

# BILTMORE *Lifestyles*

A Community Service Publication



## Studio B Smiles Debuts Biltmore Office

*Special feature pages 12-13*





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Associate Broker

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### From the Publisher...



As we settle into February, Arizona reveals its most enchanting season. While much of the country shivers, the Valley offers a vibrant landscape of events and experiences that remind us why we call this desert paradise home. This month, adventure seekers and culture enthusiasts have an incredible array of opportunities. The Arizona Renaissance Festival runs throughout February and March, transforming Gold

Canyon into a magical historical playground. Check out the article on page 21 for more information.

Our local event calendars are brimming with creativity, from art walks in downtown Phoenix to unique exhibitions that showcase the rich cultural tapestry of our state. The Artlink's First Fridays Art Walk on February 7th offers a perfect evening to explore local artistic talent. For more information on this, visit [www.artlinkphx.org](http://www.artlinkphx.org).

As your publisher, I'm continually inspired by the diverse experiences our state offers. Whether you're a long-time resident or a newcomer, February in Arizona is an invitation to explore, connect, and celebrate the unique spirit of our community. Here's to another remarkable month in the Grand Canyon State!

Until next month, *Susan*

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Publisher

Editor

*Susan*

*Julie Nicholson*



### Beauty to the Rescue: A Celebration of Style and Compassion

Beauty to the Rescue is Mane Attraction Salon's signature annual fundraiser, blending the world of beauty with a heartfelt mission to support animal welfare. Now in its 25th year, this much-anticipated event is a day-long celebration where the salon transforms into a bustling hub of activity, all in the name of saving animals' lives.

Guests are invited to enjoy a variety of salon services including haircuts, styling, and more, all provided by the talented team at discounted rates. Every dollar raised goes directly to their beneficiary, Phoenix Animal Care Coalition 911 (PACC911), helping them continue their life-saving work for animals in need.

The event also features a lively atmosphere with music, refreshments, and a sense of community spirit that brings people together. Local businesses often contribute through donations, raffles and silent auctions, adding to the excitement and generosity of the day.

Beauty to the Rescue is more than just a fundraiser; it's a celebration of the bond between people and animals. It's a day where clients, friends, and family come together to make a tangible difference, all while enjoying a little pampering and fun. Each service rendered, each raffle ticket purchased, and each smile shared contributes to a larger cause, saving lives and spreading love.

Join in on Sunday March 9th, 2025, from 10:00 a.m. to 2:00 p.m. at 3156 E. Camelback Road, as they commemorate 25 years of compassion and community support, making a meaningful impact one beauty service at a time.

For more event information, please visit [www.maneattraction.com/beauty-to-the-rescue](http://www.maneattraction.com/beauty-to-the-rescue)







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## Prosecco & Puppies Wine Girl Raises Funds for Almost There Rescue

Raise a glass to a good cause! On Sunday, February 16th, Wine Girl in Scottsdale invites you to Prosecco & Puppies, an afternoon of bubbly, adorable adoptable puppies, and heartwarming philanthropy in support of Almost There Rescue (ATR). Enjoy La Marca Prosecco and other hand-crafted sips while meeting sweet pups looking for their forever homes. Wine Girl will donate 50 percent of all sales during the event from 1:00 p.m. to 3:00 p.m. directly to ATR, a local nonprofit dedicated to rescuing mama dogs and puppies, providing them with vital care, socialization, and enrichment as they prepare for adoption.

With its chic, photo-worthy ambiance and a rotating menu of wines, beers, and bites, Wine Girl offers the perfect backdrop for this pawsitively fun event. For more information, visit Wine Girl Events. Wine Girl is located at 4205 N. Scottsdale Road in Scottsdale. ❖





# Ryan House's Signature White Christmas Gala Shines Bright, Raising \$241,075

The holiday season was made brighter as local nonprofit Ryan House hosted its signature White Christmas Gala on Saturday, December 7th, in the stunning Gold Room of the Arizona Biltmore Resort. With a sold-out crowd of nearly 250 attendees, the festive evening raised \$241,075 in direct support of its mission to provide care and comfort to Arizona's children with life-limiting conditions and their families.

This unforgettable evening, chaired by 2024 Committee Co-Chairs Cassie Littell and Megan Peacock, brought the community together to celebrate the transformative work of Ryan House. The event highlighted the heartwarming story of Ryan House parent Amber Spalding, who shared how her son Aaron benefits from the compassionate respite care Ryan House provides.

Guests also enjoyed a night of fine dining and dancing to the music of The Hamptons band. In keeping with the White Christmas Gala's tradition, guests enjoyed a magical snowfall on the Gold Room patio. Plus, a limited number of Snowflakes & Sparkles raffle tickets were available for purchase. Everyone was a winner, guaranteeing a beautiful piece of jewelry from Jewel Ya. One lucky guest also took home a stunning pair of white gold and diamond earrings generously donated by Schmitt Jewelers.

"Our White Christmas Gala is a cherished tradition and a beautiful way to welcome the holiday season while rallying support for the vital work we do," said Ryan House Executive Director Tracy Leonard-Warner. "The generosity of our sponsors, guests, and the entire community allows us to create cherished memories and provide much-needed relief for families facing extraordinary challenges."

