

LIFE IN  
**PARADISE VALLEY**



A SOCIAL MAGAZINE FOR THE RESIDENTS OF PARADISE VALLEY  
NOVEMBER 2021



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*Tyler Van Twist*

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# CONTRIBUTORS



**Publisher**  
Britt Bennett  
britt.bennett@n2pub.com  
602-448-0090



**Associate Editor**  
Christy Caine  
christy.caine@n2pub.com



**Associate Editor**  
Misha  
misha.jam@n2pub.com



**Writer and Content Coordinator**  
Tiffany Brown  
tiffany.brown@n2pub.com  
(425) 442-9642



**Event Coordinator**  
Dana Caranci  
dana.caranci@n2pub.com



**Photographer**  
David Lee  
602-818-2464  
davidbryanlee@gmail.com



**Resident Contributor**  
– Recipes  
Elena Wilkie



**Ad Manager**  
Dan Allsup  
dan.allsup@n2pub.com



**Resident Contributor and Photographer**  
Alicja Farnar



**Photographer**  
Robert Keegan



**Resident Writer/Contributor**  
Dyan Getz



**Resident Contributor**  
Liz Backie



**Resident Contributor/Recipes**  
Giang Townsend



**Resident Contributor/Writer**  
Michele Phillips



**Resident Liaison**  
Nice Micetic



**Resident Writer/Contributor**  
Marlena Krueger



**Resident Contributor**  
Barbara Kaplan

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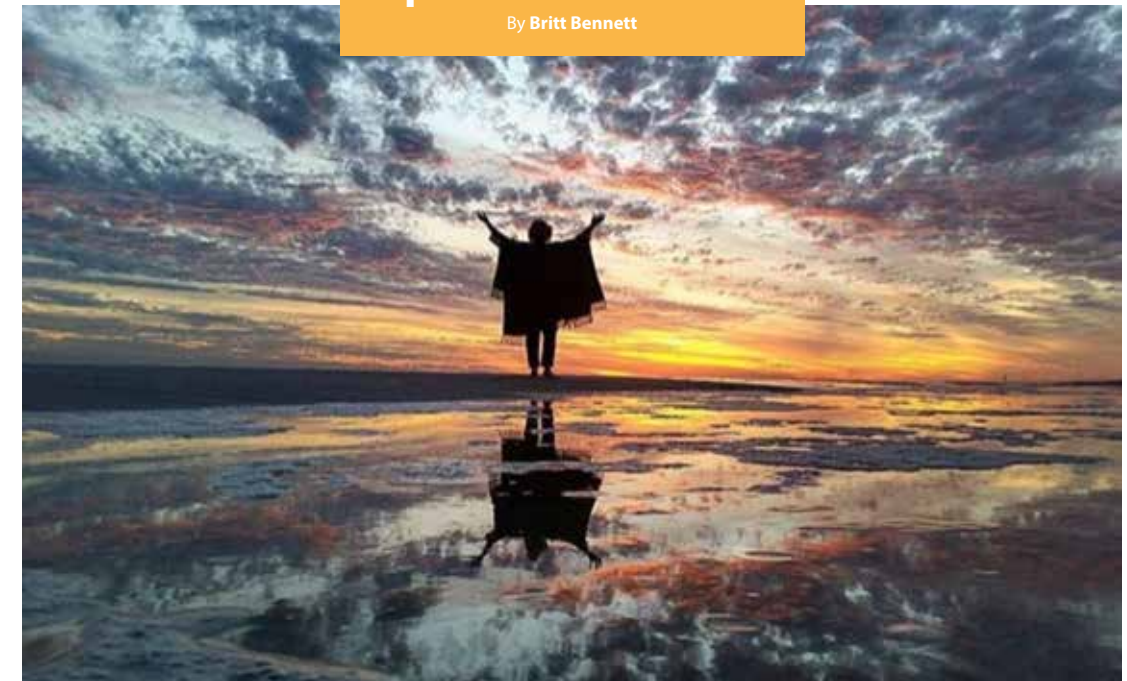


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## publisher's notes

By Britt Bennett



# The Mystery of Gratitude

I learned the principle of gratitude when I became a father. Of course, I had heard the platitudes of gratitude before then — “be grateful...thankful...appreciative...” But parents know something more about gratitude: the more grateful a child is for the gifts you give them, the more you naturally want to give them.

A grateful person is a blessed person because they have acted in a way that makes others...or God...or the Universe...want to give them more.

Eckhart Tolle says, “Acknowledging the good that you already have is the foundation for all abundance.”

We tend to think that people who have the most are grateful because of all they have. But is it possible that people receive more blessings because they are more grateful? I believe that's the case. We don't have to understand a principle to believe in it, and that's how I feel about gratitude. I don't know why, or how, but somehow, people who live with gratitude as a core principle of their lives end up having more to be grateful for.

I believe that God, as a parent, like a parent, likes giving most to those who are happiest to receive gifts.

I invite you to put this principle to the test during this season of Thanksgiving. Let us consciously and continuously decide to be grateful for every good gift—the small, the big, the unexpected, and even those gifts that come dressed as challenges.

Let us give thanks...and let us find out for ourselves if more things to be thankful for show up in our lives. Maybe we'll discover more gifts! Or maybe we'll discover the gifts we already have. Either way, the more we make gratitude a part of our lives, the more we'll experience the beauty of life in its fullness.

That's my prayer for you.

Happy Thanksgiving!



*Britt Bennett*  
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# Welcome, NEW SPONSORS!



Sam Jandel

**Sam Jandel,  
Licensed Real  
Estate Specialist  
Launch Realty**

Sam Jandel is happy to call Arizona home. This 6'10" former professional golfer has been successful for the past several years serving as a real estate agent

in the Scottsdale area. He's been effective in landing deals in everything from home sales and rental contracts, to investment properties both in Arizona and his hometown of Dayton, Ohio. He is also successful in flipping properties and has a keen eye on seeing the potential value in homes others may bypass. Sam works hard and enthusiastically for his clients, bringing the same winning spirit he brought to golf to real estate. In short, he likes to win, and ensuring his client's happiness is his number 1 goal. Sam's clients will benefit from his passion for sales and profit combined with his creativity, integrity, and competitive nature.

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Dr. Nancy Gaines-Dillard

**Dr. Nancy Gaines-Dillard, CEO & President  
Dr. Nancy's  
Integrative Medicine**

Dr. Nancy's Integrative Medicine has a unique perspective on healthcare modalities in that she is creative and progressive in her healthcare and education practice. She has two practice sites in the greater Phoenix metropolitan area with satellite offices and affiliate providers throughout the valley. She provides

services such as Telemedicine (multiple states), Women's Health/Wellness, Weight-Loss, Aesthetics, Holistic, and Traditional Medical Office Visits.

Dr. Nancy offers individual and group health membership plans along with healthcare essentials. She believes working directly with healthcare-related and small business owners to offer healthcare to their employees, is an essential component to overall health and wealth.

Her philosophy is such that she empowers her patient population by personalizing care and relationship building that improves health outcomes. She is a pioneer in her field and is dedicated to heal and educate the world, one person at a time.



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President  
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Proper Performance Motors, Inc is a Highline, boutique auto dealer specializing

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Patrick Kane, President, spent more than 30 years in the executive management arena with 21 of those years working for the Penske organization. With a passion for exceeding guest expectations while at the same time showing true transparency and honesty, he continually raised the bar on a daily basis. Ryan Kane, General Manager, has spent more than a decade involving himself with every aspect of the industry, most recently selling and consigning Highline exotics with two of Newport Beach's top dealers. His product knowledge and professionalism are second to none.

