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A Community Service Publication

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Special feature pages 12-13



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www.ArizonaBiltmoreRealty.com

Phoenix Ballet Presents Slawomir Wozniak's The Nutcracker

Phoenix Ballet presents Slawomir Wozniak's The Nutcracker this December 9th through the 23rd, 2022, at the historic Orpheum Theatre in downtown Phoenix. Widely regarded as the most family-friendly Nutcracker ballet in Arizona with ticket prices starting at just \$20, the whole family can come and enjoy this magical holiday tradition beloved by both children and adults.

Phoenix Ballet is home to one of the best ballet training institutes in the world, and award-winning students from Master Ballet Academy (MBA) join Phoenix Ballet's world-renowned professionals to present The Nutcracker. This authentic, much-beloved show tells the story of Clara and her Nutcracker prince as they travel through a world of dreams.

"All the spirit, love and joy our dancers put into performing The Nutcracker brings a special magic to the holiday season," said Slawomir Wozniak, Artistic Director. "Our principal dancers and soloists hold multiple international awards and honors, and along with our talented students, put on a spectacular show that is sure to create lasting holiday memories for families."

The Nutcracker is one of the most iconic ballets and holiday productions of our time. Phoenix Ballet brings its unique style to the show, while maintaining its rich traditional history and story. Slawomir Wozniak choreographed his version to highlight the magic of the season by utilizing professional dancers and students to bring this story to life. Audience members will see all the famous scenes set to Tchaikovsky's melodic score with lush costumes, beautiful sets and rich scenes that include a snowfall on stage, dancing mice, the Sugar Plum Fairy and the Waltz of the Flowers.

In the spirit of holidays, Phoenix Ballet partners with Act One to provide tickets to local Title One schools and underserved adults, and with VetTix to provide tickets to our veterans and other local outreach initiatives. Phoenix Ballet is dedicated to serving its community by educating audiences, children and adults who may have not had the opportunity to enjoy live performing arts.



- ✦ Friday, December 9th – 7:00 p.m.
- ✦ Saturday, December 10th — 2:00 p.m. and 7:00 p.m.
- ✦ Sunday, December 11th — 1:00 p.m. and 5:00 p.m.
- ✦ Thursday, December 15th — 7:00 p.m.
- ✦ Friday, December 16th — 7:00 p.m.
- ✦ Saturday, December 17th — 2:00 p.m. and 7:00 p.m.
- ✦ Sunday, December 18th — 1:00 p.m. and 5:00 p.m.
- ✦ Wednesday, December 21st — 7:00 p.m.
- ✦ Thursday, December 22nd — 2:00 p.m. and 7:00 p.m.
- ✦ Friday, December 23rd — 1:00 p.m. and 5:00 p.m.

Ticket prices are affordable for families, ranging from \$20-\$125. In addition, discounts are offered for children, students, seniors and military. Purchase online at www.PhoenixBallet.org or by phone at (602) 262-7272. For more information, visit www.phoenixballet.org. ❖

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Celebrate the Season With These Festive Trees

FreshCut Paper Winter Tree Cost - \$20

Celebrate the season with this festive winter tree; this snow dusted balsam fir comes complete with a solid base, 360° fold out tree, and a set of 36 colorful birds that easily slot onto tree. A great activity and tradition for friends and family. Create your unique tree and reuse season after season. This truly remarkable tree is unlike anything you have seen before, and is sure to delight all ages. Tree stands at fifteen inches tall, comes with matching note card and can be mailed flat in the included envelope with six Forever Stamps.



From the Publisher...



Happy Holidays to all our Biltmore Lifestyles readers! It's the time of year to get out and enjoy the holiday festivities. Looking for something special to do with the family? Phoenix Ballet is performing Slawomir Wozniak's *The Nutcracker* at the historic Orpheum Theatre in downtown Phoenix. *The Nutcracker* is one of the most iconic ballets and holiday productions of our time, and we are so lucky to have such a unique venue to enjoy this production right

here in the Valley. There are several performances to choose from, so be sure to order your tickets before they sell out!

Holiday shopping time is upon us, so make your list and let the searching begin. If you are looking for a unique shopping boutique for the special lady in your life, head over to the northeast corner of 44th Street and Camelback and visit Kiss Me Kate. Owner Shannon Fox will help you find the perfect gift for that special someone. You will LOVE the diverse selection of one-of-a-kind gifts.

With 2022 coming to a close, it is a good time to look back and reflect upon the past year; things are looking better every day. Thank you for reading this month; I look forward to bringing you another exciting issue of *Biltmore Lifestyles* in January.

Until next month, *Susan*

Please feel free to write: P.O. Box 93244, Phoenix, AZ 85070

Phone: (480) 460-7779 or (602) 469-8484

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Publisher

Susan Aavang

Editor

Julie Nicholson

FreshCut Paper Christmas Tree Cost - \$20

Celebrate the holiday season with this festive Christmas tree! This magnificent balsam fir folds out for 360° viewing, comes with solid base, and over 80 classic ornaments. A perfect mantle or centerpiece to bring the jolly spirit of Christmas time into your home! Tree stands at fifteen inches tall, comes with matching note card and can be mailed flat in the included envelope with six Forever Stamps.

To order these magnificent trees, visit www.freshcutpaper.com. ❖





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Holiday Pies Available from Common Ground Culinary!

What better way to celebrate the holidays than with a delicious sweet treat from the Common Ground Culinary family of restaurants. Once again, this holiday season, Common Ground Culinary will be featuring take home pies for pre-order, making any of their restaurants the perfect spot to get your holiday desserts. Slice into a variety of house made flavors including Pumpkin, Apple, Butterscotch Pecan, Coconut Cream, Key Lime and Chocolate Mousse for a perfect sweet treat this holiday season.

Pick-up is super easy! Those in Scottsdale will be able to pick up their pies from Sweet Provisions. For those in Phoenix, all pies can be picked up from either Neighborly Public House, The Collins or The Macintosh. Christmas order dates are December 1st through December 22nd, and the pick-up dates are December 23rd and December 24th. Lastly, the pricing for the Coconut Cream, Key Lime, Butterscotch Pecan and Pumpkin pies are all \$24. Chocolate Mousse and Apple pies are both \$28. Order your pies today!



Key Lime Pie

Pumpkin Pie



Coconut Cream Pie



Chocolate Mousse Pie



Butterscotch Pecan Pie

Sweet Provisions – 8120 N. Hayden Rd. Scottsdale, AZ 85258
(480) 257-2676

Neighborly Public House – 5538 N. Hayden Rd. Scottsdale, AZ 85012
(602) 675-1852

The Collins – 3160 E. Camelback Rd. Phoenix, AZ 85016
(602) 730-3533

The Macintosh – 2119 E. Camelback Rd. Phoenix, AZ 85016
(602) 368-8766



Bespoke Holiday Activities at The Arizona Biltmore

The Arizona Biltmore, a Waldorf Astoria Resort, announced an array of exceptional Christmas activities, making it the perfect destination for this year's holidays.

Holidays at the Biltmore are a sight to see as the grand lobby will transform into an artisanal desert winter wonderland with over a dozen unique trees and sparkling holiday décor, inspired by Frank Lloyd Wright's ethos of nature in motion. A reimagined 1930s living room, complete with vintage decorations and furniture, will be nestled by the History Hallway to further highlight the resort's iconic background. Families and friends also are invited to enjoy a collection of bespoke classes, from wreath making, holiday house building and cookie decorating to a speakeasy cocktail class.

You may find several standout offerings for the holiday season below and on the resort's website at ArizonaBiltmore.com.

Christmas Events

- Wreath Making + Dry Centerpiece Workshop:** Make memories you can physically take home at the Arizona Biltmore. Learn to make bespoke hand-made wreaths and dry centerpieces from industry-leading professionals in the floral business. The holiday staple is sure to dazzle on the door to your home or as a gift.
- Cookie Decorating:** The Arizona Biltmore will provide house-made pre-baked cookies alongside frosting, candy and delectable toppings for every skill level of cookie decorator. Whether it be a classic design or

intricate patterns, the Biltmore welcomes guests to express their inner artist before savoring every delicious last bite.

