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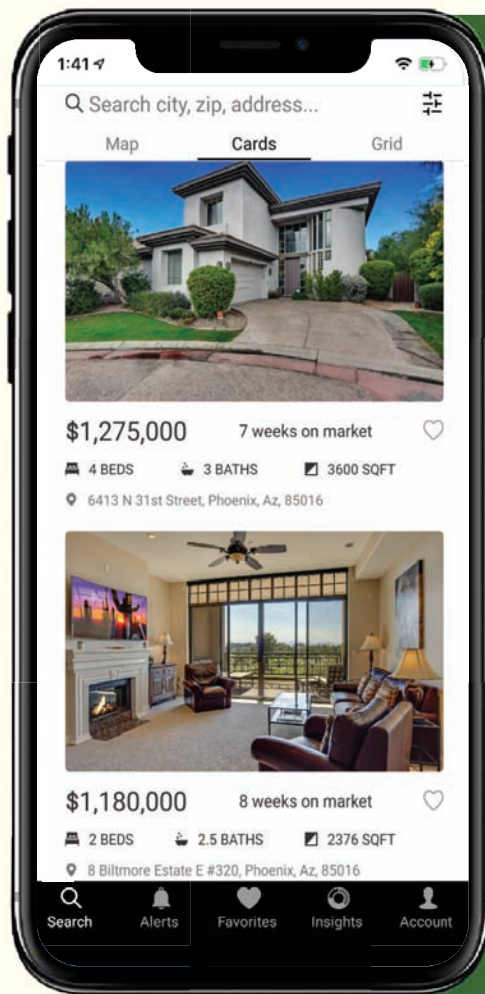
Special Feature Page 12 and 13

VOL. XXXII, No. 1 • January 2021



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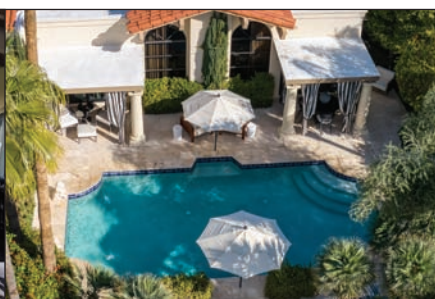
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Royse Contemporary Welcomes “Into Another Light” Debut Exhibition of Casey Wakefield

Royse Contemporary is thrilled to present “Into Another Light,” the debut solo exhibition of Casey Wakefield. The essence of the artist’s work and this new collection is to draw attention to good and to pull people forward while creating optimism, unity, peace and tranquility through dreamy, meditative artwork. The artist’s evocative use of color engages the viewers senses, while Wakefield seeks to encourage people to look forward and choose to be hopeful despite the challenges of 2020. “Into Another Light is a positive and touching exhibition that urges the viewer to look to the future and the good, especially relevant in our current turbulent times,” states Owner/Curator, Nicole Royse.

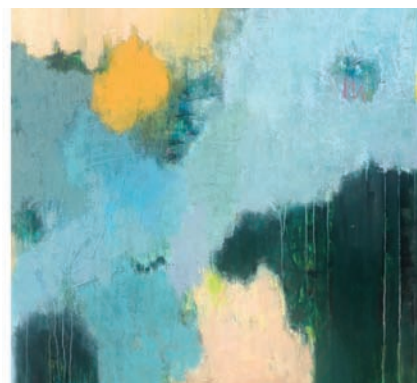
Creating compositions of color, some predictable and others unpredictable, with layers of acrylic ink, collage, acrylic paint, finished with oil paint. A truly contemplative and organic transformation of colors, drips and marks captured in abstract form on canvas, that create an emotional connection for someone. “I am inspired by groupings of color that catch

my eye and the essence of a memory or experience, music, quote, or poem. Wakefield goes on to say “I find that the joy of painting is to watch the abstract emerge into something that evolves from the process and in the end creates an emotional connection for the viewer.”

Raised in a small mid-western town in central Illinois, she would go on to graduate with a Bachelor of Science in Business Administration from Illinois State University. She obtained her Master of Arts in Elementary Education from University of Phoenix. Wakefield would go on to study painting at the Milan Art Institute, where she discovered her passion for color and letting the process of painting determine the outcome in abstract form. She is currently represented by Royse Contemporary in Scottsdale. Her work has been featured in both national and international publications including *House and Garden*, *Phoenix Home and Garden* magazine, *Scottsdale Independent*, and *Java Magazine*.

“Into Another Light will opened virtually to the public and will be on display at Royse Contemporary through January 10th, 2021.

Royse Contemporary is located in the Scottsdale Arts District in the Marshall Square complex at 7077 E. Main Street, Suite 6, Scottsdale, AZ 85251. Royse Contemporary is open to the public every Thursday from 6:00 p.m. to 8:00 p.m. and Saturday from 12:00 p.m. to 3:00 p.m. and by private appointment. For more information about gallery or artist, visit roysecontemporary.com.



Dinner on Us Returns Super Bowl Sunday 2021

Sunday, February 7th celebrate Super Bowl 55 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:

- **BIG ASS BURGER** served with lettuce, tomato, onions, pickles, bacon and French fries
- **SUGAR CURED DUCK BREAST** served with onion jam, sour cherry mustard and Brussels spouts
- **SPIT ROASTED HALF CHICKEN** served with mashed potatoes, grilled asparagus and roasted garlic au jus
- **BRAISED BEEF SHORT RIBS** served with horseradish mashed potatoes and tomato jam

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 www.roaringfork.com. ❖



Big Ass Burger

From the Publisher...



Happy New Year and goodbye 2020! Last year was a crazy year for everybody, and for many of us, it was one of the toughest years that we have ever endured. With the vaccine becoming more readily available, we can see brighter days on the horizon, bringing hope for a better 2021. As we all settle into the new normal, please remember, we are not out of the woods yet; we must not let our guards down. It is important for all of us to continue to mask up, wash our hands and keep social distancing. Take care of your family and loved ones until this is finally over.

Are you finding that you have put on a few extra pounds over the past year with the "stay at home" orders? Maybe you have been snacking more than normal. Are you looking for ways to eat healthier for the New Year? Check out this month's cover feature, Bird Dog Produce. Now there is a way to get the fresh produce that you desire hand-selected and delivered right to your front door. They bring the freshest produce into your kitchen once a week, which makes it easy for your family to make smart food choices. Bird Dog simplifies your family's life and saves you time at the grocery store. It doesn't get much easier than this; give them a call at (602) 237-6700. Happy healthy eating!

Until next month, **Susan**

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Publisher

Editor

Susan Aavang

Julie Nicholson

Cover Feature: Bird Dog Produce

Scottsdale Gallery Association Announces "Demonstrate... and Donuts" Gold Palette ArtWalk

On Thursday, January 14th, 2020 from 6:30 p.m. to 9:00 p.m., the Scottsdale Gallery Association honors first responders through their first Gold Palette ArtWalk of the New Year. The event will serve as a fundraiser to benefit the 100 Club of Arizona, a non-profit organization that has been providing assistance to statewide public safety agencies, officers, firefighters, EMT/paramedics and their families since 1968.

Themed "Demonstrate... and Donuts," this special Gold Palette ArtWalk will feature donut-sampling opportunities at many of the Scottsdale Arts Districts' participating galleries along Main Street from Scottsdale Road to Goldwater Boulevard and north of Indian School on Marshall Way to 5th Avenue. Local donut shops are donating the sweet treats, and entertainment includes traditional bagpipe musical performances and demonstrations from local artists.

"We are indebted to the protection and safety that our Scottsdale Police and Fire Departments provide to residents and businesses throughout the city," according to Scottsdale Gallery Association President French Thompson. "This event is a fun and unique way for us to engage the community, thank these first responders for their service and give back to them for all they do for us."

The following galleries will be featuring special live demonstrations:

Anticus Fine Art, Books, Jewelry and Design, 3922 N. Scottsdale Rd.

During the event Anticus presents a fun, lively and interactive "Dueling" Demonstration — Paint and Brush versus Clay and Chisel featuring painter Seth Gordon, and sculptor Phillip Payne creating art on the same topic side by side. Dueling Paint and Brush vs Clay and Chisel.

Carsten's Fine Art, 7077 E. Main St., #5

During the event, Cyndy Carsten will be demonstrating her personal techniques in painting light.

Mainview Gallery, 7120 E. Main St.

Guests can enjoy donuts while enjoying works from featuring artists Dale TerBush (landscape painter) and James N. Muir (sculptor).

On the Edge Gallery, 7050 E. 5th Ave.

During the event, the Gallery is featuring multiple artists demonstrating how their art is made for guests to enjoy.

Quantum Art, Inc., 7077 E. Main St., #16

Quantum Art's own renowned artist John Gleason will be creating a sculpture at his work bench.

Wilde Meyer Gallery, 4142 N. Marshall Way

From 7:00 p.m. to 9:00 p.m. during the event, Wilde Meyer features painter Diane Barbee, who will be demonstrating her skills.

Xanadu Gallery, 7039 E. Main St., #101

Guests can watch as artist Shalece Fiack exemplifies how she adds gold leaf to her acrylic paintings for a unique effect.