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Jasmine Bhatti and Ayan Said

**Jasmine Bhatti and  
Ayan Said, Founders  
Navi Concierge  
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Navi Nurses was founded by two nurses, Jasmine and Ayan, who met while working at Mayo Clinic. They recognized that most people feel unprepared or overwhelmed at the responsibility of caring for themselves or a loved one after a hospitalization, or during

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Denise van den Bossche

**Denise van den  
Bossche, Real Estate  
Professional  
Realty Executives  
Scottsdale**

Denise fell in love with the Valley after leaving Ann Arbor for ASU graduate school in 1982. Her first job in the modular building industry led to training and

•••

licensing in real estate, land syndications, wealth management, and General Contracting. "In the early 1980s, I began working alongside the Developers, Builders, Architects, and Government Planners behind the Valley's growth and expansion," said Denise. "I became very active in Urban Planning and Sustainability initiatives. Real estate has been the focus of my entire career."

She and her husband Patrick are fitness fanatics and as early morning people love the beauty of the Valley year-round. "I am a people-person and love sharing my enthusiasm and advocacy for the Valley," continues Denise. "Making introductions and connecting people is very natural and easy for me."

Many neighbors recognize Patrick for his 30+ year commitment to daily runs, usually wearing loud, blatant colored clothing to "make sure I don't get hit," says Patrick. Patrick is the President of Realty Executives International, the franchise parent of one of the world's oldest and largest residential brokerages. While his day-to-day job supports the 8,500 brokers and Executive agents worldwide, you will find him on the weekends working alongside Denise. Patrick got his real estate license for that purpose many years ago. Patrick's prior positions have included CEO of the largest commercial modular building manufacturer in the nation, which is how this couple met. He grew that business from \$5M to \$350M, taking it public with 3,500 employees. "My degree is in Architecture, and being born and raised in Holland, the efficiency of prefabricated structures always made a lot of sense to me," says Patrick.

Denise bought her first home here in Paradise Valley in 1985 and has volunteered in the Town in positions ranging from Precinct Committeewoman to Hillside Committee Member, as well as various political and social groups. She and Patrick are empty nesters and live in Camelback Country Estates on the golf course. Helping on the marketing side of the business is their 24-year-old daughter Bella, a career Social Media Marketing Specialist.

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meet your neighbors

# HOMIE IS *Everything*

Brad & Karen Barnett

By Tiffany Brown

...





•••

Airline pilots and world travelers Brad and Karen Barnett's home in Paradise Valley is everything to them. Although they travel extensively for both work and pleasure, home is their favorite destination. Whether curling up upon the couch watching Netflix with their cats, Bronx and Brooklyn, visiting with their incredible neighbors or simply enjoying a glass of wine amid the expansive views from their home on Mummy Mountain – home is their sanctuary, where they relax and find happiness.

Despite growing up on opposite sides of the United States, both shared a passion for aviation from a young age. Brad grew up in the Pacific Northwest and Karen in the New York metro area. "I've always had this fascination with flying. When I was around seven years old, my Dad and I took a quick commercial flight from Redmond, Oregon to Portland. And I clearly remember crossing over Mount Hood and seeing the lights of Portland at night. I thought it looked just like the Peter Pan ride at Disneyland... and I was hooked." Brad says. Karen was inspired to fly by an Aunt that was employed as a flight attendant for Eastern Airlines. When she informed her that the first female airline pilot in the country had recently been hired, Karen's response was, "I'd love to be the pilot!" She took her first flying lesson

on her 10th birthday and the career path was set. Currently, Brad is a Captain on the Boeing 737 and Karen pilots the Airbus.

The couple met in a chance meeting in New Mexico while attending flight training for a regional airline. Brad was transitioning to another aircraft and Karen was new to the company. He recalls seeing her walk into the building and being stopped in his tracks. They went out to dinner with a group of others that night and talked for hours. It really was love at first sight and the rest is history. Over the years they have resided in New York, Washington D.C., Cape Cod, and South Florida before deciding to move to Arizona in 2003. They celebrated 22 years of marriage in September.

Their similar passion for flight doesn't stop there. Both have been licensed real estate agents for several years. Brad began working in real estate in 2005 after forming a partnership to develop commercial/retail property. Karen's path to real estate was merely an extension of her love of architecture and design. She describes her interest as an obsession and owns a vast library of design books and periodicals. Her design talents span the gamut from floral designs and landscape architecture to assisting a local home builder in materials selection and staging of new projects. Brad and Karen are agents with Launch Real Estate focusing on luxury residential properties. Karen says, "I love the experience of helping clients not just find the right house, but to find the right home. It's such a great feeling". Both are active members

of the Paradise Valley community. Karen is involved with the Paradise Valley Women's Association, and Brad is a member of the Men's Art Council which serves primarily as a fund raising entity in service of the Phoenix Art Museum.

Self proclaimed Francophiles, the couple frequently travel to France, claiming Paris to be the most beautiful city on earth. As members of the Scottsdale based L'alliance Francaise, their appreciation of French cultural and cuisine runs deep. Whether it's strolling the quaint and quiet streets, dining at a local bistro or simply appreciating the artistry on display at the patisseries. Karen explains, "It's just all of the details that the French concern themselves with".

Brad is an avid culinarian and especially reveres French food as evidenced by his collection of several hundred cookbooks. Brad says, "Every time you pick up a fork and approach a plate of food, the French are responsible for at least some element of the meal". While he finds it difficult to claim a favorite restaurant, he says it's a 3 way tie between - L'Atelier De Joel Robuchon in Paris, Restaurant St. John in London, or Asador Etxebarri in Spain's Basque region. He recently celebrated his 50th Birthday at Elements at the Sanctuary and of course, Karen designed the floral arrangements for the impressive affair.





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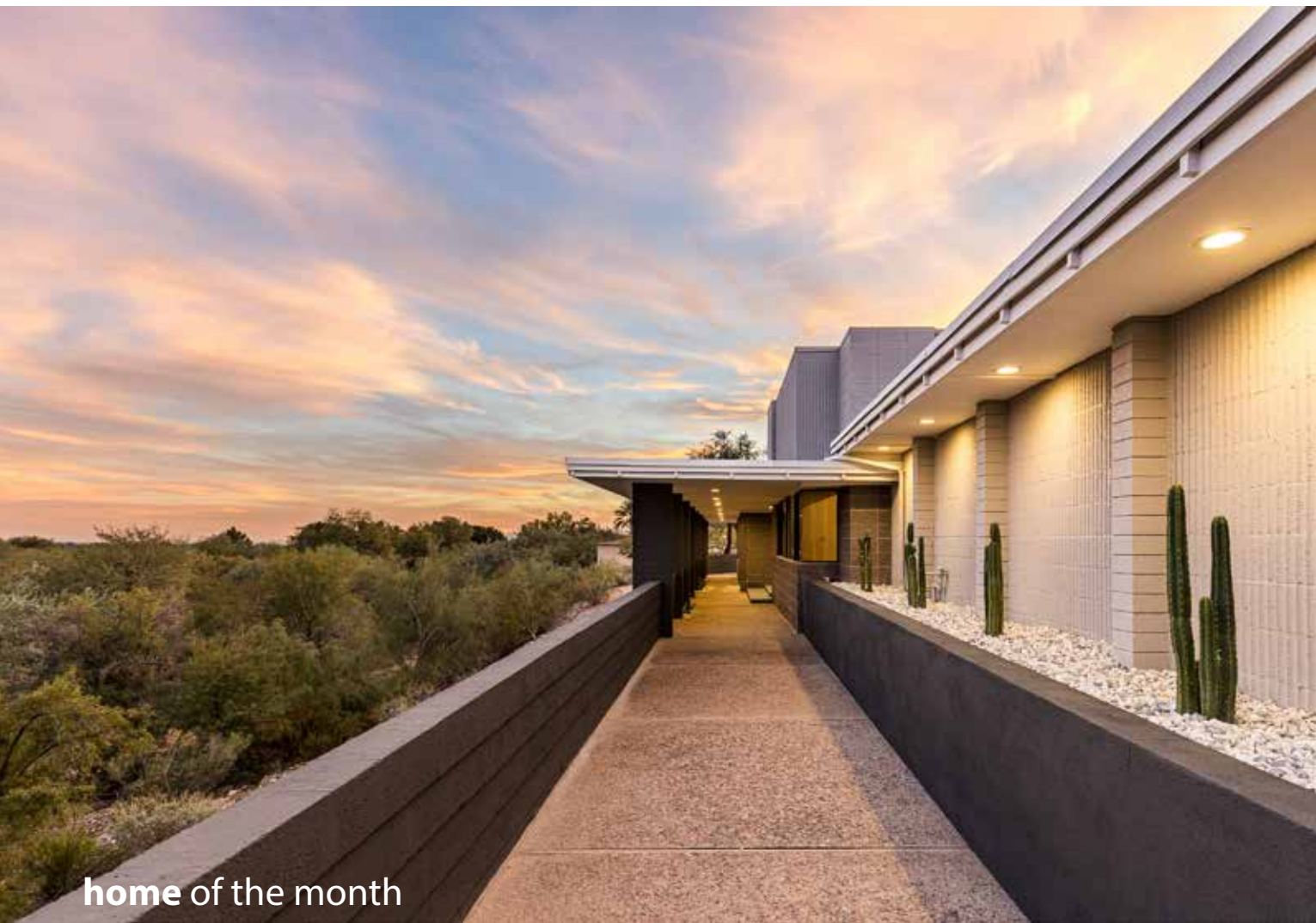
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The spacious master suite overlooks the lush grounds and out to the private, heated diving pool with views of Camelback Mountain, Phoenix Mountain Preserve, and Papago Buttes. In the front of the home, there is a natural desert landscape for curb appeal and the backyard has a lawn with a built-in BBQ for entertaining.

