



# THE LUX LIFE



## Autumn Skies at Lux!

Little did we know what was in store for the Valley when monsoon season kicked off in June. We are ever grateful for our amazing vendors who help maintain the caliber of functionality and service you have come to expect and trust from Lux Offices! We are only as successful as the people we surround ourselves with. Thank you for being a major part of our success here at Lux Offices!

With school back in session for most of our Valley schools and colleges, fall décor lining the shelves, and the unusually cooler summer temps - Fall excitement is starting to stir! It's nice to see event calendars filling back up with community events and things to experience. Be sure to check out the event sections on page 2 and 3 for events with a Fall-focused twist.

We would love to feature your philanthropic activities in our next issue! Please let the front desk know what your company is doing to support our great communities during the holiday season and the next upcoming months.

Sharon & Maria



### WHAT'S INSIDE

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# Celebrating Our Neighbors

## *Anniversaries*

### SEPTEMBER

- Wright Law Offices- 11 Years
- McGee Law- 6 Years
- Gerber Injury Law- 5 Years
- Parisi Healthcare Interim Management- 4 Years
- Best Value Estate Planning Law Office of Richard F. Faerber- 2 Years
- Absolutely Able Home Care of Scottsdale- 1 year
- HomeTime Delivery- 1 Year



### OCTOBER

- Timothy Kasperek, PLLC- 14 Years
- Guinn Law Group- 12 years
- Chris Jaron, O.D.P.C- 11 Years
- Healing Dynamics Intl. – 5 Years
- Lighthouse Psychology- 2 years
- Verde Valley Law Group- 2 years
- Maricopa Property Services- 1 year
- Paradise Kuisine, LLC- 1 Year

## *Welcome to the Lux Family!*

Absolute and Resolved Financing

Arizona Divorce

Arizona Tactical Security

Aurit Center for Divorce Mediation

Big Daddy Firearms, LLC

Black Bird Technologies

Crew Contracting, LLC

Cornerstone Pediatric Services

DBradley Enterprises LLC

Dawn Group 6

Direct Connect Pros LLC

Element Insurance Group

Fortune International Seminars

Graykey Equity Partners, LLC

Homeowners Financial Group

Inspire Home Loans

Luscious Living

Roxanne Lee

SemiQual



## **FRIENDLY REMINDER!**

**Do you know someone who is looking to join the Lux Life?**

**We offer a \$200 credit towards your next month's rent if you refer someone to our office who signs a year or more executive lease.**

**Simply tell a friend about the Lux life and when they lease an office with us, the credit is yours.**

# THANK YOU FOR TRUSTING US WITH YOUR BUSINESS!

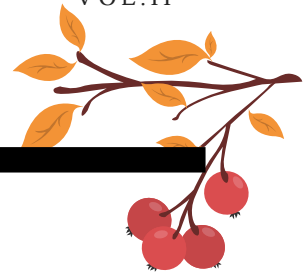
Lux Avondale

623.512.4900

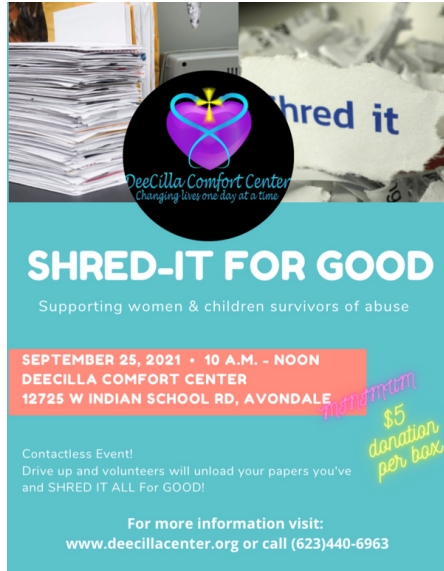
Lux Scottsdale

480.265.4515

# Avondale Community Updates



## West Valley Tenants Events

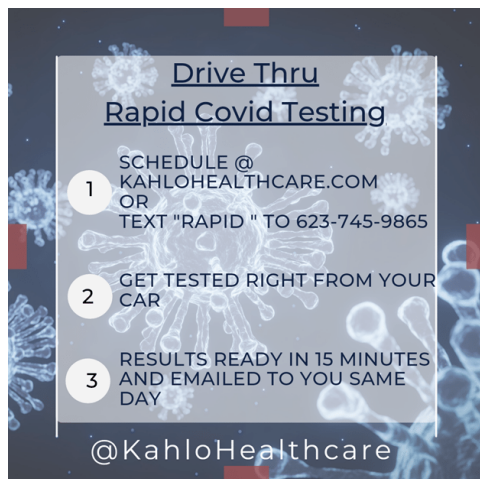


On September 25th at 10am DeeCilla Comfort Center is having a drive-up Shred-It event. The event supports women and children who are survivors of abuse.

