

What's Inside!

Issue 1 · Winter 2024

Content (What's Inside)	2
DBP Law Firm	
From the President: The Beginning Continues	4
Mr. Electric	
Any Lab Test Now	6
SunMed	7
Awaken Chiropractic, Dr. Alyson Cramer	8
Athletico Physical Therapy	9
Big Apple Pediatric Dentistry	10
Straight Up Tukee Style - Tukee Lifestyle Chiropractic	11
Cornelis Hollander Jewelry Design	12
Celebrity Cruises Ad	13
Sonoran Hills Dental	14
Bridge Wellness	
I Remember Candle Company and Logoman	16
Heaven Touching Earth (Water Aerobics)	17
The Professional Magazine - Read it and save	18
Vani, Selling Real Estate in AZ Since 2004!	
Bell Bank Mortgage	
Stories of Hope	
ID Shield	22
Essential Bodywear	23
The Professionals ad	24
Code Ninjas	
Popular Hiking Trails	
Dining Guide	
Sweet Magnolia Smokehouse Ad & Menu	
CK's Tavern & Grill/Wicked Brews Bite & Spirits	
Impact Nutrition	
Emergency and Frequently used Phone Numbers	31
Clik Clik Bang	32

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You don't need to face your legal situation alone.

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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 by 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 Beginning Continues

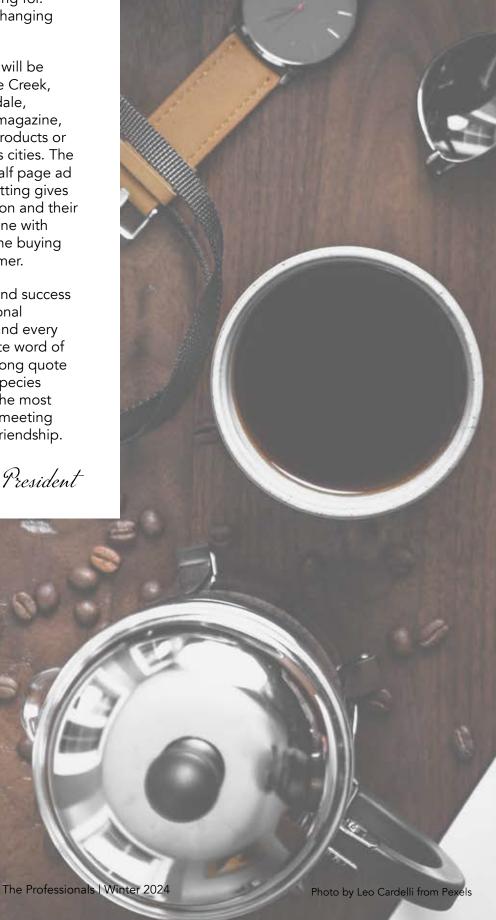
One of our nations presidents once said, "Change will not come if we wait for some other person or other time. We are the ones we been waiting for. We are the change that we seek". In this changing world we live in, that quote serves true.

The launch of The Professionals Magazine will be sent to certain zip codes via emails in Cave Creek, Fountain Hills, Paradise Valley, and Scottsdale, Arizona. Consumers can expect from this magazine, professional businesses advertising their products or services to households in these prestigious cities. The Professional will consist of full page ads (half page ad and half page story or content). This ad vetting gives the consumers information about the person and their businesses to make a buying decision. Alone with target marketing and ad vetting reduces the buying time between the business and the consumer.

Let us not forget that the road to growth and success is always under construction. The Professional understands that and will work with each and every business to optimize their profits and create word of mouth advertising. I can remember the strong quote of Charles Darwin, "It's not the strongest species that survive, nor the most intelligent, but the most responsive to change". I look forward the meeting each business and extending my hand in friendship.

Don Bridges, President

From the President





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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.

Mention "KUPS2020" to receive a New Patient Discount!