This 5 bedroom, 4.5 bath home is built on a saddle with 1.6 acres of privacy, this stunning home has been completely remodeled with new electrical, plumbing, AC, plus modern smart home capabilities for year-round enjoyment. Priced at \$4,000,000.00. For more information about the home please contact Zoja Pedenko at [zoja.pedenko@russlyon.com](mailto:zoja.pedenko@russlyon.com)







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## good ideas for my paradise valley neighbors

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

# Be Smarter About Life Insurance

*It bothers me that many investment firms focus on investments and allocations while frequently overlooking another essential financial asset: life insurance. There is an art and science to life insurance planning. It may be or become one of the most valuable assets you own, so don't overlook the longer-term value and opportunity it may represent in your overall financial plan.*

Life insurance is a hedge against loss of time. If you are a high-income earner, you expect your earnings, investments, retirement plan balances, and social security wage base to grow over time. But if time is cut short, your dependents not only lose your current and future income, but all the other asset-building that goes with it, including retirement plan contributions. Consider the entirety of the potential economic loss, not just the loss of income, in case of premature death.

If you are thinking \$1,000,000 is enough life insurance, your beneficiary needing \$60,000 per year could easily spend that down in less than 17 years. With today's low interest rates, the amount of annual income generated from a lump sum of insurance proceeds is reduced, so you'll need to buy more death benefits to offset lower yields. In my opinion, it's much better to err on having too much than too little. I know this because I have settled death claims for clients and seen the worries that arise from inadequate amounts of life insurance.

Of course, larger face amounts cost more, but term life insurance is usually very inexpensive. Over time you can reduce the amount of insurance needed as other assets grow. Sometimes people 'ladder' term policies with overlapping 10-, 20- or 30-year term policies so the total amount of death benefits automatically reduce over time, as does the total annual premium.

Term life insurance can guarantee future pricing on permanent policies. I like assets that can increase over time, and that rule can apply to the unappreciated term life insurance policy. Not only does it provide protection now, as a hedge, but most term policies can be converted to more permanent types of policies without any evidence of insurability. We're not getting any younger, and probably not healthier. So why not lock in very favorable rates now and decide in the next 15 or 20 years (as your net worth grows) if you would like to do more interesting and creative planning with your existing life insurance policies for your estate, business, or charitable planning.

As a personal example, my stage 0 melanoma would have resulted in surcharging a new policy 50%, but I was able to convert an existing term policy and received the 'preferred best' rating with the lowest possible rates.

Life insurance provides tax-free liquidity exactly when needed. If the real estate or stock markets are down, you don't want beneficiaries to sell those assets in case of a death. Life insurance can be used to provide cash exactly when needed. The 55-year-old with a large 401(k) or IRA may want to use a tax-free death benefit from life insurance to help their beneficiary pay the income taxes on the distributions of retirement plan assets or provide a bridge of income until penalties no longer apply.

Life insurance simply discounts cash for future use in case of death. There's nothing negative or mysterious or sad about that. Yes, there can be some nuances to purchasing and owning life insurance but it's a very useful financial planning tool. You can immediately guarantee that some or all your financial goals will be funded, and that is a good feeling to enjoy while you're alive. It truly is a unique financial asset and should be included in most financial plans.

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](http://www.pvwealthmanagement.com).

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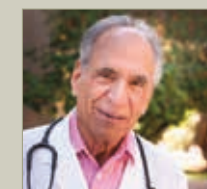
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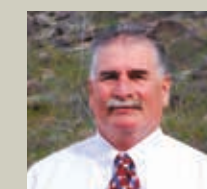
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# THE CAREGIVER CRUNCH

## FIVE *Time-and-Money* COPING STRATEGIES



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

For millions of unpaid U.S. caregivers, finding a healthy balance between taking care of children and elderly loved ones is a constant challenge — and often a drain on time, health, and finances.

According to a 2017 report from Transamerica Institute, 74 percent surveyed have been caregivers for one or more years, with 27 percent providing care for five or more years. Caregiving is a full-time job for many — even though 52 percent are already employed. Thirty-six percent of caregivers spend 100 or more hours per month on time-intensive duties including companionship, meal preparation, personal care, and feeding.<sup>1</sup>



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Additionally, the same Transamerica report cites that the health of caregivers often takes a back seat to those they care for — 55 percent admit their duties leave them physically and emotionally exhausted. Seventeen percent say their general health has declined since becoming a caregiver.

Which begs the question: “Who cares for the caregivers?”

If you're a caregiver or know someone who is, here are five practical ideas to consider.

**1.** If you work, talk with your employer. Caring for family members can be a 24-hour-a-day responsibility, making it nearly impossible to coordinate with the demands of a full-time job. Among those who are employed or who have held jobs during their time as caregivers, approximately one-third have used personal, vacation, and sick-leave days for caregiving. Furthermore, depending on household income level, as many as one-fifth of caregivers have taken a leave of absence.<sup>1</sup>

To find a better balance between your home and work life, discuss these options with your manager and human resources professional:

- Determine if your situation qualifies for the Family and Medical Leave Act (FMLA). Under this federal law, covered employers may be required to protect your job while you take unpaid leave for qualified medical and family situations. Under FMLA, eligible employees may qualify for 12 weeks of unpaid leave in a 12-month period. Even though this is an unpaid leave, it could be worth considering if you really need to concentrate on caregiving duties for a period of time.
- Ask if your company has an Employee Assistance Program (EAP). Some companies have an EAP built into their benefit plans to assist with the challenges that come with caregiving. Benefits may include referrals to counseling services, support groups for caregivers, and services for care recipients.
- Adjust your work schedule or location. If the nature of your job permits it, talk with your manager about a flexible schedule or working from home—which can also save on commuting time and transportation expenses.

**2.** If others don't volunteer their help—ask for it. Don't assume—or let others assume—you can handle all the caregiving responsibilities alone. If family and friends volunteer help, take it. If they don't offer, recruit others to ease the burden. Discuss with family members how much time, energy, and money each is able to contribute to your loved one's care. Don't be afraid to arrange for “respite time” for yourself; if family members or others contribute time so that you can take a vacation, have time with a friend, or get to your own medical appointments, that will help you be a better caregiver. Post and share a caregiving chart that lists everyone's tasks on a weekly or monthly basis. Every minute delegated is time back for you, so no task is insignificant — from your child playing a game with grandma to your sister taking your father to his doctor's appointment.