The Gold Palette ArtWalk brings together the finest art in Scottsdale including 28 galleries and two museums — Scottsdale Museum of Contemporary Art and Western Spirit: Scottsdale's Museum of the West. During the Scottsdale Gallery Association's weekly Gold Palette ArtWalk, presented in partnership with the City of Scottsdale, the Scottsdale Arts District offers free trolley and horse-drawn carriage rides to various restaurants, museums, galleries and more throughout Old Town Scottsdale. For more, visit www.scottsdalegalleries.com. ❖



Photos by David Blakeman



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Featured Properties



2402 E. Esplanade Lane #505
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2211 E. Camelback RD. #907
\$1,055,000

Gorgeous ninth floor unobstructed views from this 2,450sf high-rise residence at the Residences at 2211 Camelback! A fabulous buy with 2 bedroom suites and a third room/den or 3rd bedroom and 3 bathrooms. Rarely available, this floor plan has that extra room/den and 3rd bath but not too large in total sq ft! Newly updated building with stunning features! Valet parking, roof-top pool, full fitness center! Includes 2 garage spaces.

New Year Weight Loss Resolutions Have New Meaning in COVID Era Obesity Health Risks Also Increase Risk Factors for COVID-19 Virus

Tell the truth, have you put on the "quarantine 15?" Among other things, the year 2020 hasn't been kind to many of our waistlines, hence the oft-quoted line about adding pounds due to inactivity during the coronavirus pandemic.

And once again it's time for the annual New Year's "This is the year I'm taking off those extra pounds" resolution.

Obesity increases health risks because of the diseases and conditions that are commonly associated with it: type 2 diabetes, hypertension and cardiovascular disease, among others. And those conditions increase your risk factors for COVID-19.

"Obesity has been one of the most common risk factors for severe disease from COVID-19, not only due to comorbidities such as diabetes, heart disease and breathing problems including

asthma and sleep apnea," said Dr. Daniel Fang, a general and bariatric surgeon at Abrazo Central Campus and Abrazo Scottsdale Campus.

"Obesity itself worsens lung function, weakens the immune system and creates a state of chronic inflammation, all of which are important factors for fighting and recovering from what is primarily a respiratory viral illness. Many who have suffered a more serious illness or even death were more likely to be overweight," said Dr. Fang, who also is Medical Director for bariatric surgery at Abrazo Central Campus and Abrazo Scottsdale Campus.

Obesity affects all families and communities, and no one is immune to weight gain. There are genetic and economic factors that increase the incidence of obesity in many groups. A diet of sugary and starchy simple carbohydrate dense foods make it difficult to process and store nutrients in a beneficial fashion.

When diet, exercise and medications have failed, it may be time to consider weight loss surgery, also known as bariatric surgery. Weight loss surgery may provide effective, lasting relief from severe obesity for appropriate patients, according to Dr. William Arnold, General and Bariatric surgeon at Abrazo Arrowhead Campus and medical Director of the Abrazo General Surgery Residency Program. Dr. Arnold is Medical Director for bariatric surgery at

Abrazo Arrowhead Campus.

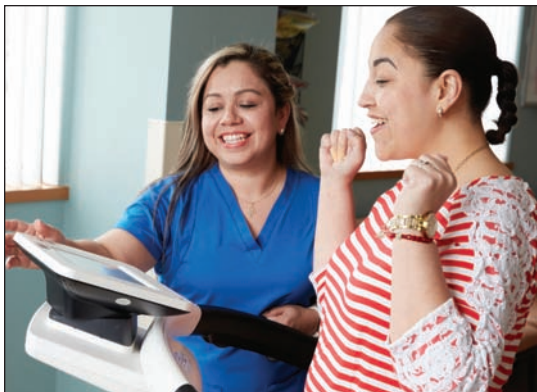
More than two-thirds of the U.S. population experiences obesity and the numbers continue to increase. "Weight loss surgery is designed to help you achieve and maintain a healthy weight, and it can help alleviate many other obesity-related conditions," he said.

Weight loss surgery is considered safe, but like any surgery, it does have risks, noted Dr. Hilario Juarez, a General and Bariatric Surgeon at Abrazo Central and Scottsdale Campuses.

"By changing your gastrointestinal anatomy, certain bariatric procedures affect the production of intestinal hormones in a way that reduces hunger and appetite and increases feelings of fullness. The end result is reduction in the desire to eat and in the frequency of eating," he said.

"Those who are considering surgical weight loss are encouraged to consult with their primary care physician or a bariatric surgeon about the risks and benefits," explained Dr. Mohan Ramalingam, who also practices at Abrazo Scottsdale and Central Campuses. "Unlike dietary weight loss, surgical weight loss has shown to have a higher chance of lasting benefits because an appropriate energy balance is created."

Abrazo Health offers bariatric weight loss programs serving the Valley and beyond with compassionate weight loss team members and bariatric physicians who offer personalized weight loss wellness plans. For more information, please visit AbrazoHealth.com.



Replay Destinations Breaks Ground on Ascent at The Phoenician®

Replay Destinations ('Replay') has broken ground on Ascent at The Phoenician®, a planned private residential community located adjacent to The Phoenician®, a Luxury Collection Resort in Scottsdale. Ascent at The Phoenician® will sit at the foot of Camelback Mountain overlooking the Phoenician® Golf Club and will become a true legacy property in one of Arizona's most celebrated locations.

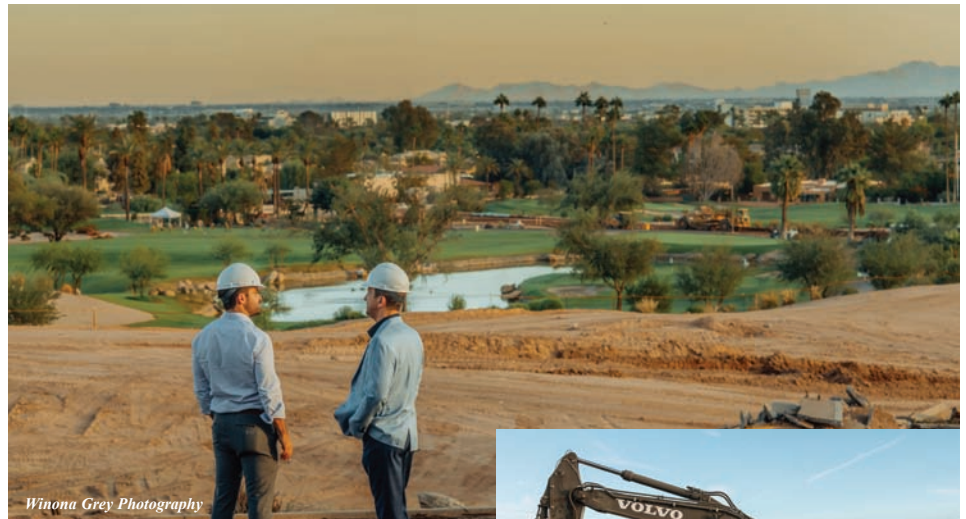
Replay and its award-winning local design team gathered for an intimate outdoor dinner nestled at the base of Camelback Mountain, the future site of the private homeowner pool and fitness amenity. In the act of breaking bread, (using a historic handwritten cornbread recipe from Jokake Inn, one of the early hotels at the site dating back to 1926) Replay and its partners officially "broke ground" and launched Ascent at The Phoenician®. The experiential team at Cloth & Flame, based in Phoenix, created a traditionally Southwest evening to celebrate the groundbreaking.

"We've assembled an outstanding design team that represents the best of Arizona for Ascent at The Phoenician®," said Jeremy Pfile, Director of Development for Replay Destinations. "After years of entitlement and design work, we are excited to celebrate this important milestone with our partners and development team to officially launch a true legacy project."

Replay's development team for Ascent at The Phoenician®, based in Phoenix, thoughtfully curated their design partners from the Valley's best talent: Nelsen Partners, an architecture & planning firm founded in 1990; Vallone Design, a leading, full-service interior design firm specializing in exquisite residential and commercial projects; Floor Associates, a landscape architecture and planning firm; and bulthaupt Scottsdale, a globally-recognized company producing premium kitchens custom-made in Germany.

Infrastructure construction is expected to finish in early fall of 2021 by Tiffany Construction Co. The first phase of luxury residential homes will be constructed by PWI Residential Construction anticipated for completion in Spring 2022. Future phases will be built out over the next several years.

"It was the perfect evening in one of the most



iconic desert settings in the Valley. One of our famous Arizona cotton candy sunsets gave way to the twinkling city lights below as we enjoyed a first-class menu and the fantastic company of Ascent at The Phoenician®'s design partners," said Leslie Jenkins of Russ Lyon Sotheby's International Realty, a listing agent for Ascent at The Phoenician®. "It was one of the most creative groundbreakings I've attended. It was breathtaking as I imagined what future Ascent homeowners are going to enjoy on a daily basis. Ascent at The Phoenician® has captured the imagination of our clients and the market response we are getting to owning a home in this storied location is overwhelmingly positive."