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ATHLETICO

PHYSICAL THERAPY

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

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

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

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

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



The Professionals | Winter 2024



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Dr. Henry Martinez & Family

Straight Up Tukee Style

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

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

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

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

Photo provided by Dr. Lee



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

1345 E Chandler Blvd Ste 105, Ahwatukee, AZ, 85048 (480) 535-6697 www.tukeechiro.com



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Meet Dr. Lee Goozdich

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

Cornelis Hollander Jewelry Designs has built a cult-like following of dedicated clients and a perfect track record of hundreds of 5-star reviews online. Their most popular service is creating

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

"It seems like more and more people in town want to join the Cornelis Hollander diamond ring club. Everyone wants us to customize our unique rings, to personalize what we create for them and make it their own," says Walter Hollander again, "We custom make everything piece of jewelry, it's what we specialize in and make affordable. We can do classic to contemporary styles, but our true followers let us make them a Cornelis Hollander original...I am new at running a jewelry company, but I am not new to this business and feel at home creating an extension of my dad's bold and beautiful catalog."

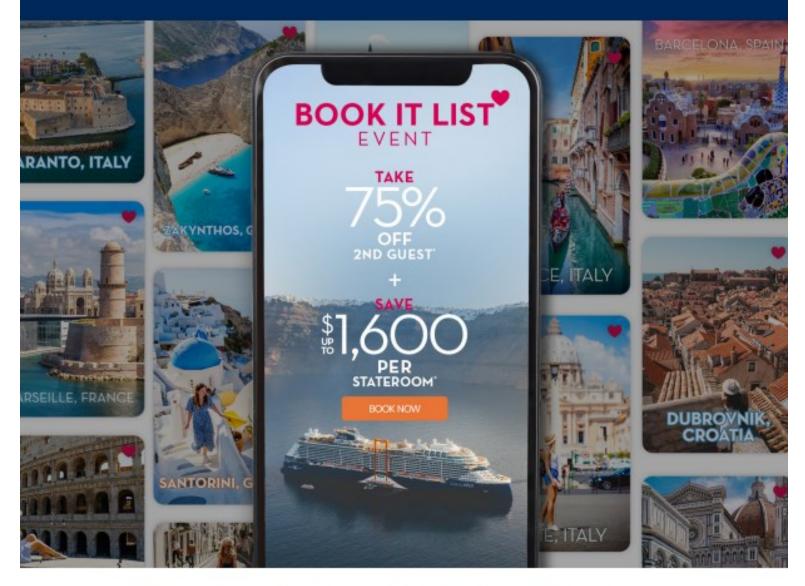
We love the jewelry this company produces and always look forward to something new from them. If you haven't heard of this brand before, please do yourself a favor and check them out!



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4151 N. Marshall Way, Scottsdale AZ 85251 www. Cornelis Hollander.com 480-423-5000 800-677-6821 PROUDLY MADE IN THE U.S.A. CUSTOM DESIGNS AVAILABLE The Professionals | Winter 2024





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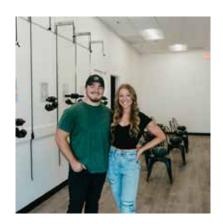


Who we are:

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**
- **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 (selfcare 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
- 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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Heaven Touching Earth

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





READ IT AND SAVE!

