

HOLIDAY EDITION 2021

KUPS 2 2 2 2 2 MAGAZINE



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Issue 8 · Holiday 2021

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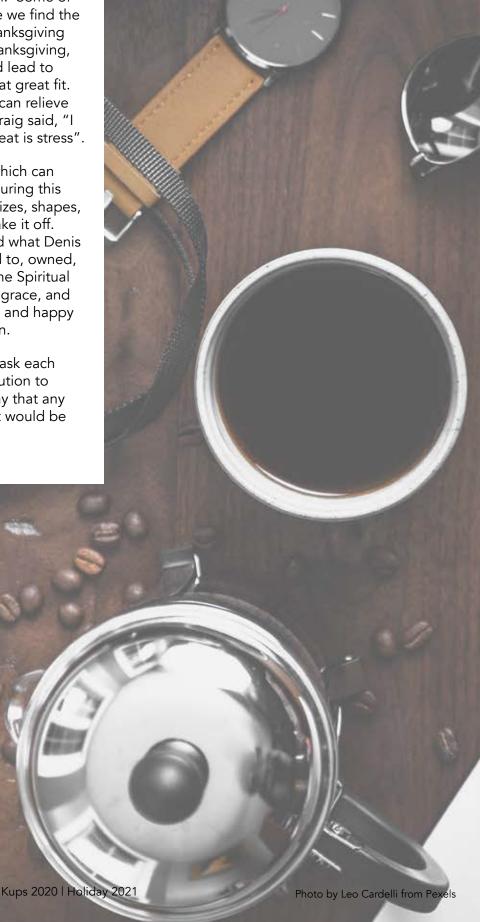
Try on Happiness

During this busy Holiday Season, the majority of us will be shopping for ourselves and others as well. Some of us will be trying on three or four sizes before we find the right fit. Most of us can blame it on that Thanksgiving Dinner and leftovers from the week after Thanksgiving, could contribute to a size change that would lead to trying on three or four sizes before w find that great fit. That's ok, it's part of the fun in shopping. It can relieve some of the stress of the Holidays. Jenny Craig said, "I think probably the main reason people overeat is stress".

This time of the year can be very stressful, which can erode our happiness. We must be strong during this time and Try on Happiness. It comes in all sizes, shapes, and colors. Once you try it on, don't ever take it off. Life is too short not to happy. I remembered what Denis Waitley said, "Happiness cannot be traveled to, owned, earned, worn, or consumed. Happiness is the Spiritual Experience of living every minute with love, grace, and gratitude". It is always good to be cheerful and happy in whatever situation you may find yourself in.

The New Year is just around the corner, so I ask each and everyone to make the New Year's Resolution to Try on Happiness and keep it on. I would say that any resolution you make in conjunction with that would be Spirit filled and Happy.

From the President



ABOUT AGNES OBLAS, MSN, ANP-C

After graduating from the University of Minnesota with a bachelor's degree in Nursing I worked as a critical care nurse at two world renowned hospitals in Boston, Massachusetts. After 10 years of this valuable experience, I attended graduate school (Boston University and Simmons College) and received two master's degrees in Nursing becoming a board-certified Nurse Practitioner in Adult Primary Care (ANP-C).

My professional experience as a Nurse Practitioner has always been in the field of Adult Medicine/Primary Care. Most recently, I was the owner and sole provider at New Paths to Healthcare, LLC, in Phoenix, Arizona where I took pride in providing medical care to a diverse population. My approach is to work with patients in partnership. Whether it be to advise and support their efforts to minimize risk factors (namely: prevention), or to take care of incidental, episodic illnesses, or to deal with more complex conditions such as diabetes or heart disease, my #1 priority is to help patients achieve their personal highest level of health and well-being.

WHAT IS A NURSE PRACTITIONER?

A Nurse Practitioner is a registered nurse with graduate-level education and extensive professional experience and training. Nurse Practitioners are licensed by their State Board of Nursing to practice independently in an expanded role where they can examine, assess, and treat patients. No physician oversight is required. Just like any other general medical healthcare provider, issues outside the scope of practice of a Nurse Practitioner are always referred to appropriate specialties.

WHY CONSULT WITH NURSE PRACTITIONER OBLAS?