This year's gala was made possible by the generous support of its sponsors, including the Gold Sponsor: Hospice of the Valley. Silver Sponsors: Warren Adams, National Bank of Arizona and Sundt Construction. Bronze Sponsors: Adrian Balderrama, Beach Fleishman, Clayco, Crexendo Hollie Crim, Ashley and Zach Crowell, Tara and Daniel Franks, Kathy and Mike Hanley, Lynn Hoffman, Lisa and Jeff Huff, Cassie and Chad Littell, Sabrina and Chad Norris, Plexus Worldwide, RSMII, and Sequoia. Bar Sponsor: CORE Construction. Let It Snow Sponsor: Christine Guthrie, Realtor, Berkshire Hathaway Luxury Collection and Photography Sponsor: David Younggren. For more information, visit [www.ryanhouse.org](http://www.ryanhouse.org). ❖



*Cassie Littell, Amber Spalding, Megan Peacock  
& Laura Tolson*



*Brooks and Josie Anderson*



*Jon and Jane Andersen*



*Elliot Wernick and Susan Kricun*



*Andrea Evans, Tom and Lin Sue Flood*



*Diane and Ray Pava, Christine Guthrie*



*Ryan House Board Chair Mary Thompson and Executive  
Director Tracy Leonard Warner*



*Sara Snyder, Sabrina Norris, Tara Zika, Amy Chung*



*White Christmas Co-chairs Megan Peacock and  
Cassie Littell*



# No Fooling ~ Arizona Gives Day Coming

## With New Features for Nonprofits and Donors on AZGives.org

Arizona Gives Day may coincide with April Fool's Day this year, but the need to support Arizona nonprofits is no joke.

That's why this year's Arizona Gives Day, powered by AZ Impact for Good, will include the launch of a new platform to make donations easier for Arizona residents and the nonprofits they support. The new platform (AZGives.org) is designed to boost donor engagement, streamline processes, and make giving even more impactful.

The annual day of giving has generated more than \$47 million for Arizona nonprofits over the past decade and raised more than \$5.3 million in 2024.

Nonprofit registration runs through March 7th for this year's campaign, which enters participating nonprofits into a prize pool for more than 120 prizes totaling more than \$150,000. And Arizona Gives Day is more than just one day; donors can start showing their support for Arizona nonprofits now or when the Arizona Gives Day early giving window opens on March 11th.

Contributions on AZGives.org are tax-deductible and, in some cases, can count toward the Arizona Qualified Charitable, Qualified Foster Care, or Public School Tax Credits. And with an uncertain political and economic environment for the coming year, Arizona residents have an opportunity to take it upon themselves to make their communities a better place by supporting the work of nonprofits in a variety of different areas of specialty.

The Arizona Gives program is run by Arizona Impact for Good, formerly the Alliance of Arizona Nonprofits and Arizona Grantmakers Forum. The event was started in 2013 to connect people with causes they believe in and build a lasting, stronger spirit of philanthropy in Arizona.

"Nonprofit organizations are so vital to the well-being of our communities, but many are facing uncertainty about how their programs will continue right now from decreased contributions," said Jennifer Purcell, Chief Impact Officer for AZ Impact for Good. "Arizona Gives Day is an opportunity for nonprofits to showcase the impact they are having on Arizona communities and for those people to give back."

Donors contributed more than \$5.3 million to more than 893 Arizona nonprofits as part of the 2024 Arizona Gives Day. Arizona Gives Day has now generated more than \$47 million for Arizona nonprofits over the past decade. The event raised \$5.3 million in 2023 as well. Additionally, more than 23,516 donations were made to 893 of the 1,033 participating nonprofits. And, during the event, 7,345 volunteers pledged a total of 58,943 hours to their favorite nonprofit organizations.

Donations may be made online at [www.azgives.org](http://www.azgives.org).

Businesses can also get involved through group giving, sponsorship or in several other ways. For more information about sponsorship opportunities or how businesses can get involved, email [azgives@azimpactforgood.org](mailto:azgives@azimpactforgood.org). ❖



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# Arizona Costume Institute's Luncheon Raises Record-Breaking Amount for Phoenix Art Museum's Fashion Programs

Arizona Costume Institute (ACI) hosted its highly anticipated Holiday Luncheon on December 9th at the Arizona Biltmore Resort. The sold-out event welcomed over 500 guests and broke all records to support the fashion exhibitions, acquisitions and educational programs at Phoenix Art Museum.

One of the Valley's most prominent fashion gatherings, the event featured a keynote presentation by award-winning designer Christian Siriano. Known for his whimsical and show-stopping designs, Siriano's creations have been worn by high-profile figures such as former First Lady Michelle Obama, Angelina Jolie, Oprah, Zendaya and Cardi B, among others.

Following the champagne reception, Siriano captivated the audience with a lively conversation hosted by Christina Kazis Sayare. During the discussion, Siriano shared insights into his

career journey, the challenges and triumphs of building a brand rooted in inclusivity, and his perspective on fashion's evolving role in society.

In addition to the presentation, the elegant event celebrated the philanthropic efforts of Honorary Chair Jacquie Dorrance, featured a plated two-course lunch and included a raffle with luxury items from both local and nationally recognized designers, boutiques and businesses.

The luncheon was chaired by Catherine Tuton and Barbara Lytle, with Hillary Sher, Lauri Termansen and Oscar De las salas serving as ambassadors for the event. Their efforts were instrumental in driving fundraising and raising awareness of ACI's impact on Phoenix's vibrant art scene.

"We are incredibly grateful to the Arizona Costume Institute and its members for their continued support of Phoenix Art Museum. The

Holiday Luncheon has once again provided crucial funding for our fashion exhibitions, acquisitions, conservation efforts and educational programs, directly benefiting our community," said Jeremy Mikolajczak, the Sybil Harrington Director and CEO of Phoenix Art Museum. "Hosting the event at the historic Arizona Biltmore and returning to the location of the first Holiday Luncheon was a resounding success, and we are grateful to everyone involved for making it such a memorable occasion. We extend our deepest thanks and congratulations to the 2024 Holiday Luncheon co-chairs Catherine Tuton and Barbara Lytle, our 2024 Ambassadors, and the entire planning committee, whose efforts were instrumental in delivering a truly unforgettable event."

