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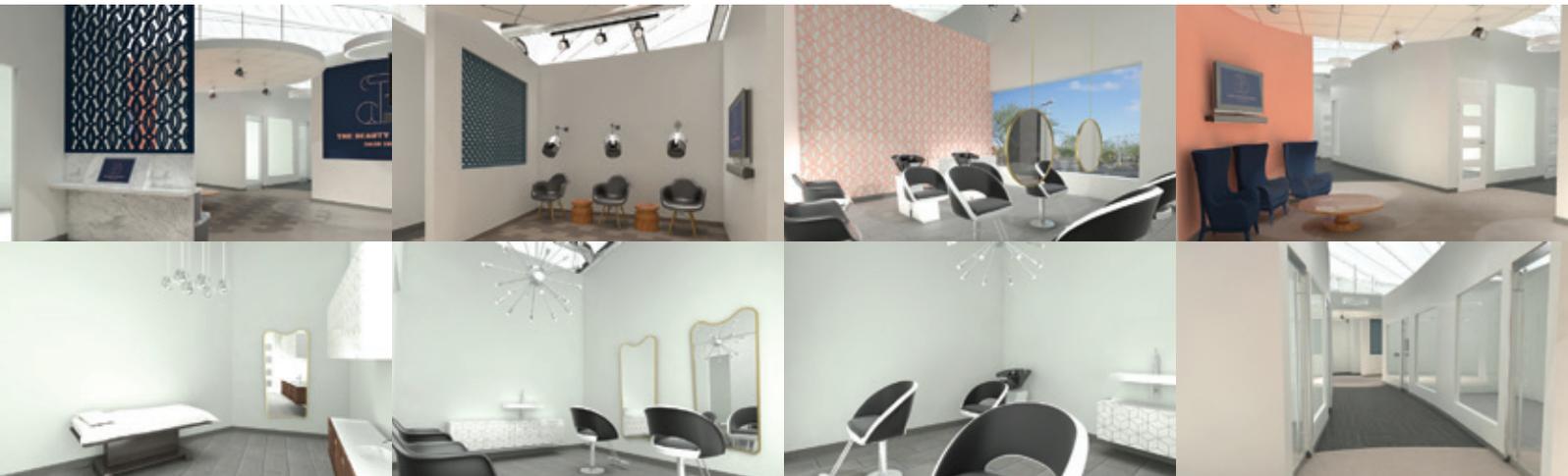
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The doctors of Arizona Women's Care will provide a presentation on the MonaLisa Touch laser for the treatment of painful intercourse, and vaginal dryness caused by menopause and breast/ovarian cancer. Dr. Patricia Clark, a breast surgeon, will discuss current breast cancer treatments and follow up care and Amy Pang, an oncology dietitian, will join us to review the essentials of post cancer nutrition.

July 28th 5-7pm

Location: Ironwood Cancer and Research Centers | 8880 E. Desert Cove, Scottsdale, AZ. 85260

RSVP to Jennifer at 480-455-0016





trendsetters

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Carly Kade, photo by
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FIRST HAND



MICHAEL FITZMAURICE, MD

Founder of the Fitzmaurice Hand Institute
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Don't let trigger finger keep you locked in pain. Painful swelling and inflammation of the tendon in the palm of the hand can now be treated with a quick and easy outpatient procedure.

Trigger finger typically results from activities that require prolonged repetitive motion, such as playing an instrument or operating machinery. It may also be caused by underlying health conditions, such as rheumatoid arthritis or diabetes. In addition to pain, trigger finger can cause locking or an inability to fully straighten the finger.

The Endotech Endoscopic Trigger Finger Release System was developed by Dr. Michael Fitzmaurice and is available exclusively at the Fitzmaurice Hand Institute in Phoenix. It uses a small incision to allow Dr. Fitzmaurice to see the tendon and repair the damaged tissue.

This patent pending procedure takes less than ten minutes and is done with local anesthesia only, meaning you can eat the morning of the surgery and won't even need an IV.

The procedure has been so successful in treating trigger finger and restoring pain-free movement that most patients return to normal hand function in as little as one or two days!



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IN

ed note



Wow, temperatures have gotten pretty high around here. Whether you're sitting on your favorite comfy chair at home or laying on the sand at the beach, one of the best things to have in those moments is a good book. If you enjoy reading romance novels or equestrian tales, "In The Reins" might be the perfect fit for you. Our cover feature Carly Kade (page 30) is the author

of this self-published novel that follows the story of a city girl who gets back to her country roots after a sudden breakup, and meets a mysterious cowboy. We talked with Kade about publishing her debut novel, her love of horses and how she is preparing for the second and third part of the trilogy.

If you are one of those people who isn't escaping to the beach, we're featuring tons of fun things for you to do right in town: from summer steals at local restaurants (pg. 46) and staycation ideas (pg. 36), to daytrips to cooler climates (pg. 42) and places that have both exciting activities and delicious food (pg. 72).

Whatever you're doing this summer, don't forget to hydrate and wear sunscreen!

Best,

Gabby Richman
Editor-in-Chief
gabby@richmanmediagroup.com
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world class
**HAND
SURGEON**

MICHAEL FITZMAURICE, MD

Founder of the Fitzmaurice Hand Institute
Double Board Certified Hand Surgeon

Dr. Fitzmaurice has performed thousands of minimally-invasive, endoscopic hand procedures in Arizona over the last decade.



You never appreciate how important the thumb is to regular activities until a tendon injury compromises movement.

Repetitive motion from everyday activities such as typing on a laptop or playing a favorite sport, can lead to swelling and inflammation of the tendon sheath, the condition known as De Quervains Tendinitis. This causes pain and limited mobility of the wrist and thumb.

De Quervains Tendinitis can now be treated by the state of the art, minimally invasive EndoTech Endoscopic De Quervains Release System.

Developed by board certified hand surgeon Michael Fitzmaurice, M.D., and available exclusively at the Fitzmaurice Hand Institute in Phoenix, Endotech uses a small incision and endoscope to repair the injured tendons.

Most patients experience immediate relief and improved movement immediately following the procedure, and can return to work in as little as one week!



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IN

who

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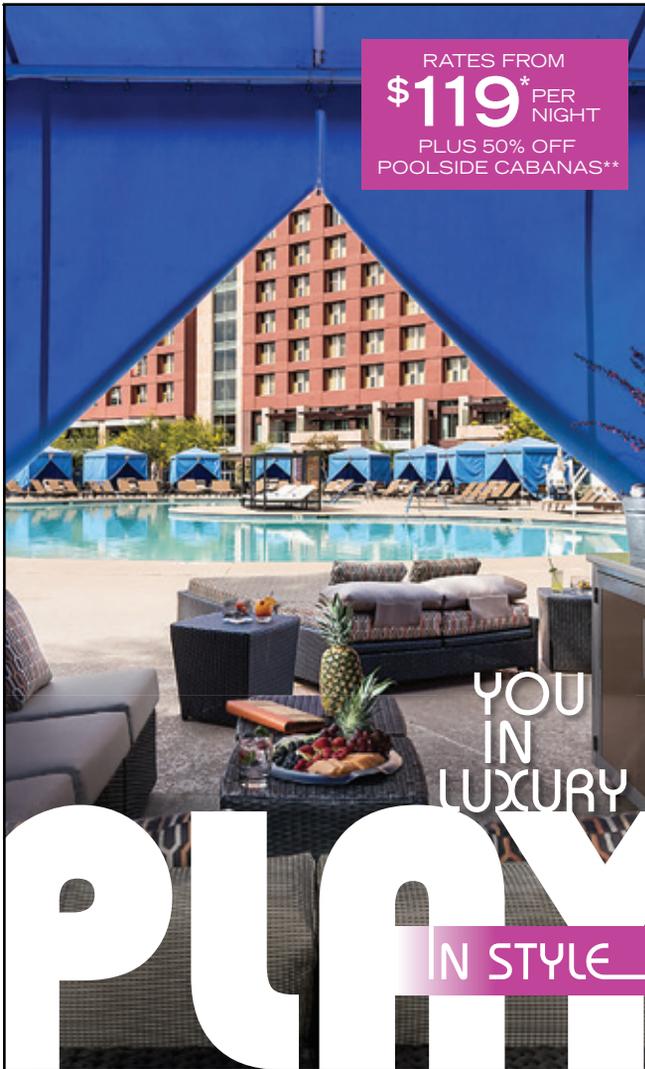
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ECONOMIC VITALITY THROUGH WOMEN EMPOWERMENT

*CEO of the Arizona YWCA
Metropolitan Phoenix addresses
the real issues*

BY STEPHANIE LOUGH
PHOTOS BY MARK MORGAN

Regina Edwards is passionate about improving communities by empowering those who need it most. She is dedicated to eliminating discrimination faced by women in our community as the CEO of the Arizona YWCA Metropolitan Phoenix (www.ywcaaz.org), a position she has held since 2014 after serving as the organization's director

continued...

TRENDSETTERS

up close

of development and prior board chair. She oversees the local YWCA chapter's various programs that offer women and seniors the tools they need to overcome financial hardships and strengthen in the community.

"Building our community should be important to all of us," says Edwards. "Personally, as a daughter, sister, mother and aunt, empowering women is something we should all be focused on. When we empower a woman, we give her the opportunity and tools to strengthen her family and strengthen our community."

Helping others has always been her vocation. As the daughter of a Nebraska state senator, her parents were very involved in their community and improving the lives of others. She was raised to believe that we all need to give back to our communities in some way, and no contribution is too small.

"(I learned) your time and talent matter to others," she says. "I believe we should all be more generous with both."

Edwards earned her doctorate in higher education/public administration and Master of Arts degree in educational psychology. She has spent more than 25 years developing academic, professional and community programs throughout the country, including in her previous role as the associate director of academic and professional programs at Arizona State University. She also founded and is an active board member of RepublicBankAZ, as well as a board chair for the Paradise Valley Emergency Food Bank.

Edwards recognizes establishing economic vitality in a community starts with the financial wellness of all its members.

"On average, women earn 79 cents for every dollar earned by a man. One in three women lives in or on the brink of poverty," she explains.

The emphasis of the YWCA AZ's programs is to bridge the gap – not only for the benefit of women, but the economy as a whole.

"If women were paid the same as men for the same job, poverty in America would be reduced by 50 percent," Edwards says.

The YWCA AZ empowers offers



courses through their Own It Financial Education program, which includes salary negotiation, budgeting, managing a bank account and more.

The YWCA Women's Empowerment Series partners with professional women presenters to educate women on current important issues and leadership. The organizations next event Women in STEM (Science, Technology, Engineering and Mathematics) will be held on September 29th at the Arizona Science Center.

For new professionals, the YWCA Young Women's Forum connects young female leaders in the community for a chance to network, share strategies and support one another.

The area's YWCA programs also extend beyond that of the working woman. It's Senior Center is committed to improving the physical, mental and emotional health of the aging population.

"We know economic empowerment doesn't just exist during a woman's career," says Edwards. "Three out of five women over the age of 65, married or single, cannot pay for her basic monthly needs."

The Senior Center provides more

than 40,000 hot meals each year, as well as a place for seniors to exercise, attend educational programs, find companionship and participate in a range of activities. It also delivers more than 60,000 meals to homebound senior residents in the West Valley through the YWCA Meals on Wheels program and runs the We Feed Four Feet program, bringing food to seniors' pets as well.

"Often times, we hear about people who don't know where their next meal will come from. For our seniors and disabled, they do know where that next meal is from; it's from our YWCA," Edwards says.

In order to best serve their community, the local YWCA works with more than 30 nonprofits each year. In turn, this allows the various organizations more time and money to better provide their own services.

"This model means each agency can focus on their core mission and the YWCA enhances their services with financial education. (We) increase their capacity and contribute to our community's financial stability over time. True economic empowerment!"

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ART FOR HEALING

How a trip to Thailand changed Shana Bell's path

BY KELLY POTTS

PHOTO BY MARK MORGAN

In 2014 Shana Bell found herself unable to live out her passion as a metal artist when she was diagnosed with Kienbock's Disease, a condition in which the lunate bone, one of eight carpal bones in the wrist, loses its blood supply, leading to death of the bone.

"The doctors decided that surgery was the best option, so we scheduled that for my return from a trip to Thailand."

