

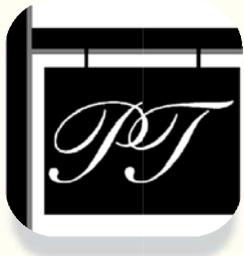
# BILTMORE *Lifestyles*

A Community Service Publication

## The Phil Tibi Group

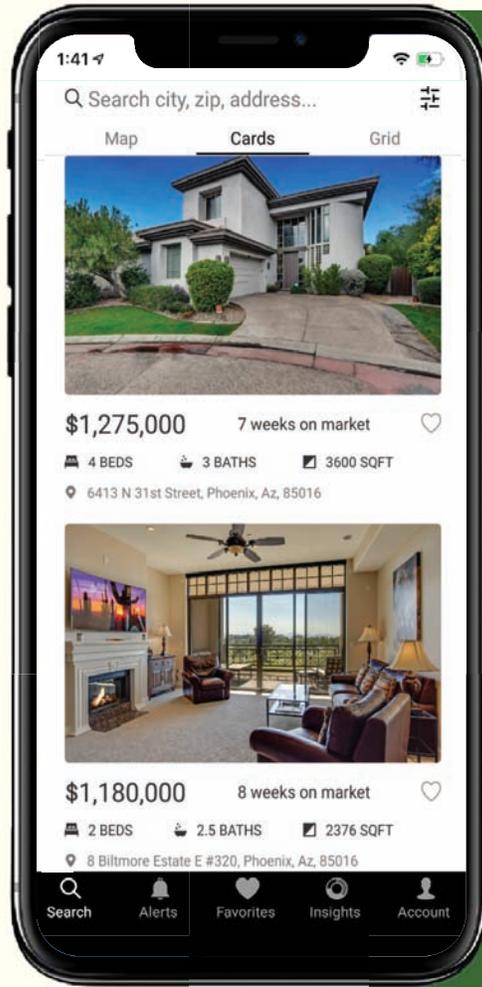
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**WALK with ME 2021**  
 Presented by the Arizona Coyotes

**Fundraiser for Kids with Disabilities Returns in March**

Residents of the Valley of the Sun are invited to join Southwest Human Development and Presenting Sponsor, the Arizona Coyotes, for the 13th annual Walk With Me from March 15th through the 20th, 2021. The event will be a week of socially-distanced and virtual activities as participants raise funds to support programs and services offered to more than 140,000 children and their families each year.

“This year’s Walk With Me is going to be a really unique and fun experience for all the families,” said Jake Adams, Southwest Human Development’s Chief Development Officer. “Walk With Me celebrates not only the funds raised by the community to support medically fragile children, but it also showcases that it’s possible for children with disabilities and their families to thrive when receiving coordinated care from dedicated professionals.”

Walk With Me registration is open at [swhd.org/walk](http://swhd.org/walk) and participation is free, but those who achieve fundraising goals of \$50-\$1,000 are eligible to win prizes including a custom medal, t-shirt, stainless steel water bottle, earbuds and more.



Xavier A. Gutierrez, President and CEO of Arizona Coyotes, will serve as the Honorary Chair of the 2021 fundraising event that encourages greater Phoenix residents to get creative with their friends and family in a socially-distanced manner to support early childhood programs and services that benefit 140,000 children, their families and professionals each year. The event will be co-chaired by Jacob Brown of the Lockton Companies, and Carrie and

Chris Wahl, an ambassador family who received services from Southwest Human Development.

Throughout the week of Walk With Me, participants will get to know several Southwest Human Development ambassador families who have utilized the Children’s Developmental Center’s “One Child, One Family, One Team” approach. Families’ needs vary, but luckily, the outcomes have been nothing short of incredible for the parents and children receiving support. Benjamin’s mother needed confidence and techniques to support her autistic son, the Howells became adoptive parents to a baby born prematurely and Penny was born with a rare disease that made it challenging to use her hands and hold her head upright. Read more about each of these children and their journey of care and support and sign up for Walk With Me today at [swhd.org/walk](http://swhd.org/walk).



**About Southwest Human Development**

Southwest Human Development is Arizona’s largest nonprofit dedicated to early childhood development. Recognizing a child’s earliest experiences and relationships establishes the foundation for all future development. Southwest Human Development’s more than 40 comprehensive programs focus on young children – ages birth to 5 – and their families in the areas of child development and mental health, Easter Seals disabilities services, early literacy and Head Start, child welfare and professional development and training. Founded in 1981, Southwest Human Development serves 135,000 children and families each year. You can learn more at [www.swhd.org](http://www.swhd.org).

## Downtown Phoenix Neighborhood Bar, Sazerac, Buys Motor Scooter for Disabled Vet in Need

When a local bar learned one of its regular customers, a disabled veteran, needed a helping hand, it stepped up, raised some funds, and bought that customer a new motor scooter. Dave Little Eagle is a longtime customer at Sazerac located at 821 North 2nd Street in Downtown Phoenix. He also served in the United States Army for 48 years, some of that time he served in Special Forces.

In 2015, a parachuting accident in Afghanistan left Dave partially paralyzed on his right side. His injuries also limit his ability to speak. He relied on an older motor scooter as his primary means of transportation. Because of on-going difficulties with the VA, Dave's resources are very limited.

His scooter recently broke down and Dave lacked the funds to replace or repair it. At one point he had to push the broken scooter half a mile just to get home. His friends at Sazerac took note.

Bar owners Anthony Hugger and Ian Francis held an online fund raiser generating \$1,200. They then contributed an additional \$1,500 and bought their friend a brand new Pride Raptor Three Wheel scooter to help Dave get around the neighborhood.

When Dave dropped by Sazerac, his new wheels were waiting for him as Ian and Anthony surprised Dave with his new ride. That touching moment was captured on video. "Dave is part of our Sazerac family. He devoted nearly five decades to serving his country. Dave's fighting spirit is an inspiration to his friends in our neighborhood. It is our sincere hope that the new scooter lifts his spirits as he travels our very special Downtown Phoenix neighborhood. It is also our distinct honor to help this true hero and to let him know how much we appreciate his service," said Hugger.

Sazerac is locally owned and operated in the heart of Downtown Phoenix's Art District, just off Roosevelt Row. ❖



## From the Publisher...



Happy St. Patrick's Day to all you Irish lads and lasses -- and to those who just like to party like the Irish. One of my favorite places to go on March 17th is our very own neighborhood restaurant, Keegan's. Stop by for some green beer and corned beef and cabbage; you're sure to see your friends from the neighborhood there. If being out and about is not your thing, Keegan's also offers their St. Patrick's Day dinners to go.

With spring comes the time of year when many of the balls and charity events are held, so keep your eyes and ears open for a chance to give back to the community. Things may look a little different this year due to the pandemic, but there are plenty of worthy organizations that can still really need our assistance.

March has to be my favorite month. Sure it's busy, but it's also jam-packed with opportunities as well. The weather appears to be picture postcard perfect. Normal forecast: temperatures in the 70s and 80s and mostly sunny. Golf courses are green and lush, and spring training is still happening this year. We can also enjoy the weather by strolling the Arts District and experiencing the ArtWalk in Old Town Scottsdale on Thursday evenings. Don't forget to mask up! The hot weather is right around the corner, so get out and enjoy this perfect time of year!

Until next month, *Susan*

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Publisher

*Susan Aavang*

Editor

*Julie Nicholson*



## St. Joseph the Worker Hosts 23rd Annual Hike for the Homeless Fundraiser

On Saturday, March 27th, 2021, St. Joseph the Worker (SJW) will kick off the 23rd annual Hike for the Homeless fundraiser. The event will look a bit different this year – instead of hosting the hike at McDowell Mountain Regional Park as they do traditionally, SJW invites all participants to hike any location of their choice. Proceeds from Hike for the Homeless will directly fund SJW's mission to help individuals experiencing poverty, homelessness or crisis find quality employment and regain stability for their families.

"Last year, Hike for the Homeless helped St. Joseph the Worker put 2,412 people back to work," said Brent Downs, SJW Executive Director. "By supporting this event, you're empowering individuals who are experiencing hardship to become self-sufficient through quality employment, allowing them to turn their lives around. Although we will miss hiking alongside everyone on March 27th, we have worked hard to make sure the day is as fun as always. Thank you in advance for your support!"

The 2021 Hike for the Homeless will feature a new Adventure Hunt element that will provide lots of opportunities for interaction within and across teams. Teams will work together to hunt and photograph as many items on the provided list as possible and post the photos on Facebook. A leaderboard will keep track of how well teams are doing compared to one another and encourage friendly competition.

All hike registrants will be entered into a drawing to win a vacation to Mexico and anyone who registers by Sunday, March 21st, 2021 will receive a special Hike for the Homeless souvenir. Following the event, trophies will be awarded for the following:

- Most Charitable Team
- Most Adventurous Team
- Most Spirited Team
- Coolest Team Mascot

SJW is the conduit to connect job seekers to jobs by reducing or eliminating any barriers to employment. Their proven employment model provides one-on-one support, computer and internet access, professional clothing, resume development, mock interviews, financial coaching, certification and licensure fees, tools, safety equipment, and the transportation needed to obtain and sustain employment.