- Speakeasy Cocktail Class:** For those who enjoy the art of mixology, the Arizona Biltmore invites guests to sit back and learn how to make cocktails.

Stay in Splendor Offer:

Guests can linger longer with a \$500 resort credit when they stay four nights at the legendary property. Resort credit can be used to feast at any of the eight unique dining outlets, to rest and recharge with a spa experience, sip selected tittle by the pools, or in any of the Biltmore Shops. Reservations can be made by visiting www.arizonabiltmore.com/offers/stay-in-splendor. ❖



Gather at Federal Pizza and Gobble on a New Menu

There is a lot to be thankful for this for this season, especially now that Federal Pizza has rolled out new menu items! Now is the time to gather with friends and family while enjoying wood-fired pizza pies. Heat-seekers can look forward to Federal's all-new Flaming Lips wood-fired pizza made with pepperoni, soppressata, gorgonzola, chili honey and rosemary. Plus, guests will now have the option to make it a "Dirty Crust" - think an everything-bagel-esque seasoning to give your pie an extra flavor kick, as well as the addition of Hot Chili Honey to top any pizza. Additionally, say hello to Cheesy Garlic Bread paired with an Arrabiatta Sauce. Federal Pizza's lineup of sides now includes a light delight, the Citrus Grove Salad, made with fresh ruby grapefruit and topped with vinaigrette and grana padano cheese. Plus, the newest Chef's Classic Chicken Parm is Federal's take on the classic dish with a twist - topped with arugula, macerated campari and can even be paired with a side of butter-parm tossed spaghetti. Satisfy your sweet tooth with the new Salted Caramel Banana Pudding or Nutella Tiramisu for dessert.

Swing by on Mondays and Tuesdays for a pizza and a house bottle of wine or two pitchers of beer for just \$30. Double down at lunchtime all week long and get half a pizza and salad for \$12 from 11:00 a.m. to 4:00 p.m.

Housed in a restored 1950's Al Beadle building that once was a "Federal Bank," and now a neighborhood favorite, Federal Pizza serves wood-fired pizza pies, wine and beer for dine-in or to-go through their drive thru lane. Federal Pizza is located on Central and Camelback, and is open Monday through Thursday from 11:00 a.m. to 11:00 p.m., Friday through Saturday from 11:00 a.m. to midnight and from 11:00 a.m. to 10:00 p.m. on Sundays. Visit www.federalpizza.com for more details. ❖



Santa Soiree At Uptown Plaza

Uptown Plaza is getting in the holiday spirit with tons of décor throughout the plaza including a giant Santa Claus sculpture, holiday lights and 9-foot candy canes. Plus, join Uptown Plaza at the Santa Soirée on Saturday, December 17th from 4:00 p.m. to 6:00 p.m. Bring your Christmas wish list as Santa Claus himself will be making an appearance for family photos. Live entertainment will be hosted by Funergy that will feature crafts, games and festive tunes. The first 150 guests will decorate an LED glow tree ornament to take home.

Uptown Plaza will host various events throughout the year, including mini golf, movies in the courtyard, live music and other family-friendly events. To stay up-to-date on the latest events happening, please visit www.uptownplaza-phx.com/events.

Uptown Plaza is located on the northeast corner of Central Avenue and Camelback Road, in the heart of Phoenix's historic north-central neighborhood. The newly restored mid-century modern shopping center is a lively urban hotspot, boasting a wide selection of health, retail, and restaurants. The Plaza has over 20 retailers, and the full list can be found at www.uptownplazaphx.com. ❖



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New Routes, Markets Expand At Phoenix Sky Harbor

From destinations on the East Coast to the Midwest to Canada and beyond, Phoenix Sky Harbor International Airport (PHX) is welcoming new airlines and adding a throng of new routes.

Breeze Airways announced in August service from America's Friendliest Airport® to Provo, Utah and Charleston, S.C. The low-fare airline followed up its announcement with more news that it would launch four new destinations from Phoenix: Hartford, Conn.; Richmond, Va.; Bentonville/Fayetteville, Ark.; and New Orleans. Breeze operates out of Terminal 3.

Also, Lynx Air, an ultra low-cost Canadian start-up carrier, recently announced nonstop service from Phoenix to Calgary. This new flight will run three times weekly beginning February 7th, 2023. The flights will operate on the airline's Boeing 737, which seats up to 189 passengers.

Another new international flight that will begin next year will be offered by American Airlines to Monterrey, Mexico. American, which is the largest carrier at PHX, will begin, daily nonstop service to Monterrey on January 10th, 2023. This marks the 12th Mexican destination American serves from Phoenix Sky Harbor.

American also announced it will launch nonstop service from Phoenix Sky Harbor to Northwest Arkansas National Airport in Bentonville/Fayetteville starting February 3rd.

In addition, Frontier Airlines unveiled recently 12 new nonstop routes: Philadelphia; Baltimore-Washington; Orange County, Calif.; Seattle-Tacoma, Wash.; Minneapolis-Saint Paul, Minn.; Cincinnati, Ohio; Kansas City, Mo.; Portland, Ore; Fort Lauderdale-Hollywood, Fla.; Nashville, Tenn.; Indianapolis, Ind.; and Kansas City, Mo.

Frontier's expansion will be supported through its opening of a new crew base, which is expected to initially employ up to 180 pilots and 275 flight attendants.

Phoenix Sky Harbor International Airport has more than 20 airlines serving more than 120 nonstop destinations.

For more information, you may visit the Sky Harbor Airport website at www.skyharbor.com/flights/WhereWeFly. ❖

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PRATT BROTHERS Christmas & Holiday Spectacular!

Kyle and Sammy Pratt, two Arizona brothers, Christmas enthusiasts and 2022 contestants of The Great Christmas Light Fight on ABC Television, have followed their passion to produce a magical Christmas Town delivering an experience for the senses. For seven years, the brothers were renowned for their extraordinary Christmas displays at their family home. Inspired by Disney pioneers, Kyle and Sammy aspired to a public venue to bring smiles and cheer to a greater audience. Now, their never-before-seen Christmas wonderland opens at Bell Bank Park.



Christmas Town Features

- **Christmas Forever Light Show.** A magical 360-degree light show, synchronized to popular Christmas songs with snowfall and show-stopping pyrotechnics.
 - **Sweet Street Station.** Catch a Christmas train for a journey through many sweetly themed lands.
 - **Ivy & Sage Miracle Market Holiday Shoppe.** More than 50 vendors of custom and curated gifts and collectibles presented by Ivy & Sage: A Home and Lifestyle Co.
 - **Santa Experience.** The Santa Experience welcomes families to greet the "big guy."
 - **Mrs. Claus Cookie Decorating.** Cookie-decorating kits for purchase. Frosting, sprinkles and Christmas candies. Grab your ingredients and let the magic begin!
 - **S'mores Making. For purchase.** Goodies to make s'mores around a fire pit under millions of dazzling lights and snow fall.
 - **Special Christmas Characters.** Special characters welcome guests throughout Christmas Town:
 - ~ **Officer Cheer.** A friendly police officer who writes GOOD tickets for the 'perfect amount of holiday cheer.'
 - ~ **Jamie the Journalist.** An old-fashioned journalist who interviews guests about Christmas!
 - ~ **Marching Toy Soldiers.** Playing the drums throughout the town.
- For the latest, visit www.prattbrotherschristmas.com. ❖



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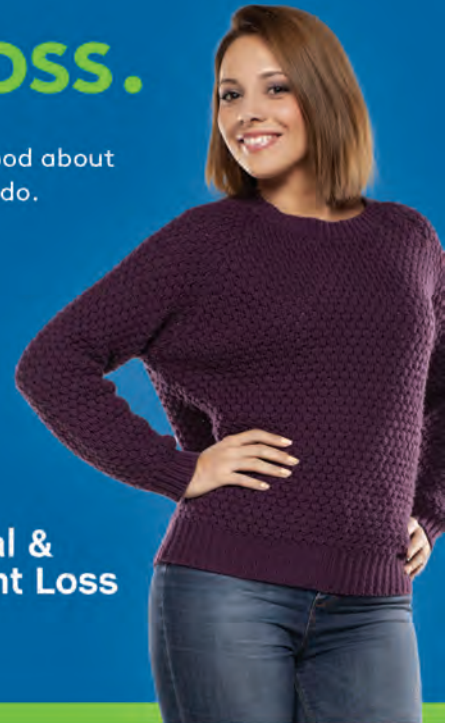
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Abrazo Scottsdale Campus is an accredited comprehensive bariatric facility through the Metabolic and Bariatric Surgery Accreditation and Quality Improvement program. Weight loss surgery is generally designed for those with a body mass index (BMI) equal 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.