Ascent at The Phoenician® will consist of approximately 195 properties, including condominiums at the base of Camelback Mountain and Ascent Golf Villas along the first fairway of the Phoenician® Golf Club. The planned private pool and fitness amenity tucked up against Camelback Mountain will be an intimate gathering place for wellness, socializing and relaxation. Home designs will feature contemporary architecture integrating warm, natural materials, expansive windows and large outdoor living areas. Residents will also have a limited opportunity to join a Phoenician® Amenity Access Program that provides Ascent real estate owners



with access to resort amenities, including the pools and fitness facility, as well as preferred pricing for golf, spa, food and beverage and other services.

Reservations are now being accepted for the first release of luxury homes within the Ascent community – a limited collection of 30 golf villa homes situated on the first fairway of the new Phoenician® Golf Club and adjacent to the golf clubhouse and new Phoenician® Tavern Restaurant. Ranging from two bedrooms to three bedroom and den/office plans, the homes will offer spacious indoor living transitioning to generous outdoor living. Priced from \$1,785,000, the Ascent Golf Villas offer private two-car garages with additional storage. Generous outdoor living areas include spectacular upper level patio decks opening to views of the golf course and Camelback Mountain. Priority reservations are being accepted via a formal Reservation Agreement along with a \$5,000 refundable deposit. Reservation holders will have the ability to select a home at pre-construction pricing.

With more than \$2 billion in real estate projects undergoing planning and development, Replay has properties in some of the world's most sought-after settings. The development team for each property immerses themselves in the experiences of each location, delving deep into its stories and uncovering its specific character to help refine each real estate offering. Replay values opportunities for learning, building connections, being active and living like locals just as much as a community's architecture, landscapes and interiors.

Joe Bushong and Leslie Jenkins of Russ Lyon Sotheby's International Realty are the listing agents for Ascent at The Phoenician®. For more information on real estate opportunities, call (480) 534-4086 and to register for updates, visit www.ascentatthephoenician.com.



Happy New Year!



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Thank you for your friendship and loyalty throughout the year!

These are just a few of the homes we sold in 2020, and because of great clients like you, we have remained in the top 1% at Coldwell Banker for the last five years straight. The market is sizzling right now, so call me for a free market analysis. And have a safe and healthy holiday!



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Good Life Festival at Schnepf Farms

Rock 'n Roll Hall of Famer Don Felder; The Guess Who; and Nate Nathan and the Mac Daddy-O's

**Tickets on Sale Friday, January 8th,
10:00 a.m. MST at TheGoodLifeFest.com**

The long pause button on the Good Life Festival has ended and Saturday, March 27th, 2021, the destination lifestyle music festival returns for a 10th year of classic rock, this time at Schnepf Farms, reprising the famous lineup planned-but-never-activated in 2020.

Good Life Festival has been so successful in previous years and this year the party resumes its legacy at Schnepf Farms, about a mile from Encanterra, at 24610 E. Rittenhouse Road in Queen Creek. Live music on March 27th, begins at 2:45 p.m.; gates open at 2:00 p.m.

Good Life Festival is a complete entertainment experience with renowned national and local acts on an outdoor stage and a variety of prime experiences that celebrate "the Good Life." In 2021, guests will enjoy a pre-concert wine and craft beer tasting, a variety of food, and even shopping amidst the farm's beautiful surroundings. Add great live music under the stars after an afternoon of wine/beer tasting with savory bites and you have the makings of a perfect day at The Good Life Festival 2021.

Produced by R Entertainment, Good Life Festival patrons will enjoy the highest safety protocols as practiced and standardized throughout 2020 at events ranging from drive-in movies to 4th of July celebrations to Holiday Lights at Salt River Fields. Staff is trained and briefed; mask-wearing required for staff and guests; and physical distancing measures in the food and drink hospitality areas will be in place. In addition, contactless payment systems, clearly



marked entry spacing, more frequent handwashing and sanitation of public facilities are standard protocols.

Entertainment Lineup

Good Life Festival 2021 features a mix of celebrated bands and musicians with a lineup featuring:

2:45 p.m. – 3:45 p.m. - Nate Nathan and The MacDaddy O's
4:00 p.m. – 5:00 p.m. - The Guess Who
5:30 p.m. – 6:45 p.m. - Don Felder
7:15 p.m. – 8:30 p.m. - America

Good Life Festival is designed to deliver a world-class entertainment experience at Schnepf Farms, set amidst 300 acres of rustic yet elegant landscaping with lush green lawns and a beautiful peach orchard as a backdrop.

Parking is available on-site. Tickets are available at <https://www.thegoodlifeifest.com>. Tickets include:

Reserved Seating. \$75 to \$95

General Admission. \$50

*excludes taxes and fees.



AMERICA. Good Life Festival headliner, America, began an epic classic rock journey in the 70s, founded by three young Americans living in London as sons of US Air Force personnel stationed there at the time. Dewey Bunnell, Dan Peek and Gerry Beckley ironically produced American classic rock anthems such as "Horse with No Name" and "Ventura Highway." Indeed, the group has said the band's name, America, was selected because they didn't want fans to think they were British musicians trying to sound American. The hits kept coming with "Lonely People," "You Can Do Magic" and many others. America won a Grammy Award for Best New Artist and claims a star on the Hollywood Walk of Fame as well. They reached the top of the Billboard charts with "Sister Golden Hair" in 1975 and the top of the Adult Contemporary charts with songs like "Tin Man" and "Today's the Day." America celebrates five decades in the music business as they headline The Good Life Festival.

DON FELDER FORMERLY OF THE EAGLES. Don Felder is a Rock n' Roll Hall of Fame guitarist and 27-year veteran of The Eagles, one of the most popular and influential rock groups in history. Felder forged an impressive career selling more than 150 million albums and has the distinction of recording the top-selling album of all time: Their Greatest Hits in 1971. He is a *New York Times* bestseller for his book "Heaven and Hell: My Life in The Eagles." Felder is a true American rock and roll guitar hero and continues to grow himself as a top-tier solo artist. Hits include "Heaven and Hell," "Victim of Love," "Visions of Love," "Heavy Metal" and "Hotel California" winning record of the year.

THE GUESS WHO. The Canadian Rock Group was founded in Winnipeg in 1965. The band first gained recognition when they recorded a cover of the British hit "Shakin' All Over" and released it to the radio under the name "Guess Who" in hopes that DJs would feel more inclined to play a song by a mysterious new British band. The success of that cover led them to reach top charts internationally. Many successful albums and singles later the band was inducted into the Canadian Music Hall of Fame in 1987. Among their most iconic hits from the late 1960s through the mid-1970s include "No Time," "American Woman," "Laughing," "These Eyes," "Undun" and "Share the Land."

NATE NATHAN AND THE MAC DADDY-O'S. The Phoenix-based musical band formed and led by Nate Nathan follows Nate's passion for music. As it increased, he called upon all of his musically inclined friends to help take his music and theirs to the next level. The 11-piece band Mac Daddy-O's have been a popular opening addition to The Good Life Festival in previous years, delivering a popular and lively performance.

About Good Life Festival. Good Life Festival is a unique destination experience of national musical acts, gourmet food, fine wine, craft beer and artisan retailers. The festival combined with the great weather of Arizona delivers a one-of-a-kind entertainment happening that's grown a dedicated following of more than 5,000 guests each season. In 2021, Good Life Festival occurs at Schnepf Farms in surroundings of orchards, pumpkin patches, open fields and blue skies. For more information, visit www.thegoodlifefest.com. ❖



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The Rhythm of Color ~ Part 1/2

By Tina Mellino, Interior and Lifestyle Designer,
ZIA Interiors, Allied ASID



Rhythm is the secret to how the natural world stays in step. That same sense of balance applies to how we live and design, and it takes shape in 40 exquisite trend colors.

The Sherwin Williams Color Forecast for 2021 is not only made up of 40 trend inspired paint colors but is delivered in four palettes that are designed to promote a lifestyle message that includes rhythm and beauty.

The SANCTUARY palette is made up of soft and warm neutrals, like rich browns bringing a sense of calm, light and serenity to both exterior and interior spaces. Influences for Sanctuary come from the concept behind slowing down. In our ever changing world, we've experienced a pause that's called us to be more mindful and focused on what is truly important. These new neutrals encompass bone whites, sandy hues, camel, beige and oatmeal. "It's here that a simple palette of earthy neutrals can nurture tomorrow's utopia."

Design Concepts:

Wellness + Bio philia: The principle of bio philia brings nature inside and promotes wellness and calm.

Nesting & Warm Minimalism: Colors that promote a feeling of warm minimalism, muted hues for example, Color Code: SW 0037 Morris Room Grey.

Scandinavian Design: a key influence of this palette combines understated with rich texture and warmth.



As a subtle reminder that beauty often has humble beginnings, the ENCOUNTER palette reminds us of earthy tones like, Rosemary SW 6187, Reddened Earth SW 6053, and Golden Harvest, all bringing a sense of stability and security. Look to Golden Harvest or Camel as an update on beige with natural materials from flooring to textiles to golden metals. Sandy hues will balance cool neutrals and bronze tones. Like a treasured heirloom, the Encounter palette reflects on experiences and the stories behind them that influence design and special meaning.