**3.** Organize financial resources. A 2016 AARP study found U.S. caregivers spend an average \$6,954 a year on out-of-pocket caregiving expenses.<sup>2</sup> Get a handle on all family financial resources and current living costs — both your loved ones and your own. Estimate outlays down the road and plan for emergencies. Use budgeting software to track your finances. If your loved one has limited financial resources, talk to an experienced elder law attorney about whether he or she might qualify for government assistance. An attorney can also help create the proper legal mechanisms to allow for the management of your loved one's financial resources and property.

**4.** Take advantage of (free) resources providing information and assistance. Resources such as Eldercare.gov, Caregiver.com, AARP.org, and Medicare.gov can provide useful information and contacts. If you're caring for someone with very limited resources who is receiving Medicaid, find out if your state offers a program that allows recipients to use benefits to pay caregivers. Also, check with religious organizations and social services agencies in your community that may provide free or low-cost care or companionship for elderly adults.

**5.** Take care of yourself. Save for your future—don't let supporting loved ones jeopardize your own long-term financial security. Contributions to 401(k) plans, IRAs, and 529 college savings accounts offer tax benefits that can help you invest more tax efficiently. Finally, don't feel guilty about scheduling “me time” when you can—have dinner out with friends, play a round of golf, or join a book club or gym. Keep your own health in check with regular doctor visits, and use your vacation time to get away and rejuvenate your mind, body, and spirit.

<sup>1</sup>Transamerica Institute, “The Many Faces of Caregivers: A Close-Up Look at Caregiving and Its Impact” Report, 2017. | <sup>2</sup>AARP, “Family Caregiving and Out-of-Pocket Costs: 2016 Report,” 2016. | Wells Fargo Advisors is not a tax or legal advisor. | This article contains basic information about Medicare, services related to Medicare, and services for people with Medicare. If you would like to find more information about the government Medicare program, please visit the official U.S. government site at [medicare.gov](http://medicare.gov). | Wells Fargo Advisors does not provide legal, tax, or accounting advice, but your financial advisor will be happy to work with your chosen legal and tax advisors to help you achieve your financial goals. | Insurance products are offered through nonbank insurance agency affiliates of Wells Fargo & Company and are underwritten by unaffiliated insurance companies. | This advertisement was written by Wells Fargo Advisors and provided to you by David N. DeNitto, CRPC®, CFP® | Investments in securities and insurance products are: NOT FDIC-INSURED/NOT BANK-GUARANTEED/MAY LOSE VALUE | 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. | © 2021 Wells Fargo Clearing Services, LLC. All rights reserved. CAR: 0321-01305

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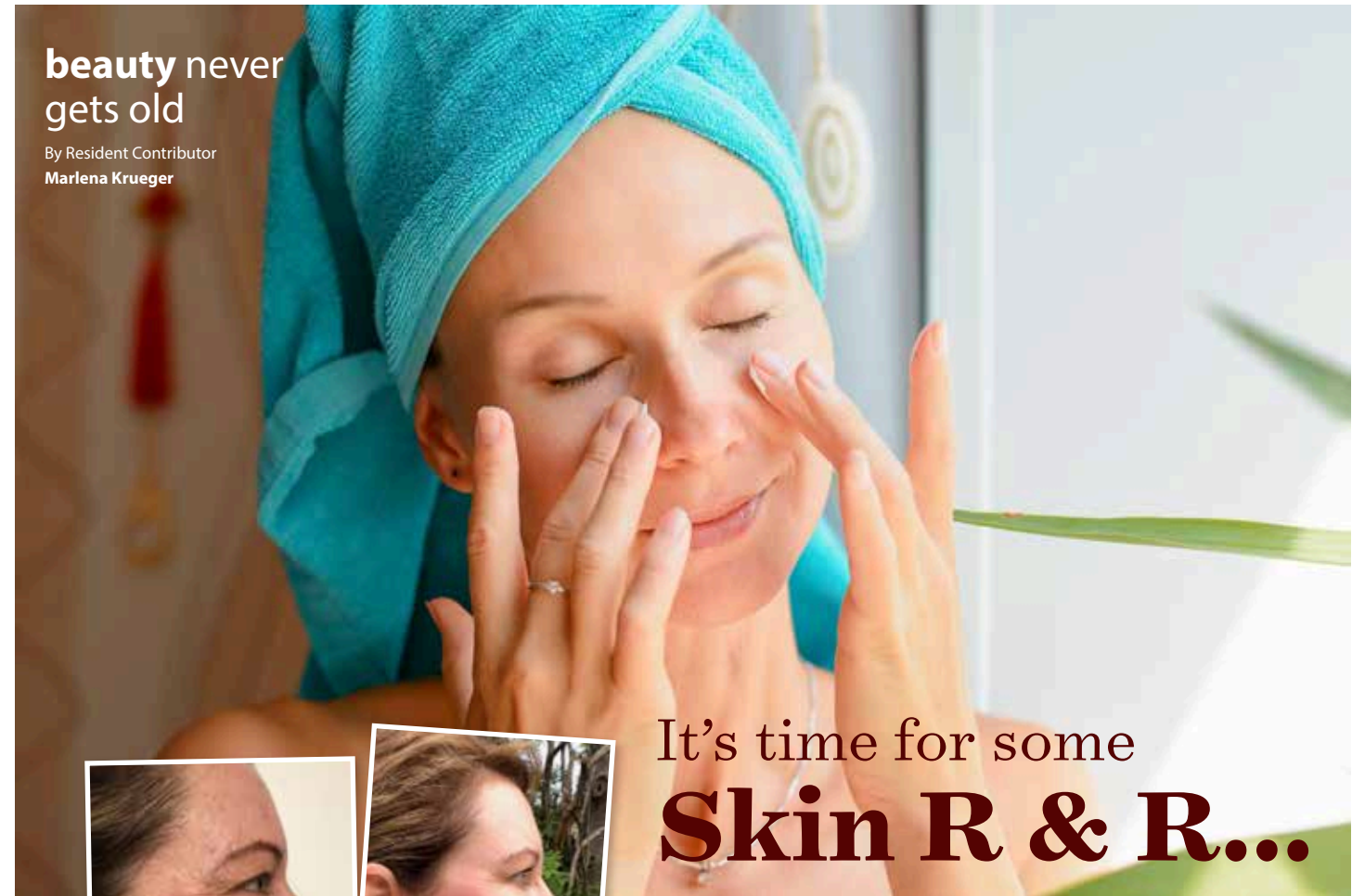


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By Resident Contributor  
 Marlena Krueger



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# PARADISE VALLEY MARKET INSIGHTS

Is this market our new normal? With inventory in Paradise Valley nearly flat month over month, we are still far from pre-pandemic inventory levels. In the 3rd quarter, we saw declines in both the number of homes sold and the average price per square foot. We went from 41 homes sold in July to just 23 in September, a 44% decline. The average price per square foot has also seen a moderate drop of approximately 4% going from \$585.20 in July to \$564.00 a square foot in September. Will this slow drop continue or will we level off? The good news is that we are seeing this shift all over the Valley as our real estate market seems to be headed back to seasonal norms with a slow down in the summer/back-to-school months and a rise in the winter and spring. There are still many luxury buyers searching for their dream home, vacation home, and even investment properties making now an excellent time to get the highest price for your home.