The Brokery Hosting "Stuff the Sleigh" Teen Gift Drive for Arizona Helping Hands

The Brokery invites the community to enjoy free photos with Santa on Saturday, December 3rd, and Saturday December 17th at their Arcadia office (4546 N. 40th Street, Phoenix) and on Sunday, December 4th and Sunday, December 18th at their North Central office (840 E. Bethany Home Road, Phoenix). These community events are free to the public, include one complimentary digital photo with Santa, and are open to the whole family, including pets!

"This is just one way we are embracing the spirit of the season and giving back to the community," says The Brokery Co-Founder Tucker Blalock. "We can't wait to welcome everyone at our Arcadia office and North Central office for photos and holiday cheer!"

Limited photo slots are available; please register at the following links for photos:

Arcadia: <https://tinyurl.com/thebrokerysantaarcadia>

North Central: <https://tinyurl.com/thebrokerysantanorthcentral>

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. For more information, please visit www.thebrokery.com.



Pagoda Lane Unveils 2022 Holiday Gift Guide

The most wonderful time of year is almost here, and family-owned and operated business, Pagoda Lane, is welcoming the holiday season with a 2022 gift guide to make shopping easier. The bespoke boutique specializes in inspired personalized gifts. Customers can visit the flagship store located in Scottsdale Marketplace to craft one-of-a-kind monogrammed gifts on-site.

“We are here to make holiday shopping easy and fun. Our team can’t wait to connect with customers to make this season special,” said Heather Hassan, Owner of Pagoda Lane. “Monogramming adds that extra touch and shows you took that extra step to give your family or friend a one-of-a-kind creation that (quite literally) screams ‘them.’”

Monogramming can be done on everything from cashmere to tote bags, cosmetic cases, towels and travel essentials. There are over 100 colorful threads and 60 monogram designs to select from. All designs are done on-site with a state-of-the-art embroidery machine.

Best-sellers in Pagoda Lane’s 2022 Gift Guide include:

Stoney Clover Lane

- As the only Stoney Clover Lane (SCL) dealer in the state of Arizona, a customized SCL duffle bag, backpack, tote bag, lunch tote and/or accessory case is an extra special gift customers can get in-store at Pagoda Lane and nowhere else across the Valley.

The Wine Tote

- Make the gift of wine even more delightful with a beautifully embroidered wine bag that holds two bottles of wine.

“The Cody” Tote Bag

- Heavyweight canvas paired with a thick leather handle and strap offers a simple silhouette for this catch-all tote bag. The thoughtfully designed user-friendly compartments are an added bonus!

The Travel Jewelry Organizer

- Made with exquisite leather, this jewelry case is a secure and smartly designed organizer for the fashionista on the go.

In addition to customized gifts, Pagoda Lane also offers uniquely curated home décor, home fragrance, tabletop, cashmere, baby gifts, hilarious greeting cards not found in anywhere else and more. For more information, visit www.pagodalane.com. ❖

Give Back With Local Holiday Toy Drives

‘Tis the season to give back! Throughout the holiday season, these Valley restaurants are doing their part by hosting on site toy drives to help make a difference in a little one’s life.

Koibito Poke is partnering with the Arizona Cancer Foundation for Children this holiday season to host a toy drive to benefit families managing the health and well being of a loved one with pediatric cancer. Through December 20th, Koibito Poke will be accepting new, unwrapped toys at all four of their Valley locations in Arcadia, Chandler and Scottsdale. As a thank you, customers will receive \$3 off their bill that day following their donation.



Streets of New York is partnering with Childhelp this holiday season through December 16th and are giving customers the chance to win big with the donations! Guests who bring in a new, unwrapped toy, clothing or comfort item for children zero to 14+ to any Valley Streets of New York location will be entered to win a \$200 gift card to the local pizzeria! Childhelp’s mission is to meet the physical, emotional, educational and spiritual needs of abused, neglected and at-risk children. Efforts are focused on advocacy, intervention, treatment, prevention, family resilience and community outreach. For more information, visit www.streetsofnewyork.com.



It’s the most wonderful time of the year when **Salt and Lime Modern Mexican Grill** in Scottsdale makes its yearly Christmas pop-up transformation into Feliz Navidad Cantina! The seasonal pop up is decked out with floor-to-ceiling decorations, a specially curated menu of festive food and drinks, Christmas movies played throughout the restaurant and more! Guests can really get into the spirit with Salt & Lime’s holiday toy drive by bringing in a new, unwrapped toy for to benefit the Maag Toy Foundation. Salt & Lime will be accepting toy donations throughout the holiday season. For more information, visit www.saltandlimeaz.com. ❖

Phoenix City Grille Releases Exclusive Bourbon Collaboration Benefitting Phoenix Children’s Hospital

Phoenix City Grille is featuring an exclusive AWC/Barreled Up Arizona Diamondbacks Knob Creek Single Barrel Select Bourbon Collaboration. In honor of the giving season, the restaurant is donating 100 percent of the purchase proceeds to Phoenix Children’s Hospital on behalf of Diamondbacks players Carson Kelly and Merrill Kelly.

This nine-year Knob Creek is 120 proof and the bottle is signed by both Carson and Merrill. Bottle cost is \$75; each pour is \$15. PCG is also raffling off a barrel head signed by the players to one lucky winner. Raffle tickets can be purchased directly from Phoenix City Grille, located at 5816 N. 16th St. For more information, call (602) 266-3001 or visit phoenixcitygrille.com. ❖





Fox Restaurant Concepts Launches Partnership with the Valley's NBA Star Deandre Ayton

This NBA season, Fox Restaurant Concepts teamed up with the Valley's star center, Deandre Ayton, and his family, to bring fans the ultimate (and most delicious) partnership, one rooted in food, family and heart. Guests can enjoy the dish at The Henry and Culinary Dropout locations in Arizona, as well as participate in social media giveaways.


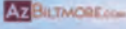

The Fox Restaurant Concepts culinary team worked hand-in-hand with Deandre's talented mother, Andrea Ayton. Hailing from Jamaica, Andrea is a skilled cook, and with children born in the Bahamas, she infuses her family's Caribbean roots into every dish.

Andrea is passionate about bringing people together with big meals that are full of love and lots of flavor. Her Caribbean Sea Bass, featuring jerk-spiced rice, sofrito, pigeon peas, coconut lime slaw and mango preserve, was born out of this passion.

With each meal purchased, 10% of sales will be donated to Helping Hands for Single Moms, a non-profit organization with a mission to assist low-income, single-mother families as their mother attains a post-secondary education, financial independence and positive family legacy.

To learn more about the partnership and to place an online order, visit <https://cloud.news.foxrc.com/DAYtonPartnership>. To continue staying up-to-date with Fox Restaurant Concepts, visit FYIAboutFRC.com. ❖




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North America's First Landscape Hotel Ready to Make its Highly Anticipated Debut in Sedona



Widely considered one of the most anticipated hotel openings in the country, Ambiente, A Landscape Hotel is ready to make its much-buzzed-about debut as North America's first landscape hotel when it opens December 26th in Sedona. The adults-only hotel is now accepting online reservations for stays beginning February 10th, 2023 with room rates starting from \$1,800 per night. Additional dates prior to February will be available on opening day.