Past and present, locally and globally, Encounter offers layers of color to curate a warm and earthy collection of colors that tells our own tale of



adventure and self-discovery. Pair colors such as, Java SW 6090 with Natural Tan SW 7567 or Alabaster SW 7008 together for an organic aesthetic. Deep blues and greens also continue in relevance within our interior spaces or as a grounding front door color, such as Naval SW 6244, Rosemary SW 6187, or Blustery Sky SW 9140.

You may contact Tina for Interior and Lifestyle Design Services at tmellino@cox.net, www.houzz.com/pro/tmellino or visit www.ziainteriors.com.

David R. Sellers Foundation Funds Arizona Cancer Foundation for Children

The David R. Sellers Foundation has announced a \$60,000 gift to Arizona Cancer Foundation for Children (ACFC) through a triple-match campaign that has been in effect for the past two months. The David R. Sellers Foundation is the 501(c)3 arm of LGE Design Build, one of the Valley's preeminent design and construction companies. LGE and the Foundation put a challenge out to company employees, subcontractors, partners and clients, inviting them to contribute to ACFC and have their donation tripled through the LGE match program.

Scottsdale-based ACFC provides physical, social and much-needed financial support directly to families who are managing the health and well-being of a loved one with pediatric cancer. ACFC programs include financial assistance, 4 Paws for Healing (K9 therapy), Sunshine Packs (books, small games, art supplies, etc.), Cancer Concierge (lodging and transportation assistance) and end of life support.

"ACFC is so thankful and proud to have the support of the David R. Sellers Foundation, LGE and their partners. The support provided will impact the lives of hundreds of Arizona families who have a child with cancer," said Chrisie Funari, Founder And Executive Director of ACFC. "ACFC provides support to families in the form of financial assistance, K9 therapy and counseling, toys and meals, essential items, birthday gifts and respite programs such as art classes and unique experiences, etc. We truly focus on the entire family and provide ongoing support every step of the family's journey."

"We realized that there is an additional burden on those with cancer due to the COVID-19 virus," said David R. Sellers Foundation Director Carrie Masters. "That's why we decided it was so important to fund ACFC right now, especially with its focus on children."

Founded in 2014, the David R. Sellers Foundation has funded over 56 organizations. During the COVID-19 crisis, it has funded numerous organizations which include Global Orphan Hope, UMOM, Phoenix Rescue Mission, Child Crisis Center, The Joy Bus, Children's Advocacy Center of Collin County and Amanda Hope.

About David R. Sellers Foundation

The David R. Sellers Foundation is local non-profit organization that was founded in December of 2014. The goal was to create an avenue for LGE Design Build (www.lgedesignbuild.com) to give back to the community with an interest in local nonprofits that focus on the betterment of the under-privileged and cancer-stricken children. While it remains dedicated to ending the cycle of youth homelessness in local communities, it contributes to any nonprofit that touches its heart. For more information, visit www.drsaz.org.

About LGE Design Build

For more than 26 years, LGE Design Build (LGE) has been a leader in the Valley's commercial market by offering a full-service, client-oriented model of design and construction. The company offers the following services: commercial design build, architecture, construction, entitlements, development partnerships and residential design build. David R. Sellers Foundation is named after LGE's Founder and it continuously grants funds to underserved nonprofits in Arizona and Texas. For more information, visit www.lgedesignbuild.com.



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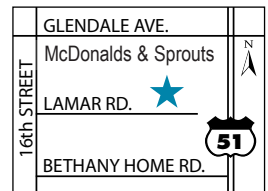
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Look Good and Feel Good with Help from The Village Health Clubs & Spas

Exercise is a great way to stay in shape, but the benefits of exercise are so much more than just looking fit. The Village Health Clubs and Spas knows that looking great is nice, but feeling great is even better. If you're considering adding "working out" to your New Year's Resolutions, here are five reasons why exercising is good for your body, mind and spirit.

Sleep Better: A good night's sleep might be one of the most underrated parts of life! Sleep is truly essential for our bodies to recharge. An article on the Johns Hopkins Medicine website focused on exercise for better sleep, states that exercise can help you fall asleep more quickly and can improve the quality of your sleep.

Lose or Maintain Weight: Many people that are looking to get fit are also looking to control their weight. Losing weight to look better in the mirror or to feel more comfortable in your own skin is great, but there's more to it than that! Losing weight can also help people reduce their health risks.

Improve Brain Health: An article on the Harvard Medical School website states that regular exercise, specifically aerobic, can help reduce "brain fog" and even "changes the brain in ways that protect memory and thinking skills."

Reduces Depression and Anxiety: Beyond just reducing stress and boosting your mood, exercise can tackle mental health. It has been shown to reduce depression and anxiety, too.

Increase Life Longevity: Want to be a super-ager? Hit the gym or a hiking trail. Whatever your preference, get moving in the name of a long life. The CDC reports, "Science shows that physical activity can reduce your risk of dying early from leading causes of death, like heart disease and some cancers."

Looking for an accountability partner? A Personal Trainer is a great way to stay motivated and on track. Give your local Village a call or visit www.villageclubs.com for more information. ❖



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Bird Dog Produce Brings The Farm To Your Fridge

The son of legendary local produce purveyor has launched an innovative service that delivers customizable farm-fresh boxes from the field to your doorstep in 24 to 72 hours.

When you grow up in Phoenix with the last name of Itule, people inevitably have two questions, says Andy Itule. Are you related to the Willie Itule Produce guy? And can you send some of those fresh-from-the-farm fruits and veggies my way?

The answer to the first one is simple. Yes, Andy is the proud son of Willie and Lynn Itule, who founded this famed farm-fresh delivery service inside a downtown Phoenix warehouse in 1979, and still continue to run this family owned company alongside their now grown children. In fact, Andy Itule and his two siblings are all third-generation produce purveyors, because their grandfather also sold tomatoes and other foods

in Phoenix's historic "duce" neighborhood back in the 1950s.

But for years, the answer to the second question—Can you sell me some produce?—was always no. That's because Willie Itule exclusively sells to restaurants, schools and other large-scale commercial kitchens. But Andy Itule always knew there had to be a way to bring Arizona's farm fresh bounty directly to your doorstep. Enter Bird Dog Produce.

Now available Valley-wide, Bird Dog Produce (www.birddogproduce.com) is an innovative food delivery service based in Phoenix, that completely reinvents the traditional food chain, giving customers access to the same fresher-than-grocery store fruits and veggies that restaurants and professional chefs have used for decades. Co-founded by Andy Itule and another Phoenix native, Kevin Kemper, Bird Dog Produce grew out of a longstanding desire to, "offer the general public the same fresh, farm-to-fridge produce pipeline that restaurants and commercial clients have enjoyed for decades," Itule says.

This means that unlike a traditional farmer's market or Community Supported Agriculture, or CSA program, where the produce selection varies based on whatever that local farmer has on-hand, Bird Dog customers build their own custom produce box from a cornucopia of more than 80 of the best-selling fruits and veggies available year-round, including organics. Hand selected from farms across Arizona and beyond, each box of garden goodness is delivered from the field directly to your doorstep within 24 – 72 hours of being harvested. That's a full week fresher than most produce purchased from traditional grocery stores because you're not waiting for the fruit to go from the farm to multiple distribution centers, then to the back room of the grocery store before you finally have a chance to buy it.

So what's with the name, Bird Dog Produce? "In the produce world, a bird dog is a person sent out into the fields to personally inspect the quality of the fruits and vegetables," Itule says. "So we use the same hands-on approach and expertise, combined with our decades-long relationships with the best farmers in the country, to ensure that only the finest produce available makes it to your doorstep."

Featuring convenient online ordering and contactless delivery, Bird



Dog Produce is also committed to ending hunger here in the Valley, donating one box to local food charities for every five boxes purchased. Thanks to the support of customers Valley-wide, Bird Dog donated more than 50 boxes to the Neighborhood Ministries food bank in December. Alongside Neighborhood Ministries, Bird Dog also supports Hope Women's Center and the Phoenix Rescue Mission.

So how does Bird Dog Produce delivery work? Simply visit www.birddogproduce.com to select your box size, with a weekly or every other week subscription. Then fill it with all your favorite fruits and veggies, choose your delivery date, and sit back and wait for the Bird Dog delivery driver, wearing a mask for safety, to drop off your chilled box of bountiful goodness.

Not home during your delivery window? Don't worry, each box is insulated to remain chilled for several hours, even in the middle of summer. Plus, Bird Dog also offers gift box options, as well as custom wellness programs for local businesses looking to reward employees and lower healthcare costs by keeping your break room brimming with fresh fruit, or sponsoring Bird Dog subscriptions for your team so they can enjoy fresh produce at home.

Most important, says Andy Itule, he's excited to showcase his home state's world-class selection of fresh fruits and vegetables, and surprisingly deep farming roots. Growing up in a big city like Phoenix it's easy to lose the connection with the farmers and all the hard work that goes into planting, growing and harvesting the food that we all take for granted, he says.

"A lot of people don't realize that in the winter, more than 90 percent of the nation's fresh lettuce supply is being grown right here in Yuma. There are thousands of hardworking people out in the fields right now hand cutting, cleaning and packaging the freshest foods you'll ever taste. Which is why we say to people, let us be your Bird Dog when it comes to produce, and you'll taste the difference."

