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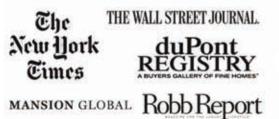




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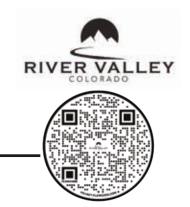
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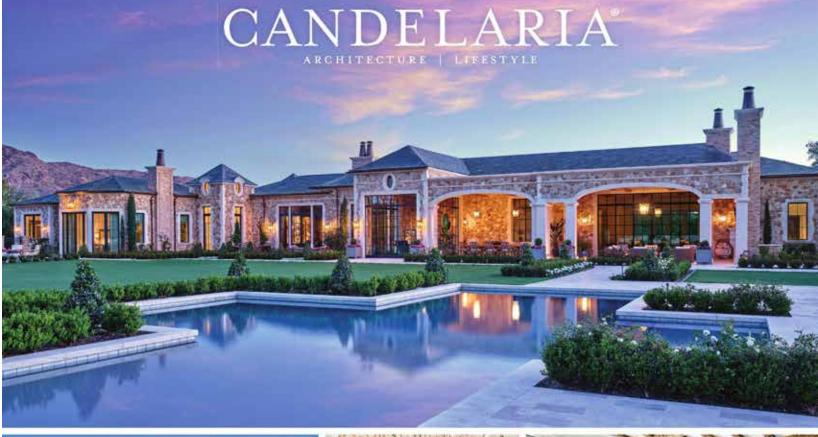
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publisher's notes By Britt Bennett

# "One Wish" a christmas story

#### When was your favorite Christmas?

If you're like me, two sets of memories come to mind: the joy of receiving gifts when you were a child...and the joy of giving gifts after you became an adult. This story is about the favorite gift I ever gave.

Middle children come into life with their own set of challenges, and my daughter Maiah was no exception. Chatty and cheerful as a toddler, she became quiet and withdrawn in pre-adolescence. At her church youth group, she wore an orange baseball cap she had swiped from her brother, pulling it down low to hide her face. She wore drab, baggy clothes and stayed apart from the Maiah and Millie would leave our Colorado ranch on summer other youth. At home, she would read incessantly, and draw with an other-worldly talent. At home, she would dream wildly, and days, disappearing for hours into the forests and hills. Later, as an adult, she would confess: "Dad, you have no idea how many when she dreamed, she dreamed of owning a horse. times I fell off Millie. I didn't want you to worry."

Dad's answer: "No, Maiah, of course, you can't have a horse. Do you have any idea how much they eat? How much the vet bills would cost?"

But inside, I quietly plotted. And when Christmas came, and the My pre-adolescent girl became a teenager. She spent less time gifts had been opened, there was one small envelope still perched on the tree, the last present to be opened, and it had Maiah's with Millie. The Crash of '08 came and we lost our ranch. We moved to an apartment in the city and gave Millie away to a camp name on it. for troubled children, where she continued her role of brighten-Unsuspecting, my 11-year-old daughter tore open the card and ing young hearts.

read the words: "One Wish."

She was silent for a moment. Then, "Really, Dad? Really? I mean, really, really?"

"Yes, Maiah."

"Really?" she kept asking.

Her wildest dream had caught her off-guard.

We bought the very first horse we visited. "Millie" was her name— a mottled, cream-colored horse barely taller than a pony. The man who sold her to us called Millie ugly, but in Maiah's eyes, God had never made a more beautiful creature.



I can picture her now, riding bareback, jumping logs, grooming her horse, the two of them whispering to each other in a love language only they could understand.

Today, Maiah is an artist in California. Millie? I don't know if she is still alive.

> But one memory is still alive in my heart to this day: "Really, Dad? Really? I mean, really, really?"

May the joy of giving be part of your life this Christmas.







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of clients and they are intentionally focused on providing friendly, exceptional service, working with clients to develop and implement a custom-tailored financial plan.

David is a fiduciary to Boulder View Capital's clients; being a fiduciary means he owes clients a duty of care and a duty of loyalty, always placing client interests before his own. David's goal with clients is the honest, clear, and straightforward delivery of investment advice. David works with clients to provide a comprehensive set of services including financial life planning, budgeting, and spending evaluation, portfolio implementation, insurance assessment, and risk mitigation, and coordination with other tax, legal, and accounting advisors.

David has more than 35 years of experience in investment management and financial planning, retirement plans, employee benefits, insurance, and risk management. Over the course of his career, David has worked with clients ranging from large pension funds, endowments, and foundations to high-net-worth individual clients. He earned degrees in Aerospace Engineering (BS, University of Michigan) and business administration (MBA Finance, New York University). David previously worked at large

BOULDER **VIEW CAPITAL David and Bonnie Feldman** 

David and Bonnie Feldman are the founders of Boulder View Capital, a financial planning and investment advisory firm. They launched the firm to serve a select group MetLife, and at small firms, two of which he co-founded. The common theme across all these firms is working with clients to plan for and address investment goals.

financial firms including Chase Manhattan Bank, Dreyfus, and

David is happily married to Bonnie, his wife of more than 30 years. Together, they raised two beautiful, smart, and accomplished daughters who have gone on to their own careers in law and medicine. David is a dedicated reader, fervent Michigan football fan and enjoys golf, playing guitar, and listening to music.

Bonnie joined Boulder View Capital as Director of Client Services after more than 30 years of customer service. In this role, she is responsible for all aspects of client management, coordination of solution delivery and operations, and supporting the company's efforts to continuously exceed client expectations.

"I am so excited to join Boulder View Capital as the Director of Client Services where I can have a positive impact on client interaction," Bonnie says. "My favorite aspect over the course of my career is the actual contact with the client, really listening and being hands-on and very invested. I look forward to continuing that quality of service here."

As a transplanted "Jersey girl" and now a proud "Creeker," Bonnie enjoys reading, cooking, and spending time outdoors. Both she and David have been vacationing in Arizona for 30+ years and decided to move west permanently to enjoy the incredible weather.

David and Bonnie are excited to introduce themselves and their capabilities to you and want to emphasize the following principles that guide Boulder View Capital and their relationship with each client: integrity, independence, transparency, and stewardship.



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WELLNESS CENTER Miranda Armenta

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Miranda has been teaching Pilates in Scottsdale, AZ, since 2006. She started as a Personal Trainer and Director of the Personal Training Department

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at a large National gym chain before being introduced to Balance Body and Pilates. She fell in love with Pilates and opened up her first stand-alone Pilates studio (Mirapilates) in old town Scottsdale in 2008. Her Pilates expertise has grown over the last decade and she has expanded her practice to an even larger and more diverse clientele around the world. Miranda Armenta strives to give each client the best and most comprehensive workout Pilates can offer.

