



AHWATUKEE | CHANDLER | GILBERT

Summer 2023

KUPS 2020

MAGAZINE

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Summer in the City

It was nice while it lasted, but the cool temperatures we were enjoying for the last several months are now in our rear view mirror. The temps climbed into the triple digits, and it's hot! If you have to go outside during the day light hours, do it early in the morning or late in the evenings. Always carry plenty of water with you when you are out and about.

If you plan on hiking, take plenty of water, a fully charged cell phone, a map of the trail you are hiking, and let someone know where you are. When you will arrive, how long you will be there, and when you are leaving. No matter how fit you are, always practice safety. Remember that our character is like the trees that provides shade for us and our reputation is like the shadows. The shadows is what we think about our surrounding situations, however the tree is the real deal, i.e. excessive heat, rattle snakes, mountain lions, and other things that can harm us if we are not prepared.

While on the trail, if you see someone in need of help, stop and offer any assistance you can. Remember the words of Robert H. Schuller who put it best when he said, "Anybody who succeeds is helping people. The secret to success is find a need and fill it, find a hurt and heal it, find a problem and solve it". During these next few months of excessive heat, there will be plenty of opportunities to help our fellow man. One suggestion is volunteer at one of many of the homeless shelters around the valley. Your service would be greatly appreciated.

This past Monday, I volunteer with our networking group at one of the shelters in Mesa, AZ. Let me say this, "It was a humbling experience". You are not the same when you leave. It lets us know that there is something greater than we are. In closing, I want to say as individuals we can and should be compassionately and charitably. We should volunteer our time, energy, and dollars to helping the under privileged, we should feed the hungry, and provide housing of the homeless. The arc of the Moral Universe is straight and long, but it bends towards a moral and ethical responsibility that we have to others

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



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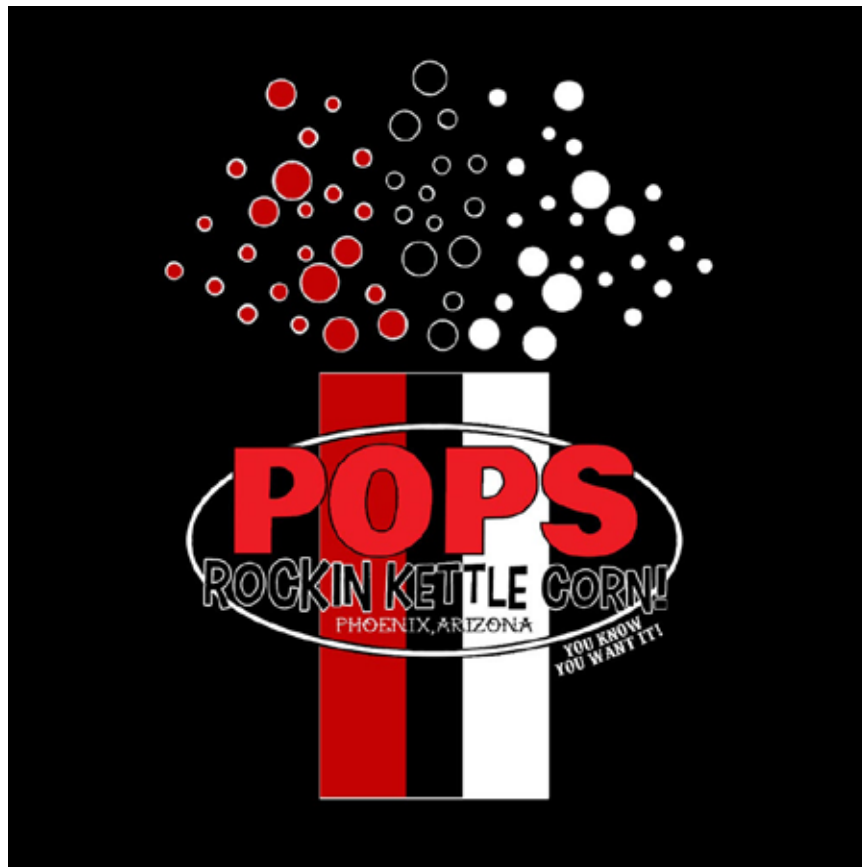
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FACT: Popcorn is traditionally air popped whereas Kettle Corn is hand popped in a kettle over fire at around 500 degrees. Kettle Corn takes on a subtle and unique "char-broiled" flavor.