To learn more about Arizona Costume Institute, visit [arizonacostumeinstitute.org](http://arizonacostumeinstitute.org). ❖



*Mahsa Page, Shawnee Doherty, Joy Sprink, Khamson Sirimanivong, and Ruby Farias*



*Michael Mazzecco, Lisa Geyer, Beth McRae, Pat Bondurant, Markus Ford, Darlene Richert, and Tikesha McFadden*



*Denise Monti and Jimmy Chase*



*Catherine Tuton, Barbara Lytle, Jeremy Mikolajczak, and Jacquie Dorrance*



*Moll Anderson, Chrissy Sayare, Mitch Sayare, and Missy Anderson*



*Ashley Betkouchar and Wonder Wendy (Wendy Farrell)*



*Lisa Shapiro, Dawna Holtz, and Kelly Welty*



*Linda Herold and Catrina Kahler*



*Lisa Whightman and Tobi Placenti*



# Luxury Hi-Rise Biltmore Living 2211 E Camelback Road



**Unit 505**



**Unit 201**

This stunning BILTMORE condo blends sophisticated design with practical living. As you step inside, expansive views of South Mountain greet you framed by large windows that bathe the great room in natural light. Picture crafting gourmet meals in the chef's kitchen, featuring top-tier appliances, granite countertops, and custom cabinetry. The master suite boasts a spacious walk-in closet and a spa-like bathroom with double vanities and a soaking tub. The building itself offers a wealth of amenities, including 24-hr Security, Valet, Clubroom, Fitness Center, and a breathtaking rooftop pool where you can enjoy panoramic city and mountain views. Welcome to 2211!

Step into luxury with this 2BR+ den, 3BA gem at the prestigious Residences at 2211 Biltmore! This high-rise beauty combines elegance, comfort, and convenience in one of Phoenix's most coveted neighborhoods. Enjoy an open floor plan with mountain and beautiful courtyard views. The chef's kitchen, complete with premium appliances, custom cabinetry, and a walk-in pantry, flows perfectly into the living and dining areas—ideal for entertaining. Retreat to a primary suite with a spa-like bath and generous walk-in closet space plus two versatile bedrooms. With 24-hour security, a fitness center, a clubroom, and a rooftop pool boasting panoramic views, this is high-rise living at its best. Welcome Home!

## LINDA JEFFRIES

Sales Consultant

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*Barbara and Hugh Lytle*



*Erica Grajales, Lisa Bell, and Carla Gentles*



*Eva Sahin, Joseph Leeds, and Iona Bromage*



*Chrissy Sayare and Christian Siriano*



*Carolyn Jackson and Christian Siriano*



*Catherine Tuton, Christian Siriano, and Barbara Lytle*



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Tempe, AZ 85281



## **Over Easy Debuts 2025 Seasonal Menu**

Start your year off sunny side up with Over Easy! The popular breakfast spot is ringing in 2025 with brand-new seasonal items that will give you the perfect pick-me-up to kickstart the year. Available now, the seasonal menu will be offered at all 16 Arizona locations for dine-in, takeout, and delivery (alcohol excluded from takeout/delivery). Whether you prefer a savory breakfast or something on the sweeter side, there is something for everyone!

### **The new seasonal dishes include:**

**Red Chile Tostadas** - Two crispy corn tortillas, carnitas, feta cheese, onions, black beans, crema, smothered in red chile sauce served with a sunny side up egg

**Cannoli French Toast** - Sweet cannoli cream, cinnamon swirl bread, cannoli streusel, orange zest

**Caramel Cold Brew Latte \$6.49 (Spike It +\$3)** - Press Cold Brew, cream, house made caramel sauce, whipped cream

Founded in 2008, Over Easy quickly became recognized as the best breakfast in Phoenix. Over Easy's menu of made-from-scratch dishes, aesthetic décor and great customer service have led to features on the Food Network, in *Bon Appétit Magazine* as well as recognition as one of America's best breakfast and brunch restaurants by *Travel + Leisure*. With 16 locations across Arizona, Over Easy continues to be a favorite for all things breakfast. For more info visit [www.atatovereasy.com](http://www.atatovereasy.com). ♦



*Red Chile Tostadas*



*Cannoli French Toast*



*Caramel Cold Brew Latte*



## The Village Health Clubs and Spas Partner With Preamble to Launch Groundbreaking Healthspan Program

The Village Health Clubs and Spas, in partnership with Preamble, has unveiled a transformative healthspan healthcare program designed to empower individuals to achieve a life free from chronic disease and physical limitations. The Village Vitality Program Powered by Preamble, now available to members, integrates cutting-edge medical science with personalized fitness and nutrition plans, setting a new standard in proactive healthcare.

This four-month program, priced at \$4,000, offers a comprehensive approach to wellness. Participants receive personalized guidance from a team of experts, including fitness trainers, nutritionists, and medical professionals. By focusing on evidence-backed practices, the program helps members optimize their overall well-being through targeted strategies for health improvement.

"The Scottsdale community is home to individuals who prioritize health and longevity," said Dr. Jesse Greer, Founder of Preamble. "Through this partnership with the Village, we're bringing a revolutionary program to a fitness-focused audience, combining longevity-focused medicine with tailored fitness solutions."

The Village Vitality Program Powered by Preamble includes comprehensive baseline testing, customized lifestyle plans, weekly personal training sessions, monthly nutrition consultations, a personal performance coach, monthly body composition scans, educational modules, and final testing and recommendations as the capstone.

