



AHWATUKEE | CHANDLER | GILBERT

Easter 2023

EASTER EDITION 2023

**KUPS 2020**   
MAGAZINE

## Dr. Alyson Cramer

**Top Story: The Journey Has Begun,  
Awaken Chiropractic p. 24-25**

**From The President, Try p. 4**

**Your CBD Store p. 7**

**Awaken Chiropractic p. 9**

**Athletico Physical Therapy p. 10**

**Big Apple Pediatric Dentistry p. 12**

**Celebrity Cruise p. 19**



# What's Inside!

Issue 15 • Easter 2023

Content (What's Inside).....	2
Farmers Insurance .....	3
From the President: Try .....	4
Cell Phone Repair.....	5
Any Lab Test Now.....	6
Your CBD Store.....	7
Pop Kettle Corn.....	8
Awaken Chiropractic, Dr. Alyson Cramer .....	9
Athletico Physical Therapy .....	10
The Reptile Store.....	11
Big Apple Pediatric Dentistry .....	12
Ahwatukee's New Flower Shop .....	13
Straight Up Tukee Style - Tukee Lifestyle Chiropractic .....	14
Soccer/Basketball Moms .....	15
DBP Law Firm .....	16
The Cami Girl .....	17
Cornelis Hollander Jewelry Design .....	18
Celebrity Cruises Ad.....	19
The World is Changing, Practice Gun Safety .....	20
Sonoran Hills Dental .....	21
Modern Chiropractic Company.....	22
Visiting Angels.....	23
Top Story: The Jorney has Begun, Awaken Chiropractic .....	24-25
Code Ninjas.....	26
I Remember Candle Company/Logo Man .....	27
ID Shield .....	28
Essential Body Wear.....	29
Up and Beyond .....	30
Whiz Kidz Playland .....	31
Kups2020 Ad.....	32
Whereubean Coffee .....	33
Bergies Coffee Roast House.....	34
The Buzzed Goat Coffee/All About Water .....	35
Kups2020 We're Hiring .....	36
Popular Hiking Trails.....	37
Dining Guide .....	38
Sweet Magnolia Smokehouse Ad & Menu.....	39
Taco Calafia Ahwatukee .....	40
CK's Tavern & Grill/Wicked Brews Bite & Spirts .....	41
Impact Nutrition .....	42
Ghettyo Tacos and Ghettyo Pizza.....	43
Tacos Tijuana .....	44
Kups2020 Franchises and Fairytale Brownies.....	45
Emergency and Frequently used Phone Numbers.....	46
Bell Bank Mortgage.....	47
Clik Clik Bang .....	48

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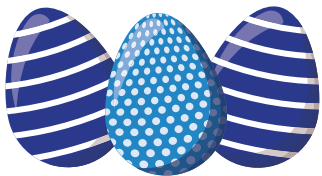
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## Try

When was the last time you tried something out of your comfort zone? How long ago was it that you tried something new? The Easter Season is here. Let's try, if you are a non believer, (Christ rose from the dead in fulfillment of the Scriptures). Try this scripture from John 20:29, "Blessed are those who have not seen and have yet believed." I was raised in the faith and have a strong testimony that Jesus is the Christ. He suffered, died, was buried and rose again. However, if you were not raised in the faith or if you are a non believer, here is something to ponder, Ezra Taft Benson said and I quote, "Faith in the Lord Jesus Christ is the foundation upon which sincere and meaningful repentance must be built. If we truly seek to put away sin, we must first look to Him who is the Author of our Salvation."

Easter symbolizes something very special in each of us who believes. Scripture tells us that greater is He that's in you than he that's in the world. If you have accepted Christ in your heart, He is in you. Now, I ask the readers to take that risen Christ that's in you and become a Missionary for Christ and Heavenly Father and touch the hearts of every person who will listen. Always remember in the end we will remember not the words of the non believers but the silence of the believers. May Heavenly Father Keep and Bless you always. Happy Easter! and Try listening, there is a lot of belief in listening, Try!

