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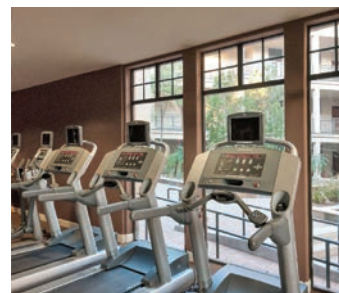




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Phoenix Sky Harbor News

Phoenix Sky Harbor Debuts New Concourse

Visitors to the new Terminal 4 Eighth Concourse will be charmed with spectacular views, an array of national and local business and state-of-the-art technology, like windows with electrochromic glazing that automatically adjust tint levels based on the sun's location.

The new concourse at Terminal 4 is a \$310 million, eight-gate project that adds 275,000 square feet in space and serves Southwest Airlines.

The concourse, which is located on the southwest corner of the airport's busiest terminal, also adds 130,000 square feet of excellent dining and retail options for travelers.

The concourse will feature new local shops and restaurants as well as a common use airport lounge. Local favorites Pedal Haus Brewery and Berry Divine – Acai Bowls will operate in the new concourse as well as regional concepts like Bobby's Burgers and Eegee's, and national chain Chick-Fil-A. Sip Coffee & Beer will also provide travelers with a number of local products from concepts such as Native Ground Coffee, Mother Road Brewing and Half Moon Empanadas.

Concessions will open in phases through 2023. Temporary kiosks are available for travelers.

In addition, the project includes a new transfer bridge connecting the south concourses to the north, which means travelers can easily connect between A and D gates.

And there's more good news for travelers.

The spacious, comfortable concourse features a variety of customer amenities, including access to charging stations in every seat, an Animal Relief Area, Family Restroom, Nursing room and hearing loop connectivity that allows those with hearing devices to connect to the PA system.

There are now five animal relief areas post-security in Terminal 3 and Terminal 4. There are also four dog parks at America's Friendliest Airport®: the Bone Yard (Terminal 4); the Paw Pad (Terminal 3); the Park and Bark (East

Economy Lot); and the Park N Play (44th PHX Sky Train® Station).

Art lovers will also enjoy a massive art installation called "Phoenix Lights, Phoenix Rising" by Los Angeles artist Susan Logoreci. The immersive art project consists of a 30 foot by 300 foot terrazzo floor and 28 two foot by three foot airplane window-shaped, terrazzo wall pieces. It is a captivating, progressive experience, taking the viewer from the city at night through sun drenched local landscapes. Inspired by the notion of an aerial view, the floor depicts views of the Phoenix landscape.

For more information on the new concourse, you may visit www.sky-harbor.com/About/Development/eighth-concourse-at-terminal-4. ❖



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From the Publisher...



It's August, summer is in full swing and we are happy to bring you another exciting issue of *Biltmore Lifestyles*! We have all sorts of fun things to read about this month, including the exciting expansion at Phoenix Sky Harbor Airport. Sky Harbor's Eighth Concourse at Terminal 4 is now open to the public. The new eight-gate concourse serves Southwest Airlines. Travelers will have a new variety of dining and retail options, as well as other amenities while they wait for

their flights. You have to check it out!

Let's enjoy our last month of summer with some time by the pool with family and friends, and remember to always have a designated water watcher for those who are not avid swimmers. We have seen way too many incidents occurring already this year!

Also, with summer coming to a close, keep your eyes open for all the end-of-summer sales throughout the Valley. One of my favorite summer shopping sales is My Sister's Closet and Well Suited. They are by far the best designer consignment shop around, and their Summer Progressive Sale happens this month. Their already fabulous prices for designer clothing gets even better; mark your calendar!

Thank you for reading this month; I look forward to bringing you another exciting issue of *Biltmore Lifestyles* in September.

Until next month, *Susan*

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Publisher
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Susan Aavang
Julie Nicholson

The Season's Greatest Sale

The Summer Progressive Sale Returns to
My Sister's Closet and Well Suited

Splish, splash - get ready to save some cash! The hottest sale of the year returns to the most fashionable family of designer consignment shops: My Sister's Closet, Well Suited and My Sister's Attic.

Make plans now to head to The Summer Progressive Sale when it returns August 13th through August 25th to all Arizona and California locations of My Sister's Closet, Well Suited and My Sister's Attic.

"This time of year we know it's not the weather that's bringing these shoppers through our doors, but instead it's the massive savings off high-end designer clothing, handbags, shoes, furniture, accessories and more," said CEO and Founder Ann Siner. "We usually start hearing from our traveling shoppers about two months out. They call and email asking for the sale dates and to tell us they are excited to come visit. It's a lot of fun!"

The Summer Progressive sale at My Sister's Closet and Well Suited offers these exclusive discounts.

20% off August 13th-14th

30% off August 15th-17th

40% off August 18th-19th

50% off August 20th-21st

60% off August 22th-23rd

70% off August 24th-25th

Closed August 26th

The Fall Unveiling is 8:00 a.m. Saturday, August 27th. My Sister's Attic will follow this markdown schedule with selected Red Dot items.

The Summer Progressive sale ends on Thursday, August 25th at the close of business. All My Sister's Closet and Well Suited locations will be closed on Friday, August 26th in preparation for the fall unveiling.

Then, get ready for the much-anticipated Fall Unveiling happening Saturday, August 27th.

As always, the doors will open at 8:00 a.m. at My Sister's Closet and

Well Suited locations for the Fall Unveiling where shoppers will get their first opportunity to purchase thousands of designer clothing, handbags, jewelry and more. Spice up your wardrobe with new styles, colors and looks for spring featured by all your favorite designer brands.

Like My Sister's Closet, My Sister's Attic and Well Suited on Facebook and sign-up to get email updates on the hot ticket items on www.mysisterscloset.com.



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- ~ Price Upon Request.



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\$1,698,500

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- ~ 3,000sf.
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- ~ Newly installed features.
- ~ Delightful high-floor residence.

Ambiente Unveils Cutting-Edge, Sedona-Centric Spa *The Highly Anticipated Hotel Offers a First Look Inside Velvet Spa*

As one of the country's most anticipated hotel openings of the year, Ambiente, a Landscape Hotel is ready to start pulling back the curtain on the property's sumptuous offerings in advance of its grand debut – most notably, the ultra-therapeutic, Sedona-inspired Velvet Spa.

Situated within the hotel's two-story, biophilic lobby building, located immediately at the entrance to the three-acre property, Velvet's intimate, three-room spa will offer a range of restorative treatments that integrate locally sourced ingredients embodying the transformative healing properties for which Sedona is widely revered. Soon to be one of the most renowned spas in the Southwest, Velvet's cutting-edge wellness offerings were uniquely curated by Jennifer May, Co-Owner of Two Sister Bosses, the family-owned developer of Ambiente, whose background as a professional aesthetician with more than 20 years of experience largely influenced the development of the harmonious hideaway's lavish treatment menu.

The spa's private treatment rooms each feature their own variation of contemporary, minimal décor, with earthy fixtures and nature-inspired enhancements that have been thoughtfully curated to reflect an authentic Arizona essence. Designed with serenity in mind, the only light emitted in each well-appointed space is cast from backlit murals lining the walls that depict some of the Southwest's most exceptional scenery – including the world-renowned starry skies, vibrant red rocks and winding slot canyons of picturesque destinations like Sedona, Monument Valley and Antelope Canyon – giving each landscape a “glowing” appearance. Lambswool heated pads, cozy microfiber sheet sets and a warm, sunset orange-colored velvet blanket atop each luxurious treatment bed will allow the guest to feel fully relaxed and stress-free, while a Bluetooth-enabled sound system can be used by the therapist to select music and sounds that yield an even more immersive experience.

Outside of the individual treatment rooms, Velvet's overarching composition evokes a sense of grounding and the allowing of oneself to reconnect with the natural environment that awaits in its pristine tranquility just beyond Ambiente's front doors. Warm-toned yet minimalist and earthy by



Ambiente Fireside Massage on Atrium Rooftop

design, the reception space is anchored by plush, velvet furnishings contrasted by ornate wooden and stone tables, and also features a retail space and refreshment area with teas and glass carafes of water infused with fresh fruit.