## LUXURY SNAP SHOT

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

# Closed Homes:	314	453	+44%
Avg. Sales Price:	\$2,481,498	\$3,184,194	+28%
Sales to List %:	95%	98%	+3%
Approximate SQ FT:	5,507	5,797	+5%
\$ Per SQ FT:	\$443.59	\$557.35	+26%
Avg. Days on Market:	162	108	-34%

## LAND SNAP SHOT

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

# Closed Lots	43	45	+4%
Avg. Sales Price:	\$1,410,744	\$2,663,144	+88%
Approx. Total Acres:	.828	3.0	+262%
Avg. Price Per Acre:	\$949,880	\$1,131,329	+19%
Sales to List %:	92%	95%	+3%
Avg. Days on Market:	292	207	-29%

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

# LUXURY IN DETAIL

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

\$1,000,000 - \$1,999,999	123	\$462.60	91	100%
\$2,000,000 - \$2,999,999	146	\$504.70	92	97%
\$3,000,000 - \$3,999,999	91	\$568.03	127	97%
\$4,000,000 - \$4,999,999	32	\$645.47	95	97%
\$5,000,000 - \$5,999,999	21	\$721.00	172	98%
\$6,000,000 - \$6,999,999	16	\$757.43	149	97%
\$7,000,000 - \$7,999,999	11	\$874.06	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	7	\$1021.20	252	96%
\$15,000,000+	-	-	-	-

## TRENDS IN LUXURY

As we approach the fall season and head toward the new year it's important to keep your home on-trend. You will see an emphasis on natural elements and sustainability continue to grow. In 2022, live plants are still at the forefront bringing fresh air and natural elements into your home. Light woods, clean lines, and an overall less-is-more approach to home interiors all contribute to creating a highly desirable environment where the whole family can function at its best. The well-appointed home office space remains in first place for popularity with buyers looking for features such as the office location, equipment space, storage, color, and décor so that it's not only functional but enjoyable. For more luxury real estate insights and trends contact Monson Luxury Group, The Noble Agency at **480.618.1147**.



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By Tiffany Brown  
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# A NEW VOICE

## Family Medicine BC Integrative Healthcare practitioner, Dr. Nancy Gaines Dillard, DNP

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. Quickly realizing 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



Dr. Nancy Gaines Dillard, DNP with her parrot, Kongo



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 created her LLC.

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.

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, 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 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 vets in AZ. 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.drncyncintegrativemedicine.com](http://www.drncyncintegrativemedicine.com) or call **480-669-6452**.



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6126 E Joshua Tree LN	\$10,100,000	6	8	8,196	1,232.31	Egyptian Hills	6246224
7070 N 59TH PL	\$9,500,000	4	6	7,008	1,355.59	CLUB ESTATES 2	6213486
5902 E CACTUS WREN RD	\$8,900,000	5	5.5	7,430	1,197.85	McClure Heights	6272495
5135 E TOMAHAWK TRL	\$7,290,000	5	8	7,805	934.02	GROSSE POINTE HIGHLANDS	6267251
6020 E INDIAN BEND RD	\$6,500,000	4	6	7,104	914.98	in escrow	6287135
6550 E EL MARO CIR	\$6,400,000	4	8	10,186	628.31	ELMARO ESTATES	6289163
10019 N 57TH ST	\$6,000,000	5	8	6,402	937.21	COUNTRY CLUB ACRES LOT 1-6, 19-30, 43-48	6290921
6412 E Doubletree Ranch RD	\$5,800,000	9	11	12,352	469.56	WARREN RANCHOS LOT 1 & 2	6289946
9300 N 71ST ST	\$5,500,000	4	4.5	6,390	860.72	CHAPARRAL VISTA	6236850
4551 E DESERT PARK PL	\$5,250,000	5	5.75	10,330	508.23	TATUM CANYON PER MCR 177-	6237756
6661 E SAN MIGUEL AVE	\$4,498,800	5	6	8,266	544.25	PARADISE VALLEY PUEBLOS LOT 3 MCR 293-6	6249166
9116 N FOOTHILLS MANOR DR	\$4,395,000	5	6.5	7,700	570.78	Foothills Estate	6175458
6700 E MAVERICK RD	\$3,190,000	6	6.5	5,949	536.22	CAMELBACK COUNTRY CLUB ESTATES 2 AMENDED	6245637
7310 N SHADOW MOUNTAIN RD	\$2,995,000	3	3.5	4,361	686.77	PARADISE HILLS	6282023
9827 N 57TH ST	\$2,550,000	5	5.5	5,634	452.61	"COUNTRY CLUB ACRES LOT 1-6, 19-30, 43-48"	6212371
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Clarissa Burt

Paradise Valley Resident, Sharon Lechter, author of Think and Grow Rich for Women, co-author of Exit Rich, Three Feet from Gold, Outwitting the Devil, Rich Dad Poor Dad, recently wrote the foreword to a new book, The Self-Esteem Regime, launching on November 11th, 2021.

Sharon is known as an award-winning entrepreneur and speaker. She mentors leaders and business owners to grow and scale their businesses through her Play Big Movement which was inspired by her desire and dedication to play big again after suffering the loss of her son. She continually helps others to live their legacy and to maximize their impact. Her willingness to help lift others up during difficult times has made her the perfect candidate to support The Self-Esteem Regime, written by her friend, Celebrity Survivor winner and actress, Clarissa Burt.

“Negativity circulates around us. It strikes us when we are at work, with our families, and even in our interactions with friends, neighbors, and total strangers. The news is a constant source of negativity with its philosophy of “If it bleeds, it leads.” It takes a lot to stay positive when we are surrounded by depressing information so much of the time. It requires focus and a true commitment to change—as Clarissa lays out in this book—to counter all of this noise.” – Sharon Lecter, In the forward of the book.

Clarissa Burt is an award-winning actress, international media personality, producer, director, writer, author, motivational speaker, and former supermodel. She began her illustrious career

## SELF-ESTEEM REGIME

author  
**Clarissa Burt,**  
foreword by  
**Sharon Lechter,**  
Paradise Valley Resident

By Tiffany Brown



Paradise Valley Resident, Sharon Lechter

at 18 as a model for the Wilhelmina Agency in Manhattan. Soon after, she moved to Milan, Italy, where she began appearing on hundreds of magazine covers. She became one of the top runway models in the world in the 1980s. Today, her brainchild, In the Limelight, is an online multimedia portal comprising video, a podcast, and a digital magazine dedicated to offering educational, empowering, and entertaining subject matter.

Clarissa Burt offers down-to-earth advice for women to help them manifest self-confidence in all aspects of their lives: relationships, family, friendships, careers, and everyday engagement. The book helps readers find worthiness through a concrete, step-by-step program for women of all ages and backgrounds. Sharing her unique mix of knowledge, attitude, and humor, Burt walks readers through her unique process that instills a lifetime of self-awareness, poise, and assurance.

Burt empowers readers to accept mistakes as valuable learning experiences and stepping stones. Her regime—which features a wealth of tips, case studies, and affirmations—is neither complicated nor demanding, although it builds mental strength, toughness, and resilience.

The book will be available on Amazon and Barnes and Noble bookstores on November 11th, 2021. To support Veteran’s Day she is offering a % of sales from the first week of the launch to support The Redefining You Foundation.



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# Elevated Phoenix Skyline Views, Architecture Rich with History, and 200 Miles of Hiking Trails

Just fifteen minutes from the Airport, Estate Antigua appeals to homeowners apprehensive to down-size

Located high in the Mountain Preserve overlooking Lincoln Drive lies a quaint, European-influenced gated community of just 57 homes. The white stucco facades, terracotta-tile roofs, and billowing red bougainvillea are design hallmarks of a design influence unmistakable in the Estate Antigua community. While many homes have been completely remodeled in recent years, the community retains the timeless architecture of its Italian design. Inspired by Nuragic architecture, there are 7,000 Nuraghe still evident in Sardinia in the Southern Coast of Italy, and scholars estimate that 10,000 or more originally existed back in 1800-1600 B.C.

