and driven by a mission that prioritizes the restoration of personal dignity and being an example of divine Love, MOM patients know they are truly cared for beyond the medicine they receive, something MOM knows aids in healing. Lee Ann F. and her husband were both experiencing serious health issues when they were laid off from their jobs during an

economic downturn. They made the difficult decision to spend the last of their savings to see a doctor but were aghast when they were largely dismissed during the appointment, and now had no money left to pay for medication. They came to MOM in desperation and ended up being MOM patients for more than a decade before being able to qualify for Medicare. Lee Ann shares, "I can confidently say Mission of Mercy saved my life several times. And their care is far superior to anything I've ever received before in the medical world where you're treated as just another number." MOM clinics have served 60,000 patients, provided 300,000 medical visits, and dispensed over 500,000 prescription medications – COMPLETELY FREE. Mission of Mercy is privately funded, not accepting state or federal funds.



Mission of Mercy AZ
Marcy LaRont – Director of Development
Contact info: 480-280-5229
www.AmissionOfMercy.org
Email: MLaront@AMissionOfMercy.org

Hushabye

“When I first heard about Hushabye I was still using, very pregnant, scared about becoming a first-time mom and that my baby would be taken from me. But then I found Hushabye. I had this overwhelming sense of relief. I finally found a place where I wasn’t judged, connected with people I related to and saw people who wanted to help me.”
...Actual Hushabye Mom

Babies exposed to opioids in the womb are at high-risk for NAS (Neonatal Abstinence Syndrome), painful withdrawal from these opioids soon after birth. Hushabye Nursery was founded by Tara Sundem, a neonatal nurse practitioner who witnessed firsthand the challenges of newborns with NAS and their families struggling with SUD who were trying to care for them. Its mission is to ‘embrace substance exposed babies and their caregivers with compassionate, evidence-based care that changes the course of their entire lives.’

In November 2020, Hushabye Nursery opened its 12-bed residential NAS detoxification nursery in Phoenix with state-of-the-art, evidence-based NAS care and wraparound family support services. It is the first-of-its-kind NAS nursery in the US to integrate health care and social services based on keeping children safely with their families instead of from their families. It is a safe and inclusive space where the parent(s) and baby can room-in and experience a gentle, non-stimulating environment that supports bonding and breastfeeding. Hushabye Nursery treats these parents with the care, support, compassion and dignity that they need and deserve.

If you are pregnant and struggling with opioid or substance use, Hushabye can help you.

Call/text 480-628-7500 or email Info@HushabyeNursery.org.



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¹<https://webtransparency.cs.princeton.edu/webcensus/>

Essential Bodywear

Essential Bodywear, a company by women for women, was founded through friendship and a vision to empower women in their quest for success. May 2022 is Essential Bodywear's (EBW) 19th Anniversary Year and also my 4th year as an EBW bra fit specialist.

What makes Essential Bodywear different from other direct selling companies? Simple. WE offer a product every woman NEEDS.

There's one thing that most women have shared throughout time. A torture device to keep us perky and avoid the big flop. We typically sacrifice comfort, for support. Straps falling down? Bands riding up? Top, side or back spillage?

I was introduced to this product line and I was simply blown away with what it did for me, so much so I decided to join in this company's mission to help women with one of life's greatest challenges; finding the right bra!

It's time to discover how you can stop trading comfort for support. I can help.

I fit women into the correct size bra and carry sizes 32A up to 44H. We also have an amazing line of panties, shapewear, athletic wear and camis, so pretty much anything you wear under your clothes, we have you covered.

Your bra is the first thing you put on in the morning, and the last thing you take off at

night. Your bra needs to keep you supported all day with all day comfort. Does yours do this?

Don't let a terrible bra ruin your day - there's a better way! Schedule your fitting (in person

or virtually) today. You are worth it!

This is where all you ladies come in...Just like my boobs I need support. Will you consider supporting me as I uplift you? You are worth it!



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TRY IT ON. LOVE IT ON.

Up and Beyond/Whiz Kidz Playland

We provide small group learning programs for children. Programs include handwriting therapy, feeding therapy, art and music habilitation and sensory and behavioral health's skill development. We can work one on one and in small groups of 10 or less. Our facility is a 3500sq ft learning center Whiz Kidz Playland on Chandler Blvd. It is empty with teachers, respite and habilitation workers waiting to serve families who need support with the new homeschool system and children of first responders. Both typical and those with special needs are served in an inclusive learning environment that develops social skills, empathy and relationship management. We give families the schedule and flexibility they need to survive and thrive.

