



The World's Largest Holiday Light Event Comes to Scottsdale

Enchant, Presented by Hallmark Channel, at Salt River Fields at Talking Stick November 25th - January 1st

Special feature pages 12-13





Your Biltmore Specialist-The Phil Tibi Group

 $\begin{array}{c} PHIL\ TIBI_{\text{MBA, GRI, ABR, CRS}} \\ \textbf{Associate Broker} \end{array}$

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85016 Zip Code - Real Estate Market Snapshot

85016	TODAY	ST	LAST MTH	LAST QTR	LT	LAST YR	2 YRS AG
Single Family Detached	10/1/22		9/1/22	7/1/22		10/1/21	10/1/20
Active Listings	91	•	86	85	•	61	90
UCB & CCBS Listings	16	1	11	9	•	21	28
Active Listings excl. UCB	75		75	76	•	40	62
Pending Listings	12	•	17	14	•	30	29
Listings Under Contract	28		28	23	•	51	57
Sales per Month	22	1	18	33	•	40	43
Sales per Year	362		380	420	•	516	402
Days on Market - Sales	57	•	57	29	1	39	64
Days on Market - Active	77	•	75	44	1	48	60
Days Inventory excl. UCB	76	•	72	66	•	28	56
Months of Supply excl. UCB	3.4	•	4.2	2.3	•	1.0	1.4
Active Listings \$/SF	\$453.26	•	\$468.24	\$492.69	1	\$422.58	\$356.64
Under Contract \$/SF	\$370.87	•	\$395.33	\$462.22	•	\$392.78	\$297.73
Monthly Sales \$/SF	\$383.07	1	\$365.45	\$402.76	•	\$401.67	\$312.91
Annual Sales \$/SF	\$398.59	•	\$399.84	\$389.99	1	\$330.68	\$281.78
Appreciation - Annual \$/SF	20.5%	•	23.3%	23.8%	1	17.4%	12.9%
Appreciation - Annual Medi	24.1%	•	24.5%	25.4%	•	24.4%	9.8%
Avg Sale Price % List	95.86%	•	96.15%	99.47%	•	98.97%	98.05%
Listing Success Rate	55.0%	1	47.4%	75.0%	•	88.9%	79.6%
Annual Dollar Volume	\$308M	•	\$322M	\$352M	•	\$380M	\$237M
Average Price - Annual Sales	\$851,997	1	\$846,899	\$837,315	1	\$735,749	\$589,231
Median Price - Annual Sales	\$695,000	1	\$684,500	\$664,444	1	\$560,000	\$450,000

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Runway for Success Sustainable Fashion Show & Designer Sale

Dress to impress in 1920s-inspired cocktail attire and head to the Runway for Success Sustainable Fashion Show and Designer Sale for a roaring good time. Benefiting Dress for Success Phoenix, this fashionable can't-miss event brings together students from ASU's Herberger Institute for Design and the Arts and pairs them with local VIP celebrity models. They will strut their stuff on the runway, highlighting one-of-a-kind sustainable fashion that makes a statement about the positive environmental and ethical impact upcycling has on the community.

Additionally, a designer sale pop-up boutique will showcase thousands of off-the-rack designer labels under one fabulous roof. Items are marked down to unbelievable prices for a limited time only, with 100% of the proceeds going directly to support the powerful personal transformations of women. Enjoy the glitz and glamour of the 1920s, complete with signature cocktails, heavy hors d'oeuvres, food stations and live entertainment, all while transforming the lives of women in the community. Tickets are \$250 per person, and can be purchased at https://bit.ly/runwayforsuccess. Runway for Success will be held at Warehouse 215 at 215 E. Grant Street in Phoenix.





From the Publisher...



Happy Thanksgiving to all! November is here and the charity events in the Valley are in full swing; several are listed right here in this issue. The holidays are the perfect time to get involved in a local charity. There are so many families in need this time of year, so find a local charity that peaks your interest and get involved. You will feel a sense of satisfaction knowing that you gave of your time for the needs of others.

Looking for something fun to do? Check out this month's cover feature. Grab your friends and family and head over to Salt River Fields from November 25th through January 1st and see what all the buzz is about. Start your adventure with the spectacular, story-themed Christmas Light Maze. Stroll through lighted tunnels, discover larger-than-life displays, find your way to our epic 100 foot tall Christmas tree, and look for special surprises along the way. There will be ice skating through a dazzling forest of Christmas lights; a village of tiny shops of artisan vendors, specialty crafts and boutiques; holiday goodies throughout the event and a special visit from Santa. This truely is an adventure you won't want to miss. For more information, visit enchantchristmas.com.

Thank you for reading this month; I look for ward to bringing you another exciting issue of Biltmore Lifestyles in December.

Until next month, Susan

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email: biltmorelifestyles@gmail.com • www.biltmorelifestyles.com Publisher Susan Aavang Editor Julie Nicholson

Arizona Helping Hands 24th Annual Holiday Toy Drive for Foster Families

It's time for the 24th Annual Holiday Tov Drive held by Arizona Helping Hands (AHH). The event makes the holiday joyful for thousands of children, teens and young adults in foster care. Donations, volunteers and sponsors are needed to make this year extra special.

"With rising costs of toys and books, we're asking the community to step up and help us with gifts and cash donations," said Maureen Noe, President & CEO, of Arizona Helping Hands. "We provide children 0-12 with new toys and books and teens and young adults 13-21 will receive gift cards so they can enjoy some holiday shopping. There are many ways for the community to get involved and help make the holidays brighter for foster children.



- **How You Can Help:**
 - Host a collection drive by visiting azhelpinghands.org/holidaytoydrive.
 - Bring your new, unwrapped toys to their Fill Santa's Sleigh event on Tuesday, December 6th, from 5:00 p.m. to 8:00 p.m. This community event is a festive drive-thru experience. While dropping off toys to support children in foster care, families can enjoy live music, holiday-themed goodies and pictures with Santa.
 - Buy the most needed toys by visiting the nonprofit's Amazon Wish List.
 - Make a donation by visiting azhelpinghands.org/holidaytoydrive.

You can explore sponsorship opportunities by contacting Bethany Eggleston at her email at development@azhelpinghands.org.









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- Beautiful and periodic updates give this residence the Wow factor!

Salt River Fields Set to Host 3rd Annual AZ Barrels, Bottles & Brews on November 12th

Fans of local craft brews, spirits and wines, mark your calendars! Salt River Fields at Talking Stick is pleased to bring back AZ Barrels, Bottles & Brews for its third year on Saturday, November 12th from 2:00 p.m. to 5:00 p.m. AZ Barrels, Bottles & Brews will be hosted on the concourse at Salt River Fields at Talking Stick, offering tastes and samples from your favorite Arizona producers, all while overlooking the gorgeous fields and the McDowell Mountains.