The first of its kind in North America, Ambiente is currently slated to open its doors to the public later this year. Uniquely designed to blend in with the surrounding geography, Ambiente is being constructed with a deep respect for the environment, with a focus on sustainable methods and organic, modern architecture that complements the neighboring topography and minimizes the impact on the land. Comprised of 40 cube-shaped guest Atriums, elevated above the ground to maximize the property's dramatic, 360-degree red rock views, the hotel's bronzed glass and metal exterior and contemporary, elemental interiors exemplify elegant minimalism and embody the utmost in luxurious accommodations.

For more information and to register to be among the first to learn when reservations open, visit AmbienteSedona.com.



Postino WineCafé Launches Four Inflation-Busting Summer Deals

Money's short these days with historically high inflation rates, but Postino is staying true to their mission to "Make People Feel Good" by introducing a lineup of ways to save this summer, starting off with free delivery all day long Monday-Friday via postinowinecafe.com (direct online orders only, not valid on 3rd party sites). So have that last minute dinner party, binge some shows, or just treat yourself.

If dropping into your favorite Postino is more your thing, now on Thursdays, get the legendary \$25 Bruschetta Board and Bottle of Wine all day long (usually reserved for Mondays and Tuesdays after 8:00 p.m.). Follow @postinowinecafe on social media, where the weekly secret password will be announced to unlock this deal.

For the wino's out there, and those who have signed up for Postino's brand new Wine Cult wine club, members receive a Complementary Glass of Wine, each week (valid for first drink, limit one redemption per week). And finally, for fans who would like to keep the good times rolling at home, Postino is offering a Catering Summer Bundle. Choose two Snacky Things, Bruschetta Platter, and a salad for only \$275, serves 15.

Postino's summer deals run now through Labor Day at all Valley locations. For more information about Postino, you may visit the website at www.postinowinecafe.com. To sign up for the Wine Cult, head over to www.postinowinecult.com.



All Night, All Summer Happy Hour Returns to Iconic Roaring Fork Restaurant

The much anticipated, All Night, All Summer Happy Hour returns to Scottsdale's local favorite, Roaring Fork restaurant now through Labor Day, Monday, September 5th. From 4:00 p.m. to 9:00 p.m., Sunday through Thursday, guests can receive happy hour pricing in the bar and Saloon on the following menu items:

- ✚ Caesar \$6.50 served with Romaine, Parmesan, Croutons, and Traditional Dressing
- ✚ Mixed Market Greens \$6.50 with Candied Walnuts, and Feta in a Cranberry Vinaigrette
- ✚ Iceberg BLT \$6.50 served with Blue Cheese, Bacon, Tomato and Ranch Dressing
- ✚ Fresh Guacamole \$8.50 with Crispy Tortilla Chips, Cotija Cheese and Flour Tortilla
- ✚ Green Chili Pork \$9.00 served with Pepper Jack and Warm Flour Tortillas
- ✚ Queso Con Puerco \$9.00 with Pepper Jack Cheese, Green Chili Pork, and Crispy Tortilla Chips
- ✚ Crispy Chicken Bites \$9.00 served spicy or not spicy with Ranch Dressing
- ✚ Rotisserie Chicken Flat Bread \$11.00 with Basil Pesto, Roasted Chilis, and Tomatoes
- ✚ Smoked Chicken Wings \$11.00 served with Celery and Ranch
- ✚ Roaring Fork Big Ass Burger \$12.50 with Lettuce, Tomato, Onion, Pickle, Poblano Pepper, Bacon, Cheddar and French Fries
- ✚ Fish Tacos \$12.50 served with Corn Tortilla, Cherry Pepper Slaw and Salsa

In addition, \$6.00 Wines by the Glass will be offered as well as \$7.00 "Roaring Cocktails" including the famous Huckleberry Margarita, Raging Rita, Adult Arnold Palmer, Spicy Jalapeño Margarita, the Peach Margarita, the Classic Martini and Manhattan.

About Roaring Fork

Roaring Fork's wood fired cooking captures the spirit of bold American cuisine, creating flavors that crackle with a rugged edge. In the Old West, the best food was prepared on a simple wood fire. This same spirit, freshness and flavor are at the heart of every dish served at Roaring Fork. Select from lamb, chicken, beef, pork and fresh fish entrees all perfectly prepared by wood fire rotisserie, open flame grill or wood oven roasting. Roaring Fork is located at 4800 North Scottsdale Road in Scottsdale. For more information call (480) 947-0795 or visit the website at www.roaringfork.com.



Legal Implications of Winning the Lottery in Arizona

By Jennifer L. Sellers, Senior Member, The Cavanagh Law Firm



Some of us simply dream about winning the lottery while others are regular participants. The lottery is fun to play – thinking about what we'll do if we win – but it also serves an important purpose in each state. In Arizona, the money from ticket sales go to programs and organizations that help Arizona communities such as education, health and human services, the environment and economic and business development.

According to GoBankingRates.com, for one of the most popular lotteries in the United States, Mega Millions, your odds of winning are about 1 in 176 million. If you're playing a single-state lottery, your odds increase to 1 in 42 million. To put that in perspective, you are about 30,000 times more likely to experience a bathroom injury than you are to win the Mega Millions jackpot, 250 times more likely to be struck by lightning and 80 times more likely to die by shark attack.

While the odds are low that we'll win, it's still exciting to play and we can always remain hopeful that it will work in our favor. However, should you win, there are a few legal implications to consider, and it's always a good idea to consult with an attorney in your state.

Here is what you need to know:

Redeem Your Prize. Arizona Lottery retailers will redeem prizes up to \$100 and may redeem up to \$599. Prizes of \$600 or more must be claimed at the Arizona Lottery office. If you hold a winning ticket, you have 180 days from the draw date, purchase day or game-ending date for scratchers. Once the ticket is expired, it cannot be redeemed. Keep in mind, if you lose the ticket you are out of luck. Remember to sign the back and fill out your address as soon as you buy the ticket otherwise anyone holding the ticket can redeem it.

Protect Your Privacy. In Arizona, the names of persons or legally formed entities that are paid lottery prizes or winnings of \$600 or more are held confidential for 90 days from the date the prize is awarded and are not a public record during that period. In accordance with Arizona Revised Statute (A.R.S.) §5-573(D), winners of \$100,000 or greater may elect to keep their name permanently confidential.

Decide Between Cash or Annuity. Winners have 60 days from the claim date (the date the ticket is presented for validation) to choose either the cash or an annuity. If you choose cash, the lottery will issue a check once the ticket is validated. The cash value is approximately one-half the advertised value of the jackpot and is paid in one lump sum. But, if you select an annuity, you are paid a lump sum and 29 annual graduated payments. This decision is an important one and often best discussed with a lawyer, CPA or financial planner.

Pay Your Taxes. The law considers lottery winnings taxable income, for both federal and state tax purposes. Winnings are taxed the same as wages or salaries, and the total amount the winner receives must be reported on their tax return each year. Before the winner receives any money, the IRS automatically takes approximately 24% of the winnings and you pay the rest when filing your taxes. Arizona is one of only two states that tax the winnings of people who live out of state. Arizona automatically withholds 4.8% for state taxes on lotto winnings.

The lottery can be fun and the thrill of potentially winning is enough to keep us coming back week after week. However, it's important to make sure we are prepared to abide by the laws of winning. To put your mind at ease, and ensure you are doing what is best for you and your family, consider consulting with an attorney.