As a holistic approach to health, this partnership introduces a groundbreaking service that merges preventative medicine with performance health and training under one roof. The Village Health Clubs' trainers are among the most qualified in the field, holding advanced degrees and certifications. Their registered dietitian offers personalized nutrition plans catering to diverse goals, from boosting energy to disease prevention.

"Life's healthier at the Village," has been the guiding principle for over 30 years, and this program amplifies that mission. Members can expect enhanced muscle mass, bone density, stamina, improved sleep quality, reduced inflammation and the confidence to sustain wellness beyond the program's conclusion.

For more details about the Village Vitality Program Powered by Preamble, visit [www.villageclubs.com/village-vitality-program/](http://www.villageclubs.com/village-vitality-program/) and follow @getpreamble and @villageclubs on Instagram.

Preamble specializes in longevity-focused medicine, emphasizing preventative care and performance optimization. Launched in 2023, the Scottsdale-based program delivers high-touch healthcare rooted in data-driven health analysis. ❖



Jesse Greer



## Looking for a Realtor with *BILTMORE EXPERIENCE?*

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### Representing Sellers in Listings SOLD:

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Biltmore Square	2626 N. Az. Biltmore Circle, #17
Biltmore Square	2626 N. Az. Biltmore Circle, #7
Biltmore Square	2626 N. Az. Biltmore Circle, #29
Biltmore Courts 1	3031 East Rose Lane
Biltmore Courts 1	6238 North 30th Place
Biltmore Courts 2	2943 East Rose Lane
Biltmore Vista	6152 North 28th Street
Biltmore Vista	6150 North 28th Street
Biltmore Vista	6126 North 28th Street
Biltmore Vista	6154 North 28th Street
Biltmore Villas 2	6192 North 28th Place
Biltmore Villas 2	6191 North 28th Place
Biltmore Villas 2	6193 North 28th Place
Biltmore Villas 2	6189 North 28th Place
Biltmore Villas 2	6198 North 28th Place
Biltmore Villas 2	6180 North 28th Place
Biltmore Villas 2	6177 North 29th Place
Biltmore Villas 2	6173 North 29th Place
Biltmore Greens 1	2530 East Oregon
Biltmore Greens 3	6101 North 31st Place
Biltmore Greens 3	6106 North 31st Place
Biltmore Greens 4	6235 North 31st Place
Biltmore Greens 4	6226 North 31st Street
Biltmore Greens 4	3166 East Claremont Ave.
Biltmore Greens 4	3108 East Claremont Ave.
Biltmore Greens 4	6226 North 31st Street
Biltmore Greens 5	6324 North 31st Street
Biltmore Hillside Villas	6508 North 25th Way
Biltmore Hillside Villas	3011 East Sierra Vista
The Cloisters	5211 North 24th Street, #204
The Meridian	5104 North 32nd Street, #148

### Representing Buyers in Homes PURCHASED:

Biltmore Courts 1	6232 North 30th Place
Biltmore Courts 2	2940 East Rose Lane
Biltmore Courts 2	2943 East Rose Lane
Biltmore Vista	6153 North 28th Place
Biltmore Villas 2	6173 North 29th Place
Biltmore Villas 2	6191 North 29th Place
Biltmore Villas 2	6192 North 29th Place
Biltmore Villas 2	6193 North 29th Place
Biltmore Villas 2	6194 North 29th Place
Biltmore Villas 2	6180 North 28th Place
Biltmore Greens 4	3146 East Claremont
Biltmore Greens 4	6235 North 31st Place
Biltmore Greens 4	3166 East Claremont
Biltmore Hillside Villas	6418 North 30th Way
Biltmore Hillside Villas	3011 East Sierra Vista
Biltmore Hillside Villas	3033 East Sierra Vista
Biltmore Hillside Villas	3157 East Sierra Vista
Biltmore Hillside Villas	6508 North 25th Way
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# Studio B Smiles Expands with State-of-The-Art New Location In Biltmore



The award-winning Studio B Smiles has moved its downtown Phoenix office into a new state-of-the-art facility in central Phoenix to better serve its patients, from superstar athletes and Arizona's Special Olympians to families and anyone seeking cosmetic or traditional dental services. Housed inside a custom-built space at the Camelback Arboleda (1661 E. Camelback Road, Suite #195) the new Biltmore-area offices feature soothing indoor/outdoor seating and a dental suite featuring floor-to-ceiling windows with scenic views, as well as advanced technology and services including smile makeovers, cosmetic crowns, lip repositioning, no prep veneers and more. Plus, Studio B Smiles offers the latest athletic facemask technology, Protect 3D, which is custom to each patient. Led by Dr. John Badolato (aka Dr. B.), the Official Cosmetic & Team Dentist for the Phoenix Suns, Arizona Diamondbacks, and Phoenix Mercury, Studio B Smiles' new facility is double the size of the previous Phoenix offices, to better serve more patients.





STUDIO B SMILES



TEAM DENTIST



Canyon University Basketball Team, and the Phoenix Suns Dancers. Formerly the Official Cosmetic Dentist for ABC's Extreme Makeover: Weight Loss Edition, Dr. B has been annually acknowledged as a Top Cosmetic Dentist by *Phoenix Magazine* and *Ranking Arizona*. Originally from Saint Louis, Dr. Badolato holds a dental degree from the University of Missouri in Kansas City and was commended with honors in restorative dentistry and acknowledged for his involvement with advanced cosmetic dentistry training. In all aspects of his work, Dr. B and his team place the utmost importance on offering an unparalleled level of customer service as well as outstanding dental care. ❖

Founded in Scottsdale in 2004, Studio B Smiles expanded to Phoenix in 2017 and has won multiple local and national awards as one of the Valley's top Cosmetic & Family Dentistry providers. Plus, Studio B Smiles also offers high-tech online services, including dental consultations, for patients seeking to improve their smile without leaving home. Potential patients, or anyone unsatisfied with the health or appearance of their teeth and gums, are invited to upload pictures of their problematic smiles, and Dr. Badolato will personally review your dental status, and then send you a custom video and slide show explaining all of the latest options and state-of-the-art solutions to any imperfections.