The AZ Barrels, Bottles & Brews highlights the state's biggest and best craft breweries, distillers, and vintners and will feature samples and products produced exclusively in Arizona. The state's best breweries, wineries, and distilleries will take over the Center Field concourse area and will be serving up tastes of their award-winning creations. Walk the concourse, play lawn games, and sip and savor a true taste of Arizona this November 12th.





Tickets are limited and are available now for \$60, which includes 12 samples and access to purchase items from some of the BEST food trucks in Arizona. The 12 samples will give guests a tasty tipple to enjoy including 5oz. beer pours, 2 oz. wine/cocktail samples, and ½ oz. neat spirits. In addition, VIP tickets are available for \$75, which gain you one extra hour of access to AZ Barrels, Bottles & Brews. Designated driver tickets are also available for \$19, who will receive a swag bag, plus a chance to win spring training tickets! To find out more information regarding the 2022 AZ Barrels, Bottles, & Brews event, please visit www.azbottlesandbrews.com.

Join Southwest Wildlife Conservation **Center for Family Day on Select** Saturdays Each Month

The non-profit animal rescue and rehabilitation organization Southwest Wildlife Conversation Center is open to the public and eager to connect families with native wildlife. Once a month on select Saturdays the center opens its doors for the Southwest Wildlife Family Day.



There are two Family Days remaining through the end of 2022: November 26th and December 26th.

This special event is easily accessible for families with toddlers or energetic children. Arrive at 9:00 a.m. to begin the selfguided tour of the sanctuary. You may show up after 9:00 a.m., but make sure to leave enough time to meet all the animals before it ends at 11:00 a.m. The center recommends an hour and a half to explore the

grounds and meet the animals with the help of experienced trail guides at each enclosure.

Get to know the local wildlife by seeing how they live and hearing their heartwarming stories of rescue and rehabilitation. Families can see elusive native animals such as: mountain lions, Mexican gray wolves, bobcats, coyotes, coatimundi, mule deer, black bears, foxes, great horned owls and redtailed and Harris's hawks. The tour is outside where these animals live, so remember to dress yourself and your family for the weather.

Prices for Southwest Wildlife Conservation Center start at \$20 for adults, \$10 kids 3-12 and kids under 3 are \$5. For more information and to make a reservation visit southwestwildlife.org.







~Two Great Charity Events~

2022 NiteFlite Golf and Gala

The Saguaros organization will host their 2022 NiteFlite Golf Tournament and Gala November 11th and 12th. The event kicks off with a golf tournament on November 11th at McCormick Ranch Golf Club and continues the following evening with The Night Flight Gala at The W Scottsdale.

Entering its 33rd year, NiteFlite is one of the longest running and most successful charity golf tournaments in Arizona and the signature event for The Saguaros, which recently rebranded from The Scottsdale 20/30 Club. The Gala has evolved to become one of the premier charity events in the Valley, boasting an impressive lineup of local food and live music and entertainers from around the country. The theme for the 2022 Gala is Vintage Vegas. Guests can expect a magical night of glitz and glamor atop the stunning rooftop of the W Hotel, which recently had a multi-milliondollar renovation. All proceeds will benefit Saguaros Children's Charities. Tickets, tables, and sponsorships are available now at saguaros.com/niteflite.

Kids in Focus Noche para los Niños

Noche para los Niños is a Day of the Dead inspired celebration for adults with live music by Nate Nathan and the MacDaddy-O's, tasty food from prominent Valley restaurants, open bars, a silent auction, and raffle. The event also includes a pageant of roaming entertainers including contortionists, jugglers, aerialists, tarot card readers and other surprises. It will also include the photographs created by children from Kids in Focus programs.

Kids in Focus is a Phoenix-based nonprofit organization that inspires hope and fosters positive outcomes in children starting at age seven who come from backgrounds of poverty, homelessness, neglect, abuse, and other adversities. Through the restorative power of photography and with the guidance of dedicated mentors, the kids are inspired to open their eyes to their own potential and self-worth. Since 2012, the organization has transformed the lives of thousands of kids in need, equipping them with the tools to shift from surviving to thriving. Tickets and sponsorship information available at kidsinfocus.org.



Top French Wine Producer to Showcase Exclusive Wine Vintages At Downtown Phoenix Restaurant

2022 Wine Spectator "Best of Award of Excellence" winner, Anhelo restaurant is partnering with Château Ducru-Beaucaillou of France to host a 40 Years of Château Ducru-Beaucaillou wine dinner on November 17th at 6:00 p.m. Guests will experience vintages from each decade alongside France's legendary wine producer from the very Château Ducru-Beaucaillou. Considered by many to be one of the top Left Bank Bordeaux wines, the past five vintages alone (2015 - 2019) scored a 98/100 rating year after year from wine critics such as Wine Spectator. Wine Enthusiast, Jeb Dunnuck, Decanter and more. Dating back over 300 years, the stewards of the property have worked tirelessly to perfect the site's terroir representation in the glass that will be on full display over seven masterfully crafted courses at Anhelo. The Château owes its name to its "beautiful pebbles" ("beaux Cailloux," in French) dating back over 2 million years. Guests will also learn about the history on a one-onone experience with the legendary winemaker. Plus, the wines selected for the evening are expertly curated from top vintages from the past four decades: 1986, 1995, 2000, 2015, 2016 and 2018 totaling eight tremendous expressions all expertly paired with culinary creations flown in from around the world to complete this magical journey through time. Anhelo's unique private events require reservations be made through www.OpenTable.com and cost \$380 per person plus tax, service and





Anhelo is redefining the downtown Phoenix dining scene with its modern twist on traditional fine dining, now paired with one of Arizona's most prestigious, wellpriced wine programs. The restaurant is led by Chef/Owner, Ivan Jacobo, and recently relocated from its original location at Heritage Square into a beautiful, customdesigned space on the ground floor of the 1930s-era Orpheum Lofts.

Anhelo's wine program has reinvented the traditional winepaired fine dining experience, exclusively offering only the finest vintages from Napa and Sonoma Valleys, Oregon, Burgundy, Bordeaux and Italy, and rewarding wine lovers with rare bottles not available anywhere else in the state. Anhelo is open for dinner Tuesday thru Saturday from 5:00 p.m. to 10:00 p.m. For information, visit anhelorestaurant.com. ❖



Price reductions on these wonderful homes in Arcadia



4520 E EARLL DRIVE

Say hello to this quintessential custom-designed Arcadia Ranch home priced to sell fast in one of the most highly sought neighborhoods. Fully remodeled in 2017 & recently transformed into a 4BR 3BA, this home features an open floor plan & giant chef's kitchen with large island. The electric skylight, vaulted ceilings & wallto-wall custom sliding doors offer endless natural sunlight. Best of all is the breathtaking resort-like backyard on a 10,000 sq ft lot with views of Camelback Mountain, diving pool with Baja step & huge covered outdoor living area. Centrally located on a tree-lined street, this house is move-in ready with new HVAC & water heater installed just this summer.