After three weeks in Thailand, receiving daily Thai massages that focus on energy channels, Bell was able to move her wrist without pain for the first time in a year. Her final massage lasted four hours and the masseuse didn't charge her, giving her the massage as a parting gift. Instead, Bell donated her payment to their temple and made a vow to spread the word upon returning home.

After eight months off of work, Bell returned to Swiss Metal Works and began cutting out Buddha figures to help share her story. Each TaSen Buddha Art piece is blessed by two Thai monks and part of the profits go to the Thai Buddhist Temple in Thong Thani, Roi Et, Thailand.



Etc.

What is your favorite thing to do when you are not working on your art? I love to sky-dive and do yoga. These are two things that really soothe me! **What is something you want everyone to take away from your story?** Open your heart to compassion and trust in your healing nature.

Single?

I help Men & Women find their soulmate.

Our clients benefit from Karen Stein's extensive background as a casting director and talent agency owner. She brings an uncanny ability to match the perfect talent to the perfect role. Karen studied under Mimi, the founder of MyTopMatchMaker, absorbing the company's combined experience of 33 years of matchmaking.

Karen immediately felt her true calling come to fruition. Her clients enjoy her unique, intuitive perception of pairing partners for longlasting, healthy relationships. She makes it easy for her clients to feel comfortable and confident in a collaborative relationship between matchmaker and client. Karen is in the business of matchmaking, but in your course to finding a new partner, she'll make you feel like family. At your free consultation with Karen, you will find yourself participating in a fun, fact-finding, and educational session. Karen takes on clients that pass her honesty and safety screening process. After all, to find the perfect match, you want your matchmaker doing all the hard work for you! Karen is no shrinking violet, her passion for matchmaking shines through day in and day out, perpetually considering partners for her clients. Time and time again she has been the conduit to true romance blossoming between newly-kindled, kindred spirits.

The Sizzle Factor

Karen's magical intuition at work and her strength as a matchmaker has always been to look for what will make that spark light up between two strangers. Your character, your passion, and ambitions, as for your hobbies...well, hobbies are nice...but I'm always on the hunt for the elixir of spice!" Karen firmly believes unearthing a client's history gives her the fuel to feed those potential sparks and why she has had such a long career as a matchmaker.



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Karen Stein

MIND, BODY AND SOUL

*Health coach Sara Regester
talks stress management*

BY GRETCHEN PAHIA
PHOTO BY MARK MORGAN

For Sara Regester, integrative health coach, stress is her life. Regester is the founder of Directions 4 Wellness (www.directions4wellness.com), a company that's mission is to help clients manage their stress so it can work with them, rather than against them.

"You feel stress when things that are important to you are at risk. It isn't about reducing that stress, it is about managing stress, it is about the mindset about how you think about it, respond to it and meet the challenge," she explains.

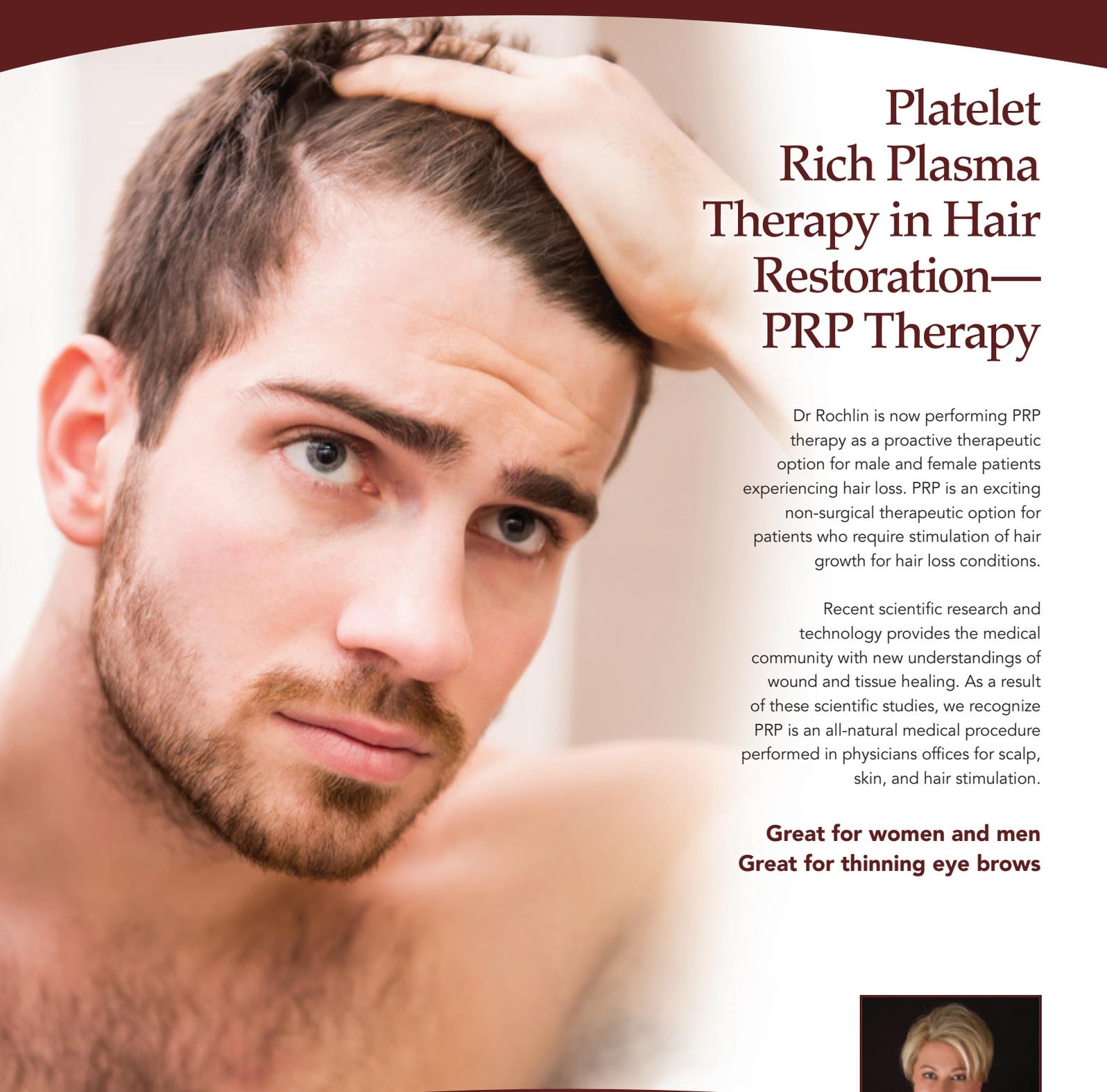
Regester has been involved in the healthcare arena for more than 30 years, previously as a practicing registered nurse, before starting Directions 4 Wellness around four years ago. Her current venture focuses on using integrative medicine, otherwise known as the mind, body, spirit approach, to help clients heal and age well.

"I support a new generation of success driven individuals in a healthier way," she says. "The clients I support are typically at a major crossroads, something that is compounding the stress and they are ready to find something that is more sustainable and learn and grow from it."



Etc.

What do you like to do in your spare time? I like running on the canal, hiking Camelback Mountain, gardening and practicing yoga. Shamanic studies and ceremonial experiences that I both lead and participate in. **How do you personally deal with stress?** Exercise in any form is a quick attitude adjuster. Movement supports me to be present and energizes me to meet my challenges so I can respond and move through the stress. Being in nature works every time to restore balance. If I'm local, a hike up Camelback or Squaw Peak can work like a charm. For a bigger boost I hike my favorite trails in Sedona and Flagstaff.

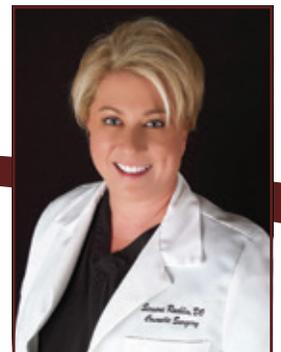


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TRENDSETTERS

her style



MIRAV BRADSHAW

*Classic with a feminine
twist*

BY GABBY RICHMAN
PHOTO BY MARK MORGAN

There's no question that Mirav Bradshaw has an unwavering sense of style. Bradshaw, who balances her career in veterinary pharmaceutical sales with being a mother, considers her style classic with a feminine twist.

"I find myself being inspired more by the fashion I see day-to-day than by models on a runway," she explains. "I've learned not to force certain fashion trends on myself if I feel uncomfortable and to trust my instinct."

Bradshaw can occasionally be spotted in dresses by Nicole Miller or Parker but when she's not, you'll find her in her favorite simple yet chic, go-to outfit: dark jeans with a white fitted shirt (paired with her favorite Salvatore Ferragamo cardigan during the chillier months), accessorized with black peep toe Christian Louboutin heels and a black belt. She also loves items by Hudson Jeans, Jimmy Choo, AG Jeans and Rachel Zoe.

When she's not working, Bradshaw enjoys practicing hot yoga, dining at local restaurants, spending time with her children and traveling. She also volunteers at a few charities in the area each year, with this year including Phoenix Children's Hospital Dine With Your Dog event.

Are you a shoes, purse or jewelry person? I'm definitely not a jewelry person. All of my friends know that and usually buy me bracelets, earrings and necklaces for my birthday every year. It's perfect because that way I never have to shop for jewelry! I would have to say I'm most into shoes and I love winter boots. **What is your go-to bathing suit brand for summer?** I'm a big fan of ViX Swimwear and try to pick up a new suit every summer even though they last forever. **What are some of your frequented restaurants in the area?** I love La Grande Orange, Chelsea's Kitchen and Steak 44. I'm also a Sam Fox fan and frequent The Henry, True Food and North Italia. **Do you have a favorite yoga brand?** I'm a Lululemon [Athletica] girl.

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his style

DEREK JOHN

*Effortlessly
Trendy*

BY GABBY RICHMAN
PHOTO BY MARK MORGAN



At an early age, Derek John's grandparents taught him not to leave the house without looking his best. Since then, presenting himself in a stylish manor has become a part of John's life.

The born and raised Phoenician, who describes his style as "dapper street style," wears a suit and tie by day as a human resources coordinator and sports a more casual look (consisting of jeans, boots and a T-shirt) on the weekends or when he is working as a part-time stylist and model.

"I draw influence from many places but my roots are deeply ingrained in the rock stars, actors, or whomever may inspire me," he says. "I appreciate the cleanliness of a suit and tie but I always make sure to give looks the edgy and zaniness of my personality."

John says his favorite part about the fashion industry is the ever-evolving nature, knowing that something new is always around the corner.

"There's a continuing evolution of looks, styles, fabrics and many different elements that make up something new and trending. Sometimes even bringing back old trends with a modern dynamic," he explains.

What do you enjoy doing in your free time? Writing and playing music, fitness, eating good food, and connecting with people. **What is the most important thing to remember when styling?** Know that whatever you wear is a direct expression of yourself. The occasion you're dressing for is just the variable that helps dictate that expression. So the question is: What are you going to express? **What is a summer trend that men should know about?** Khaki and olive greens are coming in stronger than last year. Especially olive green (even monochromatically). So grab a pair of olive green shorts and a pair of white Stan Smith Adidas sneakers like yesterday.

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TRENDSETTERS

noticed



HOUSE OF BROADCASTING'S 12TH ANNUAL CELEBRITY TOAST *at The Pointe Hilton Resort at Squaw Peak*

PHOTOS BY BEN ARNOLD



1. Shelby Madson, BCNU dress.

2. Susanna Valenzuela, Andrea dress.

3. Carmelle Malkovich, Bisou Bisou dress.

4. Mynde Cannamela, Bailey 44 dress.

5. Katie Wilkinson, Francesca dress.

6. Michelle Tasset, Collective Concepts dress.

7. Cozette Gordon, Betsy & Adam dress.

8. Adela Craft, Adrianna Papell jumpsuit.

9. Lin Sue Cooney, White House Black Market dress.

10. Kris Pickel, Tadashi Soji dress.

11. Olga Diaz, vintage dress.

12. Emily McLaughlin, Max Studio dress.

13. Angie Howard, Banana Republic dress.

TRENDSETTERS

noticed



1

2



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8

ALS BITE NITE at *The Westin Kierland Resort & Spa*

PHOTOS BY MICHELLE DEPIANO
AND BEN ARNOLD



11

12



9

10

1. Jenn Sommers, Oleg Cassini dress.

2. Tammy Dixon, SLNY dress.

3. Catherine Anaya, French Laundry dress.

4. Patty Wilson, Adelyn Rae dress.

5. Maria White, Valentino dress.

6. Shelly Avila, Lilyful dress.

7. Madeline Look, As You Wish dress.

8. Melissa Braun, Express dress.

9. Nancy Kinnard, Paris Paris dress.

10. Kate Van Driel, Calvin Klein dress.

11. Elle Fultz, Windsor dress.

12. Taylor Dale, Banana Republic dress.

Hunks & Horses: **“In The Reins” Tops the Charts** **and Wins Our Hearts**

Local author Carly Kade spurs up a popular tale with her debut novel

BY STEPHANIE LOUGH

Carly Kade self-published her debut novel “In The Reins” in December of 2015, the first of a planned trilogy. The equestrian novel quickly shot to the top of the genre’s Amazon charts, where it has remained for more than 10 weeks with a near perfect five-star review. Now nominated for a prestigious equestrian literature award, “In The Reins” is delighting not only equestrian fans, but romance and contemporary fiction readers alike.