Program Description: The mission of Whiz Kidz Interactive Learning Program is to prepare youth and families to become leaders. Whiz Kidz focus is to identify and develop the special talents of every single student. Our assessments are made in the areas of language arts, mathematics, music, art, foreign language, science & nature, dramatic play and physical education. Whiz Kidz is a faith-driven, family-oriented interactive learning program. We depend on the involvement of parent/guardians and family to guarantee the success of each child. The children will collaborate to learn from each other, as much as from the teacher. We value and insist on emphasizing diversity and we enforce the encouragement of self-achievement.

Our goal is to continue to grow the world's greatest all-in-one play, learning and therapy center in the world. We need top talent to serve our little ones with high energy and social development needs such as SPD, autism and ADHD. We know how hard it is to find the right environment that provides a great mix of playing and learning for that child that needs a little extra love and we pray to be that place for the communities we serve. Please join us as we accomplish our mission of being a safe, loving Play Therapy and Education center.

Company History:

Whiz Kidz Interactive, LLC was established in AZ in 2017. The founder Nichole Pitts woke up from a dream at 12 years old where God revealed her life's purpose to her. She visualized a global organization of family engagement centers that support infants, children, teens and parents through education, recreation, therapy, housing and social development. In 2002, Nichole's parents and sister teamed up to open the first Whiz Kidz Interactive Learning Program in their home state

of Maryland. This company continues to thrive as small child care organization for over 17 years. When Nichole moved to Arizona she began volunteering and working at Behavioral Health Agencies and realized the greater need for families is inclusive all in one experiences that develop the family bond. This allows for healing, unified connections, empathy and spiritual growth in typical and special needs children. The center is currently the top rated indoor playground in Arizona for children 5 and under yet we remain the best kept secret. We need business mentors and investors to give not only their monetary seed but their wisdom and experience to take Whiz Kidz to the next level.

Our services include:

- Preschool and Aftercare Centers
- Infant and Toddler Play 'n Learn Centers
- Commercial and Residential Property acquisition to provide quality group homes
- Under our 501c3 nonprofit organization Up and Beyond Family Services
- Behavioral Health Agency
- Development Disability Day Treatment Centers
- State of the Art Group Housing facilities for children in foster care and adults with developmental disabilities

Up and Beyond Family Services is a Non-Profit Organization committed to empowering the lives of young leaders. All donations benefit scholarship programs for children enrolled in Summer and Afterschool enrichment programs including Arts, Financial Literacy, College Preparation, Life Skills, Physical and Behavioral Health needs, as well as co-working with Mom programs and job assistance/entrepreneurial development programs.

WHIZ KIDZ PLAYLAND

WhizKidzPlayland.com

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■ DROP 'n PLAY

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■ BIRTHDAY PARTIES

Looking for the coolest toddler birthday party place around? We've got you! Let us host your next celebration we have activities for every theme imaginable.



■ LEARN 'n GO CLASSES

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■ KidSPORTation

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UpAndBeyond.org

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Back in the Taste of Things

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WHEREUBEAN Coffee also serves all kinds of tea blends. Lose tea freshly brewed for you. If you don't to get buzz with your tea, they have teas that will keep you straight. WHEREUBEAN Coffee is also in accordance with the CDC Guide Lines. They observe social

distancing, masks are worn inside the business, plus curb side service (pickup) is available for customers who just want to drive up and go. Ok Ahwatukee, Chandler, and Gilbert, what are you waiting for. Go on over to WHEREUBEAN Coffee today!



Photo by Don Bridges



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Chillin' While You're Sippin'

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Bergies was founded in 2008 by the Bergeson family in Gilbert, Arizona with the commitment to provide our community with a small gathering place that would make customers feel at home when they walked through the door of our cottage.

We are located in the original Forest Clare homestead built in 1919. We are honored to be a stop on the official historic walking tour in our Heritage District. There is a bronze plaque on the front of the property which displays a photo of the original home. Some of the Clare family descendants still reside in Gilbert and participated in our 10 year business anniversary and our celebration of the 100 year anniversary of our building.

In addition to our commitment to our customers, we are passionate about supporting many non-profits in the Gilbert community and beyond. We actively support Young Life Gilbert, Young Life Africa, Midwest Food Bank Arizona, Feed My Starving Children, and HD South home of the Gilbert Historical Museum to name a few.

