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Special Feature Page 12 and 13





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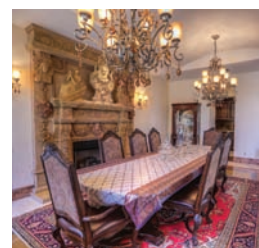
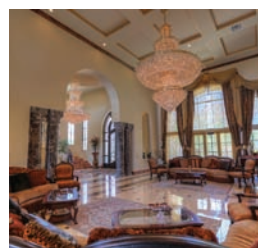
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The basement level features resort-like amenities. An expansive indoor swimming pool, numerous showers, sauna, steam room, and home gym, are a few of the amenities that really make this home stand out. A large media room and additional dining and bedrooms can be found on the lower level. This property is privately gated for optimal privacy. The over-sized eight-car garage provides plenty of space for large vehicles, boats and quads. Enjoy those infamous Arizona sunsets from your very own resort-style backyard, with plenty of room for entertaining and taking in the amazing Phoenix weather. Upper-level balconies capture city lights and mountain views! Only quality materials such as imported unique stone and marble are incorporated throughout the entire home, no detail was overlooked! Come see this stunning estate for yourself today!







# Happy New Year!

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## ~ Sky Harbor News ~

### *Escape Lounge Offers Food, Drinks and Other Amenities at Phoenix Sky Harbor*

Travelers in Terminal 3 at Phoenix Sky Harbor can enjoy a new, comfortable and quieter place to sit while waiting for their boarding call thanks to the recent opening of the Escape Lounge – the Centurion® Studio Partner.

The Escape Lounge welcomes all travelers regardless of airline with the purchase of a day pass.

In addition, those with American Express Platinum, Business Platinum and Delta SkyMiles Reserve credit cards get complimentary admission to the Escape Lounge.

The lounge is located in the post-security lobby area next to the Museum Gallery and provides visitors with an array of complimentary amenities that include:

- Seasonal local chef-curated menus.
- A selection of local beverage options such as wine, beer, spirits and coffee.
- A digital library with more than 7,000 publications from over 120 countries courtesy of PressReader, as well as access to noise-cancelling Bose headphones.
- And children activity packs, including Escape Lounge's Kids Crew Puzzle and other items.

The hours of the Escape Lounge are daily from 4:30 a.m. to 7:00 p.m. So next time you're traveling through America's Friendliest Airport® in Terminal 3, treat yourself to everything from chocolate-filled deserts to fresh-made soups of the day courtesy of the new Escape Lounge.

To learn more about Escape Lounges – the Centurion Studio Partner or to book access, please visit [escapelounges.com](http://escapelounges.com). ❖



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## From the Publisher...



Happy New Year to all our Biltmore Lifestyles readers! The holidays are over. Time to take down the twinkling lights, the evergreen tree and the rest of the holiday decorations. Store the champagne flutes. Wave goodbye to the abundance of rich, caloric foods and special seasonal treats. Gone are the leftovers, guests and the extra demands on our time. It's time to refocus, retool, regear and plan for the challenges that lay ahead in 2022. (As if 2021 wasn't

tough enough!) New Year's resolutions will not suffice this year. As the old adage goes, if you have your health, you have everything. I definitely plan to improve my health in order to keep up with all the craziness we have encountered and will continue to see ahead.

With the new year also comes a time to reflect on the past year. I always like to take a moment and remember all the good things that have happened during the past year. January is a good time to look back and count your blessings. Don't take what you have for granted; take a moment and write down on paper all the things that you are thankful for, and put that list somewhere where you can review it often! The new year is always a great time to think about the things that you would like to accomplish in the upcoming year. When making your New Year's resolutions. Whatever your resolutions may be, stay focused and good luck!

Until next month, *Susan*

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Publisher

Editor

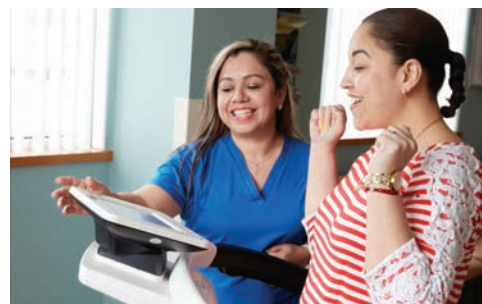
*Susan Aavang*

*Julie Nicholson*

## New Year Weight Loss Resolutions Have New Meaning in COVID Era

*Obesity Health Risks Also Increase Risk Factors for COVID-19 Virus*

Every year around this time many of us take a look at our waistlines and think, "As soon as the holidays are over, I'm going to get serious about taking off those extra pounds." Weight loss, whether through exercise and nutrition, or medical and surgical interventions, is a pathway to better health.



Obesity affects all families and communities, and no one is immune to weight gain, according to Dr. Daniel Fang, a general and bariatric surgeon at Abrazo Scottsdale Campus.

"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," he explained.

Obesity increases risk of type 2 diabetes, hypertension and cardiovascular disease, and sleep apnea, among others. And those conditions may also contribute to risk factors for COVID-19.

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, said Dr. Fang, who also is Medical Director for Bariatric Surgery at Abrazo Scottsdale 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," added Dr. William Arnold, a 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.

Weight loss surgery is considered safe, but like any surgery, it does have risks, he said. Bariatrics is a medical specialty focusing on the treatment of obesity. The Abrazo Medical and Surgical Weight Loss program is a holistic approach to bariatric weight loss that offers not just surgical options but includes nutrition, exercise and behavior modification.

"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," said Dr. Arnold. "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," added Dr. Katherine Duncan, an Obesity Medicine specialist at Abrazo.

### Obesity Facts:

- Almost 3 in 4 men (73.7 percent) were considered to be overweight or have obesity; and about 2 in 3 women (66.9) were considered to be overweight or have obesity.
- Obesity was higher in women (about 40 percent) than men (35 percent)
- Extreme obesity was higher in women (9.9 percent) than men (5.5 percent)

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.

The Abrazo Scottsdale Campus Medical and Surgical Weight Loss Program is fully accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) of the American College of Surgeons and American Society of Metabolic and Bariatric Surgery. It is also a Blue Distinction + Center for Bariatric Surgery by Blue Cross Blue Shield of Arizona, an Optum Center of Excellence for Bariatric Surgery, and a Cigna 3 Star Quality Bariatric Center.

For more information, visit [AbrazoHealth.com](http://AbrazoHealth.com).





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## Landmark Theatres, A Luxe Brand, Opens at Scottsdale Quarter

Landmark Theatres is a recognized leader in the industry for providing its customers consistently diverse and entertaining film products in a sophisticated adult-oriented atmosphere. Landmark Theatres, an established national theater chain, opened its doors to the public on December 16th. Located at the site of the former iPic Theater at Scottsdale Quarter in Scottsdale, the theatre marks the company's first Arizona location.

"We are very excited to extend our brand into the Phoenix area in a beautifully designed luxury theatre in an upscale center," says President Paul Serwitz. "Scottsdale exudes a healthy, upbeat and positive lifestyle where families are celebrated. We're excited to be part of this community."