For more information or to register for the hike, visit [www.sjwjobs.org](http://www.sjwjobs.org) or contact Brittany Bell at [bbell@sjwjobs.org](mailto:bbell@sjwjobs.org).

### About St. Joseph the Worker

St. Joseph the Worker (SJW) is a privately funded non-profit whose mission is to assist homeless, low-income, and other disadvantaged individuals in their efforts to become self-sufficient through quality employment. In 1988, volunteers from André House, a shelter and soup-line, created SJW in response to a plea from homeless individuals receiving dinner in the park: "We want jobs, but we don't have the tools." Last fiscal year, SJW helped 2,906 disadvantaged job-seekers to rise above substantial barriers and become gainfully employed. More information is available at [www.sjwjobs.org](http://www.sjwjobs.org). ❖



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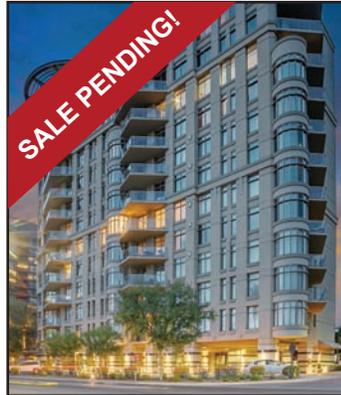
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## Featured Properties



### 2402 E. Esplanade Lane #505 \$998,900

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### 2402 E. Esplanade Lane #905 \$1,100,000

9th floor residence at Esplanade Place, 2,417sf, two bedrooms, den and two baths, elegant hardwood floors and many lovely, upgraded features throughout!

Smart home technology. Award-winning building services and amenities from rooftop pool to valet parking and much more. Sold in one day.

### Artist Highlight

## Introducing the Paintings of Diane L. Silver

### Artist Highlight

Bold, vibrant hues of turquoise, green gold, coral and magenta inhabit the most recent series of paintings by Diane L. Silver. These new artworks are inspired by the artist's meditative morning walks through Sonoran desert trails and neighborhoods of Phoenix. In these challenging times she finds peace, beauty and harmony in the natural world which she then interprets into both poetry and paintings.

Silver's artwork also contains blocks of often indecipherable writing that bring intimacy and a sense of mystery to her work. The writing, which is reminiscent of Chinese calligraphy, is actually her poetry as evidenced by her evocative titles such as, "memory of beauty, a library of stories" or "kaleidoscope of color, each leaf a poem." Since we are all drawn to language, her paintings speak to the viewer on many levels.

Silver is also known for her abstract work that explores the complex languages of memory and solitude. After spending some time living by herself in Buenos Aires, she began to work intuitively creating paintings from her dreams and memories using gestural marks, minimal imagery, layering paint, covering and revealing until she finds the essence of the painting. She explains: "My intent is to form a connection with the viewer to evoke a mood, memory or moment in their lives."



Her work can currently be viewed in a group exhibit at Center Space Gallery in Scottsdale, which can be seen until April 25th. Laura Hales, Curator of Learning and Innovation at the Center Space Gallery, describes Silver's work: "To me, Diane Silver's work is visual poetry. Her strong sense of color and composition draw you in, and



upon closer observation, layers of meaning emerge through text and symbols. In this way, her paintings offer a rich and satisfying viewer experience."

Silver's artwork can also be seen at Gebert Contemporary, 7160 Main Street in Scottsdale, where she is represented (gebertartaz.com). Her work has been widely exhibited and collected and can be found in international collections in China. Locally, prints of her artwork decorate many of the guest rooms in Found:RE Art Hotel in downtown Phoenix. For more information about the artist, visit her website at: dianesilver-artist.com and she can be found on Instagram as: language\_of\_solitude. ❖



## Life Time's Bahram Akradi is CEO by Day, Cycle Instructor by Night *Life Time to Live Stream 1,000+ Group Fitness Classes Weekly*

It's not often you hear of a company Chairman, CEO or Founder working within its locations to serve consumers on a regular basis. But Bahram Akradi, who founded Life Time nearly 30 years ago and has served as its Chairman and CEO ever since, including steering the company through the 2008 recession and the 2020 pandemic, is set to hit the saddle every Monday night at 6:30 p.m. EST to entertain thousands of members through his EDG cycle class as the company makes bold moves into the digital space. The class will be offered in-studio in Chanhassen, Minnesota, in adherence with local health protocols, and will also be live throughout the nation via the Life Time Digital app and online.

Each week Akradi will be joined by a live DJ for this special 45-minute EDG Cycle event that combines performance cycling metrics with high-energy entertainment, culminating in a fun, sweaty experience designed to improve overall endurance. Akradi has often taken a hands-on approach at Life Time, designing and teaching member favorite workout classes XTREME (formerly TCX), an innovative high-intensity interval training, and most recently Ultra Fit, an extreme treadmill-based workout. An avid cyclist, Akradi is a multiple-time finisher of the annual Leadville Trail 100 Mountain Bike race, one of the most difficult mountain bike races in the world, owned and produced by Life Time. He has driven the company's member-first point of view, and helped develop the company's line of nutritional.

"Since I was a boy, fitness and living a healthy way of life has been my passion, and I strived to embody my vision for Life Time, our members and team members," says Akradi. "For decades, Life Time has led cycle groups both indoors and out, and I am personally so excited to get back in the saddle and coach our members, no matter where they are located, through livestreaming. It has been an extremely rewarding experience to reach more members than ever before and I can't wait to continue inspiring within our Life Time community."

Both Life Time Digital and Life Time club access members are able to take Akradi's class each week, via the company's website and Life Time Digital app, which is available for just \$15/month and includes access to 1,000+ live streamed classes each week, custom workouts designed by Life Time's highly certified personal trainers, on-demand classes, curated health and wellness content and access to Apple Fitness+.

Life Time is the nation's premier omnichannel healthy lifestyle brand focused on media, content and experiences and operates more than 150 athletic resort destinations in the U.S. and Toronto, Canada. It has long been known as a company focused on creating phenomenal experiences and powerful social communities that make its athletic resorts feel like a third home to its members. Most recently, the company has doubled its digital efforts, launching more than 1,000 live streaming classes each week and a new digital membership, extending the reach of its phenomenal instructors and bringing the exceptional energy and community found inside of Life Time to anyone, anywhere they may be. Within its high-end athletic resort destinations, Life Time remains committed to providing safe and healthy in-club experiences, utilizing a more than 500 page enhanced safety and cleaning protocol guide, designed in partnership with a former state epidemiologist and industrial hygienist.

For more information on live-streaming and Life Time Digital with Life Time please visit <https://my.lifetime.life/live>. For more information on Life Time, visit Facebook, Twitter and Instagram. ❖



*Life Time Founder Bahram Akradi*



# DOCTOR BABOR

## Spa Avania at Hyatt Regency Scottsdale Resort & Spa Introduces New Doctor Babor Pro Facial Service

The new year brings the launch of a new unique service to Spa Avania's innovative treatment offerings. The Doctor Babor Pro Facial embodies the highest level of Babor's cosmeceutical collection that is designed to target specific needs of aging skin.

The Doctor Babor Pro Facial targets wrinkles, large pores, hyperpigmentation acne or scarring. The service includes the Babor Pro concentrates, unique treatment protocol and anti-inflammatory peels to deliver maximum targeted results. The Doctor Babor Pro Prescription Therapy is a customizable treatment that delivers the highest level of active ingredients to activate skin functions and vitality. Spa Avania's skin care therapist will apply a targeted peel, serum(s), masks and moisturizer that deliver concentrated actives to meet your skin's specific requirements while performing specialized application techniques to boost skin activity. Your skin will be left optimally hydrated, radiant and healthy.



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#### About Hyatt Regency Scottsdale Resort & Spa at Gainey Ranch

The beauty of the majestic McDowell Mountains, palm trees, cacti, wild flowers, Frank Lloyd Wright inspired architecture, and the spirit of Native peoples combine to create the Southwestern elegance of the Hyatt Regency Scottsdale Resort & Spa at Gainey Ranch. Guests enjoy the many recreational amenities this desert oasis has to offer including the 2.5 acre water playground complete with 10 pools, a 30', 3-story, high-speed waterslide and its signature sand beach. Additional amenities include 27 holes of championship golf, world-class tennis, miles of jogging and bicycle trails and the award-winning Spa Avania, the first spa experience choreographed to the science of time. Other highlights feature the Native American Learning Center, Camp Hyatt for young resort guests, five distinctly different restaurants, three bars and live entertainment in Center Stage Bar. In addition, this premier meeting venue offers 70,000 square feet of indoor and outdoor function space, providing both quality and flexibility of space. For more information, visit [www.hyattregencyscottsdale.com](http://www.hyattregencyscottsdale.com). ❖

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# Bedding 101

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



Benjamin Franklin is quoted to have said, “Early to bed and early to rise, makes a man healthy, wealthy and wise.” Waking up early has its benefits and is a method of productivity. Today’s personal development gurus recommend it to accomplish more during the day, and such a habit can contribute to good health, wealth and wisdom. Regardless of your bedtime; I think we’ve all been spending a lot more time in bed lately! Whether you’re simply sleeping more, ZOOM chatting, eating, reading, watching television or just cuddling it seems to be the best safe place for everything from a broken heart to dealing with a Pandemic! In 2020, U.S. mattress sales doubled from 2019 and bedding sales topped \$115 billion dollars!