We are honored to be part of such an amazing community and appreciate that our customers have rewarded us with many best of honors in the East Valley. If you would like to experience the Bergies difference come in and meet our amazing staff in the shop, or visit us every Saturday morning at the Gilbert Farmers Market or visit us online at bergiescoffee.com

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South Mountain Park and Preserve

Mesa

Usery Mountain Regional Park

Fort McDowell

McDowell Sonoran Preserve Gateway Trail

Apache Junction

Siphon Draw Trailhead

Scottsdale

Brown's Ranch Trailhead
Fraesfield Trailhead
Granite Mountain Trailhead
Lost Dog Wash Trailhead
Pinnacle Peak Park
Sunrise Trail Scenic View
Tom's Thumb Trailhead

Cave Creek

Black Mountain Trail
Cave Creek Regional Park
Spur Cross Ranch Conservation

Paradise Valley

Cholla Trailhead

Payson

Tonto National Forest
Water Wheel Trailhead

For all trails locations, google for Directions. Enjoy your hike, enjoy Arizona.



Photo by Don Bridges at Piestewa Hiking Trails

Dining Guide

Binkley Restaurant

2320 E. Osborn
Phoenix, AZ 85016
(602) 388 4874

Compass Arizona Grill

122 N. 2nd St.
Phoenix, Arizona 85004
(602) 440 3166

Different Point of View

11111 N. 7th St.
Phoenix, Arizona 85020
(602) 866 6350

Durant's

2611 N. Central Ave.
Phoenix, Arizona 85004
(602) 264 5967

Ghett'yo Pizza

4747 E Elliott #12
Ahwatukee, Arizona 85044
(602) 264 5967

Ghett'yo Taco

241 S Oregon St
Chandler, Arizona 85225
(480) 726 9654

Impact Nutrition

3145 E Chandler Blvd Unit 107
Phoenix, AZ 85048
(952) 380-8368

Lon's at the Hermosa

5532 N. Palo Cristi Rd.
Paradise Valley, Arizona 85253
(602) 955 7878

Postino Winebar

3939 E. Campbell Ave.
Phoenix, Arizona 85018
(602) 852 3939

Quiessence

6106 S. 32nd St
Phoenix, Arizona 85042
(602) 276 0601

Rosati's of Ahwatukee

4206 E Chandler Blvd.
Phoenix, Arizona 85048
(480) 706-1777

Sweet Magnolia Smokehouse

4929 E. Chandler Blvd.
Phoenix, Arizona 85048
(623) 221-2608

Steak 44

5101 N. 44th St.
Phoenix, Arizona 85018
(602) 271 4400

Tarbell's

3213 E. Camelback Rd.
Phoenix, Arizona 85018
(602) 955 8100

The Buzzed Goat

4302 E. Ray Rd. Ste 106
Phoenix, Arizona 85044
(480) 706-7511

The Capital Grille

2502 E. Camelback Rd.
Phoenix, Arizona 85016
(602) 952 8900

T. Cook's

5200 E. Camelback Rd.
Phoenix, Arizona 85018
(602) 283 1234

Where U Bean Coffee

4804 E. Chandler Blvd, #110
Phoenix, AZ 85048
(480) 584-3886

Wright's at the Biltmore

2400 E. Missouri Ave.
Phoenix, Arizona 85016
(602) 955 6600

Tacos Tijuana

4909 E Chandler Blvd #511
Phoenix AZ 85048
480.601.5014

51 S McQueen Rd

Gilbert AZ 85233
480.601.5958

1754 S Greenfield Rd # 101

Mesa AZ 85206
480.653.5958

MISSISSIPPI STYLE BARBECUE

Sweet Magnolia
SMOKEHOUSE
WHERE FLAVOR LIVES

4929 E CHANDLER BLVD PHOENIX AZ 85048 | 623-221-2608

MISSISSIPPI STYLE BARBECUE

Sweet Magnolia SMOKEHOUSE WHERE FLAVOR LIVES

4929 E CHANDLER BLVD PHOENIX AZ 85048 | 623-221-2608

JUST THE MEAT

Sliced Chicken (boneless)

| | |
|--------|------|
| 1/4 lb | \$6 |
| 1/3 lb | \$8 |
| 1/2 lb | \$11 |
| 1 lb | \$18 |

Pulled Pork

| | |
|--------|------|
| 1/4 lb | \$6 |
| 1/3 lb | \$8 |
| 1/2 lb | \$11 |
| 1 lb | \$18 |