4718 N 35TH WAY

Charming well maintained Classic Ranch home on a tree-lined street, reminiscent of Mr. Rogers' Neighborhood, in the heart of Arcadia Lite. This 2243 sq ft 3BR 2 BA light, airy home boasts an open floor plan w/an updated kitchen, granite counters and a large centerpiece kitchen island for entertaining. The Bonus room with laundry is perfect for a home office or crafts. The lush resort-like backyard with mature landscaping, green grass & multiple patios have a fenced sparkling blue pool. A short walk to La Grande Orange, great schools, fine dining, shopping & the airport. Alley behind the home has been abandoned. This home should not be missed!



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Canal Convergence to Celebrate 10th Anniversary in November

The free, 10-night event features large-scale public artworks created by artists from around the world alongside augmented reality artworks and experiences, live music and dance performances, creative workshops, educational activities, food trucks, and a beer and wine garden. In addition to the event's perennial focus on interactivity and sustainability, this year's featured theme is "Celebrating 10 Years of Water + Art + Light."

"This November we will celebrate Canal Convergence's evolution since 2012, its recognition today as a destination event and what we can look forward to seeing in the future as Canal Convergence continues to evolve," said Kim Boganey, Director of Scottsdale Public Art, the branch of Scottsdale Arts that launched the event at the Arizona Canal a decade ago.

Since the first official Canal Convergence in 2012, the event has embodied an ever-evolving conversation about site-specific public art, light art, community engagement and more. For Canal Convergence 2022, each artist was directed to present an artwork that celebrates Water + Art + Light, interactivity and sustainability, while also drawing from past themes like "Reconnect," "The Story of Water" and "Art and Technology."

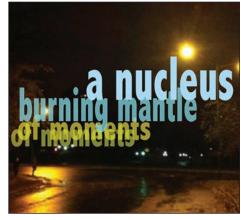
This year's event will celebrate the vibrant global artist community that has made Canal Convergence so memorable over the years by selecting local, national and international artists who have exhibited work at Canal Convergence in the past along side new artists. Scottsdalebased artist Jeff Zischke, one of the original 2012 artists, will be creating a new work for Canal Convergence called "Sun Drops."

Zischke said his 2012 artwork, "Nodal Water Garden," presented a challenge as he and the Scottsdale Public Art team installed more than 200 illuminated shapes on the surface of the Arizona Canal. But "Sun Drops," which will be suspended above the canal, offers a different set of creative challenges.

'There will be five units designed like sun shapes installed in an ascending and descending order, representing sunrise and sunset in our desert environment," Zischke said. "There are many new problems to be solved, such as engineering of cable structures and design and programming of the computer controlled LEDs that will power the sculptures at night. I look forward to working with the Canal convergence team to create another spectacular public art installation in the canal environment.'













Canal Convergence will also commission original augmented reality artworks from Arizona artists in addition to AR experiences that correspond to the physical artworks. As in the past two years, visitors to Canal Convergence can view the AR artworks and experiences through the Scottsdale Public Art+ channel on the Hoverlay app, which also offers a portal to learn about permanent artworks throughout the city via AR.

Dr. Gerd Wuestemann, President and CEO of Scottsdale Arts, noted the massive growth of Canal Convergence in recent years, from a four-day spring gathering that maxed out at 80,000 visitors to a fall event that now typically draws about a quarter-million people. "This was supported by significant investment of resources by the city of Scottsdale, via its Tourism Development Commission, as well as our own private and corporate fundraising," Wuestemann said. Additional Canal Convergence artworks and information about performances, workshops and other aspects of the event will be added to the event website at CanalConvergence.com.

Canal Convergence is made possible with annual support from the City of Scottsdale. Additional support is provided by Billie Jo Herberger, SRP, Nationwide, Christine and Richard Kovach, Magnum Companies, Hannon Rigging & Production, Hoverlay, SOAR Foundation, Sirius Structures, Walter Station Brewery, McDowell Sonoran Conservancy, FirstBank, Cosanti Foundation and Dollar Radio Rentals.





Abrazo Scottsdale Campus is an accredited comprehensive bariatric facility through the Metabolic and Bariatric Surgery Accreditation and Quality Improvement program. Weight loss surgery is generally designed for those with a body mass index (BMI) equal to or greater than 40, or equal to or greater than 35 with serious co-morbidities. Laparoscopic adjustable gastric banding with the Lap Band® is also FDA-approved for weight loss surgery in people with a BMI of 30 to 35 who have at least one obesity-related condition. Weight loss surgery is considered safe, but like many types of surgery, it does have risks. Consult with your physician about the risks and benefits of weight loss surgery.







Be Prepared for Holiday Travel At Phoenix Sky Harbor

Holiday travel soon will be in full swing at Phoenix Sky Harbor International Airport and being prepared for the expected surge in passengers can be easy and simple. America's Friendliest Airport® recommends travelers get to the airport at least two hours prior to flight departure, and three hours if you're flying internationally.

Some other tips to consider to help you travel with ease:

Review current security wait times at skyharbor.com before you arrive. After arriving, view them on our Flight Information Displays in the terminals and at the PHX Sky Train® stations. Terminal 4 travelers may use any security checkpoint to reach their gate.

Save time and avoid traffic by using the 44th Street PHX Sky Train® Station for a drop-off or pick-up location. The station offers a free cellphone waiting lot and a quick and convenient connection to the terminals aboard the PHX Sky Train®. It also offers a handy alternative to avoid driving into the airport.

In addition, Phoenix Sky Harbor has a variety of parking options.

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Reduce your time in the security checkpoint line. Our PHX RESERVE program allows you to save your space and reduce the wait. Make a reservation up to three days before your flight departs. You'll be provided with a time to enter a designated checkpoint lane where you'll begin the standard security process. This program is open to travelers of any airline, though if you have TSA PreCheck, it's recommended you use the designated TSA PreCheck lanes.

For more travel tips, check out the Airport's website at https://www.skyharbor.com/BeforeTraveling/TravelTips.



Thirsty Lion

Savor the Flavors of the Season

With Seasonal Winter Menu at Thirsty Lion Gastropub

This winter, Thirsty Lion Gastropub, with four Valley locations in Gilbert, Chandler, Phoenix and Tempe introduces new savory menu items that incorporate the flavors of the season. From apple brine and butternut squash to seasonal vegetables, white cheddar mashed potatoes, roasted red and yellow beets, and candied walnuts, the new seasonal features include eight new options to please the palate.