Too often, patients are rushed and left with unanswered questions about their medical issues, medications, test results, or the impact a diagnosis might have on their everyday life and family. Sometimes they are provided with confusing or conflicting information, and even sometimes no information at all. I have established CONSULT WITH NURSE PRACTITIONER OBLAS as an avenue for patients to get answers and discuss medical issues which are confusing or problematic. CONSULT WITH NURSE PRACTITIONER OBLAS is an opportunity for patients to fully learn as much as they want in a relaxed and confidential environment.

HOW DOES CONSULT WITH NURSE PRACTITIONER OBLAS WORK?

Your encounter with Nurse Practitioner Oblas begins when you call 602-405-6320. At that time, you and I will briefly discuss your medical concern(s). If you wish to proceed you will provide your electronic payment of \$120 for a full hour's consultation or \$75 for 30-minutes. No insurances are accepted, but receipts can be provided for your records or to submit on your own for reimbursement. Once paid, I will contact you via text or email at your specified time with a link to DOXY.me which is a secure, encrypted, and confidential video platform. If you choose, we can communicate by way of phone. The two of us will then spend the allotted time to discuss your situation in depth. My aim is to educate, clarify and assist you in making your own informed decisions.



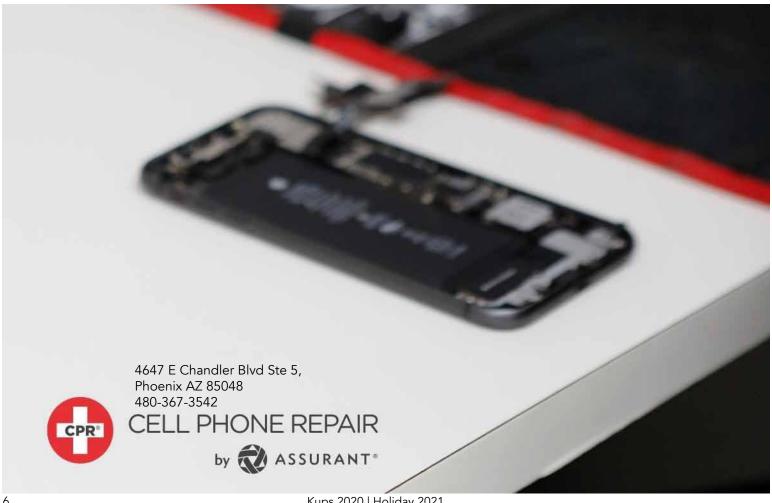
I Fix It All

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.







Introducing Enhanced Privacy Management

You do a lot online, including surfing, streaming, socializing, shopping, and much more. Most of us don't want to think about it, but the reality is that your private data, identity and reputation can be stolen with a just few simple keystrokes.

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



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IDShield protects your private data, identity and reputation by helping you delete it from places where it shouldn't be:

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ß	Social media apps	<u>\$</u>	Smart TVs
((Q))	Voice assistant technology (e.g. Amazon Alexa, Apple Siri, Google Assistant, etc.)	****	Password management services

And more...

FOR MORE INFORMATION, **CONTACT YOUR** INDEPENDENT ASSOCIATE: **Rick Allen** rick.allen@30fold.com 30foldBenefits.com

480-221-6792

Tempe Gets The Princess

Tempe has Arizona State University, "A" Mountain, Tempe Town Lake and much more to offer the residents of Tempe and others who visit this amazing city in the dessert. Most recent, a young entrepreneur named Kalvin Arailas who owns Arizona Seasons Magazine Online and is one of the top entertainers in the Southwest is adding to his businesses. Kalvin has performed in California, Nevada, Texas, New Mexico, and Arizona. His shows are sell outs and people can't wait to see what he will come up with next. His newest business, Dream World Arizona Production is bringing the Princess to Tempe. Kalvin understands that starting a company, especially a high growth production company like Dream World Arizona takes deep desire and is hard work. However, hard work is no stranger to Mr. Arailias. He has a sharp eye for talent. The best way to describe this young entrepreneur is, when life presents him with a

song, he will sing it, when life gives him a game, he will play it, when life gives him a challenge, he will meet it, when life gives him a dream, he will realize it, when life presents him with a sacrifice, he will tender it, when life gives him love, he will enjoy it, and when life gives him a Princess, he will embrace her many talents and bring her to Tempe to showcase those talents by performing them with the Dream World Arizona Production.