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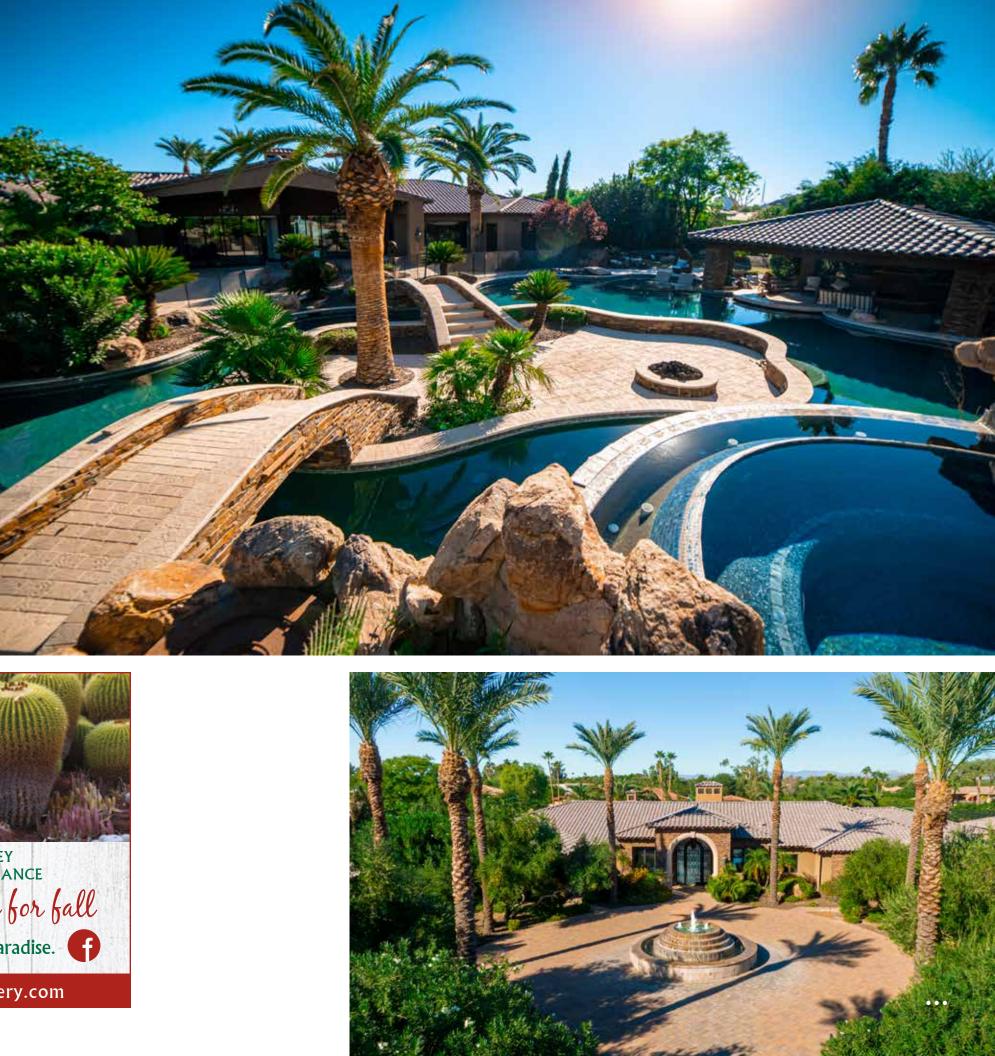
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- 3. Get a full application of eyelash extensions.
- Exfoliate dry skin with either microdermabrasion, dermab-4. lade, or chemical peel.
- 5. Improve the texture fine lines and pore size with a Vivace skincare treatment.
- 6. Receive Botox and filler injections for reducing wrinkles and adding volume to hollow areas.
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Charitable Giving Considerations **for 2021** 

**financial** fitness By **David N. DeNitto**, CRPC®, CFP®

If the COVID-19 pandemic's far-reaching impacts have you look-<br/>ing to enhance your charitable giving, be sure to remember these<br/>tax-related considerations for 2021:Qualified Charitable Distribution (QCD). For taxpayers age<br/>70½ or older, a QCD allows you to gift up to \$100,000 per year<br/>directly from your IRA to qualifying charities.

Cash gifts. A special rule for this year allows taxpayers who do<br/>not itemize deductions to claim up to \$300 (\$600 for joint filers)QCDs are tax-free distributions and count toward satisfying your<br/>required minimum distribution (RMD). Remember that, while<br/>RMDs were waived for 2020, they must be taken for 2021.





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Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC, a registered broker-dealer and non-bank affiliate of Wells Fargo & Company. © 2020 Wells Fargo Clearing Services, LLC. All rights reserved. CAR-0720-03330 If you do itemize, cash contributions to qualified charities in 2021 might be used to offset up to 100% of your adjusted gross income (AGI) (60% of AGI for cash gifts to a donor-advised fund or 30% for cash gifts to a private foundation).

This means that if you're in a position to make generous gifts, you may potentially offset all of your taxable income. In addition, cash gifts could be used to offset Roth IRA conversion income or capital gains realized upon the sale of real estate or a large position in a single investment.

If you're unable to itemize but would like to, evaluate the possible impact of bunching several years' worth of charitable contributions into one year. This may increase your itemized deductions above the standard deduction threshold so you can potentially receive a tax benefit for those gifts. Review your income and deductions for the current year and the next few years with your tax advisor to determine what is the best timing for those bunched contributions.

No deduction is allowed for a QCD since the distribution is not taxable. This strategy is beneficial if you will not itemize deductions this year. It could also help you control your AGI, which is used to determine many tax-related limitations.

Note that the amount of the QCD you are able to exclude from your income is reduced by any deductible IRA contributions you make in the year you reach age  $70\frac{1}{2}$  or after.

**Stock gifts.** Gifting stock directly to charity rather than selling it and contributing the proceeds provides a current tax benefit if you itemize deductions. In addition, it lets you avoid capital gains taxation on the stock's appreciation if it increased in value while you owned it. Deductions for stock gifts are limited to 30% of AGI when contributing to public charities.

Before employing any of these strategies, please contact your tax and financial advisors to help provide the best outcome.

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# How to *Reduce* Commissions When **Buying Mutual Funds**

## **good** ideas for my paradise valley neighbors

By Resident Contributor Mike Cummiskey, CLU®, ChFC®, RICP®, CFF®, CPFA

Mutual funds are simply portfolios of investments - stocks, bonds, or both - selected to meet a defined investment objective. There are thousands of mutual funds and their objectives vary greatly, so you can select growth funds, value funds, bond funds, blends, or thematic funds such as ESG funds. Fund companies offer a variety of options when it comes to purchasing them.