**Bedding 101: Creating a customized relaxing retreat can take a bit of bedding know-how.**

✦ **Invest in a premium mattress and box spring set.**

When it comes to linens select 100% linen bedding that gets softer with each wash and never needs ironing or an oasis of crisp white cotton sheets. Percale? Or Linen? 100% Percale sheets have a tighter weave and feel crisp. They are cool to the touch with a smooth, matte finish and good for warmer months.



Linen or Cotton sheets breathe and can wick away moisture and transition well between every season.

✦ **Thread Count:** The number of vertical and horizontal threads per square inch determines thread count. Contrary to what higher numbers suggest, an extremely high thread count can be too delicate a weave and may not be as durable over time. For cotton, typically the softest, longest-wearing bedding begins with 200 thread count.

✦ **Blanket, Quilts or Coverlet?** Usually they are a comfortable weight that and can be layered or folded over the top edge for added interest. Also, nice as an accessory to add contrast, texture or dress the foot of the bed.

✦ **Duvet Inserts & Duvet Covers?** Originally a European-style all down-feather insert that topped the bed. Today, offered as an allergen-free microfiber alternative offered in light-medium-and full weights. Duvet inserts are perfect for all seasons, adjusting to body temperature for just the right degree of warmth and add a luxurious fullness to the bed. Duvet covers keep your duvet inserts clean and provide endless opportunities to decorate your bed. You can choose one to use year-round, or change out covers according to whim, season or holiday.



You may contact Tina for Interior and Lifestyle Design Services at [tmellino@cox.net](mailto:tmellino@cox.net), [www.houzz.com/pro/tmellino](http://www.houzz.com/pro/tmellino) or you may visit [www.ziainteriors.com](http://www.ziainteriors.com). ❖



## Get Cleaner, Smoother Ride With Cooking Spray, Mayonnaise And Laundry Baskets

Cleaning and organizing are popular goals this month and your Neighborhood Auto Repair Professionals (NARPRO) are available to share interesting ways to get a clean, organized car:

### Cleaning Tools:

#### Cooking Spray

- Spritzing your grille will make it easier to get bugs off. WD40 also works.
- After cleaning your wheels, give them a light coating of cooking spray. It will make it easy to wipe off brake dust.

#### Mayonnaise

- If you get tar on your car, pass the mayo to save on elbow grease.
- Slather mayo over the area; let it sit for a few minutes; and wipe with a clean, soft cloth.

#### Vinegar

- Want to get rid of bumper or window stickers? Cover the top and sides with diluted distilled vinegar. Wait 10-15 minutes then scrape it off. If there’s remaining residue you can use full-strength vinegar.
- Clean your wiper blades by dampening a cloth with full-strength white vinegar and running it down each blade.

### Organizing Tools

#### Laundry basket(s)

- Skip the lugging items into the house. Instead, put a basket in your trunk and fill groceries, kids’ sports gear and more.

#### Muffin liners

- No need to worry about crumbs or drips in your cup holders when you use silicone muffin holders. Just remove and wash when needed.

#### Empty tissue box

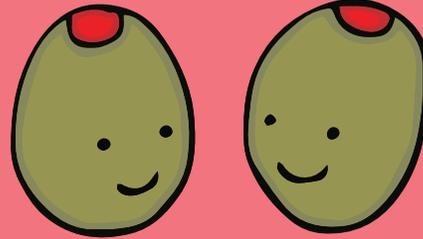
- Don’t like the idea of keeping a trash bag in your car? An empty tissue box can collect gum wrappers and other small items.
- You can also stuff the box with a couple plastic bags for larger items.

### About NARPRO (Neighborhood Auto Repair Professionals)

The Neighborhood Auto Repair Professionals (NARPRO) helps car owners find skilled and honest car repair shops. NARPRO only recommends independent, family-owned, full-service auto repair shops that have passed 26 rigorous tests. Visit [www.NARPRO.com](http://www.NARPRO.com) to find recommended shops near work or home. NARPRO is the easiest way to find an honest mechanic in the Valley. ❖

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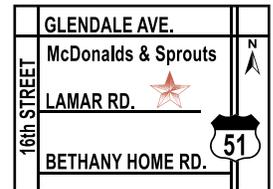
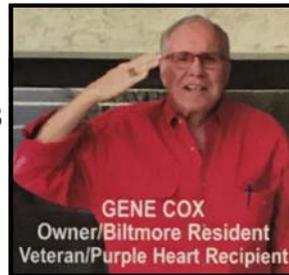
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**Mane Attraction Salon to Host 21st Annual Beauty to the RESCUE Fundraiser**

Mane Attraction Salon is celebrating the 21st year of its annual fundraiser, Beauty to the RESCUE, with small events each Saturday in March. Over the past 20 years, the Beauty to the RESCUE fundraiser has raised over \$360,000 toward animal rescue organizations in Maricopa County.



MAS is once again partnering with PACC911 to raise money for animal rescue organizations. PACC911 brings together many animal welfare organizations throughout Arizona, providing four key resources: outdoor adoption events, ongoing fundraising, educational outreach and medical assistance to soften the high-cost veterinary care.

From March 1st through the 31st, MAS will be hosting a raffle for great prizes and an online silent auction. Each Saturday, MAS will feature one local vendor and up to four rescues with adoptable animals at their salon on 32nd Street and Camelback Road. Proceeds from the raffle and silent



auction, along with a percentage of vendor sales and certain MAS retail purchases made throughout March, will go directly to PACC911's Critical Care Program.

Mane Attraction Salon is located at 3156 E. Camelback Road in Phoenix. For more information about the salon or the charity event, please call (602) 956-2996 or visit [www.maneattractionssalon.com](http://www.maneattractionssalon.com). ❖



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# Barrow Women's Board Raises Record \$8.5 Million Through 2021 Barrow Grand Ball

**Funds Support Innovation in Stroke Care and the Neurosciences**

The Women's Board of the Barrow Neurological Foundation raised a record \$8.5 million for Barrow Neurological Institute through the 2021 Barrow Grand Ball, "A Grand Toast to Barrow." Women's Board members Diane Might and Kolby Moffatt co-chaired the event and galvanized members and donors during one of the most challenging times of our lives.

For the first time in its storied history, the Barrow Grand Ball was celebrated virtually, on January 23rd, 2021 via an exclusive invitation for supporters. The video celebration showcased the Women's Board's fundraising accomplishments and highlighted its impact on several Barrow programs.

"We come together as a community one special night every year to support the innovation taking place at Barrow Neurological Institute each and every day," said Sandy Hecomovich, Chairman of the Women's Board. "Due to the pandemic, we decided to host a virtual event to continue our long tradition of recognizing the Women's Board's unwavering support for Barrow, and to keep our members safer at home."

Each year, the Women's Board supports a special project meaningful to its membership and important to the future of Barrow. In 2021, the Grand Ball committee selected the Petznick Stroke Center at Barrow Neurological Institute. Led by Dr. Michael F. Waters, MD, PhD, FAAN, the Director of the Center and the first recipient of the Dorrance Chair of Vascular Neurology, the Petznick Stroke Center will surely establish new standards of stroke care and prevention,



From left to right: Mr. and Mrs. Thomas Might (Diane), Dr. and Mrs. Michael T. Lawton (Suzanne), Mr. and Mrs. Michael Hecomovich (Sandy), Mr. and Mrs. Kenny Moffatt (Kolby)

while continuing to conduct groundbreaking research focused on limiting and repairing the damage caused by a stroke.

"Since 1965, our Women's Board has worked tirelessly to raise funds for the world's leading experts at Barrow Neurological Institute. They are the gold standard of philanthropy in our community and across the nation, as evidenced by a record-breaking year in the middle of a global pandemic," says Katie Cobb, President of

Barrow Neurological Foundation. "Funding from the Women's Board is responsible for groundbreaking research and advances in clinical care that save lives and benefits patients not just here in Arizona but around the world."

In addition to the Petznick Stroke Center, this year's funds also support Barrow research in critical areas including Alzheimer's, aneurysm, brain tumor, headache, epilepsy, Parkinson's, and spinal disorders.