“This book was definitely written with horse lovers in mind,” Kade says. “(But) you don’t have to love horses or have knowledge about them to enjoy the story or fall in love with the characters.”

“In The Reins” follows city girl Devon Brooke who is looking for a fresh start and getting back to her country roots after a sudden breakup. By fate she meets a mysterious cowboy, McKennon Kelly, whose deeply guarded secret takes them down a path of suspense, romance and self-discovery.

“I think one reason this book resonates so much with readers is because it’s a romantic drama about life and the struggles we all go through to overcome life’s challenges. (It) captures the struggle between letting life move forward and shying away from taking the reins,” Kade explains.



PHOTO BY MARK MORGAN

Kade's own narrative, which she describes as "a little bit country, a little bit city" helped shape the story. She grew up riding horses in rural Michigan and served as her country's 4-H Queen, but eventually hung up her spurs to pursue a job in marketing and public relations.

"I decided to try on a career in New York City," she explains. "Heartbreakingly, I knew the city was no place for a horse and sold my beloved childhood mount to chase my big city dreams."

Her dreams became reality, and for several years she worked as an artist development representative for Sony Music Entertainment and Universal Music, attending hundreds of concerts and rubbing elbows with the likes of Lady Gaga and Maroon 5.

"It was one of the most amazing times of my young adult life, but something was missing for me in the city, something never felt quite right," she says.

She eventually grew nostalgic for the simpler life outside the city (and enough space for a horse) and accepted a promotion that took her back to her home state of Michigan. There she met the two loves of her life, her cowboy-turned-husband and her horse, Sissy, before ultimately moving to Arizona and settling in the Arcadia neighborhood.

"When I arrived in Arizona, I knew that it was going to be my forever home," says Kade. "The scenery is so breathtaking in Arizona that I'm inspired every single time I saddle up, drive to the barn or take a walk."

And while the desert lifestyle has suited her nicely, she credits her her connections and experiences gained in her career that helped her write, self-publish and promote her first novel with great success.

"I always enjoyed creative writing but I never set out to be a writer," says Kade, explaining the character of McKennon Kelly came to her like lightning one day in the form of a poem.

"I vividly remember the day I furiously scrawled him in my journal," she explains. "He is all the things I think women wish men could be then sprinkled with a little bit of what I imagined a cowboy who can make the eight on the back of a raging bull would be like. That poem ended up being the intro to the book."

It is the realistic, captivating (and in some cases, drool-worthy) characters Kade developed that resonates most with readers.

"The leading lady, Devon Brooke, represents all the mixed emotions that make up a woman; strength, independence, uncertainty, desire to find love and that little bit of neurosis I think a woman can harbor when her fantasies don't exactly match up with reality!" she says.

The tension and lust that builds between the heroine and hero is the driving force of the plot, but it's not the only relationship that grows and develops. Kade provides an honest depiction of the bond between human and horse, one she is very familiar with.

"The horses play as much a leading role as the human characters," Kade says. "Many readers are actually enjoying the fact that they are learning so much about the human-horse connection because of my book."

As an equestrian literature fan herself, she was never quite satisfied by the books available to her, feeling they didn't represent the type of discipline she knows and loves.

"I think I've read everything in existence about horses, cowboys and romance. However, I couldn't find a horse book series written about the Western pleasure discipline," Kade says. "What truly inspired me to write 'In The Reins' is the fact that I wanted to read a love story themed around the type of horse shows I liked to compete in."

The equestrian community took notice, including the EQUUS Film Festival, the world's premier showcase for equestrian media such as feature films, music videos, commercials and literature. "In the Reins" has been named one of the festival's official literary selections for 2016 and the book is nominated for a WINNIE Award (the equestrian arts equivalent of an Oscar) in the Authors and Literary category. Winners will be announced at the event in New York City this November, where Kade will participate in book signings for fans and network with filmmakers for a potential partnership.

In the meantime, Kade continues to promote "In The Reins"



PHOTO ©MELANIE-ELISE.COM



PHOTO BY MARK MORGAN

with Arizona serving as the backdrop for her video teaser campaigns and inspiring her while she pens part two of the series.

"I do all the marketing for the book myself so it helps to have my own horse to stand in as I film the footage. Taking in the beautiful Arizona landscape (helps to) quiet my mind, really preparing me for creativity!"

She is also busy writing the remaining two books of the three-part "In The Reins" series, due out by early 2017, with plans to include a social approach to connecting with fans and new audiences.

"I am sort of writing the second and third book simultaneously," Kade explains. "I am toying with the idea of blogging the third book live so readers won't have to wait as long once the sequel comes out. I am excited about the journey this series is taking me on! I see a children's horse book series in my future too."

"In The Reins" is available on Amazon and the Kindle App. Visit Carly Kade's website, www.carlykadecreative.com, to learn more about here. Follow her on social media at www.facebook.com/carlykaecreative or www.twitter.com/carlykadeauthor.

Sneak Peek!

Get a feel for "In The Reins" with this excerpt, taken from chapter two

I felt hot, embarrassed and self-conscious. If I was going to win this cowboy over and get him to train us, I was going to have to learn his rules and follow them. A soft nicker broke my self-admonishment, and there she was. Faith was calling to me, soothing my frayed nerves, slowing the pace of my heart, offering peace in her wide brown eyes, ears pricked forward at my presence almost as if she sensed this was a different kind of day, the kind of day plump with opportunity and heavy with newness.

Faith was my gravity. She brought me back to earth and out of my head. I opened the heavy stall door, and she blinked expectantly at me, pushing her muzzle into the palm of my hand, her breath warm and moist on my skin. I put my chin to my shoulder and demurely peeked over it to catch a glimpse of McKennon. He was at Star's side, hand on his stallion's neck as Star continued his strain against the cross ties.

"Whoa now, boy," he purred, steely eyes on me, catching my glance. "Whoa," he murmured, his voice like silk running over my eardrums.

The stallion flexed his neck upward, ear turned toward him, and relaxed his head low in the cross ties at McKennon's wiry hip, calm again in the width of his palm.

Watching, I clung to Faith as she pressed her blaze to my chest. I took a slight step backward as she nudged me out of the stall into the aisle. I wrapped my arms around her sorrel and white painted head, across either side of her jowl, and under her throat, letting Faith's contentment at my presence press into me. Calm washed over me, and I stole a second over-the-shoulder look at McKennon as he adjusted the leathers at Star's side. I sighed at the spectacular realization that I had never really allowed myself to believe that real cowboys might actually exist, especially not one with brains and killer blue eyes, alive and breathing in my barn. This man was a real cowboy, not on the big screen, in my dreams or in my imagination, but here in my barn.

There was a heady, heaviness in the air as I saddled Faith in silence. McKennon slid down the wall, crouched in the aisle, tipping on the heels of his ostrich boots, and propped himself beneath Faith's stall. He twisted a long piece of hay retrieved from the ground between the fingertips of his lamb-skinned glove, relaxed, waiting patiently for me.

The only sounds between us were the bristles of Faith's brush as I gave her body a quick once over, the subtle squeak of leather as I tightened straps, horses shuffling in their stalls, searching for the last remnants of their breakfast flakes of hay, nostrils on muzzles blowing breath, serene chirping accented by the early morning coo of doves. There was a satisfying lack of and need for words.

Beside Faith, managing the cool metal bit into her mouth and lifting the headstall over her ears, I admired McKennon. Awe washed over me as I examined him. His eyes cast down, face hidden by the brim of his straw cowboy hat, twirling that piece of dried grass, he occurred as almost boy-like. This silence would be so much easier if I could only get beyond his model-like frame, lean muscles flexing easily with minimal motion, and the stirring in my blood that just looking at him caused. For but a moment though, I felt an easygoing bond between us, a shared silence like old friends or secret lovers. We had no need for words. We were just ourselves, enwrapped in the beauty of this horse world.

"You ready?" McKennon hummed as he cast the strand of hay away and stood to face me, penetrating blue bullets for eyes.

"Yes," I said breezily, feeling all melty on the inside like an ice cream cone that someone needed to hurry up and lick. Standing there facing his god-like gaze, I was thawing in the heat between us. Nervously biting my lower lip, I watched him examine my completed work of saddling Faith.

His eyes fell on my mouth, blinking; I released my lip, and his eyes shot back up to meet mine for a moment. Satisfied with my job well done, he squinted at me and said, "All right then."

McKennon moved to unhinge Star from the cross ties. He unwrapped the reins from the saddle horn and with his stallion in tow, languidly glided out into the morning rays of sun.

I slipped my hand down Faith's neck under her mane, gathered up her reins, and followed him, eyes unable to avoid admiring that all too perfect behind.



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What's better than buying local? Whether you're shopping for produce, handmade foods or handcrafted goods, Uptown Farmers Market has it all. The community spot, which is moving indoors for the summer, showcases over 60 vendors including local farmers and artisans in Arizona. Check out the Market every Saturday, 8 a.m.-noon. www.uptownfarmersmarket.com. Photo taken June 11, 2016 at 8:30 a.m.

PHOTO BY MARK MORGAN

low-down



Sutra Yoga Series

It's time to get your sweat on! LUSTRE Rooftop Bar is partnering with Sutra Studios to bring back its popular, free rooftop yoga series every Thursday night from 7-8 p.m. through Sept. 1. As part of the 100 Days of Summer events at LUSTRE, a DJ will be spinning music during the yoga class to go along with weekly themes. Guests are encouraged to bring a mat, towel and water. www.lustrerooftopbar.com.

JULY SCHEDULE:

**July 7 - Sutra Tranq Flow
Candlelight YogaVin**

**July 14 - Sutra Central Flow
'80s Remix Pool Party**

July 21- Modern Meditation

**July 28 - Sutra Central Flow
'90s Hip-hop Pool Party**



Juice Jive

Juby True is known for its cold-press juices, smoothies and boosters. This month, Juby True introduces three new summer juices: the berry happy is composed of strawberry, blueberry, green apple, ginger, lemon, mint, turmeric and camu camu. El Verde, a Chlorophyll dense, anti-inflammatory, is a mixture of dandelion, cucumber, romaine, lemon, kale, ginger, jalapeno, turmeric, parsley and Himalayan sea salt. Lastly, the spicy watermelon cooler, which supports libido and glowing skin, is made up of watermelon, lime, jalapeno and sea salt. www.foxrc.com.

Introducing Eatable

Formerly Arizona Foodie Pop-up Dinners, Eatable has been introduced as the company's new name to encompass the expansion of its event services. Eatable, founded by Arizona Foodie Diana Brandt, has a brand new location at (1514 W. Lynwood St., Phoenix) to accommodate the popular pop-up dinners featuring some of the Valley's most sought-after chefs. Eatable's dinner events offer an intimate gathering of just 20 guests per event with the rare opportunity to meet the featured chef and enjoy passed hors d'oeuvres, drinks and a three-course, sit-down meal, not found on the chef's restaurant menu. During the evening, guests are also treated to a demonstration of how the featured chef prepares the meal, and can mingle with the participating chef and other dinner guests in attendance. \$65. www.azfoodieblog.com



Grateful Spoon Gelato

Make your afternoon a little sweeter with half off all scoops of Grateful Spoon Gelato! La Grande Orange Grocery is offering Gelato Happy Hour Monday through Friday from 3-5pm with 18 different flavors to choose from, including delicious seasonal offerings such as summer berry (bountiful fresh fruit vegan gelato), whiskey caramel (bourbon gelato layered with housemade salted caramel), corazon (summer love – a combination of bright red, luscious fruits with a hint of passion fruit). www.lagrandeorangegrocery.com.