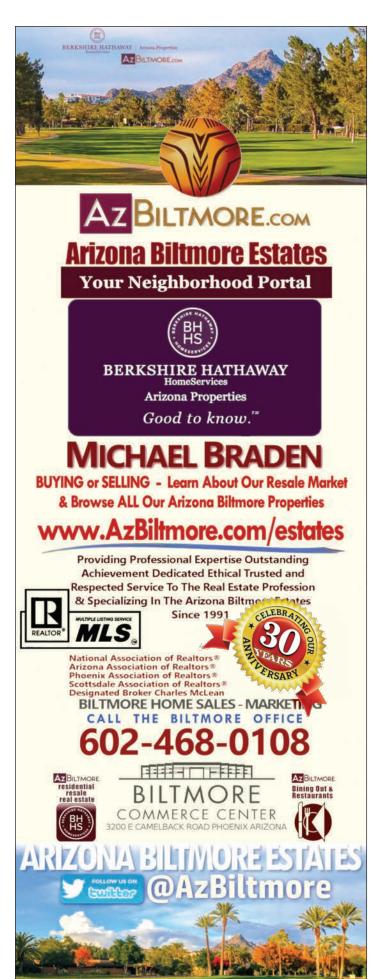


Guests can enjoy the outdoor patios and dine fireside with new menu options that include the Bacon Wrapped Dates stuffed with Gorgonzola cream cheese and almonds, and wrapped with maple pepper bacon; the Beer Steamed Shrimp served with grilled garlic ciabatta bread; the Arugula and Beet Salad with Herb Grilled Chicken; the Wagyu Beef Burger served with fresh, hand cut fries or a salad; the Black Cherry BBQ Pork Tenderloin, Espresso Porter Braised Beef and Grilled Shrimp Pad Thai with carrot, ginger,

green beans, red peppers, edamame, bok choy, peanuts, cilantro and basil sautéed with tamarind coconut sauce. For dessert, try the Whiskey Bing Cherry Bread Pudding with whipped cream and caramel sauce.

New craft cocktails include the Templeton Maple Old Fashioned featuring Templeton Rye, pure maple syrup, orange, lemon, Angostura Bitters and soda water in addition to Tito's Winter White Cosmopolitan. All purchases from the Tito's specialty cocktail, will give back to the No Kid Hungry foundation through the holiday season. The White Cosmopolitan features Tito's Vodka, St. Germain Elderflower liqueur, triple sec, fresh lime juice, simple syrup and white cranberry juice and is garnished with sugared cranberries and fresh mint. Featured beers on tap will include the College Street Big Blue Van and the Boneyard RPM IPA.

For more information, visit www.thirstyliongastropub.com or call Tempe: (480) 968-2920; Santan Village: (480) 899-0119; Desert Ridge: (480) 419-5070; Chandler Viridian: (480) 786-5799.





Flower Child Launches Partnership with Phoenix Suns Star Cam Johnson

This NBA season, Flower Child is teaming up with star player Cam Johnson to bring fans the ultimate game-day meal experience by launching a new exclusive partnership between the Phoenix Suns athlete and all Arizona locations of the restaurant.

Guests will have the opportunity to dine like the pros by ordering "Cam's Power Meal," a specialty dish curated between Johnson and Flower Child. With each meal purchase, guests can enjoy fueling up just like the power forward does before he hits the court, while being entered into a monthly giveaway to win an autographed jersey from #23 himself.

The delicious and healthy meal includes a Salmon Plate with glutenfree mac & cheese and roasted broccoli.

With every order of the custom meal, fans will be entered to win an autographed jersey, with one winner chosen each month throughout the regular Sun's season.

Participating Flower Child locations include Gilbert, Arcadia, Desert Ridge, Uptown Plaza, Scottsdale, and the coming-soon Chandler store.

To learn more or to place an order, please visit www.order.iamaflowerchild.com/locations/AZ.





~ Light Up Your Holidays At Enchant ~



The world's largest holiday light event experience is coming to Scottsdale as Enchant, presented by Hallmark Channel, lights up Salt River Fields at Talking Stick this November 25th through January 1st. Best described as an illuminated immersive winter wonderland, the signature walkthru maze is just the tip of the stocking for all the family-friendly fun coming this holiday season at Enchant, including ice skating, holiday shopping at the charming, artisan marketplace, live entertainment, festive food and drink like a polar ice bar, and even a 100-foot-tall Christmas tree. You can also book your own personal Elf Guide to get VIP access all the activities, including taking pictures with Santa and Mrs. Claus.

Lit with more than 4 million sparkling lights, it won't be hard to find Enchant as it takes over Salt River Fields at Talking Stick this holiday season. But with so much to see and explore, you'll definitely want to plan out your magical evening. Founded in 2016 by Canadian entrepreneur Kevin Johnston, Enchant has since delighted over 3 million guests in major cities in the U.S. and Canada, and this year marks the first time in Arizona. Stroll through lighted tunnels and larger-than-life displays as you explore the story-themed light maze and ultimately find your way to the epic 100-foot-tall illuminated tree.

And what's a winter wonderland without some frozen fun? Besides the light maze, Enchant also offers an ice-skating rink where you can glide through a dazzling forest full of lights. Plus, you can also knock a few names off your gift list

at the on-site holiday marketplace brimming with shops featuring artisan vendors, specialty crafts, and holiday foods and festive drinks to deck your halls. And speaking of frozen, Enchant is home to the Polar Ice Bar, where guests 21 and older can enjoy a flight of three icy vodka cocktails at the 14-degrees below bar. Parkas are also provided by Enchant.

Treat yourself to a festive array of holiday food and special beverages, including over-the-top hot chocolate, spiked lighted cocktails, the best s'mores ever, hot entrees, specialty sandwiches, homemade donuts, and items you won't find anywhere else. Finally, find your inner child at Santa's Landing, where you can capture your child's heart-warming moments with Santa, and create the perfect backdrop for your family holiday card!

Upgrade your experience with a VIP pass that allows you to enjoy priority access to the maze, Santa's Landing and ice skating. Or go all out with a private VIP Elf Guide to escort your group for two hours, follow you through the maze, take photos with your camera, amuse your kids and more.

Tickets to Enchant at Salt River Fields at Talking Stick, located within the Talking Stick Entertainment District, start at \$34 for adults and \$20 for children. Plus, on select Wednesdays throughout the season you receive one FREE general admission child ticket with each paid adult admission ticket (available: Nov. 30th, Dec. 7th and Dec. 14th).

Enchant at Salt River Fields at Talking Stick, is located at 7555 N. Pima Road in Scottsdale. For more information visit www.enchantchristmas.com/scottsdale-az-salt-river-fields.









Macerich and Scottsdale Fashion Square Partner with Off The Field NFL Wives Association

Macerich and Scottsdale Fashion Square are pleased to announce their partnership with Off The Field NFL Wives Association to host their annual charity fashion show event during the week of "The Big Game" in February 2023. The fashion show event will take place Friday, February 10th, 2023, at Scottsdale Fashion Square. The announcement coincides with the introduction of Macerich's next phase of ongoing reinvestment in the iconic luxury shopping center.