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

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

Healing happens here.

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

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

Mention "KUPS2020" to receive a New Patient Discount!



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PHYSICAL THERAPY

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

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

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

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

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





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Dr. Henry Martinez & Family

Ahwatukee's New Flower Shop

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

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

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

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

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

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

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

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



Straight Up Tukee Style

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

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

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

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

Photo provided by Dr. Lee



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

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Meet Dr. Lee Gozdich

Soccer/Basketball Moms

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

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

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



Article and Photos by Aimee Woodward

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An Arizona attorney you can trust. My grandfather was a lawyer and spurred my interest in law from a young age. I obtained my undergraduate degree in political science from DePauw University, Greencastle, IN, Summa Cum Laude in 1977. I attended law school in Philadelphia, graduating from Temple University Law School in 1980. I taught law in Crownpoint, NM and was licensed in Arizona in 1983, after which I worked for a local firm for a couple of years, gaining experience in many areas of law before opening my own practice in 1985.

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

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

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

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www.AZlegal.net

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 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

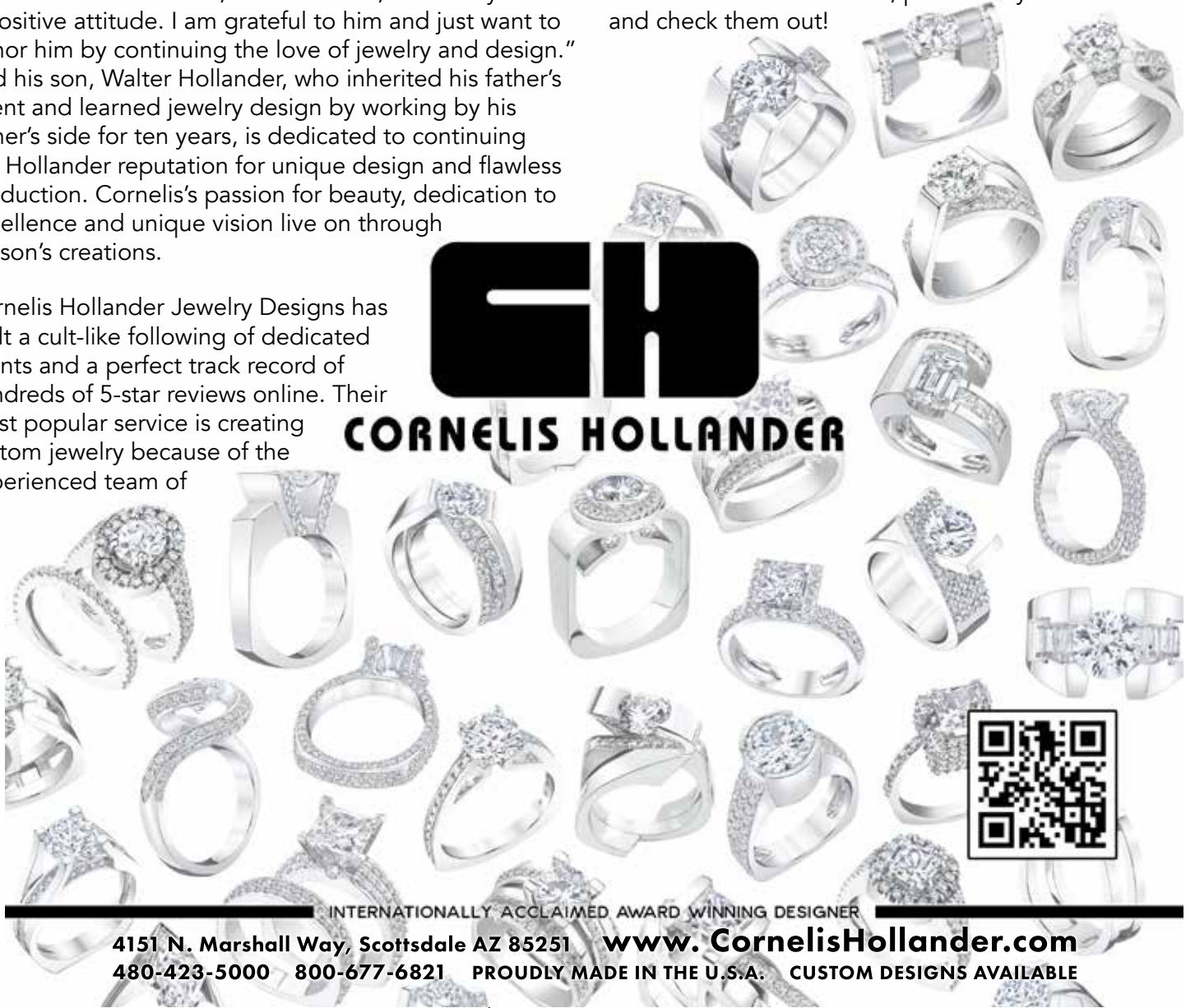
craftsmen on staff and an original design aesthetic that has won countless jewelry competitions over the years.