Landmark Theatres kicked off its opening with a public open house in December. The renovated theatre features eight screens with plush recliners and a beautifully designed, brand new concession stand. Not only will traditional concessions be available, but a selection of gourmet items will be offered as well. For guests who want to enjoy a craft cocktail or glass of wine, Landmark's Scottsdale Quarter will have a full-service bar and lounge with comfortable seating for date nights or social gatherings.

The Landmark at Scottsdale Quarter is the ideal sophisticated setting for a new community of movie enthusiasts to engage with a brand that elevates the cinema experience and is known for its wide-ranging programming and discerning audience.

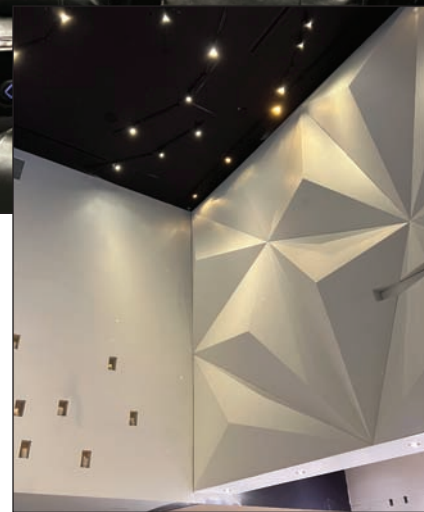
Opening films include West Side Story, Spiderman - No Way Home, and Nightmare Alley.

Landmark's Scottsdale Quarter theatre is located at 15257 N. Scottsdale Road, Suite 230 in Scottsdale.



### Landmark Theatres

Landmark Theatres boasts 37 luxury theatres spanning across 23 markets. The company is privately owned, was founded in 1974 and dedicates itself to providing a sophisticated cinematic experience. For more information on Landmark, visit [landmarktheatres.com](http://landmarktheatres.com).







## Scottsdale Kicks Up its Heels in Celebration of Western Week Something for Everyone for an Entire Week!

Western Week returns to the city of Scottsdale in 2022 with an exciting lineup of events that pay homage to the city's Western roots and Native American heritage. From Saturday, January 29th through Sunday, February 6th, 2022, residents and visitors can enjoy an array of activities, educational events and entertainment that tips its hat to all the city was, is and will be for years to come, thanks to its rich history and cultures.

"This year's Western Week is packed full of our most time-honored traditional events and some fascinating new happenings, too," says Karen Churchard, Director of Tourism & Events for the city of Scottsdale. "Each year we work hard to not only honor the city's past but also the people who have made up the rich and interesting tapestry that makes the community of Scottsdale so desirable today. We look forward to celebrating Western Week with all our residents and visitors."

Western Week is comprised of a multitude of events taking place all week long throughout Old Town Scottsdale including:

**Old Town Scottsdale Farmers Market**  
*Saturday, January 29th - 8:00 a.m.-1:00 p.m.*  
*Brown Avenue and 1st Street*

Enjoy a selection of the freshest produce of the season, indigenous specialties of the West, flowers, free-range beef, eggs, local cheeses, freshly baked artisan breads, jams and more from local purveyors. During a visit to the market, guests can get into the Western Spirit by enjoying a Wild West Show at the Old Town Scottsdale Rodeo Museum right next door. Watch as World Champion Showman Johnny Hotshot thrills with a rowdy, cowboy-style display of trick shooting (with safe "balloon buster" blanks), gun spinning, trick roping and whip cracking. Free and fun for all ages, shows take place at 11:00 a.m., 12:00 p.m., 1:00 p.m. and 2:00 p.m.

**Western Spirit Gold Palette ArtWalk**  
*Thursday, February 3rd | 6:30 p.m.-9:00 p.m.*

Scottsdale Arts District — Main St. from Scottsdale Rd. to Goldwater Blvd., and north of Indian School Rd. on Marshall Way to 5th Avenue.

As they stroll the streets of the Scottsdale Arts District, guests can enjoy special Western-themed exhibitions within participating galleries as well as live entertainment from the Desert Dixie Band and Gary Sprague, Arizona's Singing Cowboy and his trusty horse Dusty.

**64th Annual Hashknife Pony Express Arrival**  
*Friday, February 4th | 11:00 a.m.-1:00 p.m.*

**Western Spirit: Scottsdale's Museum of the West**

Guests are invited to gather as this annual ride culminates on the steps of Scottsdale's Museum of the West, delivering more than 20,000 pieces of U.S. Mail. This traditional event begins with fanfare surrounding the arrival including live music, bands, line dancers, Native American hoop dancers and royalty, kids' activities, food trucks, a presentation about the History of Hashknife at 10:00 a.m., and more. The arrival of the Hashknife Pony Express, the oldest officially sanctioned Pony Express in the world, takes place at high noon. The event is free and admission to the Museum is also free that day.





### Arizona Indian Festival

**Saturday, February 5th | 9:00 a.m.-4:00 p.m. | Sunday, February 6th | 10:00 a.m.-4:00 p.m. | Brown Avenue & 1st Street**

Featuring an array of traditional arts and crafts, entertainment, foods, innovations and trends in cultural tourism experiences, the Arizona American Indian Tourism Association's two-day cultural celebration honors the 22 indigenous Arizona Indian communities! The largest gathering of these communities in Arizona, this inclusive inter-tribal event serves as a platform for tribal tourism to raise awareness about Arizona's indigenous communities through fun and engaging experiences.

### 68th Annual Scottsdale Parada del Sol Historic Parade and Trail's End Festival

**Saturday, February 5th | 10:00 a.m.-noon (parade), noon-4:00 p.m. (festival) | Old Town Scottsdale – Scottsdale Road**

With nearly 70 years of history under its belt, the Scottsdale Parada del Sol Historic Parade and Trail's End Festival is "back in the saddle" (the event's theme!) this year after a one year hiatus. Dan Harkins serves as Grand Marshall of the parade that features more than 125 lively entries including colorful floats, mounted horse-riders, horse-drawn carriages, school marching bands, wagons and stagecoaches representing many cultures from Mexican and Native American to Arabian and Western. Immediately following the parade, the Historic Old Town district transforms into a massive Western-style block party with a kids' zone, food trucks, merchandise vendors, and multiple stages with live entertainment, including concerts from today's popular bands to traditional performers. The parade follows a route from Drinkwater Blvd. along Scottsdale Rd., finishing at Brown Ave. and Indian School Rd.

### Arizona Native Edible Experience

**Saturday, February 5th | 6:00 p.m.-9:00 p.m. | Western Spirit: Scottsdale's Museum of the West**

Complementing the Arizona Indian Festival, this incredible signature culinary event offers guests an opportunity to taste traditional and fusion foods and cocktails prepared by Native Chefs while enjoying Native American arts and artists in a glamorous cocktail party setting. The evening presents a rich tapestry of Native Arizona through its history, food, people, music and culture and aims to bring together multiple Native communities to highlight and celebrate the contributions of Arizona's Native Peoples. Tickets are limited; cost is \$25 per person including no-host bar and silent auction.