The neighborhood has long been popular with nearby Paradise Valley and Arcadia residents ready to downsize while staying close to neighborhood friends, as well as those wanting the freedom to enjoy spontaneous or extended travel. But by far the greatest draw is the openness afforded by expansive views from the windows and decks of each “Villa.”

“I did not want my view to be a wall or a neighboring home. I immediately fell in love with the expansive mountain and city views that greeted me the moment I stepped in the front door,” says Elaine Sabin, who purchased her home here in 2014 and recently completed an extensive remodel.

Estate Antigua offers 24-hour security, and many of the guards have formed close ties with residents. The walkability of the neighborhood is reminiscent of an Italian village with a modern-day piazza consisting of a heated pool, tennis, and pickleball facilities. A second pool secluded at the rear of the community offers breathtaking views of the Phoenix Mountain Preserve.

While this prime location abuts a plethora of dining, arts, and entertainment options, Estate Antigua is carved into a very quiet and private hilltop enclave surrounded by natural desert and



protected mountain peaks. The community lies in the heart of Phoenix’s most popular hiking destination, and near the trailheads that lead to more than 200 miles of trails in the 7,000 acres of this portion of the Phoenix Mountain Preserve.

“People move here for the expansive views that avoid condo claustrophobia, and after experiencing the privacy, security, and amenities, they never leave,” says Denise van den Bossche, who has been a real estate agent since 1985, the same year the community was built. She has represented many residents here, including Sabin. “The layout of the building pads provide views of the downtown skyline and mountain vistas surrounding the Phoenix valley, and the sunsets cast on the western terrain of Camelback Mountain,” continues Van den Bossche.

The community comprises both attached patio homes and completely detached single-family residences, each with a different floor plan ranging from 1,500 to over 8,000 square feet. “The larger homes were cleverly designed to provide all primary living rooms at street-level, so the homeowner does not have a massive home to maintain. The

downstairs is a ‘bonus’ frequently used as a guest casita with its own south-facing windows, doors, and balconies to enjoy the views,” says van den Bossche.

Van den Bossche just bought two new listings to market. Both homes are over 4,500 square feet, fully remodeled, and offered at \$2.2 million and \$2.7 million. “The homes have many similarities, but also a completely different feel, layout, and views,” she says. “One is a fully detached single-family home with a private walkway to the pool and tennis facilities, 3 fireplaces, and a master closet large enough to host a small gathering. The other is on the quietest and most private lot in the



## featured home

community and boasts a separate Kosher kitchen and two large split master bedroom suites.”

Downtown Phoenix and Scottsdale, Arizona’s most populous cities, are both within a 15-minute drive of Estate Antigua. The popular Biltmore Fashion Park is nearby, anchored by Saks Fifth Avenue and LifeTime Biltmore, a new luxury athletic club with a rooftop pool and beach club. The Hermosa Inn and the prestigious Phoenix Country Day K-12 school are within walking distance. Estate Antigua provides quick access to the 51 Freeway, for quick access to anywhere in the Valley.

Estate Antigua is situated between the 40th Street and the 38th Street trailheads leading to 200 miles of hiking for all levels. A major five-year infrastructure improvement project was recently completed in September 2021, including meandering sidewalks along the north side of Lincoln Drive at the entrance to the community.

More information is available at [www.Estate-Antigua.com](http://www.Estate-Antigua.com), or by request to [info@Estate-Antigua.com](mailto:info@Estate-Antigua.com).

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# FINDING Refuge Beauty IN YOUR BATHROOM

By Resident Contributor  
**Barbara Kaplan**



Have you ever just wanted to hide from the world and wondered where you could go? For many of us, it's the bathroom.

It's the room where most of us begin and end the day. We talk with spouses and family members as we get ready, answer phone calls, make shopping lists, daydream, pamper ourselves and face the harsh realities the mirror tells us.

The bathroom has become a place to indulge ourselves and/or find peace and refuge. If this sounds familiar, why not make it a place of beauty, support, and healing?

Today, many new homes have the closet and bathroom together, creating a dressing area. It makes access to clothing more convenient and combines all our personal needs in one place.

Bath areas have an abundance of tiles to select from which come in an array of colors, textures, and beautiful and interesting designs. Combining tile, carpet, or area rugs adds warmth to the all-tile look and feel.

Mixing lighting is a smart way to support the many different needs in the space. A ceiling light that is LED will not add to the heat of the room and is right for the makeup and shaving area if a natural daylight bulb is used. This can be combined with a wall sconce to balance the appropriate light for colors when applying makeup.

A ceiling fan gives wonderful relief by circulating the air and a heat lamp placed when you are dressing after a shower or bath provides warmth. Mood lighting can be joined with functional lighting and put on rheostats. Lamps give a cozy and warm feel to the hard and cold materials used. And don't forget the romantic and healing effects of candles.

Plants add charm and a feeling of the outdoors. They should survive due to the moisture, but be sure they have enough light. The containers you place them in are like accessories and can add color and interest.

All the items above can be incorporated in smaller spaces, too. The best and most effective one is the use of mirrors. Mirrors expand the area and can give the bathroom an elegant look. Not only does a mirror make the space appear larger, and it could eliminate the need for accent paint, wallpaper, additional tile, and pictures. Individually framed hanging mirrors have become a decorative color and design feature to bring individual style and warmth into a more sterile space.

Luxury and elegance are the words for bathrooms today. And they are still a place to hide away with your dreams, relieve stress, and indulge yourself. In this most personal space, display your favorite lotions, perfumes, and candles. Use soft towels and floor mats that caress your skin—and most of all select colors that soothe you.

Seating can be added for lounging as well as making the space more inviting. The fabric used for the seating adds color, warmth, and absorbs sound. Rugs can also be used for the same purposes.

And for those who can, some master baths are starting to resemble mini health clubs. They have steam or sauna areas and rooms with mirrored walls, and they're large enough for exercise equipment. They may even include a whirlpool bath in front of a fireplace. Incredibly, the master suite is so large in some homes that it represents one-fourth to one-third of the total square footage of the house. They may even contain entertainment systems with TVs installed behind mirrors to be viewed and used from the tub as well as the entire room.

Always remember, bathrooms have no feelings, they are waiting for you to express yours!

# slice of paradise

Searching for a rare slice of paradise that offers indoor and outdoor living in a prime location? This impressive custom-built estate awaits to captivate you where every inch exudes style and sophistication. Features: Fully private gate, Instagram pantry, expanded 4.5 car garage, expansive downstairs game room with custom-crafted wood bar, wine cellar, eight-seat movie theater, and much more. Coveted glass walls lead to a resort-style backyard where the cool breeze and sounds of water from the waterfall offer incredible mountain and city views and sunsets that are the perfect setting to welcome the day with morning coffee or unwind in the evening with your favorite cocktail.

Low maintenance outdoor living includes sparkling pool overlooking the city, tennis/basketball court, 3-hole putting green, bocce ball court, horseshoe pit, outdoor fire pit, and gas grill. Another added perk: home is energy efficient averaging a \$300 bill year-round. This unique estate would make a beautiful wedding venue or attractive vacation rental for the motivated investor. The convenient location gives you access to the esteemed Kyrene School District, back gate mountain hiking, 15 minutes to downtown, 10 minutes

to the airport, and 10 minutes to Tempe. Outdoor deck patio over 2000-sf. Lot next door can be available for purchase.

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# meet EBBY

**pet of the month**

Submitted by Resident  
Contributors **Rodd and Jo Wolff**

**Type of animal/breed:**  
Thoroughbred horse

**Name, gender, and age of pet:**  
Ebby is a 24-year-old mare

**Is there a story behind its name?**  
Ebby is her nickname and it is short for Ebalance

**What's the story about how your pet became yours?**

Ebby was a racehorse in England and was shipped here when she was purchased from a woman in Gilbert. She raced a few races here in the U.S. and then the woman wanted to sell her as she was buying some other horses. Our son knew her and helped us to make the connection. We had a horse named Sandy who was lonely so it was a great fit.