Brisket

| | |
|--------|------|
| 1/4 lb | \$9 |
| 1/3 lb | \$12 |
| 1/2 lb | \$15 |
| 1 lb | \$28 |

Baby Back Ribs

| | |
|-----------|------|
| Half Rack | \$22 |
| Full Rack | \$38 |

Rib Tips

| | |
|--------|------|
| 1/2 lb | \$10 |
| 1 lb | \$18 |

Beef Ribs

| | |
|-----------|------|
| Half Rack | \$26 |
| Full Rack | \$45 |

MEAT PLATES

| | 1 side | 2 sides | 1/4 lb Meat Options: |
|--------------|--------|---------|----------------------|
| 1 Meat Plate | \$10 | \$13 | Sliced Chicken |
| 2 Meat Plate | \$16 | \$19 | Pulled Pork |
| 3 Meat Plate | \$22 | \$25 | Brisket (+\$2) |
| 4 Meat Plate | \$28 | \$31 | 2 Rib Bones (+\$4) |
| | | | Rib Tips |
| | | | Pork Hot Link |

SANDWICHES

| Sandwich | 1/4 lb | 1/3 lb | 1/2 lb |
|---|--------|--------------|--------|
| | \$6 | \$8 | \$11 |
| choice of brisket (+\$4), sliced chicken or pulled pork | | | |
| Pork Hot Link | \$7 | Beef Hot Dog | \$5 |
| Magnolia Link | \$10 | Magnolia Dog | \$8 |
| pulled pork, coleslaw & bbq sauce added | | | |

MEALS

Meat & Mac Bowl Regular \$10 Large \$15
mac & cheese, baked beans, bbq sauce and your choice of chicken, pulled pork, brisket (+\$2), ribs (+\$4) or pork hot link

Rib Dinner

includes 2 sides and a roll or cornbread

Baby Back Ribs

3 Ribs \$20 • Half Rack \$28 • Full Rack \$44

Beef Ribs

Half Rack \$32 Full Rack \$51

SIDES

| 1/2 pint | pint | quart |
|-------------|----------------|----------------|
| \$4 | \$6 | \$10 |
| Baked Beans | Collard Greens | Potato Salad |
| Coleslaw | Mac & Cheese | Sweet Potatoes |
| | Peach Cobbler | |

Drinks 16 oz \$2 32 oz \$3

FEED THE FAMILY

Family Style Meal

Small \$39 (Feeds 3 - 4)
1 1/2 lbs of meat & 2 pints of sides, bread and sauce

Large \$74 (Feeds 6 - 8)
3 lbs of meat, 2 quarts of sides, bread and sauce

Choose 2 Meats:

Sliced Chicken
Pulled Pork
Brisket (+\$6/\$12)
Ribs (half rack +\$8/full rack +\$16)
Rib Tips
Pork Hot Links (2/4)

Choose 2 Sides:

1 pint each (sm) or 1 quart each (lg)

Choose your Bread:

Buns only, Rolls only or 1/2 and 1/2

Magnolia Sampler

\$84 (feeds 6 - 8)

7 meats, 7 sides (1/2 pints), your choice of bread and sauce

- 1/3 lb Chicken - Baked Beans
- 1/3 lb Pork - Coleslaw
- 1/3 lb Brisket - Collard Greens
- 3 Rib Bones - Mac & Cheese
- 1/2 lb Rib Tips - Potato Salad
- Pork Hot Link - Sweet Potatoes
- Beef Hot Dog - Zucchini & Squash

Choose your Bread:

Buns only, Rolls only or 1/2 and 1/2



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480-706-5564
ckgrill.com

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MONDAY-WEDNESDAY 11AM-10PM
THURSDAY – FRIDAY 11AM-MIDNIGHT
SATURDAY 9AM-MIDNIGHT (KITCHEN OPENS AT 10AM)



CRAFT ON THE NEXT LEVEL

4921 E Ray Rd #103
Phoenix, AZ 85044
(480)-999-0096
wicked-bbs.com

MON-THUR 11:00 am - 11:00 pm
FRI 11:00 am - 12:00 am
SAT 9:00 am - 12:00 am
SUN 9:00 am - 10:00 pm

IMPACT Nutrition

3145 E Chandler Blvd Unit 107
Phoenix, AZ 85048
480-226-0776

What is in a Shake and Tea Consumption



Nutrition For Your Best Life!