The city of Scottsdale's rich history dates back more than 130 years to the original farming and ranching operations that earned it the title of "The West's Most Western Town." Today, Old Town is a bustling and sophisticated area with dozens of local boutiques, art galleries, fine dining establishments, wineries and craft breweries. However, the city works hard to maintain its "Wild West" charm and keep its heritage alive through events such as Western Week. For more, visit [www.scottsdalewesternweek.com](http://www.scottsdalewesternweek.com). ❖



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# Chihuly in the Desert Marks a Historic Partnership between Iconic Artist and America's Greatest Architect, Frank Lloyd Wright

A new exhibition of monumental works by Dale Chihuly is now on view at one of Arizona's most iconic landmarks and the state's only cultural UNESCO World Heritage site, Frank Lloyd Wright's famed home and studio, Taliesin West, in Scottsdale.

A historic partnership between the revered artist and renowned architect, Chihuly in the Desert combines American art, architecture, and the remarkable landscape of the Sonoran Desert to majestic effect. A must-see installation for art and architecture enthusiasts, the exhibition also offers an outdoor and socially distanced destination for travelers.

Chihuly in the Desert showcases six art installations at Taliesin West placed inside the building, on the lawns, in the water and emerging from the desert itself. Each installation is a rich dialogue between Wright and Chihuly, pairing the work of the two masters in a way that has never been done before. Taliesin West is the great architect's winter home and desert laboratory, an ideal backdrop for exploring the elements and principles of design, present in both Chihuly's sculptures and Wright's architecture. The works include Alabaster and Amber Spire Towers at the Entry Plaza; Red Reeds & Nijima Floats at the Front Pond; Black Saguars and Scarlet Icicles on the Studio Lawn; Golden Celedon Baskets in The Garden Room, Fire Amber Herons at the Tower Pool and Marine Blue and Citron Tower at the Garden Squares.

Dale Chihuly is known for revolutionizing glass with immersive, large-scale installations around the world. The interplay of Chihuly's



work with architecture has been core to his practice since studying interior design at University of Washington in the 1960s. This approach is a fascinating aspect of the artist's work, with notable installations placed across cities, such as Venice during Chihuly Over Venice, in historic sites like the ancient Citadel in the Old City of Jerusalem for Chihuly in the Light of Jerusalem 2000, and in response to architectural environments such as the Salk Institute for Biological Studies in La Jolla, California.

"It is a pleasure to return to the Sonoran

Desert with a new exhibition. Developing and placing work in the distinct environments of Taliesin West and Desert Botanical Garden has been a unique opportunity for me and I hope everyone who visits will find something beautiful and unexpected in the experience," said Dale Chihuly.

Over seven decades, Wright explored, invented and redefined American architecture through innovative projects and experimental approaches. His aim was to design structures that truly connected with their surroundings and focused



Photos on this page by Andrew Pielage





# HAPPY NEW YEAR!

## LET'S START 2022 WITH A KNOCK-KNOCK JOKE.



### DOWNSIZING YOUR HOME OR BUSINESS?

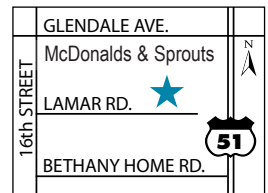
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on synergy between the built and natural environment, a philosophy he called organic architecture. Similarly, over the course of five decades, Chihuly has explored new and old glassmaking techniques, pushing the boundaries of contemporary art. He draws inspiration from the world around him, creating statements using color and form to capture the imagination and catapult beyond the conventional ideas of function and beauty.

"Chihuly and Frank Lloyd Wright, two American originals taking inspiration from the country's unique physical and cultural landscapes, are a perfect fit at Taliesin West," says Stuart Graff, President and CEO of the Frank Lloyd Wright Foundation. "With our World Heritage buildings and mountainous desert backdrop, the Frank Lloyd Wright Foundation presents its first exhibition of this kind, reveal-

ing how art, architecture and nature come together to connect our visitors more deeply with the world around them. Guests have the rare opportunity to experience a visual conversation between Wright and Chihuly and to see them both in an entirely new way."

Now through June 19th, Taliesin West will offer In The New Light: Wright & Chihuly (\$49 per person with discounts for students, youth and members), a 90-minute guided tour where guests explore Wright's desert home and laboratory and the six Chihuly artworks throughout the campus. Also available is Sunsets and Sips (\$35), a new happy hour where guests are invited to linger with a drink at the Studio and under the Pergola. All tickets come with a complimentary drink (beer, wine or soda) and access to select spaces on property with staff present to answer ques-

tions. Beginning in January 2022, Taliesin West will introduce Chihuly Nights (\$35 per person with discounts for students, youth and members offered Friday – Sunday from 6:30 to 9:00 p.m.), a self-guided, 60-minute outdoor tour of five Chihuly artworks where guests explore the grounds of Taliesin West's historic core at night and see the Chihuly artworks illuminated.

Chihuly in the Desert is co-presented by Taliesin West and the Desert Botanical Garden with both venues featuring the artist's extraordinary works. To purchase tickets to either venue or to learn more, visit [ChihulyintheDesert.org](http://ChihulyintheDesert.org).

### Chihuly in the Desert

Desert Botanical Garden & Taliesin West

Phoenix / Scottsdale, Arizona



Photos on this page by Nathaniel Wilton



Photos on this page by Nathaniel Wilton





## Postino Has Launched Their Wine Club: "Wine Cult"

Attention wine lovers of the Valley, Arizona-based Postino has debuted their very own wine club! Bring the Postino party home with the all-new Postino Wine Cult, the first-ever subscription-based wine club created by the team behind Postino Wine Café. Members will receive a stylish box filled with four guaranteed-great wines curated by Postino Beverage Director, Brent Karlicek, four times per year for only \$60 (or save with a \$220 annual subscription). In addition, subscribers will also receive exclusive perks and monthly hookups, starting with a sign-up gift of a branded Wine Cult tote filled with stickers, and their choice of a complimentary bottle from Postino's regular menu, as well as 20% off bottles to-go, exclusive access to small batch wines, and first tastes of the new seasonal By The Glass wines. The first box will be released January 3rd, with additional boxes arriving at the start of each quarter (April, July, October).

Proudly founded in Phoenix in 2001, Postino has built a cult-like following with mid-century adaptive reuse design, quirky real estate selection, decked-out menu of bruschetta's and sharables designed to instigate last-bite fights. Known for its wide variety of craft brews, paired with an ever-changing selection of approachable and exploratory boutique wines, including more than 30 wines by the glass, Postino also offers wine-based cocktails. Plus, Postino features a daily happy hour staple \$5 'til 5:00 p.m. (all wines by the glass and pitchers of beer for \$5 from open-5:00 p.m.) and \$25 Bottle & Board on Monday and Tuesday evenings (a bottle of wine and a board of bruschetta for \$25 after 8:00 p.m.).