To start your home delivery of the finest produce available, visit www.birddogproduce.com and get signed up today. ❖



Real Estate Update

By Debbie Frazelle, Coldwell Banker Realty



Wouldn't it be great to look into the future? You could see just how quickly the world will recover from this deadly pandemic, get the winning lottery numbers, and learn just which real estate markets will be a solid investment.

Unfortunately, we misplaced our crystal ball. But by analyzing data and trends, our housing market is expected to sizzle next year.

Arizona Real Estate Market Statistics for 2020 from Mashvisor to get a good grasp of the current situation.

- Median Property Price: \$472,716
- Price per Square Foot: \$362
- Price to Rent Ratio: 23
- Traditional Rental Income: \$1,703
- Traditional Cash on Cash Return: 2.8%

At the very least, we can say that Arizona real estate investors are currently earning a good rental income and return on investment, despite the presence of COVID-19. But will the market continue to be profitable? Let's get into our 2021 predictions:

#1. Arizona Home Values Will Rise in 2021

According to Zillow, Arizona home prices will see an 8.2% increase from now through September 2021. This market forecast isn't too surprising as, historically, Arizona has seen strong real estate appreciation. Neighborhoodscout's data states that property values have increased by 128% since Q1 2000. Yearly, this averages to a rate of 4.15%. If these numbers tell us anything, it's that Arizona's property values will continue to steadily climb. Even COVID-19 is not slowing them down.

Data from Veros Real Estate Solutions states The Phoenix-Mesa-Glendale area is a strong Arizona housing market, with an expected 5.3% increase.

#2. As Affordability Drops, the Renter Population May Increase

Affordability has long been an issue in Arizona. As we move into 2021, affordability will continue to decrease for residents.

Mashvisor's data suggests that Arizona's current price to rent ratio is 23, which is quite high. As it stands, it is more affordable to rent in the Arizona real estate market than own a home. With home prices only on the rise, many would-be home buyers will be priced out of the market. Though mortgage rates are low, they won't necessarily offset the rapidly increasing property values for all buyers.

#3. There Will Not Be an Arizona Housing Market Crash in 2021

According to Realtor.com's Housing Market Recovery Index, the largest metro (Phoenix-Mesa-Scottsdale) in the Arizona housing market is making a comeback since a decline earlier this year. The Housing Market Recovery Index takes into account housing demand and supply, home prices, and the pace of home sales. The metro officially passed the benchmark for recovery in July and has been doing well ever since.

#4. The Arizona Housing Market 2021 Will Be a Seller's Market

Is Arizona a buyer's market? Will it be one in 2021?

Not likely. Buyer's markets are typically characterized by low home prices and excess supply. Arizona will be experiencing an increase in property values, which can leave many potential home buyers priced out of the market. Conversely, this will be excellent for sellers eager to capitalize on real estate appreciation gains. And turning to the largest metro again, we see that active listings are down 41% and days on market is down 18% – supply is dropping but demand seems to be high. All of this spells out a seller's market. And we can likely expect the Arizona housing market to remain a seller's market in 2021.

If ever you were thinking of selling your home, now is the time. Give me a call for a free market analysis. Debbie Frazelle (602) 399-8540. Happy New Year and Stay safe! ❖

Statistics from November 15th to December 14th, 2020

Homes for Sale	32	Homes Sold/Closed	12
Homes Sale Pending	12	Rentals Furnished	11
Rentals Unfurnished	5		

For Sale

Alta Vista Park	1	\$2,975,000
Cloisters	3	\$274,900-\$325,000
Colony	2	\$596,000-\$788,000
Estates	3	\$2,500,000-\$8,900,000

Fairway Lodge	4	\$924,900-\$1,399,000
Gates	1	\$1,495,000
Hillside Villas	1	\$1,275,000
Hotel Villas	1	\$849,500
Meridian	2	\$226,000-\$289,999
Mountain Estates	3	\$1,949,000-\$4,000,000
Square	1	\$695,000
Taliverde	1	\$1,495,000
Terraces	3	\$235,000-\$330,150
2 Biltmore	6	\$1,975,000-\$3,300,000

Pending Sales

Cloisters	1	Greens	3
Hillside Villas	3	Hotel Villas	2
Taliverde	1	Terrace	1
Two Biltmore	1		

Closed Sales

Cloisters	1	Colony	1
Court	3	Green	1
Hillside Villas	1	Hotel Villas	1
Meridian	2	Taliverde	1
Terrace	1		

Healthy Eating For the New Year At Stratta Kitchen

The New Year is here and what better way to kickstart your resolutions than with healthy eating. Stratta Kitchen in North Scottsdale offers fresh, seasonal and chef-crafted fare that will help you stay on track with your goals. Led by the James Beard Award-winning chef, Alex Stratta, Stratta Kitchen is inspired by the Medeterranean diet. This means there are plenty of fruits, vegetables, nuts, beans, herbs and whole grains with seafood and meat options included in the menu, all which are fantastic for your overall health.

Start your meal with favorites like the Chickpea and Herb Hummus or Seasonal Soup, then pick between wraps, tacos and bowls for the main dish. For seafood lovers, try the Salmon Riviera Wrap, which includes chickpeas, oven-dried tomato, roasted fennel, green beans, red-bell pepper, with crumbled egg. Give the Vegan Bowl a try for a refreshing, flavorful option with spice roasted yams, turmeric, fennel, roasted chiles, wild mushrooms, avocado, pomegranate seeds and forbidden rice. You can also add skewers, greens and sauces to your order.

Just because you're eating healthy doesn't mean you need to skip the fun stuff! For dessert, try the Panna Cotta & Berries with local honey, vanilla, cardamom, and ginger, or enjoy the gluten free Oatmeal Coconut Cookies. Plus, enjoy the rotating Family Packs, great for a quick and healthy dinner the whole family will love. Check the website for the current package.

Stratta Kitchen is open for dine-in and takeout, plus they provide catering and are available for delivery through Chow Now, Uber Eats, Postmates, GrubHub and Doordash. Stratta Kitchen is open daily from 11:00 a.m. to 9:00 p.m. and is located at 8260 N Hayden Road, Suite A102 in Scottsdale. For more information, visit www.strattakitchen.com. ❖



Get Your Sushi Fix To-Go From Sushi Roku

No matter if you're dining solo, or feeding the whole family, a sushi lover or a landlubber, Sushi Roku at the W Scottsdale has you covered with chef-crafted meals for takeout or delivery. Sushi Roku's all-new Sushi Fix and Deluxe Sushi Fix pair premium nigiri and sushi rolls with a darling take-home package.

The Sushi Fix (\$28) includes 5 pieces of nigiri (tuna, yellowtail, salmon, albacore, shrimp), choice of spicy tuna roll or baked crab hand roll, sunomono and edamame. The Deluxe Sushi Fix (\$42) includes 7 pieces nigiri (tuna, yellowtail, salmon, albacore, scallop, shrimp and fluke), toro jalapeno cut roll, baked crab hand roll and edamame.

Looking for more to-go feasts? Sushi Roku also offers build-your-own Bento Boxes with your choice of teriyaki chicken, beef or salmon served with garden salad, spicy cucumber, popcorn shrimp, green beans, vegetable fried rice and miso soup. Or feed the whole family with your choice of Sushi Roku Family Packs. The Allstar Speciality Roll pack (\$95) feeds 4 and includes Katana Roll, Gensai Roll, Senshi Roll, White Lotus Roll, Tuna Jalapeno Roll and Baked Crab Roll. The Hot Family Pack (\$109) also feeds 4 and includes Edamame, Popcorn Shrimp, Japanese Fried Chicken, Wagyu Gyoza, Garlic Green Beans, Chicken and Vegetable Fried Rice.

Sushi Roku is open for dine-in, takeout or delivery Monday through Thursday from 5:00 p.m. to 10:00 p.m., Friday and Saturday from 5:00 p.m. to 11:00 p.m. and Sunday from 5:00 p.m. to 9:00 p.m. Order at www.sushiroku.com and enjoy White Glove Curbside Service, or delivery via Postmates, Uber Eats or DoorDash.

SUSHI ROKU

BENTO BOX

GARDEN SALAD
yuzu ginger dressing

SPICY CUCUMBER
marinated Japanese cucumber

CHA-HAN
vegetable fried rice

PROTEIN CHOICE:

JIDORI CHICKEN
marinated free range chicken, shichimi soy


SALMON
grilled salmon, teriyaki

BEEF
new york steak, teriyaki

WAGYU
A-5 wagyu steak, ponzu

INGEN ITAME
sautéed green beans with garlic sauce

POPCORN SHRIMP
rock shrimp tempura with miso glaze



We appreciate your choice to support Sushi Roku and hope to bring some familiarity to you during this time. We look forward to seeing you again when our dining rooms reopen. From our family to yours, thank you and stay healthy.



A Woman's Garden: Grow Beautiful Plants and Make Useful Things

In *A Woman's Garden*, the creative force behind LovelyGreens.com, Tanya Anderson, shares inspiring ways to use the power of plants for home and health with helpful growing advice and step-by-step instructions for creating over 35 inspiring projects, edibles and art from your garden.