| | | |
|---|--|---|
| <p>Shot of ALOE</p> <ul style="list-style-type: none"> Promotes Healthy Digestion Soothes Your Stomach Supports Nutrient Absorption | <p>Meal Replacement Shake</p> <ul style="list-style-type: none"> 24 grams of Protein 21 Minerals & Vitamins Good Source of Fiber Suitable for Vegetarians Suitable for Diabetics | <p>Herbal Tea</p> <ul style="list-style-type: none"> Natural Caffeine (85mg.) Boosts Energy Jumpstarts Metabolism Provides Antioxidant Support |
| <p>Flavors</p> <p>*Mango *Cranberry *Mandarin Orange</p> | <p>Fit Your Dietary Needs</p> <p>-Lactose Free-Gluten Free-Allergen Free -Vegetarian-Soy Free Whey/Casein Free</p> | <p>Hot or Cold Flavors</p> <p>*Lemon *Raspberry *Peach *Cinnamon *Chia</p> |

Meal Replacement Protein

| | | | |
|--|--|---|---|
| <p>BREAKFAST</p> <ul style="list-style-type: none"> Apple Fritter Banana Bread Blueberry Muffin Blueberry Lemon Muffin Blueberry Pancakes Butter Pecan Caramel Roll Caramel Roll Choc. Frosted Sprinkled Donut Cinnamon Toast Crunch French Toast Lemon Poppyseed Muffin Orange Cream Muffin Maple Long John Peanut Butter Waffle Pumpkin Banana Bread Strawberry Jelly Donut | <p>Desserts & Pie</p> <ul style="list-style-type: none"> Apple Crisp Banana Cream Pie Birthday Cake Caramel Apple Pie Cherry Dipped Cone Cherry White Chocolate Chocolate Chip Cookie Dough Chocolate Hazelnut Sundae Cinnamon Dulce De Leche Coconut Cream Pie Fried Ice Cream Key Lime Pie Mint Chocolate Nutty Caramel Sundae Peach Cobbler Pineapple Coconut Sundae Pumpkin Pie Raspberry White Chocolate Truffle Red Velvet Cake Rice Crispy Treat Rocky Road Root Beer Float S'mores Strawberry Delight Vanilla Almond Pistachio White Wedding Cake | <p>Cookies & Candy</p> <ul style="list-style-type: none"> Almond Joy Butterfinger Chocolate Chunk Cookie Frosted Animal Cracker Lemon Cookie Mint Oreo Monster Cookie Nutter Butter Oatmeal Cookie Oatmeal Peanut Butter Oreo Peanut Butter Cookie Reese's Peanut Butter Cup Salted Caramel Salted Nut Roll Samoa Snickerdoodle Snickers Sugar Cookie Tagalong Twix | <p>FRUITY</p> <ul style="list-style-type: none"> Banana Caramel Blueberry Blueberry Colada Blueberry Cherry Colada Cherry Colada Orange Cream Pina Colada Raspberry Strawberry |
| <p>Coffee</p> <ul style="list-style-type: none"> Banana Caramel Latte Caramel Iced Waffle Coffee Coconut Latte Mint Latte S'mores Latte White Chocolate Latte White Chocolate Caramel Latte White Chocolate Peppermint Latte | | | <p>Cheesecake</p> <ul style="list-style-type: none"> Banana Cream Blueberry Butterscotch Butter Pecan Salted Caramel Caramel Pecan Turtle Cherry Chocolate Mousse Dulce de Leche Caramel Pumpkin Spice Red Velvet Reese's Peanut Butter Raspberry Strawberry Toasted Marshmallow S'mores White Choc. Raspberry Truffle |



Ghett'yo taco is an urban taqueria in downtown Chandler that specializes in street-style tacos.

Ghett'yo Tacos Today!

241 South Oregon St | Chandler, AZ 85225 | 480-726-9654



Ghett'yo pizza is an urban pizzeria in Ahwatukee that specializes in NY style pizza.

Ghett'yo pizza Today!