Set on three acres in Red Rock Country overlooking the city's most iconic monoliths, the majestic red rocks of Sedona are on full display from Ambiente's unique 40 cubed-shaped, glass-encased Atriums that seemingly float above the rugged terrain. While all Atriums offer the same 576-square foot, king accommodations, the dramatic 360-degree panoramic views vary drastically as each Atrium has been expertly placed to maximize view corridors, whether that is north to the surrounding Coconino National Forest or east and south to the Steamboat, Chimney, Coffee Pot and Snoopy red rock formations.

"This has been a labor of love for our family over the past five years and we have been so overwhelmed by the outpouring of interest and support from future visitors around the world," said Jennifer May, Co-Founder of Two Sister Bosses, a Sedona-based family development company. "We're now ready to pull back the curtain and showcase what we believe is one of the most spectacular settings in all of America."

Elevated above the ground by steel piers and constructed using floor-to-ceiling, bronze-tinted glass and matte-charcoal and rusted metal, Ambiente's Atriums are uniquely designed to blend in with the surrounding geography. With a focus on sustainable methods and organic, modern architecture that complement the neighboring topography and minimize the impact on land, the Atriums' sleek design reflects elegant minimalism, while contemporary, elemental interiors afford the utmost in luxurious, intimate accommodations.

Each Atrium embodies a lavish hideaway with a petite kitchen offering complimentary refreshments, restocked daily, and on-demand wine dispensers where guests can self-serve from a selection of Northern Arizona wines. From bespoke designed wallpaper, live-edge wood furnishings and black soaking tubs to moody lighting, cozy seating and Earth-toned textiles, the Atriums' various elevations feature fabrics, furnishings and patterns that evoke a tranquil yet chic atmosphere and reflect the rich elements of the captivating natural landscape that surrounds them.

All Atriums have access to their own private rooftop decks with a secure staircase for the ultimate sunbathing and stargazing experience. Lounge seating, a roaring firepit and a daybed, comfortable enough for sleeping alfresco, serve as a remote locale perched between the rugged terrain below and bright,



beaming stars above thanks to the city of Sedona's Dark Sky Association.

The sound of flowing water is ever-present as the site's natural waterways have been reactivated and snake through the red, iron-oxide rich soil to create a natural eco-system using aquatic plants and the water's movement to achieve a biological balance without the use of chemicals.

Upon arrival, guests are escorted through the check-in process by a personal valet who guides them into the upstairs level of the two-story biophilic lobby building to check-in, relax in the lounge and enjoy a complimentary glass of sparkling wine. Once check-in is complete, an elevator delivers guests to the ground floor where they tour the property via an electric vehicle before arriving at their own private Atrium.

Inside the main lobby building are meeting spaces and Velvet Spa, an intimate, five-room spa offering a range of restorative treatments that integrate locally sourced ingredients embodying the transformative healing properties for which Sedona is widely revered.

At the center of the property is the hotel's full-service signature restaurant, Forty1, led by Executive Chef Lindsey Dale who embraces a steadfast commitment to showcasing the Verde Valley's abundance in her seasonal Modern American cuisine. Serving breakfast, which is complimentary, and dinner daily, Forty1 is complemented by The Drifter, an adjacent fast-casual culinary destination housed within a custom Airstream serving lunch and poolside fare daily. At multiple intervals throughout the day, guests can also expect an outfitted beverage and snack ETrikeCo electric vehicle to make its way through the property, offering a range of goodies such as coffee, pastries, breakfast burritos, gourmet snacks, pressed juices, craft cocktails and more.

Right outside Forty1, guests can enjoy the pond-shaped pool and spa ideal for soaking up the Sedona sunshine on warm days or slipping into the heated water in the cooler months. A variety of guest programming rotates seasonally and includes morning yoga, sound healing classes, guided stargazing sessions, poolside films projected onto the custom screening wall, craft cocktail classes and chef's tasting dinners at the outdoor 12-person, custom stone dining table.

With direct access to more than 300 miles of hiking and biking trails in Sedona as well as premier rock climbing, outdoor adventure and recreational activities, Ambiente saw no need for an onsite fitness center and instead encourages guests to explore the outdoors. The hotel boasts exclusive, on-site access to the Adobe Jack Trail system and offers guided tours of the moderate 1.7-mile hike that connects to an additional seven miles of trails renowned for the picturesque scenery displayed along the way. A small fleet of ETrikes, which are street-safe, are also available on a first-come, first-serve basis for guests to tool around town for the day.

Ambiente is an adults-only hotel welcoming guests 21 years and older. Two Atriums are ADA compliant, making the hotel accessible to guests of all abilities. To book an upcoming stay, visit AmbienteSedona.com.

About Ambiente, a Landscape Hotel

A first of its kind in North America, Ambiente, a Landscape Hotel is uniquely designed to blend in with the mystical red rocks of Sedona and give guests the opportunity to experience and embrace the natural beauty that surrounds them in one of the world's most stunning locations. The boutique hotel's 40 cubed-shaped, guest Atriums appear to be floating above the high desert topography as the structures reflect the landscape with the use of bronzed glass and steel piers. With sleek and contemporary design, the hotel embodies elegant minimalism and the utmost in luxurious accommodations. Ambiente is committed to providing a sustainable destination for global travelers that is harmonious with the environment. For more, visit AmbienteSedona.com.

About Two Sister Bosses

Headquartered in Sedona, Two Sister Bosses is a sister-owned and operated luxury hotel development and management company focused on creating one-of-a-kind experiences that are in-harmony with the natural environment. Founded by two Sedona natives, Jennifer May and Colleen Tebrake, the company is committed to the principles of sustainable tourism and bringing new and exciting experiences to the community. Two Sister Bosses is the new generation of a local Sedona family's development company that has operated in Northern Arizona for close to 35 years. Blending contemporary design with innovative architecture, the company's first project is Ambiente, a Landscape Hotel, which is the first of its kind in North America. ❖





Santa's Big Arrival at Scottsdale Fashion Square Signals Start of Season Filled with Good Holiday Cheer

A season filled with good tidings and cheer is kicking off with none other than Santa Claus himself, when the Jolly Old Elf makes his annual debut at Scottsdale Fashion Square's Palm Court. From a series of special Santa experiences and family-friendly events to reward opportunities and seasonal music serenades, there's plenty to help put shoppers in a festive holiday spirit now through Christmas Eve on Saturday, December 24th.

Santa's winter wonderland will once again bring the magic of the season to life, and those who pre-book a visit will receive a free personalized call from Santa powered by the Portable North Pole. Pre-booking saves time in line and helps families make the most of their visit with Santa. Plan your visit and book your photo opp by visiting [fashionsquare.com/SantaPhotos](https://www.fashionsquare.com/SantaPhotos).

Families can wind down each week this holiday season with Festive Fridays, interactive holiday crafting and photo experiences featuring

some of the season's most beloved special guests. The weekly events are free with a receipt showing proof of a Santa Claus photo package or \$20 donation to St. Jude Children's Research Hospital. The special guest lineup includes:

- Dec. 2** – Elf-stravaganza with Buddy the Elf
- Dec. 9** – Snowman Soiree w/ Kristoff and Olaf
- Dec. 16** – Go Green with the Grinch

This holiday season, Macerich is challenging shoppers at its retail centers nationwide, including Scottsdale Fashion Square, to match its \$50,000 pledge for a combined \$100,000 contribution to St. Jude Children's Research Hospital.

Within the local community, shoppers can extend the spirit of giving by answering angel wishes. Scottsdale Fashion Square is once again teaming up with the Salvation Army to host the

Angel Tree program, which runs through December 22nd. Shoppers can pick up wish list tags and drop off new, unwrapped gifts Mondays-Thursdays 10:00 a.m. to 7:00 p.m., Fridays and Saturdays 10:00 a.m. to 9:00 p.m. and Sundays 11:00 a.m. to 6:00 p.m. in the East wing near Sephora.