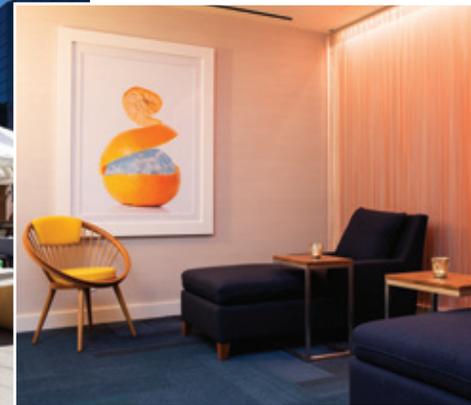
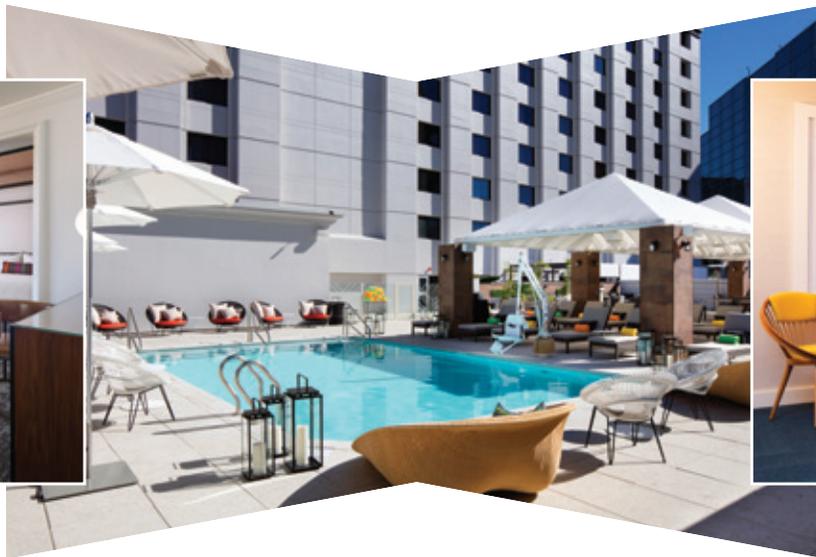
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COOL DOWN AT THE CAMBY HOTEL

Head to this hot spot for summertime fun

BY CHELSEA YOUNG

With a rooftop pool and beautifully appointed contemporary finishes, The Camby Hotel is hot, hot, hot! Fortunately, this new property will also keep you quite cool this summer, whether you're relaxing at the spa, digging into dinner, clinking glasses with friends or lounging poolside. 2401 E. Camelback Road, Phoenix; 602.468.0700; www.thecamby.com.

At the Spa

The Camby Hotel's Zest Spa is truly a pop of zest, with cheery citrus colors accenting the treatment rooms, spa lounge and outdoor relaxation patio.

Zest Spa specializes in twists on traditional treatments with 20-minute "Treats" (\$55) that focus on localized stress in the neck and shoulders, cranium or legs and feet. Treats are designed for those on a time crunch, business travelers or simply those who want a quick burst of relaxation between other indulgences.

Also offered are 50- and 80-minute treatments of the Custom Camby Massage and a Swedish-style Quietude Treatment. 50 minutes, \$120; 80 minutes, \$185.

Fill 'er Up

The hotel's restaurant, Artizen, serves crafted American cuisine with a focus on what's fresh and local; ingredients seasonally are sourced from area producers. The kitchen churns out rustic, yet sophisticated, food with a playful array of plate

sizes, allowing diners to share a variety of dishes. And dig into this fun fact: Chef Dushyant Singh was nominated for the 2016 Best Upcoming Chef by the Arizona Culinary Hall of Fame.

Cocktail Hour

With a copper-topped bar – and generously topped off cocktails – The Bees Knees is a modern take on speakeasies with innovative interpretations of classic concoctions. Some spirits are even infused with honey from the bar's own honeycomb. Ask lead mixologist Libby Longlott to whip up the namesake Bees Knees, of Bombay Sapphire Gin, lemon and orange blossom, and honey syrup made from the aforementioned honeycomb.

On Tuesdays, you can hear live music at the bar during "Open Mic Night" from 7:30 to 11 p.m., with drink specials and a \$10 deal on the Camby Burger.

And in true speakeasy fashion, a

private venue for groups, aptly named The Back Office, is hidden behind a door within a door. The boardroom table transitions to a pool table while the buffet table morphs into a shuffleboard game. When not in use by groups, the intimate space opens up as another place for guests to converse over cocktails.

Splash Around

Located on the hotel's rooftop, The Wade Poolside Bar, is an urban escape, complete with lounge chairs, cabanas and poolside pingpong, plus frosty tropical beverages. The special rooftop menu includes a selection of burgers, tacos and sandwiches, including those of the hand-wrapped ice cream variety. On Saturdays from 3 to 6 p.m., hear a DJ spinning energetic tracks, and when the sun goes down, the entertainment continues with films playing on the SkyWall starting at dusk on Saturday and Sunday nights.

Staycation Special

While summer rates start at \$159, you can get a true taste of The Camby Hotel and its surrounding area with The Uptown Dine Around Escape package (starts at \$229 per night), which includes accommodations, valet parking, two cocktails and dinner in the Biltmore neighborhood. Make it a double and stay two nights with the same perks; the two-night Double Take Escape starts at \$299.



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This Arizona landmark and AAA Four-Diamond resort, located in the upscale community of Litchfield Park, spans over 440 acres on an estate-like setting, crafted from distinctive adobe architecture. The Wigwam recently underwent a renovation that maintained its Arizona-rich character, while giving the desert jewel an updated look featuring comfortable, contemporary southwest charm based on a warm desert color palette and motifs. Although the hotel boasts a variety of family-friendly activities, don't forget that staycations aren't just for kids – The Wigwam also offers plenty to do on an adult-only getaway. 300 Wigwam Blvd, Litchfield Park, 623.935.3811, www.wigwamarizona.com.

Staycation Specials

Take a mini-vacation with The Wigwam's two great staycation deals, available through Sept. 8. The first, SummerScapes, offers room rates at only \$139 per night, and includes a \$50 per night resort credit. If you're looking to stay a while, check out 3-2-1 Summer Fun – 3 days and 2 nights for 1 great price. Rates start at \$179 Sun.-Thurs. and \$219 Fri.-Sat.

Tee It Up

The Wigwam Golf Club is the only golf club in Arizona to offer 54 holes of championship golf including two courses designed by the legendary Robert Trent Jones, Sr. Canals, streams and lakes cascade through the journey while the shadows cast on greens and bunkers are from majestic parkland trees at the resorts three, 18-hole courses, established in the 1930s. Through Labor Day Weekend, the desert jewel is offering a golf special every day for \$39+tax inclusive of clubs and shoes based on availability, \$29+ after 12:00.

Rejuvenation + Restoration

Head to the resort's world-renowned Elizabeth Arden Red Door Spa, inspired by customs of the American Southwest, for soothing services. This season, enjoy a summer SUNsational Hair treatment (\$65) which begins with a relaxing scalp massage, followed by a hydrating shampoo and

WANDER TO THE WIGWAM
Stay and play at the adult oasis this summer

BY GABBY RICHMAN



customized Fusio Dose that will instantly deep condition and restore healthy hair.

Pool Play

Every Fri.- Sun., The Oasis Pool will be designated as Adult Only (18+) Area. The Oasis Pool area and the Oasis Rooms have all been recently renovated and now have food and bar service Friday-Sunday from 11am – 5pm.

Dine + Drink

IT'S 5 O'CLOCK SOMEWHERE

Who doesn't love a cocktail when they're on vacation? Happy hour will be hosted daily at Red's Bar and Grill 3pm - 6pm daily. The Bar, which boasts 14 TV's and 12 different craft beers on tap, also hosts live entertainment Thursdays, 6-9 p.m.

The lively social hub of the hotel, The Wigwam Bar, serves breakfast, lunch and dinner daily with daily happy hour from 4-6 p.m. Other features of the main lodge bar include outdoor fire pits that overlook two new, custom built regulation masonry Bocce Courts as well as volleyball, ping pong and cornhole. Live entertainment is available Fridays, 7-10 p.m.

WINEMAKER DINNERS

Sip and savor at The Wigwam during the intimate "Winemaker Dinner Series" featuring an exclusive four-course dinner presented by Executive Chef Rich Hinojosa, a certified second level sommelier. Chef Hinojosa creates a special menu to expertly pair and complement each wine served. Guests have the opportunity to interact with chef Hinojosa and a winery representative throughout the evening. Reservations are required (623.935.3811), \$89 per person. Dates: Jul. 22, Etude; Aug. 19, Bennet Lane; Sept. 23, Celebration of Italian Wines.

5 C's OF ARIZONA MENU

The Wigwam's original Arizona roots come to life in Chef de Cuisine Chris Knouse's featured 5 C's (Copper, Cattle Citrus, Climate and Cotton) of Arizona menu, available at Litchfield's the first Fri. and Sat. of each month. Dates: July 1 -2, Aug. 5-6, Sept. 2-3.



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*TERMS & CONDITIONS: ADVANCE RESERVATIONS ARE REQUIRED AND SUBJECT TO AVAILABILITY. BLACKOUT DATES AND RESTRICTIONS APPLY. OFFER IS NOT VALID JULY 1-4, 2016. RESORT FEE AND TAX ARE NOT INCLUDED IN THIS PRICING. CANCELLATIONS MUST BE RECEIVED 72 HOURS PRIOR TO ARRIVAL. MUST SHOW VALID ARIZONA RESIDENT ID UPON CHECK-IN.



do

Fourth of July Arts & Crafts Festival

**July 1-3
Downtown Pinetop**

Head to downtown Pinetop for one spectacular, juried art extravaganza. More than 75 artists will show work in a variety of mediums such as painting, photography, metal, glasswork, sculpting, pottery and jewelry. There will also be unique crafts, music, food and a silent auction. Free. Fri.-Sat., 9 a.m.-5 p.m.; Sun., 9 a.m.-3 p.m. www.highcountryartgallery.com.

Hopi Festival of Arts & Culture

July 2-3

Flagstaff, Museum of Northern Arizona
A Fourth of July tradition since the 1930s, this festival features more than 80-winning artists from Hopi villages in northern Arizona. Enjoy a stunning selection of jewelry, pottery, paintings, woodworking, baskets and textiles, plus traditional music and dance, art demos and authentic food. Free with museum admission. 9 a.m.-5 p.m. www.musnaz.org.

Flagstaff Antique Summer Showcase

July 8-10

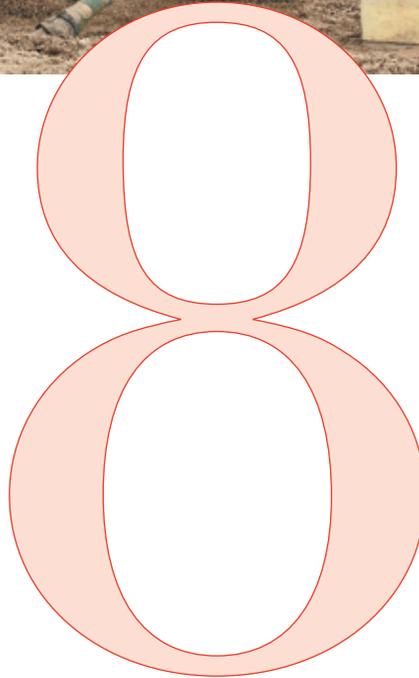
Flagstaff, Coconino County Fairgrounds
Arizona has a history rich of tales from the Wild West. This show celebrates Arizona culture with a variety of antiques from the 1800s through the turn of the century. Regional exhibitors will display and sell a medley of antiques, collectibles, jewelry, Western doodads and Kachinas. \$3. Times vary. www.azantiqueshow.com.