For more information, visit [www.postinowinecafe.com](http://www.postinowinecafe.com).



## Get a Fresh Start to 2022 with Healthy Recipes from the Village Health Clubs & Spas



By Jamie Miller, Registered Dietitian

Hoping to start the new year off on the right foot? Jamie Miller, Registered Dietitian for the Village Health Clubs & Spas, has put together four recipes that will ensure you are filling your diet with the most important ingredients, while also enjoying unique flavors and having fun with your meals. For more information about the Village Health Clubs & Spas, please visit [www.villageclubs.com](http://www.villageclubs.com).

### Pineapple Coconut Smoothie

- ½ cup frozen pineapple
- ½ frozen banana
- ½ cup frozen riced cauliflower
- 2 big handfuls spinach
- 1 scoop protein powder
- 2 tbsp shredded unsweetened coconut flakes
- 1 cup coconut water or light coconut milk

Place all ingredients in a blender and blend until smooth. Serve immediately.

### Meal Prep Mediterranean Chicken Bowls

- 1 English cucumber, diced
- 2 cups grape tomatoes, quartered
- ½ red onion, diced
- ¼ tsp garlic powder
- ¼ tsp dried oregano
- 2 tbsp red wine vinegar
- Salt and pepper, to taste
- 2 cups cooked quinoa, brown rice, or farro or cauliflower rice
- 1 lb grilled chicken, shrimp or protein of choice, cubed
- 1/2 cup hummus
- ½ cup tzatziki
- 1 lemon, quartered for serving (optional)

In a medium bowl combine the diced cucumber, grape tomatoes and red onion with the garlic powder, dried oregano, red wine vinegar and salt and pepper. Stir and set aside. In four separate bowls or tupperware containers, separate the cooked grain of choice, protein of choice, and prepped cucumber tomato salad into equal portions. Top each with the hummus, tzatziki, and a lemon wedge. Enjoy immediately or refrigerate until ready to eat, up to 4 days.

### Sheet Pan Pesto Salmon with Vegetables

- 2 salmon fillets, 6 oz each
- 1 bunch asparagus
- 1 1/2 cup cherry tomatoes (about 8 oz.) diced in half
- 2 tbsp pesto - store bought or homemade
- Salt and pepper (heavy pinch)
- Olive oil or avocado oil non-stick spray

Preheat oven to 400 F. Prepare a baking sheet pan with non-stick spray and set aside. Line with parchment paper or foil for easy clean up. Place the salmon in the middle of the sheet pan and spread 1 tbsp of pesto on top of the salmon. Place asparagus on one side of the salmon, the grape tomatoes on the other. Spray with the cooking oil, and season with salt and pepper. Cook for 15-20 minutes, depending on thickness of salmon. Enjoy as is or with a side of whole grain pasta or bread.



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## ***Trinity Integrated Healthcare Opens Addressing the Growing Demand for Behavioral Health Services in Phoenix***

Liz Agboola, CEO of Moses Behavioral Care, a group of community-based mental health facilities in Phoenix, announced that its new behavioral health facility, Trinity Integrated Healthcare, has officially opened. The new facility will address the growing and underserved need for behavioral health services in the greater Phoenix area.

The nearly 10,000-square-foot, 29-bed facility will provide robust evidenced-based inpatient programs for adults struggling with serious mental illness (SMI), utilizing a combination of psychoeducational therapy, group therapy, talk therapy, group outings and counseling services.

"We are very pleased to open Trinity in Phoenix and be part of the progression for mental health recovery in the Valley," said Liz Agboola, President and CEO of Trinity Integrated Healthcare. "Our residents will have access to much-needed resources and services to help them live without the limits of their disorder and achieve long-term recovery."



*Trinity Integrated Healthcare*



*Trinity Integrated Healthcare Aerial View*

The new behavioral health facility, located at 4635 S. 7th Street at the corner of 7th Street and Baseline in Phoenix, will employ over 30 technicians and several licensed clinicians to provide around-the-clock professional care for residents.

"Our treatment models succeed when staff members and residents begin developing real connections, and I believe this new facility provides the perfect environment for those bonds to form," added Agboola.

The opening of Trinity Integrated Healthcare gives Arizonans living with serious mental illnesses (SMI) a comfortable home-like setting to encourage healthy and steady healing. The treatment pathways offered at Trinity continue Moses Behavioral Care's goal of building strategies that give individuals practical tools for successfully transitioning back to their homes, families and careers.

For more information on Trinity Integrated Healthcare, visit <https://trinityihc.com>.





## Expect The Unexpected At The New OBON Biltmore Location



OBON announced it will be opening its newest location at the high-end shopping mall, The Biltmore Fashion Park, in February 2022. Coming off a fresh rebrand and menu revamp, the chef-driven OBON Biltmore location will focus on delivering guests an “Expect The Unexpected” dining experience like never before. The Arizona born restaurant currently has three other locations across the state that serve innovative, traditional and modern dishes from the elegant tuna carpaccio, the mackerel toast served on local bread and desserts like the Fruity Pebble Mousse Tart to a creatively crafted cocktail list. New for the OBON Biltmore location will be a Japanese Hard Charcoal grilling method known as Robata. This grilling method will introduce a flavor component previously missing from the OBON repertoire – smoke and char. Both proteins and vegetables will be included on the Robata menu and utilized for different dishes yet to be announced!

OBON’s very own Chef Paulo will be leading innovation at the Biltmore location with a dedication to sustainability and a thoughtful use of local farming resources. With a culinary background in Korean food culture, Chef Paulo is inspired to not only elevate the OBON dining experience in Arizona, but also incorporate more techniques for sustainable practices – from fermentation to dry aging and more.

“We have learned a lot in our journey as humans and restaurant operators. We have a more clear mission and vision today than ever before. We’ve adopted values that act as guides in our decision making – growth opportunities for staff, intention and integrity of our menu and a sense of how our restaurants affect the world. This new OBON is a reflection of our matured mindset and we will continue to curate and push boundaries and the expectations of our guests,” said Andre Joffroy, CEO, Founder of OBON.



Guests that visit OBON Biltmore will also be welcomed with these other highlights:

- Seasonal Menu Additions: The Biltmore menu will feature an aging technique inspired by the Edomae Style for its sushi offerings. In addition to new techniques, they will begin to explore more sustainable fishing practices and plan to alter the protein list to honor both seasonal and environmental restrictions. There will also be new and interesting cocktail offerings several times a year as well as a yet-to-be announced partnership with local sake legend, Arizona Sake.

- Featured Local Artists: OBON Biltmore will incorporate murals and art pieces created by local and international artists. A large repurposed wood wall will serve as a canvas for selected artists. A short film following the artist will be featured across the restaurants popular Instagram account (@ObonSushi) following the February grand opening.