For more information on opening night and other opening dates, show times, locations, and prices, contact Kalvin Arailias at 480-336-0758.

Dreaming of fun is over. The fun times are here NOW!!

Call and Book Princess Myryka Today!!



The What If Campaign Rolls Into Tempe

The What If Campaign Tempe, Arizona – Program Agenda

10:00am: Event Opens - Meet, Greet, and Network with Vendors, Customers,

and Visitors city wide throughout the Event.

1:00pm: Meet Sparky, the Arizona State University Mascot.

2:00pm: Arizona State University Cheerleaders perform a dance routine.

3:00pm: Meet the Princess of Tempe. Princess Myryka4:00pm: Meet the Southwest Number One Entertainer.5:00pm: Illuzhen (Damiand Salazar) Magician performs.

6:30pm: Professional Belly Dance Show on stage.7:30pm: The Princess of Tempe performs on stage.

8:30pm: Southwest Number One Entertainer performs on stage.

VENTORS COST: \$50.00 SHOW TICKETS: \$25.00

Entertainment provided by Phoenix #1 DJ, Bobby.

Food Truck (www.LongevityMeats.com) with premium food plates that includes; Shrimp, Lobster, T-Bone and Rib Eye Steaks available for purchase all day long!!

For the Car Enthusiast, a Car Show sponsored by Sun Studio of Tempe. Some of the most exciting cars the eyes will see.

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CORNELIS HOLLANDER JEWELRY DESIGNS

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.

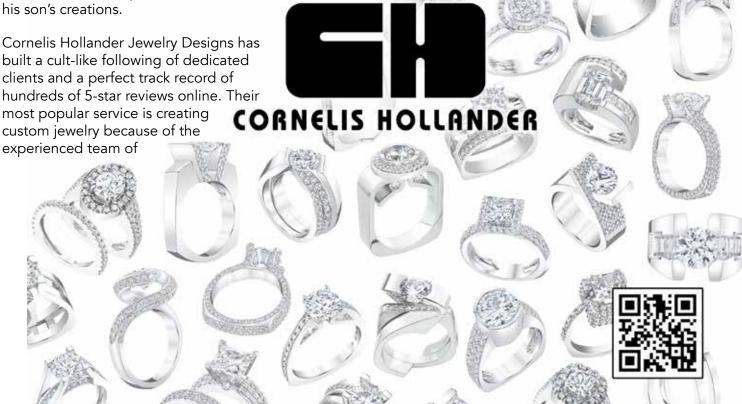
"He was an honest man, a hard worker, and always had a positive attitude. I am grateful to him and just want to honor him by continuing the love of jewelry and design." said his son, Walter Hollander, who inherited his father's talent and learned jewelry design by working by his father's side for ten 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

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

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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4151 N. Marshall Way, Scottsdale AZ 85251 www. Cornelis Hollander.com PROUDLY MADE IN THE U.S.A. CUSTOM DESIGNS AVAILABLE 480-423-5000 800-677-6821 Kups 2020 | Holiday 2021

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



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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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f @modernchiroaz



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 Girl







Local Dads Going Back to School

Youth Mentor Circles to relaunch in Ahwatukee and Tempe schools

Dads from Ahwatukee and the East Valley heading back to local schools this semester. As trained volunteers of Boys to Men of Greater Phoenix, they will show up every week to create an ongoing support community for boys aged 12-18. Starting with 7th graders, this preventative group mentoring program helps boys find the confidence, tools and positive change they need on their journey to heathy manhood.

Executive Director and Ahwatukee resident, Steve Murphy announced, "This fall we plan to run 7 school-based mentoring circles in four Kyrene and Tempe Union schools. While our virtual groups will continue, we are excited to get back to our core evidence based in person programs that allows men and boys to get real about life, every week during an hour class period."

