

COLLECTOR'S EDITION

KUPS 2020

Let it Begin!

The Difference!



What's Inside!

Issue 1 · Fall 2020

Content (What's Inside)	2
Farmers Insurance and Alliance Agency Group	
Kups and Coffee	
A Man Name Jadrik	
Coffee in the Morning	
Techie in the Tukee and I Will Repair	
We Make You Look Good and Snider Custom Apparel	8
Kups 2020 Top Story: The Wall with a Pulse	9
Why San Diego	
Top2Bottom and Goodyear	11
Dining Guide	12
Popular Hiking Trails in Phoenix, Scottsdale,	
and around Arizona	13
Emergency Numbers	14
Chillin' While You're Sippin' and Bergies Coffee	15
The Logoman and Rosati's Pizza	16

Kups 2020

P.O. Box 44575 Phoenix, Arizona 85064 Phone: (480) 648-6086 Website: kups2020.com

President/Publisher

Don Bridges dbridges@kups2020.com

Graphic Designer

Jadrik Downs

Ad Design/Magazine Layout Design

Aimee Woodward

Photographers

Jadrik Downs and Marta Branco

We offer different advertising plans, so if you are a large or small business we got you covered. Copyright c 2020 Kups2020 All Rights Reservered Powered by GoDaddy Website Builders.



Scott Jenkins

Your Local Agent 3233 E. Chandler Blvd. #13 Pheonix, AZ 85048 agents.farmers.com/sjenkins

COVERAGE THAT GOES FAR BEYOND THE DRIVEWAY

- Automobile insurance
- Home insurance
- Life insurance
- Business insurance
- Renters
- Motorcycle
- Recreational
- Landlord/Rental Properties
- · Umbrella insurance

Call 480-626-5949 today! Let me help you get the most value out of your insurance coverage.



3

Restrictions apply. Discounts may vary. Not available in all states. See your agent for details. Insurance is underwritten by Farmers Insurance Exchange and other affiliated insurance companies. Visit farmers com for a complete listing of companies. Not all insurers are authorized to provide insurance in all states. Coverage is not available in all states.



Daniel Anguiano
Vice President AAG

Phone: 602 768 2290

Address: 11811 N Tatum Blvd UNIT 3031, Phoenix, AZ 85028

The Alliance Agency Group mission: To empower Americans from all walks of life, through financial literacy and preparation, to create prosperity and peace of mind.

Equipped with the latest financial software, licensed Alliance Agency Group agents are dedicated to nonjudgmental, open-minded financial services and believe every household hopes to protect loved ones and achieve financial prosperity.

Licensed Alliance Agency Group agents fulfill this mission by offering a complimentary, state of the art, financial needs analysis. They then shop a variety of products through solid partnerships with some of the oldest and most well-known financial services brands in the industry to fulfill the families' individual needs.

Plan for your future! As your finances become more complex, it may be worthwhile to have the support of a financial professional.
#FailToPlanPlanToFail
#PlanNow

#401K #IRA #LifeInsurance #Annuities #RothIRA #LongTermCare #DebitManagement #IncreaseCashflow #GuranteedIn Kups 2020 | Fall 2020

Kups and Coffee

Once up on a present time, out west (Arizona) a new publication is launched Kups 2020. As we begin this new decade, Kups 2020 looks to build relationships between companies and buyers. Buyers who are looking for great products and great services Throughout the years a hot cup of coffee has done just that. Coffee shops and other businesses that sells coffee and have a meeting area i.e. bookstores, super markets, and theme parks just to name a few, have been creating an atmosphere where people talk about their products and services as well as read about them in the local area.

Kups 2020 will advertise businesses products and services to the reading audience and more. Kups 2020 will have forty percent advertising and sixty percent content and stories. Kups 2020 will also get the community involved by publishing one family or person's story in each publication. For example, a student went from C's and D's to A's and B's, Kups 2020 wants that story. Another example, if a family took their yard from ordinary to extraordinary by landscaping it, Kups 2020 wants that story. If a couple or family had a great vacation, Kups 2020 wants that story.

Other content will feature products or services relative to but not excluding the services or products of the businesses who are advertising. Readers, I invite you to take the journey with me. Explore the possibilities of great products, great services, and great savings. During these times of uncertainty, Kups 2020 will advertise the companies with the best product and services for its readers. I look forward to one day meeting and greeting the readers of Kups 2020.