Snowflake Pioneer Days

July 22-23

Snowflake, various locations

The town of Snowflake is a hub of regional attractions, from native cultures to the forested White Mountains. Here, you'll find that the pioneer spirit thrives, and what better way to celebrate than with Pioneer Days? Enjoy a parade, a car show, entertainment, a barbecue, tournaments and dances. Nothing says pioneer like a two-day rodeo and some fireworks to light the sky. Times and prices vary. www.snowflaketaylorchamber.org.



GREAT
EVENTS TO
ATTEND THIS
MONTH!

*Beat the heat with day trips
to cooler climates*

BY ELIZABETH LIBERATORE
PHOTO COURTESY OF MILLER PHOTO

Prescott Frontier Days & World's Oldest Rodeo

July 1-4

Prescott, Prescott Rodeo Grounds

Since 1888, this event has occurred annually over Independence Day weekend with eight rodeo performances. The event also features Arizona's second largest parade, live performances, a rodeo dance, an arts and crafts show and more. Ticket prices and times vary. www.worldsoldestoredo.com.

Fourth of July Celebration

July 4, 9 a.m.

Flagstaff, various locations

Celebrate the Fourth of July with a smorgasbord of quintessential Independence Day events. Don your red, white and blue and start the day with a front row seat to the city's Fourth of July parade. The parade features handmade floats, performances and entertainers. The day continues the Flagstaff Symphony Orchestra playing outdoors, and concludes with a fireworks spectacular. Free. www.flagstaffarizona.org.

Arizona Highland Celtic Festival

July 16-17

Flagstaff, Foxglen Park

The Arizona Highland Celtic Festival celebrates Irish culture with activities and workshops dedicated to all things Ireland. Enjoy live entertainment, Celtic displays, workshops, historical reenactments, competitions and demos all while soaking up the refreshing northern Arizona breeze. \$5-\$25. Sat., 9 a.m.-6 p.m.; Sun., 9 a.m.-4 p.m. www.nachs.info.

Payson Book Festival

July 23

Payson, Gila Community College

Head to the cooler climate of Payson, and enjoy a celebration of literature for all ages. Attendees can interact with 70 local authors, who will also give presentations and workshops as well as sign books throughout the day. Young readers will have an opportunity to enjoy story time with children's book author Conrad J. Storad, who will also give a Young Writers Workshop for those ages nine to 12. Free. 9 a.m.-4 p.m. www.paysonbookfestival.org.



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can enjoy your life.”

do

FLIGHT OF THE CONCHORDS

July 3, Comerica Theatre
New Zealand-based comedy band, Flight of the Conchords, takes flight to the Valley this month with a performance both equal in humor and musical talent. Watch members Bret McKenzie and Jemaine Clement belt out carefully constructed melodies with added comical commentary on the side. The duo's comedy and music became the focal point of a BBC radio series followed by an American television series that aired for two seasons on HBO. Between their lively performances and entertaining banter, McKenzie and Clement have gained a worldwide following. 8 p.m. \$39.50-\$55. www.comericatheatre.com.

TEMPE'S 65TH ANNUAL FIREWORKS SPECTACULAR

July 4, Tempe Town Lake
Tens of thousands of people attend this celebration as it is the largest fireworks display in the state of Arizona. The fireworks spectacular will be launched from the Mill Avenue Bridge and choreographed to music for all tastes and interests including patriotic, pop, country and more. The event also features live musical performances, food and beverage and games and activities for all. Do not miss out on one of Tempe Town Lake's most reputable events that attracts residents and visitors alike. 5-11 p.m. Tickets sold at Fry's stores for \$6 each or \$8 at the gate. www.tempe4th.com.

BREACH: LOG 16

July 4- Aug. 6, ASU Art Museum
Go back to school for a day! Santa Fe-based artist Courtney M. Leonard grew up in the Shinnecock Nation of Long Island, N. Y., where culture historically revolved around whaling and water. Leonard's exhibition "Breach: Log 16," is an exploration of historical ties to water and whale, imposed law and a current relationship of material sustainability. 11 a.m.- 5 p.m. Free. www.asuartmuseum.asu.edu.

CHICAGO

July 6, Celebrity Theatre
The band Chicago had a steady stream of hits throughout the 1970s and 1980s. Formed in Chicago, IL., Chicago began as a politically charged, sometimes experimental, rock band and later moved to a softer sound, generating several hit ballads like "Saturday In The Park." As one of the longest-running and most successful rock groups, Chicago has sold more than 100 million records. Do not miss out as these rock and roll legends take the Celebrity Theatre stage this month. 7:30 p.m. \$71-\$132. www.celebritytheatre.com.

JUDY GARLAND: A MUSICAL LEGACY

July 11-21, Herberger Theater Center
Rediscover a famous and historical personality, and legendary entertainer. Judy Garland attained international stardom that continued throughout a career spanning



JULY
CALENDAR

WRITTEN AND COMPILED BY
ELIZABETH LIBERATORE

4th of Zooly

July 4, Phoenix Zoo

Join the Phoenix Zoo and friends for an Independence Day extravaganza. The evening features food, fun, furry friends and fireworks! Enjoy a catered BBQ dinner on the Lakeside lawn complete with hamburgers, hot dogs with green salad, BBQ baked beans and chocolate chip cookies. Animals will make special guest appearances, an inflatable bounce house and slides are available for kids, and a special view of the Tempe Town Lake Fireworks will light up the night sky. The fun begins at 7 p.m. \$45 for adults and \$35 for kids. www.phoenixzoo.org.

more than 40 years as an actress in musical and dramatic roles. Come and listen to her music, life stories and feelings at The Herberger Center's unique showcase that honors Garland and her work. Attendees will experience an intimate musical cabaret that tells the honest story in her own words. Accompanied on the piano by Joe Bousard, the show is performed by three actors/singers who portray the essence of who she was and who her real friends were. 12:10 p.m. and 7 p.m. \$6. www.herbergertheater.org.

AN EVENING WITH LYLE LOVETT AND HIS LARGE BAND

July 12, Mesa Arts Center
Lyle Lovett: singer, composer and actor. Lovett, a main of many tricks, is the definition of American music in a career that spans 14 albums. Coupled with his knack for storytelling, The Texas-based musician fuses elements of Americana, swing, jazz, folk, gospel and blues in a convention-defying manner that breaks down preexisting barriers. Lovett will be accompanied on tour with 'The Large Band' where he and his band will provide a Valley audience with a performance full of awe. Brace yourself for one of the most compelling and captivating shows where true talent is at the forefront. 7:30 p.m. \$48-\$78. www.mesaartscenter.com.

RASCAL FLATTS: RHYTHM & ROOTS TOUR

July 15, Ak-Chin Pavilion
One of country music's most acclaimed groups, Rascal Flatts, hit the road this summer with their Rhythm & Roots Tour. The band has released ten studio albums since arriving on the scene in 2000. They have accounted for more than 25 singles – 13 of which have reached No. 1 on Billboard Hot Country Songs and/or Country Airplay. Do not miss out as the Rascal Flatts serenade a Valley audience while also sharing the stage with two-time ACM nominee Kelsea Ballerini and up-and-comer Chris Lane. 7:30 p.m. \$24-\$217. www.ak-chinpavilion.com.

SEE THE WORLD SUMMER STAY-CATION FILM FESTIVAL

July 16, Phoenix Art Museum
The best summer getaway is right in your own backyard! No need to book travel and hotel reservations when you can kick back and relax at the Phoenix Art Museum's Stay-Cation Film Festival. With a lineup of three independent films exploring themes of perspectives of social justice, political resistance and cultural identity (Big Mountain, Diné Bikéyah); mysticism, tradition, and the fantasy of celebrity (Recommended by Enrique); obsession, passion and the unrealized dream (Persistence of Vision), the See the World Summer Stay-cation Film Festival will broaden your scope of reality and film without having to leave the desert. 11 a.m., 1 p.m. and 3 p.m. \$10 (does not include general admission). www.phxart.org.

LUNCH AND LEARN

July 16 and 23, Sanctuary Camelback Mountain Resort and Spa

The award-winning culinary series returns for the 15th season. This interactive summer series features informative discussions and cooking demonstrations with a new lineup including some of the country's top chefs and culinary experts. Get the opportunity to learn from chef Curtis Cameron and chef Russell LaCasce during the first date option in July, or the James Beard award-winning artisan chef Allen Susser during the second. Lunch, \$75; dinner, \$125. www.sanctuary-oncamelback.com.

GOO GOO DOLLS

July 19, Comerica Theatre

The Goo Goo Dolls swept the nation as rock music's poster child throughout the mid-late 90s. Their 1998 single "Iris" was the band's ticket to fame as it ranked #1 on Billboard's "Top 100 Pop Songs 1992-2012" chart. Goo Goo Dolls are anything but a one-track wonder. Along with "Iris," the band has released 19 top ten singles and just last month their eleventh studio album, *Boxes*, debuted. They will be joined by two other highly-acclaimed alternative rock bands: Collective Soul and Tribe Society. 7 p.m. \$48.50+. www.comericatheatre.com.

STEVEN TYLER...OUT ON A LIMB

July 20, Comerica Theatre

Those long, luscious locks; a smile that stretches ear-to-ear; and a microphone dressed with scarves as colorful as his bright personality. Who else fits this description than non other than lead singer of the Boston-based rock band Aerosmith? While the famed 1970s band won't be joining him, front man Steven Tyler stops by the Valley this month for his solo performance *Out on a Limb*. Audience members can anticipate in-depth stories and insights on stage from Tyler's recounts of his piano upbringing to trials and tribulations of his life with his band. Steve Tyler is going out a limb and unveiling a bare-boned side of himself that fans have yet to see. 8 p.m. \$49.95+. www.comericatheatre.com.

**CONTEMPORARY FORUM 2016
SUMMER FILM FESTIVAL: HOW TO
STEAL A MILLION**

July 20, Phoenix Art Museum

How to Steal a Million is a romantic heist comedy featuring the timeless Audrey Hepburn (Nicole) and dapper Peter O'Toole (Simon). The film follows Hepburn's character as she must steal a statue from a museum to help conceal her father's art forgeries. Nicole's father, a highly-skilled art forger and legendary "art collector", lends his renowned Cellini Venus to a Paris museum. He soon discovers that the statue was sculpted by Nicole's grandfather, another well-known art forger. Before technical examinations are completed that would prove the Cellini Venus was a forgery, Nicole enlists the services of "society burglar", Simon, to steal back the million-dollar statue before her father gets



Winter in July

July 16, Phoenix Zoo

The thermometer outside may read well over 100 degrees but the Phoenix Zoo is cooling off this summer season with Winter in July. Chill out in more than 50 tons of snow, splash around at the wet and wild play areas, and watch lovable animals enjoy icy treats. The morning will include live music and games with DJ Rockin' Rob. Escape the Sonoran heat and cool off this month with Phoenix Zoo and its furry friends. 7-11 a.m. Children entry: \$14; Adult entry: \$20. www.phoenixzoo.org.

caught and sent to prison. Do not miss out on one wickedly written screen play with strong aesthetics and character development. 6:30 p.m. Free. www.phxart.org.

DRESS FOR SUCCESS FUNDRAISER

July 28, StandUpLive

Actor and Comedian Sinbad arrived on the comedy scene with a "hit'em in the face" style of comedy that has kept audiences laughing in the aisles for over the past two decades. He freely admits that he doesn't know any jokes, except for the ones that his dad told him "back in the day". Sinbad tells stories, and boy does he tell stories! The basis of his humor comes from everyone he's meets, everything he's seen, and everything he's done. This event is sure to be one to remember. 7 p.m. \$50-\$100. www.standuplive.com.

RIPE AWARDS

July 30, Phoenix Art Museum

The Ripe Awards honors the rising stars of the greater Phoenix food scene. The awards celebration returns in its fourth year, recognizing cutting-edge chefs and bartenders from across the Valley who are expected to make a major culinary impact in the year to come. Winners are selected by various representatives following an open-to-the-public nomination process. Ripe nominees are acknowledged for their unique contributions to the local culinary scene and their ability to best represent the essence of Phoenix through food. Attendees at the event can sample winners' creations, sip on locally-made wines and celebrate a bright night in the Valley's food scene. 7 p.m. \$65. www.phxart.org.



Sangria? Yes, please!