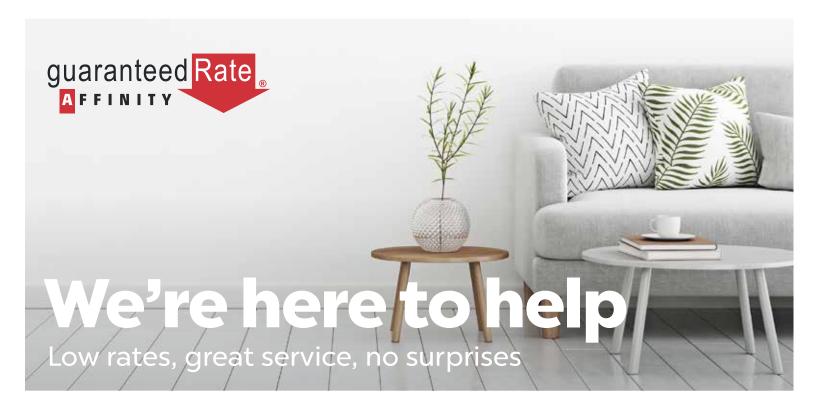
All boys are welcome, special those attending Kyrene Centennial, Akimel or Kyrene middle schools or Tempe Union's Mountain Pointe high school. Your son may still be able to be part of non school-based programs such as a single moms and sons group, virtual online boys and men groups, rite of passage weekends and

monthly adventure groups. Murphy shared that the 4-year partnership with Kyrene has shown improvements as high as 60% improvement in behavior and 25% increase in grades when caring adult show up for kids. Boys can also find confidence and better emotional awareness, even though Boys to Men mentors are not tutors, counselors, nor do they tell the boys what to do.

"Seventy five percent of boys in our program are growing up in fatherless homes, which increases their life risks. With Arizona's fatherless rate at 35%, that means there are an estimated 200,000 fatherless boys growing up in Maricopa County. As a community-based organization, we rely on support from the local community in the form of volunteers and funding. We need the community's help in order to serve more boys and families." Murphy said. If you are interested in getting involved or learning more go to www.boysotmenphoenix.org or email at info@ boystomenphoenix.org.

Boys to Men of Greater Phoenix is a nonprofit made up mostly of volunteers, that has been offering mentoring for struggling boys in Maricopa County since 2015.







Christine Wenger
Originating Manager

O: (480) 760-0307 C: (480) 232-4972 christine.wenger@grarate.com grarate.com/christinewenger 1045 W Queen Creek Rd., Chandler, AZ, 85248

Christine Wenger is an Arizona native, born in Flagstaff, who has worked in the mortgage industry for 20+ years, bringing extensive knowledge and experience to her clients. She is the whole package, having spent several years working on the processing and operations side in order to learn more about the details of the mortgage transaction. That, coupled with her many years as a loan officer/team lead and an equally experienced support staff, allows her a unique and powerful advantage to close loans quickly and efficiently. Christine also understands the importance of communication and customer service. Her goal is to create lasting relationships with each of her clients. After all, mortgages are a big decision, and she wants her borrowers to feel comfortable and informed every step of the way.

Another thing that sets Christine apart is her desire to continue to learn and grow; knowing that the mortgage industry is ever-changing and keeping up on these changes is a crucial part of her service to her borrowers. She takes every opportunity to attend educational classes and research guidelines so that she can properly assist her clients in making the best financial decisions possible.

Christine is an active member in her community. She has a love and passion for helping people and animals alike. She has a Bachelor of Science majoring in Animal Science from CSU with a concentration in large animals. She is also a very active Ambassador for the Chandler Chamber of Commerce and Director of the Ahwatukee Chapter of Power Networking Team. Christine is a Board Member on Chandler International Film Festival (CIFF) and is extremely passionate about the work of the CIFF. She dedicates her time with the organization to help the Boys and Girls Club, along with other high school youth, be able to produce a film for an award, which also opens doors for international exposure throughout Film Festivals jump starting a career for participants.

Guaranteed Rate is not affiliated with and does not endorse The Boys and Girls Club.