One of these options is a standardized front-end sales charge to compensate brokers in commission-based accounts. These are referred to as 'A' shares of the fund, and the sales charge is immediately deducted from your investment upon purchase.



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You may be surprised that Morningstar's "Descriptions of Share Class Types," describes "A-shares" as "usually the most cost-effective for long-term investors using a commission-based broker." Why? Because if you're going to buy and hold the investment for several years, it may be most cost-effective to pay the one-time sales charge on the initial investment, get it out of the way.

Chances are, you may own A-shares from one or more major investment firms such as Fidelity, American Funds, T. Rowe Price (or hundreds of other providers). What I wanted to share is how to potentially reduce your commission expenses in these types of accounts.

#### **Reduce Commissions Using Breakpoints**

Breakpoints are simply a standardized schedule of reduced sales charges based on the amount invested with the mutual fund company in total, not just one of their funds. For example, most stock mutual funds may charge 5.75% up to a \$25,000 purchase. However, the entire sales charge is reduced the more you invest with them. If you are buying several funds from one fund company, you can add all of them together to determine your breakpoint.

Breakpoints are commonly offered at \$25k, \$50k, \$100k, \$250k, \$500k, and \$750k. At \$1,000,000 sales charges are usually 0%.

If you invested \$25,000 of A-shares with 4 different mutual fund companies, the commission on each would be about 5.00% or a total of \$5,000. If you aggregated those with a single mutual fund company using comparable funds, the sales charge would reduce from 5.00% to 3.50% because of the breakpoint at \$100k. That savings of about \$1,500 would be invested rather than deducted for sales charges.

If you can commit to making additional investments within 12 months to reach a breakpoint, you can also qualify for the reduced sales charge immediately with a 'letter of intent' or 'rights of accumulation.' However, if you fail to make the additional investment, there will be an adjustment to your

account after 12 months to what would have been the correct sales charge.

#### Magnify Breakpoints by 'Householding'

Householding is frequently overlooked and enables investors to aggregate several family members' accounts to qualify for larger breakpoints when purchasing mutual funds. If your immediate family owns mutual funds with the same mutual fund provider such as Fidelity or American Funds, you may be able to aggregate them for breakpoint purposes.

For example, if you have substantial holdings with a mutual fund company and want to open 4 new 529 college savings accounts for your grandchildren, you may significantly reduce the sales charges through the use of householding. Why pay 5.75% when you open 4 small accounts at \$5,000 each when you may save hundreds of dollars in sales charges by householding your other accounts with the same mutual fund firm? And the reduced sales charges mean more money invested for the benefit of your grandchildren.

Sometimes householding is overlooked when your investment accounts are scattered between different brokerage or advisory firms, or funds held directly with a mutual fund company. Make sure the broker or adviser you are working with is aware of your other holdings so they can best advise you with regard to householding, breakpoints, and reducing your over costs of investing.

#### **Take Advantage of Mutual Fund Exchanges**

If you want to sell a fund in your portfolio, you don't necessarily need to sell it in your brokerage from fund company A and buy it from Company B and pay another sales or ticket charge. If the original fund company has extensive offerings, and there is a fund there that meets your investment objective, consider just exchanging it. That way you avoid sales or transaction charges.

Many claim "commissions are bad," but sometimes ongoing feebased investing isn't in the best interest of the client either. The truth is there's a lot of nuance to investment product and account pricing. Aligning those with the best interests of clients is of great value and a central duty of your financial professional.

Mike Cummiskey, CLU<sup>®</sup>, ChFC<sup>®</sup>, RICP<sup>®</sup>, CFF<sup>®</sup>, CPFA is the owner of Paradise Valley Wealth Management, Inc., 5401 East Sapphire Lane, Paradise Valley, AZ 85253. 480-483-3156. He and his family have been residents of Paradise Valley since 1992. Mike has served on Town Committees and has co-sponsored the "Safely Shred" events with the Paradise Valley Police Department since 2014. You can learn more about Mike at www.pvwealthmanagement.com.

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# PARADISE VALLEY MARKET INSIGHTS

The Greater Phoenix housing market is cooling, but it is far from cold. Putting the last 10 months into perspective from January 2021 to the end of October 2021, the overall supply of single-family residences in Paradise Valley has declined 18.5% and year-over-year we are down 34% in supply. Let's just say that it has been good to be a seller. While inventory remains an issue, there are indicators that demand is also cooling. Homes are beginning to sit on the market a little longer and there has been an uptick in price adjustments. Have we peaked? That is the million-dollar question. We are still seeing growth in price per square foot, but nowhere near the pace we saw earlier in the year. What we can agree on is that if you are planning to list your home and take advantage of this market, homes that have been updated and modernized are the homes that are selling quickly and for top dollar.

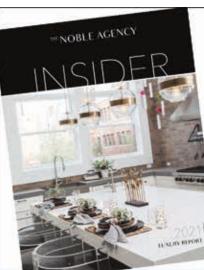
## LUXURY INDETAIL

A detailed look at PV Luxury Home Sales January 2021 through October 2021 Single Family Residences

	# CLOSINGS	AVERAGE PRICE/SF	AVG DAYS ON MARKET	SALE TO LIST PRICE %
\$1,000,000 - \$1,999,999	131	\$462.46	91	100%
\$2,000,000 - \$2,999,999	163	\$508.61	88	97%
\$3,000,000 - \$3,999,999	94	\$571.39	128	97%
\$4,000,000 - \$4,999,999	36	\$650.58	89	98%
\$5,000,000 - \$5,999,999	23	\$713.24	164	98%
\$6,000,000 - \$6,999,999	20	\$779.36	153	97%
\$7,000,000 - \$7,999,999	13	\$887.42	134	98%
\$8,000,000 - \$8,999,999	4	\$896.35	114	96%
\$9,000,000 - \$9,999,999	2	\$969.63	17	97%
\$10,000,000 - \$14,999,999	8	\$1,015.73	266	96%
\$15,000,000+	1	\$1,600.00	75	96%

# TRENDS IN LUXURY

The holidays are upon us and many of us are eager to gather and create new memories with family and friends. Whether you're re-imagining traditions or returning to your favorites, these trends are sure to help your holiday season shine bright. #1: Classic holiday palettes are getting a vibrant, modern makeover, and neon, pastel, and jewel tones are at the top of the list. #2: Setting a show-stopping tablescape is a must this season. From the linens to custom menus and decorative centerpieces, this year it is about detail and leaving a lasting impression. #3:



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Are you a real estate connoisseur, owner or investor who likes to stay informed on the market in Paradise Valley? The Noble Agency's INSIDER 2021 annual luxury real estate report is coming out soon! It will have all of the information you'll need to sharpen your knowledge and make great real estate decisions. Get on the list and sign up for your copy today. We're two decades in and still committed to providing you with the most exceptional experience.