**Does your pet have any special talents?**

Ebby is a stunt horse. She is a rearing and falling horse so if she is in a scene where she gets shot, she can fall to the ground. Ebby stands on a pedestal and can give an extended bow. She gives kisses, hugs, shakes hands, and can jump a four-rail fence. She has done more commercials than movies, but was in *The Last Hard Man* and has done brand work including print work for Sedona BBQ sauce.

**What funny/weird quirks does your pet have?**

She's a mare which is unlike all of our other horses -- in the past, we have had Geldings and Stallions. She is persnickety and like all mares, she goes into heat two times a year, and during that time, she

doesn't want to pay attention, play games, or do any of her regular activities.

**What game(s) does your pet like to play?**

She likes to play with a soccer ball or a medicine ball. She saw me kicking the ball around and now she likes to do that, too.

**How spoiled is your pet?**

She is spoiled a lot by the neighbors. She recognizes them and even their dogs. If they are taking a walk, she will shake hands with the neighbors or will touch noses with the dogs because she knows they are going to give her apple slices or carrots.

**What adventures have you taken with your pet?**

We take her about a mile away to an equestrian park that has a track and an arena. We ride around the track and she will see the horses there and will want to go and meet them. I have taken her to Rawhide, Reata Pass, and Pinnacle Peak.

**What adventures have your pet taken without you?**

She has gotten out before. She has seen other horses at the end of the street and has left to go and socialize with them. It is hard to get her back when she is socializing.

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

I go outside after coffee around 6am and she gives me a kiss, shakes hands, paws at the ground, and kicks the ball. After we play a little, I put on her flying mask and fly spray, then I give her alfalfa and corn plus a senior mix with vitamins. She spends a lot of time grazing and visits with neighbors walking by.

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

Every day I get up, it is a joy to play with her. If I am stressed and need some support I just say I want a hug and she will give me one. She makes me relax and makes everything ok.

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

Mrs. Pastures Cookies for horses.

**Is there anything else we should know about your pet?**

Like any female, it costs a lot to keep her in her shoes. It's like Ferragamo's.







### resident recipe

Recipe by **Elena Wilkie**, [www.afoodiesbliss.com](http://www.afoodiesbliss.com)  
Photography by **Alicja Farner**, [www.alicjafarner.com](http://www.alicjafarner.com)

This No-Corn Cornbread is gluten-free, perfectly sweet, moist and full of flavor! It's the perfect comfort food for fall. **PREP TIME: 20 mins COOK TIME: 35 mins**

#### INGREDIENTS

- 1¼ cups millet, soaked (250g) (see notes)
- 1 cup unsweetened coconut milk (see notes)
- 2 tsp lemon juice (see notes)
- 1 cup zucchini, chopped
- ¼ cup white chia seeds, ground (see notes)
- ½ tsp turmeric
- 2 tbsp ground flaxseed
- ¼ cup almond flour (24g)
- ¼ cup vegan butter, melted (57g)
- ¼ cup coconut sugar (see notes)
- ¼ tsp salt
- ½ tsp baking soda

#### INSTRUCTIONS

- Soak millet in a medium bowl with enough water to cover it. Let it soak uncovered at room temperature (can leave on the counter) for at least 2 hours. When done drain, rinse and use as instructed below.
- Combine the coconut milk (or milk of choice) and lemon juice in a small bowl. Stir together and let sit for 5 minutes, until the milk curdles. This will create the buttermilk.
- Oil your baking dish (either an 8×8 square or 9" round).
- Add the soaked millet, buttermilk, chopped zucchini, almond flour, chia seeds, ground flaxseeds, melted butter, turmeric, and sugar into a food processor or high-speed blender.
- Process until all is fully combined and completely pureed. Once the batter is ready to pour into the baking dish, stir in the baking soda.

- Pour batter into an oiled baking dish and bake at 350 F for about 35 minutes.
- Allow cornbread to cool for about 15-20 min. before slicing.

#### NOTES

##### Tips

- Soak Millet for at least 2 hours before using (prep time doesn't include this step).
- Make sure milk is at room temperature, it will prevent the butter from hardening in the bowl.
- Stir in the baking soda right before baking. When you mix baking soda (base) with the lemon juice (acid), you get a chemical reaction, which produces a lift in your baked goods. This reaction starts as soon as the base and the acid are mixed. So get the cornbread in the oven immediately after you mix the two before the reaction subsides.

##### Substitutions

- Vegan Butter: Can replace with melted coconut oil, ghee, or regular butter. I would suggest using butter in this recipe as it adds a great buttery flavor!
- Milk: I love to use coconut milk for the creaminess, but feel free to use what you like.
- Lemon: You can also use apple cider vinegar as your "acid" base for the buttermilk.
- White Chia Seeds: If you don't have white chia seeds on hand, black chia seeds will also work. It will only affect to look of it, not the taste.
- Coconut Sugar: If going sugar-free, you can use monk fruit sweetener as a replacement, 1:1 substitute.

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# no corn CORNBREAD



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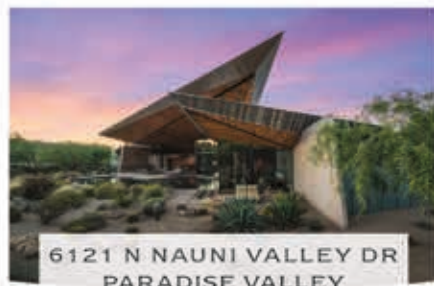
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paradise valley gives back  
By Carla Nina-Cevallos

non-profit organization spotlight



MEET ASIF HAIDARI

Asif is a legally resettled refugee from Afghanistan who worked as a translator for seven years with the United States Armed Forces and the U. S. Special Operations Forces. He was instrumental in several special operations in Afghanistan because of his knowledge of the culture, language, and his trustworthiness with U.S. military intelligence material. Asif's safety became at risk, so he was granted refugee status to legally immigrate to the United States with his wife Sonam and his three-year-old daughter Aemon. In March of 2020, they arrived in Los Angeles with only \$200 in their pockets and a few personal items.



Sorry I do not speak English.

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Soon after they arrived in the United States, they decided to relocate to Arizona because of cheaper costs of living and opportunities to raise a family. They faced real struggles as they did not know anyone and had no resources. To provide for his family Asif applied for a job with Lowe's and he was able to begin employment. He then purchased a car and began to seek opportunities to help his wife to integrate into the community. She did not know any English, so the priority was for her to learn the language to be able to communicate. At a refugee event, Asif met Bobby Cox, the president and founder of GoTEN – Go to Every Nation, which is a non-profit organization that helps refugees with free English, sewing, tutoring, and citizenship classes, and most importantly assists in establishing friendships with Christian volunteers to provide a community of support.

GoTEN has been able to provide English lessons for Sonam. Asif's wife had a great desire to learn English. However, she was seven months pregnant and not able to travel to the English centers, so GoTEN made special arrangements for Grace Habib who is a GoTEN teacher to go to their house and teach her there. When their baby Ayat was born, GoTEN was able to assist them with a crib and baby supplies. Asif said: "Bobby and his wife Angie have been family to us. When I arrived in the U.S., I was like a blind person, and they have helped me and guided me."

The mission of GoTEN is to help refugees in need so they can thrive. Asif and his family are a great example of thriving. They consider Phoenix home, and they are planning on purchasing a



house soon. Something Asif would like people to know is that refugees like him come to the United States with a desire to work hard, be productive, and contribute to society and their new community. They had to leave their native country because their lives were in danger, but they have found safety and a new community of support in the United States.

You can partner with GoTEN to welcome and assist legally resettled refugees by becoming a site sponsor. Sponsor a site today!