4747 East Elliot Rd #12 | Ahwatukee, AZ 85044 | 480-590-3639



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COMEDIANS



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PHOENIX, AZ 85044

EMERGENCY AND FREQUENTLY USED PHONE NUMBERS

| | |
|--|----------------|
| Emergency | 9-1-1 |
| Crime Stop | (602) 262 6151 |
| Poison Control Center | (800) 222 1222 |
| Child Abuse Hot Line | (888) 767 2445 |
| National Suicide Prevention Lifeline | (800) 273 8255 |
| Runaway Hot Line | (800) 786 2929 |
| Phoenix Children's Hospital | (602) 546 1000 |
| Phoenix Herpetological Society | (602) 550-1090 |

Phoenix Metro Police Non Emergency

| | |
|-----------------------------------|----------------|
| Apache Junction..... | (480) 982 8260 |
| Arizona State University..... | (480) 965 3456 |
| Avondale | (623) 333 7836 |
| Buckeye | (623) 386 7836 |
| Capitol Police | (602) 542 4580 |
| Carefree..... | (602) 876 1011 |
| Cave Creek..... | (602) 876 1011 |
| Chandler..... | (480) 782 4130 |
| Department of Public Safety | (602) 223 2000 |
| El Mirage | (623) 933 1341 |
| Ft. McDowell | (480) 837 1091 |
| Fountain Hills..... | (602) 876 1011 |
| Gila Bend..... | (602) 876 1011 |
| Gila River | (520) 562 1852 |
| Gilbert | (480) 503 6500 |
| Glendale | (623) 930 3000 |
| Goodyear | (623) 932 1220 |
| Guadalupe..... | (602) 876 1011 |
| Litchfield Park..... | (623) 876 1011 |
| Luke Air Force Base..... | (623) 856 6322 |
| Maricopa County Sheriff..... | (602) 876 1011 |
| Paradise Valley..... | (480) 948 7410 |
| Peoria | (623) 773 8311 |
| Phoenix..... | (602) 262 6151 |
| Queen Creek | (602) 876 1011 |
| Salt River Indian Community | (480) 850 8200 |
| Scottsdale..... | (480) 312 5000 |
| Sun City | (602) 876 1011 |
| Surprise..... | (623) 224 4000 |
| Tempe..... | (480) 966 6211 |
| Tolleson | (623) 936 7186 |
| Youngtown..... | (623) 974 3665 |

ARIZONA DEPARTMENT OF TRANSPORTATION

| | |
|---|----------------|
| Traveler Information Line | 5-1-1 |
| Call before you Dig | 8-1-1 |
| Motor Vehicle Division Phoenix Area | (602) 542 8683 |
| EZ Voter Registration | (602) 542 8683 |

SKY HARBOR INFORMATION

| | |
|---------------------------|----------------|
| Airport Paging | (602) 273 3455 |
| Customs/Immigration | (602) 392 4440 |
| General Information | (602) 273 3300 |
| Lost and Found | (602) 273 3333 |
| Parking | (602) 273 4545 |

TERMINAL 3

| | |
|------------------------------|----------------|
| Alaska Airlines | (800) 426 0333 |
| American Tran Airlines | (800) 247 8726 |
| American Airlines | (800) 433 7300 |
| Continental | (800) 525 0280 |
| Delta Airlines | (800) 221 1212 |
| Frontier | (800) 432 1359 |
| Great Lake Airline | (800) 554 5111 |
| Hawaiian Airline | (800) 367 5320 |
| Jet Blue Airline | (800) 538 2583 |
| Midwest Airline | (800) 452 2022 |
| Sun Country Airlines | (800) 359 6786 |
| United Airline | (800) 241 6522 |

TERMINAL 4

| | |
|-------------------------|----------------|
| Aero Mexico | (800) 237 6639 |
| Air Canada | (800) 247 2262 |
| British Airways | (800) 247 9297 |
| Southwest Airline | (800) 428 4322 |
| US Airways | (800) 428 4322 |
| West Jet | (888) 937 8538 |

CAR RENTAL

| | |
|------------------|----------------|
| Advantage | (800) 777 5500 |
| Almo | (800) 462 5266 |
| Avis | (800) 331 1212 |
| Budget | (800) 527 7000 |
| Dollar | (800) 800 4000 |
| Enterprise | (800) 736 8222 |
| Fox | (800) 225 4369 |
| Hertz | (800) 654 3131 |
| National | (800) 227 7368 |
| Payless | (800) 729 5377 |
| Thrifty | (800) 847 4389 |

UTILITIES

| | |
|--|----------------|
| Cox Communications | (800) 229 6542 |
| Century Link Residential Customers | (800) 244 1111 |
| Southwest Gas Corporation | (800) 873 2440 |
| Arizona Public Service | (602) 371 7171 |
| Salt River Project..... | (602) 236 8888 |

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