

# NORTH SCOTTSDALE

A SOCIAL PUBLICATION EXCLUSIVELY FOR AND BY THE RESIDENTS  
OF SILVERLEAF AND DC RANCH • JANUARY 2021

*pulse*



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**The Year 2020**  
*in Review*



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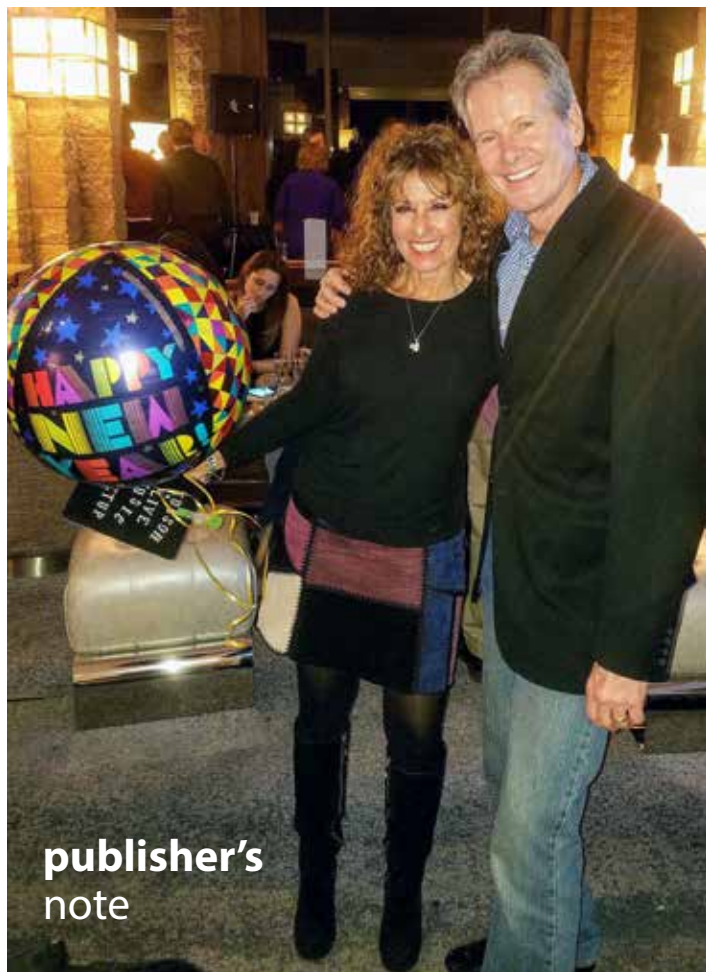
Happy New Year to all our DC Ranch and Silverleaf Friends!

You will probably agree that 2020 is a year that couldn't end soon enough and we're all very happy to put it in the rearview mirror! That being said you may also agree that the challenges we've been facing help us appreciate our resiliency and adaptability. At the same time, we are profoundly saddened by the toll the pandemic has cost in lives and suffering.

We are so grateful to be part of this community and with this New Year, so filled with hope and promise, we want you know how much we appreciate you for sharing your stories and following your neighbors and neighborhood through these pages.

This is the perfect time to thank all of you who have contributed your stories and pictures for *The North Scottsdale Pulse* and thanks for being a part of our past events and activities. We hope that you all enjoy reminiscing "The Year in Review: 2020." We pulled together and made it through!

Thank you as well for supporting the sponsors of this publication who make what we do possible. Remember that our sponsors are referred and recommended so you can trust them to provide a superior experience when using them and their products. Please be sure to let our sponsors know that you learned about them from *The North Scottsdale Pulse*.



**publisher's  
note**

Wishing you all a healthy, happy and prosperous New Year!

Phil and Marlene Johnson  
*The North Scottsdale Pulse*



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We will conduct speed networking and you will have a one to one meeting with everyone in the room.

Please RSVP to [phil.johnson@n2pub.com](mailto:phil.johnson@n2pub.com).

**Location:** McDowell Mountain Ranch Golf Club-  
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the Palo Verde Room on the grass area  
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# FIVE TIPS on How to Prepare for Getting COVID



By **Robert Shaw**, DCR Resident

Last November, I was released from the hospital after testing positive for COVID.