Minimum donation of \$5 per box.

Event located at  
12725 W Indian School Road  
Avondale, 85392

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If you or someone you know need a COVID test, Kahlo Healthcare located Suite E-114 provides a Drive-Thru rapid COVID testing with results ready in 15 Minutes. Contact Dr. Ramirez at Kahlo Healthcare for more information.

## Upcoming Events

Lux Offices' Holiday Hours  
**CLOSED** for Labor Day  
Monday September 6th

### Glendale Farmers Market at Cabela's

Every Sunday starting Sept. 5th | 10am - 2pm  
Farmers, Vendors, Food Trucks & Family Fun!  
9380 W Glendale Ave, Glendale AZ 85305  
[www.GetLocalArizonaEvents.com](http://www.GetLocalArizonaEvents.com)

### Arizona Taco Festival at Salt River Fields

October 23- October 24  
This two-day event will deliver another year of taco madness with more than 50 taco makers — restaurants, food trucks and chefs, along with a non-stop schedule of entertainment, contests and instagrammable moments.

For tickets visit <https://aztacofestival.com/>

### Fall Festival

October 30th | 5pm - 9pm  
Come experience haunt and harvest at the Goodyear Ballpark during our annual Fall Festival. The event will include bounce houses, live entertainment, petting zoos, a pumpkin patch, and candy available at our trick or treating village (so bring a tote!). Come in your costume and take home the grand prize in our costume contest!

Goodyear Ballpark @  
1933 S. Ballpark Way





# Scottsdale Community Updates

## Exercise to do while sitting at your desk

Fitbit posted a great little blog about “*Discreet Exercises You Can Do At Your Desk*” which you can find at the link below. Here are our favorites, but be sure to check out the article for more tips!

<https://blog.fitbit.com/desk-exercises/>



### Seated Secret Core:

Sit tall in your chair with your pelvis slightly tilted forward. Pull your belly button up and in. Remember to brace your core (imagine getting ready for someone to hit your belly).

Hold for 10 to 15 seconds, then relax for a breath or two. Repeat five times.

### Shoulder Blade Pencil Pinches:

Think of this as an instant posture improver.

Sit up tall, as if you’re balancing a glass of water on your head. Engage your core, then pinch your shoulder blades together (imagine squeezing a pencil between them).

Relax and repeat 20 times.

## Upcoming Events

**Lux Offices’ Holiday Hours**  
**CLOSED for Labor Day**  
**Monday September 6th**

### Arizona Restaurant Week

September 17th - 26th

The statewide affair offers foodies a wealth of dining opportunities and the chance to get outside their own neighborhood and try something new.

<https://arizonarestaurantweek.com/>

### Arizona State Fair

October 1st - 30th | TBA more info

For over a century, the Arizona State Fair has been a gathering place for residents from the far corners of the state. Guests come to enjoy the richness and diversity of communities, to honor the past, celebrate the current and explore the future.

<https://azstatefair.com/>

### Spooktacular Hot Air Balloon Festival

October 29th – 30th | 5pm – 930pm

Over 20 hot air balloons, food, retail vendors, live music, & FREE Kids Zone. Admission ranges from Free to \$15 per adult. Located at Salt River Fields at Talking Stick.

<http://azspooktacular.com/>



## ASK US ABOUT OUR PARTNERSHIPS

We have partnered with companies around the valley for all of your business needs. We have recommendations and discounts. Feel free to stop by and ask us about them!

- Courier Services
- MediSpa @ Guyette Surgery
- Dry Cleaning Services
- Notary
- OYeah App



# What's Cookin'?

## One-Pot Braised Chicken with Kale and White Beans

Serves: 6

Prep Time: 10 Minutes

Cook Time: 1 Hour

Calories: 518

### Ingredients

- 2 tbsp Olive oil
- 1 tsp Paprika
- 1 tsp Sea salt
- 1/2 tsp Black pepper
- 8 Bone-in, skin-on chicken thighs
- 1 Shallot, minced (about 1/2 cup)
- 1 1/2 cups Chicken broth, separated
- 1 tbsp Dijon mustard
- 2 tbsp Cold butter
- 2 tbsp Lemon juice
- 1 tsp Freshly chopped tarragon, plus more for garnish
- 1/4 cup Capers
- 10 cups Kale, stems removed, roughly chopped
- 1 13.5 oz can white cannellini beans