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A Spiritual Bath at the League Barbershop

It was a bad morning. I had just driven across the country, waking up at my parents' house in Phoenix on the heels of a crushing heartbreak, temporary homelessness, and voluntary unemployment. Fleeing an existence of unfulfilling shift work in the Northeast only months prior and bouncing around since then, I had no clue what I was going to do next, but I knew it was time to start using my gifts to create a life I actually wanted for myself. You see, I've battled some intensely depressive episodes over the years, but through the storms I've been blessed with the ability to create, and writing is my medium. I'm a recording artist and have been writing and producing songs for 15 years, I've had poems published in high school, I compose daily notes, anecdotes and journals - I have to get it all out. And somewhere around El Paso or Las Cruces just a day prior, I had made a commitment to myself to find a way to succeed with my creativity and to never go back to my old job and the turbulent life I came from. And on top of that existential crisis just beneath the surface, I desperately needed a haircut - and a new barber. From a quick Google search I found the League Barbershop, an eight minute drive from my parents' in Ahwatukee. I walked in to a warm and strangely familiar greeting from Dhil and his team, and JD took me right away. We naturally and quickly became aquatinted, trading viewpoints, pasts and jewels, in typical yet a refreshingly cerebral barbershop-fashion.

Having worked as a personal trainer for years, I've always maintained that outside of a trusted trainer-client interaction, there's only three other professionals that people will talk to about anything: their therapist, their bartender, and their barber. It seemed that day that I had chosen the latter of the three. Over the course of a precisely-executed skin fade, JD exuded wisdom with a very calming and magnetic presence. He told me about his devotion to his Islamic faith, his daily prayer routine to keep himself centered, and his beautiful marriage of seven years. He delved into the concepts of true love and unity - areas in which I have much to learn. After feeling comfortable enough to share some darker trials of my past, he confidently assured me that if I was able to cultivate true love - of self, of others, of God, of the universe - I would attract exactly what I want and need in my time here. He stressed that we are all energy, that we create reality in the image of God from within, and that all we need to make this world right is unity that begins with true love. Now, none of this was exactly news to me. I'm an incredibly deep thinker myself, concerned with the fate of humanity and very familiar with concepts like the law of attraction and creating reality from within.

The disconnect for me, however, has always been that I just can't seem to believe in anything enough to truly adopt it as a my default psychological and philosophical operating system. But something about JD's demeanor and delivery really brings life into the words he speaks. I had no idea that on this warm, sunny November morning in the Valley I'd get far more than I paid for at the League Barbershop.

This wasn't just a haircut the universe had in store for me - I was experiencing what JD calls "spiritual bathing". As we dove head-first into wise words and a perfect beard lineup, my mood went from somewhat low and withdrawn to vibrant and full of life. JD and I really connected on some deep topics, and almost immediately the energy we began to share created a further connection and opportunity.

Like a magnet to the unity we were cultivating in the shop, in walked a gentleman with a "Media" badge hanging from around his neck, smiling and radiating his own aura of positivity. Don introduced himself, explaining he was covering a story for Kups and complimenting me on my haircut before asking if JD and I wanted to be in the upcoming issue. Never one for being shy, I happily consented on my part and Don snapped pictures of us while hearing some of the ideas we'd been discussing. Intrigued, Don wanted to know more. I told him JD was providing me with a service far beyond the typical medium-fade haircut, and Don immediately expressed an interest in including some of these gems in his article. I then asked him about his work, and told him I've been a writer my whole life. He seemed to take notice of my energy and gave me his card, telling me to write something about my experience at the League and email it to him. Naturally, I turned to JD and told him he must truly be operating on a higher plane, because the irony of this encounter is almost surreal. He replied with a grateful, genuine smile, appearing completely unsurprised by anything he was witnessing. That was this morning.

Here I am now, some hours later on a plane to Seattle (I don't stay in the same spot for long), and I've been lead to use my gifts to write this story. There's a feeling of being a little more "cleansed" from within after some spiritual bathing at the League Barbershop. I can't help but be left with a greater sense of awareness that true love and unity must begin with love of one's self, that one's notion of God is to be found at the core of that self, and that the law of attraction and the energy one

vibrates as a reflection of that love is more than real anything we know. Each of us are creating our reality from within, and what we choose to create in turn creates the world we inhabit with each other.

Some time about halfway through the experience, JD spun me around in the chair and pointed to the plaque on his barber station that read "Live, Laugh, Love" - a simple saying I'd seen a thousand times, with a spiritual new meaning. On an unlikely day, I did all three and witnessed, in real-time, life guiding me with a step in the direction of purpose.