You could say I was unlucky and lucky. I got it from my 19-year-old daughter who had a couple of feverish nights and quickly recovered. I was unlucky in that my symptoms ended up being a lot worse. After 8 days of high fever, I ended up going to the ER twice and the second time I was hospitalized with hypoxia (oxygen deprivation) and a racing heart and atrial fibrillation (AFib). It was definitely the scariest experience of my life and frightening for my wife and family. I'm now on the mend and recovering at home.

I was lucky in that I didn't end up in a worse condition (like being intubated). I think the nastiest characteristic of COVID is that some people can show almost no symptoms or quickly bounce back while others can be near death in a couple of days (I did hear one Code Blue during my stay in the COVID unit). The whole randomness of how COVID can affect you particularly is quite scary.

To help others, I thought I'd write up 5 tips to prepare for potentially catching COVID and it not being a mild case.

**Get a Pulse Oximeter:** This fantastic little device quickly measures your blood oxygen saturation (SpO2) and pulse rate. A typical healthy SpO2 rate might be in the high 90s percentile. In my early symptoms of COVID, my readings were in the low 90 percentiles. When I went to the ER, the reading was 86% and I felt like I could barely breathe.

This little gadget will help you understand whether this lack of breath you're feeling is real and warrants a trip to the ER (you should probably go to the ER if you're anything less than 90% but consult with your doctor). You can pick up the exact model I have at <https://www.amazon.com/gp/product/B07BNZ2Z41/>

**Get a Thermometer:** You probably already have one at home but a common symptom of COVID is high fever and it's good to have one on hand to monitor your temperature. Check the battery on it! They can go dead on you. Available at any drugstore.

If you do have a fever, you can lower it with an acetaminophen like Tylenol and now it seems the early warnings not to use nonsteroidal anti-inflammatory drugs (NSAIDs) with COVID like Ibuprofen may not be valid - see <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7287029/>

**Get a Blood Pressure Monitor:** Know what your normal blood pressure is and consult with your doctor if you need to be paying attention to your blood pressure levels. My doctor recommended purchasing one from Omron and this model is easy to use: <https://www.amazon.com/Pressure-Monitor-Bluetooth-Storesup-Readings/dp/B07RYBKNC2/>

It's easy to keep track of your blood pressure readings in a Google sheets or Excel. Because of the symptoms I experienced, after getting out of the hospital, I could keep an eye on my blood pressure.

**Get a long cable for your iPhone or Android device:** When you're on your way to the ER, you might only have a few minutes to grab a few things and they make a critical difference to you and your family's well-being if you end up in the hospital.

If you end up in the COVID ward, you won't be having visitors and your only link to the outside world and your family will be your cell phone. However, remember you're in a hospital bed and you might have one or more IV drips in your arms and you'll be wired up to be monitored for vitals telemetry relayed to the central nurse's station. The reality is that you will have a very limited range of motion so you need to have your phone always at hand and constantly on a charger. Luckily I had a 10-foot charging cable that could be plugged into the wall and tied around a bed rail. You can pick one up for an iPhone with a lightning connector here: <https://www.amazon.com/AmazonBasics-Lightning-USB-Cable-Certified/dp/B07DCGFWNQ/>

**Get your Estate Planning in Order:** Although some people get very uncomfortable discussing this topic, you need to have easily accessible some crucial estate planning docs that could be needed if you end up in the hospital with COVID and critically ill. These include, amongst others:

- Health Care Power of Attorney
- Living Will with Guidelines for Cessation of Life-Sustaining Treatment
- Authorization for Release of Protected Health Information (HIPPA)
- Organ donation

A good estate planning attorney will provide you with both paper and digital copies of these and other documents. Upload a digital copy of all your estate planning documents to a cloud-based service such as Dropbox makes it easy to share a link to all your crucial documents with your loved ones.

I hope these 5 tips are useful – if you can do just one thing today, order that Pulse Oximeter!



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ask dr. valbuena

By Paul R. Valbuena, M.D.