Do you enjoy a glass of vino with your slice of pizza? Each of Grimaldi's locations across the Valley is offering half off select bottles, carafes and glasses of wine – as well half off their summertime sangria made with fresh strawberries and blueberries – every day through the end of September. www.grimaldispizzeria.com.

Sizzling Summer Specials

The Market Restaurant + Bar by Jennifer's is the place to be this season. From buy one, get one sandwiches on Wednesdays (11 a.m.-3 p.m. with purchase of beverage), to Summer Starter Fridays, where diners can get a choice of appetizer and two glasses of house wine for \$20 and pre-fixe dinners (\$50) for two Wed.-Sat., there is something for everyone. www.themarketphx.com.

Culinary Countdown Summer Dining Series

Through September 15, J&G Steakhouse will join the second annual Culinary Countdown Summer Dining Series at The Phoenician. For \$40 per person, diners can enjoy a three-course summer menu, available nightly. The menu includes prime meat, seafood or chicken with hyper-seasonal ingredients, plus appetizers and dessert selections such as include a chopped salad and an assortment of sorbets and ice cream. www.thephoenician.com.

Wet Hop Arizona Summer

Federal Pizza recently kicked off its Wet Hop Arizona Summer, where guests who pick up any drive-thru pizza on Wednesdays will receive a free 32-ounce



GOODBYE
SNOWBIRDS,
HELLO
SAVINGS

*Seven specials
to score this summer*

BY ALISON BAILIN BATZ

We get it. Spring, and the perfect patio weather that comes along with it, is officially over. But that doesn't mean your social life has to be!

In fact, summer is the best time to explore the Valley's thriving restaurant and bar scene – at a discount. Check out these spectacular summer savings available now through the end of summer near you.

growler filled with a featured craft beer of the week. The program, which will showcase a different craft brewery each Wednesday, runs through the end of August. Follow Federal Pizza on Instagram (@federalpizza) where each week they will announce the latest lineup. www.federalpizza.com.

Take 10 Back

Wouldn't it be great if you could get a discount just by saying a few words? Now you can. Crudo is keeping it simple: Diners who come in Tuesday, Wednesday or Thursday from 5 p.m. to 9 p.m. will get \$10 off by simply saying "local love" to their server. www.crudoaz.com.

Less for Lunch

Monday through Friday from 11 a.m. to 3 p.m., Sierra Bonita Grill has a regularly rotating menu of five different lunch specialty entrees, each for only \$10. www.sierrabonitagrill.com.

Wine Down (Every) Day

Nook Kitchen is offering 50 percent off all bottles of wine all summer long, while Nook Kitchen in Downtown Phoenix will offer a pizza and select bottle of wine for just \$25. www.nookkitchen.com.

dentalhealthreport

PAINLESS FIX FOR RECEDING GUMS! PINHOLE GUM REJUVENATION



Treatment: Pinhole Surgical Technique for 3 Teeth in this patient's Upper Left Quadrant
Procedure time: 45 minutes. No sutures, no pain medication.

Over the past year, Dr Erik Svans and Dr Steven Chang have treated 100's of teeth with a revolutionary procedure to correct Gingival Recession away from a procedure called Pinhole Surgical Technique™ or PST™. The results have been very impressive, without the need for suturing and cutting donor tissue from your palate, which was required for Traditional Gingival Grafting. Focusing on solving the original cause of the recession first (overzealous brushing, history of periodontal disease, bruxism), and treating the affected sites with PST™ second, Dr Svans and Dr Chang have been able to provide an alternative to Gingival Recession

Correction predictably and reliably with minimal pain—the number one reason why patients and dentists dislike the Traditional approach. Pinhole Surgical Technique was designed to help those who suffer from Gingival Recession procedure that is considered the most painful procedure in Dentistry.

Dr. Svans and Dr. Chang were two of the first dentists in Arizona and the United States trained and certified as Pinhole Surgical Technique™ Providers. During your Complimentary Consult, they can educate you on this amazing procedure and how they can help correct your receding gums without sutures and with mild post operative pain.



ERIK P. SVANS DDS



Treatment: Pinhole Surgical Technique for 5 Teeth in this patient's Upper Arch.
Procedure Time: 60 Minutes. No sutures, no pain medication



STEVEN C. CHANG DDS



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This year's featured Valley organization is Arizona's Burn Foundation (www.azburn.org), a nonprofit that provides survivor support programs that help children and adults cope with the devastating psychological and physical effects of their injuries. Aveda Institute Phoenix, one of the main sponsors for this year's fashion show, will be giving four patients of the AZ burn foundation the VIP treatment by giving them glamorous makeovers for the day of the event.

The fashion show, held at The Vintage 45 in the heart of Downtown Phoenix's warehouse district, features local businesses selling some extraordinary goods as well as eight designers whose pieces are hitting the runway. The featured brands include Woman's Touch Apparel, Last Ones Left, My Style Mode, Mabella Chic, Electric Lyon, Nazila Couture, Lana May Collaboration and Hamati Designs.

BRAVE BASH

Raising awareness on the runway

BY GABBY RICHMAN

PHOTOS BY STEVEN FELLHEIMER

If You Go...

WHAT: 4th Annual Brave Wings Fashion Show

WHEN: July 16, 7 p.m.

WHERE: The Vintage 45, 45 W. Buchanan St., Phoenix

TICKETS: General, \$35; VIP (front row and swag bag), \$100

INFORMATION: www.bravewingsfashionshow.com

What is better than seeing a great fashion show? The answer is giving back while doing so, and Brave Wings does just that. The Organization, founded by clothing line owners Mabel Cortez and Jenesis Laforcade, gives designers a platform to show their latest work while giving back to a local nonprofit organization. Brave Wings hosts an annual premium fashion show that raises awareness and funds to support a different charity every year. Last year's event attracted a sold out audience of over 400 people, and this year Brave Wings expects over 500 attendees.



RISE AND DINE

Arizona Breakfast Weekend hits town

BY GABBY RICHMAN
PHOTOS BY JOANIE SIMON

In summer 2015 Arizona Breakfast Weekend, by Arizona Restaurant Association, hit the hottest breakfast spots Valley-wide. This year, breakfast-lovers can rejoice because its back and highlighting the most important meal of the day by elevating breakfast and brunch options around the Valley yet again.

From sizzling Southwestern and soothing comfort foods, to five-star dining and international fare – it's all on the table



If You Go...

WHAT: 2nd Annual Arizona Breakfast Weekend

WHEN: July 28-30, times vary

WHERE: Select Valley Restaurants

TICKETS: \$7-\$15

INFORMATION: www.arizonabreakfastweek.com

during Arizona Breakfast Weekend. The weekend provides diners a wealth of restaurant opportunities and the chance to get outside their own neighborhood and try something new. Chefs will have the chance to curate new recipes and to wow breakfast lovers by elevating and celebrating the morning meal. So prepare your taste buds and dig in!

Restaurants will offer unique breakfast dishes and brunch experiences at varying prices for all four tasty mornings. Breakfast Weekend will feature three dining price points (\$7, \$10 or \$15) and each restaurant that participates will offer a signature dish or combination that corresponds with the price point. Some restaurants may choose to offer a “breakfast for dinner” option. Doners should check the website for full details.

Over 40 restaurants participated last year, and it is anticipated that the number will increase to over 50 this year. Some of the confirmed restaurants include: Wildflower Bread Company, Rusconi's American Kitchen, Original Breakfast House and The Market Restaurant + Bar by Jennifer's. Visit www.arizonabreakfastweekend.com to view the full list of participating restaurants and menus.



WHAT INSPIRED YOU TO BECOME A CHEF?

Growing up with my father, cooking was a part of his life in Spain with his mother that he was very passionate about. Every night after my chores and homework were complete there was always a dinner that needed to be made. My father loved to teach new European cooking techniques and I loved to learn. After I left home, I wanted to learn more about the cooking world.

WHAT FOOD IS YOUR GUILTY PLEASURE?

I love Paella! So many ways to make this one dish delicious! Maybe some day we will create a breakfast paella at Snooze!

IF YOU WEREN'T A CHEF, YOU'D PROBABLY BE....

A gardener because I love being outdoors, taking care of all of our plants and trees. If that went south, I would have to say a stay at home mom!

FAVORITE FOOD MEMORY:

When I was a little boy, I shot down a bird in my back yard. Instead of leaving it and going for another bird, my father made me pick it up and bring it inside the house. He then told me to boil some water in order to get rid of the feathers. After that, he made me cook it in a pan and eat it. I never shot at another bird in my life!

WHAT IS YOUR FAVORITE MEAL TO MAKE?

Besides breakfast, anything barbequed! I love being outside, cooking outdoors with the family, running around beside me. Snooze last year took all of the Head Chefs to Austin, Texas for three days to retain some knowledge on how Texas shows their love in their food. All that I have to say is The Salt Lick. Wow, that company knows their barbeque!

Snooze, An A.M. Eatery, 2045 E. Camelback Road, Phoenix; 480.725.8000; www.snoozeeatery.com.

CHEF CONVERSATIONS

In the kitchen with Christopher Reed Ortiz Garzaran, head chef of Snooze, An A.M. Eatery, at The Shops at Town & Country

BY GABBY RICHMAN

PHOTO BY MARK MORGAN

LOCKED AND LOADED

Bonus Round's golden ticket

BY GABBY RICHMAN
PHOTO BY DEBBY WOLVOS

Greek out and get your game on at Bonus Round, the newest central Phoenix destination for delicious food, specialty cocktails, draft beer, and arcade and table top games. Whether you want to read your comic book, check out the free classic arcade games or meet up with friends for a bite, Bonus Round has something for everyone – including delicious cocktails.

One of our favorites is the Golden Gun (happy hour, every day 4-6p.m., \$8; regular hours, \$10), designed by renowned mixologist Case Wallin. This handcrafted cocktail features Iwai Japanese Whiskey as the base, which is aged in former bourbon barrels at the highest distillery in the Japanese Alps, Mars Shinshu.

The remainder of the sipper is made up of Amaro Montenegro, lemon juice and pineapple syrup.

"The Golden Gun features balanced pineapple sweetness with just a touch of spirit from the Japanese whiskey, while the Amaro Montenegro lingers toward sophistication, the perfect cocktail for a night out," says Jacob Rendel, owner of Bonus Round.

The Golden Gun, which comes from Rendel's own passion for whiskey, Japanese tradition and love of James Bond, fits right in with Bonus Round's list of unique craft cocktails. The menu's drinks feature unique spirits that you might not have otherwise tasted, such as sip-pable gin, mezcal, unique liquor or in this case, a Japanese whiskey.

24 W. Camelback Road, Phoenix;
602.374.6936; www.brphx.com.



PITCHER PERFECT

Serve your favorite beverages in style

BY GABBY RICHMAN | ITEMS COORDINATED BY SAMANTHA LAPID

(Clockwise from top)

Clear glass with metallic gold flamingos, Rosanna, \$78 at Nordstrom, 480.946.4111.

Blue swirl, Mikasa, \$72 at Neiman Marcus, 480.990.2100.

Multicolor striped, \$29.95 at Pier 1 Imports, 480.922.3987.

Blue with butterfly detailing, MacKenzie-Childs, \$80 at www.horchow.com.

Orange-and-red printed ceramic, Certified International, \$30.99 at Bed Bath & Beyond, www.bedbathandbeyond.com.

INDULGE

shop / allure / haute property / dwell / wheels / places / want



Summertime in the Valley means it's time to pack your bags and jet set to more fair-weathered locales. You have the stylish swimsuits, couture clothing and accessories to boot, but what about something equally as elegant in which to pack it all? Enter the Crocodile Trolley/Roll Aboard Suitcase by Nancy Gonzalez. Handcrafted by local artisans in Colombia and comprised of Caiman crocodile skin, this baby blue carry-on speaks of serene skies and cooling waters. Bon voyage! \$7,750 at Neiman Marcus, 480.990.2100.



PUT A
RING ON IT

*Handy statement pieces
that wow*

BY GABBY RICHMAN | ITEMS COORDINATED BY SAMANTHA LAPID | PHOTOS BY BRIAN R. SMITH

(Clockwise from top)

Diamond and sapphire half-finger, Afaron, \$9,400 at Isaac Jewelers, 480.941.9090.

Blue pear-shaped, \$29 at Elan Style, 480.941.5575.

Thick gold band with crystal detailing, \$29 at Elan Style.