And I think it's safe to say I found a new barber.









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'sskill 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 coworking with Mom programs and job assistance/entrepreneurial development programs.



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.



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! Book a Party or Class Today!

Call us at **480-550-5113**

Or email us at info@whizkidzplayland.com



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, Directy 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 Clik Clik 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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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.





Caregiver

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are Available!

Soccer Moms

When someone calls you and you are either at practice or a game, you might be a soccer mom.

More often than not, when people call me on my phone, I am either at soccer practice or a soccer game. My three son's have all played soccer. This involves driving them to practice 1-2 times a week and during some parts of the year, we have 3-4 soccer games on a Saturday. Sometimes these games overlap and I have to miss some, so my husband and I divide and conquer. We drive all over the valley for some of these games.

I played soccer for most of my life. Now you can find me cheering for my boys at their games and this is one of my favorite things to do. I love watching them play the game I love and I wouldn't want to be anywhere else.

We finished this fall season at the RSL Holiday Classic, at Snedigar Park in Chandler Arizona. They took second place! These boys have grown as players and more importantly as a team.



Photos by Aimee Woodward



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 from I Will Repair Website



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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. There 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. 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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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









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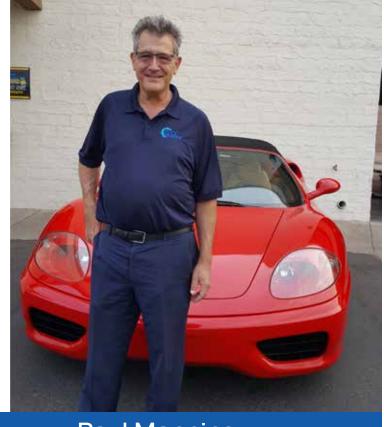


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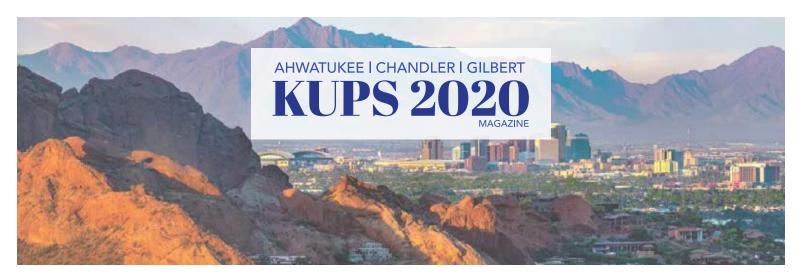
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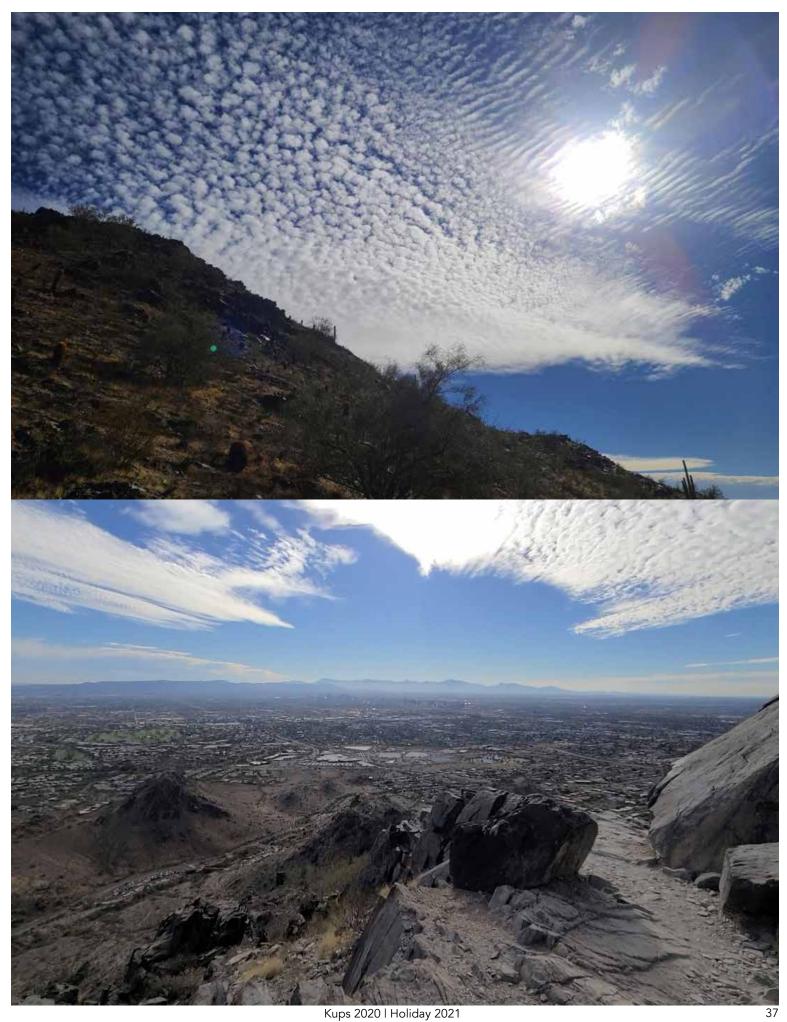
Payson