*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 24<sup>th</sup> 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<sup>®</sup> 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.


So why do our customers choose Any Lab Test Now? Family healthcare and medical budgets are big concerns. There is also a desire for confidentiality and discreetness in some situations. Our affordable, upfront prices fit into most healthcare budgets. Even though we do not accept insurance, our customers can use their Health Savings Account (HSA) or Flexible Spending Account (FSA) for applicable lab tests.

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<sup>®</sup> can serve your health and wellness needs!



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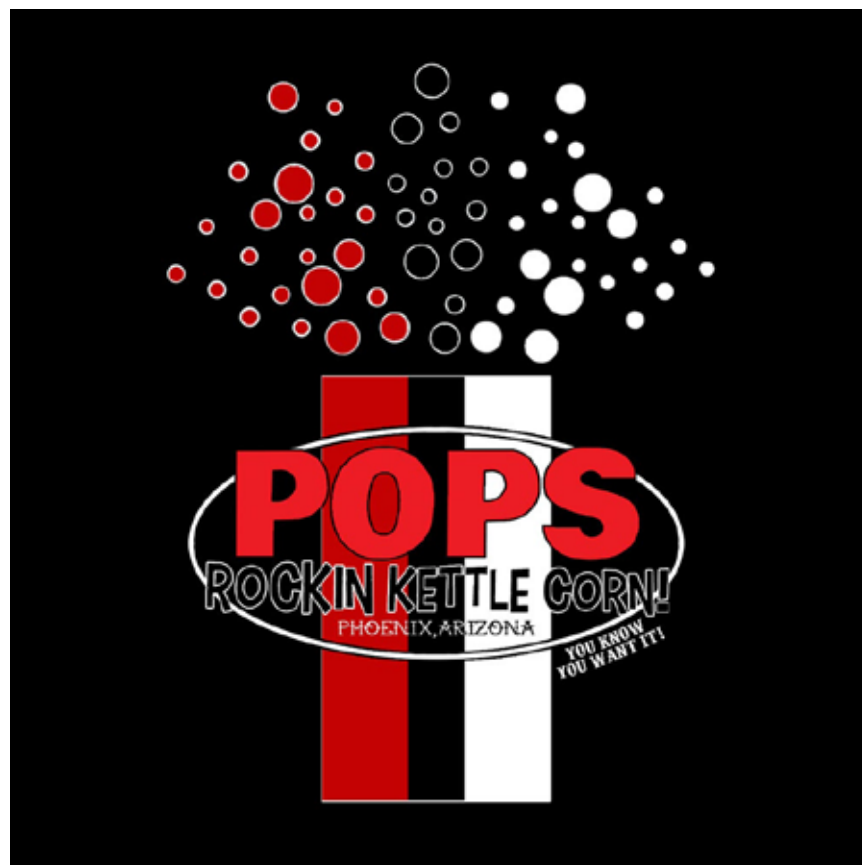
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Here at Awaken Chiropractic we meet our patients where they are. Dr. Alyson uses a gentle and specific chiropractic technique that works with your body and not against it. We listen to your goals and celebrate your achievements, no matter the size! 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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# ATHLETICO

## 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 Goozdich 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. Goozdich'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. Goozdich 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 Goozdich

# 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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### **My Legal Background & Education**

Back when lawyers had to use carbon paper to copy contracts and legal briefs, my grandfather had his own practice. With strong family ties to the legal profession, my interest in law was sparked from a young age. I pursued an undergraduate degree in political science at DePauw University, where I graduated Summa Cum Laude in 1977. With a growing interest in becoming an attorney, I went to Temple University School of Law soon after and obtained my law degree in 1980.

After law school, I worked for a local firm for a couple of years, gaining experience in the areas of law which I practice today. After two years as an associate attorney, I felt ready and compelled to open my own practice and be in charge of the direction my career was taking. By 1985, the Law Offices of Douglas B. Price, P.C. was open and ready for business.