"Continually enhancing the shopping experience at Scottsdale Fashion Square solidifies this property as the region's preeminent luxury retail destination for locals and visitors alike," said Kate Birchler, Assistant Vice President of Tourism Marketing for Macerich. "This enviable position means we're whetting an appetite among retailers and shoppers who appreciate the ambiance of an upscale retail setting, while it also allows us to establish high-profile partnerships, like our longstanding relationship with Off the Field, for the betterment of the surrounding community."

Off the Field and Macerich span a 15-year relationship – this will be the third time Off the Field and Scottsdale Fashion Square host the event together. Off the Field also hosted its 2022 Los Angeles event at Macerich's Santa Monica Place. Scottsdale Fashion Square and Off The Field are celebrating together with a fashion show event showcasing the wives and their NFL husbands walking the runway wearing fashions from Scottsdale Fashion Square retailers.

"This longstanding partnership with Macerich and Scottsdale Fashion Square allows us to celebrate the pinnacle of the football season with a fashionable and fun event that ultimately supports the mission of Off the Field and that is to support the community through cause initiatives," said Ericka Lassiter, Off The Field immediate past President and Co-Chair of the charity fashion show event with Co-Founder Ashley Brown. "We have hosted this event for 22 years and it's our opportunity to give back to causes that enhance the quality of life for families."

Charity partners who will benefit from this year's Off The Field charity fashion show event were announced Friday, October 14th, 2022, during an event at Scottsdale Fashion Square. Tickets will go on sale later this year; the event

TIFFATY & CO.

is expected to draw a crowd of 400 guests to celebrate the intersection of fashion, football and philanthropy.

About Scottsdale Fashion Square

Scottsdale Fashion Square is one of the premier shopping destinations in the nation. With 1.9 million square feet, and more than 200 shops and restaurants, Scottsdale Fashion Square features more than 40 of the world's finest luxury and contemporary brands including Louis Vuitton, Dior, Saint Laurent, Gucci, Christian Louboutin, Cartier, Bottega Veneta, Bulgari, Prada, Versace, Salvatore Ferragamo, Jimmy Choo and Burberry. Additional information about Scottsdale Fashion Square can be obtained by visiting www.fashionsquare.com.









The Brokery Names New Branch Managers at Arcadia, North Central Phoenix, and Scottsdale Offices

The Brokery, which has established itself as the "relentlessly local" Valley real estate brokerage, has named three new Branch Managers at their Arcadia, North Central Phoenix, and Scottsdale offices. Debbie Pontikas will serve as the new Branch Manager of the company's flagship Arcadia office, Jenn Newman will head up the North Central Phoenix office, and Ronald "Ronn" Wadsworth will manage the company's new Scottsdale office. The three will oversee general operations of each branch, including recruiting and developing top agents, setting and maintaining sales goals, and helping agents grow their business year over year through coaching and partnership.

Pontikas, a graduate of Rice University in Houston, Texas, has been with The Brokery for nearly five years. Prior to joining the company, she spent over a decade honing her real estate marketing skills while serving as Vice President of Marketing for several National and Global real estate investment companies.

A Phoenix native and graduate of Arizona State University, Newman is a Multi-Million Dollar Producer, certified Real Estate Negotiation Expert (RENE), Seniors Real Estate Specialist (SRES*), and a member of the Scottsdale Area Association of REALTORS* and the National Association of REALTORS*. Prior to her career in real estate, she spent sixteen years in recruiting, marketing and advertising. An accomplished soprano soloist, Newman has managed her own work with various symphony orchestras across the country for two decades, honing pertinent skills in prospecting, contract negotiation and public relations.

Wadsworth has spent over two decades mastering his expertise in management, leadership and business development. Prior to his career in real estate, he was Vice President of Operations for a Fortune 500 company and owned and operated businesses in the Washington DC area. These experiences have allowed him to adopt his business acumen to the real estate industry to help his clients win the deal despite the intense competitive land-scape. Wadsworth is a graduate of Capella University, a Multi-Million Dollar Producer, and a member of the Scottsdale Area Association of Realtors.

The Brokery currently has offices in Arcadia, in the Arizona Biltmore resort, and in North Central Phoenix. The new Scottsdale office is set to open by the end of the year. In the first half of 2022, The Brokery grossed over \$400 million in sales across the three offices.

"We are in growth mode," adds Oleg Bortman, Co-Founder of The Brokery. "Our team is strong, and that is a function of our structure. We provide the sales, marketing, and design tools and support needed to help our agents grow their business. It's a formula that works, and we're excited to be expanding to Scottsdale and beyond. Our branch managers are a key part of our growth strategy, and we're fortunate to have Ronn leading the new Scottsdale office." Bortman encourages residential real estate professionals looking to grow their business to reach out to oleg@thebrokery.com or tucker@thebrokery.com to schedule a meeting and learn more about The Brokery.

About The Brokery

The Brokery is a local, boutique residential real estate brokerage that is relentlessly focused on serving residents in neighborhoods across the greater Phoenix metropolitan area. Founded in 2012, by Co-Founders Tucker Blalock and Oleg Bortman, the company's number one goal is to provide unparalleled service and extensive market insight to the residents of their local community. Unlike many brokerages tucked away in corporate centers, The Brokery has neighborhood-centered offices that offer high visibility for their clients' properties in state-of-the-art showcases and allows for neighbors to engage one-on-one with local real estate experts. More information available at thebrokery.com.



LOU MALNATI'S PIZZERIA **ANNOUNCES SPECIAL LIMITED** TIME ONLY MENU ITEM "Lou's WHITE PIZZA"

Lou Malnati's Pizzeria has served up all kinds of delicious deep dish for more than 50 years as one of the most beloved names in Chicago-style pizza. The company now offers the launch of a first-ever deep dish white pizza offering on their menu: Lou's White Pizza will be available at all locations through the end of the year.

The white sauce for this special pizza is a Malnati family recipe called "Louie Cream Sauce." Available in both deep dish and thin crust, Lou's White Pizza is topped with mushrooms, spinach mix, red onions and extra mozzarella cheese. This is the first time ever in its 50-year history that Lou's has offered a white pizza on the menu and the company is excited to share it with hungry fans.

"While we always have our time-tested favorites, we're really excited to serve this delicious family recipe cream sauce on our pizzas for the first time, with a classic mix of complementary toppings," says Owner, Marc Malnati. "We're inspired to hear what our customers think of the new Lou's White Pizza. After 50 years, we think it's important to stay innovative, relevant and continue to offer new culinary favorites on the menu."

The Lou's White Pizza is available at all Lou Malnati's locations throughout the Phoenix area for a limited time only. Lou Malnati's Rewards members and customers can look for more information and special offers coming soon via email or in the Lou Malnati's app. For more information on this limited time offering or to place an order, please visit LouMalnatis.com.



Driving Range Divots Right or Wrong?

By Tina Tombs, The Arizona Biltmore Golf Club



Hello Phoenix Golfers!