Additionally, shoppers will be treated to live musical performances by Sam Nelson & Stone in the Crystal Court from noon-3:00 p.m. on December 3rd, 10th, 17th and 19th. Piano enthusiasts will enjoy Music at the Mall when Phoenix Music Teachers' Association hosts their annual concert from 9:00 a.m. to 7:00 p.m. on Saturday, Dec. 10th, in the Nordstrom wing.

A full list of holiday events is available at www.fashionsquare.com/holiday. ❖





Everyone's favorite holiday craft market, Phoestivus, presented by Community Food Connections, is returning for its 13th year in a new location with room for more fun in Downtown Phoenix! The two-day outdoor holiday market kicks off Wednesday, December 14th through Thursday, December 15th, 2022 and will feature more than 200 small businesses, music, live art, delicious food and of course the beloved Phreddie the Yeti. The free event is open to all ages and good pets and features locally grown and produced gifts for a unique shopping experience perfect for holiday giving. The annual premier fundraiser benefits the Downtown Phoenix Farmers Market dedicated to making quality, nutritious food more accessible.

Phoestivus is a free event and is open to the public with donations to the Community Food Bank. The event is December 14th and 15th from 5:00 p.m. to 10:00 p.m. in downtown Phoenix at 720 N. 5th Street. For more information on Phoestivus, visit www.phoestivus.com.

Abrazo Arizona Heart Hospital to Hold Heart Attack Risk Screenings

Abrazo Arizona Heart Hospital, 1930 E. Thomas Road, will offer low-cost heart attack and stroke risk screening assessments on December 13th from 8:00 a.m. to 5:00 p.m.

The screenings check blood flow in carotid and ankle arteries, and includes a simple EKG for heart rhythm, a blood pressure check and overall fitness assessment. A clinician will review results for indications of an individual's risk for heart attacks, stroke or peripheral artery disease.

Called an AngioScreen, the \$59 assessment takes only about 10 minutes. Participants are provided with results that include color ultrasound photos of their carotid arteries, and are encouraged to follow up and share any concerns with their personal physician.

Potential artery blockages and atrial fibrillation have been identified in several participants at previous AngioScreen events, according to Abrazo Health Outreach Manager Cindy Roberts, RN. "We're all busy during the holidays, but why not take 10 minutes to give yourself the gift of good health?" said Roberts.

"The AngioScreen information can be used by participants to share with their doctor and should not replace regular examinations and consultations with their personal physician," she said.

Heart attacks affect more than 800,000 men and women annually in the U.S., and every year, more than 795,000 people in the U.S. have a stroke, according to the U.S. Centers for Disease Control and Prevention.

"This simple, non-invasive screening will provide you with information about your circulation and your risk for heart disease and stroke," said Roberts. "We've had a very positive response to previous events and expect our December 13th screening event to fill quickly."

To register for the Abrazo Arizona Heart Hospital heart attack risk screening event, please call (844) 721-4068 or visit AbrazoHealth.com/events.

About Abrazo Health

Abrazo Health is one of the largest health systems in Arizona, serving the greater Phoenix area with advanced programs in cardiovascular, neurosciences, orthopedics, spine and sports medicine, trauma and emergency services, surgical robotics, general surgery and maternity care. The Abrazo system includes Abrazo Arizona Heart Hospital, Abrazo Arrowhead Campus, Abrazo Central Campus, Abrazo Cave Creek Hospital, Abrazo Scottsdale Campus, Abrazo Surprise Hospital and Abrazo West Campus – along with freestanding emergency centers, primary care and specialty physician practices and graduate medical education programs. For more information, visit AbrazoHealth.com.



Abrazo's AngioScreen checks arterial blood flow, includes a simple EKG for heart rhythm, a blood pressure check and overall fitness assessment. The \$59 assessment takes only about 10 minutes.

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Happy Holidays Biltmore Golfers

By Tina Tombs, The Arizona Biltmore Golf Club



“Set New Goals for Low Scores in 2023”

Make this the season that golf changes for you! Golf season is creeping up on us in the Southwest. Soon most of the country will be waist-high in snow while we will be in short sleeves chasing the golf ball around the Arizona Biltmore Golf Club. We often forget just how lucky we are to live in paradise.

As this golf season approaches, please take five minutes and think about last golf season. Think about what you liked about your game and what you didn't like. Grab a pad and pen and list the top five things you would like to improve about your golf game. Try to think outside the box and answer questions, such as:

- ▶ Was your warm-up routine long enough, was it too short?
- ▶ Did you stretch?
- ▶ Did you hit a few chips, pitches, or bunker shots, and some lag putts before going to the first tee?
- ▶ How well did you manage your skill level on the course?
- ▶ How was your focus and commitment on the golf course?
- ▶ Did you risk too much when playing certain shots?
- ▶ Did bad decisions lead to big numbers and drive up your score?
- ▶ And finally, did you have a golf instructor that you worked with on a semi-regular basis on your swing mechanics, mental focus and preparation? Did you take a playing lesson and review an on-course game plan?

If the answer to any, most, or all of these questions falls into the “no” category, perhaps before this golf season, set some goals and devise a game plan that will address any weak links in your game.

All the areas mentioned above are things I address on a very deep level with my competitive players before their tournament season begins. As a recreational player, we don't expect you to have such a comprehensive warm up. However, who among us wouldn't like to shave a few strokes off our handicap or shoot a career low round this coming season?

Do yourself a favor and pick a few things in the exercise described above. If you don't have a teacher/coach and you truly would like to take your game to the next level, this might be the golf season to enlist an expert to help you. Make this the season that golf changes for you.

Happy Holidays!

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. ❖

Biltmore Area Partnership Holiday Party

Biltmore Area Partnership (BAP) will be hosting a Holiday Charity Party and Annual Meeting on Tuesday, December 13th from 3:00 p.m. to 5:00 p.m. at Biltmore Fashion Park's AXIOM Art Gallery. POMO will be catering with food and drinks. There will be live entertainment with a harpist courtesy of AXIOM.

As in the past, BAP will be supporting a charity, and this year it will be two-fold. Attendees can make a donation to BAP member, Camelback High School, for their Food Bank supporting needy student families. They have expressed a serious need to fill up their reserves for the holidays.

There will also be an opportunity to support Marisol Medina, Principal James Arndt's Assistant, whose baby was diagnosed with cancer this year. With all the expenses she incurred during this time, we would like to be able to help her get Christmas presents for her children this year. Please bring cash, check or a gift card for a store that sells groceries or gifts. ❖



BAP members enjoy a luncheon with Steve Churci, President of the Arizona Restaurant Association



Seasonal Holiday Soaps and More From Olivespa

Just in time for the holidays, the local mother-daughter Olivespa is getting you warmed up for the holidays with their seasonal Olive Oil Soaps that incorporate everyone's favorite festive scents! Crafted by hand and made with from high quality natural ingredients, this is a local gift you can feel extra good about giving to your friends and family.

Seasonal Olive Oil Soaps (\$8) include:

- **Pumpkin Spice** – Blended with pumpkin for its rich nutrient profile, along with several essential oils for skin purification, cleansing and nourishment.
- **Dashing Through the Snow** – A blend of several woody essential oils into this soap to purify and deeply nourish the skin.
- **Peppermint Hot Cocoa** – Packed with antioxidants to leave the skin glowing and rejuvenated!
- **Mulled Wine** – A blend of clove and orange to gently cleanse the skin and put you in the holiday spirit!
- **Apple Cider** – Made with real apple cider with aromatic and earthy essential oils to gently cleanse, purify and nourish the skin.

All soaps are blended with essential oils for skin purification, cleansing and nourishment resulting in clean, fresh, glowing skin. Olivespa believes in the power of nature with no chemical additives.