## THE NOBLE AGENCY



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LUXURY

An overall comparison from 2020 to 2021 January through October Single Family Residences \$1,000,000 +

	2020	2021	change	
# Closed Homes:	366	495	+35%	
Avg. Sales Price:	\$2,542,315	\$3,245,147	+28%	
Sales to List %:	95%	98%	+3%	
Approximate SQ FT:	5,570	5,771	+4%	
\$ Per SQ FT:	\$448.90	\$564.43	+26%	
Avg. Days on Market:	159	106	-33%	



An overall comparison from 2020 to 2021 January through October Residential Land Sales Paradise Valley

	2020	2021	change	
# Closed Lots	47	49	+4%	
Avg. Sales Price:	\$1,442,117	\$2,617,684	+82%	
Approx. Total Acres:	.758	3.0	+296%	
Avg. Price Per Acre:	\$963,899	\$1,187,499	+23%	
Sales to List %:	92%	95%	+3%	
Avg. Days on Market:	271	197	-27%	

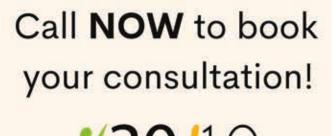
Market Data Source: Arizona Regional Multiple Listing Service | Single Family Residences

Off-the-grid gatherings. After a year of working from home, so many people are eager to unplug and get away with family and friends which is why family-friendly activities that foster togetherness are trending. For more luxury real estate insights and trends contact Monson Luxury Group, The Noble Agency at 480.618.1147.



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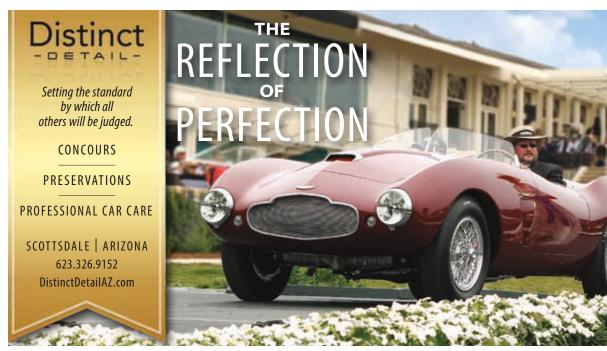


# Berlinetta Competizione





1960 Ferrari 250 GT SWB (short wheel base)







**How long have you had this car?** Since 2012

## What do you like best about this vehicle?

I enjoy the history behind the car and that it was the only 1960 Ferrari SWB Ferrari to be painted in gold.

## Describe the restoration work that has been done.

The car was completely restored in Italy by Cremonini Classic then shipped to the U.S. to be paint corrected, detailed, and show prepared by Distinct Detail in Phoenix AZ.

#### Is there an interesting story about your car that you would like to share?

This car was originally purchased by Gérard Spinedi from Geneva and was the 44th alloy-bodied car out of 72 made. The Swiss gentleman driver Gérard Spinedi and his love for Ferraris and his blonde wife Aghdass both raced in Europe in the early '60s.

He and his wife Aghdass were known for driving gold Ferraris to match his wife's blonde hair. Together they won the 1961 Rallye de Genève and passionately raced in some of the greatest events in those days. After being retired from racing, the car was owned by several collectors until the recent collector purchased the car in 2012 and has it residing back in Geneva Switzerland. The car underwent a full restoration restoring it back to the racing days of the Spinedi's. The car was shown recently at Pebble Beach where it placed 2nd in the Ferrari Competizione class.



### car of the month

By Scott Nichols

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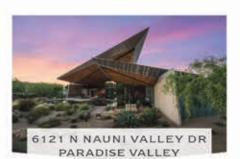
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# 4MOMCHARITY

## FOR MOM – Braden and Hunter Bishop

he diagnosis of Suzy Bishop with early-onset As the support continued to grow, so did the mission of the organi-Alzheimer's prompted her son Braden Bishop of the zation. "Fighting for the world's first Alzheimer's survivor is more San Francisco Giants Organization to start the 4MOM than a goal for us, it's a global movement," said Braden Bishop, Charity. When his mom was first diagnosed, she kept Co-Founder of 4MOM. His brother, Hunter Bishop, a professional it hidden from her family because she was always the picture of baseball player also for the San Francisco Giants Organization strength to everyone around her. Braden believed that for his joined the efforts as he graduated from high school. Hunter went mom, this diagnosis was like a weakness and that she didn't think to college at Arizona State University, giving the brothers great that people would understand or support her. Braden knew he access to host events in Arizona during spring training. had to do something to help put early-onset Alzheimer's out in the public eye so that he could help his mom from feeling alone While Suzy Bishop lost her battle in 2019, the brothers and their and show that people were willing to rally and support her. family remain unwavering in their commitment to honor her mem-

He immediately put together an event in Seattle, WA, where he was at that time playing for the Seattle Mariners. He rallied 200 guests and convinced his mom to attend. While he was able to raise some funds and awareness, especially among a younger demographic - what happened for him was even more magical. His mother was surrounded by a support system, and Braden accomplished his first goal.

Braden and Hunter Bishop

ory by helping to end Alzheimer's. Braden recalled the outpouring of support when she passed, and the story was picked up by local media and then regional platforms like ESPN. Once the story was out there, Braden was being contacted over social media and sending emails, empathizing with the story. They also were asking for advice. People who were struggling with family members wanted to know things about how to care for their relatives.

...

## paradise valley gives back

By Tiffany Brown

# Every time we have an event it reminds me of how amazing these guys are.

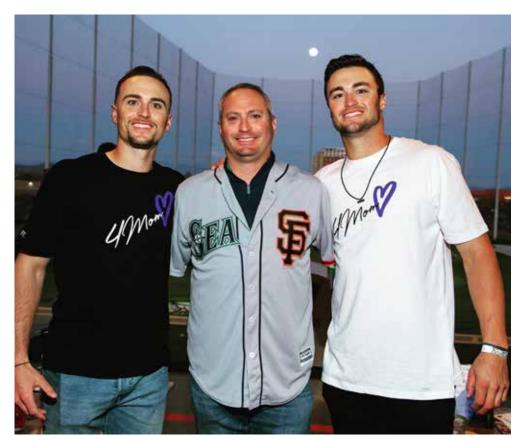
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#### ...