**"I'm passionate about each chance I have to meet with people and their families and make a positive impact on their lives."**



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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](http://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 CamiGirl

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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

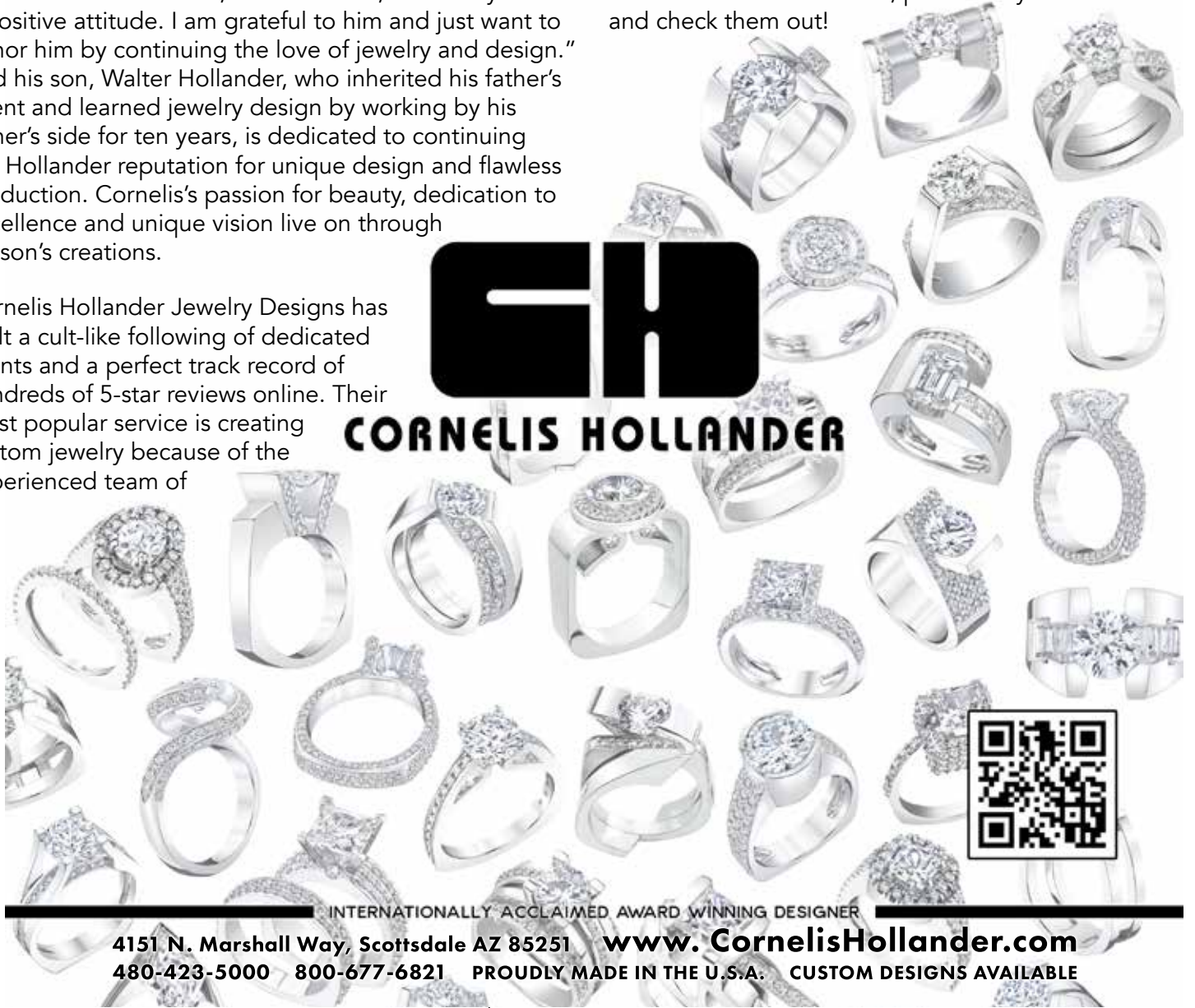
craftsmen on staff and an original design aesthetic that has won countless jewelry competitions over the years.