- Curated Spaces: The new interior has multiple design components within the space, including artfully separated sections inspired by a bento box layout. Every room is curated to achieve a unique experience. Other interior elements include; a hanging garden, indoor trees, birch wood soffits, a grand bar, and a sleek sushi bar.

- Community Connection: OBON is on a mission to revolutionize what it means to dine within their restaurants. They plan to positively impact the lives of their teammates and elevate the social, hospitality and dining practices of the cities they live in. Their mission is to continue to grow their understanding of sustainability as they begin to pivot their food program to one of progressive creativity.

For more information or to view menus, visit [www.obonsushi.com](http://www.obonsushi.com).





## ~ Real Estate Update ~



### Predictions on Real Estate in 2022

By Debbie Frazelle, Coldwell Banker Realty

It's no secret based on the past year that Phoenix is a hot housing market. Residents saw their home prices increase dramatically. In 2021, Phoenix's median home price rose to \$450,000, an increase of about \$100,000 in just a matter of a year.

In fact, Realtor.com just recently put out its Top Housing Markets of 2022 report in which Metro Phoenix is listed at No. 19 of the cities that will lead the nation in 2022 when it comes to listing price appreciation and home sales growth. Experts are predicting prices of homes to increase anywhere from 6.8% to 21% in 2022.

Some of the key trends that are driving growth in Maricopa County include a strong local economy, job expansion and affordability. Homeowners looking to relocate are seeking tech jobs but without the crowds of traditionally "techy" cities. The top markets in 2022 will also attract remote workers who are seeking other opportunities, since the onset of the pandemic forced the rise in workplace flexibility that seems to have remained somewhat intact. There is also a trend for employees leaving big-city life behind in favor of remote opportunities that offer comparable earning potential with an added dose of workforce flexibility.

Demographics on either end of the spectrum are and will continue to drive the real estate trends. Millennials and seniors aged 65 and older seeking retirement destinations will impact the housing demand in the New Year on a national scope, according to Realtor.com. Across the country, affordable housing is projected to rise yet again and at more than 14.1 percent over 2020.

The Phoenix market has continued to be extremely hot, and home price increases are expected to continue in 2022 as the influx of people moving to the Valley creates high demand for the limited supply of homes on the market. Add to that the shortage of new builds due to pandemic-related lumber shortages and there's a recipe for a continued hot market.

Into 2022, it will remain important for serious homebuyers to be ready to act quickly and be prepared with a pre-qualification and pre-approval for a mortgage loan. These things can ensure that once someone finds their dream home, their Realtor can present a realistic offer.

While this is a great time to be a seller, buyers should not be discouraged. Interest rates are currently rather low, which means a buyer can afford "more" house than if and when rates are higher. There are homes out there in every price range, but buyers should be realistic when they are creating their wish lists for their dream homes.

It's important to list out the deal-breakers and the "negotiables" when shopping for the perfect house. Some things can be upgraded or changed, but some things can't. Homebuyers should know what they want but be open to some modification. And of course, they should work with an experienced and professional Realtor that has their best interest in mind and will work hard to help every client find their dream home.

Many pundits warn we are heading into a "bubble bursting" these days. But we aren't. Instead, as one expert put it we are in the first innings of a 10-year bull market in housing. In summary, here is what we are seeing and will continue to see:

1. Demographic-related surge in homebuying demand. This coupling is creating a huge homebuying demand surge that should last throughout the 2020s.
2. Ultra-low financing costs.
3. Very tight housing supply.
4. A revitalized view of the importance of a home. Covid-19 changed the world. One of the most pronounced changes was a revitalized view of the importance of the home, since the home is now where many of us work (thanks Zoom), workout (thanks Peloton), watch movies (thanks Netflix), and more. So long as consumers continue to do those things – and we believe they will for a long, long time – people will continue to place increased value on their homes.

Happy New Year! Thinking of Buying or Selling? Give me a call, Debbie Frazelle, (602) 399-8540. Most of my listings go under contract even before hitting the market of within hours of being listed. ❖

### Statistics from November 15th to December 14th, 2021

Homes for Sale	12	Homes Sold/Closed	13
Homes Sale Pending	12	Rentals Furnished	36
Rentals Unfurnished	1		

#### For Sale

Estates	4	\$5,950,000-8,900,000
Heights	1	\$665,000
Biltmore Mountain Estates	2	\$4,200,000 - \$6,000,000
Shores	1	\$1,360,000
Terraces	4	\$310,000-\$579,000

#### Pending Sales

Colony	1	Court	1
Hillside Villas	3	Meridian	2
Terraces	4	Biltmore Mountain Estates	1

#### Closed Sales

Cloisters	1	Colony	3
Courts	1	Fairway Lodge	1
Estates	1	Hillside Villas	1
Terraces	3	Taliverde	1
Two Biltmore	1		

## Welcome 2022 in with a New Warm Up Routine

By Tina Tombs, The Arizona Biltmore Golf Club



Most golfers warm up before they go to the first tee, but if you're just going through the motions, you're 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, in case you're not sure, 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 clubface first (see photo), take your stance by bending forward from your hips to set your proper posture and adjust by stepping your feet out until your hands hang below your shoulders.

Rehearse this warm up at home, on the range during practice sessions and before you play your round to get comfortable with the process and you'll have an excellent chance of bringing your best 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](http://www.tinatombsgolf.com) and sign on to book your next coaching session. ❖





# CARIBOU

## Childcare Desert, Daycare Shortages Lead to Innovative Childcare Solution Launching in Phoenix

According to a recent report from the advocacy group ReadyNation, the lack of quality and affordable childcare is a major issue hampering employees, mostly women, from returning to the workforce post-COVID. A new company just launched in the Phoenix marketplace, called Caribou, is focused on alleviating the childcare challenges, like a lack of qualified caregivers and long wait lists at daycare centers across the Valley, by matching fully-vetted stay-at-home moms with families looking for childcare.

Phoenix has the largest child-to-daycare ratio in the U.S., according to Porch.com. With more than 21,000 children under five for each daycare facility in operation, finding a daycare with room is only the first obstacle for working parents. Even in cities where childcare is readily available, it is often unaffordable. Childcare costs have increased annually for the last five years, with parents often spending more per month on childcare than it costs to rent a one-bedroom home.

Many of the Valley's parents are experiencing what experts are calling a "childcare desert." Defined as a community in which residents do not live in close proximity to affordable and qualified care professionals, the issue of a childcare desert has been exacerbated with the global pandemic.

"As parents contemplate a return to in-person work after the global pandemic, new problems arise," said Caribou founder, Jordan Kong. "Having a baby during the pandemic was a blessing and a curse. On one hand I was thankful to be able to spend time at home with my family, but realized quickly that childcare options were severely limited as I planned my return to work. That was my impetus to start Caribou."

Started by working moms, Caribou's mission is to provide high-quality childcare that's easy to set up, affordable and customized for each family's individual needs. Caribou provides the highest quality of care for a fraction of the cost of a nanny.