From the President



A Man Named Jadrik

It was a nice winter day back in January of 2020 when I walked through the automatic doors of Office Depot. There I was greeted by an employee behind the counter. I ask where there printing was and I was instructed to go right, through the opening to the printing room. I went to the counter, signed in, and waited to be served. After several minutes of waiting, I was called to the counter and ask what can I help you with today. As I begin to explain the publication I was starting, the young man listen and added some more suggestions. He went on to tell me about his background and his skill set. I learned he got into graphic art and design around the age of 18 and started learning as much as he could. He also started designing logo's for small businesses and individuals before starting at Office Depot. I still didn't know his name. As he shared more of his business background, his professionalism, his dedication to hard work, and giving customers the best experience while in the store became more apparent.

Jadrik is no stranger to publishing, his Uncle Steve Downs was a big inspiration for him. He was Editor and Chief of Chen Low Publishing. He published international magazines such as; Men's Exercise, Exercise for Men Only, Exercise for Women Only, just to name a few.

Jadrik family moved a lot because of the profession his mother was in. The young man from Saranac Lake, New York has lived in various states including Florida, New Jersey, and now Arizona for the past eight years. In his later years, Jadrik was home-schooled and fell in love with History and Science. His hobbies are; writing, art of all kinds, singing, and playing music.

Jadrik knew KUPS2020 when it was in its developing stage. He help design, type set, and put KUPS2020 together. Jadrik thank you for your professionalism and thank you for being my friend. This young man is the real deal. This young man is Jadrik Downs.





Photo by Leo Cardelli from Pexels

Coffee in the Morning

There are several surprising health benefits to that morning cup of coffee as long as you keep the consumption low, say three to four cups a day minus the sugar. Let's talk about several reasons why coffee is considered to be good for you.

- (1) Coffee increases your memory. A radiological society of North America researchers found that drinking two to three cups of coffee a day improves short term memory and lower the risk of developing Alzheimer's disease.
- (2) Coffee can lessen your chance of developing depression. A study on women published in the 2011 "Archives of Internal Medicine" found that women who drank two to four cups a day were 15 to 20 percent less likely to develop depression.
- (3) Coffee can rev up your metabolism. Caffeine in your Morning Joe has been linked to boosting the metabolism, which aids in weight loss. Chlorogenic Acid that is present in coffee is also linked to lowing glucose absorption; ensuring sugar is flushed out of the body.
- (4) According to several medical journals drinking coffee can lower your risk for families who have a history of type diabetes by 50 percent. The study shows a type of polypeptide that's in coffee can prevent abnormal protein fibers from developing. This is common to those with the disease.

- (5) Coffee increases endurance. Drinking a cup of caffeinated coffee increases energy prior to workouts, however, it also strengthens endurance, greatly aiding athletic performance.
- (6) Staying thin, so many people are struggling with their weight can be excited to know that drinking coffee may actually help you lose weight. There is a serious interest in how caffeine could play a role in obesity treatments, however research finding are not yet conclusive. The amount of evidence found that coffee causes an increase in metabolic rate and this helps burns up excess body fat is promising.
- (7) Coffee is high in antioxidant qualities. Our bodies are involved in a constant struggle to resist toxic substances that are absorbed through food and drinks, pollution in the environment drugs and others. Coffee has valuable antioxidant properties. When you drink a cup of coffee, you boost your energy and strength which helps clean out those toxins from your body. You can say that drinking coffee reduces the risk of infections that gets in the body. This does not imply that someone with an infection can expect to cure it with a few cups of coffee. If you have an infection, see your doctor.



Photo by Igor Haritanovich from Pexels

Techie in the Tukee

OK Ahwatukee, Chandler, Gilbert, here she is. She's smart, bright and full of fire. After getting scholarships from Delta Airlines, Southwest Airlines, Honey Well, and Pratt & Whitney (AWAM) Association for women in Aviation Maintenance, Sousan decided to start her career of by working as a I.T. person for the U.S. Government. She worked for the U.S. Government for twenty-seven years where she exceeded all expectations and decided to advance her career in the Tech and Science Field. She went on to receive her Bachelor of Science Degree from Embry Riddle Aeronautical University. She graduated at the top of her class. Since graduating, she has received a number of awards related to her field of study and work.