About Jennifer L. Sellers

Jennifer L. Sellers is a Senior Member at The Cavanagh Law Firm, specializing in a variety of practices including Employment and Corporate Law, Healthcare, Insurance, Tax and Estate Planning, Probate and Trust. ❖

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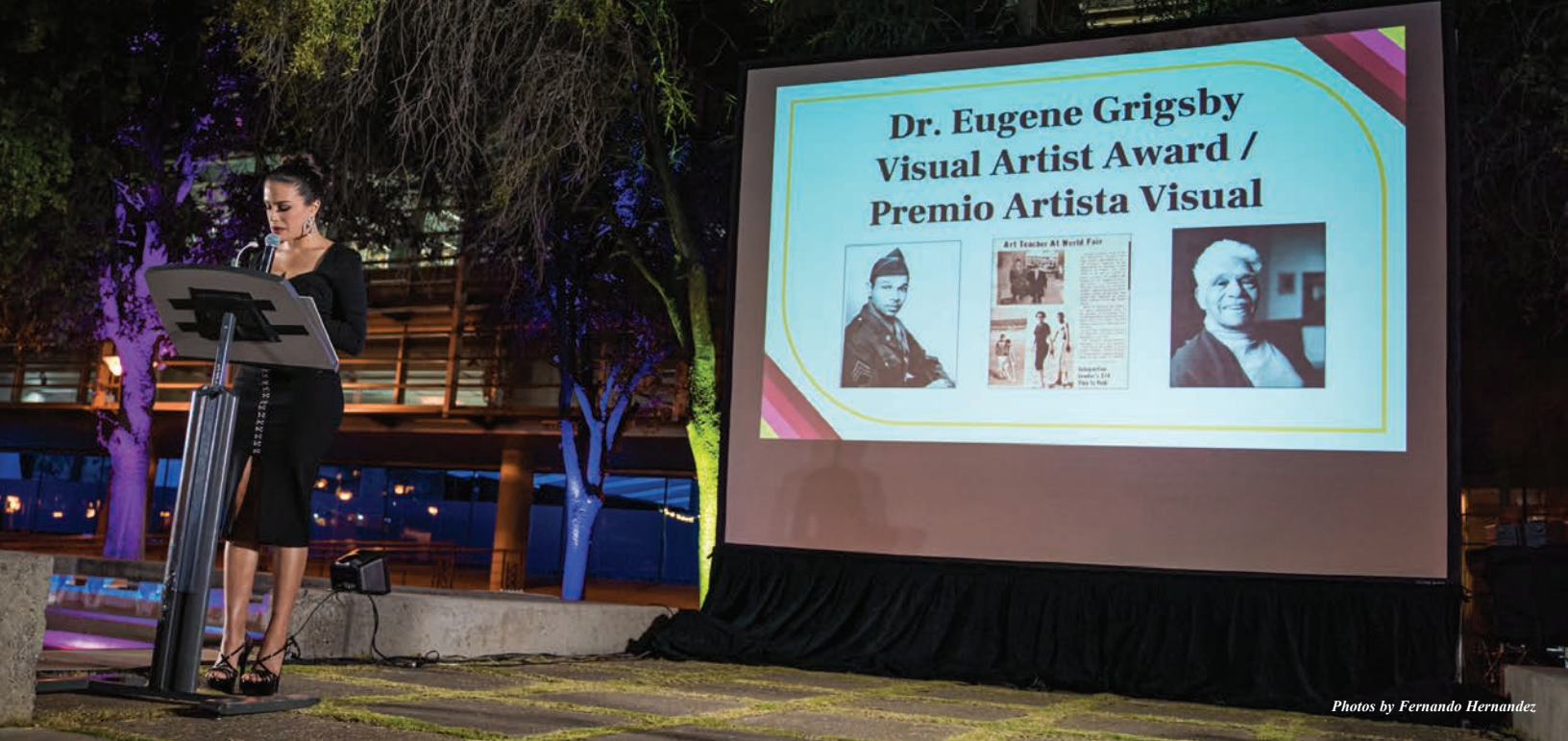
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10th Annual Mayor's Arts Awards Call for Artist Nominations

Phoenix Center for the Arts is excited to announce that the call for artist nominations are now open for the 10th Annual Mayor's Arts Awards at phoenixcenterforthearts.org/maa. An annual fundraising event that recognizes artists in the Phoenix community, the Mayor's Arts Awards (MAA) will be held on the evening of Thursday, October 13th, 2022 at Hance Park Urban Plaza. In collaboration with the City of Phoenix Mayor's Office, Phoenix Center for the Arts invites the public to nominate an artist that has made innovative strides to positively impact and integrate art with the communities of Phoenix.

Award Nominations will be accepted through Submittable and open to all community members to nominate a Phoenix artist or organization for excellence in the following award categories:

- 📌 "Jerry Lawson Memorial" Performing Artist Award
- 📌 "Dr. Eugene Grigsby" Visual Artist Award
- 📌 "Lou & Evelyn Grubb" Community Innovator Award
- 📌 Youth Artist Award

Nominations may be submitted by members of the public, or by the artists themselves. The only qualification required is that the artist is a City of Phoenix resident. MAA finalists are then chosen by a judging panel of community

leaders using the criteria of innovation, impact and integration.

Submissions of nominations are accepted through 5:00 p.m. August 31st, 2022.

Finalists will be announced in September and winners will be awarded at the event on Thursday, October 13th, 2022. For more event information, please visit phoenixcenterforthearts.org/maa or call (602) 254-3100.

About Mayor's Arts Awards

The Mayor's Arts Awards is an annual fundraising event that supports Phoenix Center for the Arts in its mission to provide arts and culture opportunities for all through education, programming and advocacy. The event identifies outstanding arts leaders in our community in the areas of Visual Arts, Performing Arts, and Multidisciplinary Arts, as well as Youth Arts and Community Innovation. Funds raised at this event support hands-on opportunities in the community and at the Center for all ages to participate in the visual and performing arts with year-round arts classes and engagement programs.

About Phoenix Center for the Arts and Central Arts Alliance

Phoenix Center for the Arts is a Central Arts Alliance facility located adjacent to Hance Park, at 1202 N. Third Street in Downtown Phoenix. Central Arts Alliance is a 501(c)3 nonprofit orga-

nization, providing arts and culture opportunities for all through education, programming, and advocacy. Phoenix Center for the Arts is proud to be a facility of and supported by the City of Phoenix Parks and Recreation Department. Phoenix Center for the Arts is supported in part by an award from the Arizona Commission on the Arts, an agency of the State of Arizona. Partial funding provided by the Phoenix Office of Arts and Culture through appropriations from the Phoenix City Council. ❖



Former Phoenix TV Anchor Brandon Lee Named Man of Courage Brain Injury Alliance of Arizona will honor Lee at Annual Brainiac Bash

The Brain Injury Alliance of Arizona is excited to announce that five-time Emmy winning journalist and former Channel 3 news anchor Brandon Lee is its 2023 Man of Courage. Lee will be honored at the organization's 2nd annual Brainiac Bash on January 14th, 2023, at the Omni Scottsdale Resort & Spa at Montelucia.

As a child, Lee was abused, and as a teen he turned to drugs to cope. After years of addiction, including nearly dying and being in a coma because of an overdose, Lee experienced a traumatic brain injury.

He opened up about his personal story in his memoir, "Mascara Boy," and in 2021 founded the Art of Our Soul, art healing program for trauma survivors. Lee, who is also a professional artist, found that art was instrumental in his own recovery. Lee, whose mission is to reduce the stigma around addiction, has partnered with his former TV news anchor Carey Pena to create the Center for Positive Media, a content house that produces mental health summits for major healthcare providers. Lee is also a board member at St. Luke's Behavioral Health Center, and a popular motivational speaker.

"I am so humbled to be receiving the Man of Courage award," said Lee. "I shared my story to help me heal by releasing the burden of shame that had sent my life spiraling. By speaking openly and honestly it has freed my soul. I never thought it would have an impact on others. I have never seen myself as a courageous per-

son. I just want to help others find their way out of the dark and lead them to the light."

"The Man of Courage is designed to recognize an individual who has overcome adversity and is now helping others who are struggling with a challenging situation do the same," said Carrie Collins-Fadell, CEO of The Brain Injury Alliance of Arizona. "Brandon is the epitome of this, both helping others and inspiring individuals to see that there is light after dark."

The Brainiac Bash, co-chaired by Debbie Gaby and Kathryn Pidgeon, helps shine a spotlight on the misunderstood world of traumatic brain injuries. While thousands of Arizonans will be seen in an emergency room due to brain injury this year, and over 5.3 million people in the U.S. living with a permanent brain injury-related disability, brain injury tragically remains misunderstood, misdiagnosed and rarely talked about. The Brain Injury Alliance of Arizona is a statewide organization that supports individuals with brain injuries and the professionals that serve them, through prevention, education and awareness.

