

Meet some of Scottsdale's most fashionable moms!

SO SCOTTSDALE!

A FASHION & BEAUTY MAGAZINE FOR WOMEN

MAY 2011

GO BRONZE
THE BEST FAUX GLOWS



**2011
BEST OF
SCOTTSDALE
PEOPLE'S
CHOICE
AWARDS**

**MOTHER'S DAY
BRUNCHES**

**SUIT
UP!**

THE BEST
BATHING
SUITS FOR
THE SEASON

**CRUISE
TAHITI**
A LUXURIOUS
GETAWAY

**TRENDS
TO YOU
SHOULD BE
WEARING
NOW**

**THE LATEST
TREND IN
OUTDOOR
FURNITURE**

**ONE WINE
YOU'LL
WANT TO
SAVOR**



Foot Notes



Kerry Zang, DPM
 Founder of the Arizona
 Institute of Footcare Physicians

HEEL PAIN?

Understanding Plantar Fasciitis

Plantar fasciitis ("PLAN-ter fash-ee-EYE-tus") is the most common cause of heel pain. The plantar fascia is the flat band of tissue ligament that connects your heel bone to your toes. It supports the arch of your foot. If you strain your plantar fascia, it gets weak, swollen, and inflamed. Then your heel or the bottom of your foot hurts when you stand or walk.

Plantar fasciitis is caused by straining the ligament that supports your arch. Repeated strain can cause tiny tears in the ligament. These can lead to pain and swelling. This is more likely to happen if:

- Your feet roll inward too much when you walk.
- You have high arches or flat feet.
- You walk, stand, or run for long periods of time, especially on hard surfaces.
- You are overweight.
- You wear shoes that don't fit well or are worn out.
- You have tight Achilles tendons or calf muscles.

How is plantar fasciitis diagnosed?

Your doctor will check your feet and watch you stand and walk. He or she will also ask questions about:

- Your past health, including what illnesses or injuries you have had.
- Your symptoms, such as where the pain is and what time of day your foot hurts most.
- How active you are and what types of physical activity you do.



"A Step Ahead, A Step Above"
**ARIZONA INSTITUTE OF
 FOOTCARE PHYSICIANS**

DR. KERRY ZANG • DR. ROBERT ZOBEL • DR. TODD GALLE
 DR. DON SIEGEL • DR. KIMBERLY LEACH • DR. SHAH ASKARI
 DR. SANFORD KANER • DR. SUSAN ERREDGE • DR. JANNA KROLESKI

SERVING SCOTTSDALE AND THE EAST VALLEY

Call Today
(480) 834-8804
 www.azfeet.com

IN



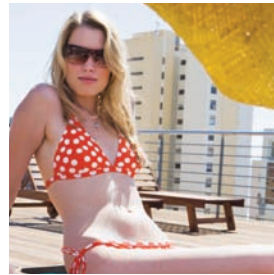
PEOPLE

- 28 STAR**
 GET LOUISE ROE'S
 LOOK LOCALLY.
- 30 ME**
 MEET HOLLY LARSEN.
- 32 NOTICED**
 WHAT WOMEN
 WORE TO EVENTS.
- 36 VIEW**
 WE ASKED, YOU
 ANSWERED.
- 50 BEAT**
 MARLA HUMMEL'S
 ANIMAL INSTINCTS.
- 52 BEAT**
 MEET THE "POSSE"
 WHO HELP THE
 FAMILIES OF FALLEN
 OFFICERS.
- 76 SO SCOTTSDALE'S
 FASHIONABLE MOMS**
 MOTHERHOOD
 DOESN'T HAVE TO BE
 FRUMPY!
- 86 SEEN**
 WHO WENT
 WHERE AND WHAT
 HAPPENED.



PLACES

- 16 DO**
 9 GREAT THINGS TO
 DO IN MAY.
- 20 OUT**
 MOTHER'S DAY
 BRUNCHES.
- 81 PLACES**
 CRUISE TO TAHITI.



THE REST

- 12 TELL**
- 44 FATE**



THINGS

- 18 ART**
 ARTFUL EXPERIENCES.
- 22 LOW-DOWN**
 REVOLUTIONARY
 MEN'S UNDERWEAR,
 SUMMER SPAAAH
 SERIES, DEFUZZ ON
 THE GO, A NEW
 EVENT SPACE.
- 24 CHIC**
 WEDGES.
- 26 ALLURE**
 FASHIONABLY FAUX.
- 40 DWELL**
 CUSTOMIZE
 YOUR OUTDOOR
 FURNITURE.
- 42 DWELL**
 SOME NEW PLACES
 TO CALL HOME.
- 46 SHOP**
 10 TRENDS TO WEAR
 NOW.
- 53 SO SCOTTSDALE'S
 "BEST OF" PEOPLE'S
 CHOICE AWARDS
 2011**
 SEE THE WINNERS!

68 FASHION
 BATHING SUITS FOR
 THE SEASON.

82 SOLE
 A PEEK AT JIMMY
 CHOO'S PRE-FALL
 COLLECTION.

84 DRINK
 A LUXURIOUS WINE.

98 ANYTHING
 FACE PRODUCTS GO
 HIGH-TECH.



ON THE COVER: BATHING SUIT: Bright orange one-piece suit with pink sash and ruffle detail, DKNY, \$104 at Aqua Beachwear, 480.443.8909. **SHOES:** "Turnpyke" wedges in sand, Steve Madden, \$89 at E & J's Designer Shoe Outlet, 480.609.6905. Photo by Carl Schultz. Hair by Chandra Chriswiser and Katie Clark. Makeup by Chandra Chriswiser and Anna McWirtter. Styling by Stacey Richman and Samantha Richman. Model from FORD/Robert Black.

So Scottsdale!'s Fashionable Moms

Being a mom is a busy job. Add that to the daily to-do list of life, and fashion can sometimes get lost in the shuffle. As these local moms show though, having a child doesn't mean you have to transition to a life of sweatpants or "mom jeans." Instead, it's all about finding your look and making it work for your life.

**BY MICHELLE GLICKSMAN
PHOTOS BY CHAD KOERBER**



Tara Hitchcock,
stepmom to Alex, 22, Dane, 21, and Dylan, 15

Tara Hitchcock says, "I'm not savvy enough to have a 'style,'" but we know better! This 3TV *Good Morning Arizona* anchor always looks put-together and fashionable, as well as comfortable, in her clothes.

She favors suits or dresses on-air, though she admits she lives in her Red Hot Chili Peppers T-shirt and sweatpants at home.

"My stepson calls my fashion style 'messed up but good,'" jokes this Scottsdale resident.

Her style, like her personality, is relaxed and engaging, and she favors brands such as Muse, BCBG and Nine West. She admits that she is addicted to the website www.ideeli.com. "I found major bargains there. [I] just wore a Nicole Miller dress that would have been \$400 in the store! I got it online for \$80! The site can be so addicting."

When not on-air, attend-

ing charity events or practicing hot yoga, you'll find Hitchcock hanging out with friends or family. She has a great relationship with her stepchildren, and spends a lot of time with them. Recently, she even cancelled attending her friend's wedding at The Plaza in New York City because her older stepson had a big event at his fraternity and wanted her to be there.

"The BEST thing about being a (step) mom is that you know you are leading by example," Hitchcock explains.

TARA'S FASHION TIP: Be yourself! Don't get sucked into dressing like someone else. My girlfriend Amy is a model and every time we travel, I end up getting whatever she bought because it looked so great on HER!! I have five pairs of JEGGINGS that I've NEVER worn!! I'm over you, AMY (love her though!)