LIFE IN

A SOCIAL MAGAZINE FOR THE RESIDENTS OF PARADISE VALLEY

Meet Your Neighbors:

MATT HAUGEN

aka Haugen Racing

Photography By **David Lee** at Paparazzo Film

INSIDE

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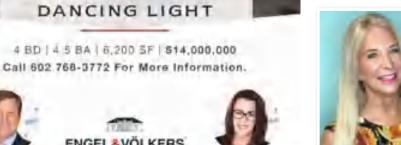
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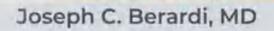


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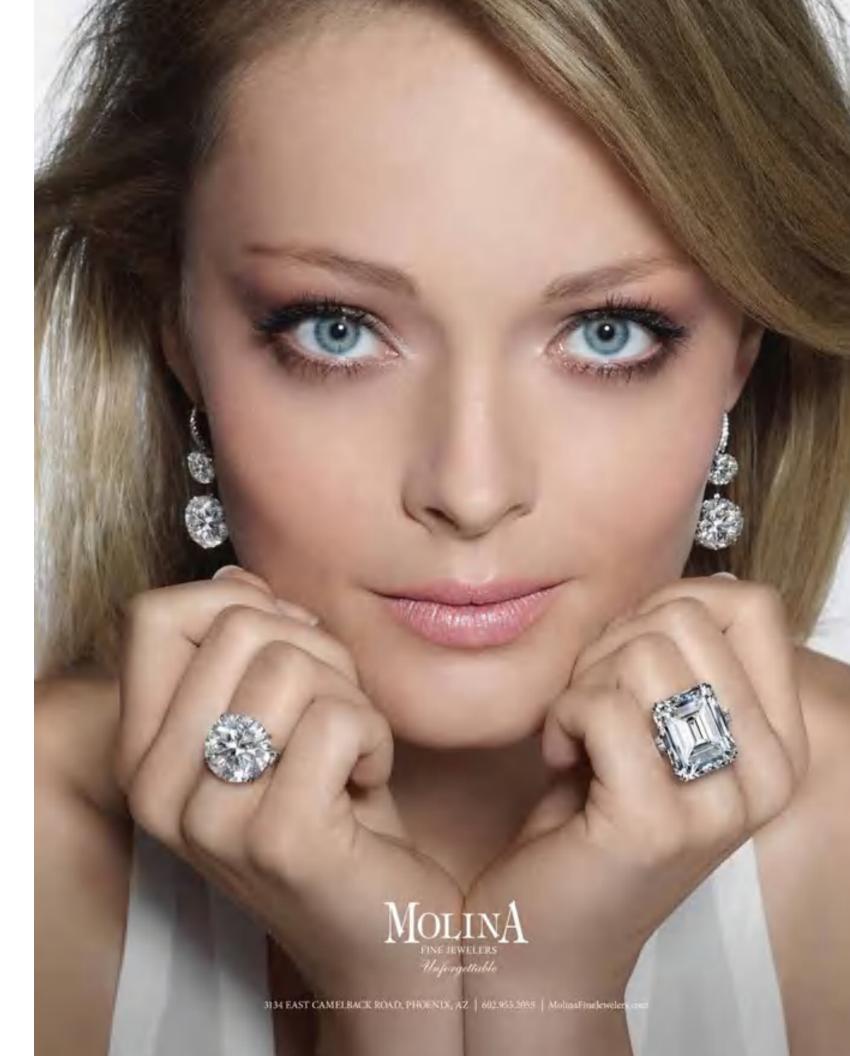


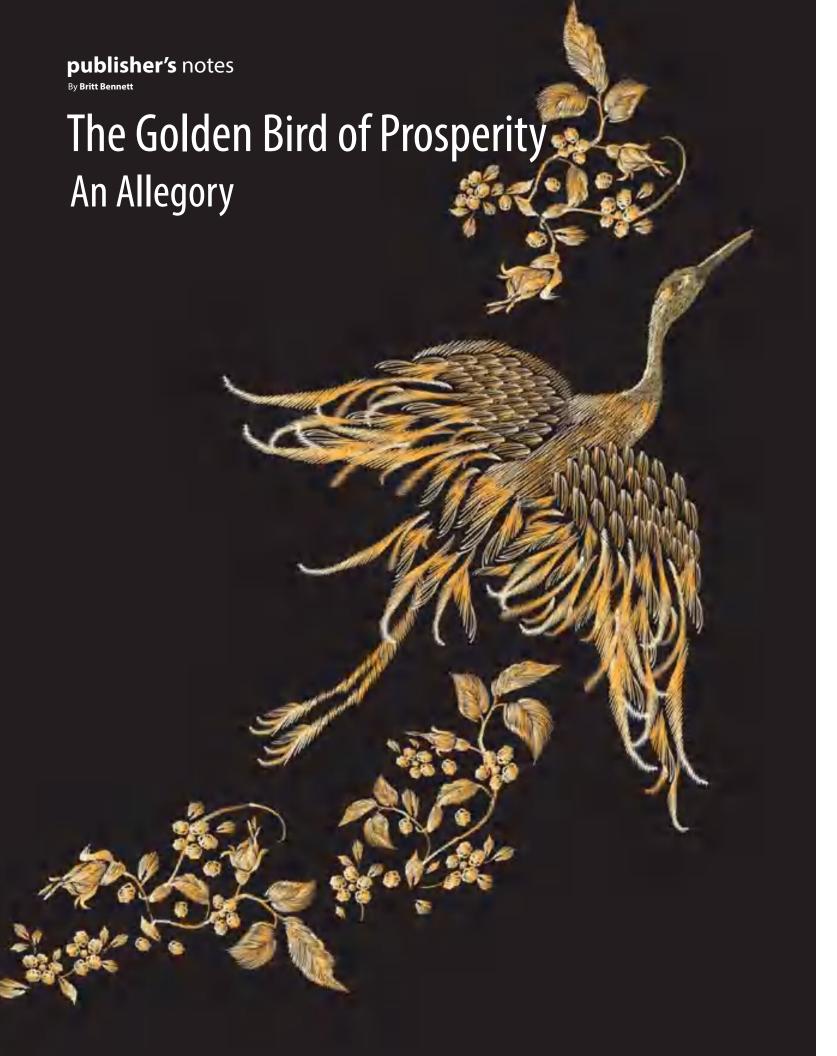
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A young man sat at the window of his hut, gazing vacantly at an arid landscape. Suddenly, a flash. Something gold and shimmery. And fast. He narrowed his eyes and fixed them on a moving form. It was a pheasant-like bird with long, flowing feathers of solid gold.

The young man had only read about gold, never held it in his hands. He knew a single feather from this Golden Bird would be worth more than he could earn in a lifetime. He knew if he could capture this mystical, magical creature, he would never be impoverished again. This bird was a palace. Silk instead of burlap. Fancy figs instead of gruel. Freedom from the yokes of brutal men.

And so, without much thought, he leapt through his window and

In his haste, he failed to say goodbye to his wife and children, but it didn't matter—they would understand once they became the beneficiaries of his astonishing abundance. They would know soon enough: he was doing this for them.

Sprinting across an expanse of sand and scrub brush, he quickly caught up to the Golden Bird.

He lunged.

And caught it by the tail!

The bird wrestled free, but the tail remained in the young man's hands. Already he had become rich. The golden tail feather was heavy in his hands; its weight added to his stature. He picked himself up, thrust his shoulders back like he had seen important men do, and gave chase again.