With all that knowledge and education, Sousan has opened her own business in Ahwatukee. She up grades and repairs Samsung, Apple, Dell, hp, and LG to name a few. She also does data recovery Services, PC and Mac Tune ups, game consoles, and repair smart phones. So look out Ahwatukee, Chandler, and Gilbert. Sousan is open for business and she is your Techie in the Tukee. Go ahead, Take your repairs to her today!

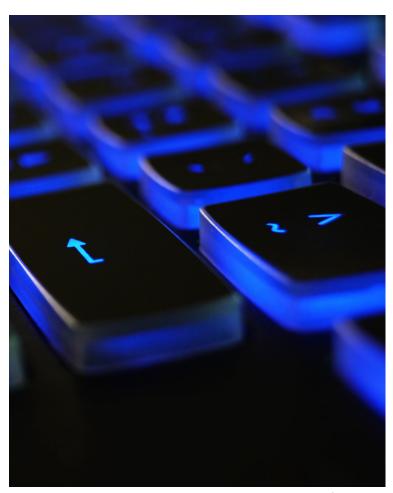


Photo by Marta Branco from Pexels



I WILL REPAIR Ahwatukee | 4929 E Chandler Blvd. #404 | (480) 626-0666











"Save Earth by repairing or recycling your devices. Ask me how"

\$10 OFF YOUR FIRST REPAIR

We Make You Look Good!

(No Matter What Sport You Are Playing)

She is from Seattle, Washington but now lives in Gilbert, Arizona. Lisa got her teaching Degree when she moved to Arizona. She did substitute for a while before getting in the jewelry business. Lisa was very successful at it, but wanted to own her business. She started looking for a business to buy. As luck would have it, her Son's Baseball Coach was selling his business and moving out of state. Lisa took advantage of the opportunity and purchased her Son's Baseball Coach's business. After twelve years in business, Lisa still loves to see a smile on the kids faces when they're wearing a shirt or uniform that her business made for them. Lisa understands that winning is only part of the game, you got to look good while you are doing it. It makes the victory that much sweeter. Now, where do you go to look good. You go to SNIDER CUSTOM APPAREL. They are located in Gilbert, AZ but services all of Metropolitan Phoenix. The quality of the products and workmanship speaks for itself. So, if you are a amateur or a pro, SNIDER CUSTOM APPAREL is the place to go. Some doors leave you wondering, but walk through these doors at SNIDER CUSTOM APPAREL and you will want to return again and again. You may ask yourself, why is that? The answer is easy, when you walk through

those doors, you feel welcome and can feel you have the owner's ears listening to everything you want and need. Now put that together with a wide variety of products to choose from and you will know what sets this business apart from other business selling the same products and services. As business continue to grow, Lisa plans on expanding the business to other cities in the valley. Go see Lisa today and talk to her about your next order.





Customized to your needs! Every time!

We can help you with your design or we can design for you, you decide! It's easy and fun! 1000s of styles and colors to choose from our extensive catalog.

Our huge database of designs and templates makes it easy for you to find the right design.

Get Started Today! Create Your Custom Design NOW! Call 480-962-4599

The Wall with a Pulse

Top Story

People have pulses, animals have pulses, but what about a wall? Here is the story. A few years ago, a rock wall was noticed along Goldwater and Scottsdale Road in the heart of downtown Scottsdale. It was a plain rock wall housed in a wire structure. It was approximately 4' wide, 4' tall and stretched for some distance.

It was interesting and unique to look at. It made you think, what a neat concept. Now as you drive through many parts of the valley, those walls are popping up everywhere.

You can see them along streets, in front of business and around residential homes. This brings me to the point of the rock wall with a pulse.

A few months ago, my fiancée and I talked about putting a rock wall in front of our home. I thought it was silly at first, but after she explained in detail how the finished wall would look and the beauty it would bring to the front yard. I then began to understand her vision, so we drew up a design and I started construction.