Braden recognized that he didn't have the answers but saw the need for it and things continued to transform in his mother's honor. "And while many understand the heartbreaking effects of this disease, it's vital to focus support on families and caregivers who are struggling emotionally, physically, and financially," said Braden Bishop. In addition to advancing awareness and raising funds for research, the organization supports families and caregivers through grants that aid in living expenses, medical bills, counseling, and any unique circumstances that arise. "We know firsthand how overwhelming this experience can be," added Braden. "And if we can help provide financial support and relief to those caregivers and their loved ones, we'll take every measure we can to do it."

66

Hunter's charisma and outgoing personality are a great compliment to helping take the nonprofit to the next level. With no plans of ever leaving Arizona, he helps to create all the local events around the baseball players. He knows many players and understands the importance of creating a bigger outreach with the hopes of attracting more people and



Braden, Randy (Father), and Hunter





Bishop Brothers at ALZ Walk

Bishop Family (Braden, Randy, Suzy, Hunter)





more awareness. "Every time we have an event it reminds me of how amazing these guys are. You see them on the field, and they are great, but then you realize how much they care about you and what you are raising money for. We are so grateful." said Hunter Bishop.

Hunter and Braden have no plans of slowing down. They recently hosted their first annual celebrity golf tournament #4MOMClassic in Phoenix at the Arizona Biltmore Golf Club. In addition to this huge undertaking, their team also held pre and post events including; a Poolside Party at the Arizona Biltmore Saguaro Pool, a Sunset Social Honoring Kevin Morrison at the Arizona Biltmore event lawn, and a #Unite4MOM after-party at The Little Woody.

To learn more about this organization or to make a donation please visit www.4mom.org



With a stellar reputation built on integrity, professionalism, and a commitment to going above and beyond for his clients, Tyler Van Twist brings comprehensive market knowledge and exceptional marketing skills to Pacific Sotheby's International Realty. Tyler previously owned his own real estate marketing company and a luxury-driven Facebook and Instagram page called @luxury homes, amounting to a combined total of over 1.3 million followers. Tyler has a vast understanding of utilizing social media to provide his clients with every advantage in marketing their homes. As a native of Orange County, Tyler loves sharing his knowledge of the community - its distinct neighborhoods, lifestyle amenities, and secret treasures - with his clients, family, and friends. This knowledge is an excellent resource in finding his client's dream home in a neighborhood that matches their lifestyle. From helping first-time homebuyers to finding investment opportunities for his clients, Tyler makes it his mission to help everyone around him succeed. He loves to empower the people he surrounds himself with and wants to create relationships with his clients that last a lifetime.

## Tyler Van Twist

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#### recent events Photos by **Robert** Keegan Photography

The Bentley Scottsdale Polo Championships turned 10 years old and returned to WestWorld of Scottsdale. Attendees enjoyed 4 actionpacked polo matches with new teams from Argentina, Bogota, Santa Fe, and Medellin and the return of USA's #1 Polo Player Nic Roldan representing the reigning champions - Aspen Valley Polo Club as well as another big name in polo, Argentine International Polo Player Juan Bollini. Other events included The World's "Longest" Fashion Show, produced by Phoenix Fashion Week, the Canine Couture: A Dog Fashion Show Like No Other presented by Lugari Pet Salon, a preview of Barrett-Jackson's 2022 Collector Car Auction, half-time appearances by the Scottsdale Arabian Horse Show and VIP experiences include reserved seating and tables in The Molina Fine Jewelers Drivers and Players VIP Lounge, the Barrett-Jackson Champagne and Jazz Lounge, and Prime: A Luxury Tent Experience by Dominick's Steakhouse, Neiman Marcus, Barrett-Jackson, and Bentley Scottsdale.



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# sponsor spotlight Cornelis Hollander Design Luxury Jewelry Design



What is the name of the company? The jewelry business is called Cornelis Hollander Designs

How and why did you start vour business? The company was started by my dad, Cornelis, in a hot

Arizonian garage back in the early '80s. He was working for a local What is unique about your business? jeweler and was the lead designer after working there for only a Our commitment to superior craftsmanship, quality, and artistry is only matched by our dedication to creating a premier client few months. His employer handed him a flyer for an international jewelry design competition and told my dad to make something for journey. When you choose Cornelis Hollander, you will experiit. He made an original ring design for his employer and while back ence a time-tested but personalized process that will exceed your at home he made another ring for himself to enter the competition. expectations and leave you with jewelry unlike any other.

When the competition was all said and done the first-place prize What sets you apart? went to Cornelis Hollander for the jewelry store he was working at and the grand prize went to Cornelis Hollander for Cornelis Hollander Designs. After that, he quickly had to build out a comaround the world. pany for himself because stores like Nordstrom and Saks Fifth Avenue all wanted to carry his jewelry.

f	There have been numerous design awards given to my dad and
	me over the years and we produce exceptional contemporary
	jewelry. My dad passed away from pancreatic cancer in 2017
	after a legendary career. I have been working for about 13 years
	in the company and continue to carry the vision for unique and
	eye-catching geometric jewelry that my dad started so long ago.

What is your role and how long have you been in business? For the last four years, I have been the CEO and designer for the company. The company was incorporated in 1984.

Everything is created on-premises at our luxury jewelry design studio in Scottsdale, AZ. Since 1984, we have been considered one of the premier names in jewelry design in the U.S. and

## IBASY PASTA SAUCIB **Creamy Mushroom Sauce with Sundried Tomatoes**

This quick and easy Creamy Mushroom Pasta Sauce is so delicious! Perfectly cooked pasta tossed with sautéed mushrooms, garlic, and a rich and creamy coconut-based balsamic lemon butter sauce with fresh herbs. A perfect and filling weeknight recipe during the busy holiday season!

PREP TIME: 15 mins. COOK TIME: 15 mins.

#### **INGREDIENTS**

- 1 tsp extra virgin olive oil (sub for ghee)
- 2 cloves garlic, finely chopped
- 2 8oz. packages of cremini or white button mushrooms, sliced
- <sup>1</sup>/<sub>2</sub> cup sundried tomatoes, soaked and chopped
- 10 oz gluten-free brown rice pasta
- 1 tbsp ghee (can sub for vegan butter or butter)
- 3-4 tsp tapioca flour (can sub for potato starch)
- 2 tsp lemon juice
- 2 tbsp balsamic vinegar
- 1 tbsp coconut aminos
- 2 tsp dried thyme
- $\frac{1}{2}$  tsp salt
- <sup>1</sup>/<sub>4</sub> tsp black pepper
- 2 tsp fresh rosemary, chopped
- 1<sup>1</sup>/<sub>4</sub> cup canned coconut milk
- <sup>3</sup>/<sub>4</sub> cup mushroom broth, divided

#### INSTRUCTIONS

Prep your ingredients first. Chop garlic, wipe off excess dirt from mushrooms, and slice, chop, and soak the sundried tomatoes.