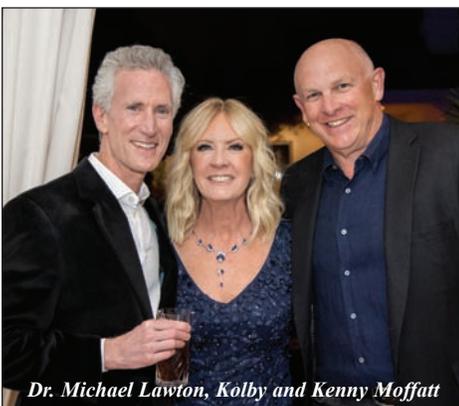
Dr. Jack and Harriet Friedland



Laurie Florkiewicz, Sandy Hecomovich and Sandy Magruder



Dr. Robert Spetzler, Nan and C.A. Howlett



Dr. Michael Lawton, Kolby and Kenny Moffatt



Bennett and Jucitie Dorrance

**About Barrow Neurological Foundation**

Barrow Neurological Foundation raises awareness and funding for patient care, medical education and research offered at Barrow Neurological Institute. Barrow is an internationally-recognized leader in neurology, neurosurgery and neuroscience research, treating patients with a wide range of conditions, including brain and spinal tumors, concussion and brain and spinal traumas, neuromuscular diseases, stroke, cleft and craniofacial disorders, and cerebrovascular disorders. For additional information, or to show your support, visit [SupportBarrow.org](http://SupportBarrow.org). ❖



*Diane Might, Ball Co-Chairman, Sandy Hecomovich, Women's Board Chairman, Kolby Moffatt, Ball Co-Chairman*



*Guests, All Covid-19 Tested On-Site, Celebrate Together at Barrow Women's Board Toast Watch Party*



*Ladies Toast Laurie Florkiewicz, Sandy Hecomovich, Nancy Spetzler, Sandy Magruder, Judy Shannon*

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## *Philippe Tibi* ~ Exceeding Expectations

**S**uave, elegantly attired and effortlessly self-possessed, there's a subtle yet unmistakable air of refinement about Philippe Tibi that is both intriguing and inscrutable. Born in Queens, New York and a resident of the Biltmore Phoenix area, since 1991, Phil emanates a certain aura - a demeanor of sophistication and international savvy.

Phil Tibi has been recognized as one of the Valley's premier real estate brokers for luxury residential living. A strong believer of higher education, Phil has continued to build on his ever increasing knowledge through various classes and seminars within his 25 years of experience. Today, he has prime designations and certifications including: GRI, ABR, CRS, CIPS, E-pro Certified Luxury Home Marketing Specialist (CLHMS), focusing on the luxury home market. Being bilingual in French and his contacts with some of the Top-10 real estate brokers within cities such as Paris, Vancouver, Montreal, London, Milan, Tel Aviv, Moscow, São Paulo, Dubai, Hong Kong and Taiwan offers his portfolio of clients a competitive advantage with an extensive and exclusive international reach. With such a global resource and a focus on the Biltmore area experience, the Phil Tibi Group has come to be considered the ideal, "go-to" point of contact for Biltmore real estate buying and selling needs.

Phil has been mentoring his group of professional agents in always pushing the envelope, seeking the latest and creative techniques to draw maximum attention to every listing. In fact, Phil actually puts his money where his mouth is, investing both time and money to ensure every listing receives the same world-class marketing for which he and his group have become famous. This same top-of-the-line tailored marketing effort

applies, regardless of whether the property is a multimillion-dollar mansion or a starter home. Exceeding expectations inclusive of professional staging, pre-listing home inspections and an invaluable direct resource of general contractors, 1031-Exchange professionals, developers, financial and estate planners, and real estate attorneys are just a few examples of what differentiates the services offered by the Phil Tibi Group.

Phil hires only the most talented professionals in order to showcase each home for the maximum interest which translates into top-dollar price tags. Today, the Phil Tibi Group is a cohesive team of professionals specializing in their own specific areas of expertise. "We're a synergistic group, supporting one another, yet each agent focuses on areas with which they are most familiar," he says. "They are all seasoned professionals with the same high standards as myself, and a desire to exceed our client's expectations."

Phil Tibi's passion for thinking outside the box together with his never-give-up attitude, means he will do whatever it takes to accomplish his client's ultimate objectives. No matter the obstacles, perseverance and relentless determination are the main factors in the ongoing success and growth of The Phil Tibi Group.

Phil Tibi has been recognized as Top 10 Agent within *Homes and Land Magazine*. He has also been featured on Channel 3TV, Fox 10 News segment "Cool Homes" as well as ABC 15 "Sonoran Living" and has even been given a special Live Arizona Market Report spot on CNBC National News.

Happily married to his wife, Amy, the couple have one son Jacques (Jack) and a Boston Terrier dog named Lexi. When he's not mentoring agents or consulting with his clients, Phil is certainly busy with benevolent associations. He has been the President of the Biltmore Lions Club since 2018 and has recently been elected as President of the Biltmore Area Partnership Foundation. Phil can also be found enjoying life to the fullest either on his boat "Branch Office" at Lake Pleasant, traveling to catch a Formula 1 race in Socchi, Russia or Budapest, Hungary with his brother Peter, or skiing in Telluride and Jackson Hole, or scuba diving with his family and friends in Cozumel.



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## Renowned Local Chef Christopher Gross Commissions Cosanti Originals Artists For Use in his New Restaurant

Longtime chef and restaurateur Christopher Gross is something of an Arizona legend in his own right. And in his latest restaurant concept, Christopher's at the Wrigley Mansion, Gross is incorporating art from another longtime Arizona original — Cosanti Originals.

Gross, highly attuned to presenting his dishes with the utmost attention to detail, has commissioned Cosanti, once home to pioneering architect Paolo Soleri and still touted for the collectible ceramic and bronze windbells and other unique handcrafted goods that are handmade there to date, to create some of the restaurant's table wear.

Spencer Smith and Chris Hardy created the ceramic wine coasters as well as bronze cloches that will be used for tableside presentation in the restaurant by way of the time-honored tradition that Cosanti artisans have been using since 1955, carving their own design motifs into each singular piece, making each one a true original.

The wine coasters used tableside at Christopher's were made by a ceramics artisan at Cosanti with a unique hand-carved design boasting "C144" — the letter representing the C in "Christopher's" and the numeral "144," the mathematical interpretation of Chef Christopher's surname, Gross. Adding geometric designs inspired by aerial geometric land grids and abstract angular shapes, the decorative and functional tile wine coasters are exclusive to Christopher's.

Serving as an homage to Cosanti's curved windbell shapes, the bronze master artisan at Cosanti created bronze cloches exclusively for Christopher's to be both beautiful and functional. When lifted tableside to present a dish, the cloche is revealed to be a fully functional bell. Its unique design is inspired by the distinctive keystone at the summit of the domed ceramics studio at Arcosanti, the urban laboratory built by Soleri, which lies midway between Phoenix and Sedona. These unique Cosanti elements add a finishing touch of distinct Arizona flare to the presentation at Christopher's at the Wrigley Mansion, another significant Arizona landmark with a legacy of its own.

Cosanti is located at 6433 E. Doubletree Ranch Road in Paradise Valley. For additional information, call (480) 948-6145 or visit [www.cosanti.com](http://www.cosanti.com).



## Crush a Gallon of Water a Day!

HydroJug is a Must-Have for Proper Hydration During Workouts

Staying hydrated and increasing your water intake when working out is a common problem for many. With a new year upon us, it's a great time to implement some changes in our daily routines. HydroJug can be one of them.

Drinking at least a half-gallon of water each day will be a breeze with a reusable HydroJug water bottle. It'll quickly become a must-have gym item as essential as your gym bag, airpods and workout shoes. The brand offers five core colors and five core sleeve designs throughout the year. They add special-edition colors and new sleeves each month available for a limited time as well.

The HydroJug design delivers an entirely new kind of drinking experience. It holds 1/2 gallon of water cutting down on the time needed to frequently refill your water bottle. The wide-mouth opening makes it easy for cleaning and adding supplements, ice or fruit. The plastic is BPA-free and dishwasher-safe, ensuring you'll always be drinking clean water.

With HydroJug, there is nothing between you and crushing a gallon of water per day! Check out the features below.

### HydroJug

- Holds 1/2 gallon of water, minimizing the need to refill often
- Leak-proof seal with a wide-mouth opening
- Integrated handle and carry loop
- BPA-free plastic that's shatterproof
- Measurement scale helps track water consumption
- Bottles are dishwasher safe, making them easy to clean and reuse
- All bottles are translucent
- Choose from five main colors: blush, light pink, lavender, mint, and black

Pair with a HydroSleeve

Price: Starting at \$19.99

### HydroSleeves

- Adds a personal touch to your HydroJug with five core sleeves: leopard, floral, camo, light pink, and mint
- Insulates contents keeping them cold
- Safely protects your HydroJug
- Features two pockets (fits iPhone 11 Plus and other phones equivalent in size, and other smaller accessories)
- Includes an adjustable carry strap (removable) to carry your HydroJug wherever you go
- Machine Washable

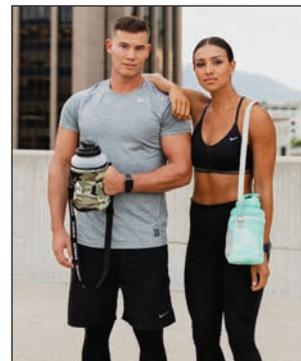
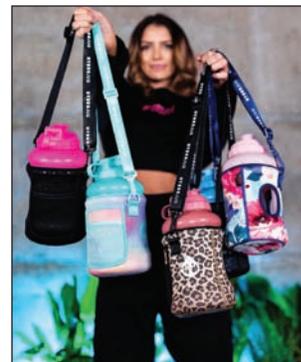
Price: \$19.99

### HydroJug Straw

- Features removable cap for easy cleaning by hand or in the dishwasher
- A silicone bottom pushes straw in place when opened
- The silicone bottom also bends, enabling it to close down inside the bottle when the flip cap is closed

Price: \$4.99

For more information, visit [www.thehydrojug.com](http://www.thehydrojug.com) or follow them on Instagram @hydrojug.