Welcome back to our 2022-2023 golf season. To help get us started in the right direction, here's a quick lesson on how to hit balls on the driving range. This will save the turf and will help the practice tee recover quicker and more evenly.

Here's the USGA's explanation:

A scattered divot pattern removes the most amount of turf because a full divot is removed with every swing. Scattering divots results in the most turf loss and uses up the largest area of a tee stall. This forces the golf facility to rotate tee stalls most frequently and often results in an inefficient use of the tee.

A concentrated divot pattern removes all turf in a given area. While this approach does not necessarily result in a full-sized divot removed with every swing, by creating a large void in the turf canopy there is little opportunity for timely turf recovery.

The linear divot pattern involves placing each shot directly behind the previous divot. In so doing, a linear pattern is created and only a small amount of turf is removed with each swing. This can usually be done for 15 to 20 shots before moving sideways to create a new line of divots. So long as a minimum of 4 inches of live turf is preserved between strips of divots, the turf will recover quickly. Because this divot pattern removes the least amount of





turf and promotes quick recovery, it is the preferred method.

We look forward to seeing you out on the range soon!

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

STATASTASTASTASTASTASTAST **Paradise Valley Church Features Local** Artists at Christmas Bazaar & Craft Show

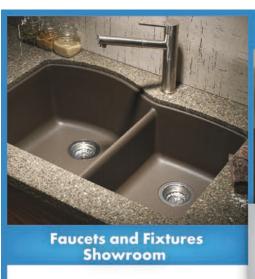
A Christmas Bazaar and Craft Show featuring local artists will be held at Paradise Valley United Methodist Church, located at 4455 E. Lincoln Drive on Saturday, November 19th, from 10:00 a.m. to 4:00 p.m.

More than 30 artists and crafters offering a wide range of products – from jewelry, accessories, toys and games to hand-crafted items, specialty food products, religious and inspirational gifts – will be available at this festive holiday event. Admission is free and open to the public.

"The Christmas Bazaar is a perfect opportunity for the vendors who supply our gift shop throughout the year to showcase their products at a booth all their own," said Meg Wolfe, manager of Serendipities Gift Shop. "We invite everyone to come and shop the broad array of giftable items by the many talented artists and vendors."

A portion of each purchase will be donated to three local charities: UMOM, a provider of shelter, housing and services for people experiencing homelessness; P.E.O., a philanthropic organization that offers educational support to women; and Audrey's Angels, an organization that performs live music and interactive programs for elderly and disabled adults. **About Serendipities Gift Shop**

Serendipities Gift Shop is located on the campus of Paradise Valley United Methodist Church. Profits from gift shop sales support the missions of the church and local charities. Serendipities focus on items that are made in the USA, fair trade products, sustainably produced or created by artists and artisans. Visit www.giftshop.pvumc.org for more information.

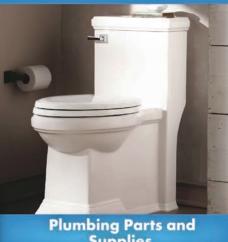




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The Shops Gainey Village Returns with Holiday Wine & Dine Event Guests are invited to the SHOPS at Gainey Village at Scottsdale & Doubletree to enjoy the splendor of the holiday season on Thursday, December 1st from 5:00 p.m. to 8:00 p.m. during their seventh annual Holiday Wine and Dine Christmas event! The free event will include live music by the Volcano Steel Drum Duo, Electric Violinist, Natasha, The Sahanas Brothers Guitar Duo and Miguel de Maria on Spanish Guitar throughout the expansive shopping center. To put guests in the spirit, festive horse and carriage rides by Scottsdale Horse and Carriage will be available in addition to a Blow-Up Snow Globe, delicious baked goods, coffee and hot chocolate by Coffee Bean & Tea Leaf. Families will also enjoy a visit from the Cotton Candy Lady passing out festive treats as well as photographs with St. Nick himself! For those 21 years and older, complimentary wine tastings will be available at participating restaurants. For more information, visit the website www.theshopsgaineyvillage.com.



Give (and get) The Gift of Deliciousness with Picazzo's Healthy Italian Kitchen Holiday Gift Card Specials

Once again, Picazzo's Healthy Italian Kitchen will be offering its popular holiday gift From Black Friday, card special offer. November 25th through Sunday, November 27th, guests can buy a \$100 gift card, and get a bonus \$30 gift card. The gift cards can be purchased in stores, at Picazzo's Sedona, Scottsdale, Tempe, Paradise Valley, Arrowhead and Gilbert locations or online at picazzos.com.

"We love helping people find the perfect gift for the foodie in their life and giving them a little something in return!" says Picazzo's Managing Partner Chris Disney. "Picazzo's has earned a dedicated following from those who eat a gluten-free, vegan or other special diet – as well as those who don't!"

About Picazzo's Healthy Italian Kitchen

Picazzo's is an Arizona-based family-owned and operated restaurant with locations in Sedona, Scottsdale, Tempe, Paradise Valley, Arrowhead, and Gilbert. Picazzo's sources clean, whole foods, rich in nutrients, blended with fantastic flavors. The locally owned restaurant offers a fusion approach to a modern-Italian cuisine that sprinkles in the bold flavors of Asian, Mediterranean, and Mexican ingredients into their menu of salads, entrees, pasta, and pizza.

Picazzo's goal is to bring people together through food and compassion, by meeting the need for quality, healthy dining options for individuals that may have dietary restrictions as well

as their guests that do not, bringing everyone together in the same dining experience. Picazzo's is committed to providing a wide selection of vegan, vegetarian, gluten-free and allergy-friendly items, and sourcing the cleanest, healthiest ingredients available. The restaurant sources 95% organic produce, and makes sauces and dressings from scratch, using organic spices and non-GMO sunflower and imported olive oils. In addition to the main menu, Picazzo's also offers a separate 100% vegan menu with salads, entrées, pasta, pizza, and desserts, using brands that support the plant-based diet, such as Follow Your Heart, Daiya and Beyond Meat.

For more information or to see a complete menu, visit www.picazzos.com.













Balloon Regatta Returns to the Sky Above Lake Powell

A Unique Weekend Getaway Awaits at Hyatt Place Page/Lake Powell as the Hotel Offers a Secret Amenity Upon Arrival and Rates Starting From \$169/Night

Colorful hot air balloons will soon take to the skies above the City of Page to create a sea of bright colors that contrast against the azure waters of Lake Powell and the red Navajo sandstone of the region for the return of the annual Page/Lake Powell Balloon Regatta, taking place from Thursday, November 3rd to Sunday, November 6th.

Every November, travelers and locals gather in downtown Page for the annual event as the city hosts 60 hot air balloons and their pilots for four days of flying, educational programs at the local schools followed by the Regatta Street Fair and the enchanting Balloon Glow Event.