## 2021 Resolutions The Psychology Behind Attaining Realistic Goals

Most likely we have all made a new year's resolution at some point or another. For some reason they never seem to stick and even the simple ones fall by the wayside after a week or two. In fact, studies have shown that only about 20 percent of adults are able to completely follow their resolutions through to the end. Why? There is actually quite a bit of psychology behind the problem.

While there are many factors at play, the primary one is that we tend to set unrealistic goals for ourselves. The goals we set can be vague and many times influenced by outside forces and what we think others expect of us. We must set clear and definitive

goals that we personally want to reach. Instead of saying "I want to lose weight this year" we should say "I want to lose 20 lbs by June." We have to be sure to set goals that we know we can reach or else we are just setting ourselves up for disaster. If we set unattainable or vague goals, we subconsciously know that we won't reach them and they are over before they really even start. This can give us a mental block when it comes to getting on track.

Another mental block leading to failed resolutions comes from our poor mental and physical health practices. Our brain can cause us to make poor choices like skipping sleep, making that late-night trip to the fridge, or spending money on frivolous items. In the end our poor choices can actually cause our brain to continue making them. Despite how caught up and motivated we feel, just saying our intentions out loud will not suddenly make them a reality. The goals we set in January are really no different than the rest of the year. Our brains are already wired to make certain lifestyle choices that are not healthy -- such as sleep deprivation from staying up late and sneaking those extra treats. In order to make changes in our life we have to re-train our brain to make better decisions that ultimately make or break those resolutions.

If your resolution is to lose weight or even tighten up the budget and save towards a vacation, the psychology is the same. We have to start by setting attainable goals and practice being mindful about our lifestyle. Start with making small choices like getting more sleep and drinking more water. As you reach these smaller milestones your brain's pleasure center is becoming stimulated by these achievements. This is helping you to rewire your brain to make better choices for your health. Healthy life choices lead to a more positive outlook on our goals and it is important to physically nourish your brain by eating healthy, sleeping more, and getting plenty of exercise. These small things lead to bigger things and turn into completed resolutions.



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Liv



Luci



Luci and Liv performing

# Meet Sisters LIV AND LUCI CORMANY Band Members in the School of Rock

..... young achievers .....



The Joeys With Alice Cooper

Meet sisters Liv and Luci Cormany of the Haciendas, two very accomplished musicians. Liv is 17 and plays the keys and Luci is 14 and plays the bass and sings. Both girls are in the “Varsity” band for School of Rock Arizona called The Sugar Skulls (an after school music program that often plays big events all over the Valley) and Luci is in The Joeys, an up and coming

young, energetic rock & roll band consisting of band members: Dean Cheney, lead vocals and guitar (16) , Hayden Lamm, drums (16), and Luci (14) bass and vocals.

## About Liv and Luci

**How long have you lived in the neighborhood?** We actually



The Joeys



Luci



Liv



Liv

moved in at the end of December; but we are just moving from right down the street in Arcadia, Silverleaf.

**Who is in your family?** Mom, Nicole; Dad, Josh and Izzy and Zoey our dogs.

**What school do you attend?** Liv is a senior at Rancho Solano and Luci is a Freshman at Horizon high school.

## Luci:

**How did you get started with The Joeys?** We all met at School of Rock, an after school music program. They were looking for a bassist and I’m so glad I got the job!

**What do you enjoy about being in the band?** I enjoy our friendships and have so much fun playing music together. Live shows are so much fun but we also do a lot of recording in the studio and we rehearse 1-2 times per week.

## Liv:

I enjoy performing in front of crowds! There is nothing more fun than performing for an enthusiastic audience. When I am able to make such a huge group of people happy, I feel like all of my hard work has paid off. I also enjoy learning new songs so frequently. I have been able to play so many different genres, I feel like I know something everyone will enjoy. We have done disco, funk, rock, metal, and even rap songs

One of the highlights of my experience was definitely playing at the Marquee Theater. The venue is HUGE and it was filled almost all the way. The crowd

was so energetic and fun. It was so fun to see so many people dancing around and enjoying our set. The sound was amazing. You could hear every instrument and the vocals were so crisp and clear. At the end of our set, we all ran out onto the stage for the last song. Playing at the Marquee is one of my favorite memories of all time. It was so cool to be able to play where so many famous artists have performed. My friends and I still talk about it, and I even have the wristband pinned to my wall to this day!

