

CAVE CREEK | FOUNTAIN HILLS | PARADISE VALLEY | SCOTTSDALE

EASTER EDITION 2024

THE **Professionals**

MAGAZINE



Easter 2024

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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.



Doug and his dog Gomez

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The Power of Four

After meeting with some of the Businesses in Fountain Hills, Cave Creek, Paradise Valley, and Scottsdale, there is no doubt that these four prestigious cities is part of the backbone of Metropolitan Phoenix. As we get closer to celebrating Holy Week here in the Valley, there is another four we need to be cognizant of and know the true meaning of what it all means.

How can I take these two fours and connect them together? Every city in this wonderful and powerful country of ours (United States of America) will be celebrating Palm Sunday, Holy Thursday, Good Friday, and Easter Sunday. As I was driving through these four cities, I recognized the diversity of different faiths in these cities. Most of the churches will be celebrating, one, two, three, or four of these days of Holy Week. However, all the churches will be celebrating Easter Sunday. There is strength in those numbers, however, it is more so in collective good will. As we know those endeavors are supported by mighty forces unseen.

As each individual celebrate Easter Sunday and the meaning of that Blessed Day, let us be reminded of what Jesus said before his death, burial, resurrection, and His ascension to Heaven, where He is seated at the right hand of the Father. There is that number four (4) again. Jesus taught us while He was here on earth. He gave us a new command by saying, "Love one another. As I have loved you, so you must love one another." Jesus also told us to, "Do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day." Jesus continue to say, "Love you enemies and pray for those who persecute you, so that you may maybe sons of your Father who is in Heaven, for he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust." And Jesus also told us that, "I am the way, the Truth, and the Life. No one comes to the Father except through Me."

There you have it my friends, four (4) powerful quotes by the Savior, Jesus Christ. Jesus arose from the dead on Easter Sunday and everyone who accepts Him, He lives in our heart. In closing, I will say to love him is to know Him. Ravi Zacharias said it best, "Outside of the cross of Jesus Christ, there is no hope in this world. That cross and resurrection at the core of the Gospel is the only hope for humanity. Where ever you go, ask God for wisdom on how to get that Gospel in, even in the toughest situations of life." Happy Easter, He has risen!

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

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


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



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

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

Healing happens here.

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

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

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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

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

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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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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:

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> • Developmental Delays • Sensory Processing and Integration • Emotional Regulation and Behaviors • Anxiety • Delayed Milestones • Executive functioning • Gross and fine motor skill development | <ul style="list-style-type: none"> • Trauma • Mental health • Social participation • Ocular motor skills, visual perception, and visual motor skills • Eye-hand coordination and bilateral coordination | <ul style="list-style-type: none"> • 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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Jill Waldrop

Having been in the mortgage industry and banking for more than 25 years, I love working where I can utilize my expertise and skills to help more borrowers in need. I pride myself on my attentiveness to clients, customer service, communication and educating my clients on the process and the documents they are signing in obtaining a new mortgage. I currently work as a "hybrid" loan officer, which means I do forward and reverse mortgage products. One Trust Home Loans offers an abundance of products, including FHA, VA, Conventional, Jumbo, USDA, DPA, Bridge Loans, Lot Loans, New Construction, HECM, Jumbo Reverse and more because mortgages are not "one size fits all." I enjoy talking to my clients to find out what they are really hoping to accomplish with their loan so I can set them up in the loan that best fits their needs. The only way to do that is to listen to the clients. I am currently licensed in 13 states (Arizona, California, Colorado, Idaho, Kentucky, Missouri, Montana, New Mexico, Nevada, Ohio, Tennessee, Texas and Utah) as well as the US Virgin Islands, so I can truly help people all over the country!

Prior to working in the mortgage industry, I worked as a manager of an auto finance company and a branch manager for a bank. I hold a degree in Economics with a minor in Math and Statistics from the University of Missouri.

I work with clients buying/refinancing a primary residence, second home or investment properties as well as seniors looking for home equity solutions.

Favorite Quote

What lies behind us and what lies before us are tiny matters, compared to what lies within us.
---Oliver Wendell Holmes

Testimonials:

Harriet and I want to thank you for all the hard work you did for us. We know it wasn't easy and, at times, you probably felt ready to give up on us. We are glad you stayed with us. We prayed a lot for this new mortgage and for God to help us and he sent you to us. Again, thank you so much. We will never forget you. -Robert and Harriet P

Jill: you and your team have done a great job for me. Now I can live in peace and, Jill, you are the best that I have ever seen. All of the hard work you have done for me. Thank you so very much for making this all work out for me, Jill. Thank you so very much. -Michael H



Jill Waldrop

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

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

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

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

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

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

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

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

"Janis Joy" Banes

Photo by



Vani, Selling Real Estate in AZ Since 2004!

My interest in real estate began when I was assisting my husband in the mortgage business. Watching him, and understanding the real estate market drew me towards real estate. I started my real estate career in 2004 and haven't looked back!! My goal is to give my client's excellent customer service regardless of what price range they are looking in. With years of experience in this field, and going from seller's market to buyer's market, from bank owned homes to short sales, we are here to guide you through the whole process from start to finish and make your real estate transaction as smooth as possible! For sellers, we offer excellent marketing and advertising which will give their property maximum exposure nationwide. That's what helps us get those buyer's offers quickly on your home, and get the property sold at a top dollar! For buyers, our goal is to get you the best price possible with keeping your budget, and other needs in mind. With expert negotiation skills, and being in the multiple offer situations we'll make the best recommendation for your situation! From inspections, to appraisers, financing, and the escrow process we will guide you, and direct you to the right experts for any questions that you may have in the process. Call or email me today if you have any questions or need help buying or selling a home or residential land!!