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

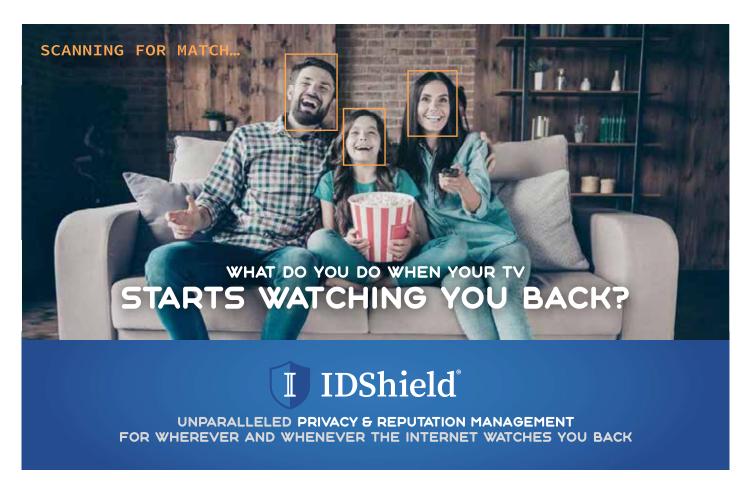
denominator of love, and a passion and a drive that keeps a person's spirit moving forward, sometimes finding their life purpose. Stories of Hope is more than a message with stories, Christine found it to be a way to connect and become a resource for many with journeys of loss, tragedy, trauma, overcoming 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





Introducing Enhanced Privacy Management

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

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



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And more...