"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.

CLIK CLIK BANG FIREARMS

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Who we are:

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

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

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



What we offer:

Pediatric Occupational Therapy

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

Commonly Addressed:

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



Chiropractic Care

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



Children

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

Adults

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



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A Bracelet in the Rubble

"Do you know how good it feels to help someone find something who has just lost everything, even if just a bracelet in the rubble?" When Kevin Harper spoke these words to me, I knew he was built differently. He had just finished telling me the story of a woman who broke down, sobbing on his shoulder after he helped her uncover a single bracelet buried in the wreckage of what used to be her home.

A native of Murray, Kentucky who relocated to the Valley 18 years ago, Kevin has been involved in the pursuit of service to others since even prior to that. Beginning with a calling to join the Army in the wake of 9/11, he proudly lent the next eight years of his life to serving his country. Still, he felt he was being called to do more. "I'm not a follower," Kevin states with the utmost humility and sincerity. "I don't like to be told what to do. I like to just do." After his time in the Army, Kevin stayed in Phoenix and launched a company called CPR, a cell phone repair business, while working on creating financial freedom for himself. "I have a friend who works with the Cajun Navy and helped with disaster relief after [Hurricane] Katrina," he says. "I always wished I could afford to go." Fast forward to December 2021 and Kevin has created his financial freedom, allowing him to dive head first into disaster relief in sudden response to a tragedy that hit him way too close to home - quite literally.

In the aftermath of the devastating F4 tornado that ripped through Mayfield, Kentucky on December 10th, 2021 (a funnel that generated winds up to 190 mph just a town over from his hometown), Kevin heard his next calling. He hopped in the car, and without hesitation drove over 1500 miles, back to his roots. After being vetted by the Cajun Navy Ground Force - a disaster relief organization based out of Lafayette, Louisiana - he spent the next month leading a couple of 10-man crews, digging through the rubble and aiding in debris removal. His team even helped a woman receive hospital treatment who was injured in the chaos and suffered a severe infection in her foot, after which she stayed with his camp for the next two weeks. "She had lost everything," Kevin laments. "War zones can take 20 years to develop - this took 20 seconds. In that matter of seconds, look what mother nature can do." Only having arrived back in Ahwatukee within days of writing this, Kevin is already off to his next call to service. "I'm driving to Colorado to help sift through the ashes from the fires", he informs me, two days before heading back out. Kevin and the Cajun Navy will be setting up safe camps at a local Walmart in Boulder County for the next

two weeks, bravely and tirelessly lending themselves to a community decimated by recent wildfires.