About The Brainiac Bash

The 2nd Annual Brainiac Bash will feature a celebrity catwalk as well as a ballroom dance contest with routines from competitive dancers and prominent Arizonans. There will also be a special ceremony honoring four esteemed individuals with the Man and Woman of Courage, Courageous Veteran and Courageous Athlete awards. All of this year's honorees and dance



Brandon Lee

participants will soon be announced! This stylish event is a perfect way to demonstrate the importance of brain health by focusing on the benefits of dancing: It reduces depression symptoms, supports motor, emotional, and intellectual brain functions, boosts memory, stimulates nerve growth factors, and most importantly it is a fun way to help The Brain Injury Alliance provide survivors, families and caregivers with much-needed free resources and programs. ❖

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The Phoenix Symphony

Launches Search for New President and CEO to Build on Its 75-Year Legacy

The Phoenix Symphony (TPS) President and Chief Executive Officer Suzanne Wilson will step down from her position to relocate to London, England for a unique opportunity presented to her family. Wilson's departure will be late fall 2022.

Wilson joined TPS in January 2020 working tirelessly to rebuild the multi-million-dollar organization, ultimately redefining its entire business model and culture to ensure its sustainability. She launched the 75th anniversary season following COVID, successfully returning musicians to the stage and patrons to Symphony Hall. Wilson was at the forefront of securing the trust and confidence of the community, yielding the largest gift in the history of the organization. She reintroduced many robust community engagement programs benefiting schools, hospitals, Alzheimer's care facilities and homeless shelters. The opportunities for collaboration and partnerships in various communities in the metro Phoenix area that hope to benefit from music as a form of entertainment and healing are set to expand thanks to Wilson's experience.



Suzanne Wilson

"Phoenix embraced me from day one and I am so grateful to our patrons and community partners for their support and friendship," said Wilson. "I am proud of the tremendous progress we have made as an organization. It is an incredible honor to lead TPS alongside Board of Director's Chair Molly DeFilippis, as well as our dedicated Board members. Additionally, what a privilege it is to work with our Virginia G. Piper Music Director Tito Muñoz, talented musicians and remarkable staff. TPS is well poised for its next CEO to forge ahead. Over the next several months, I will continue to advocate for and champion this renowned institution and look forward to helping in any way I can."

TPS Board of Directors has selected Isaacson, Miller, a premier search firm for the performing arts to lead the global search. The President and CEO Search Committee is chaired by Board of Directors member Mo Stein and includes additional board members, musicians, staff and prominent community leaders serving as ambassadors.

"The Phoenix Symphony has a magic to it that serves as an anchor for Phoenix far beyond our performance season," said Stein. "Our committee views this as more than an executive search. Our next leader needs to have exceptional creativity and innovation to meet our goals not only as a performing arts organization, but as a true community leader and connector for Phoenix. We look forward to working with the team at Isaacson, Miller on this search that will include looking beyond traditional performing arts executives."

"On behalf of the Board of Directors, I wish to express my deepest thanks and admiration to Suzanne for her extraordinary service, visionary leadership and endless positive energy," said DeFilippis. "Managing a performing arts organization in the 21st century is one of the most daunting challenges any leader could face, whether in the profit or nonprofit world. Suzanne rose to the challenge and had immediate impact. Her professionalism, grace and kindness enable her to genuinely engage and collaborate with anyone. I look forward to continuing to work with Suzanne and welcoming our next President and CEO."

TPS invites interested candidates to contact Isaacson, Miller about the position. To learn more, please visit phoenixsymphony.org. ♦

New Pop-Up Bar Opens At Hotel Palomar this Summer

The Kimpton Hotel Palomar Phoenix is introducing a brand-new pop-up bar this summer called the Summer Breeze Social Club. The cocktail bar that opens into the 3rd floor pool deck, is yacht rock/tiki inspired led by Palomar's newest award-winning bartender extraordinaire, Clint Spotleson.

The menu will include quintessential tiki drinks including the Mai Tai, but also will incorporate others including the fruitful Jungle Bird, Blue Sonoran with Pina Colada and Blue Hawaiian vibes; the boozy fruit punch Singapore Sling; the passion fruit Pacific Swizzle, St. Elmo's Fire, inspired by the Old-Fashioned cocktail; Planet Orange, the Long Drink, inspired by the cosmopolitan; and the We Found Nemo fishbowl cocktail, intended to be shared with friends.

The list of cocktails and their ingredients are:

Mai Tai - Rum, Lime, Orgeat and Orange Curacao

Jungle Bird - Blackstrap Rum, Campari, Lime and Pineapple

Blue Sonoran - Tequila, Banana, Blue Curacao, Lime, Coconut and Pineapple

Singapore Sling - Gin, Cherry Heering, Benedictine, Cointreau, Grenadine, Lime, Pineapple and Bitters

Pacific Swizzle - Passion Fruit Tea infused Rum, Passion Fruit and Lime

St. Elmo's Fire - Macadamia Nut Infused Bourbon, Chai Syrup, Coffee and Coconut Bitters

Planet Orange - Sotol, Ancho Reyes Verde, Lime, Passion Fruit, and Orgeat

Long Drink - made with Vodka, Lemon Juice, Cointreau, Nantucket Syrup, and Cranberry

We Found Nemo - Gin, Blue Curacao, Lemon, Tropical Itch Biz, Soda

About Kimpton Hotels and Restaurants

San Francisco-based Kimpton Hotels & Restaurants is the original boutique hotel company, which pioneered the concept of unique, distinctive, design-forward hotels in the United States in 1981. Anchored in one-of-a-kind experiences, Kimpton now operates more than 60 hotels and 80 restaurants, bars and lounges across urban locations, resort destinations and up and coming markets in the United States, Europe, Caribbean and Greater China. Kimpton spaces and experiences center on its guests, offering inspiring design that evokes curiosity to forward-thinking flavors that feed the soul. Every detail is thoughtfully curated and artfully delivered, so that guest experiences remain meaningful, unscripted and ridiculously personal.

Kimpton's employees, empowered to provide heartfelt service and experiences, have built a highly regarded workplace culture that appears consistently on *FORTUNE* magazine's "100 Best Companies to Work For" list. In January 2015, Kimpton became part of the InterContinental Hotels Group (IHG) family of hotel brands. For more information, visit www.KimptonHotels.com. ♦



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Phoenix Vegan Restaurant Week Returns for Second Year

After a successful launch last year, Phoenix Vegan Restaurant Week returns for a second helping, September 11th through the 18th, 2022. Raising awareness for all things vegan, the weeklong event gives diners an affordable opportunity to explore the growing plant-based scene in the Valley.

Not exclusively limited to full-service restaurants, Phoenix Vegan Restaurant Week is all inclusive, allowing fast casual eateries, bakeries, coffee shops, food trucks, meal delivery services, ghost kitchens and pop-up kitchens to also participate. The event was founded by Jozh Watson of PHX Vegan and Chef Jason Wyrick of The Vegan Taste meal delivery service. Longtime vegans, they are champions of expanding the accessibility of vegan eating and showcasing the many great options the Valley has to offer.

“According to Watson, “Last year, Phoenix Vegan Restaurant Week was so well received by the community. Every eatery that participated reported a significant increase in traffic during the event. This year promises to be even bigger and better.”

During the special week, restaurants and food purveyors offer an exclusive multi-course prix fixe menu or showcase a specially priced item that best represents their establishment. Menus include not only dine-in, but

food scene, while supporting small businesses in the community. Whether someone has already adopted a plant-based lifestyle, is vegan-curious, or simply wants to go meatless a couple of days a week, Phoenix Vegan Restaurant Week gives diners the opportunity to try out multiple establishments at a reasonable price.

As the tastemaker behind PHX Vegan, a Maricopa-wide web portal offering education, events, and resources, as well as the creator of the growing monthly open-air market, Vegan Social, Watson has a pulse on the vegan dining scene and is encouraged by its recent growth. “There’s a demand for plant-based cuisine, and chefs and restaurateurs are filling the void. In less than a year, nearly 20 vegan and vegan-friendly restaurants and ghost kitchens have opened in the Valley.”

Early bird registration for eateries just opened, and the participants already include Beaut Burger, Dilla Libre, Giving Tree Café, Gooder Goods, Nana’s Kitchen, Pachamama, Salvadoreno Restaurant (Phoenix, Mesa and El Mirage), The Vegan Taste and Vegan & Vine. The number of participants will continue to grow, and the list will be regularly updated. Non-vegan restaurants are also encouraged to sign-up to show off their plant-based offerings.

According to Wyrick, “Restaurants are realizing they need to appeal to a variety of food preferences. Veganism is a lifestyle choice that is here to stay, and we’re proud to show off the amazing culinary mark Phoenix is making.”

For a list of participating businesses or to register for Phoenix Vegan Restaurant Week, visit www.phoenixvegan.com.