The Golden Bird ran for the foothills.

It scurried among stones.

The young man leapt from boulder to boulder.

The foothills gave way to a snowy forest.

Relentlessly, he pursued, fording streams, scaling cliffs, coming closer each time—just within reach!—only to have the bird elude his grasp each time he thought he had him. He shivered on bone-chilling nights, sheltered himself from rain in caves, grew lean from the running, and from the times he forgot to eat.

The man grew more determined with each passing month.

The man grew more determined with each passing year.

Until one day, the bird paused—just for a second—and with what little strength remained, the man pounced.

And captured the Golden Bird.

Exultantly, he held it in his arms, cradling it like a precious child. At last he possessed the culmination of his dreams!

The man's chest rose and fell in a deep sigh.

He was no longer young.

He returned to his village. How long he had imagined this day! His neighbors would celebrate his victory with laughter and drinking and slaps on his back. But as he passed each hut, joy and admiration weren't to be found. Instead, their looks betrayed envy and jealousy.

He entered his hut.

His wife gave him a half-hearted hug.

His children, now grown, had left home.

The man sat silently at the window where it had all began.

At last he owned the Golden Bird.

Without much thinking, he set the bird on the windowsill. From an inner knowing, he closed his eyes, reached up, and gently nudged the bird back to freedom. The magical creature was not his to be owned.

It had owned him all along.

As we enter 2022, may we be mindful of the things that matter most.

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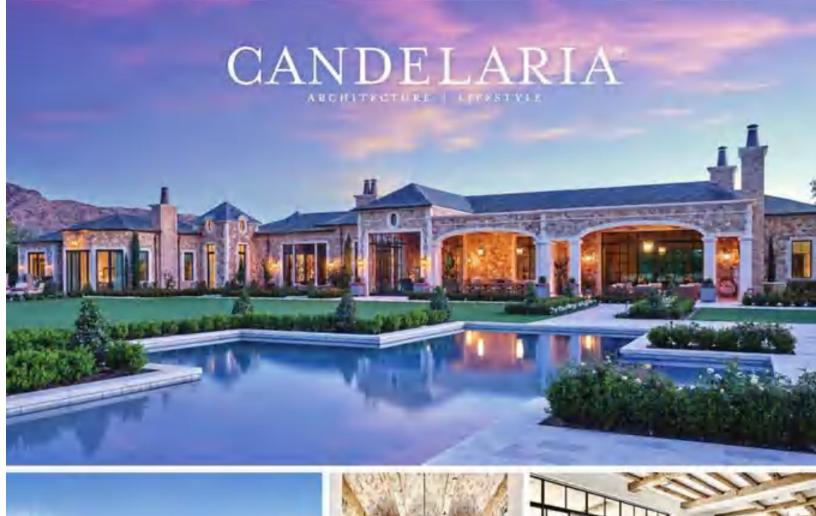
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Minnesota native, Matt Haugen, son of longtime Paradise Valley residents and local philanthropists Dyan and Larry Haugen, moved to Arizona when he was seven years old. All his favorite childhood memories came from growing up in Paradise Valley. His father, having retired from the computer software industry, created their new home in Arizona. His mother had a life-changing experience after having heart surgery to fix a hole in her heart, which ultimately led her to play a large role in philanthropy and specifically helping in multiple facets with the infamous Phoenix Heart Ball. She had a chair role for years - planning events, dinners, and auctions to help raise funds and awareness.

Dyan's commitment to giving back and supporting the community continued through Matt's high school years. As a family, they would make efforts to help underserved teenagers that were either homeless, at-risk, or struggling with addiction or mental health. They also supported Habitat for Humanity, and Matt recalled how much he enjoyed helping to build the homes and what it felt like to help people who were less fortunate. To this day, Matt continues to think of others and even makes gift bags filled with water, food, and money to distribute just in case he runs into someone during the day who is in need.

Matt has had a passion for cars since he was a child. Growing up, he accompanied his father to car shows in all categories, from hot rods and muscle cars to exotic vehicles. He loved playing with cars and had an extensive Hot Wheels collection that he would line up around his room and windowsills. Sometimes,



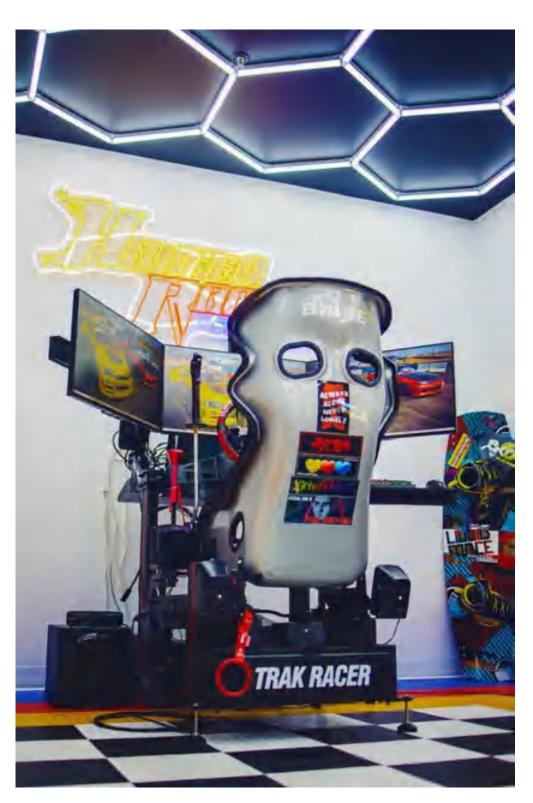
he would ask his father for a very specific car to take with him to bed, and he could always recall its exact location in the playroom.

• • •

He took his passion to the next level and started building cars and so much so that his family began recognizing how deep his interest was. For his 18th birthday, he was gifted with the opportunity to attend the Bondurant Racing School, now Radford Racing School. The introductory class allowed him to experience what has since become the quintessential part of who he is. Through his journey, he fell in love with drifting. Once considered a niche sport, drifting - or the controlled skid – is the hottest and fastest-growing motorsport in the world right now due to the exhilarating and mesmerizing display of style and control.

Drifting is a driving technique where the driver intentionally oversteers, with loss of traction, while maintaining control and driving the car through the entirety of a corner. These drivers are experts at intentionally steering too much, causing the car's rear tires, or sometimes all the tires, to lose their grip on the road, which is, of course, highly risky.

Matt's purpose became figuring out a path that allowed him to follow his passion. He decided he should get an education, open a business and earn the money he would need to enjoy cars and drifting. His plan remained unchanged until about a year and a half ago, when he went full-time with Haugen Racing. He was already







creating two YouTube videos a week under the brand and building some great traction. Matt started wondering if perhaps he could also make money from drifting - that vision became a reality, and he is currently racing full-time with the same end result.

Haugen Racing has partnered with Buy Now Japan, Japanese parts, and cars importer/exporter. They will be one of the main sponsors for Formula Drift Japan in 2022, where Matt will be competing. The focus right now is to find another major sponsor to keep the dream alive.

In addition to racing and content creation, Matt also designs a line of Japanese and car culture-inspired streetwear, stickers, and accessories under the Haugen Racing brand. Since grad school and making it to the Formula Drift in the United States, Matt has been focused on the merchandise side of the business. Currently, Haugen Racing releases apparel and stickers bi-monthly to keep the designs fresh.