Studio B Smiles Cosmetic & Family Dentistry is located at 8952 E. Desert Cove Ave., #108 in Scottsdale, and 1661 E. Camelback Road, Suite #195 in Phoenix. For more information call 480-860-0092, visit [www.studiobsmiles.com](http://www.studiobsmiles.com), or connect on social @studiobsmiles.

Dr. John Badolato (Dr. B) is the founder of Studio B Smiles, as well as the Official Team Dentist for the Phoenix Suns, Phoenix Mercury, Arizona Diamondbacks, Grand

Dr. Sheena Kawamoto  
Associate Dentist





## Be Your Own Heart Hero.



### Sign Up and Enter to Win Earbuds.

We're here to help you flex your heart health superpowers and get you well on your mission to maintain or improve your heart health. Be your own heart hero when you listen to your heart and sign up for four weeks of our pro tips (and you'll be entered for a chance to win one of 25 earbuds). HeartCare is Better Together.

Enter to win and see rules  
on sign-up page:  
[AbrazoHealth.com/HeartHero](http://AbrazoHealth.com/HeartHero)



Abrazo Health is excited to share details about its 2025 Heart Month Campaign, "Be Your Own Heart Hero." The 2025 campaign aims to encourage you to take charge of your heart health while emphasizing the support available from Abrazo Health. The campaign runs through February 28th, 2025.

Abrazo Health hospitals are offering the opportunity to win one of 25 pair of wireless earbuds and download a free 28-day heart-healthy activity calendar to receive health tips and celebrate Heart Month 2025. Join our heart care team in its mission to provide you with helpful information, activities and videos geared towards maintaining and improving your heart health, the best armor in the fight against heart disease.

Earbud winners will be randomly selected from eligible entries March 1st, 2025. As a bonus, entrants will receive weekly emails during February with heart-healthy tips.

"February is the perfect time to embrace a healthier you because Heart Month can inspire every generation to work on maintaining or improving heart health," says Dr. David Prutzman, Interventional Structural Cardiologist, Abrazo Health.

Taking control of your heart health is more important than ever, no matter if you're young or old, because heart disease affects every generation; in fact, as many as 4% to 10% of all heart attacks occur before the age of 45. And about one in 20 adults aged 20 and older have coronary artery disease.

An unhealthy diet in childhood is associated with adverse cardiovascular health in adulthood. Many cardiac disorders and risk factors for heart disease (high blood pressure and high cholesterol) are inherited. However, lifestyle, diet and exercise can reduce these risk factors. Sources: CDC, NIH, Harvard, National Academy for Medicine.

"Your heart care team includes more than your medical team. Our goal for 2025 Heart Month is to encourage the community to embark on the heart health journey together with friends and family members. This can help keep you accountable to your health goals and make the journey more enjoyable," says Dr. Prutzman.

Scan the QR code to enter the "Be Your Own Heart Hero" giveaway sweepstakes. This campaign is about empowering you to take control of your heart health and allow Abrazo Health hospitals to be trusted partners in your journey.

## Local Valentine's Day Experiences

With Valentine's Day quickly approaching, you might be interested in the below local experiences. Whether you're planning a romantic evening with your special someone or a relaxing spa day with your gal pals, gifts from these local businesses are sure to make your Valentine's Day extra sweet!

**Rainbow Ryders** – Make this Valentine's Day unforgettable by embarking on a romantic hot air balloon ride at sunrise or sunset! Watch the sky come alive and transform into a magical array of colors over the stunning Sonoran Desert. Elevate your experience with an enhanced romantic package, complete with roses, champagne, and a free appetizer card valid for either the Sicilian Butcher or Hash Kitchen at Park West to help you celebrate after. The local hot air balloon company also offers gift certificates that will provide a one-of-a-kind bucket list experience at any time of year for your loved ones. For more information, to purchase a gift certificate or to book your flight, visit [www.rainbowryders.com](http://www.rainbowryders.com).



**Ravenscroft** – Gift a truly unique date night at Ravenscroft, Scottsdale's premier concert venue. From up-and-coming local artists to Grammy-nominated performers, Ravenscroft showcases award-winning jazz talent in an intimate setting every weekend, perfect for a romantic evening or gift for the music lover in your life. For more information on upcoming shows and to purchase tickets, visit [www.theravenscroft.com](http://www.theravenscroft.com).



**Arizona Party Bike** – Who says Valentine's Day is only for the couples? If you're looking to embrace the anti-Valentine's vibe, Arizona Party Bike has got you covered with their Valentine's Day Singles Ride! All day Friday, you can hit the town with your best single friends on Arizona's #1 Pedal Pub with LED party lights, a rockin' sound system, electric helper motor, and more, complete with a complimentary welcome shot at 50 Shades of Rosé's Valentine's popup. Reserve a private pedal tavern party or grab seats on a guided pedal bar crawl at [www.arizonapartybike.com](http://www.arizonapartybike.com).