Gardens grow more than just pretty flowers. They grow well-being and a deeper connection with nature. Gardens can also produce plant material for creating homemade skincare, natural dyes, artisan crafts, delicious foods and beverages, and medicines —homegrown ways to create a wholesome lifestyle.

Making things with your hands and heart, and then sharing the fruits of your labors with friends and family, is both satisfying and soul-stirring. Learn how to grow dozens of plants and then transform them into gorgeous items to nurture yourself or gift to others, including:

- ✦ Using onion skins to dye wool
- ✦ Alkanet root and lavender soap
- ✦ Soapwort multipurpose cleaner
- ✦ Rose petal facial mist
- ✦ Edible flower frittata
- ✦ Healing calendula skin salve
- ✦ Paper mache leaf lanterns
- ✦ Chamomile tincture
- ✦ Gardening projects, including a herb spiral, strawberry pallet planter, and more

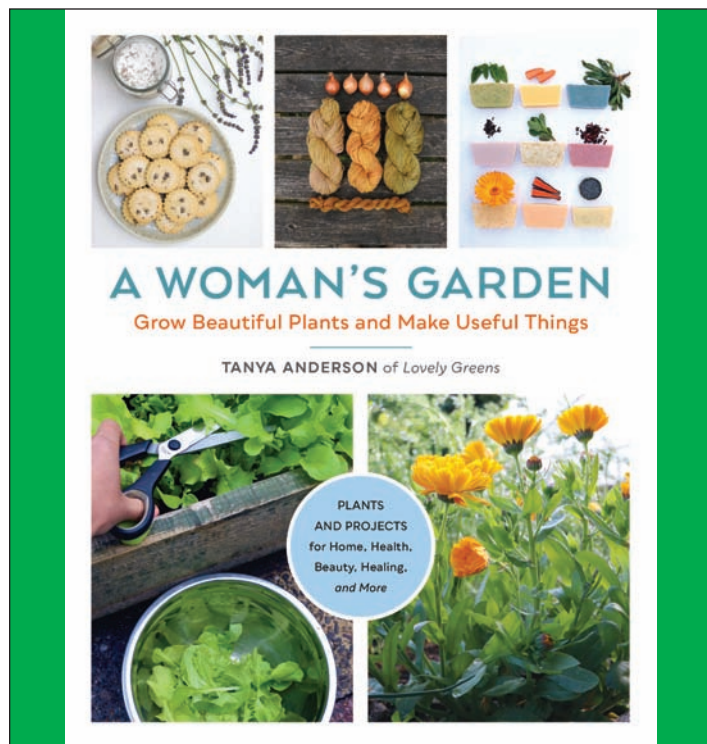
In *A Woman's Garden*, you'll be introduced to seven categories of useful plants. Plus, meet inspiring women gardeners from around the globe who grow and use edibles, herbs and flowers to create natural products you can make, too. Find inspiration, healing, health and happiness right outside your own backdoor with *A Woman's Garden*.

The Author

Tanya Anderson is an organic gardener, soap maker, beekeeper and beauty producer on the Isle of Man in the UK. Tanya is the creative force behind the website and YouTube channel Lovely Greens. Followers subscribe to her for her creative garden ideas and positive, friendly personality. When she's not publishing gardening and plant-based beauty ideas, she's retailing her own line of beauty products. Lovely Greens Handmade crafts natural soaps, beeswax skincare products and candles. She also hosts monthly creative workshops, is a regular gardening-guest on a local radio station and helps manage an allotment (community garden).

A Woman's Garden

Publishing February 9th, 2021 | Paperback, 192 pages | \$24.99 US, \$32.99 CAN | ISBN: 9780760368404



Sandbar Mexican Grill Raised \$2,800 to Help Support Local Breast Cancer Organization

This past October, Sandbar Mexican Grill raised \$2,800 for Bosom Buddies of Arizona, a local breast cancer support, education and advocacy group. With locations in Gilbert, Chandler and Desert Ridge, Sandbar wanted to raise awareness and money for breast cancer, and they wanted the funds to benefit someone in the local community, which led them to partner with Bosom Buddies. Throughout the month of October, the lively Mexican food hangout featured a Pink Margarita where a portion of every drink sold went directly to the organization. Known for their classic Mexican fare and award-winning margaritas, Sandbar was able to raise funds quickly at all three locations.

"The funds received will provide funding for our grant program that provides financial assistance to those being treated for Breast Cancer," said Diane Swanson, President of Bosom Buddies of Arizona, "We are currently helping a woman who needs extensive dental work as a result of her chemotherapy treatment and another woman undergoing treatment for Stage 3 Breast Cancer whose family has been impacted financially by Covid-19. Bosom Buddies is grateful for this partnership with the Sandbar."

Bosom Buddies of Arizona's mission is to increase awareness of breast cancer and to provide support to women and men diagnosed with breast cancer and their families. Through sharing knowledge and experiences, offering support groups and hotlines, and teaming up with local businesses like Sandbar Mexican Grill, Bosom Buddies is able to achieve their goals and provide help to those in need affected by breast cancer.

For information about Sandbar Mexican Grill, visit sandbaraz.com. For information about Bosom Buddies of Arizona, visit bosombuddies-az.org. ❖



Jewish Family & Children's Service Brighter Tomorrow Event to be Held Virtually

The Jewish Family and Children's Service (JFCS) Brighter Tomorrow Event is the nonprofit organization's annual signature event showcasing JFCS' impact on the wellbeing of more than 40,000 people in the Valley.

Robert Sarver, Owner of the Phoenix Suns and Executive Chairman of Western Alliance Bancorporation, will deliver the keynote address. Sarver is a dedicated philanthropist who is committed to supporting Arizona's local community, both through Phoenix Suns Charities and his and his wife's own personal contributions. Under Sarver's leadership, Phoenix Suns Charities has granted more than \$21 million to Arizona nonprofits in the areas of education, healthcare and sports.

In keeping with current social distancing guidelines, the Brighter Tomorrow Event will be held online. Individuals interested in participating must register to receive the required login information:

<https://www.jfcsaz.org/events/event-details/?Event=19875>

The event will be held January 29th, 2021 from noon to 12:45 p.m.

The Brighter Tomorrow Event is JFCS' annual fundraising event. Last year's event raised over \$400,000 to support a variety of programs including primary medical care, counseling and behavioral health, domestic violence victim assistance and Jewish community services.

This year's event will be offered at no cost and will highlight the organization's many programs and services, with a particular focus on its response to the coronavirus pandemic. Chairing the event this year will be Lynn and Larry Kahn.

Individuals interested in supporting the JFCS mission can make an online financial gift via the JFCS website at www.jfcsaz.org/donate. ❖



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Local Entrepreneur Publishes E-Book Amid COVID-19

David DeLorenzo, First Time Author, Tackles Advice on Food, Fitness and Focus with Self-Developed Method

Phoenix-born, ASU-graduate David DeLorenzo has found long term success in the Valley with his niche Bar and Restaurant Insurance Company, a specialty division with the Ambassador Group. Not immune to professional and personal challenges, particularly in the era of COVID-19, DeLorenzo is now adding “author” to his resume with the launch of his e-book, the 3F.IT method, an “everyday person’s guide” to unlocking the secret to overall health with his personal 3F method.

“This book is a no-frills manual that takes the guesswork out of getting healthy and fit, and helps readers rediscover balance, focus and mind-body connectivity to help them reach their goals,” says DeLorenzo. “Every word in this book is based on my own personal struggle to find the time to focus on myself to achieve my health and fitness goals and the simple three-step method I developed in order to do so. I’ve since applied these tools to improve every other area of my life as well.”

DeLorenzo used his 3F System, based on three components — food, fitness and focus, to regain his health and ultimately his happiness, and aims to help readers do the same. Through his book, he shares his

approach to help them experience growth in their lives to become the best versions of themselves. He offers practical advice, real tips and step-by-step methods to achieving health and wellbeing, broken down by the three categories in an easy-to-read format. To download for free, visit iamthedelo.com.

About David DeLorenzo

An ASU graduate, David DeLorenzo started his career at his (then) dream job for Warner Bros. in



L.A. while also running his own marketing company that promoted artists and bands. When the industry began to change with the rise of technology and streaming services, DeLorenzo returned to Phoenix where he started working for his father’s insurance company. It was here that he discovered his true passion for the restaurant and hospitality industry, which developed into his own niche within the insurance profession. DeLorenzo created the Bar and Restaurant Insurance division of The Ambassador Group, his father’s company which he later purchased in 2009. Throughout 2020, DeLorenzo has experienced his own set of challenges as the pandemic threatened to demolish his company (80 percent of his clients are in the food and beverage industry) and he contracted the virus himself. Using his personal mantras to propel himself through setbacks to get back on top, he decided to share his experiences in the hopes of helping others through his new book the 3F.IT method. For more information, visit www.Iamthedelo.com. ❖



Spring 2021 Art Class Registration

Celebrate the New Year with in-person and online art classes from Phoenix Center for the Arts (PCA). PCA is introducing two 8-week sessions of art classes: Session 1 begins in January, and Session 2 begins in March. Students will be able to choose from in-person and online classes, with 4-week sessions and single day workshops also available online.