The apparel line has an obvious Japanese vibe to the artwork, with bright '90s colors throughout. Matt's interest in SEMA and showcasing cars inspired his interest in playing with color to create combinations never seen before in the trade association event, which ultimately translated into his apparel. He loves focusing on primary colors and has a background in art and design, weaving his favorite palette into everything he does, from accent parts on a vehicle to the details on his apparel. Matt continues to have an active role in the designs of his products but also loves to collaborate with other designers to see how far they can go.



Matt has over 92k Instagram followers, 103K YouTube subscribers, and 97K TikTok followers at the time of this writing. He shows no signs of slowing down and continues to innovate as he navigates this road called life. https/www.haugenracing.com



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Jim BruskeBranch Manager
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The holidays can be a wonderful reminder of the love we share with others in the places we call home. Take this time to enjoy the holiday spirit and dream of what 2022 has in store. We look forward to connecting with you in the New Year.

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

Financial Resolutions for 2022

With 2022 right around the corner, this is the perfect time to accomplish some financial housekeeping you may have been putting off for months – or even years.

1. Consolidate Your Financial Accounts. Do you have a collection of financial accounts such as Roth or traditional IRAs, dormant 401(k) accounts, miscellaneous banking, or savings accounts? It's easy to accrue several accounts and then feel overwhelmed by all the financial statements that come in the mail. With year-end statements coming your way, this is the best time to review and start consolidating.

Take action and consolidate as many accounts with the same account registrations as you can. If you have IRAs and/or Roth IRAs with Fidelity and Schwab and Wells Fargo, chances are you may be paying custodial fees on each of them. Consolidate them into one account to avoid unnecessary duplication of fees and cut down your financial statements and recordkeeping requirements.

If you have a mutual fund or stock investments scattered among several firms, consolidate them into one brokerage account. Chances are you can easily do it with an 'in-kind' transfer of securities, so there is no need to sell or repurchase the holdings. Some firms may not volunteer consolidation services, so you may need to make this request.

- **2. Review Allocations.** Once you put together the various groups of assets into IRAs, Roth IRAs, etc., check for duplication of assets within the overall allocation. For example, you've put together several IRAs into one account, and discover they all had large U.S. company growth stocks. Perhaps you should be more diversified and have exposure to other asset classes that may be beneficial. If you're not sure about reevaluating your allocation based on your tolerance for risk and how long you plan to remain invested, get help from an investment professional.
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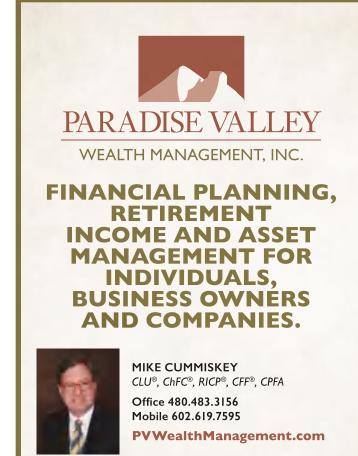
If you've updated your trust documents, been divorced or remarried, be sure to confirm your beneficiaries to avoid the potential of an 'accidental disinheritance'. Wills or trusts do not supersede insurance proceeds going to a named individual in the contract, so be sure to check that yours are all correct.

4. Get Your Estate Plan in order. If it's been a while since you've reviewed your estate plan, or perhaps never had it done, do it now. Given the performance of the financial and real estate markets over the past several years, your assets have probably increased substantially. Life insurance proceeds may also be substantial. How and when should assets be distributed, especially to children, deserves some focus. Talk with your attorney about the potential distribution of your estate. This includes how to handle a substantial inheritance to your spouse, children, stepchildren, and their families.

You'll feel good about simplifying and organizing your finances. Now you can move on to your other resolutions for 2022. Happy New Year!

Mike Cummiskey, CLU®, ChFC®, RICP®, CFF®, 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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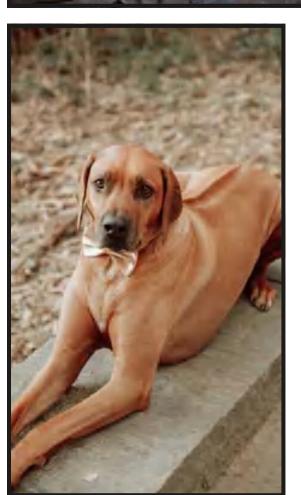
















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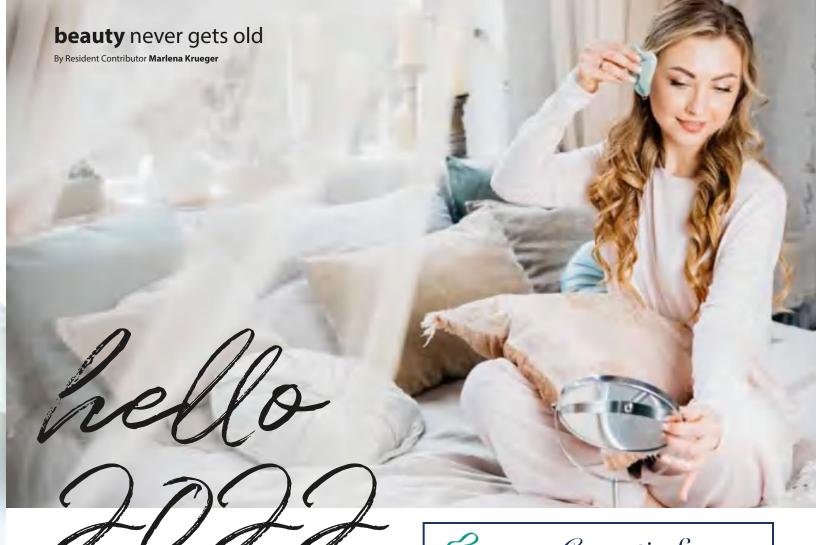


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Only a few treatments are mentioned here. Body Beautiful was named #1 Med Spa by Ranking Arizona for the past 7 out of 15 years. There is so much more we have. Call or come in for a brief complimentary consultation so we can come up with your 2022 plan.



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PARADISE VALLEY MARKET INSIGHTS

Happy New Year! While the complete 2021 Paradise Valley market recap won't be available until next month, we can tell you that we've just wrapped on another spectacular year. Early numbers are indicating that Paradise Valley's annual appreciation is just over 23%. Nationally, the most expensive zip codes appreciated on average by more than 7.1% higher in 2021 compared to 2020. In Paradise Valley, the median list price went from \$2.6 million in 2020 to over \$3.3 million in 2021. That is an increase of nearly 27%! Picturesque and serene, we already know that Paradise Valley is one of the most desirable places to live and known for its natural beauty, spectacular homes, golf courses, and affluent lifestyles. Recently Realtyhop.com released its 2021 data of the most 100 expensive zip codes in the country. Paradise Valley came in at number 46 and was the only Arizona community to make the list!