**Med 44 Arcadia** – Treat your girlfriends or invest in some self-love this Valentine's Day with healthy, glowing skin at Med 44 Arcadia! This concierge-style healthy skin clinic has brought cutting-edge technology in lasers and treatments to the heart of Arcadia. In addition to the many personalized treatments, the clinic also features a thoughtfully curated retail section offering medical-grade skincare and clean makeup to help you get ready for date night or a fun night out with the girls. To purchase a gift certificate or to shop the store, visit [www.med44arcadia.com](http://www.med44arcadia.com).





## Dinner On Us Returns Super Bowl Sunday 2025

Sunday, February 9th celebrate Super Bowl 59 at Scottsdale's iconic Roaring Fork restaurant! This evening only, the restaurant will be offering its popular, "Dinner on Us" (buy one entree, get one free) beginning at 4:00 p.m. Roaring Fork will be serving signature "wood fired" favorites including:

**SHRIMP & GRITS** served with cheddar grits, sweet corn butter, chori-zo and fried egg

**BIG ASS BURGER** with poblano, cheddar, bacon, lettuce, tomato, onions, pickles, chipotle mayo, and French fries

**BACON WRAPPED PORK TENDERLOIN** served with poblano grits, charred corn, cotija and chipotle balsamic reduction

**RAINBOW TROUT** served with green beans, fried capers, toasted almonds, brown butter and grilled lemon

**CEDAR PLANK SALMON** with teriyaki glaze, green bean salad and soy butter

**ROTISSERIE CHICKEN** served with cornbread stuffing, brussels sprouts, and lemon garlic jus

**BONELESS BUTTERMILK FRIED CHICKEN** with mashed potato, and peppercorn gravy

**BONE-IN COWBOY CUT RIBEYE** served with chipotle demi, chimichurri and shallot butter

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, Arizona. For more information call (480) 947-0795 or visit the website at [www.roaringfork.com](http://www.roaringfork.com).







## The 13th Annual Arizona Cocktail Weekend Returns ~ February 27th through March 4th, 2025 ~

The longest-running cocktail event in the Southwest, Arizona Cocktail Weekend, is returning to the greater Phoenix area for its 13th year on February 27th and running through March 4th, 2025. The expanded schedule will boast a variety of events, including exclusive tastings, educational seminars, cocktail-paired dinners, expert-led seminars and can't-miss cocktail events, in addition to three signature events, The Cocktail Carnival, Top Bars, and Last Slinger Standing. The events are spread out over various venues, including hotels and cocktail bars around the Valley, though most take place in downtown Phoenix.

Kicking off the exciting weekend is The Cocktail Carnival, taking place on Saturday, March 1st, at the newly renovated Arizona Center in Downtown Phoenix. Cocktail Carnival is a high-energy blend of brand showcases, brand activation driven entertainment, and end-

less fun. This vibrant event will showcase innovative and immersive displays and booths, with interactive experiences designed to captivate and inspire. Each ticket grants attendees access to over 30 expertly-crafted cocktail samples.

Following the Carnival is Top Bars on Sunday, March 2, at Warehouse 215. The annual cocktail tasting event is a fan-favorite showstopper, with over 40 of the world's best cocktail bars traveling to Downtown Phoenix as pop-ups, sharing some of their most popular signature cocktails. Some establishments are trekking all the way from London, Japan, and Hong Kong. Top Bars has been headlined by the best bars from around the world, previous years' guests include Allegory from Washington, DC; Penicillin from Hong Kong; Eleven Madison Park from New York City; and Silverleaf from London.

Watch as Arizona's top mixologists battle it out on Monday, March 3rd, at The Last Slinger

Standing competition, at the event space at Republic National Distilling Company (RNDC). This bartending competition pits 16 of Arizona's best mixologists against each other in head-to-head battles. Each round features secret ingredients, judged by a panel of renowned cocktail experts from around the world, until the last slinger is remaining, and takes the trophy for 2025.

For the second year, Arizona Cocktail Weekend will also be featuring venues and bars from across the state to highlight the craft of cocktails from participating bars and restaurants, featuring spirits from brand sponsors. Sign-up is free for all Arizona venues.

Tickets for Arizona Cocktail Weekend start at \$40, depending on the event and date of purchase.

To learn more about Arizona Cocktail Weekend or to purchase tickets, visit [arizona-cocktailweekend.com](http://arizona-cocktailweekend.com). ❖







## Sedona's Most Luxurious Hotel Launches Winter Wellness Package Ideal for Couples Looking to Reconnect

With the revelrous holiday season in the rearview and the new year now in full swing, there's no better time to unwind and embrace the serene beauty of winter with a cozy, wellness-focused escape to Ambiente, Arizona's only Two Key MICHELIN hotel and Sedona's most luxurious retreat, now offering an exclusive Winter Wellness Package for couples seeking rejuvenation amid the iconic red rocks in the new year.

An idyllic haven nestled amidst three remote, rugged acres of pristine, Northern Arizona desert and forest landscapes, Ambiente offers a sublime blend of natural beauty and tranquility. An unparalleled and romantic guest room experience, Ambiente's standalone Atriums are comprised of floor-to-ceiling bronze-tinted glass and matte-charcoal and rusted metal, seamlessly blending into their natural surroundings with sustainable, organic architecture that supports a disconnection from everyday life and a reconnection with nature and each other. Just outside, Sedona's world-renowned red rock monoliths sit dusted with snow in the winter, a picturesque setting unlike any other in the Southwest.

With winter rates starting at \$999/night, Ambiente, the city's only adults-only hotel, invites couples to elevate their stay with an add-on package featuring rejuvenating spa treatments and wellness experiences, ideal for beginning the new year refreshed and restored.

**Winter Wellness Package** (*Rates starting at \$1,349/night*)

Available to book now through February 28th, 2025 with a minimum stay of three nights, this spa package includes:

- Start the experience with the soothing benefits of the outdoor dry sauna, designed to prepare the body for warming treatments or to extend relaxation following a session.