Phoenix Center for the Arts offers opportunities for both beginning and advanced students to enjoy an art class with experienced teaching artists inside a PCA classroom, or from the comfort of their own living room. Adult and teen students can expect to see class favorites from every medium including metals and jewelry, glass, creative writing, music and more!



"When we make art and share art, we feel more connected to each other," shares Painting & Drawing Teaching Artist Koryn Woodward Wasson. Students will have access to talented local artists as their instructors to encourage their craft. PCA Teaching Artists include a contributing photographer to both state and national publications, artists that have exhibited in galleries all over the state, award winning ceramicists. Many instructors possess decades of experience.

Early registration is recommended to ensure a place in the class of your choice. With reduced class sizes, in both in-person and online sessions, classes fill quickly!

Register online at phoenixcenterforthearts.org/classes. The cost ranges from \$61 to \$352. PCA is located at 1202 N. 3rd Street in Phoenix. ♦





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Fresh Pasta



Ryan House Cooks Up New Sip. Savor. Dine. Culinary Experiences

For more than 10 years now, Ryan House continues to embrace all children and their families as they navigate life-limiting or end-of-life journeys through its world-class care and programs. Their families need them now more than ever. COVID-19 has significantly magnified this need, not just for Ryan House but for so many in our community.

That's why when they put their annual White Christmas Gala on the back burner (due to COVID-19), they cooked up a new event in support of Ryan House and Arizona's Culinary Community... Sip. Savor. Dine. Culinary Experiences.

Peruse the menu at the website to select from a wide array of options from many of Arizona's top chefs, popular eateries and everything in between.

The selection(s) offer purchasers the opportunity to Sip, Savor, and Dine their way through special private experiences, catering for a small group or some family fun! And, best of all, they enjoy these experiences when the time is right for them.

Sip. Savor. Dine. Culinary Experiences are the perfect gifts to 'give and get' for any occasion! Buy one for yourself and give one as a gift. Purchasers can even request them in smaller denominations and share them with employees, colleagues, friends and family.

For more info and the online menu, please visit www.ryanhouse.org/sip-savor-dine. ♦



Bourbon & Bones Chophouse | Bar Expands with Second Location Opening Mid-January

Bourbon & Bones Chophouse | Bar, the popular boutique steakhouse in Old Town Scottsdale, despite all odds in this COVID-19 environment, is set to open a second location in Gilbert, at San Tan Village, to deliver its brand of elegant-yet-unpretentious fine dining in the East Valley region.

Bourbon & Bones is part of Scottsdale-based restaurant group Square One Concepts, founded by President & CEO S. Barrett Rinzler in 2011. Rinzler said, "There's demand for fine dining in the East Valley. We're honestly thrilled to deliver our specialty chophouse to a community that's perhaps underserved and appreciates fine food, fine wine, custom cocktails and the taste of great bourbon."

"Bourbon & Bones was created to offer a high-quality dining experience in a welcoming atmosphere. This one has been in the planning stages for well over a year and means a lot to us; it's larger than our flagship in Scottsdale. We've taken time to carefully develop the interiors and the team is excited to welcome guests in the New Year."

Since opening the flagship location in September 2016, in Old Town Scottsdale at 4200 N. Scottsdale Road, Bourbon & Bones has proven to be a favorite, offering high-quality fine dining with a sommelier-curated wine selection, a robust cocktail program and Arizona's largest collection of bourbon, set in a lively, yet intimate atmosphere. The inviting, luxurious bar has proven to be exceptional, with comfortable seating, unpretentious service and prime open-window views of passers-by and the energy of Scottsdale itself.

The Gilbert location will have a larger footprint at 6,750 square feet compared to Scottsdale's 4,000-square-foot interior. The San Tan Village location will feature a contemporary interior with a palette of white and gray tones in contrast to the flagship's browns and modern rustic style. Two dining rooms are featured in addition to a private dining room for up to 50 guests.

Sommeliers also will oversee this larger wine installation of nearly 1,500 bottles ranging from popular labels to serious connoisseur selections; also available is the extraordinary Coravin wine service that preserves ultra-expensive open wine bottles for weeks, months and even years, yielding 'by the glass' options of rare varieties.

This Bourbon & Bones bar itself here will be larger with more booths, large chalkboards and sliding glass doors separating it from the patio, conveying a contemporary lounge-style atmosphere. Classic cocktails such as the Old Fashioned, Manhattan and Martini will also will be offered tableside from a custom drink cart in the dining room and in the bar, delivering a level of luxurious old-world style service.

The renowned Bourbon & Bones Happy Hour menu, as in Scottsdale, will feature The Devil's Cut, Hot Rock of thinly sliced wagyu, a hot rock for guests to cook-to-taste at their table and dipping into sweet chili glaze and ponzu sauce; a Steak Frites of tenderloin tips, garlic butter, fries and black garlic aioli; Crispy Calamari; Prime Rib Sliders and the not-to-be-missed Bourbon & Bones Burger – which raises this bar to celebration-worthy.

The Bourbon & Bones main event is dining, of course, and a larger a la carte steak selection includes traditional wet-aged and dry-aged cuts with even more Wagyu offerings, such as the indulgent Wagyu Rib Cap. A myriad of cuts is featured such as the Bone-in Filet Mignon, a Prime Tomahawk Ribeye, and a Prime Bone-in New York Strip; plus Rack of Lamb, a Dry Aged Pork Chop and even a Buffalo Ribeye leave little for wanting.

Elegant options for fresh seafood include a Seared Ahi Tuna, Chilean Sea Bass, Pan Seared Scallops and the Seared Salmon. Soups, salads and side dishes such as Sautéed Wild Mushrooms with thyme and shallots, Brussels Sprouts with bacon and a bourbon glaze and a Truffled Lobster Mac 'n Cheese, among others, round out an elegant meal easily topped off by an ample dessert menu of Warm Apple Crumble, Bourbon Butter Cake, Lemon Puff Pastry and more.

For more information, please visit BourbonandBonesAZ.com. ❖



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Ultra Smooth Skin Introduces Beautiful Lips Treatment with Juvederm Volbella

Ultra Smooth Skin, based in Scottsdale, has introduced “Beautiful Lips” to its portfolio of treatments using Juvederm Volbella. Volbella is the newest addition to the Juvederm family of fillers and is an FDA-approved injectable that’s specifically designed to minimize the delicate lines around the mouth, plump lips and remove vertical lip lines to restore smiles.

A recent study found that Volbella, which was developed by Allergan®, the makers of Botox® Cosmetic, received accolades from 98 percent of people who used it. Patients during clinical trials said that the treatment had achieved their goals for lip appearance. The clear gel lasts up to 12 months and restores smiles, removes smoker lines around the mouth and creates fuller lips. Approximately 80 percent of people who received the treatment reported at least a one-point improvement in lip fullness, and 62 percent confirmed that the fullness lasted a year.

“We are delighted to offer Juvederm Volbella to our clients,” said Ultra Smooth Skin Owner Lisa Williams. “The process is fast and comfortable with noticeable results available almost immediately.”

Volbella is specially formulated to treat lips and areas around the lips. The compound is one of a class of injectables made from hyaluronic acid, which augments soft tissue, fills depressed areas, minimizes lines and wrinkles and absorbs less water than surrounding tissue. The high-viscosity gel resists spreading, fills skin lines and plumps depressed areas.

Lisa Williams has been operating Ultra Smooth Skin since 2003 and now has offices in Scottsdale, Chandler and northeast Scottsdale in DC Ranch. She has been doing cosmetic dermatology procedures for over 17 years. She has numerous certifications, appointments, and awards through various organizations.

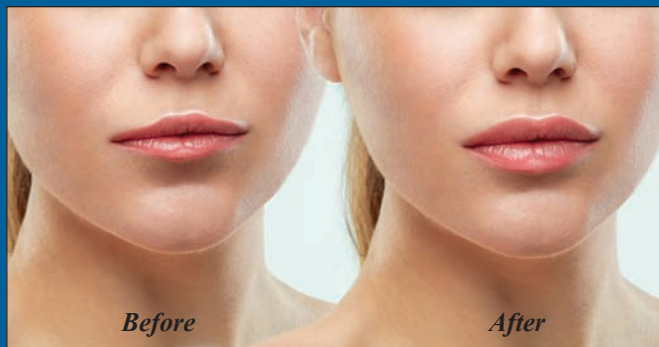
A Scottsdale native, Williams attended Arizona State University for both a bachelor’s degree in nursing and a degree from the W.P. Carey School of Business, as well as a master’s degree in nursing to become a nurse practitioner.

She’s also been highly involved in local philanthropy, awarding treatment packages to numerous charities for their fundraising activities. She currently resides in Scottsdale.

The Volbella treatment is \$600 (includes the Brilliant Distinctions® voucher or instant rebates of \$150 or \$300). For more information about Juvederm Volbella, visit <https://www.ultrasmoothskin.com/juvederm-volbella>. For more information about Ultra Smooth Skin or to make an appointment for a free consultation, visit www.ultrasmoothskin.com or call or text (480) 991-3038.