Summer Sizzles At J&G Steakhouse

Dine Above It All With Spectacular Steaks, Seasonal Seafood And More

Beat the heat this summer with fresh seafood, fork-tender steaks and more at J&G Steakhouse at The Phoenician. Perched atop this iconic resort nestled in the cactus-dotted foothills of Camelback Mountain, J&G pairs award-winning, modern American fare with spectacular views and postcard perfect sunsets – not to mention stylish decor, refined service and a wine list that's been nationally recognized by *Wine Spectator*.

Savor seasonal delights including fresh-caught Red King Crab Merus from Alaska and whole Maine Lobsters, along with J&G's signature Raw Bar, featuring East and West Coast Oysters, Littleneck Clams, Jumbo Shrimp Cocktails and Chilled Lobsters. Enjoy fabulous fish dishes ranging from Roasted Alaskan Halibut with Hon-shimeji Mushrooms and Miso-yuzu Broth, to the signature Sautéed Dover Sole, deboned tableside and topped with decadent Grenobloise Sauce.

Meet Chef Jacques Qualin

The real secret to J&G's sustained excellence is Executive Chef Jacques Qualin, who's been overseeing the kitchen since opening day in December 2008. A native of the Franche-Comté region of France, Chef Jacques takes pride in serving the finest cuts of meats and premium seafood at J&G, accented by the freshest seasonal ingredients as well as bold Asian and American flavors. Growing up in France's rural countryside is where Chef Jacques first developed a passion for farm-fresh, locally sourced ingredients.

For example, did you know that Northern Arizona produces some of the nation's finest sweet summer corn? Chef Jacques does, which is why he proudly serves Arizona-grown vegetables on his seasonal menus. Of course, not everything can be successfully sourced here in the Sonoran Desert.

That's when Chef Jacques turns to those who share his passion and integrity – such as the family-owned butcher shop in Northern California that specially prepares his 16 oz Prime Dry-Aged Bone-In NY Steak, aged for a full 30-35 days for that amazing rich, complex flavor; or purveyors in Alaska and Maine from whom he acquires the summer's best offerings.

Open for dinner Wednesday through Sunday, J&G Steakhouse invites you to Dine Above It All this August.

J&G Steakhouse at The Phoenician is located at 6000 E. Camelback Road in Scottsdale. For more information call 480-214-8000 or visit jgsteakhousescottsdale.com.



Chef Jacques Qualin



Jumbo Shrimp Cocktail



Warm Chocolate Cake with Caramel Ice Cream

~ Where to Sip This Summer in Monterey County, California ~

Visitors to Monterey County, California's idyllic Central Coast destination will be met with a cool sea breeze, plenty of sunshine and an abundance of newly opened drinkeries to try this summer. Recognized as a leading wine destination, travelers can experience new tasting rooms, as well as the addition of other spirituous beverages, including craft brews, whiskey, seltzer and cocktails. Whether a beer lover or wine connoisseur, the opportunities to quench one's thirst continue to grow in these various destinations.

Carmel, Carmel-by-the-Sea and Carmel Valley

Travelers visiting any of Monterey County's Carmel locations will be sure to find their fix of sip-worthy beverages. The one-square-mile village of Carmel-by-the-Sea boasts 17 wine tasting rooms including its new addition of Lepe Cellars, where patrons can sample organic, vegan and sustainable wines. Carmel-by-the-Sea also offers a free Wine Walk mobile guide with exclusive experiences.

Outside of Carmel-by-the-Sea is the town of Carmel, where visitors will find the new Black-owned Wine Bank. The wine bar serves up a large menu of sparkling, red, white, rosé and reserve wine selections paired with live music.

Beyond Carmel sits Carmel Valley, home to more than 20 wine tasting rooms including the new family-owned and operated Corral Wine Company. The tasting room opened in 2022 and barreled its first batch of estate Pinot Noir in 2017. For wine paired with food and music, visit Folktale Winery & Vineyards. Situated on 15 acres of sustainably farmed vineyards, visitors can reserve a spot at Folktale's Wine Garden Restaurant including Sunday brunch and complimentary live music from local artists.

Monterey

Travelers looking for a cocktail experience can visit the new speakeasy in downtown Monterey, Savvy, which offers a curated drink menu featuring barrel-aged and crafted-to-order libations that are Prohibition era-inspired. The entrance is tucked into a storefront underneath the Golden State Theatre and patrons must share a password (found on the bar's website) to enter. A few blocks away sits the recently opened The Whisky Club that serves up limited production Scotch and whiskies, as well as cocktails on tap. Visitors can choose from more than 200 expressions of Scotch and bourbon prepared neat, on the rocks or however preferred.

Pacific Grove

California Seltzer Co. launched the state's first "seltzery" at Lovers Point Park, steps from the ocean, in Pacific Grove. The taproom and eatery serves small-batch seltzers in flavors like hibiscus lime and blood orange, as well as wood-fired pizza and craft beer from its sister company, Lodi-based Five Window Beer Company. The town also holds Monterey County's only cidery, Pacific Grove CiderWorks, located steps away from Asilomar Beach. Visitors can sip premium ciders, perry and a unique and award-winning Brandipera.

Salinas

Visitors can embark on an epic brewery crawl in downtown Salinas, which has seen a surge of local brewery openings over the last year. With five taprooms all within a 600-foot walking distance, there is no shortage of brews to try, including the English Coffee Porter, a collaboration between The Bearded Bean, a popular coffee shop-brewery concept, and La Cantina

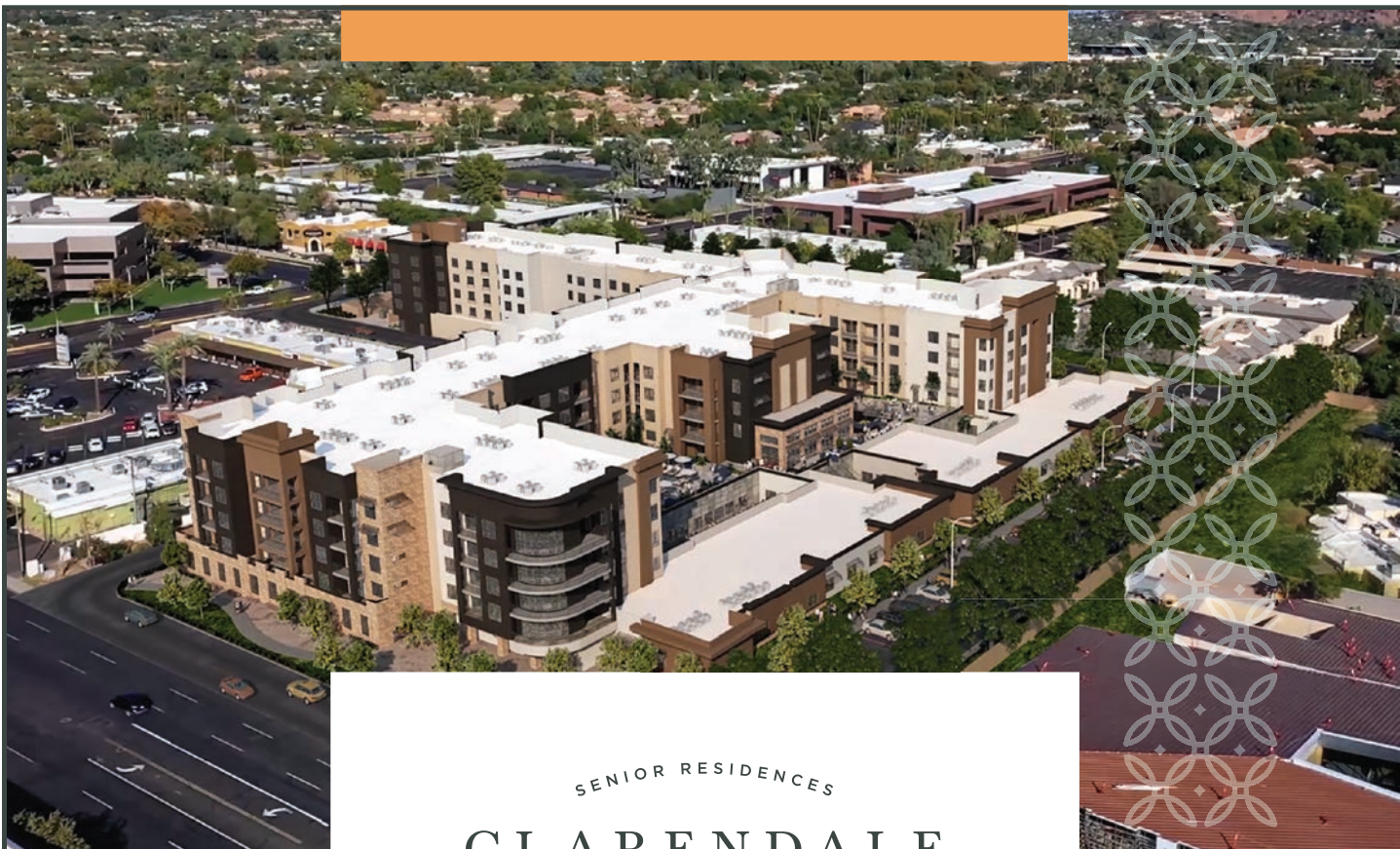
Brewing Company, one of the newest additions to Salinas' brewery scene. Brew-N-Krew Ale House is a Latina-owned ale house with inventive flavors inspired by the owner's roots, such as the Lokura beer, which borrows hints of tamarind, mango, and habanero from popular Mexican candy. Other established favorites include XL Public House and Famers Union Pour House, with rotating lists of beer and wine that keep visitors coming back.