"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.

Faith, Family, Firearms, Freedom and Fun.

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# Couple Moves West to Bless the Valley with Health

Modern Chiropractic Company helps families and kids to overcome their health obstacles by removing stress from their nervous systems so they can feel and function better. They're a family focused, neurologically based chiropractic practice with an emphasis on the upper cervical spine, pregnancy and pediatrics. They utilize the highest level of technology to analyze and correct vertebral subluxations, or pressure on the nervous system, by delivering specific, scientific chiropractic care.

After graduating from Parker University, Dr. Tadd worked at the original Blair Chiropractic Clinic where he learned the Blair Upper Cervical Technique. He is also advanced certified in Torque Release Technique for full spine care and Webster certified for prenatal care.

Dr. Tadd and his wife, Kirsten, moved from Texas in June of 2020 to begin setting up their practice in Chandler, AZ. Together they're excited to serve the community and build a place where people can come to heal and get back to doing what they love.



## Now Open!

## Special Offer

To receive a new patient special you can visit us at a **What If Campaign** event or call/email us and mention **KUPS2020**.

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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.



# The Journey Has Begun, Awaken Chiropractic

From a young age, Dr. Alyson aspired to become a healthcare professional. When she was a child she'd often play doctor, with the family Golden Retriever as her primary patient. During her junior year at the University of Arkansas, Dr. Alyson was first introduced to the art of chiropractic. She would eventually get the opportunity to shadow a chiropractor near the university and quickly fell in love with the clear impact the work had on the patients of the practice. This was her first exposure to the healing powers of chiropractic care.

After eight long years and countless hours studying Dr. Alyson obtained her doctorate of chiropractic through hard work and dedication. Little did her and her family know, the most difficult part of the process was now upon them. Dr. Alyson knew she wanted to find a home where she could begin to directly impact her community and truly leave her mark. Once her and her fiancé happened upon the tucked away suburb of Ahwatukee, they could feel the sense of family. Dr. Alyson knew this was home. Within months she would open her dream practice, Awaken Chiropractic.

Once settled in, Dr. Alyson quickly got to work in community involvement. She wanted to be able to not only influence the health and happiness of patients in her care, but expand that to the community. Her dedication was recognized by the Women in Business of the Ahwatukee Chamber and received the 2022 Rising Star of Ahwatukee Award. No accolades or trophies could ever stand up to the pride Dr. Alyson feels in comparison to the friendships and trust she has received along the way.

Dr. Alyson and Awaken Chiropractic are truly dedicated to positively impacting the health of those around her. The honor of participating in the multitude of community events will never lose its luster. Dr. Alyson will remain dedicated to perfecting ways to directly influence her patient's wellbeing, while continuing to be creative in her efforts to spread that message. The year of 2022 was merely the start of a lifelong dedication to the great community of Ahwatukee.









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A web transparency study done by Princeton says **76% of websites contain Google tracking devices and 24% have Facebook trackers.**<sup>1</sup>



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**Rick Allen**  
**rick.allen@30fold.com 30foldBenefits.com**

**480-221-6792**

<sup>1</sup><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!



**Finally!** Discover the difference of a well-fitting bra and what it can do for your confidence

*Your Bra Lady*

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## HOST • SHOP • JOIN



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](http://WhizKidzPlayland.com)

## FAMILY PLAY'n LEARN CENTER FOR CHILDREN AND PARENTS

### Playland Services:

#### ■ FULL-TIME INFANT CLASSROOM

For working parents, let our Edu-Carers snuggle and love your little one from age 6 weeks to 24 months. in a safe, stimulating environment.

#### ■ STAY 'n PLAY

Parents and kids age 0-10 can stay n' play all day with our play guides exploring our indoor playhouse, market and obstacle course.