LUXURY SNAP SHOT

An overall comparison from 2020 to 2021. January through November Single Family Residences \$1,000.000 +

	2020	2021	change
# Closed Homes:	413	534	+27%
Avg. Sales Price:	\$2,588,584	\$3,289,154	+27≦
Sales to List %:	95%	98%	+3%
Approximate SQ FT:	5,608	5,744	+2%
\$ Per SQ FT:	\$451,52	\$574,07	+27%
Avg. Days on Market:	154	103	-33%

SNAP SHOT

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

	2020	2021	change
# Closed Lots	48	52	+4%
Avg. Sales Price:	\$1,461,385 \$2,603,202		+78%
Approx. Total Acres:	742	742 3.0	
Avg. Price Per Acre:	\$960,100	\$1,174,530	+22%
Sales to List %:	92% 95%		+3%
Avg. Days on Market:	266	248	-27%

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

IN DETAIL

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

	# CLOSINGS	AVERAGE PRICE / SF	AVG DAYS ON MARKET	SALE TO LIST PRICE %
\$1,000,000 - \$1,999,999	139	547131	₩5	100%
\$2,000,000 - \$2,999,999	1/6	5513.22	86	97%
\$3,000,000 - \$3,999,999	101	\$579.39	125	97%
\$4,000,000 - \$4,959,999	.Ac	\$65872	89	98%
\$5,000,000 - \$5,999,999	75	\$716.90	159	98%
\$6,000,000 - \$6,999,999	22	\$784.72	146	97%
\$7,000,000 - \$7,999,999	13	\$88742	134	98%
\$9,000,000 - \$8,999,999	4	\$896.35	116	96%
\$9,000,000 - \$9,999,999	2	\$969.63	17	97%
\$10,000,000 \$14,999,999	17	\$1,060,911	197	95%
\$15,000,000.	1	\$1,600.00	75	96%

TRENDS IN LUXURY

If you've tried ordering furniture for your home recently, then you have experienced some lengthy lead times this year. These delays are fostering a new trend on going green. Antiques and heirlooms are now becoming the popular choice and front-and-center of interior home design. "In stock and ready to ship" vintage pieces have become a lot more appealing than a 26-week lead time. It's also an amazing opportunity to bring in family heirlooms and one-of-a-kind pieces that tell a story.

In 2022 it's time to embrace the curves. It has been popular for a while but expects to see even more curvature in home design and furniture. From doorways and windows to kitchen islands and cabinetry to furnishings, soft lines in design are a welcomed change after the difficult year and a half we've experienced. For more luxury real estate insights and trends, contact Monson Luxury Group, The Noble Agency at **480.618.1147.**





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motorcars monthly

By Scott Nichols





presented with the race car but still resided at Mercedes and never sold. Between the winter of 1998 and the summer of 1999, 25 total road cars were built by AMG and another company called HWA. When built, the road cars were every bit of race car still just with leather interior, a stereo, air conditioning, and two small storage compartments added in the door seal area.

Out of the 25 total, CLK GTRs six were roadsters. Two coupes were given the Supersport allocation giving it a 7.3L v12 at 655bhp claiming 232mph rather than the 6.9L V12 at 604bhp claiming 214mph.

Serial number one car is quite special, being one of the two to have the Supersport 7.3L v12 along with the only car to have its mirrors mounted on the A-pillars as the race cars did. The mirrors were moved to the fenders for better visibility while driving on the highway. The car really is the best of both worlds as it's not only great to drive on the streets but also the ultimate track weapon.

••• How long have you had this car?
Since 2015.

How did you come to own the car?
Purchased from another collector out

What do you like best about this vehicle?

of Dallas, Texas.

Being serial number one out of 25 it possesses the Supersport 7.3L v12 engine making it one of two and the only CLK GTR with the high mounted post mirrors.

Is there an interesting story about your car?

In 1997, in order to compete in the FIA GT1 series, one of the terms and conditions was upon submission of the race car; they had to make road-going versions of their racing cars too. After dominating the 1997 and 1998 season winning 17 out 22 races with the CLK GTR no manufacturer came forward to enter the 1999 season.

After completing the 98 seasons, Mercedes still had not made more than one road-going car, which was



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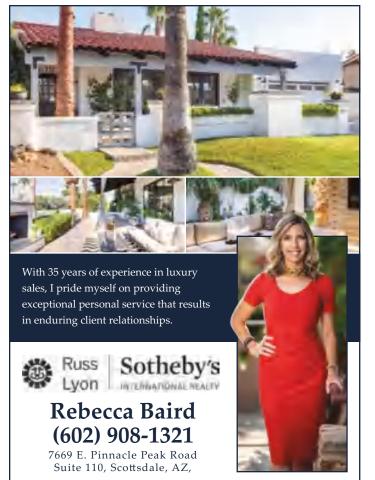
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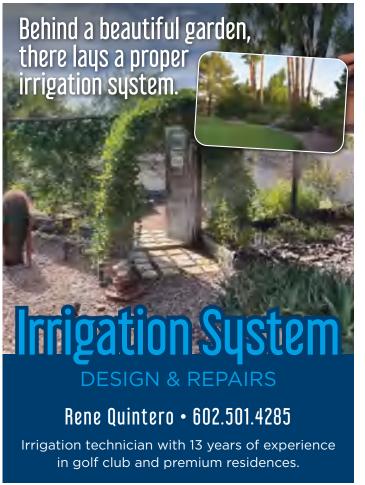
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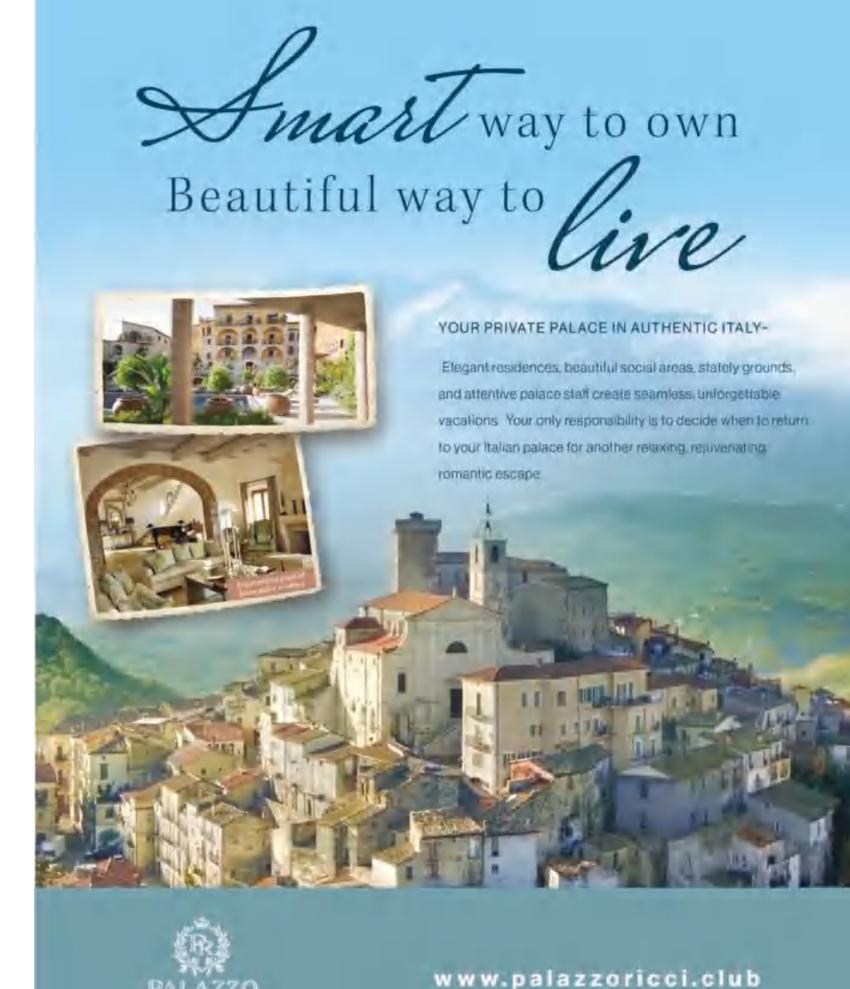
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Creamy, rich, and packed with veggies and protein! Serve over rice, sweet potatoes, or quinoa.