Salinas Valley

Oenophiles can head to the heart of Monterey County wine country through River Road Wine Trail in the Salinas Valley. A dozen wineries, most with wine tasting rooms, provide the opportunity to sip on the region's top varietals, including Pinot Noir and Chardonnay, and visit three newer tasting rooms like CRU Winery, set on the Santa Lucia Highlands with stunning vineyard and valley views. Partakers can sample a collection of wines that focus on Burgundian and Rhone, all crafted from vineyards throughout the Central Coast. The newest tasting room, Joyce Wine Company, is helmed by self-taught winemaker and Monterey County local, Russell Joyce, and is set at the historic Ventana Winery in the Arroyo Seco. Joyce also has a tasting room in Carmel Valley.

No matter what sips inspire a summer getaway, visitors are encouraged to travel responsibly. Designated drivers are encouraged, or leave the driving to the pros with one of several tour companies that provide transportation offerings to taste the best of Monterey County. For more information on Monterey County and to plan a trip responsibly, visit SeeMonterey.com. ❖





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“Tuscan Women Cook” Shares One of Italy’s Most Popular Desserts

Who wouldn’t love to sit in the sun at an outdoor café in Italy sipping a chilled glass of wine and eating a favorite Italian dessert? Now you can. Coleen Kirnan, Owner and Host of Tuscan Women Cook, the unique and popular culinary vacation located in the heart of Tuscany, brings the cuisine and culture of this delightful region to home kitchens with her cookbook, *Tuscan Women Cook: Nonnas • Memories • Recipes* (2021/softcover \$35.00/ISBN: 978-0-578-82523-3).

For a special treat this summer, try this unique and delicious take on a classic Italian dessert. Tiramisù, one of Italy’s most popular desserts, is usually made with espresso as a key ingredient. Tiramisù translates to “pick me up,” due in no small part to the surge of caffeine that comes with every bite.

Tuscan Women Cook presents a tiramisù recipe that replaces coffee with fresh strawberries and Alchermes, a bright crimson Italian liqueur which is still made today by the Santa Maria Novella pharmacy in Florence with the exact same recipe formulated back in 1743. It is infused with a variety of common spices, along with the most unusual ingredient, dried insects, which contributes to its vivid scarlet color. You may substitute Fragoli wild strawberry liqueur or Chambord.

Strawberry Tiramisù

Serves 8

Ingredients:

For the cream:

500g mascarpone cheese, room temperature

500ml heavy cream

5 egg yolks

3/4 cups granulated sugar

For the strawberries:

2 1/2 cups of strawberries, chopped

1/3 cup Alchermes liqueur, Fragoli wild strawberry liqueur or Chambord

1 tablespoon sugar

2-3 tablespoons rum

1 cup orange juice

1 box dry ladyfingers (Pavesini brand preferred)

Put the strawberries, Alchermes liquor, sugar, rum and orange juice in a bowl. Set aside. With a hand mixer or a stand mixer, beat the egg yolks, sugar, mascarpone and cream on medium speed for 5-10 minutes, until creamy.

In a small bowl, strain the strawberries and keep the juice in a separate bowl. Dip the ladyfingers in the juice (a quick dip, you don’t want them to be soggy), and arrange cookies on bottom of a baking dish.

Cover with half the cream mixture, then cover with the chopped strawberries, repeat cookies for another layer, and cover with remaining cream mixture.

Decorate the top with strawberries just before serving and dust with powdered sugar. Chill for 2-3 hours before serving. It can stay chilled for up to 2 days.

Recipe and photo are both reprinted with permission of www.TuscanWomenCook.com from the Tuscan Women Cook cookbook.

For more information on Tuscan Women Cook and their cookbook, visit their website, www.TuscanWomenCook.com. ❖

13th Annual Sedona Winefest Returns September 24th-25th, 2022

On September 24th and 25th, 2022 the Sedona Winefest will be returning for its 13th annual celebration at the Sedona Posse Grounds Park (525 Posse Ground Rd., Sedona, Arizona 86336). The two-day, nationally recognized wine festival will feature award-winning Arizona wineries, food trucks serving local cuisine, a variety of artisan vendors and live music featuring DJ Pablo on Saturday and The Sugar Thieves on Sunday.

Sedona Winefest Founder, Sandy Moriarty says “Wine, art and music lovers come from across the Southwest to join us for this weekend among the red rocks, as the setting is unlike any other and there is truly something for everyone to enjoy.”

The famous two-day festival will feature a number of local food trucks, award-winning wines from the state’s best wineries, with wine-makers in attendance from each of the state’s three wine growing regions (full list of wineries to be released soon). Wineries currently attending (with more to come), include:

- ~ 1764 Vineyards
- ~ Alcantara
- ~ Aridus Wine Company
- ~ Caduceus Cellars
- ~ Carlson Creek Vineyard
- ~ Chateau Tumbleweed
- ~ Copper Horse Vineyard
- ~ Coronado Vineyards
- ~ Cove Mesa Vineyards
- ~ Four Tails Vineyard
- ~ High Lonesome Vineyards
- ~ Javelina Leap
- ~ Laramita Cellars
- ~ Merkin Vineyards
- ~ Najar Cellars
- ~ Southwest Wine Center
- ~ Village of Elgin
- ~ Winery 101



DJ Pablo will be performing Saturday, September 24th from noon to 5:00 p.m., along with a special performance by jazz legend Will Donato accompanied by Steve Oliver. And The Sugar Thieves will be performing a melting pot of styles (including blues, jazz, country, folk, gospel and rock and roll) on Sunday, September 25th from 1:30 p.m. to 4:30 p.m.

Early bird tickets (\$35/person in advance, including commemorative glass with 6 wine tasting tickets) are available for purchase at sedonawinefest.com or on Eventbrite, or can be purchased at the door for \$45/person per day. Non-wine drinkers will be charged a general admission fee of \$10 for festival access. Kids under the age of 18, accompanied by an adult, receive free entry.

Those wishing to kick things off early are also invited to attend the “Jazz It Up Sedona Opening Night Party” on Friday, September 23rd at 6:00 p.m. at Sound Bites Grill (located at 101 N. State Rte 89A, Sedona, AZ 86336), where jazz legend Will Donato will perform with Steve Oliver, and guests can indulge in dinners paired with Arizona wine.

For more information on the 13th Annual Sedona Winefest, visit www.sedonawinefest.com or email sedonawinefest2022@gmail.com. ❖



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The Board of Visitors Announce 2023 Flower Girls

The Board of Visitors is pleased to announce forty-two high school seniors have accepted the invitation to become 2023 Flower Girls. These young women will participate in events throughout the school year, including a philanthropic event this Fall at The Board of Visitors Ryan House and the 69th Annual Fashion Show Luncheon on December 17, 2022, at the JW Marriott Scottsdale Camelback Inn Resort & Spa. The 2023 Flower Girls will be presented at The Board of Visitors 108th Annual Charity Ball, on April 1st, 2023, at the JW Marriott Scottsdale Camelback Inn Resort and Spa.