Starting Friday, November 4th from 3:00 p.m. to 10:00 p.m. and Saturday, November 5th from 10:00 a.m. to 10:00 p.m., attendees will enjoy the Regatta Street Fair featuring live music, food trucks, a beer garden, a Navajo culture tent and a variety of vendors, including kid-friendly activities. To celebrate the final night of the fair, the pilots and their hot air balloons will line the streets for an hour-long balloon glow performance that radiates through the night sky.

For travelers making the trip to see this awe-inspiring event, Hyatt Place Page/Lake Powell is the ideal place to stay with its location less than a five-minute drive from the festivities.

In celebration of the annual event, the hotel will have special offerings including:

- Guests who use the secret phrase "Hot Air and Prickly Pear" at check-in will receive two complimentary Prickly Pear Margaritas from the hotel's signature restaurant, Prickly Pear Kitchen: Inspired Food + Cocktails.
- · As a sponsor of the Regatta, Hyatt Place Page/Lake Powell will have a reserved hot air balloon each morning that guests can observe. There's even the potential for one lucky guest to join the crew for a ride and assist the pilot with the launch.
- Live music on Friday night during "Sunset Sessions" featuring \$5 draft beers and wines plus specialty cocktails and bites backdropped by stunning views of Canyon Country.
- With November being Native American Heritage Month, Prickly Pear Kitchen will offer a specialty menu Friday and Saturday night of traditional Navajo Tacos made from scratch by the hotel's Native American team, plus authentic fry bread for dessert. This is in addition to the restaurant's lunch and dinner menus.
- Saturday, November 5th: Native American Jewelry Expo from 2:00 p.m. to 8:00 p.m. (this expo is happening every Saturday in November in honor of heritage month) featuring a variety of local artisans selling authentic, handmade pieces.

For the adventure-minded travelers coming to the area and looking to roam within the walls of one of the world's most famed slot canyons, Hyatt Place Page/Lake Powell boasts an exclusive partnership with Ken's Lower Antelope Canyon Tours and is offering the following stay package, which takes guests on a remarkable trek led by a Navajo tour guide that will not be soon forgotten:

Lower Antelope Canyon Tour Package (Rates from \$350/night)

- · Accommodations in a standard guest room.
- · A one-hour guided tour for two adults through Lower Antelope Canyon with Ken's Tours. Available to book now through December 31st, 2022.

To book a reservation or for more information, please visit PageLakePowell.Place.Hyatt.com or call 928-212-2200.



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~ Real Estate Update ~



Ring in the New Year in a New Home

By Debbie Frazelle, Coldwell Banker Realty
Listing your home for sale during the holiday season

Are you looking for a fresh start in 2023? You can ring in the new year in a new home if you start now. The holiday season is the most wonderful time of the

year, especially when it comes to selling your home and making a move. Here are some of the best reasons to consider selling your home during the holiday season:

Lower Inventory

There are typically fewer homes on the market during the holidays, so there's less competition from other sellers to attract buyers. And if you're also looking to buy, you can be assured that sellers are motivated to close by the end of the year.

Timing is Everything

Whether they're moving for a new job or a new school, end-of-year house hunters are more likely to be motivated and committed to making a strong offer.

Faster Closing

With the end of the year approaching, everyone involved in the transaction is eager to wrap up the closing process as soon as possible.

It's an Emotional Time

Anyone who has purchased or sold a property knows that emotions are a big part of the process. Listing your home during the holidays, where rooms look festive and inviting, can appeal to buyers' sentimentality. As the saying goes, "There's no place like home for the holidays."

With motivated buyers making strong offers, the market can work in your favor during the holiday season; don't miss your chance to earn a great return on your investment.

If you're interested in selling, contact me, Debbie Frazelle, a Coldwell Banker® affiliated agent today, who can expertly market your home so you can get the most out of your sale. I will plan open houses and showings around your schedule, so it doesn't get in the way of your holiday celebrations. I can easily get you a Comparative Sales Analysis.

For more information, contact Debbie Frazelle at Debbie@ DebbieFrazelle.com or (602) 399-8540.

Statistics from September 15th to October 14th, 2022

Homes for Sale	24	Homes Sold/Closed Rentals Furnished	6
Homes Sale Pending Rentals Unfurnished	9	Remais Furnished	42
	Fo	r Sale	

	1 or Sinc	
Estates	1	\$8,900,000
Cloister	2	\$335,000-\$429,900
Colony	3	\$1,050,000-\$1,725,000
Courts	1	\$699,000
Biltmore Mtn Estates	1	\$2,950,000
Greens	4	\$1,124,000-\$1,999,888
Hillside Villas	1	\$1,299,000
Shores	1	\$1,390,000
Meridian	3	\$309,000-\$485,000
Terraces	5	.\$275,500-\$520,000
2 Biltmore	2	\$3,350,000-\$4,295,000

P	ei	ıa	ur	ıg	2	al	es

Cloister	1	Courts	1
Gates	1	Hillside Villas	1
Biltmore Villas 2	1		

Closed Sales

Courts	1	Greens	1
Hillside Villas	1	Meridian	1
Taliverde	1	Terraces	1











Gadzooks' Second Annual Nachopalooza to Benefit Phoenix Children's Hospital

Gadzooks Enchiladas and Soup is celebrating its second-annual Nachopalooza all month long - perfectly timed for National Nacho Day on November 6th. Nachos are the ultimate snack of sports, entertainment and social events, while also being a signature menu item. Through November 30th, Gadzooks will be featuring their own custom Phoenix Children's Hospital nacho register tokens that customers can purchase as an add-on to their orders, fill out with their information, and will then see placed onto a large restaurant wall to showcase restaurant and customer donation efforts to Phoenix Children's Hospital.

The fast casual Valley restaurant is also bringing back a challenge which invites guests to make five entrée purchases (at least one order of nachos) within the month of November for entry to win one of a handful of grand prizes. Last year's prizes included a J.W. Marriott staycation, play passes to Scottsdale's Mavrix, and a build-your-own fully-catered Gadzooks event. Guests can participate with a physical stamp card that is turned in once completed or by entering online and following the instructions on www.nachopalooza.lol. Additionally, anyone who completes a stamp card will receive a limited-edition Nachopalooza t-shirt.

Gadzooks Enchiladas and Soup is located at 40th Street and Camelback. There are also three other locations in the Valley in Midtown Phoenix, Chandler and Tempe. For more information, call (602) 279-5080 or visit www.gadzooksaz.com.

Duet Hosts Holiday Toy Drive for Grandparents Raising Grandchildren

Did you know more than 54,000 children in Arizona are being raised by grandparents in an informal kinship home? With inflation at the forefront of most Americans' minds, Duet is hosting a holiday toy drive to help grandparents raising grandchildren in Arizona.

"Many of these families are on fixed incomes and do not receive any assistance awarded to foster families which makes the support Duet provides all the more vital, said Patricia Dominguez, Director of Kinship Care Services. "We know 2022 has been emotionally and financially tough on our grandfamilies. Many have been forced to cut everything but basic needs from their budgets."