Then cook the pasta to your liking, in boiling salted water according to box instructions.

In a large saucepan, heat 1 tsp of olive oil over medium heat, add the garlic, and sauté for 1 minute. Add the sliced mushrooms, 1/4 cup of the mushroom broth, and sauté for 5 min. or until mushrooms have cooked down a bit.

Remove mushrooms from the pan with all the liquid. Next create your roux by melting 1 tbsp ghee or butter, then whisk in 4 tsp flour/starch until smooth. Allow it to bubble for at least 1 minute while mixing. Then add  $\frac{1}{2}$  cup of mushroom broth and  $\frac{1}{4}$  cup canned coconut milk, mix together, and lower the heat. Then bring to a simmer for 2-3 min.

Now add back the mushrooms, chopped and drained sun-dried tomatoes, salt, pepper, thyme, fresh rosemary, balsamic vinegar, and coconut aminos. Give it a good stir and let it simmer for about 5 min. to allow it to thicken.

Add the cooked pasta to the mushroom sauce and combine. Allow to simmer for 3 min. until flavors combine. Shut off the heat and add fresh lemon juice to bring all the flavors together.

#### **TIPS AND SUBSTITUTIONS**

Add lemon juice at the end once you turn off the heat. Mushroom Broth: Feel free to substitute with veggie broth.

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## Home Should Be

A Haven By Resident Contributor Barbara Kaplan

HOME

oday our world seems to be filled with stress, and with the holidays coming the level of stress escalates. I recently read an article by Dr. Andrew Weil, a clinical professor of medicine at the University of Arizona, who wrote: "Relieving stress and improving your health can all begin at home." Dr. Weil and I have similar philosophies.

Coming home needs to have a feeling of relief and be an environment where we can heal. It needs to be a place we look forward to at the end of a stressful day. There is no place other than our home where we can control and have what we need to feel safe and calm.

What can we change in our homes to avoid common stressors so that we feel better? Too often we bring things into our homes or do things that are harmful to us. We may be unaware that we are doing this, so let's look at a few.

- · Using caffeine: Instead of coffee or soda, buy a beautiful kettle and brew your own herbal tea. Then create a space in your home where you go to enjoy this quiet time. You might even consider creating a meditation room that can also be used as a spa/massage room.
- · Sounds and noise: It is no surprise that some sounds make us tense and anxious. Become aware of the sounds around you. Many homes today have high ceilings, and the rooms are open to each other. Add area rugs to stone floors or carpet a whole area. Bring in heavier cozy upholstery and add window coverings that are made of fabric such as draperies or Roman shades.
- · Television, newspapers, and magazines: News reports can profoundly increase our anxiety and worry. Make this a time of togetherness with your family and only watch programs that

## leave stress at the door

a setting for warm sharing and conversation. • Being around others who are nervous can affect your level of agitation. Try to interact only with those people who are centered and calm. It's important to spend time with happy people. Having strong family and social ties can be helpful in removing stress. Make your home a place where people like to come for relaxation, conversation, and fun. Decorate with fabrics that are inviting and not delicate-looking. Arrange your furniture

don't raise your blood pressure. Your family room or TV room

is where you can provide wonderful seating, pillows, blankets/

afghans, lighting that soothes, and fragrances that calm. Create

for conversation and provide areas for games to be played. Plants add an outdoor feel and clean the air.

• Entertaining: Socializing in your home can be fun as long as you don't allow stress to enter into the process. The planning, cooking, and preparing are all centering activities that bring comfort and connection between you and your home. So, consider the atmosphere in your eating areas. Are the chairs comfortable and is the table the right shape and height? What is on the walls-colors, textures, and hangings? Does it draw you in to linger and unwind? Do you have pretty placemats, tablecloths, and dishes you like to look at with flatware that feels comfortable in your hand and is easy to use?

YOUR own interior is also important - volunteering or joining a group with new or common interests can be fulfilling and can have a profound effect on your health. Giving to others makes you and your home feel richer. Look around your home and give away things that you don't need or use anymore. Someone else may see your giveaways as new treasures. Your home can help you have a healthier and happier life because rooms have no feelings, YOU do!

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# I A SARDE

renaissance man of the modern world

and after-party a la Oscar style.

#### meet your neighbors By Misha

Photo By David Lee at Paparazzo Film

...

itting with Oscar De las Salas inside of the award-winning modern saloon AZ/88, only steps away from Scottsdale's Museum of Contemporary Art where he is a board member and served as creative co-chair for the museum's annual gala and nationally acclaimed event "SMoCA Mix – Fashionably Avant-Garde." His vision enticed designers from all over the world to bring their private collections to Arizona, including gowns worn by Beyonce and Lady Gaga amongst many others, to a fashion show of more than 200 models, 30 photographers, and the largest catwalk and red carpet ever seen in the state. Oscar was back at it again this October 23rd as co-chair along with Beth McRae of the "An Evening of TRENDS Gala 2021." The Gala honored ten ladies, TRENDSETTERS for their community leadership and volunteerism. This year's honorees were Diane O'Malley, Lisa Portigal, Robin Snyder, and Dr. Stacie J. Stephenson of Paradise Valley along with Sandra Wilken, Kristen Sandquist, Sally Odegard, Tracey Lytle, Ronnie Keifer, Ruby Farias, and FABULOUS PHOENICIAN honoree Tim Braun - Philanthropist and General Manager of Neiman Marcus. The charity recipient of The Trends Charitable Fund was TGen (Transitional Genomics Research Foundation), an affiliate of the City of Hope. Gala guests enjoyed an interactive, live-streamed red-carpet arrival, extravagant cocktail reception, live auction, multi-course dinner,



Kristine Thompson, Oscar De las salas, Tracey Lytle and Amy Horrell | Image Courtesy of Trends Publishing and Trends Magazine, 2021©



Ron Erickson and Nancy Hanley-Erickson | Image Courtesy of Trends Publishing and Trends Magazine, 2021©



FABULOUS PHOENICIAN Tim Braun with his granddaughter | Image Courtesy of Trends Publishing and Publishing and Trends Magazine, 2021 Trends Magazine, 2021©



Tracy Katz and Ava Zarrillo | Image Courtesy of Trends





Audrey and Charlie Alfano Image Courtesy of Trends Publishing and Trends Magazine, 2021©

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2021 TRENDSETTERS: Ruby Farias, Ronnie Kiefer, Tracey Lytle, Sally Odegard, Diane O'Malley, Lisa Portigal, Kristen Sandquist, Robin Snyder, Dr. Stacie J. Stephenson, Sandra Wilken Image Courtesy of Trends Publishing and Trends Magazine, 2021©



Charlie, Barbara, and Holly Dunlap Image Courtesy of Trends Publishing and Trends Magazine, 2021 $^{\odot}$ 





Courtney Bennett and Matt Gervais Image Courtesy of Trends Publishing and Trends Magazine, 2021©



Oscar and Vita at the Scottsdale Grand Prix | Photography by Stephen Fellheimer

...