Caribou is an online matching service focused exclusively on childcare, connecting stay-at-home moms who have a child of their own with families looking for high-quality care at a reasonable cost. It offers a personalized approach and support, including easy-to-use online booking and payment tools, so users can take care of scheduling and more, whether at home or on the go.

"At Caribou, we remove the stigma that a stay-at-home mom is not a 'real job,'" added Kong. "Stay-at-home moms can provide a valuable service and earn an income for their hard work."

Caribou has a dedicated team that conducts interviews and scrutinizes all care providers including an identity verification check and extensive background check prior to starting care. On average, Caribou care providers have 10 or more years of experience in the childcare space. Online matching is essential to connecting families with caregivers who share common ideas and strategies for child rearing.

"I am a new mom so I understand the challenges of leaving your child in someone else's care," said Stephanie McAlpine, Caribou's local ambassador. "For me, it is important for my daughter to socialize, which is why I joined the Caribou community. It has been wonderful meeting like-minded mothers and giving my daughter the opportunity to play, and learn, from other kids."

Since launching Caribou, nearly 100 stay-at-home moms across Metro Phoenix are providing safe and personalized in home care for children. Caribou childcare services are currently available in Phoenix, Scottsdale, Mesa, Tempe, Chandler, Gilbert, Glendale and Peoria.

For more information, visit [www.withcaribou.com](http://www.withcaribou.com).



Stephanie McAlpine with husband Kenneth McAlpine and 10-month-old Raven

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## Little-Known Secrets About Traveling to Lake Powell During Winter Months

### Minimal Crowds and 40% Discounted Rates to Easy Access to Sought-After Destinations

Known as one of the country's top summer destinations, many travelers flock to Lake Powell during the warm-weather months to fill their days with endless sunshine and water-sports, but few recognize the opportunities that shoulder season brings. From exploring the region's famed slotted canyons and scenic hikes to experiencing spectacular winter sunsets that radiate deep hues of red and purple, now is the time for travelers to have Canyon Country's national parks, monuments and attractions all to themselves without the crowds.

With cooler temperatures comes the rare opportunity to journey further out to majestic rock formations that are often isolated by the summer heat, explore the lesser-known canyons and obtain coveted permits for highly sought-after destinations.

For travelers looking to uncover the winter secrets of Lake Powell, Hyatt Place Page/Lake Powell is the base camp to The Grand Circle's premier outdoor and adventure destinations with its close proximity to 11 national parks, 16 national monuments and over 20 scenic byways. Plus, the hotel boasts exclusive partnerships with some of the area's best adventure partners, including Big Orange Jeep Tours, Ken's Lower Antelope Canyon Tours and American Aviation.

Far from the typical Hyatt Place, Hyatt Place Page/Lake Powell is designed with a modern, Southwest-inspired sophistication and offers spacious, suite-style guestrooms that provide ample space to sleep, work and play. For guests looking to mix and mingle after an adventure-filled day, the hotel welcomes them to enjoy a cocktail fireside on the open-air patio with endless views of Arizona's desert landscape, to dine at the hotel's signature restaurant featuring regionally inspired cuisine or to relax in the cozy lounge where the grand lobby fireplace is always roaring.

In celebration of the winter season, Hyatt Place Page/Lake Powell has room rates starting from \$114 per night, discounted 40% from peak season rates, and is offering a special stay package:

Lake Powell's Best Kept Secret Package (Rates from \$314/night)

Enjoy a relaxing winter retreat and experience the breathtaking scenery that Lake Powell offers during the winter with a package that includes:

- Accommodations in a standard guest room.
- A private Big Orange Jeep Studhorse Mesa sunset tour that journeys down established dirt roads that overlook the painted desert

and Lake Powell. Guests will enjoy breathtaking views of natural hoodoos and layered rock walls.

- Complimentary blankets and canteens of hot chocolate during the Big Orange Jeep tour.
- In-room amenity upon arrival filled with snacks and small-form cocktails.
- Available to book now through February 28th, 2022 at <https://www.hyatt.com/en-US/hotel/arizona/hyatt-place-page-lake-powell/pgazp> or call (928) 212-2200.

The reasons to visit Page and Lake Powell during the winter months are plentiful with adventure and discovery. Here are some little-known secrets that travelers will uncover on their winter retreat:

#### BEST HIKES

##### • Buckskin Gulch & Teepees

- Shoulder season is the perfect time to hike through Buckskin Gulch and beyond to the Teepees. Buckskin Gulch is the longest and deepest slot canyon in the U.S., but due to the summer heat, few know that beyond the daytrip hike, beginning at Wire Pass Trailhead, are two sandstones called Teepees. A geological wonderland, the Teepees vary in shades of purples, reds







and oranges. They have a tie-dye appearance and stand 200-feet tall. The Teepees can be reached by veering south while hiking the Wire Pass Trail through Buckskin Gulch.

#### • Hanging Garden

- Just a short drive north of Page, Hanging Garden Trail is an easy-to-access hiking trail with no shortage of breathtaking views. Once hikers reach the end of the trail, they'll be greeted by an unexpected lush garden of ferns hanging from the red rock walls, called Hanging Garden, which is especially impressive in the winter.

#### MUST-SEE CANYONS

##### • Rattlesnake Canyon

- While many people clamor to visit Antelope Canyon, few have yet to discover Rattlesnake Canyon, a smaller neighboring canyon with arches, ladders and equally impressive photo opportunities as Antelope Canyon. Due to less crowds, visitors get more time to interact within the canyon and learn about the Navajo's history within its walls. Rattlesnake Canyon is located on the Navajo Nation land and tours must be led by a Navajo Nation approved tour operator.

##### • Owl Canyon

- Named after the Great Horned Owls that live within it, Owl Canyon is a little-

known slot canyon that is part of the larger Antelope Canyon system. This quick .5-mile roundtrip hike features smooth, banded walls with orange hues created by the wind and sands. Many guests also get an up-close look at the owls that call this canyon home. Similar to Rattlesnake Canyon and Antelope Canyon, tours must be led by a guide.

#### NATIONAL PARKS AND FAMED ROCK FORMATIONS

##### • The Wave | Coyote Buttes

- The Wave is one of the most premier photographic destinations in the Southwest located in the Coyote Buttes. A permit is required to see The Wave and only 64 people per day are allowed in the area. Few know that visiting during December through February are the best months to better the chances of receiving a permit.

##### • White Pocket | Vermilion Cliffs National Monument

- Discovered by photographers 15 to 20 years ago, White Pocket is part of Vermilion Cliffs National Monument and still unknown to many due to its remote location. A four-wheel drive vehicle with high clearance is required to reach this location, but the windswept layers of orange, yellow and white slickrock formations make it worth the journey.

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##### • The New Wave

- For visitors who aren't lucky enough to make it into The Wave within Coyote Buttes, The New Wave is a hidden gem right outside of Page, Arizona. While it might not be as big, it is free and easy to access by a quick 15-minute hike from Beehive Campground. The sweeping, wind-carved sandstone formations will lead the way to the correct spot.