#### ■ DROP 'n PLAY

Need a clean, safe place to drop n' play? Let our loving Edu-Carers play and teach your child while you work, shop, exercise, or just relax.

#### ■ 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

Ready to learn something new? How about Spanish, Pinterest Arts & Crafts, Reading, Math or Cooking? The variety of our Learn 'n Go Classes is endless. We are here to guide your little one to brilliance!

#### ■ KidSPORTation

Need a ride to or from school, home, or practice? Call Whiz Kidz for a reliable safe ride for your child.



**Up and Beyond**  
Family Services

[UpAndBeyond.org](http://UpAndBeyond.org)

UBFS is a family organization building connections between neighbors and learners of all ages through innovative and creative methods of instruction.

We believe each child has a set of special talents and it's our responsibility to guide them as they grow and explore. **Our mission is:**

**LEAD** Learn, Explore and Develop  
*Educational/Academic*

**LEAP** Life Enrichment Advancement Program  
*Character Educational*

**REST** Residential Environments Supporting Transitions -- *Home Based*

**JOIN OUR WAIT LIST!**  
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Kups 2020 | Easter 2023

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**READ IT AND SAVE!**



# Back in the Taste of Things

Ahwatukee, Chandler, and Gilbert the question is where have you been for the last seven years? I don't know, but I do know where you should have been and that is WHEREUBEAN Coffee. Serving the best coffee for over seven years, made from the best beans from Chicago and using the best brand, Intelligentsia can only add up to one thing. WHEREUBEAN has the best coffee. While you are having yourself a cup of their great coffee, why not have a slice of their tasty cake. Their cake was so good, one of their customers after having a slice said, "we love the cake because we felt the love in the baking". When I asked Ayesha where did she learn this information and skills set from, she said, "I've been baking for my kids and family for years. I fell in love with doing it. That love for baking and making coffee has led me to this quote, "Great coffee is not the result of chance".

WHEREUBEAN Coffee also serves all kinds of tea blends. Loose tea freshly brewed for you. If you don't 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 curbside 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



## Get Caffeinated *Order Online!*

Phoenix's premium espresso bar featuring Intelligentsia Direct Trade Coffee & Organic Teas since 2013. We love coffee. More importantly, we love to make and serve coffee while fostering an experience that will brighten up your day.

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  WhereUBeanCoffee



# 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](http://bergiescoffee.com)

*Experience The Difference!*

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# Popular Hiking Trails in Phoenix, Scottsdale, and Arizona

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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.



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

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WHERE FLAVOR LIVES

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# 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 Pulled Pork
2 Meat Plate	\$16	\$19	Brisket (+\$2)
3 Meat Plate	\$22	\$25	2 Rib Bones (+\$4) Rib Tips
4 Meat Plate	\$28	\$31	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
Baked Beans	\$4	\$6	\$10
Coleslaw			
Collard Greens			
Mac & Cheese			
Peach Cobbler			
Potato Salad			
Sweet Potatoes			
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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## CRAFT ON THE NEXT LEVEL

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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

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## What is in a Shake and Tea Consumption



*Nutrition For Your Best Life!*

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

## Meal Replacement Protein

- BREAKFAST**
- 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

- Desserts & Pie**
- 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

- Cookies & Candy**
- 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

- FRUITY**
- Banana Caramel
  - Blueberry
  - Blueberry Colada
  - Blueberry Cherry Colada
  - Cherry Colada
  - Orange Cream
  - Pina Colada
  - Raspberry
  - Strawberry

- Coffee**
- 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

- Lava Shakes**
- Orange Crush
  - Lemon-Lime Blast
  - Pomegranate Berry
  - Tropical Peach

- Cheesecake**
- 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



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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

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Arizona State University.....	(480) 965 3456
Avondale .....	(623) 333 7836
Buckeye .....	(623) 386 7836
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Carefree.....	(602) 876 1011
Cave Creek.....	(602) 876 1011
Chandler.....	(480) 782 4130
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