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## Pucker Up for Spring!



### Dannielli Marcelino, Suddenly Slimmer Med Spa

With all that is going on around you, the joys of kissing your partner should not change at all. In fact, with more people staying at home and spending more time with loved ones, the number of kisses being shared with partners and close family members should be on the rise.

This is where the lip experts at Suddenly Slimmer Med Spa, one of Phoenix's leading spas, can help. You can come in to get your lips prepped for a whole lotta of kissing.

Dannielli Marcelino, Suddenly Slimmer Med Spa's registered nurse and Director of Aesthetics shares five treatments targeting the lips to make them plump, supple and ready for some serious kissing:



Dannielli Marcelino

**PERK Lip Treatment** – From the skin care geniuses that brought HydraFacial MD to the public comes a revolutionary system that works with HydraFacial machines to exfoliate, hydrate and plump up those puckers using peony extract, peppermint, aloe and Vitamin E. The treatment is quick and simple, and only takes 10 minutes. Clients will take home a 30-day revitalizing serum plus a PERK lip balm with SPF 30 to use daily. Perk up that pucker and go!

**Kysse Lip Filler** – For the lip filler fans out there, the latest, FDA-approved product from Restylane is aptly called Kysse. The Restylane Kysse filler subtly enhances the lips, giving it the right amount of fullness, improving the appearance of fine lines above the lips, and rejuvenating the natural shape of the lips, making it irresistible. Restylane Kysse takes only 15-30 minutes with almost no downtime, and the formulation is perfect for those with sensitive lips.

**Botox Lip Flip** – First, a quick explanation of a “lip flip.” A “lip flip” is a non-surgical procedure that involves relaxing the muscles around the

lips causing the upper lip inside the mouth to “flip” upward and outward to give lips a fuller appearance. And what’s the wonderful elixir that can do this? Why, Botox, of course! Botox is injected, and in about 10 minutes, the procedure is done. Your youthful, flipped lips will be in full effect in about 10-14 days after the procedure.

**Russian Lips** – The Russian Lips technique lifts the lip, rather than add excessive volume in the body of the lips, to create that attractive fullness that is synonymous to an exquisite Russian doll or a Russian supermodel. You choose! Filler is injected vertically and then drawn out toward the lip border. The entire procedure may take 30-45 minutes, including prep, and will last 6-12 months.

**Keyhole Pout Lip Injection** – You’ve coveted these lips. It’s those lips that are plump and pouty with a tiny, cute hole in between that looks like a keyhole, for that unexpected sexiness. Using Kysse, Restylane, Juvederm or Volbella, the lip experts at Suddenly Slimmer can create this sultry look for you. The procedure will take a total of 20 minutes, with 10 minutes dedicated to preparation and applying a topical anesthetic. The important thing is—when all is said and done, you will give Scarlett Johansson or Gigi some tough competition.

“People don’t realize that a simple lip procedure can do wonders to the entire face,” said Dannielli Marcelino, RN. “Suddenly Slimmer Med Spa is proud to offer a wide range of lip enhancements that will guarantee kissable lips every day!”

For more information or to schedule a demo, email [info@suddenslimmer.com](mailto:info@suddenslimmer.com) or Call/Text Registered Nurse, Dannielli Marcelino (602) 616-6114. ❖



## Friday Fish Features At Common Ground Culinary

No matter if you celebrate Lent, or if you're just a seafood lover, Phoenix's own Common Ground Culinary has you covered with delicious Friday fish specials served all spring long. Led by Chef and Owner, Christopher Collins, swing by his Biltmore-area favorites such as The Collins Small Batch Kitchen and The Macintosh, or his sister restaurants in Scottsdale, to enjoy a mix of fried and pan-seared fresh fish features every Friday, now through April 3rd.

Check below for the full list of the Friday Fish Specials, and book your reservations today!

**The Collins Small Batch Kitchen** - pan seared Japanese scallops over lobster bisque risotto

**Grassroots Kitchen & Tap** - blackened swordfish topped with citrus butter and served with carnival cauliflower

**The Macintosh** - halibut fish fry served with crispy potato strings and brothers' tangy slaw

**Twisted Grove Parlor + Bar** - halibut fish fry served with crispy potato strings and Louis' slaw

**Wally's American Gastropub** - pan seared halibut topped with lemon caper butter and served with sauteed spinach

Wally's American Gastropub - 7704 E. Doubletree Ranch Rd. (480) 596-7978 [www.wallysgastropub.com](http://www.wallysgastropub.com).

Grassroots Kitchen and Tap - 8120 N. Hayden Rd E-100. (480) 699-0699 [www.grassrootsaz.com](http://www.grassrootsaz.com).

Twisted Grove Parlor + Bar - 8220 N. Hayden Rd. (480) 699-0811 [www.twistedgrove.com](http://www.twistedgrove.com).

The Collins - 3160 E. Camelback Rd. (602) 730-3533 [www.thecollinsaz.com](http://www.thecollinsaz.com).

The Macintosh - 2119 E. Camelback Rd. (602) 368-8766 [www.themacintoshaz.com](http://www.themacintoshaz.com). ❖



Japanese Scallops



Blackened Swordfish



Halibut Fish Fry



Pan Seared Halibut

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## Winter Swim Lessons Are Vital to Stop Local "Drowning Epidemic"

March is not a time most people are thinking about a trip to the pool. Because of this, most parents don't start planning for swim lessons until a summer vacation is in view. But experts in swimming safety are terrified we face a "drowning epidemic" here in our area and nationwide, because of the increased number of pools over the last year.

During the pandemic lockdowns of 2020, American families installed backyard pools at a record rate, leading to a sharp rise in the number of pools in various regions. At the same time, public pools and swim lessons were shut down. This combination could truly be deadly.

That's why local swim experts with British Swim School have teamed up with other safety pros to form the Aquatics Coalition, - an advocacy group lobbying local governments to keep pools open for instructional use. It's all part of British Swim School's Stop the Drowning Epidemic Action Plan!

"With the increase in backyard pools and since more people are staying closer to home, it's vital that we keep swim schools open and get people prepared for the summer months," said Melissa McGarvey Director of Aquatics for the elite British Swim School. "I fear without proper swim lessons we will see an increase in the drowning incidents."

### Stop the Drowning Epidemic Action plan

- 1. Children should be enrolled in swim lessons NOW** - if parents want them to have enough skills to be safe near water when summer comes. You can't learn swimming and survival skills in a few weeks. According to British Swim School experts, it could take years.
- 2. Leave it to the experts** - The National Institute of Health found that formal swim lessons decrease the risk of drowning in children by 88 percent. This is a crucial skill that is challenging to teach.
- 3. Enroll as early as possible** - Children can start learning to swim before they can walk (source: USA Swimming) Starting early also stops children from developing a fear of water that can often come between the ages of 1-4.
- 4. You can't learn to swim online** - Most learning is now being done virtually, but this is one skill you must learn in person.
- 5. Assign a water watcher** - This should be an adult who can pay constant attention to children who are in the water. This person should not be distracted by a cell phone or engaging in conversations.

### Terrifying Drowning Statistics- And this is BEFORE the added pools.

- Drowning is the number one accidental killer of children ages 1 to 4.
- The Consumer Product Safety Commission reports more than 6,700 children wind up in hospital emergency rooms for injuries related to drownings yearly — an equivalent of 18 children per day.
- In a recent survey by the USA Swimming Foundation, 87 percent of swimmers with NO or LOW ability planned to go to a swimming facility.
- The same survey reveals 34 percent of these NO to LOW ability swimmers planned to swim more than 10 times that summer.

According to the CDC, there is no evidence COVID-19 can spread through water. A recent study showed ZERO incidents of infection at indoor pools.

British Swim School is taking steps to keep students and families as safe as possible while learning this life-saving skill! For more information, please visit [www.britishswimschool.com](http://www.britishswimschool.com). ❖



# Expert Tips For A Mid-Pandemic Wellness Tune-Up

After 11 long months of staying home, the new routines we adopted to stay active and healthy at the start of the COVID crisis are growing old. And while the arrival of vaccines brings hope for a return to “normal” in the not-too-distant future, we’re not there yet. It’s time for a reset. We asked the pros at top resorts to share their tips for a mid-pandemic wellness tune-up, and here’s what they had to say.

## Head Outdoors

Don’t let winter weather keep you from exercising outdoors, advises Wayne Cowan, Activities Director at Whiteface Lodge, a mountain resort in the two-time Winter Olympics host town of Lake Placid, New York. His suggestions:

- A cold-weather workout helps ease seasonal depression while offering great cardio benefits and higher calorie burn than exercising in warmer temperatures.
- Make it fun by trying something new, such as snowshoeing or a winter hike. Snowshoeing in particular can burn about 500 calories an hour on average, twice as many as walking, and the higher leg lift it requires means it also might beat running.
- Warming up with a few stretches is crucial. Here are a couple to optimize your snowshoeing or hiking adventure:

- Standing quad stretch: Standing up straight, bend your right leg up behind you and grab hold of your foot with your left hand. Count to 30, then lower your leg and repeat with the other for three repetitions.
- Forward bend: From a standing position, bend forward at your hips, keeping your legs straight as you lower your hands until they reach your ankles. Hold for 30 seconds to stretch your calves, hamstrings and hips. Repeat three times.