Oscar is known for his mastery of style. He consulted for the interior designer of AZ/88's elegant, minimal interior with its movable works of art and gallery installations that are constantly changing. He points to the colossal hanging disco ball style sculpture that star-lights the space, encapsulating the senses outwardly while the restroom design experience "makes you feel as if you have just stepped inside of a disco ball." This is where everyone knows Oscar and where he threw his milestone birthday party - and why after sharing his stories, the mayor of Phoenix declared June 29th to become officially known as "OSCAR DAY."

Born in Colombia, Oscar left Bogota after graduating with a master's in architecture from the Universidad Piloto de Colombia to continue his education and pursue a master's degree in interior architecture in Europe, just outside of Madrid, Spain at the renowned University of Salamanca - the second oldest university in the world after Oxford. He lived several years in Europe filing for an internship with an interior design company called Cassina based in Italy and from there took off traveling to Paris, Milan, Madrid, London... He worked in several countries as a consultant for interior architecture for the United States Federal Building Office and served as Interior Finishes Project Manager for the United States Embassies and coordinated projects in Lima, Singapore, and Guantanamo, Cuba. Oscar wanted to grab everything, "Three months here, four months, six months there - it was the time of my life that I produced a lot of stuff out of my imagination!"

One weekend, in an underground little pub, Oscar met a photographer, who asked if he could help them design a set – "you know, like put stuff in the background and I was like, are you paying? Yeah, okay, I'll bring it tomorrow." He began weekend work with the agency in Milan where Mario Testino was the head photographer. Oscar created backgrounds for photoshoots and styled models for fashion editorials. When they discovered he had a background as a model at age 18, they also signed him up to do model work for catalogs. "Every weekend I made extra money - I was still a student, so I could use the money." Oscar recalls creating the staging for a photoshoot outside of an abandoned 16th century Church of San Gaetano in Padua, Italy (Hawthorne's setting of Rappaccini's Daughter) - a beautiful background for the future wife of a millionaire. Oscar worked nonstop designing interiors during the week for the firms and creating sets on the weekend, all the while postponing his thesis project. Finally, he received a letter from the Dean that he needed to make a decision about his thesis, "So I was always wanting to write about Frank Lloyd Wright. I wanted to go to Chicago, but I didn't know anybody in Chicago at the time. I wrote him back and he said the Frank Lloyd Wright School of Architecture at Taliesin West is about an hour from Phoenix, AZ. I know someone there, Perfect! I said, I'm going to go for six months, and come back to Madrid for my job

interview with the production company. It was August 18th, 1998. I landed with four suitcases, two were my clothes (for each season, of course!) and two suitcases filled with my books, sketchbooks, class notes, rulers, squares, colors, and my diaries -I just landed in the inside of an oven!"

Oscar soon realized that his thesis was going to take longer than he expected. He sent a note to the Dean asking for an extension. Soon after, he met an architect who was looking for someone to do drawings, Oscar interviewed for the position, and they started the filing process for his work visa. He got his CCS and then he began to get more work and after 12 years he finalized his visa and his citizenship. Oscar is very proud of this, "It was a lot because a work visa is for specialized workers, so I had to go through the process of having to put ads in magazines and newspapers, careful to not take away any jobs from qualified citizens - It was a very long process." Returning to his passion for design, Oscar served as principal of the modern architecture firm, Architectural Alliance Inc. and lead numerous municipal projects in Arizona including the award-winning Peoria Fire Station 196 - Vistancia.

Oscar has since gone on to stamp his elevated style to know what was going on - I had several offers from national as The Renaissance Man of the Modern World networks and magazines were asking me to write about fashion Designer, Fashion Producer, Style Critic, Writer, but I was already working as an architect. It was crazy." and Creative Director. He is online and on TV, he chairs galas and attends all the big social events, Today, Oscar speaks of the importance of finding balance in life he is a board member of the Scottsdale Museum of Contemporary Art as well as the Friends of Phoenix by creating quality time for each aspect of living. This includes quality time for him and his own version of family with the other Public Art and he still contracts for the multinational design and architecture firm he works for. two that make the perfect trifecta; His all-American dream husband Gary Jackson and their now elder pug of 14 years - Hugo. "I put all my talents to work. For me, everything is designed - from the coffee that you make, to the music that you listen to, and the spaces you inhabit. It's like a James Bond movie, everything feels personalized for you. That is the maximum level that humans can be in luxury as we know today - the maximum expression of design."

Oscar also has an online journal "WHAT WOULD OSCAR DO" whatwouldoscardo.com



Oscar, Gary and Hugo

Upon first moving to Arizona, Oscar would write to his friends and family abroad. "I wrote a lot when I was here all by myself. I have a journal and I still love to write. I didn't have friends here, so I used to send postcards to my friends, but they became these huge posters. It was so expensive to send them - so I went to 3D and then I received an email about my emails that said, Mark wants to be your friend. Mark Zuckerberg? Sure. He was like, just come join us and the flood gates just opened wide up. Everyone. All my friends jumped into social media, and I was

posting on FB which is still my journal today. Everyone wanted



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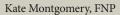
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Name, gender, and age of pet: Charly is a female Yorkshire Terrier age 5.5 years old

Is there a story behind its name?

We could not agree upon a name and she was such a strong little force of a character that a female named Charly fit her nicely.

What nicknames do you call your pet? "The Bit" because she is so small. Barely 6 pounds.

What's the story about how your pet became yours? We fell in love with the very small-scale breeder in Minnesota and Charly was our third pup from her. The breeder is very familiar with all of the pup's personalities and manages to match up the dogs so they cohabitate comfortably.

Does your pet have any special talents? She is truly intuitive... She can also catch a ball tossed to her in mid-air.

What funny/weird quirks does your pet have? Whenever she gets excited about dinner or a possible walk, she tugs on the furry face of our male dog Marco then runs circles around him, then tugs on the other side. She also jumps into any bag, luggage, or purse she comes across. She thinks of herself as a bag dog and always wants to be included. She does her best to jump into anything at all that resembles a bag or carrying device.