Also available:

- **Dashing Through the Snow Limited Edition Candle** – Made with refreshing aromas of pine and juniper to bring the snow laden forest right to your home. This soy wax candle is from U.S grown soybeans with no chemical additives, paraffin or petroleum. (\$22).
- **Peppermint Hot Cocoa Lip Balm** – Warm up with this lip balm perfect for the dry Arizona climate, but also ideal for windy, cold conditions. (\$4.50)

Olivespa products are made from high quality natural ingredients and are non-toxic, hypoallergenic, and biodegradable. Produced in small batches so that quality and freshness are never compromised, Olivespa products include lip balm, soap, body oil, body butter, hand salve, lotion sticks, foot balm, baby products, men's products, soy wax aromatherapy candles and more. In addition to being produced and sold at the Olive Mill, the Olivespa also sells their products at the Marketplace at Kierland Commons and online at www.olivespa.com. ❖





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Strategic Amusement Industry Partnerships Pave the Way for Major Fun and Memory-Making at Mattel Adventure Park

Fans of Hot Wheels, Thomas & Friends, Barbie, and other iconic American toy brands will find plenty of fun and fanfare when Mattel Adventure Park, the first-ever Mattel branded theme park, starts welcoming guests in Glendale, Arizona. The new entertainment destination combines the talents of today's top names in attractions, amusements and design. Slated to open in 2023 just south of State Farm Stadium in Glendale, Mattel Adventure Park highlights the full spectrum of the iconic toymaker's portfolio of brands and showcases the contributions of Mattel, Epic Resort Destinations (Epic), and other major industry trailblazers.

Epic knew there was an opportunity to collaborate and innovate with Mattel to develop world class branded attractions upon seeing Mattel's IPs brought to life in other location-based entertainment projects. To help bring the vision to life, Epic chose Super 78 to support the destination's creative direction. Aiding with everything from the interactive design and media production for the park's Thomas Adventure Train: Treasure Hunt™, which allows families to talk to Thomas and his friends before embarking on a journey on a real-life electric Thomas the Tank Engine to Hot Wheels Unleashed 4D Ride multi-media attraction, which takes guests behind the wheel of a custom-designed Hot Wheels car in a thrilling 4D motion experience.

Chance Rides, an all American-based rollercoaster and classic ride manufacturer, worked with Epic to create high-tech coasters and rides based on toys, from two Hot Wheels rollercoasters, Hot Wheels Twin Mill Racer and Hot Wheels Boneshaker: The Ultimate Ride, to a fully electric Thomas & Friends train ride. Additionally, Epic chose to engage Zamperla, a cutting-edge, Italy-based amusement ride company known for its iconic coasters and thrill rides for children and adults, adding five family-friendly amusement rides to the Mattel Adventure Park's Thomas & Friends World of Sodor™.

"We share a pioneering vision in collaborating with Mattel to develop a world class primarily indoor theme park destination," said Epic Resort Destinations President Mark Cornell. "Our key to an innovative and impactful park design has been fully leveraged through strategic partnerships, teaming with industry leaders like Mad Systems for their award-winning audiovisual design and interactive integration capabilities; Daniels Wood Land for iconic attractions theming and fabrication and Lightswitch, illumination experts implementing cutting-edge solutions for all of our attractions from rollercoasters to our one of a kind, four level Hot Wheels Go-kart track. The output of these partnerships has enabled us to create an extraordinary immersive branded theme park experience."

For more about Mattel Adventure Park, please check out MattelAdventurePark.com. ❖



Amazon Gifts for Him!

Are you looking for some last minute gift ideas for the guy in your life? Here are some awesome products whether you're shopping for your husband, dad, brother or friend!

TheraICE RX Headache Relief Cap

Price: \$34.95

18K Amazon reviews!

This best-selling Headache Relief Cap is a game-changer. The Headache Relief Cap is always seconds away from relieving even the most brutal headaches. Compression and cold therapies constrict blood vessels and reduce inflammation, helping mute pain signals. It works on all types of headaches (common tension, sinus, cluster, and migraine). Heat therapy relaxes muscles, melting tension into pain-free relaxation and the pillowy, cloud-like fabric gently cushions pressure points.



WHATEVER Party Game

Price: \$24.99

800+ Amazon reviews!

WHATEVER is a unique, awkward and embarrassing party game. WHATEVER is easy to learn and quick to play with laughs a plenty. Boundaries will be tested! Challenge yourself to complete a task on your own or participate in a Showdown against other players. The first to complete five cards is the winner! For ages 17+ with adult themes.



STNKY Washable Laundry Bag

Price: \$30.00

400+ Amazon reviews!

STNKY Bags are the best way to sort, store, carry, wash and dry everything from sweaty gym clothes, laundry when you travel, scrubs, and just about anything else that gets dirty or sweaty. STNKY Bags lock in those germs and smell from your gear while you go about your day. Then, when it's laundry time, there's no need to touch your dirty stuff. Just open the bottom zipper, turn the bag inside out and your STNKY Bag becomes a wash bag. Throw it in the washer and dryer, bag and all, and you'll be ready to go again!

Thena Natural Wellness - Foot Balm

Price: \$29.00

2.1K Amazon reviews!

Know a guy on their feet all day? Thena Natural Wellness creates products that are refreshing and soothing. Their Tea Tree Oil Antifungal Foot Balm is an all around effective homeopathic remedy and skin healing ointment that helps relieve dry cracked feet while providing maximum protection & prevention.



NOMATIC Travel Pack 20L

Price: \$299.99

400+ Amazon reviews!

The NOMATIC Travel Pack 20L was designed for everyday use and for those shorter 1-3 day trips. It's made with durable, water-resistant materials and YKK zippers. Starting at 20L and expanding to 30L, this bag is slim but expands when you need to pack more. The patent pending strap system allows you to go from backpack to briefcase carry for those times when you need to look more professional.



TheraICE RX Hot & Cold Compression Sleeve

Price: \$34.95

4.5K Amazon reviews!

Better muscle recovery results are a goal for those that work out or play sports. The TheraICE RX Compression Sleeve provides immediate relief. The product applies hot and cold therapy, working well on all injuries or simply recovery. Adapts to comfortably fit different body areas, including the knee, elbow, bicep, hamstring, thigh, quad, calf or ankle.



For more information on these products, visit [amazon.com](https://www.amazon.com). ❖



Photo Credit Jenn Duncan

Ring In the New Year with Boujee Board & Bottle at Postino

With 2023 right around the corner, it's time to get your New Year's Eve agenda in order! Channel your inner bad and boujee self with Postino Wine Café's Boujee Board & Bottle special. Get festive and dress to the nines to enjoy a board of bruschetta and a bottle of premium sparkling wine for \$75 from 5:00 p.m. to midnight. Think Postino's iconic bruschetta board that many know and love, now paired with deluxe bubbles for one night only. So, grab that special gang you want to countdown to midnight with, and toast to the New Year. Reservations can be made for up to 15 people through www.postinowinecafe.com or by calling the restaurant.

Arizona's original local wine café, Postino began 21 years ago with a vision and some homegrown determination. After renovating the historic Arcadia Post Office Building, the partners built a foundation with unique, approachable wines; simple, delicious food prepared with local ingredients; and a warm, edgy culture that brings everyone together. Today, Postino continues this tradition with twenty unique locations, each set in historically relevant buildings integral to the neighborhoods that surround them. Visit www.postinowinecafe.com for more details. ❖

New Year's Eve at Roaring Fork

Toast to another year with a delicious meal at Roaring Fork this New Year's Eve, Saturday, December 31st beginning at 4:00 p.m. Chef will be cooking up a specialty Lobster and Steak offering in addition to seasonal menu items available that evening only.

Guests are welcomed by the warm, rotisserie fire and the outdoor fireplace while indulging in signature menu items such as the Wood Grilled Premium Center Cut 8oz Filet Mignon; Sugar Cured Duck Breast; Braised Beef Short Ribs; Double-Cut Pork Chop and Cedar Planked Salmon. Toast with the crowd favorite, a huckleberry margarita, a classic martini, a Manhattan, or a glass of wine.