##### • Horseshoe Bend

- Nearly everyone traveling to the area has Horseshoe Bend on their list of must-visit destinations. But, what people may not know is that winter at Horseshoe creates a rare opportunity to see the desert landscape dusted with snow, which also creates the perfect backdrop to capture photos of wildlife from afar.

For information and to book a winter retreat, visit [PageLakePowell.Place.Hyatt.com](http://PageLakePowell.Place.Hyatt.com). ❖

*Photos by Ashley Scott*





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## Mike McQuaid I Am Home Breakfast Raises \$850,000

With more than 400 people in attendance at the Arizona Biltmore and nearly 100 more watching and contributing virtually, the 16th annual Mike McQuaid I Am Home Breakfast raised more than \$850,000 to support programs and services for individuals experiencing homelessness on the Human Services Campus (HSC).

The event recognized and celebrated the collective work of 16 nonprofit agencies at the Human Services Campus for creating successful journeys From Street to Home, this year's theme. Presented by Avondale Toyota, the annual fund raiser is named in honor of tireless advocate Mike McQuaid, who passed away from COVID-19 in 2020.

"Being able to return to a live format after a fully virtual event last year, and to reconnect with so many friends, supporters and family

members made this event even more meaningful for all of us," said HSC Executive Director Amy Schwabenlender, who co-hosted with HSC Board Chair Jonathan Koppell, formerly Dean of the ASU Watts College and now president of Montclair State University in New Jersey. "We are deeply grateful for the incredible generosity of the community to support the work we do in helping individuals experiencing homelessness move from street to home."

Among the highlights of the event was a presentation by Congressman Greg Stanton who gave the McQuaid family a framed certificate of the statement Stanton read into the Congressional Record in honor of McQuaid.

Also during the breakfast was special recognition of attorney Paul Gilbert of Beus Gilbert McGroder for donating more than two years of pro bono legal representation during the formal Phoenix City Council zoning-change process that resulted in approval for an additional 275 shelter beds in the shelter at HSC operated by Central Arizona Shelter Services (CASS).

Guests, both online and virtually, viewed three videos reflecting the journey out of homelessness. Two of the videos showcased HSC staff members Stacey White and Michelle Miguel, who were unhoused at one point in their lives and now serve HSC clients.

The third video was the story of Debbie, 64, who experienced homelessness for six years with two ill-fitting prosthetic legs and faced constant abuse and robberies, including of her

legs. Debbie credited campus partner Circle the City with life-changing help that included providing her with new prosthetic legs and finding a safe place to live for the first time in years.

In 2020, HSC served 12,000 unduplicated adults, reuniting them with friends and family if possible, addressing their needs and helping move individuals experiencing homelessness.

McQuaid was a successful businessman, longtime community philanthropist and one of the driving forces behind the creation and ongoing success of the Human Services Campus. He first became active in addressing homelessness after volunteering at the nonprofit Andre House in 1987. Among his many accolades and awards was as the recipient of the first Piper Trust Encore Career Prize in 2013.

For more information, visit [www.hsc-az.org](http://www.hsc-az.org). ❖



*Congressman Stanton with Molly, Peter and Mike Jr.*



*Molly McQuaid and Paul Gilbert*



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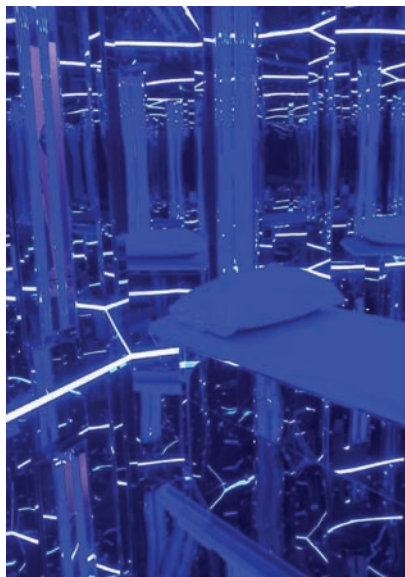
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## Sedona International Film Festival Going Fully Live At 28th Annual Event

The 28th annual Sedona International Film Festival returns to its original last-week-of-February timeframe with an all-live event that will put “people back in the theaters seeing films the way they should, on screen,” according to Executive Director Pat Schweiss.

COVID-driven adjustments moved the 27th annual Festival to this past June and included a virtual option, which will not be offered during the 2022 event from February 19th through the 27th. “We will still be cautious for the safety of our patrons, staff and volunteers,” Schweiss said about the four theaters where 150 films will be screened.

Films are currently being reviewed and final selections are expected to be announced in January. The lineup will include narrative features, documentary features, foreign films, shorts, animated films, student films and special programs as well as a diverse selection of workshops.

Among workshop leaders is award-winning screenwriter/producer David Isaacs, who won the Writer’s Guild of America Award for Best Dramatic Series for his work on the second season of *Mad Men*. His body of work also includes episodes of *M\*A\*S\*H*, *Frasier*, *The Simpsons* (with Ken Levine) and *Cheers*, for which he and Levine won a Primetime Emmy. They earned four Emmy nominations for their work on *Cheers* and two nominations for *M\*A\*S\*H*. Isaacs also will assist in the selection of the Screenplay Competition winners.

Categories include feature script, TV pilot and short film. Winners will be announced in January. Also scheduled to lead a workshop on representation is talent agent Talia Myers of United Talent Agency.

Films will be screened at the Mary D. Fisher Theatre, Sedona Performing Arts Center at Sedona Red Rock High School and the two largest theaters at Harkins Theatres Sedona 6.

The Sedona International Film Festival also is building a new 46-seat theater adjacent to the Mary D. Fisher Theatre. The Alice Gill-Sheldon Theatre is expected to be open in late spring 2022. Passes for the 28th annual Festival are on sale now. Individual tickets will go on sale in February. Sedona International Film Festival memberships range from \$75 to \$50,000. Information can be found at [www.sedonafilmfestival.com](http://www.sedonafilmfestival.com).



## FOUND:RE Phoenix Hotel Presents Unveiling of First Friday Poolside Art Installation

On Friday, January 7th, 2022, the FOUND:RE Phoenix Hotel proudly unveils its new poolside art installation by Joan Waters. In conjunction with Downtown Phoenix’ First Friday ArtWalk, the reception takes place from 6:00 p.m. to 9:00 p.m.

Guests can enjoy the installation featuring four wall sculptures, which Waters welded and plasma-cut in her Tempe studio. Titled “See-Hear-Sing-Fly” from her Urban Primitives series, Waters uses discarded satellite dishes that have been repurposed and transformed into masks, pulsing with new life. The installation even “lights up the night” with the help of hidden LED lights. Waters has been collecting discarded satellite dishes over the years and says she sees them as “metal treasure hiding in plain sight.” To her, the “urban primitive” masks in this installation convey a deep essence of transformation through the artifacts of society’s technology.