## Raise Your (golf) Game

To help golfers keep primed for their return to the course, Laird Small, Director of the Pebble Beach Golf Academy at Pebble Beach Resorts, offers these simple tips:

- Maintain rotational flexibility. The tension created in this exercise opens up the chest and can help add much needed rotation to your swing.
  1. Face a doorway.
  2. With your shoulders back, extend your right arm out (left arm if you’re left-handed) and place your hand flat

against the door frame. It should be at shoulder height.

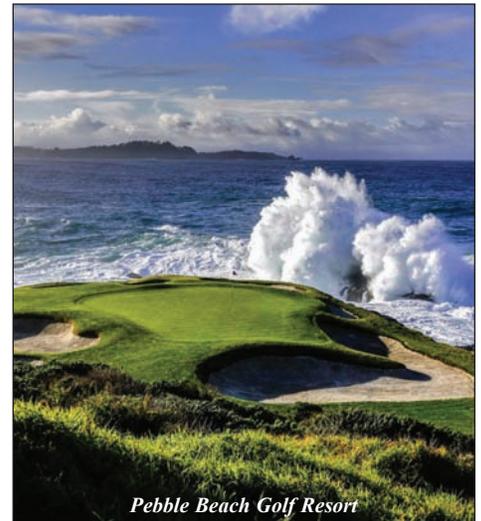
3. Hold your hand in place and turn your upper body to the left (to the right if you’re left-handed). Your trail arm will stay behind you.

- Keep your head down. This exercise will train you to keep your body in position throughout your swing and keep your head down from back swing to follow-through.
  1. Fold a hand towel three to five times.
  2. Stand facing a wall and get into golf posture. You should be at least one foot from the wall.
  3. Lean forward and place your forehead against the wall, cushioned by the towel.
  4. Cross your arms over your chest, with the fingertips of each hand touching the opposite shoulder.
  5. Proceed to make turns back and forth, starting with your left shoulder down and your right shoulder up for 30 seconds.
- Add width to your swing. A simple exercise like this will assist in arm extension and position you for the top of your back swing.
  1. Stand in the middle of a door frame.
  2. Take your golf posture.
  3. Reach for the top of the door jamb.

## Share the Gift of Massage

LaRae Verros, Spa Director at Scottsdale’s Sanctuary on Camelback Mountain Resort & Spa, takes the intimidation out of at-home massage with “no-pressure” guidelines for novices:

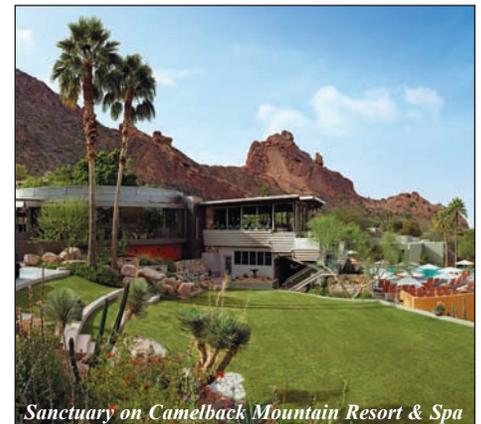
- Communication is key. The partner receiving the massage should be comfortable asking for what they want and need, while the partner giving the massage should ask for feedback and listen with an open mind. Bonus: The benefits of communicating better will last long after the massage ends.
- In particular, communicate about pressure. Not everyone enjoys the same amount of intensity in their massage, so be sure to give and accept feedback as you work together to find the perfect level of pressure.
- A massage table is great but not necessary, and the same goes for creating a quiet massage space. Instead, keep it flexible and fun—think snack, foot rub and a favorite TV show while you relax on your couch.
- When it comes to massage technique, slower is better. Also, don’t overuse your thumbs. It’s not sustainable and your strength will burn out quickly. ❖



Pebble Beach Golf Resort



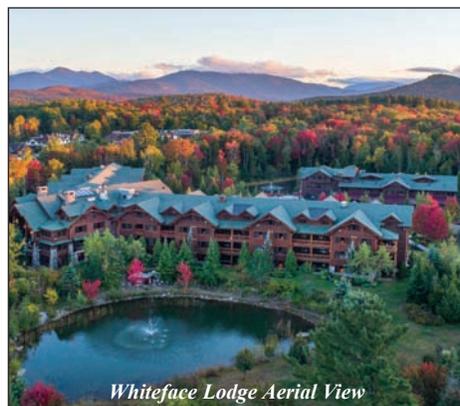
Pebble Beach Golf Swing Robot



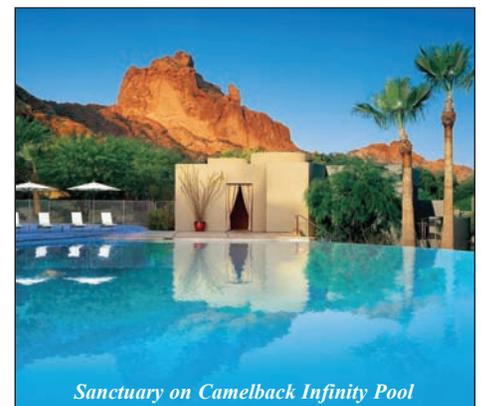
Sanctuary on Camelback Mountain Resort & Spa



Snowshoeing at Whiteface Lodge



Whiteface Lodge Aerial View



Sanctuary on Camelback Infinity Pool

## Real Estate Update

By Debbie Frazelle, Coldwell Banker Realty



Everywhere we go, someone we know is talking about the real estate market. The big question: Is it a good time to buy?

Yes, it's still a good time to buy. Is it fun? No.

Inventory is down 61% from this time last year, and competition among buyers is steep. New listings are not keeping up with demand, and the purchase experience can be stressful, disappointing and heartbreaking; but it's a good time to buy.

The median sales price has risen 18% to \$339,000 and the median monthly rental rate through the Arizona Regional MLS has also risen 18%. A 1,500-2,000 square foot home is roughly \$1,600-\$1,700 per month to purchase with 10% down while that same home rents at a median of \$1,850 per month, up \$250 over last year at this time. For those who would like to reduce and stabilize their monthly housing expense with a historically low 30-year fixed mortgage rate, it is a good time to buy.

For those who can work from home and no longer need to live in the same expensive city as their employer, it is a good time to buy.

Finally, it is a good time to buy because Greater Phoenix is experiencing a housing shortage. Over the past decade a gap between the total number of housing units built and the total number of people to be housed has been growing wider and developers have not been able to bridge it. This is not something that will be solved this year, and probably not next year either. As affordability wanes, it is a good time to stake your claim on a home while it is still an option.

We all know it is a great time to sell. Once your house goes on the market, brace yourself, the showings are coming. It is not uncommon these days to see a stampede of buyers through a home within the first day or so on the market. It does not matter the price range; all areas and types of homes are flying off the market and so far, this month 37% of closings are over asking price.

The most impressive development has been in the luxury market. After California announced it was considering raising income and other taxes last summer, contracts over \$1M surged in Greater Phoenix. So far in 2021, sales between \$1M-\$3M are up 102% and sales over \$3M are up 140% over last year and there is little sign of a slowdown.

Appreciation rates based on annual sales between \$1M-\$2M range between 5%-6.5% and 2%-5% over \$2M. While the northeast cities of Paradise Valley and Scottsdale have long been associated with luxury real estate, Gilbert has emerged in the top 5 cities for sales over \$1M in 2020.

Looking to buy or sell give me a call: Debbie Frazelle, Coldwell Banker Realty, 602-399-8540.

Excerpts written by Tina Tamboer, Senior Housing Analyst with The Cromford Report

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### Statistics from January 15th to February 15th, 2020

Homes for Sale	27	Homes Sold/Closed	9
Homes Sale Pending	28	Rentals Furnished	17
Rentals Unfurnished	1		

### For Sale

Alta Vista Park	1		\$2,675,000
Cloisters	2		\$289,900-\$394,000
Estates	3		\$5,250,000-\$8,900,000
Fairway Lodge	2		\$1,250,000-\$1,195,000
Greens	2		\$765,000-\$1,050,000
Hillside Villas	4		\$1,020,000-\$1,200,000
Meridian	1		\$320,000
Mountain Estates	4		\$1,925,000-\$3,300,000
Square	2		\$695,000-\$1,100,000
Taliverde	1		\$1,495,000
Terraces	1		\$285,000
2 Biltmore	4		\$1,975,000-\$3,300,000

### Pending Sales

Alta Vista Park	1	Cloisters	2	Colony	1
Court	2	Gates	1	Greens	2
Fairway Lodge	2	Hillside Villas	6	Hotel Vil	1
Meridian	2	Mountain Estates	1	Taliverde	2
Terrace	4	Two Biltmore	1		

### Closed Sales

Cloisters	3	Alta Vista Park	1	Fairway	1
Green	1	Hillside Villas	2	Meridian	1

## Fashion Hack! Vue Shield Makes a Stylish Entry Into Our Pandemic World

Protection from harsh elements and viruses has never been more top of mind. Now, there's a new invention that elegantly guards against germs while being oh-so-chic and on-trend.