It took seven weekends to build the wire boxes, connect them, paint them, and put them in place. Once the wire boxes were in place, the rocks were washed and the assembly began. As we searched through the rocks trying to find the best ones, the wall finally began to grow. Layer upon layer it grew. When it was close to the half way mark, we continually looked for rocks to build the wall when finally out of the pile there was this beautiful rock shaped like a heart. Both of our eyes widened as we admired how beautiful and unique it was. The thought came to mind, clean it and paint it.

Once that was done, then we decided where to place it. As I stepped back into the street and looked at the half built wall, the thought came to me, put it in the center. That is where the Heart belongs. So it was placed in the center of the wall.

The rest of the wall was built around and over it, making it a beautiful wall to look at. You are wondering, well, how did it get a pulse? Thanks for asking that question. OK, here it is. Each time you look at it, take a picture of it, or feel the beauty when you look at it, it beats inside of you. You take that beauty with you. Walt Disney said, "as long as there is imagination, Disneyland will never be completed". I say to you my readers, "as long as this picture of this beautiful rock wall is in your heart and mind, this rock wall will have a pulse".



Why San Diego?

San Diego is the home to many exciting places, i.e. Balboa Park, Little Italy, San Diego Zoo, Sea World, and the Wild Animal Park, just to name a few. The high rises by the ocean front are spectacular and offers dancing and dining with fantastic views. Once in San Diego, you can't help but get caught up in the excitement of the city. With so much to see and do, and its diverse culture, San Diego is one of the most enchanting cities in our nation.

This brings me back to the question, why San Diego? My fiancée and I spent the fourth of July week in San Diego Del Mar and had the time of our life. One special evening that stood out was the night we spent dancing at Humphries, located on Shelter Island in San Diego. As we walked in, paid and found a table in the middle of the club, we were ready to bogy and we did. During the breaks we walked out on to the terrace that over looked the bay, the yachts, and the boats docked in the harbor. Throughout the night as we danced, one couple stood out, the one dance they did captivated the club. I called it the "push back dance". As they danced and came closer together, they spoke a few words to each other, she would take her two hands, place them on his chest and push him away. The club would go wild. As their dance journeyed them back together, the moves were electrifying. But wait there is more that is a must when visiting San Diego. How about a dinner Cruise? Yes, you read it right. Weekend Dining Cruise aboard a luxury yacht that leaves from the Harbor about 7:30pm Friday, Saturday, and Sunday. After that wonderful Friday

night dancing at Humphries, we were seated at the number one table on the second floor of the beautiful yacht by the window. Couples and families were tabled on the first and second floor. Before the yacht started its engines, we walked around the lower (first floor) and took in some of the beauty that was all around us. Then we made our way to the upper deck of the yacht where we could see the beautiful lights of downtown San Diego and the magic in the beauty that it brings to your senses. We went back to our table as the yacht was backing out to the ocean looking out the window at the beautiful lights of San Diego. There were some moments when our eyes met, I couldn't help but think how beautiful and loving she is and I am grateful to have her in my life. Sweetheart, before I finish writing this story, I want to say I love you. Thank you for all the beautiful memories.

Dinner was being served. The four course gourmet dinner was delicious. As we passed under the bridge that took us from San Diego to Coronado Island, the music began to pick up and the dancing started. The two and a half hours cruise from beginning to end was spectacular. At the yacht made its way back to the harbor we got up and danced a few songs keeping in mind what a wonderful time we were having. There is plenty more to write about, I will leave that open for other couples and families who have and will experience love and happiness while on their vacation. In closing, San Diego is a great vacation city and the great part, its only six hours drive from Phoenix.





We give you way more than just a Home Inspection!

200% SATISFACTION GUARANTEE

If you are not completely satisfied at the end of the inspection, not only will we refund the inspection fee, we will also pay for another licensed inspector of your choice... We are so confident in what we do that we are willing to back it up... 200%.

Schedule your home inspection today! Call 623-266-9266 or visit our website at t2bhi.com



Tune-up - Brakes - Alignment - Engine Diagnostic

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

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

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 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

Wright's at the Biltmore

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



Popular Hiking Trails in Phoenix, Scottsdale, and Arizona

Phoenix

Desert Vista Trailhead
Echo Canyon Trailhead
Fat Man's Pass
Hold in the Rock
Mormon Trailhead
Papago Park
Phoenix Mountain Preserve
Piestewa Peak Park
Pima Canyon Trailhead
Shaw Butte Trailhead
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.