At various points during our conversation, Kevin left me speechless in witnessing the heart of the man I was speaking to. With a calm demeanor and responses like "yes, sir" and "no, sir", he presents a testimony that slows down time for me in the moment, leaving me fumbling at times to arrive at my next question. For a few seconds I'm overcome in awe of the fact that I have the privilege of interviewing a real life hero, one who embodies the highest form of virtue in dropping everything to travel wherever he's needed the moment disaster strikes. Kevin Harper's story brings to light a very important point that he touched on as we spoke: in the current age of mass media driven by clickbait and opinion journalism, we can sometimes lose sight of actual events such as natural disasters that are happening all the time, just as they always have, to those we might even call our neighbors. And yet, beneath the theatrics we often become fixated on in the daily news cycle, people like Kevin are quietly making real headlines in the hearts of those he serves. With ever-present threats of natural disasters such as tornados and wildfires, as well as the rest of the chaos we face in the world, it seems as important now as it ever has been for us to absorb Kevin's message and let it inspire each of us as free, capable individuals to make an impact in the lives of those in need around us. Whether it's maintaining, building, or rebuilding a community, a community begins with the actions of each individual, and we, the individuals bearing witness to Kevin's efforts, have so much more power to create good in this world than we realize.

Throughout the conversation, I can hear genuine enthusiasm in Kevin's voice to get back on the road and return to his mission, tempered by his reverence and first-hand understanding that he will, in fact, be entering a war zone. He will be dropping all concern for his own life temporarily and making himself present with undivided attention to assist those who have truly lost everything in the carnage, those who are most in need of concern. It is the ultimate act of sacrifice; a man who gives without any thought of himself in the act of doing so. It is a deed so simple in theory, yet so difficult in execution.

"The smallest things you can do will blow you away," Kevin stresses. And how right he is - even if it's just finding a bracelet in the rubble.



Above: Kevin Harper shares pictures from his time spent in Mayfield, KY providing disaster relief with the Cajun Navy following the F4 tornado that tore through the area on December 10th, 2021.

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An Arizona attorney you can trust. My grandfather was a lawyer and spurred my interest in law from a young age. I obtained my undergraduate degree in political science from DePauw University, Greencastle, IN, Summa Cum Laude in 1977. I attended law school in Philadelphia, graduating from Temple University Law School in 1980. I taught law in Crownpoint, NM and was licensed in Arizona in 1983, after which I worked for a local firm for a couple of years, gaining experience in many areas of law before opening my own practice in 1985.

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

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

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

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Stories of Hope

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

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

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

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

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

your community to be the possible next featured non-profit, email Christine directly. May today be one of your best days
~ Christine Hotchkiss

stories@ChristineHotchkiss.com



Stories
of Hope

Quiet Waters Global Maternal Wellness

Our Mission: To Support & Provide Veteran families with Funding and Resources for Maternal and Women's Healthcare & Benefits; Host Family Activities for Women Veterans, Active-Duty Women of the United States Armed Forces and their Dependents through Charitable Events and Fundraising. Provide Medical, Spiritual and Scientific Family Health Education from both Naturopathic and Traditional Medicine.

Who We Are: Veteran 501c3 Nonprofit Volunteers to Raise Funds and Awareness for Fellow Veteran families who need assistance to afford Women's and Family Planning Healthcare.

Our Impact: Preventing and Reducing Maternal & Infant Mortality and Maternal Suicide for Arizona families. Did you know Arizona has one of the highest Maternal Mortality rates in the Nation as of 2022, at 27.3%. Our goal is to Decrease Maternal and Infant Mortality Rates to reflect the Low percentage rate of 2.5% for Active-Duty Military families in a 2019 report by the AAFP.