What game(s) does your pet like to play? She loves to play fetch and she has lots of toys. Some of them, such as her "market duck" and other stuffed birds are much bigger than she is but it does not deter her from carrying them around and running from us. At home, Charly will oftentimes run from us and not allow us to catch her as a game. We joke that she is not really our dog and that she belongs to someone else. Of course, when out in public or unsafe environments she insists on being carried and sticks to my side like glue.

How spoiled is your pet? She is spoiled but not too spoiled ...

What adventures have you taken with your pet? We have a few homes and our pups always travel with us. They know when we are packing to go and they jump into our luggage and sleep in it overnight to ensure they will not be left behind. Charly buries her bones and chew toys in our luggage to mark her place. When flying, Marco and Charly insist on traveling in the same doggy bag together. We've tried separate bags but it does not go well. When traveling by car they are angels and sleep in the back seat the entire trip. We could not ask for better travelers.

#### What's a typical day for your pet?

Charly is the happiest in the morning giving everyone the same robust greeting as if she's not seen you for weeks. She runs the length of the bed, pounces on your head, licks you in the face, paws you to keep your attention, and bows down to receive the all-over body scratches that delight her. The remainder of the

76 Life in Paradise Valley • December 2021

day is laid-back with plenty of outdoor adventures, naps on the various sofas, and fetching practice when she can entice someone to play with her.

#### How has your pet enriched your home/family?

Charly is the most human-like dog I have ever met. She is a truly loving and compassionate little creature. She stares at us to determine what is next and seems to sense our feelings. Charly is the demanding one who keeps the family in line and relentlessly reminds us when it's time for a meal or a treat for doing a good deed.

#### What's your pet's favorite treat?

Charlie Bear cookies and small pieces of fruits and vegetables. Her favorites are cucumbers, melons, apples, and carrots.

#### Does she have any favorite dog-friendly places to visit in **Desert Mountain?**

My pups are quite small and do not get out in public places much. Her favorite thing is to jump in a bag and go along with me to breakfast, coffee, or a quick shopping trip.

Is there anything else we should know about your pet? She is the sweetest, most demanding, little animal I've ever come across.





# "The Bit" Traveler

pet of the month



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# **O.H.S.O.** EATERY + DISTILLERY

O.H.S.O Brewery and Distillery in Paradise Valley is located on Shea just west of Tatum.

This restaurant, local nano-brew-

ery, and distillery is a social

hotspot. The location sets the scene with its buzzy, dog-friendly patio with modern hanging lights and plush bench seating. They offer over 32+ beers on tap as well as wine and house cocktails.





We are so grateful to O.H.S.O Brewery for hosting our November event for Paradise Valley residents! We couldn't have asked for a better venue for hosting an event while all enjoyed the outdoor experiences and incredible food and beverages!

This fantastic venue hosts large events, holiday parties, and even weddings. You will also find beer-specific holidays to celebrate like Christmas beer day and even a donut beer day! This is a true haven to all beer enthusiasts and dog fanatics – Cheers! Photos by Robert Keegan



#### sponsor spotlight

# PERFORMANCE MOTORS

*The Passion* and *The Culture*  ith over 40 years of combined experience in the automotive industry, Proper Performance Motors is taking over the market with its passion for rare collectibles and unique, timeless vehicles. The Kane family's goal is to redefine the complete buying and selling experience of pre-owned cars. They also look forward to offering their take on "modern-day car meets and rallies." Cars and caffeine anyone?

From the time you first walk in the showroom, you feel like you are somewhere between jumping in the driver's seat of one of their stunning cars or parading through an art gallery. Custom artwork lines the walls with an interesting collection of canvas photography, original European flags, and unique, classic timepieces.

Growing up with passion and desire, Ryan Kane, General Manager, has an indisputable love for anything European...BMW M Series, Mercedes AMG, and Porsche are favorites, but let's not forget Lamborghini, Ferrari, and McLaren. Ryan has always been ahead of the game. While classmates were reading *The Cat in the Hat* at age 4, Ryan was reading Dupont Registry. Now, with 10 years plus experience in the industry and being one of the top car brokers in the LA/Orange County area for luxury and exotic cars, he is ready to take on Scottsdale!

Former auto executive with The Penske Automotive Group for almost 30 years, owner Patrick Kane has now fulfilled a lifelong dream by opening this unique car boutique with his son, Ryan. Together with his wife Karen, it is truly a family business. Her taste and talent in decor have contributed to the "artsy" design and feel. She now uses what she has learned over the years to run the front office. Last but not least, the family dog, Beaumont, will greet you with a



smile and a wagging tail.

Maneuvering out of the typical stereotype of car dealerships with that "buyer beware" culture, Proper Performance Motors has created a warm and comfortable ambiance for every collector/enthusiast. Each vehicle is hand-selected with books and records confirming the value of the car. Ryan looks for the rarest and most unique builds, discussing the relationship and maintenance on almost every purchase. Ryan's motto is "We will acquire the best of the best or rarest of the rare or pass."

It's hard to believe the Kane family has been in business for only seven months. They move their inventory quickly for both purchased and consigned vehicles. Consignment is a specialty here with professional photographs, top-tier detail, and nationwide networking/marketing consigned vehicles usually move within 60 days or less of acquisition while putting the most money in their client's pocket. Their Google reviews speak for themselves.

Proper Performance Motors is an experience you must not miss. Meet the Kane family and follow their pursuit of perfection. With a company motto of underpromising and over-delivering to each and every quest, you will not be disappointed! Come see what PPM can do for your car buying or selling needs. Happy Motoring!





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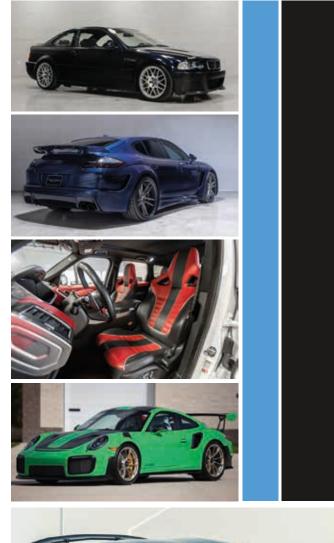
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After running our pet of the month in our November issue, we were heartbroken to learn of Ebby's passing

upcoming event

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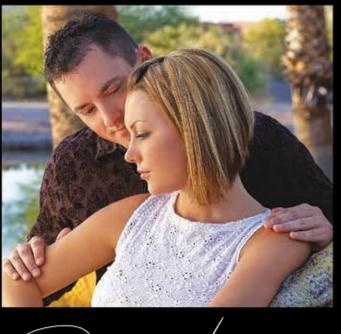
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