EMERGENCY AND FREQUENTLY USED PHONE NUMBERS

Emergency	9-1-1		
Crime Stop		SKY HARBOR INFORMATION	
Poison Control Center		Airport Paging	(602) 273 3455
Child Abuse Hot Line		Customs/Immigration	
National Suicide Prevention Lifeline	•	General Information	
Runaway Hot Line		Lost and Found	
			•
Phoenix Children's Hospital	. (602) 346 1000	Parking	(602) 273 4343
Phoenix Metro Police Non Emergency		TERMINAL 3	
Apache Junction	. (480) 982 8260	Alaska Airlines	(800) 426 0333
Arizona State University	. (480) 965 3456	American Tran Airlines	(800) 247 8726
Avondale	. (623) 333 7836	American Airlines	(800) 433 7300
Buckeye	. (623) 386 7836	Continental	(800) 525 0280
Capitol Police		Delta Airlines	(800) 221 1212
Carefree		Frontier	
Cave Creek		Great Lake Airline	
Chandler	, ,	Hawaiian Airline	
Department of Public Safety		Jet Blue Airline	
El Mirage		Midwest Airline	, ,
Ft. McDowell		Sun Country Airlines	
Fountain Hills	•	United Airline	
Gila Bend	, ,	Officed Affilia	(000) 241 0322
Gila River		TERMINAL 4	
		Aero Mexico	(000) 227 4420
Gilbert	•		
Glendale	•	Air Canada	
Goodyear		British Airways	
Guadalupe		Southwest Airline	•
Litchfield Park	•	US Airways	
Luke Air Force Base		West Jet	(888) 937 8538
Maricopa County Sheriff			
Paradise Valley	, ,	CAR RENTAL	
Peoria	, ,	Advantage	
Phoenix		Almo	
Queen Creek		Avis	(800) 331 1212
Salt River Indian Community		Budget	(800) 527 7000
Scottsdale	. (480) 312 5000	Dollar	(800) 800 4000
Sun City	. (602) 876 1011	Enterprise	(800) 736 8222
Surprise	. (623) 224 4000	Fox	(800) 225 4369
Tempe	. (480) 966 6211	Hertz	(800) 654 3131
Tolleson		National	(800) 227 7368
Youngtown	. (623) 974 3665	Payless	(800) 729 5377
		Thrifty	
ARIZONA DEPARTMENT OF TRANSPOR			
Traveler Information Line	5-1-1	UTILITIES	
Call before you Dig	8-1-1	Cox Communications	(800) 229 6542
Motor Vehicle Division Phoenix Area	. (602) 542 8683	Century Link Residential Customers	(800) 244 1111
		Southwest Gas Corporation	
EZ Voter Registration	. (602) 542 8683	Arizona Public Service	
•	•	Salt River Project	
		•	•

Chillin' While You're Sippin'

Bergies Coffee Roast House prides itself on its artisan quality coffee. All of our beans are small batch roasted on site by Brian Bergeson and several other trained roasting staff. Our Bergies team has a passion to not only provide a great cup of coffee to our customers, but to also provide them with an opportunity to discover their own personal favorites through education about the wide variety of beans and roast options Bergies offers.

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





YOUR ONE-STOP SHOP FOR:

BRANDED PROMOTIONAL PRODUCTS - LOGO DESIGN/EDIT LOGO APPAREL - BANNERS - SIGNS - LARGE FORMAT PRINTING VEHICLE GRAPHICS/WRAPS - STOREFRONT GRAPHICS SCHOOLS - TEAMS - CORPORATE EVENTS - FAMILY REUNIONS



www.thelogoman.com 4029 N. 32nd Street, Phx AZ 85018







FST 1964

ROSATI'S OF AHWATUKEE

4206 E Chandler Blvd. Phoenix, AZ 85048 480-706-1777





Sunday-Thursday: 11 am-10 pm | Friday-Saturday: 11 am-11 pm

FREE PIZZA

FREE

12" THIN CRUST CHEESE PIZZA WITH THE PURCHASE OF ANY 18" PIZZA

CARRYOUT OR DELIVERY ONLY
PLEASE MENTION COUPON WHEN ORDERING
NOT VALID WITH ANY OTHER OFFERS
OFFER EXPIRES 12/31/2020