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www.heartlinecafe.com

# Lifestyles SEDONA

## Recipes & Reviews



**Beaver Street Brewery & Whistle Stop Cafe**  
11 S. Beaver Street-Flagstaff

- Greeting & Service
- Menu Selection
- Freshness & Quality
- Portion Size
- Unique Culinary Prep.

Dine In

Atmosphere - Casual & Upbeat

I have enjoyed my exploration of the restaurant scene because it leads me to places such as the Beaver Street Brewery, in Flagstaff's historic downtown section. For a different dining experience I actually like the excitement that the blend of tourists, locals and college students bring to this hotspot. Their micro-brewery offers at least 5 or 6 selections of daily special brews, amongst them the Indian Pale Ale & Brambleberry Brews. Don't let the label "brewery" deter from exploring their menu options, their fusion flair of dishes will surely satisfy your curious taste buds.

**Overall experience:**

**Briar Patch Inn**  
3190 N. Hwy 89A

- Greeting & Service
- Menu Selection
- Freshness & Quality
- Portion Size
- Unique Culinary Prep.

Dine In

Atmosphere - Peaceful, quiet, creekside-setting

My search for the perfect creekside dining spot has led me to experience a fabulous early morning Sunday Brunch (just over \$10) amidst the serene atmosphere of Briar Patch Inn, a little oasis just outside uptown Sedona in Oak Creek Canyon.

For those of you also interested in dining by the creek, with fabulous food *and* service, do check out this Inn's Sunday morning spread. The choices are quaint but varied, and the food is freshly prepared on site. Homemade breads and muffins served with marmalades compliment the quiche special and fruit selections nicely. A husband-wife jazz duo provides soft background music to further extend the invitation to relax in the oversized wooden benches, listen to the creek flowing below you and truly 'dine.'

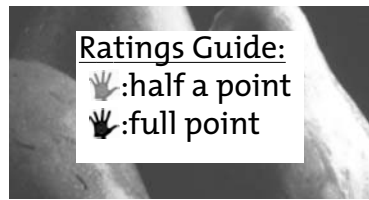
\*Reservations Required

**Overall experience:**

**Eating well in Sedona for \$10!**



PHOTO BY DHEE



**Sedona Coffee Roasters**  
2155 W. Hwy 89A

- Greeting & Service
- Menu Selection
- Freshness & Quality
- Portion Size
- Unique Culinary Prep.

Dine In or Take Out

Atmosphere-Casual, local & tourist hangout

Sedona Coffee Roasters is our town's answer to having a place similar to Flagstaff's Macy's Coffee House. Equipped with pastries, sandwiches, wraps, salads and desserts, they provide fabulously fresh options for anytime of the day. In keeping with their name, Sedona Coffee Roasters does freshly roast their own beans and both their coffee and teas are highly requested. (My personal favorite of their loose-leaf teas is a spicy blend called Sedona Sunset, and for those that like non-caffeinated drinks, their cream sodas are especially refreshing during these hot summer days.) It's nice to see a venue where locals gather supporting other local talent in forms of art, books, magazines and even the tasty treats such as Beth's Mandlebread. To further support our community and create more places to "hang-out" check out Sedona Coffee Roasters, next to the Harkins Theatre.

**Overall Experience**

## Lunch Crunch

**Welcome back to the LUNCH CRUNCH section of Four Corners Magazine!**

I want to say "Thank You" to all the dedicated foodies out there that have responded to my section. I truly enjoy hearing your responses to my reviews and value your opinions, so please keep them coming. We are still in search for the wonderful \$10 lunch, both in Sedona and surrounding areas, and I hope to sort through both the popular spots and smaller hangouts to find something worthwhile for everyone to enjoy. You can also find my section in the magazine online at: [www.Fourcornersmagazine.com](http://www.Fourcornersmagazine.com)