Turquoise oval, \$15 at Divalicious, 480.699.7634

Overlapping oval with crystal detailing, \$30 at Divalicious.

Blue Topaz 18-karat gold and silver with diamonds, Judith Ripka, \$895.95 at To Be Continued...A Consignment Boutique, 480.699.2700.



ONE-PIECE WONDERS

Beat the heat with these lightweight rompers and dresses

BY GABBY RICHMAN | ITEMS COORDINATED BY SAMANTHA LAPID | PHOTOS BY BRIAN R. SMITH

(Clockwise from top)

- Blue-and-white printed backless maxi dress, Aakaa, \$59 at La Foi Boutique, 480.664.0887.
- Pink-and-tan floral sleeveless dress, Dolce&Gabbana, \$475.95 at To Be Continued...A Consignment Boutique, 480.699.2700.
- Black-and-white striped swing dress, Ginger G, \$38 at Divalicious, 480.699.7634.
- Yellow strapless maxi dress, Catwalk Studio, \$58 at Divalicious.
- Black romper with tassel detailing, Sievergate, \$45 at Divalicious.
- Striped romper with keyhole front, DEPRI, \$82 at Elan Style, 480.941.5575.
- Gray printed V-neck dress, Union of Angels by Cindy Bapst, \$148 at Elan Style.



SUMMER BEAUTY 101

Defend your skin with these ultimate beauty must-haves

BY LACI LANGSTON

Summer is here, and while some migrate to areas with cooler weather, others must face the heat head-on. These higher temperatures can often leave you with smudged mascara, melting foundation and overall damage to your skin. Take action this summer by using these fundamental beauty products that not only help you achieve that highly coveted summer glow, but also assist in avoiding sun damage in the process.



LA MER 'Soleil de La Mer' The Reparative Body Sun Lotion SPF 30

This deluxe and ultra-hydrating sun protection lotion shields the skin from harmful UVA and UVB rays and provides substantial anti-aging benefits, keeping your skin looking and feeling youthfully radiant. It not only helps prevent signs of aging, but repairs existing damage as well. Transform your summer skin with active ingredients like nutrient-rich algae, protective antioxidant extracts and semi-precious stones. Smooth over your body 30 minutes prior to sun exposure and your skin will reap the benefits, allowing for complete rejuvenation. \$95 at Nordstrom, 480.946.4111.

Dolce&Gabbana Passioneyes Waterproof Duo Curl & Volume Mascara

Smudged mascara is one of the endless beauty problems in the heat of summer; D&G's waterproof mascara will be your knight in shining armor come summertime. Resistant to water, tears, humidity and hot weather, this product surely delivers! It's naturally derived formula uses tapioca polymers combined with natural beeswax, creating conditioned, hydrated lashes with bold volume. Who needs a lash curler when you have mascara that simply does it all? \$29.50 at Saks Fifth Avenue, 602.955.8000.

Orbe Apres Beach Wave and Shine Hairspray

Want bombshell beach hair in the desert? This two-in-one spray creates texture and shine, generating a tousled, sultry, wavy look without the sticky and salty stiffness. Orbe uses hydrolyzed wheat protein, vitamin B, copolymers and amber extracts to volumize each hair shaft adding a wavy texture, while a mix of moisturizers, including safflower seed oil and marigold extract, restore dry ends and galanga root extracts provide UV protection. Achieve that "vacationing in the Caribbean" look using this magic-in-a-can spray. \$39 at Neiman Marcus, 480.990.2100.

Maifanshi Aqua Foundation Illuminator in Sheer Pink

Keep the glow going all day long with a water-based illuminator that highlights and brightens the face, allowing for a natural finish. Use it to reduce fine lines, blend uneven skin and create a beaming, sculpted look. Formulated with more than 18 moisturizing ingredients, such as green tea, licorice, algae, birch bark and Bretagne sea water, this foundation hydrates and protects against environmental dryness and enriches your natural beauty. Hello, glowing goddess! \$39 at Sephora, 480.991.0915.



As you pull up to this hacienda-style estate, you'll be greeted by plush, mature Arizona greenery. When you walk through the front door, the space gives off a warm, Santa Barbara vibe, featuring wood-beamed ceilings, Spanish tile and tons of natural light.

The home, built by Greg Hunt, is designed for comfort yet perfect for entertaining, with both informal and formal dining and living rooms. Then, step into the gourmet kitchen, which features professional grade stainless steel appliances, two roomy islands, two walk in pantries and plenty of upper and lower cabinet storage.

Although it may sound like your average home, this gem is much more than that. Think of it as the perfect place for a couple who has already raised their family. The couple that originally built the home designed it as a family retreat for their grown children and their grandchildren to enjoy when visiting. The main home features a grand master suite as well as two offices. Additionally, you'll find tons of space for visitors in the guest home, which has three separate bedroom suites as well as a "bunkhouse," complete with

boys' and girls' bathrooms, meant for the couples' nine grandchildren.

Whether you're hosting a family reunion or a party, entertainment continues in the resort-style backyard, equipped with everything you could need for family – and more. Looking to take a dip? Dive into the heated pool and spa, or have a summer grill-out using the built-in barbecue and wood burning pizza oven. Spend the rest of the day staying active on the putting green or sport court and at



Spotlight:
**HACIENDA-
 STYLE HOME**

BY GABBY RICHMAN
 PHOTOS COURTESY OF
 WALT DANLEY REALTY/HIGH RES MEDIA

night, sit by the fire pit to make a S'more. The backyard also showcases a variety of citrus trees and numerous seating areas and covered patios.

5110 E. Roadrunner Road, Paradise Valley, AZ 85251. Listed for \$2,250,000 with Karen Pratte of Walt Danley Christie's International Realty, 602.228.4377 or KarenP@WaltDanley.com.



S U M M E

Make a splash with these haute pieces

BY CHELSEA YOUNG

Sunny - Do Not
Disturb straw sun
hat, Eugenia Kim,
\$485 at Nordstrom,
480.946.4111.



S T A T E

R T V M E



Reva mini logo
dial double-wrap
leather strap watch,
21mm, Tory Burch,
\$395 at Nordstrom,
480.946.4111.

M E N T S



Dali drop earrings,
BaubleBar, \$36
at Nordstrom,
480.946.4111.



Tortoiseshell cat-eye sunglasses, Jason Wu, \$360 at Optics of Scottsdale, 480.991.0509.

Hanalei collar necklace, BaubleBar, \$52 at Nordstrom, 480.946.4111.





Miss Havisham
openwork cuff,
Alexis Bittar, \$245
at Nordstrom,
480.946.4111.



Sun Seeker tall
gladiator sandal
in charcoal gray,
Free People, \$138
at Nordstrom,
480.946.4111.



Falabella denim pouch with convertible strap, Stella McCartney, \$620 at Nordstrom, 480.946.4111.



John and Onagh Boppart



Connie Binns and Barbara Ottosen



Jacquie Dorrance, Bob Bondlow and Susan Hunter Palmer



Steve and Ardie Evans and Gena and Harry Bonsall

SEEN

Opening Night of Round
 PHOTOS BY HAUTE PHOTOGRAPHY
 Members from Ballet Arizona's Prima Circle and Desert Botanical Garden's Patrons Circle celebrated the Opening Night performance of *Round*. The production, choreographed by Ballet Arizona's Artistic Director Ib Andersen, was set on a 360-degree stage at the garden's event plaza. The evening featured an alfresco dinner and cocktail party.



Peter Fine and Rebecca Ailes-Fine



Karen Fruen, Bob and Shoshana Tancer



Chuck and Kathy Munson



Mal and Jane Jozoff



Margot Knight and Sally Lehmann



Tiia and Jeffrey Mandell



Ken Schutz and Ib Andersen



Whitney and Matt Cody



Megan and Will Behrens



Krista Nelson



Kionna Comer and Julie Boley

SEEN

Arcadia Parkside Grand Opening

BY DAVID APEJI

The grand opening of Arcadia Parkside, a Skapa Properties luxury neighborhood nestled on the Arizona Country Club, was a sophisticated evening where attendees enjoyed a silent auction, viewing a luxury car collection, beverages and an LED TV giveaway.



Elaine and Jon Leaman



Landis Orso and Napoleon Smith



Mark Hutchin and Marie Rosepink



Nancy and Bart Del Duca



Denise Meredith, Eddie Johnson and Jason Mitchell



Aaron Valencia and Jack Hinkel



Jason Wolf and Dallas Peagler



Dana and Don Henniger



Janet Callaghan and Manny Molina



Dianne Manning and Carla Engel



Alison Garcia Wilson and Julie Melton

SEEN

Father of the Year Awards

BY BEN ARNOLD

Three Valley dads were honored by the National Father's Day Council at this year's awards evening, which included a reception and dinner at Arizona Biltmore. These role model fathers were: Andrew Garcia (Dogswell), Glenn Hamer (Arizona Chamber of Commerce and Industry) and Dr. Jason Kolber (Living Inline). The event benefitted the American Diabetes Association.



Jason Kolber and Elissa Katz



Traci Mason and Andy Garcia



Danielle Gilliam, Catherine and Matt Silverman



Glenn and Tali Hamer



Elizabeth Gabrielle and Babs Quinlaw



Diane Petagna and Brittney Kraft



Kristne Campbell and Sarah Stanton



Christine and Bruce Arians



Jeff and Jodi Mastro



Larry Fitzgerald and Lisa Matthews



Cheryl Caponigro and Gerda Kauks

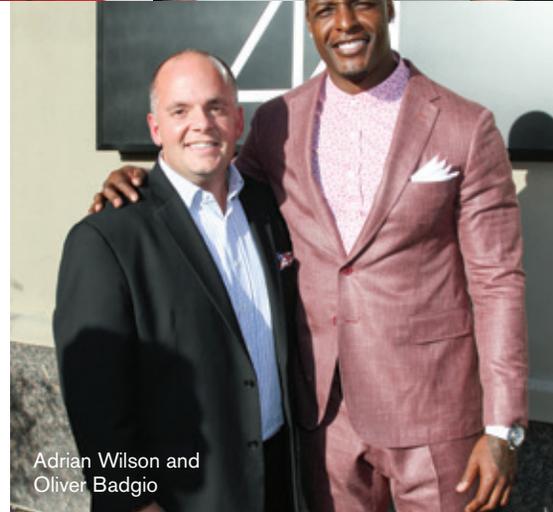


Brenda Mastro and Stephanie Beatty

SEEN

2nd Annual Arians Family Foundation Dinner

The evening began with a VIP cocktail reception at Steak 44 where guests will have the opportunity to mingle with Cardinals' coaches and players. The event then continued with select Cardinals' coaches and players joining guests at their table for a delectable dinner. Proceeds from the dinner benefited the Arians Family Foundation and Voices For CASA of Maricopa County.



Adrian Wilson and Oliver Badgio



Beth O'Shana and Dawn Robinson

SEEN

VIP Reception & Panel for Tony Winter's "Desert River/City River"

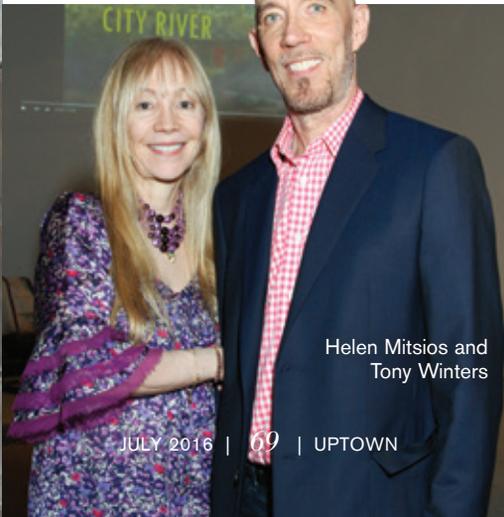
A panel of leading water advocates brought their expertise and diverse viewpoints to a lively discussion of the Phoenix watershed during the opening reception for "Desert Rivers/City River", the solo exhibition of New York artist Tony Winters.



Nicole Royse and Karen Callahan



Alynn Damico and Cydney Guess



Helen Mitsios and Tony Winters



Sydney Tyler and Tamika Byrd

NECTAR OF THE GODS

A perfect summer spirit by Belvedere

BY ALISON BAILIN BATZ

Vodka has been a popular go-to spirit in cocktails for decades, due in large part to its chameleon-like ability to pair with a seemingly endless range of other flavors, be it fruit, vegetables, juices, candy and even soda. But thanks to brands like Belvedere, whose Old World approach in distilling its high-end vodka results in enhanced flavor characteristics, including texture and creaminess on the palate, drinking the spirit on its own or with a dash of ice or lemon is now more popular than ever.