PREP TIME: 15 mins COOK TIME: 30 mins

INGREDIENTS

- 1 tbsp oil (coconut, olive or ghee)
- 1 cup onions, diced
- 1/2 tbsp fresh ginger, finely chopped or minced
- 2-3 cloves garlic, finely chopped or minced (about 1 heaping tbsp)
- 2 cups zucchini, chopped (see notes)
- 1 cup carrots, finely chopped
- 1 bell pepper, chopped
- 2 tsp cumin powder
- 1 tsp coriander
- 1 tsp turmeric
- 1 tsp cinnamon

- 1 tsp salt, or more to taste
- ½ tsp pepper
- 2 tbsp lemon/lime juice, or more to taste
- ½ cup creamy peanut butter
- 2 cups veggie broth
- 1 cup coconut milk, canned (see notes)
- 215 oz canned chickpeas, rinsed and drained

Toppings

· chopped cilantro, basil or parsley

INSTRUCTIONS

Prep all the ingredients. Heat oil in a Dutch oven/saucepan over medium heat. Sauté onion for 2-3 min until translucent.

Add garlic, ginger and veggies to pan. Sauté for 6 – 7 min, stirring often to prevent sticking (you can always add a touch of veggie broth or water if you need more liquid or it starts to stick).

Add in cumin, coriander, turmeric, cinnamon, salt, and pepper and mix for about 30 sec until combined and fragrant.

Then add in coconut milk and peanut butter and give it a good stir until combined. Then add in veggie broth and chickpeas, mix well.

Cover and bring to a boil, 3 – 4 mins. Reduce heat to a simmer and continue to cook for about 20 min to allow broth to thicken and veggies to soften (especially if your using carrots, they take the longest). Stir every so often to combine flavors and prevent sticking.

Now add in lemon juice. Taste and see if you need some extra salt or even more lemon juice. At this point you can also add in some baby greens like spinach or kale if you like. Serve over rice, cooked grains or sweet potatoes and top with cilantro or basil.

Enjoy!

NOTES

Veggies: Feel free to use just one veggie choice or all 3. I like the variety of color and taste it gives mixing it up. **Coconut Milk**: I prefer the canned milk for its creaminess

Storage: You can store this curry in an air-tight container in the fridge for up to a week. It's also an excellent candidate for freezing and can be stored in the freezer for up to a month.

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Being My Own Interior Designer I found my theme!

By Resident Contributor Barbara Kaplan



I recently had the pleasure of being interviewed when my home was being filmed for a TV segment. The interviewer had a variety of questions about my environment. I'm sure this is how my clients must feel when I ask them to explain their environments to me. I ask questions that help me understand how they live. In this case, the interviewer was interested in how I had personalized my own interior.

At first, I found myself being slightly uncomfortable being on the other side of the interview. (I found myself saying things I had not realized before.) During the interview, I became aware that I had made decisions and purchases based on the things that I liked without consciously knowing what I had done. I love geometrics and hadn't realized that I had chosen pieces with that theme in every room of my home. Besides a definite color scheme, I was attracted to definite shapes. The triangle is my favorite, followed by the circle/ball, stripes, diagonals, and squares. I prefer angles to soft curves but need the soft curves to balance the sharp angles.

The drastic change occurred when I moved into a new home and decided to change my style. Previously, I had a home full of beautiful 18th and 19th-century antiques that came from my parent's

antique store, which had been the only style I had ever personally lived with. Before I moved, I sold all the antiques. Curiously, I moved into a contemporary home without a stick of furniture and not one accessory, literally with nothing - this new home was an empty canvas.

This is how I began my personal journey of self-discovery. I had to determine how I wanted to decorate my home to express my feelings. Since the antiques had been my entire previous life, my heritage had dominated all my design decisions. I was free to do anything I wanted. The question became: What did I want? It was the first time as an adult that I could decorate with anything I wanted.

This journey took several months. I started very slowly, acquiring a few contemporary pieces to see how I would like living with them. I was shocked to realize I loved them and, for the first time, really felt celebrated in my own home rather than showing off the antiques. I found my personal signature and style.

During the tour of my home, the interviewer asked me which part of the house was my favorite. I was surprised to tell her I didn't have a favorite place because the décor and I resonated together throughout the entire house. My heart is in my home, and my home is in my heart!

I know that my home is not to everyone's taste because it is me, and I'm very happy to be living in it. My rooms have no feelings. I do!













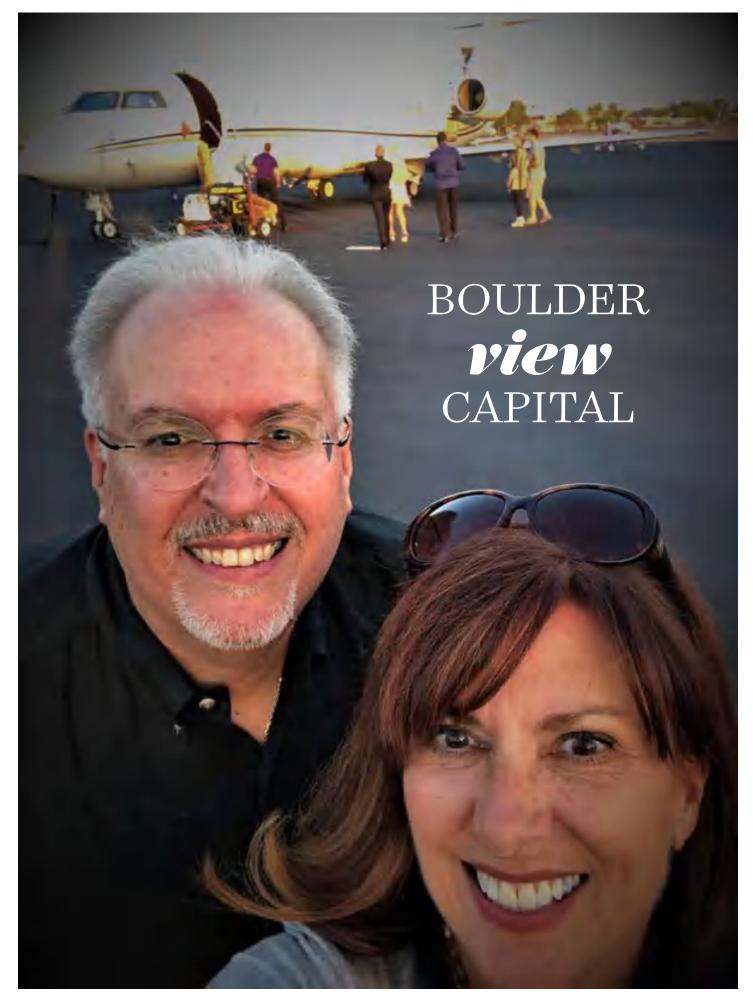


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- David Feldman





Chief Canine Officer, Bentley



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Founder and CEO David Feldman brings to bear more than 35 years of experience in investment management and financial planning, retirement plans, employee benefits, insurance, and risk management. He feels privileged to serve clients who are often at or approaching points of major life transition: retirement, divorce, death of a spouse, college funding, receipt of an inheritance, or simply those who want to rest easy, knowing they are following a comprehensive financial plan.