The Board of Visitors 2023 Flower Girls represent five communities across the Valley, and two states outside of Arizona, Illinois and New York.

About The Board of Visitors

Established in 1908, The Board of Visitors is the oldest women's charitable organization in Arizona. Since its inception, The Board of Visitors has granted nearly 25 million dollars to local nonprofit organizations in the greater Phoenix community serving the healthcare needs of women, children and the elderly. The BOV holds three events annually: Care Card, Annual Fashion Show Luncheon and Annual Charity Ball. For more information, please visit www.boardofvisitors.org. ❖



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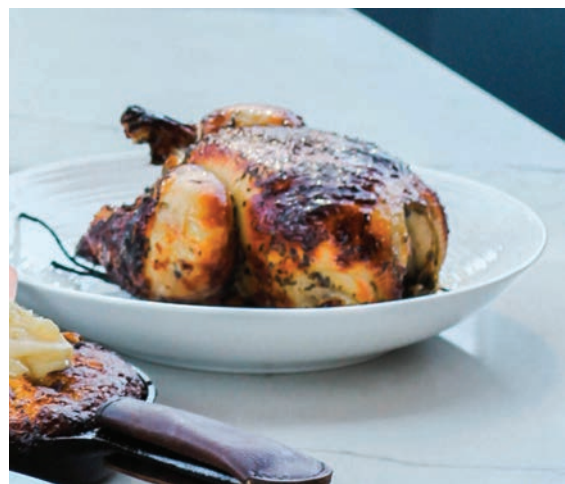
Summer Break at Neighborly Public House

Specials Available through September 9th

It is the last month to take advantage of the amazing Summer Break deals available at Neighborly Public House in uptown Phoenix available until September 9th! Slide into a rich, tufted leather booth and catch Burger + Beer Night at Neighborly Public House on Monday nights. Guests can get the Collins Bros. Burger (noble brioche bun, muenster cheese, creole mustard slaw, steak sauce, mayo, bacon steak) and a draft beer of their choice all for just \$20.

Also happening at Neighborly Public House is their fan-favorite Family Pack. Only available from Sunday through Thursday, Neighborly Public House offers the Family Pack for to-go only. Each Family Pack is the perfect meal for the whole family, and comes with one Cast Iron Corn Bread, a full rack of Baby Back Ribs, a whole Rotisserie Chicken, one large Dateland Salad, two sides of Jicama Slaw, two sides of Shattered Fries and two slices of Coconut Cream Pie all for only \$58.

Lastly, they have the Summer Tasting Menu that is also offered from Sunday through Thursday. Embark on a four-course tasting menu for only \$45! This is the perfect way to taste some of Neighborly Public House's most popular dishes like Tuna Poke, Oysters Rockefeller, Sticky Baby Back Ribs or Coconut Cream Pie. For more information on Neighborly Public House, or to make a reservation, visit www.neighborlypublichouse.com. ❖





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Raghib “Rocket” Ismail, Pioneering Broadcaster Alex Flanagan to Speak at Arizona Bank & Trust Fiesta Bowl Kickoff Luncheon

College football season is coming soon, with this season finishing as a College Football Playoff Semifinal at the Fiesta Bowl. Getting ready for the season, the Arizona Bank & Trust Fiesta Bowl Kickoff Luncheon presented by Caesars Sportsbook will once again bring college football’s biggest names to the Valley. College Football Hall of Famer Raghib “Rocket” Ismail and groundbreaking sportscaster Alex Flanagan will be the keynote speakers on Tuesday, August 23rd, at the Arizona Biltmore.

Tables are open to the public and start at \$2,500 for 10 people, with tiered pricing for additional table locations, including VIP tables that include a meet-and-greet session for four with Ismail and Flanagan available at \$9,250. For more information about the event and to reserve a table, please contact tickets@fiestabowl.org or call (480) 350-0911.

Ismail burst through defenders as an All-American receiver and kick/punt returner to become a College Football Hall of Famer. Rocket was a freshman in 1989 when Notre Dame won the national championship at the Fiesta Bowl to finish an undefeated season, and his third-quarter touchdown provided the winning points. A two-time First Team All-American, Ismail was the 1990 Walter Camp Player of the Year, runner-up for the Heisman Trophy and a member of *Sports Illustrated*’s All-20th Century College Football Team.

One of the most electrifying players in college football history, Ismail scored five kickoff returns for a touchdown, a Notre Dame record, and he remains the only player in NCAA history to return two kickoffs for touchdowns in two games. A two-sport athlete, Ismail was also an All-America track star at Notre Dame.

Before she became an award-winning broadcaster and the first woman to be a part of the Notre Dame on NBC broadcast team, Flanagan grew up in Southern Arizona in Sonoita, Arizona. As an undergraduate at the University of Arizona, she was crowned the Fiesta Bowl Queen for the 1992-93 season and began her broadcasting career at KVOA in Tucson.

In 2006, she became the NFL Network’s first female studio host and a

year later joined the Notre Dame on the NBC broadcast team, where she reported from the sidelines from 2007-13. Flanagan also served as a reporter for NBC’s Football Night in America and NFL Network’s Thursday Night Football, contributed to the Today Show, hosted the NFL Draft, and covered 12 Super Bowls and five Olympic Games.

“We are excited to have two first-rate speakers at this year’s Arizona Bank & Trust Fiesta Bowl Kickoff Luncheon presented by Caesars Sportsbook. Our speakers will bring unique perspectives and inside knowledge heading into what will be memorable season delivering an exciting matchup for this year’s College Football Playoff Semifinal at the Fiesta Bowl,” said Randal Norton, Fiesta Bowl Board Chair. “Rocket Ismail won a national championship at the 1989 Fiesta Bowl and created some of college football’s most exciting and memorable moments. Alex is an Arizona native who has reported and broadcast the most prestigious sporting events and has worked side by side with Hall of Fame broadcasters. This is an event you won’t want to miss.”

The Arizona Bank & Trust Fiesta Bowl Kickoff Luncheon will take place on August 23rd, with a VIP meet-and-greet at 10:30 a.m., followed by the luncheon at 11:30 a.m.

A portion of each table sale is designated for Guaranteed Rate Bowl ticket purchases as part of the Send-A-Vet, Send-A-Teacher, Send-A-Kid, Community Champions program.

The duo join names such as Florida’s Steve Spurrier, Ohio State’s Urban Meyer, Oklahoma’s Bob Stoops, Notre Dame’s Lou Holtz, Nebraska’s Tom Osborne and Tommie Frazier and Arizona State’s Jake Plummer as Kickoff Luncheon keynote speakers. ❖



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FRANCINE

Head to the South of France This Summer and Savor a 5-Course Pre-Fixe Special at Scottsdale's Own Francine Restaurant

This summer let Francine Restaurant in the luxury wing of Scottsdale Fashion Square transport you to the South of France with all the flavors of the sun. Francine Restaurant is an upscale bistro within serving French fare with a Mediterranean twist.

Enjoy the delightfully paired 5-course Pre-Fixe dinner which was designed to showcase the flavors of the season and the dishes that have made the South of France the destination of a lifetime.

This special summer offering is available for dinner and is just \$45 Sunday through Thursday at Francine restaurant, located at 4710 N. Goldwater Boulevard in Scottsdale.

For the first course, guests can choose between a Heirloom Tomato Gazpacho or Arugula Salad featuring Endive and a grapefruit vinaigrette.

The second course features a savory Grilled Octopus with a Romesco sauce and fingerling potato. For the third course, enjoy a mushroom pasta truffle with olive oil, chive and parmesan or Cacio e pepe fettuccini. Then to the fourth course feast on a roasted Two Walsh Organic Chicken with morel, port-cognac jus and finally for the last course guests can choose the chocolate Pot De Crème with Chantilly and Hazelnut Crumb or the Buttermilk Panna Cotta with a rhubarb, strawberry sorbet.

Francine Restaurant is open 11:00 a.m. until 9:00 p.m. most days with extended hours on the weekend. Reserve your spot for this 5-course special by calling (480) 690-6180 or visiting www.francinerestaurant.com.

About Francine Restaurant

Airy, elegant FRANCINE, which sits in the luxury wing of Scottsdale Fashion Square, exudes the rustic charms of le midi (the south of France), homeland to celebrity chef-founder Laurent Halasz (FIG & OLIVE) who re-creates specialties of the region, including salad Niçoise, grilled branzino, steak frite and bouillabaisse. *Phoenix New Times* named FRANCINE Best Phoenix Restaurants in Phoenix in 2021.