### Directions

1. In a large skillet or braiser with a tight fitting lid heat 1 tablespoon of olive oil over medium/high heat.
2. In a small bowl mix together paprika, salt and pepper. Pat the chicken thighs dry and season them generously with the paprika mixture.
3. Place the thighs, 4 at a time, skin side down into the pan. Allow the skin to brown (about 4-5 minutes) then flip them and continue to cook for 3 more minutes.
4. Remove from pan, set aside. Repeat the process with the remaining thighs. Once the chicken has been removed, add the shallots to the pan and cook over medium heat until just tender.
5. Add 1 cup of the chicken stock to the pan along with the dijon mustard. Bring to a simmer, stirring to scrape up brown bits and incorporate ingredients. Continue simmering until sauce reduces to about 1 cup and thickens enough to lightly coat the back of a wooden spoon. Remove from heat and slowly whisk in cold butter. At this point the sauce will begin to thicken. Once the butter is incorporated add lemon juice, capers and tarragon.
6. Add the kale and white beans to the pan and toss until greens are lightly coated with the sauce. Add the chicken back to the pan, tucking each thigh into the greens.
7. Drizzle the remaining broth over the entire dish, cover and return to low heat. Braise the mixture over low heat for 30 minutes. While the dish is just fine as is, we like our skin a little crispy.
8. If you want to take the extra step for good crispy skins, place the entire dish under the broiler for 3 more minutes, or until skins start to bubble. Serve over mashed potatoes or a bed of creamy polenta. Enjoy!



# What's Cookin'?

## Homemade Apple Cider

Prep Time: 10 Minutes

Total Time: 3 Hours 15 minutes

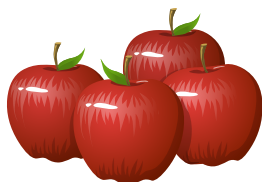
### Ingredients

- 10 large apples, quartered
- 1/2 orange, halved
- 4 cinnamon sticks
- 1 tsp. cloves
- 1 tsp. whole allspice
- 1 whole nutmeg
- 1/2 c. packed brown sugar



### Directions

1. In a large stockpot over medium heat, add apples, oranges, spices, and brown sugar. Cover with water by at least 2". Bring to a boil, then reduce heat and simmer, covered, 2 hours.
2. Remove orange halves, then use a potato masher or wooden spoon to mash apples. Return to a simmer and let simmer uncovered for 1 hour more.
3. Strain through a fine mesh strainer, pressing on solids with a wooden spoon to squeeze all juices out. Discard solids.
4. Serve apple cider warm.



## Autumn Pumpkin Chili

Prep: 20 min. Cook: 7 hours

Makes: 4 servings (1-1/4 quarts)

### Directions

1. In a large skillet, sauté onion and the green and yellow peppers in oil until tender. Add garlic; cook 1 minute longer. Crumble turkey into skillet. Cook over medium heat until meat is no longer pink.
2. Transfer to a 3-qt. slow cooker. Stir in the pumpkin, tomatoes, chili powder, salt and pepper. Cover and cook on low for 7-9 hours. If desired, serve with toppings.



### Ingredients

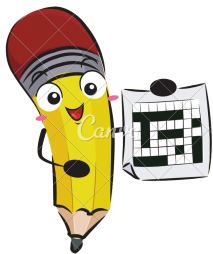
- 1 medium onion, chopped
- 1 small green pepper, chopped
- 1 small sweet yellow pepper, chopped
- 1 tablespoon canola oil
- 1 garlic clove, minced
- 1 pound ground turkey
- 1 can (15 ounces) solid-pack pumpkin
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 4-1/2 teaspoons chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Optional toppings: Shredded cheddar cheese, sour cream, corn chips and sliced green onions

# Word Search Puzzle



## Entrepreneurship

I N O I S S I M Y C O M P E T I T I O N A Q Q J  
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 U N P A T E N T E W A Z C Q R P P L G B S S S C



Balance Sheet

Business Plan

Corporation

Evaluation

Market

Patent

Revenue

Trademark

Big Idea

CEO

Demographic

Liability

Mission

Pitch

Social  
Responsibility

Vision

Board

Commercial

Employees

LLC

Overhead

Pro Forma

Sole Proprietor

Branding

Competition

Entrepreneur

Logo

Partner

Profit

SWOT