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PARADISE VALLEY ARTS

# tieken gallery



By Resident Contributor, **Fred Tieken**

For more than five decades, Fred Tieken's life has centered around music and design. He has owned and operated three recording studios and fronted his own bands, playing over 3,500 live gigs and spending thousands of hours in recording sessions. Fred was also creative director at a leading Chicago design agency before starting his own design and marketing firm. He has received more than 200 national and international awards in the fields of design, illustration, art direction, marketing, and advertising. He has been featured in Graphic Design: USA magazine as an International Top 50 Art Director and has appeared in Who's Who of Outstanding Americans. Fred Tieken's work has shown in over 100 shows throughout the U.S. In 2015, Fred and his wife, Gail, built an art gallery on their property in Paradise Valley. Since then they have shown the work of many other artists as well as Fred's own. They have integrated the Tieken Gallery into the landscaping, bridging the gap between a commercial space and a tranquil destination.

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# ROCK STAR ALICE COOPER'S

# Andy Warhol

## LARSEN GALLERY PREVIEW at Neiman Marcus



Neiman Marcus Scottsdale hosted 'First' Arizona Event to Unveil Rock Legend Alice Cooper's Warhol Outside of Larsen Gallery.

At this exclusive event, the public had a chance to view Rock Star Alice Cooper's multi-million-dollar Andy Warhol outside of Larsen Gallery. The legendary acrylic and silkscreen ink on canvas, Little Electric Chair was on display Thursday, September 23rd at Neiman Marcus located in Scottsdale Fashion Square,

Alice Cooper acquired the piece as a birthday gift from a former girlfriend who borrowed \$2,500 from Alice's agent to purchase the piece. In the 1970s, Warhol and Alice would spend time

together hanging out at Max's Kansas City and Studio 54. Alice even incorporated using the piece during his stage performance, but due to the touring schedule Little Electric Chair ended up stored in a cardboard tube in the garage.

In 2008, Alice was golfing with Shep Gordon and Dennis Hopper when the topic came up about some of Warhol's pieces being worth millions. Cooper then called his mother to look for the piece in the garage where she found that along with some other works of art. In 2017 the painting was stretched and restored by Gloria Velandia Art Conservation and placed on exhibition at the Rock and Roll Hall of Fame in Cleveland in 2018.



Ivan Lugo, guest attendee

Andy Warhol was an original fashion influencer, dating back to 1962 when the famous artist became one of the first to turn his works into fashion items by printing the designs onto dresses. In honor of the artist's rich history in fashion, designers were on-site at Neiman Marcus during the display hours to help shoppers find Andy Warhol inspired trends.

The Warhol was available to be seen at Larsen Gallery by appointment only to qualified bidders. The artwork was auctioned off to the highest bidder during the 2021 Fall Larsen Art Auction on October 23, 2021, with an expected sale between \$2.5 and \$4.5 million. Neiman Marcus hosted a special invite-only VIP Cocktail Reception for special guests that evening. Those attending the evening reception were also treated to a performance by Indie/Folk Singer-Songwriter Sophie Dorsten from Alice Cooper's Solid Rock Foundation. Cooper's non-profit Solid Rock Foundation offers support and community to the youth in local Arizona communities.



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# WASTED GRAIN

Wasted Grain's corner spot located in Old-Town Scottsdale offers a laid-back atmosphere and hosted a private event for Paradise Valley residents on September 30th, 2021. Guests sampled savory bites from vegetarian spring rolls to meatballs, a hummus platter, and an extensive charcuterie board.

Outside it offers ample comfortable seating and an open-air 3,000 square foot garden that is dog-friendly. This drinking locale is a go-to location

during game days. Televisions line the walls and they also offer an instagrammable photo wall.

On the weekends this venue transforms into a nightlife destination and offers live music on Thursday, Friday, and Saturday nights. There is a large private event space for corporate events, bachelorette parties, and intimate get-togethers with an extensive bottle selection on the second floor, which also boasts incredible DJ's pumping out the beats. Wasted Grain is located at 7295 E STETSON DR., SCOTTSDALE, AZ 85251



## recent events

Photos by Robert Keegan



Wasted Grain photo by Robert Keegan Photography



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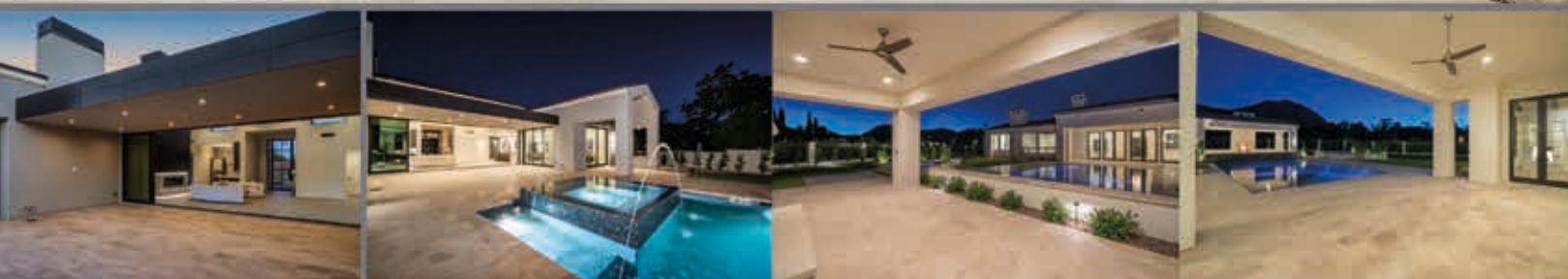
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resident table

By Resident Contributor **Giangi Townsend**

# Cooking A Thanksgiving Feast GAME PLAN!

## ONE MONTH Before Thanksgiving

- Put an initial menu together and post it for everyone in your family to see so that your family can provide you with feedback now and you can make changes accordingly.
- If you're working with cookbooks or checking out recipes online, make sure that you write down/bookmark the page or copy the recipe/print it out and put it in a file.

## TWO WEEKS Before Thanksgiving

- Place your order for the main dish - turkey, goose, prime rib, etc.
- Inspect all of the linens, dry clean, and press, if necessary.
- Purchase all of the non-perishable grocery items plus wine, champagne, and drinks.
- If you're using a bread base stuffing or any vegetable dish, you can also prepare the onions, carrots, celery, and garlic. Store them in separate containers and freeze them until needed.

## ONE WEEK Before Thanksgiving

- Prepare the cranberry sauce, and purchase all of the items that will be hard to find as the clock ticks down, such as chestnuts.

## THREE DAYS Before Thanksgiving

- Start baking cookies and any other sweet treats that can be stored.
- Start preparing appetizers that can be rewarmed at the last minute.
- Carefully get out the holiday china, crystals, and silverware you are going to use. Polish as necessary, and get vases and table decorations ready.

## TWO DAYS Before Thanksgiving

- Do all remaining grocery shopping and purchase flowers if desired.
- Bake pies and cakes
- Roast vegetables and make the stock base for gravy (which you can store).
- Set the table (aren't you glad you inspected the linen vs. just checked it?)

## ONE DAY Before Thanksgiving

- Clean and prepare all the vegetables and store them.
- Cook sweet potatoes dishes.
- Prepare the stuffing and start the gravy base.
- Prepare flower centerpieces (hint: choose something small and low so you can have an easy conversation), and store them in the refrigerator or in a cool place.
- Assign serving dishes with silverware, and set a table where all the dishes will be placed if you do a buffet-style
- Set up all champagne glassware and small appetizers plates on an easily accessible table, or on a counter away from the kitchen workspace.

## Thanksgiving Day

- Stuff the turkey and cook.
- Get all the sweets, appetizers, and sweet potatoes out so they can reach room temperature.
- Peel, cut, and cook the mashed potatoes.
- Prepare all vegetables based on your menu
- Warm-up what needs to be re-heated.
- Set drink and appetizer table.
- You did it! ENJOY THE FEAST

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