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Stories of Hope

Christine Hotchkiss is the host and creator of Stories of Hope AZ, a non-profit organization and video/audio podcast real life storytelling show found on YouTube, Spotify, and other social media platforms. What makes Christine's podcast different than just a regular podcast? Christine found her life's 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 with journeys of loss, tragedy, trauma, overcoming addictions, and unforeseen circumstances that has changed a person's vision of what they thought their life to be.

Stories of Hope AZ shares the intimate and professional connections weekly on social media to many communities where a connection can become a bond of friendships, community, inspiration, resource, healing and hope for someone along their journey.

Christine is a small army but a mighty force when delivering a message of Hope. If you have questions, want to be a sponsor, or have a life changing story that can connect someone along their journey and give them hope, please email Christine directly.

Email: StoriesOfHopeAZ@Gmail.com



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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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 Social media apps	 Smart TVs
 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**

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 Holidaying down? Bands riding up? Top, side or back spillage?

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

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

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

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

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

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

or virtually) today. You are worth it!

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



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

Your Bra Lady

Jennifer Strohmaier
(480) 287-2268 Cell

<https://www.myessentialbodywear.com/A12704>
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Popular Hiking Trails in Phoenix, Scottsdale, Fountain Hills, and Mesa

Phoenix

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

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

Fountain Hills

Golden Eagle Trailhead
McDowell Mountain Preserve and Trails
Adero Canyon Trailhead
Wayne Trail Loop (Great for Beginners)
Overlook Trail
Promenade Trail
Western Trail
Sonoran Trail
Andrew/Kinsey Trail
Ridgeline Trail and Lower Ridgeline Trails
North Leg Trail
Fountain Hills Desert Botanical Garden (Great for Beginners)

Mesa

Usery Mountain Regional Park

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



Photo by Don Bridges at Piestewa Hiking Trails

Dining Guide

Alexander's Greek Kitchen

13014 N. Saguario #101
(480) 687-9922

All American Sports Grill

16872 E. Avenue of the Fountains
(480) 816-4625

Arrivederci Italiana

12645 Saguario Blvd. Dr.
(480) 816-6895

Batchelor's Pad BBQ

13407 N. La Montana Dr.
(480) 236-0338

Blossom Kitchen

14835 E. Shea Blvd. #100
(480) 837-2566

Cielo at Adero Scottsdale

13225 N. Eagle ridge Dr.
(480) 333-1900

Georgie's

16725 E. Ave. of the Fountains
(480) 837-4392

HAO Restaurant

11849 N. Saguario
(480) 816-8888

La Mai Thai Cuisine

12015 N. Saguario Blvd. #102
(380) 907-7706

Mountain View Kitchen

16005 E. Palisades Blvd.
(480) 590-6282

OKA Sushi

16725 E. Avenue of the Fountains
(480) 837-5575

Sunridge Canyon – Wicked Six Bar and Grill

13100 N. Sunridge Dr.
(480) 837-5396

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MISSISSIPPI STYLE BARBECUE

Sweet Magnolia SMOKEHOUSE WHERE FLAVOR LIVES

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JUST THE MEAT

Sliced Chicken (boneless)

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

Pulled Pork

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

Brisket

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

Baby Back Ribs

Half Rack	\$22
Full Rack	\$38

Rib Tips

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

Beef Ribs

Half Rack	\$26
Full Rack	\$45

MEAT PLATES

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

SANDWICHES

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

MEALS

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

Rib Dinner

includes 2 sides and a roll or cornbread

Baby Back Ribs

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

Beef Ribs

Half Rack \$32 Full Rack \$51

SIDES

	1/2 pint	pint	quart
Baked Beans	\$4	\$6	\$10
Coleslaw			
Collard Greens			
Mac & Cheese			
Peach Cobbler			
Potato Salad			
Sweet Potatoes			
Drinks	16 oz \$2	32 oz \$3	

FEED THE FAMILY

Family Style Meal

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

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

Choose 2 Meats:

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

Choose 2 Sides:

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

Choose your Bread:

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

Magnolia Sampler

\$84 (feeds 6 - 8)

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

- 1/3 lb Chicken
- 1/3 lb Pork
- 1/3 lb Brisket
- 3 Rib Bones
- 1/2 lb Rib Tips
- Pork Hot Link
- Beef Hot Dog
- Baked Beans
- Coleslaw
- Collard Greens
- Mac & Cheese
- Potato Salad
- Sweet Potatoes
- 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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MON-THUR 11:00 am - 11:00 pm
FRI 11:00 am - 12:00 am
SAT 9:00 am - 12:00 am
SUN 9:00 am - 10:00 pm

IMPACT Nutrition

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

What is in a Shake and Tea Consumption



Nutrition For Your Best Life!

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

Meal Replacement Protein

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

EMERGENCY AND FREQUENTLY USED PHONE NUMBERS

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

Phoenix Metro Police Non Emergency

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

ARIZONA DEPARTMENT OF TRANSPORTATION

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

SKY HARBOR INFORMATION

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

TERMINAL 3

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

TERMINAL 4

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

CAR RENTAL

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

UTILITIES

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

Leave as a Patriot



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