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

480-221-6792

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

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Fort McDowell

McDowell Sonoran Preserve Gateway Trail

Apache Junction

Siphon Draw Trailhead

Scottsdale

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

Cave Creek

Black Mountain Trail Cave Creek Regional Park Spur Cross Ranch Conservation

Paradise Valley

Cholla Trailhead

Payson

Tonto National Forest Water Wheel Trailhead

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



Photo by Don Bridges at Piestewa Hiking Trails

Dining Guide

Binkley Restaurant

2320 E. Osborn Phoenix, AZ 85016 (602) 388 4874

Compass Arizona Grill

122 N. 2nd St. Phoenix, Arizona 85004 (602) 440 3166

Different Point of View

11111 N. 7th St. Phoenix, Arizona 85020 (602) 866 6350

Durant's

2611 N. Central Ave. Phoenix, Arizona 85004 (602) 264 5967

Ghett'yo Pizza

4747 E Elliott #12 Ahwatukee, Arizona 85044 (602) 264 5967

Ghett'yo Taco

241 S Oregon St Chandler, Arizona 85225 (480) 726 9654

Impact Nutrition

3145 E Chandler Blvd Unit 107 Phoenix, AZ 85048 (952) 380-8368

Lon's at the Hermosa

5532 N. Palo Cristi Rd. Paradise Valley, Arizona 85253 (602) 955 7878

Postino Winebar

3939 E. Campbell Ave. Phoenix, Arizona 85018 (602) 852 3939

Quiessence

6106 S. 32nd St Phoenix, Arizona 85042 (602) 276 0601

Rosati's of Ahwatukee

4206 E Chandler Blvd. Phoenix, Arizona 85048 (480) 706-1777

Sweet Magnolia Smokehouse

4929 E. Chandler Blvd. Phoenix, Arizona 85048 (623) 221-2608

Steak 44

5101 N. 44th St. Phoenix, Arizona 85018 (602) 271 4400

Tarbell's

3213 E. Camelback Rd. Phoenix, Arizona 85018 (602) 955 8100

The Buzzed Goat

4302 E. Ray Rd. Ste 106 Phoenix, Arizona 85044 (480) 706-7511

The Capital Grille

2502 E. Camelback Rd. Phoenix, Arizona 85016 (602) 952 8900

T. Cook's

5200 E. Camelback Rd. Phoenix, Arizona 85018 (602) 283 1234

Where U Bean Coffee

4804 E. Chandler Blvd, #110 Phoenix, AZ 85048 (480) 584-3886

Wright's at the Biltmore

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

Tacos Tijuana

4909 E Chandler Blvd #511 Phoenix AZ 85048 480.601.5014

51 S McQueen Rd Gilbert AZ 85233 480.601.5958

1754 S Greenfield Rd # 101 Mesa AZ 85206 480.653.5958

MISSISSIPPI STYLE BARBECUE



4929 E CHANDLER BLVD PHOENIX AZ 85048 | 623-221-2608

MISSISSIPPI STYLE BARBECUE



4929 E CHANDLER BLVD PHOENIX AZ 85048 | 623-221-2608

JUST THE MEAT

Sliced Chicken

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

Pulled Pork

1/4 lb \$6 1/3 lb \$8 1/2 lb 511 1 lb \$18

Brisket

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

Baby Back Ribs

Half Rack 122 **Full Rack** 138

Rib Tips

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

Beef Ribs

Half Rack \$26 Full Rack 145

MEAT PLATES

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

SANDWICHES

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

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

Pork Hot Link \$7 Beef Hot Dog 15

Magnolia Link \$10 Magnolia Dog 58

pulled pork, coleslaw & bbg sauce added

MEALS

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

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

Rib Dinner

includes 2 sides and a roll or combread

Baby Back Ribs

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

Beef Ribs

Half Rack \$32 Full Rack \$51

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

Baked Beans Coleslaw

Collard Greens Mac & Cheese Peach Cobbler

Potato Salad **Sweet Potatoes**

Drinks 16 oz \$2 32 oz \$3

FEED THE

Family Style Meal

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

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

Choose 2 Meats:

Sliced Chicken **Pulled Pork** Brisket (**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

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584 (feeds 6 - 8) 7 meats, 7 sides (1/2 pints). your choice of bread and sauce

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

Choose your Bread:

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



CK's Tavern & Grill is your local Ahwatukee place to be.

4142 E. Chandler Blvd. Ahwatukee, AZ 85048 480-706-5564 ckgrill.com SUNDAY 9AM-10PM
MONDAY-WEDNESDAY 11AM-10PM
THURSDAY – FRIDAY 11AM-MIDNIGHT
SATURDAY 9AM-MIDNIGHT (KITCHEN OPENS AT 10AM)



CRAFT ON THE NEXT LEVEL

4921 E Ray Rd #103 Phoenix, AZ 85044 (480)-999-0096 wicked-bbs.com MON-THUR 11:00 am - 11:00 pm FRI 11:00 am - 12:00 am SAT 9:00 am - 12:00 am SUN 9:00 am - 10:00 pm



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

What is in a Shake and Tea Consumption



Shot of ALOE

- Promotes Healthy
- Soothes Your
- Supports Nutrient
- **Flavors**

Meal Replacement

Shake

- 24 grams of Protein 21 Minerals & Vitamins Good Source of Fiber Suitable for Vegetarians Suitable for Diabetics

Fit Your Dietary Needs

Herbal Tea

- Natural Caffeine
- (85mg.) Boosts Energy
- Jumpstarts Metabolisi Provides Antioxidant

Hot or Cold Flavors

Nutrition For Your Best

Meal Replacement Protein

BREAKFAST

Apple Fritter Banana Bread Blueberry Muffin Blueberry Lemon Muffin Blueberry Pancakes Butter Pecan Caramel Roll Caramel Roll Choc. Frosted Sprinkled Donut Cinnamon Toast Crunch French Toast Lemon Poppyseed Muffin

Orange Cream Muffin Maple Long John Peanut Butter Waffle Pumpkin Banana Bread Strawberry Jelly Donut

Banana Caramel Latte Caramel Iced Waffle Coffee Coconut Latte

Mint Latte

S'mores Latte

White Chocolate Latte White Chocolate Caramel Latte White Chocolate Peppermint Latte

Desserts & Pie

Apple Crisp Banana Cream Pie Birthday Cake Caramel Apple Pie Cherry Dipped Cone Cherry White Chocolate Chocolate Chip Cookie Dough Chocolate Hazelnut Sundae Cinnamon Dulce De Leche Coconut Cream Pie Fried Ice Cream