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

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JUST THE MEAT

Sliced Chicken

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 511 1 lb \$18

Brisket

1/4 lb 19 1/3 lb \$12 1/2 lb \$15 1 lb \$28

Baby Back Ribs

Half Rack 122 **Full Rack** 138

Rib Tips

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

Beef Ribs

Half Rack \$26 Full Rack 145

MEAT PLATES

1/4 lb Meat Options: 2 sides 1 side Sliced Chicken 1 Meat Plate \$10 113 **Pulled Pork** 2 Meat Plate Brisket (+52) \$16 119 2 Rib Bones (+54) 3 Meat Plate \$25 \$22 Rib Tips 4 Meat Plate \$28 131 Pork Hot Link

SANDWICHES

1/4 lb 1/3 lb 1/2 b Sandwich \$6 18 \$11

choice of brisket (+14), sliced chicken or pulled pork

Pork Hot Link 57 Beef Hot Dog 15

Magnolia Link \$10 Magnolia Dog 58

pulled pork, coleslaw & bbg sauce added

MEALS

Meat & Mac Bowl Regular \$10 Large \$15

mac & cheese, baked beans, bbq sauce and your choice of chicken, pulled pork, brisket (+32), ribs (+34) or pork hot link

Rib Dinner

includes 2 sides and a roll or combread

Baby Back Ribs

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

Beef Ribs

Half Rack \$32 Full Rack \$51

- 1/2 pint 54 quart \$10 pint \$6

Baked Beans Coleslaw

Collard Greens Mac & Cheese

Potato Salad **Sweet Potatoes**

Peach Cobbler Drinks 16 oz \$2 32 oz \$3

FEED THE

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 (+16/512) 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

584 (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
- Colland Greens
- 3 Rib Bones - Mac & Cheese
- 1/2 lb Rib Tips Potato Salad - Fork 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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- (85mg.) Boosts Energy
- Jumpstarts Metabolisi Provides Antioxidant

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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

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

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 Pistachic

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

Lava Shakes

Orange Crush Lemon-Lime Blast Pomegranate Berry Tropical Peach

FRUITY

Banana Caramel

Blueberry

Blueberry Colada

Blueberry Cherry Colada

Cherry Colada

Orange Cream

Pina Colada

Raspberry

Strawberry

Cheesecake

Banana Cream

Blueberry

Butterscotch

Butter Pecan

Salted Caramel

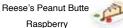
Caramel Pecan Turtle

Cherry

Chocolate Mousse

Dulce de Leche Caramel Pumpkin Spice

Red Velvet



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!

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

Ghett'yo pizza Today!