Designer Joe Doucet's Vue Shield is made for today's world. With three styles, it's taken the traditional face shield and made it compatible with our current needs. The form-fitting shields are worn like glasses with an ultra-lightweight design that sits comfortably on the face. Features include an all-over UVA and UVB coating (just like a built-in sunscreen), anti-fog coatings to minimize the impact of climate conditions, and blue light safeguards.

With its patented lightweight design, it's the only shield to offer full-face protection. From doctors, nurses and dentists to performers and restaurant workers, Vue Shield has found a home in our everyday lives. The shield is thin and strong, coming in a microfiber bag so it's convenient to bring with you everywhere and is minimally packaged.

Take a look at why they're a hot brand to watch for in 2021. The three styles have universal appeal for all genders and ages:

### Clear Vue Shield, Women's Vue Shield, and Men's Vue Shield.

Lightweight and comfortable, all shields have a stylish integrated sunglass design and offer all-over UVA and UVB protection to SPF50. Feel safe, chic, and confident as you get back to the daily activities you enjoy. The Clear Vue Shield also offers blue light protection from screen stress and harsh lighting. Perfect for the office or any indoor workplace, it protects yourself and others, allowing you to work with peace of mind.

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- All-over UV protection
- Anti-fog coating
- Lightweight, comfortable design, easy to breathe in
- Reusable, helping the environment
- Comes with convenient carrying bag
- Easy to clean and disinfect
- Blue light protection (clear version)

### Price: \$39

For more information or to purchase one, visit [www.vueshield.com](http://www.vueshield.com). ❖



## Do We Really Grip the Club Like a Little Bird?

By Tina Tombs, The Arizona Biltmore Golf Club



I've heard it, you've heard it, we've all heard it a million times. Don't grip the club too firmly. Grip it soft, like a little bird you don't want to fly away. It's a "famous SAM SNEAD-ISM" that isn't entirely true.

It's not that pros are lying, of course. It's that they're describing something they are feeling, not what's actually happening. Titleist Performance Institutes (TPI) have shared their findings on grip pressure. Tour players have incredible gripping strength. When TPI measures them on a dynamometer, they can exert about 60 kg of maximum force. Amateurs, by contrast, usually only exert about 30 kg of maximum force.

When it's time to actually hit a shot, pros won't grip the club as firmly as they possibly can, which is why pros often tell people they are gripping the club softly. But even though they think they are gripping the club softly, they are not. By any normal standards, pros grip the club really firm.

Think of it like a bodybuilder lifting a 75-pound weight. To the bodybuilder, the 75-pound weight probably feels light, even though if we tried to pick up the same weight it would feel borderline impossible. The bodybuilder may say the weight is light, and that picking it up is easy, but you know they're just saying that, because they are a super-strong bodybuilder.

The bodybuilder thinks the weight is light, even though it's heavy, and pro golfers think they are gripping the club soft, even though they're actually gripping it firm.

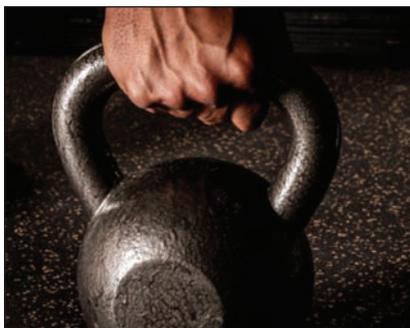
This is a big reason why LPGA and PGA pros hit the ball so far. They may only be using about half of their maximum grip strength, but if an amateur golfer tried to match them, they'd need to grip the club as hard as they could because pros are so much stronger.

We demonstrate this in our lessons with an alignment stick, holding it like swinging a baseball bat with it making a loud whist throughout the swing. This helps communicate holding the club with a firm grip – keeping wrists, arms, shoulders and neck relaxed and loose – as a way of increasing swing speed to hit the ball longer and straighter.

### How to improve your grip strength.

All of this is a way of saying simply, that grip strength is important. You should probably be gripping the club firmer than you are already and be actively trying to improve your grip strength in the meantime. How do you do that? It's actually quite simple: Lift heavy stuff.

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. ❖



## Celebrating the Finer Things in Life

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



Every once in a while, I'll glance at the National Calendar Listings to see which food, cause or odd item we'll be celebrating in a coming month. A few days in March caught my eye as I either have a personal passion for them and/or they relate well to The Adobe Restaurant.

March 3rd, for example is National Moscow Mule Day. This beverage, served chilled in a copper mug, has become very popular over the last decade or so. At The Adobe, we have what's known as the Birdie's Mule and consists of Deep Eddy Vodka, fresh lime and ginger beer. Celebrate "The Mule" on March 3rd or on any day that ends with "Y" at The Adobe.

On March 6th, its National OreO Day – this day is a personal favorite. Here's a little known fact that you can impress your friends with: every OreO cookie contains 90 ridges, 12 flowers, 12 dashes, and 12 dots. Count them, I dare you.

March 10th is National Ranch Dressing Day. What did we do before ranch dressing? According to Wikipedia, ranch dressing was invented in the 1950s, but it wasn't until the 1970s that it was produced for the masses. From salad topper and vegetable dip to wing douser and fry condiment, today ranch is a staple in nearly every restaurant and home.

National Potato Chip Day is March 14th. Did you know that we make our potato chips in-house at The Adobe Restaurant? Thinly sliced Russet Potatoes are the key ingredient.

In addition to all of the fun food days, March is also Colon Cancer Awareness Month. Colon cancer is the second leading cause of cancer-related death for both men and women. I encourage anyone I know over the age of 50 to get screened regularly for colon cancer.

Cheers – I hope to see you and your family at The Adobe Restaurant soon. ❖



The Adobe Restaurant Patio

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### St. Patrick's Day (Week) Specials at Miracle Mile Deli

Celebrate St. Patrick's Day at Miracle Mile Deli or have them cater your office or party!

The restaurant will offer Corned Beef, Cabbage, Irish Potatoes and Bread and Butter for \$15.00 all week long March 15th through the 20th, 2021 to celebrate.

MMD can also cater St. Paddy's Parties. So if you are at work on Wednesday, March 17th, Miracle Mile Deli is ready to set up an order to cater to the office so nobody has to leave work but can still celebrate! Call for pricing and delivery details to (602) 776-0992.

Miracle Mile Deli also has a variety of craft beers on draft, including green beer in mid-March and it will be \$6 a pint.

Miracle Mile Deli is located at 4433 North 16th Street in Phoenix. For more information, please call (602) 776-0992 or you may visit [miraclemiledeli.com](http://miraclemiledeli.com). ❖

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## A Fun Gift For Moms Who Love Wine

'Sagrada' Stemless Wine Glasses by Cornet Barcelona are a hand-crafted, hand-painted collection of glassware with a mesmerizing kaleidoscope of rich colors. The stained glass windows of the Sagrada Familia Basilica in Barcelona, Spain, inspired the swirling hand-painted designs. The amazingly beautiful rays of light streaming through the richly vibrant windows of the Basilica have moved people to tears for decades. The colors are simply breathtaking. And the thin piping on the Sagrada glassware between the colors is actually a string of glass inspired by these stained glass windows.

So why no stem? Because going stemless not only looks casual, stylish and classy, but the weighted "no-spill" base also helps prevent occasional "happy hour" accidents. Plus, like any world-class wine glass, the generous bowl allows your wine to breathe so the deeper flavors develop. And the narrowed opening intensifies aromas on the nose.

Each Cornet Barcelona piece is masterfully shaped and mouth-blown by seasoned artists of the craft using traditional methods. After being crafted to the ideal shape, each luxury wine glass is painstakingly hand-painted by artists with more than 60 years of combined experience and unparalleled attention to detail. The end result is a one-of-a-kind piece of art that adds "picture-perfect" sophistication and beauty to any conversation.

The 'Sagrada' Stemless Wine Glasses are priced at \$26 each or \$52 for a set of 2 glasses. They are also available as a set of four, six, 12, and 24 glasses at [www.cornet-barcelona.com](http://www.cornet-barcelona.com).



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## Join Bevy Uptown for Drag Brunch on March 20th

Bevy Uptown has one of the most talked about brunch shows in town: Drag Brunch. Happening every third Saturday of the month, Drag Brunch is a nearly two-hour performance hosted by Mya McKenzie.

As part of the March 20th brunch festivities, the queens will take turns lip synching and performing choreography, all while wearing face shields to ensure safety of guests and performers.

As part of the \$25 reservation fee per guest, each person receives a complimentary Corona drink option, including: 2 Coronas of choice, Corona plus a shot of Hornitos, Effen Vodka or Maker's Mark, 16 oz. "Coronita" Margarita, 2 Corona Seltzers of choice, or a Corona Seltzer Margarita.