With over 500,000 Veteran Families in Arizona and most of them Not being able to Afford Maternal and Mental healthcare, we are losing 76% of Veteran parents to Suicide. For us to continue to assist these Veteran families, we are asking for Supporters like you to donate to QW- Global Maternal Wellness. Some of our services provided are Women's Health, Healthy Pregnancy Planning, Infertility Healing, Grief Counseling, Prenatal/Post-Partum Care, Naturopathic Medicine, Rehabilitative Massage Therapies and Doula Services for Mothers needing assisted care and Mental Health services. Our Sister Veteran Organization, Quiet Waters Maternity Spa & Wellness Center, is Contracted with TriWest and VA Hospitals in Arizona since August 2022. Providing care on av-

erage to 17 Veteran Families. The VA/TriWest covers 2 of 17. QW-Global Maternal Wellness covers 15 = \$127,500 per year.

Respectfully,

Kiamesha Guy, Co-Founder/Volunteer Director - US Navy Veteran, Ordained Minister-ULC



Semicolon Society

Dr. McCall, a licensed psychologist and certified school psychologist, was working with suicidal youth and providing support following suicides in the community when she realized many of the youth were struggling silently, as she had herself as a teenager with depression and suicidal ideation. She realized that many adults did not know how to identify such struggles and what to do if they did. Thus, Dr. McCall began a personal mission of education and support, developing and implementing suicide prevention and risk assessment procedures in school districts while also providing free presentations to parents on suicide prevention. Over ten years, she forged community relationships and developed in-person and virtual parenting symposiums. As community mental health needs became more apparent, this focus began to expand, and Semicolon Society was founded in June of 2022.

Semicolon Society is rooted in suicide prevention, as the semicolon is a symbol of suicide prevention because it continues rather than ends a sentence. Dr. McCall believes that any conversation about mental health is suicide prevention, and she is passionate about creating a community that recognizes when others need support and knows how to offer it in a validating way. Semicolon Society provides free

community events that include conversations about mental health along with activities to build connection and resiliency, which are protective factors for suicide. Events have included rock painting and patio games while also providing resources, mental health providers, and community conversations. Semicolon Society also provides free educational presentations, resources at community events, and support at community vigils and memorials following a loss by suicide.

In Dr. McCall's vision, parents, friends, colleagues, and acquaintances notice when someone is showing warning signs of suicide such as feeling hopeless, a burden to loved ones, or distanced and alone. They reach out and offer validation and support, showing that they are there by staying, talking, and contacting a crisis line such as 988. In this vision, that person feels supported and knows that they matter. Semicolon Society strives to make this vision a reality, one person and one event at a time.

Find the Hope...Continue Your Story
Semicolonsociety.org
Facebook: Semicolon Society
Instagram: @semicolonocietyaz



Lily's Pad

The mission of Lily's Pad is to provide immunocompromised children with a clean environment where they can enjoy typical childhood activities while also offering their caregivers and parents a place to rest and connect.

Born out of the depths of darkness during his daughter's battle with leukemia, Brad Taylor found his light by embarking on a journey to create a hyperclean, indoor play space for children in medical battles. He saw that as his daughter went through treatment, her life became isolated to keep her safe from illness. She was missing out on many social and emotional milestones and her spirits were low. Brad discovered that children may be living in this immunocompromised state from a variety of health conditions. Some due to medications they were taking to combat an illness like his daughter and others due to conditions they were born with. The Lily's Pad playground was created to be a missing piece in the holistic approach to healing for these children.

Lily's Pad was designed with cleanliness as the number one priority. From a customized air filtration system, complete with an air scrubber and air quality monitors,

to diligent health and safety protocols, Lily's Pad offers a safe space for immunocompromised children and their families. Located at Priest and Southern in Tempe and free to any qualifying family, Lily's Pad hopes to give immunocompromised children back some of the missing joys of their childhood.

In addition to a great space for kids to play, Lily's Pad will also offer a special place for caregivers. They can relax in Caregiver's Corner and enjoy a cup of coffee or take a moment in our private Quiet Room to make phone calls or simply take a breath. Our partnerships with other nonprofits will allow us to offer play therapy, Mom Mentoring, sibling support and more to families, while eliminating the need for childcare to obtain these services.