Halasz, who was raised in the South of France amidst the bounty of simple and soulful cuisine draws inspiration from his birthplace. FRANCINE is a spirited and loving homage to days spent in the sun and amongst gatherings around beautiful meals hosted by his mother Francine Halasz. Everything on my mother's table was fresh, seasonal and full of flavor, and that is exactly what FRANCINE offers our guests. ❖



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Hair Looking 'meh'? It May Be Your Diet – Hair Advice from a RDN

Volume and hair loss happens due to aging, genes, stress and poor nutrition. Mascha Davis MPH, RDN, Registered Dietitian Nutritionist with the Synergy Company says look to Vitamin D and B ASAP.

"When the body lacks Vitamin D you may shed more hair. That's because Vitamin D helps create new hair follicles and support hair thickness." Get your D through a diet of fatty fish, egg yolk, and nuts or through vegan, whole-food supplements from Pure Synergy, like it's popular D3 + K2 Complex™.

Known as "the beauty vitamin," biotin (or Vitamin B7) can promote hair growth and improve follicle health by stimulating keratin – the structural protein making up 95% of your hair. Other B vitamins stimulate red blood cells that carry oxygen and nutrients to the scalp, therefore "feeding" your hair. Without enough B, hair cells can starve – causing shedding, slow growth and breakage.

"For overall stronger hair, I recommend a complete multivitamin like the Multi-Vita-Min from Pure Synergy, with 13 essential vitamins including D and B, as well as seven core minerals derived from whole organic vegetables and fruits."

For more information, please visit www.thesynergycompany.com. ❖

Abrazo Heart Procedure Could be Game-Changer for Afib Patients

Doctors at Abrazo Arizona Heart Hospital have a new treatment option that could be a game-changer for patients with irregular heartbeat, commonly known as Afib. For appropriate patients, the Amulet procedure may mean no longer needing blood thinning medication.

Blood thinners are typically prescribed to people diagnosed with Afib, or atrial fibrillation, to prevent blood clots forming in an appendage of the heart that can travel to the brain, causing a stroke.

Abrazo Arizona Heart Hospital physicians say Abbott's Amplatzer Amulet Left Atrial Appendage Occluder seals the heart's left atrial appendage to prevent blood clots traveling to the brain, reducing the risk for stroke.

The minimally invasive procedure uses dual-seal technology to permanently seal the heart's left atrial appendage, alleviating the need for blood-thinning medication following the procedure, according to Dr. Akash Makkar, who performed the first Amulet procedure at Abrazo Arizona Heart Hospital.

"In some people with Afib, the left atrial appendage – a small, naturally occurring pocket connected to the upper left chamber of the heart – can allow blood to pool and increase the likelihood of clot formation, which can travel to the brain and cause a stroke," said Dr. Makkar.

A previous option for Afib patients uses a single component to seal the appendage, and requires blood-thinning drugs during healing and additional patient monitoring to ensure closure, explained Dr. Makkar, one of several cardiologists offering Amulet at Abrazo Arizona Heart Hospital.

Patients at risk for ischemic stroke due to Afib are candidates for Amulet. Strokes caused by complications from Afib, which causes about 1 in 7 strokes, tend to be more severe than strokes with other underlying causes, according to the CDC.

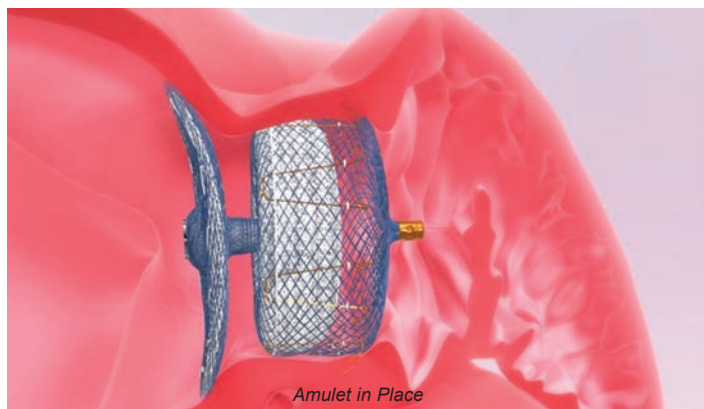
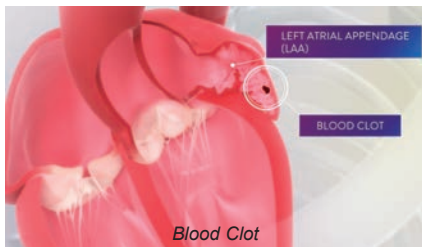
"We are pleased to be able to offer another option at for treating Afib patients who may be candidates for this new device," said Abrazo Arizona Heart Hospital President Phil Fitzgerald. "It's exciting to make this new treatment option available for Afib patients across Arizona."

Abrazo Arizona Heart Hospital was the among first hospitals in Arizona to offer the Amulet procedure following its approval for commercial use.

Facts about Afib

- An estimated that 12.1 million people in the United States will have Afib in 2030.
- Afib complications cause about 1 in 7 strokes.
- Strokes caused by Afib tend to be more severe than strokes with other underlying causes.
- People of European descent are more likely to have Afib than African Americans.

For more information on services available at Abrazo Arizona Heart Hospital, visit AbrazoHealth.com. ❖



Back to School Haircare with Mane Attraction Salon

Ensure that your kiddos look and feel their best this back-to-school season with a number of tips and tricks from the professionals at Mane Attraction Salon.

With school right around the corner, it's the best time to show our pre-teens practical hygiene routines and give them the independence to style their own hair. Doing so will give them confidence and make mornings easier on everyone.

Sye South, Master Stylist at MAS has provided a few tips for those looking to make hair care simpler for parents and children alike.

Hair Care Tips

1. Use the proper shampoo.

- Kids tend to miss scrubbing areas leaving hair oily even after washing. Boys and girl's hair needs are different when it comes to shampooing.
- Boy's scalps are thicker and need an exfoliating shampoo to help.
- Girls tend to miss washing parts of their scalp due to the amount of hair on their head. Girls also need more moisture from their conditioner.

2. Taming Frizz and Tangles

- Boys with shorter hair should limit frizz control product use to one product to maintain a consistent grooming habit. For those with a little more length, a soft pomade allows for control as well as a grooming crème to calm the frizz.
- A detangling brush and leave-in conditioner are a pre-teen girl's best friend! Simply spray in the conditioner and begin brushing from ends to roots. Visit Mane Attraction's MAS Shop in-store for all haircare product needs.

One way to create motivation for these hygiene routines is with a new summer chop. An ideal haircut for the new school year is low maintenance and easy to style before class. Another way to do this would be to embrace a fresh start by refreshing hair color or even trying something new.

Mane Attraction Salon is located in the Biltmore Plaza at 3156 E. Camelback Road in Phoenix. To book an appointment for the whole family, call (602) 956-2996 or visit www.maneattractionsalon.com. ❖

New Stroke Support Group Meets Monthly At Abrazo Central Campus

Abrazo Central Campus is launching a monthly stroke support group, with meetings on the second Thursday of each month. The group meets from 2:00 p.m. to 4:00 p.m. in the hospital's Acute Rehab Unit classroom.

Abrazo Central Campus, 2000 W. Bethany Home Road, is a certified Comprehensive Stroke Center, and the support group offers a welcoming place for stroke survivors and their families to talk about their experiences.

"Access to a caring support network is important in the recovery process for those affected by stroke. We are very happy to provide the setting for monthly in-person support group meetings," said Lisa Ziomek RN, Stroke Program Coordinator at Abrazo Central Campus.

Abrazo Central Campus has teamed up with the Joe Niekro Foundation to launch its support group for patients and family members affected by ischemic or hemorrhagic stroke, brain aneurysm or AVM. The group offers a place to come together and share stories, offer helpful resources and assist with ongoing support for survivors and their families.

Each stroke survivor faces a unique set of physical and emotional challenges. And each cope their own way. Support groups can help survivors and caregivers have meaningful lives after stroke, according to the American Stroke Association.

Abrazo Central Campus is located at 2000 W. Bethany Home Road in Phoenix. You may RSVP at abrazohealth.com/events. ❖



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