Key Lime Pie

Mint Chocolate

Nutty Caramel Sundae

Peach Cobbler

Pineapple Coconut Sundae

Pumpkin Pie

Raspberry White Chocolate Truffle

Red Velvet Cake

Rice Crispy Treat

Rocky Road

Root Beer Float

S'mores Strawberry Delight

Vanilla Almond Pistachic White Wedding Cake



Cookies & Candy

Almond Joy Butterfinger

Chocolate Chunk Cookie

Frosted Animal Cracker

Lemon Cookie

Mint Oreo

Monster Cookie

Nutter Butter

Oatmeal Cookie

Oatmeal Peanut Butter

Oreo

Peanut Butter Cookie

Reese's Peanut Butter Cup

Salted Caramel

Salted Nut Roll

Samoa

Snickerdoodle

Snickers

Sugar Cookie

Tagalong

Twix

Lava Shakes

Orange Crush Lemon-Lime Blast Pomegranate Berry Tropical Peach

FRUITY

Banana Caramel

Blueberry

Blueberry Colada

Blueberry Cherry Colada

Cherry Colada

Orange Cream

Pina Colada

Raspberry

Strawberry

Cheesecake

Banana Cream

Blueberry

Butterscotch

Butter Pecan

Salted Caramel

Caramel Pecan Turtle

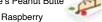
Cherry

Chocolate Mousse

Dulce de Leche Caramel Pumpkin Spice

Red Velvet

Reese's Peanut Butte



Strawberry

Toasted Marshmallow S'mores White Choc. Raspberry Truffle

EMERGENCY AND FREQUENTLY USED PHONE NUMBERS

Emergency	9-1-1	SKY HARBOR INFORMATION	
Crime Stop	. (602) 262 6151	Airport Paging	. (602) 273 3455
Poison Control Center		Customs/Immigration	
Child Abuse Hot Line		General Information	
National Suicide Prevention Lifeline	. (800) 273 8255	Lost and Found	
Runaway Hot Line		Parking	. (602) 273 4545
Phoenix Children's Hospital		<u> </u>	
Phoenix Herpetological Society		TERMINAL 3	
, ,		Alaska Airlines	. (800) 426 0333
Phoenix Metro Police Non Emergency		American Tran Airlines	. (800) 247 8726
Apache Junction	. (480) 982 8260	American Airlines	. (800) 433 7300
Arizona State University		Continental	. (800) 525 0280
Avondale		Delta Airlines	. (800) 221 1212
Buckeye	. (623) 386 7836	Frontier	. (800) 432 1359
Capitol Police		Great Lake Airline	. (800) 554 5111
Carefree		Hawaiian Airline	. (800) 367 5320
Cave Creek		Jet Blue Airline	
Chandler	. (480) 782 4130	Midwest Airline	
Department of Public Safety		Sun Country Airlines	
El Mirage		United Airline	
Ft. McDowell			(,
Fountain Hills	•	TERMINAL 4	
Gila Bend	•	Aero Mexico	. (800) 237 6639
Gila River		Air Canada	
Gilbert		British Airways	
Glendale	•	Southwest Airline	
Goodyear	•	US Airways	
Guadalupe		West Jet	
Litchfield Park			(000)
Luke Air Force Base		CAR RENTAL	
Maricopa County Sheriff		Advantage	. (800) 777 5500
Paradise Valley		Almo	
Peoria		Avis	
Phoenix	, ,	Budget	
Queen Creek		Dollar	
Salt River Indian Community		Enterprise	
Scottsdale		Fox	
Sun City	•	Hertz	•
Surprise		National	
Tempe		Payless	
Tolleson		Thrifty	
Youngtown		· · · · · · · · · · · · · · · · · · ·	. (,
ARIZONA DEPARTMENT OF TRANSPOR	RTATIONI	UTILITIES	
		Cox Communications	(800) 229 4542
Traveler Information Line5-1-1 Call before you Dig8-1-1		Century Link Residential Customers	
Motor Vehicle Division Phoenix Area		Southwest Gas Corporation	
WOLD VEHICLE DIVISION I NOEMX AIEd	. (002) 342 0003	Arizona Public Service	
EZ Voter Registration	(602) 5/12 8683	Salt River Project	•
LZ VOLET NEGISTIATION	. (002) 572 0003	Sait River i Toject	(002) 230 0000