- Immerse in a rejuvenating Couples O2 Bath, where oxygen-infused water nurtures the skin, relieves tension, and enhances mobility. Guests can then choose between a warm Couples Himalayan Salt Stone Massage or an Energy Exploration Treatment, which combines massage and energy work for a spiritual experience. Both treatments feature the seasonal Mandarin scent, a blend of spicy ginger, nutmeg, cardamom and citrusy mandarin, accented with vanilla bean and saffron for a comforting warmth.
- Deepen connection and relaxation with a private Sound Healing Journey, where sound and vibration guide participants through a meditative experience incorporating intention, breathwork and chakra alignment. This healing journey addresses physical, emotional, and mental well-being, promoting deep release and ener-

getic balance through the soothing sounds of natural instruments.

- Lastly, explore Sedona's stunning landscapes with the Lexus Drive program, which includes a gourmet picnic lunch to enjoy at one of the area's breathtaking lookout points.

The luxurious accommodations at Ambiente feature sleek, elemental interiors and amenities such as private rooftop patios complete with a firepit and daybed perfect for cuddling up under the stars; petite kitchens with daily restocked refreshments; and bespoke design touches including live-edge wood furnishings, large, dual-head rain showers, oversized soaking tubs, a cozy sectional with plush throw blankets, and platform beds draped in silky sheets and down bedding.

To learn more about Ambiente Sedona and to make reservations, please visit the website at [www.AmbienteSedona.com](http://www.AmbienteSedona.com). ❖





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# Frank Lloyd Wright Foundation Immerses 1,500 Students at Taliesin West

## New Landmark Program Offers Unique STEAM-Focused Field Trips

The Frank Lloyd Wright Foundation is embarking on its most ambitious youth program yet, hosting 1,500 sixth-grade students from Phoenix's Cartwright School District at Taliesin West for a series of field trips running through May, immersing them in art, design, history and nature at Wright's winter home and studio.

Each of the 27 planned visits will host approximately 60 students, along with teachers and chaperones, for a full-day experience exploring Wright's principles of architecture and philosophy of "learning by doing." During their visit, students will draft their own floorplans and bring them to life using cyanotype blueprinting, a process that exemplifies Wright's innovative approach to design.

"Taliesin West is uniquely positioned to inspire young minds and show them how creativity, design and hands-on learning can shape their futures," said Abbie Wilson, the Youth and Family Programs Manager at the Frank Lloyd Wright Foundation. "This program is about more than learning; it's about sparking inspiration and helping students see how they can shape the world around them. With the generous support of our sponsors, this will be our largest youth program to date and will make this transformative experience accessible to a new community of learners."

The program is aligned with Arizona State Learning Standards and is facilitated by experienced education professionals, ensuring an enriching environment with a student-to-adult ratio of 10:1. Beyond the hands-on activities and exploring the World Heritage Site, the curriculum introduces students to potential career paths in architecture, design and construction.

"The students of today are the leaders of tomorrow, and fostering their curiosity and creativity is essential for their success," said Erna Jáuregui, interim Superintendent of the Cartwright School District. "Field trips like this not only deepen their understanding of design and innovation but also broaden their horizons, inspiring them to explore a world of endless career possibilities."

The field trips are made possible by the generosity and support of its sponsors, including Northern Trust, Onsemi, Cox Charities, the Society of Architectural Historians and SRP. In addition to the new initiative, the Foundation hosts a number of youth and family programs throughout the year, including interactive workshops and day camps, that utilize model-

building and crafts to delve deeper into Wright's enduring legacy and principles of organic architecture.

For the most up-to-date information on programs at Taliesin West, to book a tour, to donate or to become a member, please visit [FrankLloydWright.org](http://FrankLloydWright.org). ♦



*Taliesin West, Photo Credit Andrew Pielage*



*Taliesin West, Photo Credit Jill Richards*



*Taliesin West Cabaret, Photo Credit Andrew Pielage*



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# Here Ye, Here Ye.....

## Celebrating 37 Years of Cheers at the 2025 Arizona Renaissance Festival!

Take a unique trip back in time to the Arizona Renaissance Festival. Not even in her wildest dreams would Queen Elizabeth have imagined a celebration such as this taking place in the foothills of the Superstition Mountains!

One of the largest events of its kind in the United States, this special event is a place to revel in the atmosphere of a 16th-century European village! Join in the revelry every Saturday and Sunday now through March 30th.

The Festival's 50-acre village is filled with 16 stages of nonstop entertainment, music, comedy, falconry, dance, mermaids, and acrobatics. Foolish pleasures mix with artisan treasures as you shop, eat, and mingle with a cast of nearly 2,000 colorfully costumed characters.

Explore the village marketplace with over 200 storybook shops, studios, and galleries filled with unique arts and crafts, handmade wares, kitchens and pubs, games, and people-powered rides.

Kids love the interactive games and people-powered rides: Da Vinci's Flying Machine, The

Slider Joust, Piccolo Pony, a rocking horse bigger than an elephant, The Dragon Climbing Tower, Castle Siege, the Maze, Archery Range, and much more!

The live jousting tournaments are one of the festival's most popular attractions. Armored knights on charging steeds take up their lances and battle for the Queen's honor. Cheer on your favorite armored knight at one of the three daily jousting tournaments in the 5,000-seat arena.

In addition to the revelry, the festival offers food fit for a King. Attend the Pleasure Feast and be treated like a true Royal while you savor five courses of fine food, ample drink, and enjoy an hour and a half of raucous Renaissance entertainment at its best! The Pleasure Feast: 12:00 p.m. and 2:30 p.m., includes admission to the Festival and a special edition Pleasure Feast goblet. Reservations are required in advance.