About Ultra Smooth Skin

Ultra Smooth Skin specializes in high quality, non-invasive and non-ablative cosmetic treatments such as Botox, Juvéderm, CoolSculpting, CoolTone and laser treatments to clients that are interested in looking younger and enjoying healthy and smooth-looking skin. Founded by Lisa Williams in 2003, the company has three locations: Scottsdale, Chandler and northeast Scottsdale in DC Ranch. For more information, visit www.ultrasmoothskin.com. ❖



“A Grand Pivot”

As they say, “The show must go on!” With optimism, we were hopeful that our Barrow Grand Ball would be held in its traditional format at the Arizona Biltmore on January 23, 2021. However, it became clear with each passing day that we needed to create a new opportunity to celebrate our Barrow heroes, patrons, and friendships.

The well-being of our guests is paramount. Social responsibility prescribed that we change the Grand Ball format to a virtual celebration. We are inviting our patrons to join us at 6:30 pm on January 23, 2021 in what would have been our cocktail hour and culminating with “A Grand Toast to Barrow.” We plan to deliver a memorable alternative and an appreciation for your generosity.

Whether near or far, you will be able to stream in. Enjoy from the comfort of your home or feel free to organize a “watch party.” Whether in your blue jeans or ball gowns, we ask you to submit photos from the evening.

Be on the lookout for emails leading up to the event with more information and a link to view either on your computer or TV screen. Due to our change in format, your gift will be 100% tax deductible.

Our shared values and love of Barrow unite us. Together we will provide critical funding for Barrow research and programs that make a difference in the lives of those with neurological conditions. We send our heartfelt thanks for your support and understanding.

For more information, please send an email to contact@womens-boardbnf.org

Diane Might and Kolby Moffatt
2021 Barrow Grand Ball Chairmen

Sandy Hecomovich
2021 Barrow Women’s Board Chairman



2021 Ball Co-chairs with Chairman and Barrow President and CEO Michael T. Lawton, MD.

Welcome in 2021 with a New Warm Up Routine

By Tina Tombs, The Arizona Biltmore Golf Club



Most golfers warm up before they go to the golf course, but if you are just going through the motions, you are probably making some mistakes along the way. Here are some mistakes I tend to see:

1) Rushing. People rush from their car to the course and onto the first tee. Take time to breathe. Take a deep breath through your nose and let it out through your mouth. This calms you, slows things down and allows you to focus.

2) No Visualization. Visualize the first hole and pull the club you are going to use. Visualize a balanced swing. Envision the ball going in the direction you want it. Play the entire hole, including putting. This can help to set the tone for the day.

3) Not Enough Lag Putting. Practice 15-foot putts to the edge of the green to get the speed of the greens and calibrate your green speed. Then practice your 30-to-50 foot putts. This distance is where recreational golfers three and four-putt. Spend time working on lengthening your stroke with good tempo. Controlling your speed can really help lower your score on the course.

4) Pre-Shot Routine. The biggest mistake recreational golfers make before they tee off is that they don't practice their pre-shot routine. A pre-shot routine is a specific order which usually includes a practice swing; grip and posture check; along with aiming and aligning your club and body.

Your routine should be consistent in order to allow you to set up successfully, and your practice (rehearsal) swing should be as close as possible to your real swing when you hit the ball. It's an opportunity to put thoughts into a feel, enabling you to not have to think when swinging.

A simple example of a straightforward routine might be to set the club behind your golf ball, always aim your club-face first, (like I am doing in the picture) then take your stance, bend forward from your hips to set your proper posture and adjust by stepping your feet until your hands hang below your shoulders. Practice that when you warm up, get comfortable with the process and you'll have a better chance of bringing your game to the course.

Tina Tombs is a 2020 Arizona Golf Hall of Fame Inductee, a *GOLF Magazine* TOP 100 Teacher in America, and two-time LPGA National Teacher of the Year. To schedule your next golf lesson, clinic session you can contact Tina or her staff at www.tinatombsgolf.com and sign on to book your next coaching session. ❖



Happy New Year from The Adobe Restaurant!

By Pam Vincent, General Manager, Adobe at the Arizona Biltmore



Happy New Year! If there ever was a time to celebrate the start of a new year, it's this year. To say 2020 was challenging would be an understatement. But as they say, with challenge comes opportunity, creativity and makes us stronger. Let's take a quick look back at 2020 and the changes that came to The Adobe Restaurant.

The year began in normal fashion. January and February were busy months, packed with winter visitors and residents enjoying our beautiful Arizona weather. By mid-March, things dramatically changed as we went into lockdown mode. At The Adobe, we began to-go service, delivery and grocery essentials including protein packs and full family-style meals. In April and May, we expanded our curbside take out and delivery service through third party partners such as Uber Eats, Grubhub and DoorDash.

In June, we added a walk-up to-go window and a new picnic area, where guests could enjoy The Adobe's food and drink "to go" on the grass with your own blanket or chairs. July brought new challenges, regulations and mandates.

By August, many restaurants in the area began to close. Reduced dining room capacity, stay-at-home orders and a general fear of going out seriously impacted restaurants. In September, with gyms closed and record heat, The Adobe focused on light and healthy food options, while continuing take out and delivery service.

As we went through October and November a sense of normalcy was in the air. Guests spoke of holiday parties while enjoying patio dining and the return of seasonal favorite menu items. December provided a mixed bag of hope and heartache. Rising numbers of COVID cases forced many to stay home for the holidays and not be with family and friends, while the arrival of vaccines offered hope for the future.

On behalf of The Adobe Restaurant staff, thank you for your continued support and patronage. In light of all of the challenges, we are fortunate to remain open and we have you to thank for that. The Adobe is here to serve the community and will continue to do so throughout 2021.

Cheers – Here's to a happy and healthy 2021! I hope to see you and your family at The Adobe Restaurant in the new year. ❖

4 Things Every Car Owner Should Know

Whether you're a first-time car owner or you've logged many miles, these five maintenance truths can help you save money and keep your car in good shape. As always, your Neighborhood Auto Repair Professionals (NARPRO) are available to answer maintenance and repair questions.

Every Car Owner Should Know:

1. Premium gas isn't worth it (in most cases).

Premium sounds good but is it worth the extra money? Not unless your car manual requires it. According to the Federal Trade Commission, "In most cases, there's no benefit."

Cars with high compression engines, like sports car, need mid-grade or premium gasoline to prevent knocking. Regular octane is fine for most cars. The FTC estimates drivers may be spending hundreds of millions of dollars each year for higher-octane gas than they need.

2. Running on empty is a bad move.

Driving with a low gas tank can lead to the fuel pump overheating and replacing the pump is more expensive than filling up the tank. Running on empty can also lift sediment from the bottom of the tank and clog the fuel filter. Try to keep no less than a quarter tank of fuel at all times.

3. Correct tire pressure matters more than you might think.

Overinflating can impact maneuverability, cause wear and reduced traction. Underinflating can lead to overheating, irregular tread wear and tire failure. To find the correct tire pressure (referred to as psi), check your owner's manual or look at the sticker insider your vehicle door. The National Highway Transportation Safety Administration (NHTSA) warns drivers the psi number on the side of tires reflects the 'maximum permissible' inflation, not necessarily the correct psi for your vehicle. That's because tires are made for many different vehicle makes and models.

To check pressure wait until at least three hours after your last drive and use an accurate gauge. Remember to check your spare tire, too.

4. Take action on recalls.

Recalls are issued when NHTSA or a manufacturer determine a vehicle, equipment or tire creates a safety risk or fails to meet minimum safety standards. NHTSA says manufacturers must fix the problem by repairing, replacing, offering a refund or in rare cases repurchasing the vehicle.

If your car has been recalled you should get a notice in the mail with instructions on what to do. You may also want to annually check the federal government's online database. Simply enter your vehicle identification number (VIN) to see if your vehicle has an unrepaired recall in the past 15 years. Your 17-digit VIN is located on the lower left of your windshield and your vehicle registration card. It may also be on your auto insurance card.

Visit www.NARPRO.com to find recommended shops near work or home. ❖

Dear Neighbors...

This time last year, no one could have predicted that 2020 would pan out the way it has. It was a year that has taught us about the importance of our homes, the value of our community, and the significance of the relationships we maintain around us.

As a local business, we could not be more appreciative of the neighborhood support that we have continued to receive throughout such a tumultuous year. Your trust has granted us the opportunity to serve nearly 250 families this year alone. Additionally, we have welcomed 17 new agents, 2 new support staff, and opened a new office in the heart of North Central Phoenix. We are now more capable than ever to serve the greater good of our community, expanding our expertise from Arcadia and Biltmore to now include Scottsdale, Paradise Valley, the Southeast Valley, and beyond. We are looking forward to growing even more with the coming year, including the opening of our third office location.

The 2020 real estate market has been one to behold. In the face of a pandemic, it seems as though people recognize the value of home more than ever, and we are honored to provide such a valuable service in making the transition as seamless as possible, especially under such unique circumstances.

Thank you, again, for a great 2020. We are always around should you have any questions regarding your home or other real estate needs in the area.

Best Wishes into 2021,



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