Roaring Fork's Wood Fired Cooking captures the spirit of bold American cuisine, creating flavors that crackle with a rugged edge. In the Old West, the best food was prepared on a simple wood fire. This same spirit, freshness and flavor are at the heart of every dish served at Roaring Fork. Select from lamb, chicken, beef, pork and fresh fish entrees all perfectly prepared by wood fire rotisserie, open flame grill or wood oven roasting.

The Steak and Lobster special is \$68.00; a la carte menu items vary.

Roaring Fork is located at 4800 N. Scottsdale Road in Scottsdale. For reservations, please call (480) 947-0795 or visit the website at www.roaringfork.com. ❖

Clarendale Arcadia Opens Phase One of Senior Living Rental Residences Offering Luxury Amenities and Dedicated Hospitality

Clarendale Arcadia, the latest luxury senior living community, has opened Phase I of their residences with a move in date of December 5th, 2022. This first phase includes some independent living residences and all assisted living and memory care residences.

Located close to the southeast corner of Camelback Road and 32nd Street near the historic Arcadia neighborhood, Clarendale Arcadia offers panoramic mountain views at the 347,346-square-foot property, featuring 248 luxury senior apartment homes. Clarendale Arcadia features tailored lifestyles to fit each resident with high-end amenity offerings.

“Our approach to luxury senior living is to evoke high-end comfort with touches of home as a rental, not buy-in or life-plan,” said Executive Director Stefanie Smith. “This lifestyle paired with breathtaking views from all five levels and multiple one-and two-bedroom floor plans, allow our residents to live the maintenance free setting they prefer, as well as move through the continuum if and when they may need a higher level of care such as assisted living or memory care.”

This five-story urban community is a \$104 million development offering 140 luxury senior independent living residences with one- and two-bedroom floor plans, 68 assisted living and 40 memory care apartments. Independent living residences range from 694 square feet to 1,709 square feet, assisted living residences range from 498 square feet to 1318 square feet and memory care residences are all private.

Residents have several options for floorplans and can expect designer finishes with upscale fixtures, pendant lighting, quartz countertops, soft-close cabinetry, stainless steel appliances and luxury vinyl plank flooring, perfect for living or entertaining guests. Patterns and colors were thoughtfully created to aid in comfort and peacefulness, memory retention and wayfinding.

Clarendale Arcadia was designed as a timeless, resort-style experience, so residents can expect opulence inside and outside their homes. The Copper and Sunset Terraces that make up the second-level amenity deck are unmatched, where residents can enjoy time by the resort-style heated pool, yoga in the outdoor fitness area, or test their skill on the putting green. They can walk their dogs in this pet-friendly community and can enjoy their very own private dog park. The Mountain Vista Community Room on the fifth floor is a fantastic common/multi-use space with floor-to-ceiling windows that showcase views of Camelback Mountain, Mummy Mountain and Piastewa Peak.

“Residents can expect to maintain a lifestyle of luxury revolving around their individual tastes, peppered with the richness of resort style hospitality in an independent atmosphere,” said Smith. “We can appeal to those who prefer the freedom of independent living, to customized care in assisted living or memory care to enable them to prolong their independence.”

Residents at Clarendale Arcadia will also experience a full life enrichment/activity program, transportation options, three dining venues from casual to elegant dining, a full-service salon and an unwavering commitment to engaging mind, body and spirit.



“From our highly-sought after location, minutes from luxury shopping and dining, to our unparalleled community amenities, Clarendale Arcadia offers a worry-free lifestyle for area seniors looking for the best in senior living,” said Smith. “Our ultimate goal is to foster community and social activity in an up-scale worry free atmosphere for residents to enjoy during this stage of their lives.”

Clarendale Arcadia is a joint venture between Life Care Services, Harrison Street and Ryan Companies. The partnership entered into a long-term ground lease with the landowner, LAKO. ORB Architecture LLC is the project architect.

“I am extremely proud of our collaboration to deliver this breathtaking development that will bring high-quality living options to seniors in the Arcadia area,” said Amy Weishaar, National Director of Development Management, Multifamily and Senior Living at Ryan Companies. “This project is another proud accomplishment and one of more than 50 senior living communities throughout the country that Ryan Companies has been a part of. We are thrilled with the completion and look forward to hearing about the wonderful memories that residents will make there.”

The community will be managed by Life Care Services, An LCS Company – which ranked highest in customer satisfaction among Independent Senior Living Communities in the J.D. Power U.S Senior Living Satisfaction Study for the last three years consecutively.

Senior living communities managed by Life Care Services also benefit from EverSafe 360°, which was specifically designed to ensure the safety of all residents, staff and visitors to the community with a multi-faceted approach to cleaning, disinfecting and sanitizing the living and work environment.

Phase II of Clarendale Arcadia is planned to open in the Spring of 2023. For more information about Clarendale Arcadia, visit www.clarendalearcadia.com or call (480) 573-3700. ❖



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Get Sleighed This Season at Culinary Dropout Tempe's First-Ever Holiday Pop-Up Bar

This holiday season, Culinary Dropout Tempe, a hot spot for genuine food and drinks from Fox Restaurant Concepts, is debuting Bar Blitzen, its first-ever holiday pop-up bar.

Located at The Coop within Culinary Dropout Tempe, the limited-time bar is destined to be a memorable and festive experience complete with very merry cocktails, over-the-top décor and endless opportunities to get sleighed with holiday fun. Guests can spend the evening sipping on I-can't-believe-I'm-not-in-the-North-Pole cocktails such as the Junior & Mrs. Mint with vanilla-infused vodka, creamy white chocolate and peppermint schnapps or toast to a holly-jolly time with a Polar Espresso-Oh Martini with espresso-infused vodka, cold brew and Spanish vanilla, served up.

Bar Blitzen goers can also indulge in all their classic Culinary Dropout favorites, including the Soft Pretzel & Provolone Fondue or BBQ Pork Belly Nachos. Plus, with yard games just outside The Coop doors, guests can enjoy some spirit-filled competition on the corn hole field alongside their holiday beverages.

Additional Details

Bar Blitzen – 149 S. Farmer Ave. Tempe

Open through Monday, January 2nd starting at 4:00 p.m.

Bar Blitzen will be closed on Christmas Day.

No reservations are required, walk-ins only.

Visit www.culinarydropout.com/locations/tempe-az/ for closure dates due to private events. For more information about space buyouts, visit, www.foxrcevents.com/location/culinary-dropout-tempe.



December Holiday Catering Menu EAT by Stacey Weber

EAT by Stacey Weber is offering two special holiday menus. The ready-to-serve, family-sized holiday menu feeds four and includes all the spices and staples of the season! EAT also offers items that are gluten-free and dairy-free.

Pre-orders will be available through Wednesday, December 21st until noon and will be ready for pick up on Saturday, December 24th until 2:00 p.m. EAT's regular order-ahead menu is also available by visiting the website at www.eatbystaceyweber.com.

Complete holiday menu items and pricing include:

Southwest Menu (serves 4)

Chips, Guacamole, Fire Roasted Salsa - \$30

Pasole with Lime Wedges, Cotija, Cilantro and Jalapenos - \$24

Stacey's Famous Chicken and Rice Enchiladas - \$50

One Dozen Green Chili and Cheese Tamales - \$42

Traditional Holiday Menu (serves 4)

Appetizers + Small Bites

Lump Crab Cakes with Tarragon Citrus Aioli (Gluten-free and dairy-free) - \$50

Cordon Bleu Chicken Meatballs, Creamy Dijon Sauce - \$38

Orange Spiced Mixed Nuts - \$20

Salad

Kale and Romaine Caesar with Focaccia Croutons, Crispy Capers, Marinated Tomatoes, Lemony Caesar Vinaigrette and Fresh Shaved Parmesan - \$36

Sides

Yukon Gold Whipped Potatoes - \$30

Caramelized Onion and Spinach Bread Pudding - \$36

Honey Roasted Delicata, Feta, Pomegranate - \$36

Orange Broccolini with Toasted Almonds - \$36

Entrees

Rosemary + Black Pepper Beef Tenderloin with Horseradish Crème - \$128

Creamy Garlic Prawns with Fresh Herbs - \$88

Dessert

Peppermint Flourless Chocolate Cakes - \$30

Shimmery Frosted Sugar Cookies - \$30



Batch Cookie Shop Launches Holiday Gift Card Bonus

Batch Cookie Shop is mixing up a sweet deal for holiday gift card givers. Through Christmas Day, guests that purchase a gift card in any amount will receive a second gift card in that same amount for free (up to \$200, total)! Talk about getting more bang for the buck!