**Bon Appetit!**

You can email me at [culinaryholly@aol.com](mailto:culinaryholly@aol.com) or write to Four Corners Magazine P.O. Box 1776 • Sedona Az 86339

**New Juice Bar Opens  
in Bashes Complex!**

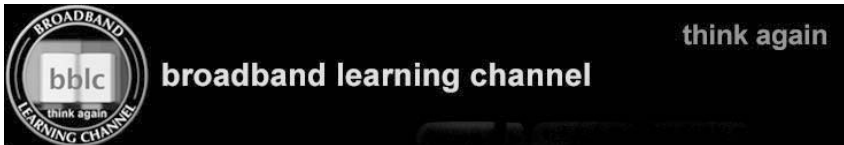
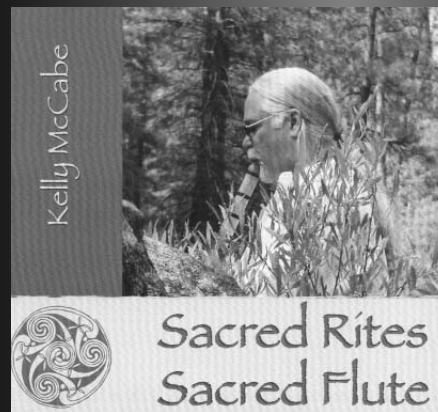
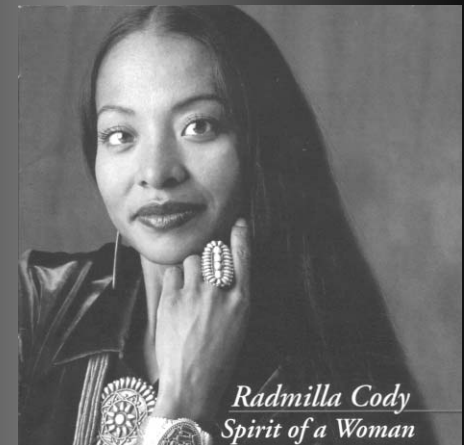
As their slogan states: "Life is Juicy...Squeeze It!" the Juice of Life brings life into the Bashes' Shopping Center. A fabulous selection of veggie drinks, fruit smoothies and fruity freezes, tastefully accompany their warm panini's, wraps and fresh salads.

*Lynette Nadeau, owner*



# Lifestyles SEDONA

## COOL SUMMER CDS



### *New Sedona-based online TV station is making waves*

The Broadband Learning Channel (BBLC), a new Sedona-based online TV station airing conscious and metaphysical programming, launched in June of this year. Yet it's already making waves by tackling many of the controversial issues the mainstream press seems to be ignoring.

For example, in a July CNN special report on cell phone safety we learn that using a cell phone poses no risk to your health. A plausible conclusion, but an ironic one indeed when we learn that the report itself has been sponsored by a player in the cell phone industry.

This stands in stark contrast to the information we saw in a recent BBLC interview with medical doctor and well-known political activist Dr. Nick Begich. In it, he provides convincing evidence that not only do cell phones endanger your health but can also compromise your privacy as well.

That issues like this aren't being fairly talked about in the mainstream press isn't a surprise to Sedona resident and BBLC executive producer Regina Meredith.

Says Meredith, "After thirty years working in traditional media both as a news anchor and host of my own PBS cooking show, I wanted to do something about the corporate censorship I saw occurring on a regular basis. I created BBLC as a platform from which the most brilliant alternative thinkers of our age can now freely speak."

And there are many who are listening. It's trademark one-on-one interview style is already beginning to stir the pot. From Dannion Brinkley's near death recollections, to Harvard physicist Dr. Michio Kaku's humorous discourses on the latest scientific thought on the nature of our universe, BBLC is fast becoming a source of some of the best alternative programming we've seen to date.

*To get more facts about the cell phone safety issue or to watch any of BBLC's other programming, please visit [www.bblc.tv](http://www.bblc.tv) or call 928-282-1188.*



*Regina Meredith*



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