Neighborhood NeWS





Best value: Pointe Squaw Peak Resorts

The Pointe Squaw Peak and Pointe Tapatio Resorts have been trail blazers for the Valley's Staycation experiences. They were among the first to feature family friendly programming such as kids clubs, poolside games, etc. and have boast some of the best water features including lazy rivers and waterfalls. This all-suite property offers the best deals that we've found all summer with rates at Pointe Tapatio Resort starting at \$89 and at Pointe Squaw Peak Resort starting at \$109. Honorable Mention: The Wigwam Resort

Best VIP treatment: Four Seasons Scottsdale

For a resort that specializes in VIP service, look no further than the Four Seasons Scottsdale at Troon North where guests enjoy complimentary passed poolside amenities, such as smoothie samples, fruit kebabs, chilled towels, etc., as well as complimentary poolside cabanas. The resort also hosts activities such as stargazing, wine and tequila tasting, guided hikes to Pinnacle Peak Park, chocolate tasting and more! There is even a complimentary Kids For All Seasons program, open daily 9 a.m. to 5 p.m., ages 5 – 12. Summer rates start at \$149 or there is also a Very Important Kids package that staring at \$194 and includes a \$100 credit plus many extras (two night minimum stay required). **Honorable Mention: The Sanctuary**

Trendy spot: The Saguaro

The Saguaro is Arizona's newest resort and is currently gracing the cover of

Conde Nast's "Hottest New Hotels" issue. The location alone sets the stage for the place to see and be seen. Located just steps from Old Town Scottsdale, this completely renovated resort is a perfect in-town getaway for hipsters who are looking to lounge by the pool, enjoy cuisine from Iron Chef Jose Garces



at Distrito and who are looking for a great deal. There are several packages offered at this property, but our favorite is the Compadre Package starting at \$139 and includes a room, two mini spa treatments, an in-room movie, a pitcher of Sangria and a 4pm late check-out. **Honorable Mention: W Scottsdale**

Best spot for foodies: Fairmont Scottsdale Princess

No matter what type of cuisine you crave, the Fairmont Scottsdale Princess has a restaurant that will please your palate. This resort is home to famed Chef Michael Mina's Bourbon Steak which consistently wows the Valley's most discerning foodies and also features La Hacienda for those looking to enjoy Latin flavors with an Arizona flare. LV Bistro, which overlooks the sparking pool and TPC golf course, specializes in farm-to-table and The Grill offers the Valley's freshest seafood selection. The Sip, Savor and Splash package starts at \$159 and includes a \$50 resort credit that you can put towards the restaurant or resort activity of your choice. Honorable mention: The Phoenician, Sanctuary, Royal Palms

For more information on booking at Arizona hotels and resorts, visit www.StayinAZ.com.



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HEAT EXHAUSTION



Heat exhaustion can happen to anyone in the triple-digit temperatures that we have in the Phoenix desert.

Tips on How to Treat and Recognize Heat Exhaustion:

- If a person has heat exhaustion, he/she may be weak or tired.
- 2. A person experiencing heat exhaustion could pass out and collapse.
- 3. A person with heat exhaustion may appear pale.
- 4. Heat exhaustion may give a person clammy skin.
- 5. If a person has heat exhaustion, he/she could be sweating profusely.
- 6. A person experiencing heat exhaustion could have either a normal or high temperature.
- 7. If you believe that someone has heat exhaustion, get the person out of the sun.
- 8. Have the person lie down.
- 9. Loosen or remove clothing.
- 10. Fan the person or apply cool water to the person's body to lower the temperature.
- 11. Give the person electrolyte beverages, like Gatorade, or small sips of salt water.
- 12. Do not give any drugs, alcohol or caffeine to the person.
- 13. Watch the person closely. If the person's condition does not improve in a little while, call a doctor.
- To prevent heat exhaustion, wear light, loose fitting clothes and a hat in the sun.
- Drink a lot of water (even if you don't feel thirsty) to prevent heat-related illness.





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