Gift cards are available for in-store purchases; not valid catering orders. For more: batchcookieshop.com.



Tips for Guilt-Free Holiday Eating From Abrazo



It's no secret that many Americans gain a few pounds during the holiday season. Parties, high-calorie beverages and extra sweets make it hard to stay the course when healthy eating is your goal. Obesity increases health risks because of the diseases and conditions that are commonly associated with it, such as type 2 diabetes, hypertension and cardiovascular disease, among others.

Those who are committed to meeting weight loss goals can get through the celebrations without feeling deprived, according to healthcare providers at the Abrazo Health Medical and Surgical Weight Loss program. Katie Duncan MD, Medical Director of Obesity Medicine at Abrazo, offers a few tips for getting through the holidays.

"Eat a light meal high in protein before you go to the party. If you arrive hungry, you're more likely to make poor food decisions," said Dr. Duncan. "When you're snacking, use a small plate to encourage smaller portion sizes. Small portions mean you are less likely feel deprived." The holidays mean lots of tempting foods, but fill your plate with veggies first to help feel full.

Consider what you are drinking. "The average glass of wine has about 150 calories, which means that you'll need to eat that many fewer calories of food. Another option would be to add an extra mile of steps to your exercise routine on the days you know you're going to imbibe," she said.

Decide before you go whether you're going to sample the sweets. Moderation is key with all the cookies, pies and cakes around the holidays. If you choose to forgo dessert, stay as far away from the dessert table as possible, said Dr. Duncan.

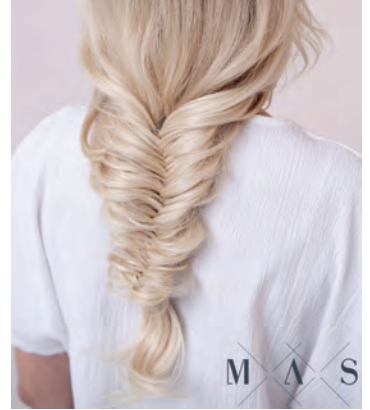
At all of the parties with the rich foods, if you happen to eat or drink more than you told yourself you would, the good news is you can always start fresh the next day. With a few strategies and commitment to maintaining a healthy weight, you'll have even more reason to celebrate.

The holidays are often a time when people struggling with obesity seek professional advice on the right course for achieving weight loss, said Dr. Duncan. "Help is available. An obesity medicine specialist can guide you a thorough evaluation for medical problems related to weight, screen for eating disorders, evaluate behaviors related to eating, review stress and sleep patterns, and other testing," she explained. "After an evaluation, you receive evidence-based counseling on how to optimize your nutrition, physical activity and treatment options."

For more information on the Abrazo Medical and Surgical Weight Loss Program, visit AbrazoHealth.com. ❖

From Office to Play this Holiday Season Tips from Mane Attraction Salon

Struggling on changing your look from office to play? "No need to compromise on your style or flare especially when you wear a Fishtail Braid," Sye South, Sr. Master Stylist, at Mane Attraction Salon shares. A Fishtail Braid has intricate strands woven that is quite easy to achieve. It can give you two looks consider; Sleek and refined for the office and whimsical for that evening out on the town. Start with damp hair and a quarter size amount of gel in the hair to give hold and shine prior to braiding creating a clean and modern feel. As you transition to your evening out, simply deconstruct the braid to create volume and a whimsical effect, mist with hairspray. The Professionals at Mane Attraction Salon walk us through step by step on how to create a fishtail braid.



Fishtail Braid ~ Skill Level: Easy Time Requirement: 10-15 minutes

Step 1: Split the hair into 2 equal strands, holding each section in a hand.

Step 2: Grab a tiny subsection of hair on the right side of the right strand.

Step 3: Cross the small section over and combine it to the left strand.

Step 4: Grab a tiny subsection of hair on the left side of the left strand.

Step 5: Cross the small section over and combine it to the right strand. Repeat steps 2-5 till you reach the bottom

Secure with hair tie.

With this braid you'll feel confident creating an elevated look for that holiday outfit you chose. The stylists at Mane Attraction Salon are on stand by for any of your events and hair needs. The MAS Pros can help with the heavy lifting of creating your ideal look for this holiday season. It takes the stress away!

Mane Attraction Salon is located in the Biltmore Plaza at 3156 East Camelback Road in Phoenix and is open Tuesday through Sunday. To book an appointment, please call (602) 956-2996 or you may visit www.maneattractionsalon.com. ❖

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ActivatedYou Morning Complete is a potent dietary supplement blend that is designed to support your gut health and overall wellness with its custom-selected blend of essential nutrients. Containing eight unique wellness support blends in one serving, ActivatedYou Morning Complete can help regulate your digestive health and help manage stress levels for a happier, healthier life.

ActivatedYou Morning Complete comes in two flavors, Apple Cinnamon and new Citrus Medley, that are both made to be mixed in water or your favorite cold beverage. This dietary supplement can simply be added to your daily routine as a complete 'wellness in a glass,' thanks to its blend of powerful energizing ingredients that boost daily energy levels. ActivatedYou Morning Complete's eight wellness blends consist of hand-selected nutrients to help keep your spirit lifted, help your body protect itself against oxidative stress, and support healthy liver and cell functioning. Morning Complete also contains prebiotic and probiotic blends that work to help regulate the beneficial bacteria in your body, as well as replenish it for digestion support. Formulated with a busy life in mind, ActivatedYou Morning Complete contains the optimal blend of adaptogens, antioxidants, green superfoods, and probiotics to promote a better sense of wellbeing and relaxation while supporting your gut.

The suggested use of ActivatedYou Morning Complete is to mix a scoop of the delicious easy-dissolve powder with any drink of your choice. Maggie Q and ActivatedYou suggest mixing with 8oz water or iced green tea.

Where to Buy ActivatedYou Morning Complete

ActivatedYou Morning Complete can be purchased on the ActivatedYou website for the cost of \$79 with a 90-day money-back guarantee. To order or for additional information, visit <https://activatedyou.com>.

About Maggie Q

As a health advocate, animal rights activist, the founder of fitness apparel brand Qeep Up, and actor — best known for her roles in Nikita, Designated Survivor, and Mission: Impossible III — Maggie Q uses her name to advocate for those in need. Maggie's personal health struggles led her to do extensive research in the world of nutrition and that's what inspired her to create her own line of wellness supplements, ActivatedYou. In her latest onscreen project, Maggie Q stars in the 2022 FOX comedy series, Pivoting. For more news, follow @maggieq. ❖



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Dear Neighbors...

As a local business, we could not be more appreciative of the neighborhood support that we continue to receive year after year. This marks the ninth year in a row that we have been the Biltmore's #1 team in units sold and sales volume. Our growth has been fueled by neighbors like yourself who have referred and championed our business from day one. We are truly humbled by the support and we will continue to keep our promise of being "Relentlessly Local."

In 2023, we expect to see a robust 1st quarter that will be punctuated by the Phoenix Open and Super Bowl which takes place on February 12th. Further into the year, we believe that the market will continue its normalization especially into the summer months where we will experience more seasonality than we have recently.

As this "new normal" evolves, the market will prove to be difficult for those that aren't armed with up to date trends, data, and sales tactics at a hyperlocal level. At The Brokery, we have all of the marketing firepower and local knowledge to help you beat the market. We are as local as it gets. If you have any questions going in to 2023, we are always around and ready to assist.

Thank you again for a phenomenal year and we look forward to seeing you around the neighborhood in 2023.

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