The community can donate to the holiday toy drive by bringing new toys or gift cards to the Duet's office at 10000 N. 31st Ave., D200 in Phoenix. The deadline to donate is December 1st, 2022. You can also shop Duet's Amazon Smile Charity Wish List. Children ages infant to 12 years old will receive toys and teenagers will receive gift cards in increments of \$25.

About Duet: Partners In Health & Aging

Duet is a nonprofit organization whose mission is to promote health and well-being through vitally needed services to homebound adults, family caregivers, faith communities and grandfamilies. Duet's free-of-charge services are available in the greater Phoenix area. To volunteer, donate or ask for help, go to www.duetaz.org or call (602) 274-5022.

Dennece McKelvy Receives International Coaching Federation Team Coach Certification



Valley resident Dennece McKelvy, Founder and Principal of Intuitive Directions, has been awarded one of the first-ever business Team Coaching Certifications from the prestigious International Coaching Federation (ICF). She is one of only 136 worldwide to receive this distinction, which differentiates her from the more than 30,000 certified coaches worldwide.

McKelvy has more than 25 years of leadership experience including general, operations and program management. She has successfully led people and organizations through start-up, turnaround and growth modes. As a professional certified coach (PCC) with engineering bachelor's andexecutive MBA (EMBA) degrees, she brings unique perspective to business. She engages leaders and their teams in illuminating conversations, prompting creative, inclusive solutions in the VUCA (volatility, uncertainty, complexity and ambiguity) environment businesses are facing today.

McKelvy has been coaching teams within multinational organizations for over 10 years using a proprietary team coaching process, Team Advantage, developed by the Pyramid Resource Group. This has uniquely positioned her to coach local companies such as PetSmart, and Banner Health. She also coaches nationally and internationally as an adjunct team member of several large coaching firms.

"Being one of the first to receive certification from ICF is a major accomplishment" said McKelvy. "This is an additional mark of credibility as team and group coaching become preferred means of inspiring valued leaders and their teams. It creates long-lasting partnerships which are vital, as I assist clients in making transformational changes, becoming more agile and resilient in the face of today's business challenges."

"I really enjoyed the experience working with Dennece. She has a great ability to quickly understand the dynamics of a situation and then ask probing questions to help the team develop potential solutions. In addition, she prevents teams from going down 'blind alleys' by reminding them of the objectives of the team," said former Vice President, Global Product Portfolio Management, Pfizer, Rob Burrows.

Dennece earned a Bachelor of Science in mechanical engineering from University of Arizona and her EMBA from Arizona State University. She received her professional coaching training from Adler International Coaching School and resides in the North Central area of Phoenix.

November is Diabetes Month Here's What You Need to Know

November is American Diabetes Month. Chances are you know someone who has diabetes, a metabolic disorder affecting more than 37 million Americans, including those who have the disease but have not been diagnosed.

Diabetes is a chronic medical condition that occurs when excess glucose (sugar) builds up in the blood. It can cause numerous health problems if not properly managed. Some symptoms of diabetes may seem so insignificant that you may not even notice them for months or years – but being diagnosed early is key to a lifetime of better health.

If left untreated, long-term diabetes complications include cardiovascular disease, such as heart attack, stroke and narrowing of the arteries, according to dietitian Katy Stemple, MDA, RDN, Manager of the Abrazo Health Medical and Surgical Weight Loss Program.

"The increase in diabetes in adults worldwide has quadrupled over the last few decades. The connection with heart and blood vessel damage is undeniable," said Stemple. While there isn't a cure yet for diabetes, the CDC says that losing weight, eating healthy food, and being active can

"Type 2 diabetes, which typically is diagnosed in adults and accounts for between 90-95% of all diagnosed cases, can increase your risk of developing cardiovascular disease, stroke, peripheral artery disease and kidney disease," she explained. "In the last 20 years, the number of adults with diabetes has more than doubled as the American population has become more overweight or obese."

According to the American Diabetes Association, cardiovascular disease is the leading cause of death in people living with diabetes, resulting in two-thirds of deaths in people with type 2 diabetes.

"The good news is that with proper exercise, diet and diabetes management, you can reduce your risk of getting cardiovascular disease and the complications that come with it," noted Stemple.

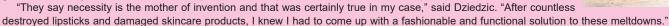
Symptoms of diabetes will vary to some extent depending on the type. Classic symptoms of type 1 and type 2 diabetes include excessive thirst and increased urination. This occurs because your kidneys have to work overtime to filter and absorb surplus sugar that has built up in the blood.

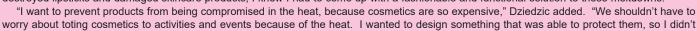
The good news is diabetes can be successfully treated. Talk with your doctor if have questions or suspect any symptoms. For more information about diabetes, visit the American Diabetes Association at diabetes.org. For a physician referral or to learn more about the Abrazo Medical and Surgical Weight Loss program, visit AbrazoHealth.com.

Innovative Cooling Cosmetics Bag Helps Save Makeup, Skincare Products from Arizona Heat

The average woman in the U.S. spends nearly \$1,400 annually on makeup and just under \$3,000 each year on skincare. Exposure to Arizona's year-round warm weather will ruin these items if they aren't cared for or stored properly, especially while on the go, traveling, at the golf course, pool, sporting event or the pickleball courts, and that's just the tip of the iceberg.

That's why local entrepreneur, and inventor of the Bergy Bag, Heather Dziedzic created a cooling cosmetic bag. Her goal is to not only make fashion cool, but provide a safe space to transport and store expensive toiletries.





have stress about replacing my products because of weather." Dziedzic's vision was to combine industry-standard cooling technology with superior fabrics and leathers. She wanted to make a bag that was not only beautiful and high-quality but could keep things cool. Designed by a cryogenic engineer, the patent-pending Bergy Bag is 7" wide and 5.5"

tall. It comes with a "D" ring on one side to hang from a golf or tennis bag, tote, beach bag, backpack or diaper bag. It can also clip to things like Air Pods or keys. Each bag is made of high-quality saffiano leather that is scratch and water-resistant.

One of the reasons the Bergy Bag is unique is its ability to keep cosmetics like lip gloss, lip balms, lipsticks, eyeliners, serums, lotions, creambased make-ups and sunblock cool.

For most Arizonans, the need for a bag like this isn't just for the summer months. It is warm all year round in the Southwest, and people in this region are more likely to be outdoors in the fall months since the weather isn't blistering.

In normal conditions, the Bergy Bag stays cool up to four hours. It is also ideal for preventing cell phones from overheating.

Bergy Bag can be purchased at select boutiques and online at www.bergybag.com. Retail price is \$130 and includes a proprietary, built-in ice pack that stays cool for up to four hours. Bergy Bags come in three colors - black with a white zipper, white with a yellow zipper and pink with a red zipper. Additional colors and accessories will be launched in 2023.



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