Any child wishing to play at Lily's Pad will need to obtain a referral from a member of the medical community. For more information, please visit www.lilyspadaz.org or call 480-576-7740.



Amanda Hope Rainbow Angels

Amanda Hope Rainbow Angels is a 501(c)(3) non-profit organization that supports the here and now needs of families impacted by childhood cancer and other life-threatening diseases. The organization is founded in honor of Amanda Hope, a little girl who battled cancer twice. Amanda had a special dream to help other children in her same situation. Her mother and AHRA Founder, Lorraine Tallman, turned her wish into reality for thousands of children.

Amanda Hope Rainbow Angels' mission is to bring dignity and comfort into the harsh world of childhood cancer and other life-threatening diseases. Amanda's dream of Comfycozy's for Chemo apparel is given to children throughout the world and families across Arizona can receive free counseling, special events, and financial aid.

These free services are distributed through four programs:

1. Comfycozy Care Gifts: Three care gifts are provided to warriors diagnosed under the age of 18 years old with cancer or another life-threatening illness: Comfycozy's for Chemo Care Packs to warriors with a central line, Comfort Packs to warriors in Arizona children's hospitals, and No More Chemo Party Boxes to Arizona warriors who finish treatment!

2. Comfort and Care: The Comfort and Care team of licensed counselors, coaches, and mentors provide FREE counseling, play therapy, and supportive services to families impacted by childhood cancer or another life-threatening illness. Patients, siblings, parents, and caregivers can take advantage of bilingual individual, couples, and family therapy sessions. As well as grief counseling, mindfulness practices, mother mentoring, and facilitated support groups for families to connect with others on the same journey.

3. Major Distractions: Amanda's sunshine is shared with warriors on some of their most difficult days through Major Distractions events and Meals of Hope lunches. Events include Spa Days, Craft Days, Family Events, Teen Nights, and many more!

4. Financial Assistance: While insurance may cover a portion of the medical expenses, it does not cover additional 'Here and Now' needs incurred because of treatment. Amanda Hope relieves the financial burden of those 'Here and Now' needs by paying for gas, groceries, and utility bills for families.

Founder: Lorraine Tallman
<https://www.amandahope.org/>



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

Essential Bodywear

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

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

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

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

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

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

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

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

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

or virtually) today. You are worth it!

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



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TRY IT ON. LOVE IT ON.

Up and Beyond/Whiz Kidz Playland

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

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

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

Company History:

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

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

Our services include:

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

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

WHIZ KIDZ PLAYLAND

WhizKidzPlayland.com

FAMILY PLAY'n LEARN CENTER FOR CHILDREN AND PARENTS

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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.

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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

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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:**

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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. 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 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



**Experience
The Difference!**

**Bergies prides itself on its
artisan quality coffee.**

**small batch roasted
on site**

**we are passionate about providing a
great cup of coffee**

**wide variety of bean and
and roasting options**

Located in a cottage in the
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309 N Gilbert Rd, Gilbert, AZ 85234



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Phoenix Mountain Preserve
Piestewa Peak Park
Pima Canyon Trailhead
Shaw Butte Trailhead
South Mountain Park and Preserve

Mesa

Usery Mountain Regional Park

Fort McDowell

McDowell Sonoran Preserve Gateway Trail

Apache Junction

Siphon Draw Trailhead

Scottsdale

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

Cave Creek

Black Mountain Trail
Cave Creek Regional Park
Spur Cross Ranch Conservation

Paradise Valley

Cholla Trailhead

Payson

Tonto National Forest
Water Wheel Trailhead

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



Photo by Don Bridges at Piestewa Hiking Trails

Dining Guide

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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

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Phoenix, AZ 85048
(480) 584-3886

Wright's at the Biltmore

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Phoenix, Arizona 85016
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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
\$4	\$6	\$10
Baked Beans	Collard Greens	Potato Salad
Coleslaw	Mac & Cheese	Sweet Potatoes
	Peach Cobbler	