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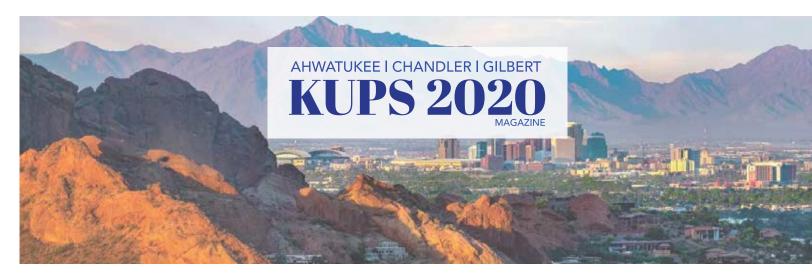
1754 S Greenfield Rd # 101 Mesa AZ 85206 480.653.5958

TACOS.TIJUANA

EMERGENCY AND FREQUENTLY USED PHONE NUMBERS

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Emergency			SKY HARBOR INFORMATION	// OO\	272	2455
Crime Stop			Airport Paging			
Poison Control Center			Customs/Immigration			
Child Abuse Hot Line			General Information			
National Suicide Prevention Lifeline			Lost and Found			
Runaway Hot Line	. (800) 786 2	2929	Parking	(602)	273	4545
Phoenix Children's Hospital						
Phoenix Herpetological Society	. (602) 550-1	1090	TERMINAL 3			
			Alaska Airlines			
Phoenix Metro Police Non Emergency			American Tran Airlines			
Apache Junction	. (480) 982 8	3260	American Airlines			
Arizona State University			Continental			
Avondale	. (623) 333 7	7836	Delta Airlines	(800)	221	1212
Buckeye	. (623) 386 7	7836	Frontier	(800)	432	1359
Capitol Police	. (602) 542 4	4580	Great Lake Airline	(800)	554	5111
Carefree	. (602) 876 1	1011	Hawaiian Airline	(800)	367	5320
Cave Creek	. (602) 876 1	1011	Jet Blue Airline	(800)	538	2583
Chandler	. (480) 782 4	4130	Midwest Airline	(800)	452	2022
Department of Public Safety			Sun Country Airlines			
El Mirage			United Airline			
Ft. McDowell				(,		
Fountain Hills			TERMINAL 4			
Gila Bend			Aero Mexico	(800)	237	6639
Gila River			Air Canada			
Gilbert	•		British Airways			
Glendale			Southwest Airline			
Goodyear			US Airways			
Guadalupe			West Jet			
Litchfield Park			vvest Jet	(000)	737	0330
	, ,		CAR RENTAL			
Luke Air Force Base				(000)	777	FF00
Maricopa County Sheriff			Advantage			
Paradise Valley			Almo			
Peoria			Avis			
Phoenix	, ,		Budget			
Queen Creek			Dollar			
Salt River Indian Community			Enterprise			
Scottsdale			Fox			
Sun City			Hertz			
Surprise			National			
Tempe			Payless			
Tolleson			Thrifty	(800)	847	4389
Youngtown	. (623) 974 3	3665				
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Traveler Information Line		5_1_1	Cox Communications	(800)	220	45 <i>1</i> 12
Call before you Dig			Century Link Residential Customers			
Motor Vehicle Division Phoenix Area			Southwest Gas Corporation			
MOTOL VEHICLE DIVISION FINCENIX AREA	. (002) 342 0	5003	Arizona Public Service			
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My Rosati's Pizza

Keeping it Real Since 1964

Matt is the owner of Rosati's Pizza in Ahwatukee and more to come throughout the valley in the next few years. Matt and his wife have owned and operated several Rosati's Pizza Businesses between Phoenix and Wisconsin for the past 41 years. He is no stranger to making the best pizza money can buy. After talking to Matt and his Wife, I can understand why Rosati's pizza surpassed the previous No. 1 pizza business in the Nation.

Here are some of the things that sets Matt apart from other pizza owners. Matt gives First Responders and Police 50% off their orders everyday, 7 days a week. Matt has also put together a Outreach program for Firemen, Police, and Hotel Workers. Here is how it works, if a person cancels his or her order, or if there is an item left off the pizza, Matt will donate that pizza to one of the business listed above. Matt has also implemented the Rosati's Gold Coin Promotion. When a person from the Hotel refers a buying customer to Rosati's, they receive a Rosati's Gold Colored Coin. When they have saved 10 coins, they get \$20.00 worth of food. Matt also gives a Senior Discount. So Phoenix if you want to experience

what 41 years of making the nation's best pizza taste like, stop in today and order your pizza from Rosati's. Take it home for family night, enjoy it with friends and family while watching a sporting event. You will find yourself more on the couch and chair than in the kitchen.



Picture from Rosati's Pizza Website



MY ROSATI'S OF AHWATUKEE

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