Don't miss The Hops, Get ready for fun and games as Hops Masters Rowland & Florian of The Renaissance Men take you on a journey to

four select Village pubs! Must be 21 to partake. Limited spots-reserve your pub crawl spot today, 11:00 a.m. and 2:00 p.m. daily.

Food is plentiful and available throughout the village. The menu is diverse with delectable offerings such as steak-on-a-stake, vegetable and meat pies, pastas, bread bowls filled with hearty stews, and more. And who can forget the smoked turkey legs?! The desserts are decadent. Be sure to try the crepes, the chimney rolls, or a variety of other sweet treat surprises!

There is something for EVERYONE at the Arizona Renaissance Festival!

Visit [www.Arizona.RenFestInfo](http://www.Arizona.RenFestInfo) for more information and Like them on Facebook for special offers, information, and contests. Tickets are available online or at Bashas' and Food City throughout Arizona.

Arizona Renaissance Festival is located at 12601 East Highway 60, Gold Canyon, AZ 85118, (520) 463-2600.

See thee at the Faire-HUZZAH!







# ~ Golf Tip ~

## Beyond the Basics Wedge Play

By Tina Tombs, The Arizona Biltmore Golf Club



Do you struggle with the finesse sand wedge? The 20 to 30-yard shot over the bunker, or just a simple little soft pitch to a front pin? Let's explore what effects wedge performance:

### THREE KEY AREAS:

1. Technique - How do we execute the shot? If the technique is not there to support the shot, the mental goes. If you fix the technique the mental comes back!
2. Skill development - Execute the golf shot that you are capable to execute more than 50% of the time. Practice effectively and efficiently!
3. Equipment - Know the loft of your sand wedge and the bounce of your sand wedge.

### BOUNCE, LOFT AND GRAVITY ARE YOUR FRIEND:

A finesse wedge is generally a pitch shot under 25 yards and a power wedge is more of a full wedge where speed and angle of attack are increasing.

### BASELINE:

- Assess the situation to determine the shot that you can execute
- Set up for the finesse wedge

### FINESS GRIP:

The trail hand grip is weaker. For example, if you are a righthanded golfer, the right hand is more on top of the club as opposed to being underneath the grip.

### SET UP:

- Narrow stance
- Weight is 70% left (for righthanded players)
- Lead foot is flared out
- Knees are flexed
- Ball position center to forward
- Hands and shaft are even with ball
- Sternum and nose are in line with the ball
- Chest rotates through the shot and supports lead arm and club while the lower body provides stability and balance.
- Club falls and gravity is your friend while energy always flows to the pin.

### GET FITTED FOR A WEDGE:

If you are not happy with your wedge, find a clubfitter and get fitted for a wedge that fits you for the correct loft, lie and bounce. You will be happy you did!

### RANDOM PRACTICE:

A great way to practice finesse wedges is a practice called "Random Practice" where you throw balls around the chipping green and practice to land the ball in a certain spot and see the ball roll slowly into the hole. Use this technique to gain confidence in all situations around the green.



Tina Tombs is a 2020 Arizona Golf Hall of Fame Inductee, a *GOLF Magazine* Top 100 Teacher in America, and a two-time LPGA National Teacher Of The Year. To schedule your next golf lesson or clinic session, you can contact Tina or her staff by downloading their app TinaTombsGolf on the app store or google app store. ❖



## Make Any New Year's Resolutions for 2025?

### How to best sustain them: tips from Abrazo Health!

New Year's resolutions are a time-honored tradition of the holidays. Resolutions related to health are a fantastic way to improve quality of life if you commit to them, says Dr. Samyuktha Sreenivasan, Internal Medicine, Abrazo Medical Group.

While making a commitment to staying active and making healthier choices can be challenging, Dr. Sreenivasan says there are steps to take to give health-related New Year's resolutions the greatest odds of long-term success.

"If you start a new activity you don't enjoy, odds are against you sticking with it. So, find something that works for you, that you enjoy, and if possible, that you can do with a friend or family member for that added layer of support," says Dr. Sreenivasan.

For those committing to exercise more, Dr. Sreenivasan says it is important to first consult your physician then start slowly and ramp up activity over time.

People often start too strong and give 110 percent. For example, exercising seven days a week or completely cutting out certain meals they enjoy. This is when people tend to quit their resolutions, according to Dr. Sreenivasan.

Completely eliminating favorite foods is counter-productive to making long-term healthy diet changes, says Dr. Kelly Shortridge, General and Bariatric Surgeon, Abrazo Health.

"If you can't eat something ever, it controls you, but if you can have something in moderation, you control it," says Dr. Shortridge.

"Instead, think portion control and moderation, such as cutting back on sodas and sweet teas: simple things that show significant results over time."

### TIPS

- **Get moving** – Whether it is going for a simple walk with your dog or completing a regular chore like mowing the grass, routinely engaging in light exercise can help reduce the shock of starting a new exercise routine.
- **Find something you enjoy** – Before starting your exercise routine, do research and find an activity you enjoy. Enjoying your fitness routine can be the first step to a successful commitment.
- **Do not over-do it** – One of the biggest mistakes when it comes to the New Year's resolution of fitness is trying to do too much too fast. Set obtainable goals and schedules that are sustainable. Remember, committing to fitness is a lifetime goal – a marathon, not a sprint!
- **Diet is key** – Eating a healthy diet is just as important as meeting your fitness goals, but again, do not over-do it. Cutting yourself off entirely from your favorite foods is not necessarily a recipe for success. ❖





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