Drinks 16 oz \$2 32 oz \$3

FEED THE FAMILY

Family Style Meal

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

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

Choose 2 Meats:

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

Choose 2 Sides:

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

Choose your Bread:

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

Magnolia Sampler

\$84 (feeds 6 - 8)

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

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

Choose your Bread:

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



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



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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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<p>Flavors</p> <p>*Mango *Cranberry *Mandarin Orange</p>	<p>Fit Your Dietary Needs</p> <p>-Lactose Free-Gluten Free-Allergen Free -Vegetarian-Soy Free Whey/Casein Free</p>	<p>Hot or Cold Flavors</p> <p>*Lemon *Raspberry *Peach *Cinnamon *Chia</p>

Meal Replacement Protein

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



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 TACOS.TIJUANA

Alliance Networking Group Volunteer Day at A New Leaf

The Alliance Networking Group is a non-profit organization with members from various professional industries. We meet on a weekly basis to share updates in our industries with each other and provide opportunities for our members to expand their networks and increase their visibility and profitability.

We also understand the importance of giving back to our community. Because we are a non-profit group, we want to help those who are less fortunate and/or those who are sometimes overlooked in our community. For the month of June 2023, we chose A New Leaf, East Valley Men's Center (EVMC), located in Mesa, to serve dinner one evening.

The East Valley Men's Center currently houses 104 men from the ages of 18-71. Many of these men have been displaced due to unemployment, homelessness, depression, death of a family member, foster kids who have aged out of the system or another heartbreaking crisis. The center helps the men reintegrate into the community by assisting them in finding permanent housing as well as employment. A New Leaf believes in offering help to those who are willing to help themselves improve their lives. They are given a place to stay, a bed in which to sleep, storage for any personal possessions and they are assisted with building a resume'.

Our group volunteered to fix dinner on a Monday evening. We had about 15 volunteers and we purchased all the ingredients for tacos, Spanish rice, refried beans as well as chips and salsa. We had the full meal prepared when the men arrived and, once they were in the dining room, our coordinator, Jackie, led the men in a prayer before we served them. The men we served were so polite, so humble and so grateful to have us there. This shelter relies primarily on donations for the food served to the residents. A number of area churches help when they can. However, the center is always in need of additional food and donations. If you are interested in donating, please go to turnanewleaf.org/donate/.

If you are interested in the Alliance Networking Group, we meet every Wednesday from 11:30-12:30 at Los Sombreros at Southern and Dobson in Mesa. We only allow 1 member per profession and we would love to have you come check out our group to see if we might be a good fit for you.



EMERGENCY AND FREQUENTLY USED PHONE NUMBERS

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

Phoenix Metro Police Non Emergency

Apache Junction.....	(480) 982 8260
Arizona State University.....	(480) 965 3456
Avondale	(623) 333 7836
Buckeye	(623) 386 7836
Capitol Police	(602) 542 4580
Carefree.....	(602) 876 1011
Cave Creek.....	(602) 876 1011
Chandler.....	(480) 782 4130
Department of Public Safety	(602) 223 2000
El Mirage	(623) 933 1341
Ft. McDowell	(480) 837 1091
Fountain Hills.....	(602) 876 1011
Gila Bend.....	(602) 876 1011
Gila River	(520) 562 1852
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Glendale	(623) 930 3000
Goodyear	(623) 932 1220
Guadalupe.....	(602) 876 1011
Litchfield Park.....	(623) 876 1011
Luke Air Force Base.....	(623) 856 6322
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Peoria	(623) 773 8311
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Queen Creek	(602) 876 1011
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Surprise.....	(623) 224 4000
Tempe.....	(480) 966 6211
Tolleson	(623) 936 7186
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ARIZONA DEPARTMENT OF TRANSPORTATION

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

SKY HARBOR INFORMATION

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

TERMINAL 3

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

TERMINAL 4

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

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Hertz	(800) 654 3131
National	(800) 227 7368
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Thrifty	(800) 847 4389

UTILITIES

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