David is no stranger to the challenges of finding a financial planner you can trust; in fact, it is why he founded the company. After learning a loved one had been taken advantage of by a supposed friend, he made it his mission to help others by opening a business that is built on trust and personal integrity.

David welcomes and embraces his fiduciary duty. He believes being held to a higher standard as an independent, fee-only fiduciary helps separate Boulder View Capital because the client always comes first and is owed a duty of care and a duty of loyalty. This boutique firm's strong focus on clients' total financial wellness allows the company to have a broader perspective and seek deeper insights into their clients' well-being.

East Coast natives, David and his wife Bonnie, Director of Client Services, are excited about their new venture. They recently celebrated their 33rd wedding anniversary and moved to the area in 2018 with their dog Bentley who has earned the title of Chief Canine Officer. They set up the business in 2019 and launched the company in February of 2020, which added some startup challenges with the shutdowns and changes to the business climate.

But the challenges they had to work through didn't slow them down. With Boulder View Capital's philosophy being centered wholly around the client, they have been able to get off to a running start and very much look forward to helping more clients identify their goals and develop and execute a sound financial plan to pursue them. If you'd like to learn more or schedule an introductory consultation, please visit their website at **www.boulderviewcapital.com.**

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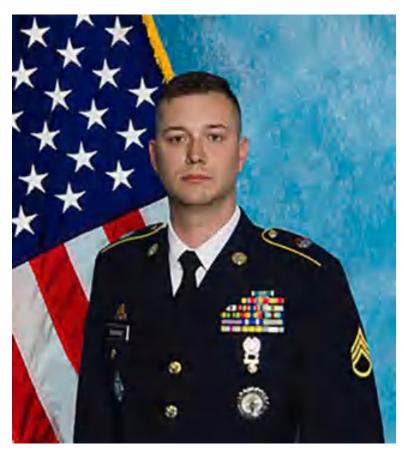
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PTSD NOW!

Craig and Julie Rauchle suffered a devastating loss in 2019 with the passing of Craig's son, Chase, after his struggle with PTSD. Tragically, he took his own life after finishing a tour in Afghanistan and coming back to working active duty within the Nevada National Guard. While carrying this devastating pain, Craig immediately knew there had to be more for him to do, to honor his son, and to stop this from happening to other servicemen and servicewomen.

After discovering the National Guard has the highest incidence of suicide among those who have had tours of duty in conflict areas, those who are active duty, reservists, and veterans, Craig began to look into the causes of stress and depression and the treatments and services available to the soldiers. The National Guard carries an extra burden many who enlist in the other branches of the service may not have. Since the Vietnam era, there has been no draft, therefore, most of the fighting forces who are fighting in the different conflict zones – whether it was Kuwait, Iraq, or Afghanistan – came through the State National Guard units across the United States. Immediately, prior to deployment, all National Guard soldiers are federalized to become soldiers of the U.S. Army and then transported over to fight conflicts and defend our nation.



In addition to their everyday lives, the National Guard soldier is called upon to do everything from fighting fires in the West, floods in the east to civil unrest, nationally and recently, was called upon to deal with Covid-19 distribution. Essentially, our National Guard had become a state militia, which is called upon not only for foreign conflicts but any sort of issues that occur within the United States. These men and women deal with extra burdens U.S. soldiers in the enlisted armed forces would not necessarily ever experience.

After their personal tragedy, Craig and Julie began to investigate the causes of PTSD and issues of stress and depression. Craig and Julie describe Chase as someone who was a giver and who helped



any and everyone who might need a hand. Craig and Julie knew immediately they needed to do something to help honor Chase, as well as find a way to directly impact the men and women who serve in the National Guard. Just two short weeks after Chase's passing, a nonprofit named after Craig's son, **Chase Rauchle**



• • •

PTSD NOW! was founded. In this instance, PTSD stands for prevent, treat stress and depression NOW!

The journey began with raising money from friends and family. After the initial fundraising drive, they were successful in implementing a two-fold approach in the State of Nevada. The first part was to bring in additional mental health therapists as they were woefully understaffed, with only three therapists for 5,000 soldiers. It was evident early on that bringing in additional





therapists was key to helping those dealing with stress and depression. With great tenacity, Craig was able to initially raise \$200,000 to bring on two additional mental health therapists for the Nevada National Guard, where Chase was a soldier. The presentation of the giant check for \$200,000 and the formal ceremony surrounding the presentation was highlighted with a dramatic and heartwarming show of appreciation by the National Guard with a fighter jet flyover in the missing man formation.

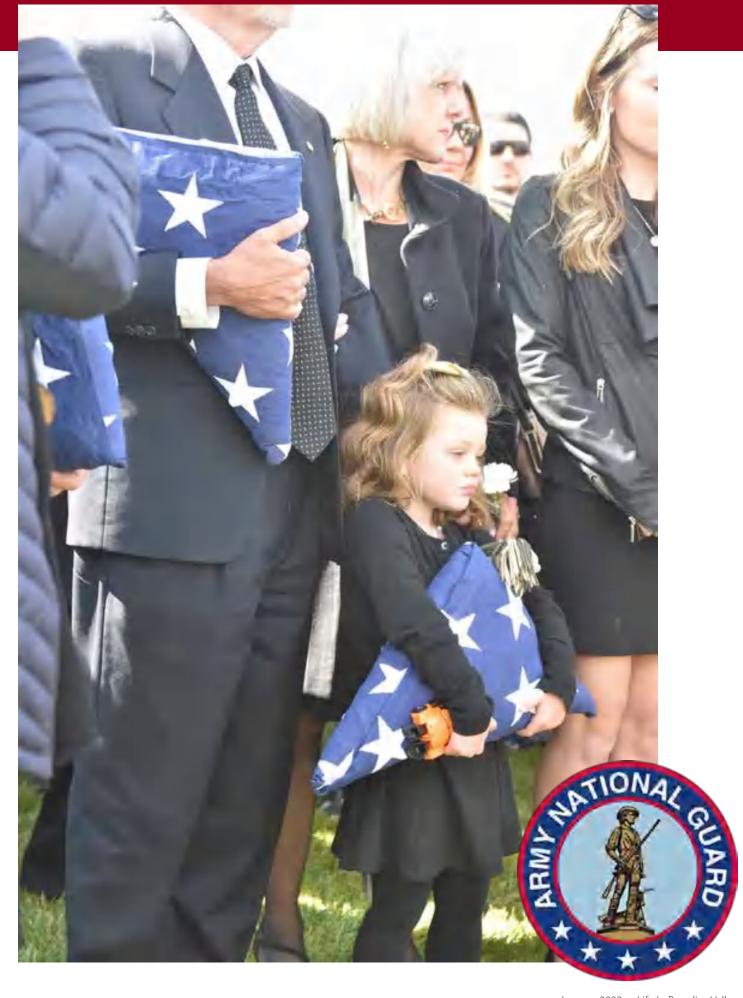


The second part of the approach was to implement a training program, which has been extremely successful with various police departments across the United States in dealing with PTSD. The program entitled "Purple Resolve,"

which was adapted to be National Guard specific, is structured to build resiliency and improves the officers' tool kit to be able to deal with the symptoms of stress and depression among the soldiers under their command. Presently, PTSD NOW! is currently working with five other states, including Arizona, implementing this very important pilot program.