"With such a devoted following to our flagship vodka, it has only been natural we expand the brand, adding several new varieties to our growing portfolio, including limited edition and seasonal offerings," says Sadr Amir, business development manager at Belvedere Vodka. "Enter Belvedere Peach Nectar."

Belvedere Peach Nectar is juicy and rich to the taste, with notes of vanilla, ripened peaches and a hint of apricot. On the nose it is bright and aromatic, with a clear citrus note and a light bouquet of toasted almond.

"We wanted this summer-focused flavor to be big and rich, with the flavor of peach as the clear star. But, in addition to the peach, we wanted to bring in a little additional sweetness, so we added a hint of almond, vanilla and even a touch of baked marzipan to tickle the nose and palate," Amir explains. "It is perfect either for those who enjoy their vodka on the rocks or in a splashy summer cocktail."

Belvedere Peach Nectar is available now through September at most grocery and liquor stores across the Valley, starting at \$23.99.



PEACH NECTAR-INFUSED COCKTAILS

Belvedere Jamoree

1 ½ ounces Belvedere Peach Nectar
½ ounce Lillet Blanc
½ ounce fresh grapefruit juice
½ ounce fresh lemon juice
1 spoonful of apricot preserves

Shake all ingredients with ice and strain into a chilled coupe glass. Garnish with a grapefruit twist.

Belvedere Peach Nectar Spritz

1 ½ ounces Belvedere Peach Nectar
1 ounce sweet Vermouth
Sparkling water

Combine Belvedere Peach Nectar with sweet Vermouth in a wine glass. Top with sparkling water and then garnish with a slice of peach and sprig of thyme.

Stone Fruit Smash

2 ounces Belvedere Peach Nectar
¾ ounce simple syrup
4-6 quartered (or smaller) pieces of lemon
2 small slices from a fresh peach

Add Belvedere Peach Nectar, simple syrup and fruit pieces into a shaker with ice. Then shake vigorously for about 10 seconds. Pour entire contents into a rocks glass. Top with additional fresh ice.

Belvedere Peach Nectar Highball

2 ounces Belvedere Peach Nectar
¾ ounce simple syrup
¾ ounce fresh lemon juice
Soda water

Add Belvedere Peach Nectar, simple syrup and lemon juice to a shaker without ice and shake for about 10 seconds. Pour contents of the shaker into a highball glass and add ice. Top with soda water and garnish with an orange wedge.

TASTE

food files / drink / dining guide

Looking for a new take on an old classic? Head to The Phoenix Ale Brewery to try the brew master black iron pizza (\$12.50-16.50). The square pizza is baked in a custom black iron pan, achieving a crispy and caramelized crust (made with King George Amber beer) on the outside with a cheesy, flavorful center. Expect melty mozzarella cheese, expertly-seasoned meats – pepperoni, sausage and bacon – and a house sauce that’s zesty with a hint of sweetness. 5813 N. 7th St., Phoenix; 602.313.8713; www.phoenixale.com.

BY GABBY RICHMAN | PHOTO BY DEBBY WOLVOS





Gertrude's at Desert Botanical Garden

EXPECT THE UNEXPECTED

Five surprisingly delicious spots

BY TARYN JEFFRIES

With so many stand-alone restaurants popping up in Phoenix every day, it's clear that there are more than enough choices to fill your meal schedule 365 days a year. But, what about those spots that aren't restaurant-forward and still showcase meals that pack a punch. Sometimes the best things in life can be unexpected and that's exactly what we found this month. We rounded up five Valley spots that offer up big entertainment with a side of great cuisine. Whether you're headed out to catch a show, go bowling or enjoy nature, there's inspired dishes all around. Here are a five of our favorites.

Crescent Ballroom

www.crescentphx.com
308 N. 2nd Ave., Phoenix
602.716.2222

Crescent Ballroom is not your typical music venue. It claims a piece of Arizona history as its building formerly housed the F. L. Hart Garage dating back to 1917 in the historic Hatch Addition. The building construction was part of the transition of Phoenix from a small farming community to what we see now, a bustling cultural epicenter. The venue is now home to varied musical acts, performance artists, speakers and DJs, both local and national. No matter

what your musical tastes are, you're sure to find something on the calendar that will get you excited. The onsite restaurant, Cocina 10, is open daily, whether an act is performing or not. The menu, though small, packs some serious flavor and focuses on Mexican flavors. This is exhibited in the tacos, available in al pastor, pollo asado, barbacoa, veggie and fish. At only \$2 a taco, (with the exception of the fish tacos at \$3.25) why not try them all? The kitchen also offers a Sonoran hotdog that never disappoints. Check out the spot before catching a show and embrace a little piece of history and culture.

Desert Botanical Garden

www.dbg.org
1201 N. Galvan Pkwy., Phoenix
480.941.1225

Desert Botanical Garden, a perfect spot to entertain out of town guests, is home to a host of special trails, exhibits and rotating activities throughout the year. You can take flashlight tours throughout the summer months and explore the beauty of the desert at night with a complete sensory experience. The Garden also holds workshops where you can learn about planting and caring for your own desert landscapes, edible gardens and even photography classes. Gertrude's, the Garden's onsite restaurant, features menu items that read like a love letter to Arizona. This is the epitome of garden to table dining, as the majority of the ingredients in Gertrude's dishes are plucked straight from the Garden, creating a uniquely local dining experience. Any salad on the menu is a perfect introduction to the vast variety of items that are being grown here in Arizona, ingredients that thrive in our desert environment and have unique flavor profiles based on our complicated soil. The quinoa tabbouleh is another dish that embraces and celebrates the flavors of Arizona.

Lucky Strike

www.bowluckystrike.com
50 W. Jefferson St., Phoenix
602.732.5490

Downtown Phoenix is rife with exceptional dining destinations with new restaurants popping up all the time. If you are looking for a fully immersive experience, Lucky



Cocina 10 at
Crescent Ballroom



Pinspiration

Strike is calling your name. The destination offers 12 bowling lanes, billiards, a live DJ on the weekends, large screen TV's for all the sports watching you can handle, two full bars, bottle service and if you are looking for a private upscale experience, Lucky Strike even has a four-lane private suite for parties. This isn't your parents bowling alley: You'll find a truly upscale experience here and that is partially exhibited by the food and drink menu. There is no greasy pizza or chicken fingers here, instead you can opt for Ahi tuna poke flatbread, a kale and beet salad

or savory poutines. The menu also features elevated burgers, sliders and street tacos. The cocktails are hand-crafted and feature new innovations on old favorites like the pink elephant, maple old fashioned and a pear prosecco.

Pinspiration

www.pinspiration.com

5410 E. High St., Phoenix

480.636.8010

Are your Pinterest boards teeming with items that you'd love to make, but you can't seem to find the time or tools to

make them happen? Pinspiration takes the trendiest Pinterest-inspired projects and makes them possible in a relaxed and inspiring setting. The crafting destination has a catalog of sorts that boasts over 50 different projects that you can complete in-house, no need to gather supplies and risk forgetting that one thing that you can't move on without. It has everything that you could possibly need, including tutorials and an extremely knowledgeable and helpful staff on hand in case you need a little extra instruction or assistance. All that creating is sure to make you hungry and thirsty, and thankfully Pinspiration has you covered there as well. While you can't indulge on a full meal here, you can definitely keep your strength and spirits up with a combination of the cheese plates, hummus and pretzels and all the sweet treats that the spot always has on hand. You can also enjoy a variety of spirits while you are getting your art on, from craft brews to a mix of white, red, rose and bubbles.

Stand Up Live

www.standuplive.com

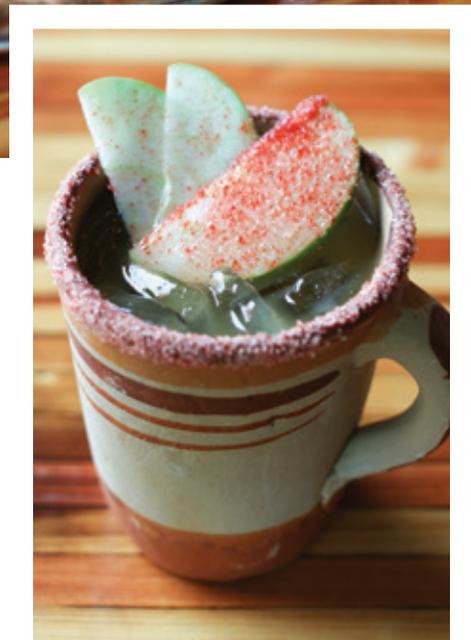
50 W. Jefferson St., Phoenix

480.719.6100

Don't let the heat get you down – escape the outdoors and get to Stand Up Live for a little comic relief. Stand Up Live in downtown Phoenix is the temporary home to some of the funniest folks in the U.S. and you can get an up close and personal experience with them. The venue is large while still maintaining an intimate vibe. You have the same required two drink minimum that is standard at most comedy clubs, and thankfully the drinks offered here, which are referred to as a cure-all laughing liquid are strong and varied. Stand Up Live has a long list of specialty drinks which include three different types of sangria and a HPNO colada that we are dying to try, along with creative martinis and a standard wine and beer list. The food menu starters, referred to as openers, range from bruschetta to nachos, ribs to soft pretzels and everything in between. The menu also presents hearty salads if you're looking for something a little lighter as well as burgers, steak and pasta that transcend traditional bar grub.

END

new in town



POSH SPOT

*Biltmore Fashion Park
welcomes Wink 24*

BY GABBY RICHMAN
PHOTOS BY JOANIE SIMON

When Fernanda Borletti found out the restaurant she was dining at was for sale – and she spotted the wood-fired oven – she knew it was time to open her first restaurant. Now, Borletti is sharing her passion for food, drink and community with every bite, sip and, of course, every wink at Wink 24.

“A wink is an experience shared between people, a secret message, much like a drink or a meal—but it transcends relationships, age and more,” she says.

The menu at Wink 24 encompasses both Mexican and Italian flavors, using

inspiration taken from Borletti and her husband Ruggero’s heritages.

“Adding a kick of spice in a classic Italian menu was easy, it is what we have done for the past 14 years at home,” Borletti explains. “I was born and raised in Mexico, my husband born and raised in Italy. Our life is fused with both cultures, from the languages we speak at home, to what we produce in the kitchen, we married both cultures all the way.”

Wink 24’s menu features wood-fired pizzas, paninis, fresh salads, charcuterie, cheeses and more.

“Our menu is simple, relatable and meant to be shared – much like a simple wink,” Borletti says.

Some of the signature dishes include: Polpetta Italian meatballs (\$8), Zucchini Fritte served with a Labneh yogurt dipping sauce (\$7), Parsnip and Pecorino Salad (\$12), wood-fired pizzas (\$12-\$14) and eight varieties of crostini (\$6 each).

If you’re looking to add a cocktail to the mix, Wink also offers premium wines, craft beer and unique cocktails.

“I love the basil cucumber martini on a hot day – it is refreshing and aromatic. I also enjoy the wink punch, made creatively using clarified milk and pineapple juice, it is sweet and tangy,” Borletti explains.

Wink 24 is housed in a brightly designed space, located in Biltmore Fashion Park between Seasons 52 and Stingray Sushi, which once accommodated Forge Pizza.

“The space is happy and hidden, meant to be discovered,” Borletti explains. “We believe there are plenty of options within the Biltmore, but none of them feel and look like us. It is quaint, happy and affordable.”

Wink 24 is open daily for lunch from 11:00 a.m.-2:00 p.m., happy hour from 2:00 p.m.-6:00 p.m. and dinner from 6:00 p.m.-10:00 p.m.

2502 E. Camelback Road, ste. 148
A and B, Phoenix; 602.954.5278; www.wink24.net.



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We stress the importance of nutrition in reaching the ultimate level of fitness, strength, and health and therefore provide our clients with personalized nutritional advice along with exercise and fitness counseling. Our goal is to help you stay in the best shape of your life and to achieve optimum health.

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www.elitetestosteronereplacement.com