Doors open for Drag Brunch at 11:30 a.m. and the show gets started at 12:30 p.m. Bevy Uptown is located at 5600 N. 7th Street, #100. For more information, call (602) 568-0155 or visit [www.bevvyaz.com](http://www.bevvyaz.com).



## Cold Stone Creamery Reveals Top 10 Most-Loved Flavors

Out of all the ice cream flavors Cold Stone Creamery® has to offer, have you ever wondered what is the most popular? In honor of Spring and in preparation for the Summer heat, Cold Stone Creamery is revealing which ice cream flavors got the most love in 2020.

According to online ordering data, the top 10 ice cream flavors are:

Cake Batter™  
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 Sweet Cream  
 Cheesecake  
 Coffee  
 Strawberry  
 Mint  
 Classic Cookie Dough  
 Cotton Candy



Birthday Cake Remix™ tops the list of Cold Stone Creamery's signature Creations™, followed by Chocolate Devotion®, Peanut Butter Cup Perfection®, Founder's Favorite® and Coffee Lovers Only®. For Mix-Ins™, brownies reigned supreme, followed closely by OREO® cookies, cookie dough, caramel and fudge. Cookies & Creamery™ took the first spot for ice cream cakes with Tall, Dark & Delicious™ coming in second place.

"We know there are all kinds of love – familial, friendship, romantic, self-love... And to celebrate all that love, we're sharing a list of most-loved ice cream flavors with our guests," said Sara Schmillen, Vice President of Marketing at Kahala Brands™, parent company of Cold Stone Creamery. "No matter what you're celebrating, we hope to continue bringing people together over our sweet treats."

Cold Stone Creamery wants to know what your favorite flavor is! Head to [www.Instagram.com/ColdStone](http://www.Instagram.com/ColdStone) and leave a comment telling them what your favorite flavor is. For more information about Cold Stone Creamery, visit [www.ColdStoneCreamery.com](http://www.ColdStoneCreamery.com). ❖

## R+W Modern Bistro and Wine Market Introduces New Weekly and Daily Specials

Even those that don't need a reason to go to R+W Modern Bistro and Wine Market just got a few more! The north Scottsdale restaurant and wine bar is enticing guests to come back again and again with the following daily and weekly specials in honor of celebrating the "everyday" moments:

**Scottsdale's "Ladies Who Lunch"** - On the second Wednesday of every month, from noon to 2:00 p.m. on the patio, ladies can enjoy the Chef's Three Course Luncheon and wine flight tasting (featured wines rotate with selections such as prosecco, chardonnay, pinot noir and rosé wines from Napa and Sonoma) for just \$25, plus tax and gratuity. Reservations are required.

**Half Price Bottles** - Every Thursday, R+W offers guests a selection of wines at half price per bottle.

**Nightly Dinner Specials, each served with choice of soup or salad, include:**

**Tuesday** - Salmon Veracruz featuring grilled Alaskan salmon over Spanish rice served with olive and caper salsa, \$26

**Wednesday** - Mushroom Risotto featuring creamy arborio, marsala braised mushroom and parmesan crisp, \$18

**Thursday** - Cherry Glazed Pork Tenderloin served over polenta with broccoli rabe, \$23

**Friday** - Pan-Seared Diver Scallop with avocado mousse and pancetta cream with citrus salad, \$28

**Saturday** - 12-ounce Herb-Crusted Prime Rib with crispy potato gratin, blistered asparagus, raifort sauce and natural jus, \$30

R+W Modern Bistro and Wine Market is located at 7605 E. Pinnacle Peak Road. For more information, visit (480) 478-6999 or visit [www.rhythmandwine.com](http://www.rhythmandwine.com). ❖



Pan-Seared Diver Scallops

## SculptureTucson Announces "Rough Terrain" Inaugural Sculpture Park Exhibition

SculptureTucson, the local non-profit organization dedicated to enhancing Arizona's cultural landscape through the placement of sculpture in public spaces; establishing a public sculpture park; and becoming a resource for diverse artists and art collectors, is pleased to announce "Rough Terrain," the inaugural exhibition of its new sculpture park. Large-scale works are on exhibit from through Sunday, July 4th throughout the park's sprawling two acres adjacent to the organization's headquarters at Brandi Fenton Memorial Park located at 3420 East River Road in Tucson.

"We are thrilled to debut our new Sculpture Park in 2021," says Barbara Grygutis, Board President with SculptureTucson. "This exhibition is at the very heart of our mission to build support of large scale art through placing sculpture in public spaces, and we hope the community will enjoy seeing it as much as we have enjoyed orchestrating it."

"Rough Terrain" features 20 pieces and is open to the public for viewing by appointment Wednesdays through Fridays from noon to 4:00 p.m. and Saturdays from 10:00 a.m. to 5:00 p.m. until Sunday, July 4th. All sculptures on display are available for sale by artist. Featured artists displaying large-scale works include Rotraut Moquay, Fred Borchardt, Al Glann, Kevin Caron, Steven Derks, Willie Ray Parish, Jeff Timan, Elizabeth Frank, Hector Ortega, Greg Corman, Pat Frederick, Jonquil LeMaster, Julia Arriola, Adrian Wall, Joy Fox McGrew, Jimmy Descant, Peter Eisner, Joan Waters, John Nelson, Barbara Jo Borch and Alex Heveri. Many of these are also artists that have participated in SculptureTucson's Sculpture on the Street program, which partners with Tucson businesses to place large-scale art along highly-trafficked roads and in outdoor public venues for all to enjoy while driving through town.

SculptureTucson is currently adding to the list of artists exhibiting their works in the inaugural Sculpture Park exhibition. To schedule a visit, email [sculpturetucson@gmail.com](mailto:sculpturetucson@gmail.com). For updates or to learn more about the organization and its events, visit [www.sculpturetucson.org](http://www.sculpturetucson.org).

### About SculptureTucson

SculptureTucson, a 501(c)(3) nonprofit, was formed by local artists and entrepreneurs Barbara Grygutis, Steve Kimble and Jeff Timan to promote professional development for sculptors and enhance Arizona's cultural landscape through public art projects, workshops and the creation of a sculpture museum park in Tucson. Since then the organization has developed the annual SculptureTucson Festival Show & Sale, which has become the largest outdoor juried sculpture show in Arizona, attracting visitors from around the country, boosting the local economy and helping local artists make a living through their craft. For more information, visit [www.sculpturetucson.org](http://www.sculpturetucson.org). ❖



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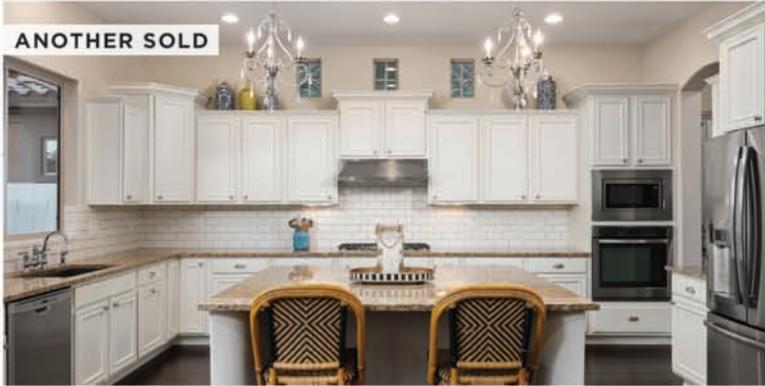


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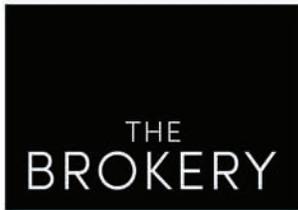


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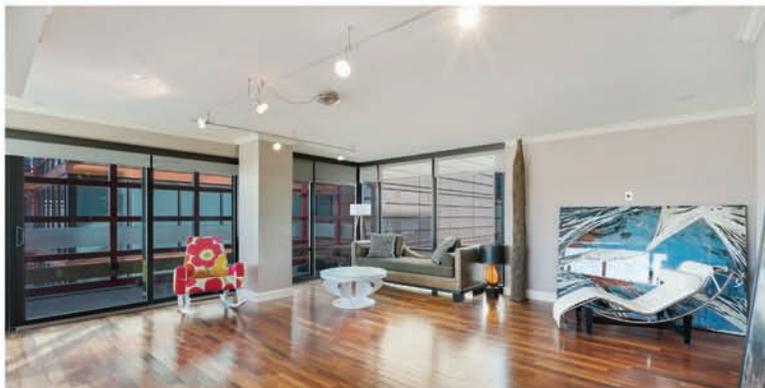


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3191 E Marlette Ave, Phoenix, AZ 85016  
3 Bed | 2 Bath | **BILTMORE GREENS**



2737 E Arizona Biltmore Cir 8 | Phoenix, AZ 85016  
3 Bed | 3 Bath | **BILTMORE GATES**

**THE  
BROKERY**

Arcadia: 4546 N. 40th St // Phoenix, AZ 85018

North Central: 840 E. Bethany Home Rd // Phoenix, AZ 85014

Coming Soon: Near the Arizona Country Club