The Rauchles are now working tirelessly to raise awareness on a national level, working with organizations that are involved with active duty, reservists, and veteran programs that are interested in helping fund educational awareness. The ultimate goal is to change the way The United States Military perceives mental fitness and to give it the same attention given to physical fitness within the United States Military. We need to bring back into focus these men and women are serving our country and defending our freedom every day.

To learn more about this organization or to make a donation to support their efforts, please visit www.ptsdnow.org.



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the very first time in January. A tour of this home confirms the thoughtfulness of the design. "The floorplan is ideal for today's homebuyer," says Denise van den Bossche, the listing agent helping to prepare the home for the market. The 7,400 square foot single-level home has a large split owner's suite that includes a den, a secondary office or gym, and a large sitting area with a breakfast bar and two-sided fireplace. The gourmet kitchen is concealed from the foyer, but completely open to a great room and adjacent game room, each with retractable glass walls. This large living space provides panoramic views of the pool and outdoor kitchen. There are four to five ensuite bedrooms, which could be four bedrooms and a guest casita.

The one-acre resort-style yard with dancing water features greets guests from the foyer. "Your eyes are immediately drawn to the front parlor and its floor-to-ceiling design detailing," says van den Bossche. The fireplace features imported black onyx stone rising to the ceiling and set against a wall of imported Montana white stone. The multi-tiered coffered ceiling is detailed with both lighting and structure. "The story of this ceiling is truly a story of craftsmanship," says Mr. Linton. "It was architecturally

endorsed but created by the actual practitioners to bring to life what had been a simple vision and narrative." Coffered ceilings with unique light and design reveal can be found throughout the home, details matched in custom lead glass door inlays that were commissioned locally.

Linton studied and implemented extensive energy efficiency techniques. The attic is doubly insulated, which Linton says "keeps the house ten to twelve degrees cooler than the outdoors." Photovoltaic solar panel arrays were incorporated as part of the roofing tiles at the back of the home for an elegant appearance that is generally uniform to an observer at ground level and is indistinguishable from the concrete roof tiles. The home has sixinch walls, electronic metal blinds and a misting system, instant hot water at the kitchen sink, and thermostat-controlled venting in the oversized four-car garage.

"I am honored to present this one-of-a-kind home to the next owner to continue with the legacy that my wife and I started," said Mr. Linton. Private tours are available by contacting Denise van den Bossche with Realty Executives at 602-980-0737.



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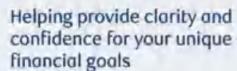
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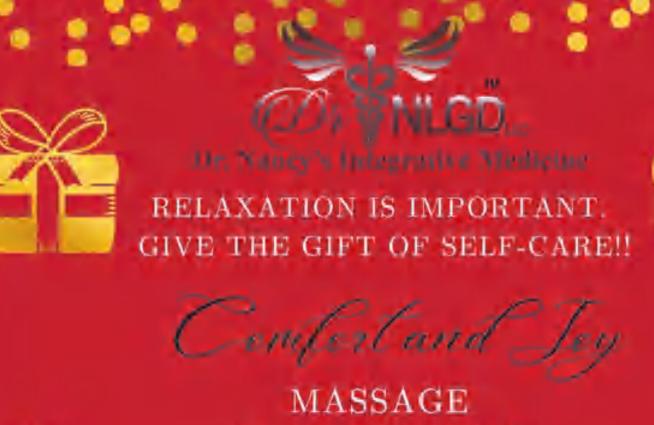
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eflexology is sacred and unlocks the underrated or previously unknown mechanisms of the body to help it to balance itself. Reflexology helps with homeostasis, relieves pain, increases feelings of mental and physical wellbeing, relaxes the body and mind, and addresses all the systems of the body. It improves nerve supply and blood flow while also helping to balance hormonal activity. Reflexology is an alternative wellness practice. Wellness is often achieved both from within and with a team. Wellness comes in many forms.

What can the client expect? A relaxing and effective one-hour session at Dr. Nancy's Integrative Medicine in Scottsdale, AZ, begins with filling out a quick but important, intake form and then having their feet washed to soften up the skin before receiving foot reflexology followed up at the end with a full body relaxing but stimulating massage. If more attention needs to be addressed on specific parts of the body, i.e., TMJ, legs, back, neck, hands, head - then more focus is directed to that area before the session ends.



Feedback is encouraged while receiving bodywork and can make for an even more effective session. Typical responses from clients after their sessions are increased feelings of well-being, deep relaxation, and other healthy balancing responses. If more sessions are needed for specific conditions, that can be

health & wellness



arranged with the client, but if not, clients can be scheduled for regular maintenance sessions.

Reflexology is a trusted and safe practice. The foot reflexes may have tenderness while working in various areas that need to be addressed depending on whether an imbalance is in the acute or chronic stage, and responses can vary between persons and conditions. If a protocol for a condition is necessary, the client is scheduled for two sessions per week for up to 8 - 10 weeks which is the maximum length of time to feel changes within the body (even though clients commonly feel a deep relaxation and well-being from each session) and are then followed by maintenance sessions.

As a reflexologist, I never move outside of my own scope of expertise, I don't make claims of healing, nor do I diagnose or prescribe. I leave that up to our skilled and licensed doctors, like Dr. Nancy Gaines-Dillard of Dr. Nancy's Integrative Medicine. Every person is different, but I, nor science can deny the many benefits that reflexology, produces. Something that I like to say is that the body always tries and wants to heal itself. We just do our part to help it along the way. Impress someone or de-stress a loved one with a reflexology session.



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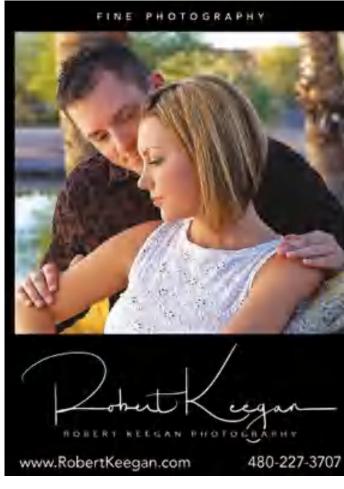
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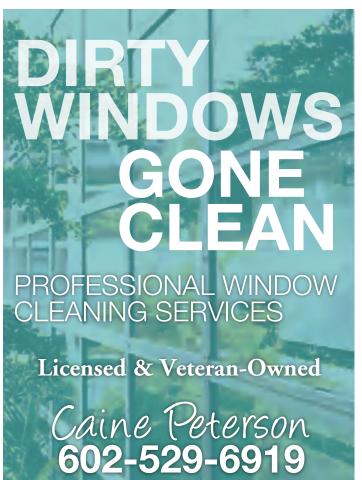


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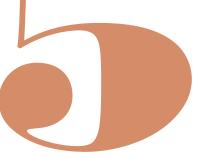








Ways to Help Protect



From listening to music to ordering groceries to working from home, almost all aspects of our daily lives are connected to the internet in some way. But our always-connected nature can come with risks: According to the FBI's "2020 Internet Crime Report," the bureau's Internet Crime Complaint Center averaged almost







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15,000 complaints a week and recorded \$4.1 billion in victim

Here are some ways to help protect your family online:

1. Learn to spot imposter scams

Have you ever received a call, text, or email regarding suspicious activity detected on your account or suspended online access? It could be a scammer trying to convince you to share sensitive information that would enable them to access your accounts. Increasingly, criminals are able to impersonate financial institutions, large companies, and even government agencies by spoofing caller ID or email addresses so they appear to be legitimate. When you receive a suspicious or unexpected communication, do not respond or click any email links. Instead, contact the company directly using a phone number on its website. Learn more about how to spot common scams at wellsfargo.com/security.