“See-Hear-Sing-Fly” will be on display for one year and is available for sale. During the reception, guests can also view FOUND:RE Contemporary’s current exhibitions, “FOCAL POINTS: Minimal VS Maximal” and “MORE IS MORE: A Maximalism Exhibition,” throughout the ground floor of the hotel and in the FOUND:RE studio space across from the hotel pool.

For more information, visit [www.foundrehotels.com](http://www.foundrehotels.com).

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## DINNER ON US RETURNS SUPER BOWL SUNDAY 2022

Sunday, February 13th celebrate Super Bowl 56 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:

- Braised Pork Shoulder Carnitas served with cowboy beans, street corn and flour tortillas
- Fish Tacos with corn tortilla, cherry pepper slaw, Guacamole, Salsa, and Cowboy Beans
- Bacon-Wrapped Pork Tenderloin served with Poblano Cheese Grits, and Mexican Street Corn
- Cedar Planked Salmon with Teriyaki Apricot Glaze, and Seasonal Vegetable
- Double-Cut Pork Chop served with Mashed Potato, Maple Grain-Mustard Glaze, and Tomato Jam
- Boneless Buttermilk Fried Chicken with Mashed Potato, & Peppercorn Gravy

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.

### About Roaring Fork

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). ❖



## Steps You Can Take as Pandemic Continues into Flu Season



Health experts say that it's not too late to get a flu shot, especially as COVID-19 remains active and Arizona's flu season ramps up. Vaccination and following a few simple tips can help slow the spread and ease the burden on our state's health providers.

Most flu cases have occurred from mid-December through February over the past five years, according to the Arizona Department of Health Services. Getting vaccinated against the flu and COVID-19 is a simple and proven way to protect yourself.

Getting your flu shot, and the COVID-19 vaccine and booster will help the Valley's healthcare system during an already busy time of year, according to doctors at Abrazo Health. After nearly two years since the start of the pandemic, health care workers continue to diligently serve the public and their patients, saving more lives than ever.

Doctors, nurses and frontline healthcare heroes are working around the clock to care, and getting the COVID-19 and flu vaccines can help slow the virus's spread, noted Dr. Randy Odero, an infectious disease specialist at Abrazo.

While being vaccinated is the best method to protect against COVID-19 and the flu, there are additional methods to protect against the virus, according to the CDC. Because COVID-19 and the flu can spread similarly, there are ways to guard against the spread of both viruses:

- Wash your hands regularly and thoroughly
- Avoid touching your face or eyes
- Cover your mouth and nose when coughing or sneezing
- Stay at home when you are sick
- Wear a mask when indoors in public spaces

"The flu shot gives you a great deal of protection and helps reduce the risk of the particularly dangerous combination of flu plus COVID co-infection, which we unfortunately saw during flu season last year," said Dr. William Ellert, Chief Medical Officer at Abrazo Health hospitals.

To learn more about Abrazo Health hospitals, visit [AbrazoHealth.com](http://AbrazoHealth.com). ❖

## Sunday Goods Opens in Tempe, Celebrating Grand Opening in Mid-January

One of Arizona's largest locally-owned producers and purveyors of high-quality sun-grown cannabis, Sunday Goods has officially opened its second-ever retail location in Tempe and is gearing up to celebrate with special offerings in January.

Housed inside a striking, art-gallery-like 5,000 sq. ft. space on the Tempe/Scottsdale border (723 N. Scottsdale Rd.), this all-new dispensary also features a drive-thru. Open daily from 10:00 a.m. to 7:00 p.m. for both medical patients and adult-use customers, this luxurious-yet-welcoming location offers a resort-style lobby and check-in desk, on-site concierges to help with any questions, ample on-site parking and complimentary kombucha and Cartel Coffee Lab cold brew on tap.

To celebrate the grand opening, Sunday Goods will be offering a number exclusive promotions on Saturday, January 15th. The first 100 customers will receive goodie bags, while the dispensary will be running special offers on a number of products all day including:

- Buy one, get one Sunday Goods (excluding ½ oz)
- Buy one, get one The Pharm Cart
- The Pharm 28g for \$99
- Buy one, get one Baked Bros.
- Buy one, get one Big Bud Farms
- Tipsy Turtle doorbuster
- Yummy Gummy doorbuster
- Item 9 Labs doorbuster
- 40% off Defi edibles
- 4:20 Loaded Picnic Basket giveaway
- 10 winners from 10:00 a.m. to 7:00 p.m. (every hour on the hour plus at 4:20) will receive up to 1 oz of FREE Sunday Goods flower/pre-rolls for a year. Any purchase counts as an entry into the raffle (excludes 3P brands and Sunday Oil).

Following the launch of its first dispensary in Central Phoenix in 2020, Sunday Goods brought together an all-star team to design its first dispensary built from the ground up. Led by Sunday Goods' Creative Director Tian Martinez, the new dispensary is both beautiful as it is highly functional. Besides the drive-thru, guests can also order online for in-store pickup, or they can check-in at the resort-style lobby desk and enjoy a personalized shopping experience with their own dedicated concierge. Most important, from the floor-to-ceiling window walls to the custom milled woodwork with bold brass accents, this new dispensary is designed to take away the intimidation and stress of shopping for cannabis and help people Feel Good™.

Backed by its own dedicated cultivation facility, a state-of-the-art 320,000 sq. ft. glass greenhouse in Willcox, AZ, Sunday Goods is one of the largest cultivators and purveyors of high-quality sun-grown cannabis in the state of Arizona. Committed to all-natural methods that respect and preserve the qualities of the original plant, Sunday Goods' proprietary products include flower, cartridges, pre-rolls and even branded merch. Sunday Goods also carries an extensive selection of edibles, extracts, CBD tinctures and top brands, including Baked Bros, Stiizy, Core Concentrates and more.

For more information, please visit [www.sundaygoods.com](http://www.sundaygoods.com). ❖





## *Dear Neighbors...*

As a local business, we could not be more appreciative of the neighborhood support that we have continued to receive. Your trust granted us the opportunity to serve 375 families this year - over 100 more than we assisted last year. Additionally, we are elated to have been able to re-open our office in the historic Biltmore Hotel, and have plans underway for our newest location near the Arizona Country Club. By expanding our location coverage, we are able to provide hyper-local service that is nimble and ingrained into the fabric of the neighborhoods that we serve. Nothing makes us more happy than being able to reinvest dollars back into the community!

Last year, market visibility was very low due to the unprecedented events that took place. Moving into 2022, we can tell you that buyer demand will remain strong as more and more people flock to Phoenix. With interest rates hovering near all time lows and a shortage of inventory, we are looking for prices to continue to appreciate. Most homeowners in the Biltmore area have significant equity and 2022 may be a time for some to ring the register.

It is never too early to begin planning your real estate future. If you have any questions regarding the value of your home or how to prepare for the market, please reach out to us anytime. Thank you, again, for a phenomenal year and we look forward to seeing you around the neighborhood!

## *Best Wishes into 2022,*



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