2. Manage and monitor your credit

If your data has been compromised through a security breach, consider placing a fraud alert on your credit file by contacting one of the three major credit bureaus - Equifax, Experian, and TransUnion. The one you contact will automatically notify the others.

Make a habit of reviewing your credit report annually. You can request a free report at annualcreditreport.com for yourself and children over the age of 13. Look for unauthorized accounts that may have been opened in your names.

Your Family Online financial fitness By David N. DeNitto, CRPC®, CFP®

3. Limit what you share on social media

Thieves scour social media profiles for clues to security questions, passwords, and other information that could help them impersonate potential victims online.

First, set your profiles to *private* – and encourage your family members to do the same. Also, restrict your social media contacts to people you know personally. Finally, watch what information you disclose. Revealing too much personal information in your social profiles or posts can put you at greater risk of identity theft, especially if your bank or other companies use that information to verify your identity.

4. Protect your home network

Create a strong password for your wireless network in your home. Use a unique phrase with a mix of letters, numbers, and special characters. Avoid using any part of your name or email address, information shared on social media or anything else someone could easily guess.

When you are configuring your router, the Department of Homeland Security recommends choosing the Wi-Fi Protected Access 2 (WPA2) Advanced Encryption Standard (AES) setting, which is the strongest encryption option.

5. Stay up to date

Cybercriminals change their tactics frequently, so try to stay on top of the latest threats. Keep your devices and apps updated with the latest security patches and be sure to review the resources provided by your bank, investment firm, and other financial providers to understand ways to help protect your family and yourself online. Sign up to receive scam alerts from the Federal Trade Commission by visiting ftc.gov and selecting Get Consumer Alerts.

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A divine calling brought local Family Medicine BC Integrative Healthcare practitioner, Dr. Nancy Gaines Dillard, DNP out west, as the only girl in a family of five children, her roots coming from the east coast with an IVY league education from U Of Penn. Much to her family's surprise, she had a compelling feeling, a figurative tap on her shoulder, that her purpose was to move 3,000 miles away to the west coast, where she would break her own glass ceilings.

She packed up her baby, an African grey parrot named Kongo, who isn't quite convinced he is a bird and set across the country for new frontiers of change. She began the journey in emergency medicine through the Dignity Healthcare system in Maricopa County as she had been in the emergency medicine/trauma field for the last 10 of her 25-year career. She quickly realized that her "calling" was to step outside of her comfort zone and discover even more gifts that she could share with others. She has always believed that you can do whatever it is that is your heart's desire if that is truly what you want to do and that you need to surround yourself with people that pour into you and believe in you.

Always having entrepreneurial tendencies, it's no surprise where the journey took her. After meeting an inspirational pastor at her new church with the same last name and not one to take coincidences lightly, she knew there was a reason they crossed paths. The pastor asked when she was going to start her own practice. That was the nudge Nancy needed to start on her new path. She worked with the Chandler and Mesa Police Department to put together health fairs two years in a row, so that she could really get to know the community and determine what their needs were before she opened up her practice. Dr. Nancy knew that at that time in the industry, private practices were being gobbled up by larger organizations like hospitals and networks - so it was almost unheard of to be starting a private practice. But even with all of that, she decided to take the leap of faith, and in 2017, she

Nancy is a self-proclaimed overachiever and proves it time and time again. When her new business was opening up, she recognized that it could take three to five years to really get going and start seeing a profit, so she had to do everything on her own from credentialing to marketing while simultaneously putting together a plan to bring the best services and advocate for her patients. She met all these milestones in only two-and-a-half years. She is now proud to say that the business has been open for four years and is doing better than ever.

sponsor spotlight By **Tiffany Brown** Photographer **JEREMY BRIGHT** Professional makeup by artist Maggie's Makeup.

She has taken her public advocacy and medical experience to new heights. She created a public platform to reach as many people as possible, and that's how the "Dr. Nancy Knows" radio show was born. It began as a small international radio show in North Phoenix owned by a husband and wife team. It's not your typical radio show. It's live broadcasting. You can hear her on the radio, and you can watch her, too. She created her own streaming channel, which allowed her to bring more awareness to share hope, love, and inspiration. She feels strongly about communicating these things in life that are free.

Dr. Nancy works in integrative medicine and not only practices primary care but is also licensed in telemedicine in multiple states. In the face of Covid-19 suddenly, there became an emergent need for telemedical care as a new trend of individuals needing virtual access to a doctor for their health care needs that inspired her to pivot her business model even further. She was called the Covid-19 doctor when she partnered up with Nick Lowery -Kansas City Chiefs Hall of Famer and his non-profit Champions for the Homeless, and together with her non-profit Family Matters Healthcare foundation, they donated hundreds of tests of which she oversaw, to the homeless and the veterans in Arizona, gaining local and national attention for their focus on this population in early 2020.

Dr. Nancy became connected to local radio/television host Dave Pratt who recognized the impact she was making on the airwaves. This transitioned her from radio to television on his worldwide network, where he gets over 700,000 views on his network a month. She was thrilled with the opportunity to continue to learn and grow and to help the public. She is now proud to announce that her national program is going to be debuting on Roku TV and Amazon Fire TV.

In addition to her outreach to support the community, she wanted to take her wellness solutions to another level and decided to start a product line, NG (Nancy Gaines) cares. Her products are customized wellness solutions. It includes natural supplements, including a product called FOCUS that helps the entrepreneur, the executive, the attention deficit person do just that in a natural way. Coupled with the internal medicine, offerings she also focuses on aesthetics, including regenerative cell therapies, weight loss solutions, and natural topical products.

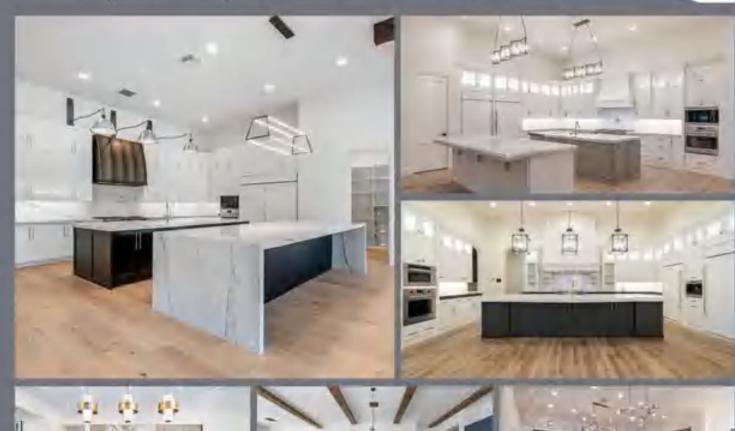
She has two locations in Scottsdale, one by East McDowell Mountain Ranch Road and the other in Paradise Valley off of Tatum and Bell. To schedule an appointment with Dr. Nancy, please visit www. drnancysintegrativemedicine.com or call 480-669-6452

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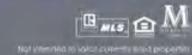
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