**Luci what about you? Tell us something you have achieved or some highlights of your experience with the Joeys:** in the fall of 2019, when I was 13, we competed against 80 other bands in Alice Cooper’s Proof is in the Pudding competition. It was an incredible experience and we met some really cool people. The final night of the competition was so exciting... The judges announced 3rd place... Then 2nd place... we didn’t make either of those so either we didn’t place or... WE WON! We screamed and I ran so fast onto the stage with my heart racing. My parents and friends were freaking out in the audience. It was incredible! We then had the opportunity to open for Alice Cooper, Sister Sledge, Johnny Depp and many others. I was pretty nervous but we rocked the Celebrity Theater in front of 1800 people.

## How long have you been playing/performing?

**Liv:** Both Luci and I have been into music since we were very young. I played violin and piano in early elementary school and I joined School of Rock in seventh grade, Luci was in 4th grade. We have now been performing with School of Rock for five years. I auditioned for Sugar Skulls my freshman year of high school, and I am now in my fifth eight-month season performing with them! Luci has been with the Sugar Skulls since she was 12 and is still the youngest musician in the band.

## How did you get started?

**Liv:** My mom signed my sister up for School of Rock a few years after we moved to Arizona. Luci was always energetic and had that “rocker” style. My mom asked if I wanted to join for a trial, and I was very hesitant but when I arrived at School of Rock for the first time, the instructor said, “Do you want to play keys? You would be a great keys player!” So I learned Seven Nation Army by the White Stripes, and the rest is history.

**Other interests/hobbies:** Liv is the president of the music honor society at Rancho Solano, works



part-time, loves fashion, photography, and psychology. She also loves to hang out with friends, bake, and play Among Us.

Luci loves to hang out with her friends and is always curious, asking great questions about business, politics and social issues.

**How do you keep a balance between sports, school, and other activities in your life?** Music is #1 along with our school work. We make sure to block out time for homework, working out, and friends and family time. Liv: I do live a very busy life being president of the Tri-M National Music Honor Society, Sugar Skulls, working 4 days per week, school work, and college applications. However, I make sure to take breaks when I need them, spend time with my friends, boyfriend, and family, and take time for myself. Each weekend I take at least one day off to see my loved ones. I also get most of my homework done on weekend nights, so that I do not have to worry when I work weeknights.

**What are your plans after high school?** Liv: I'm currently applying to colleges both in state and Montana State in Bozeman, MT where I grew up until 4th grade. I will be majoring in psychology and hopefully I will be accepted into Barrett Honors College as well! I would love to be a therapist in the future and incorporate music into that profession.

Luci plans to go to college and has a new interest in political science, but the Joeys plan to stick together and have big plans with their Nashville connections so stay tuned!

**Name someone you admire:**

**Luci:** I really admire Haley Williams. She's got an incredible voice and is the reason I want to sing. **Liv:** I admire my music director, Shane Baskerville at School of Rock. He has always encouraged me but also motivated me to improve myself. He always gives



Luci on AZRadio.Live

great advice and he has given me a skill that I will carry with me for the rest of my life.

**About the Joeys':** The Joeys are a young, energetic rock & roll band based in Scottsdale, Arizona. Blending rock & roll with elements of rockabilly, punk and R&B, their sound is unique, fun and infectious. Their music has received local airplay in Phoenix and their single "Phantom Bride of 13 Curves" was featured on the nationally syndicated Rockabilly & Blues Radio Hour. Live shows feature a mix of catchy originals and up-tempo covers from artists ranging from The Stray Cats to Oingo Boingo, but always with a unique spin. The Joeys are the 2019 1st Place winners of Alice Cooper's Proof is in the Pudding Competition. They have performed at numerous venues and festivals including Celebrity Theatre - Phoenix (With Alice Cooper).

The Joeys have been working with a Nashville producer for quite a while now; and you can find them on Spotify, Apple Music, Facebook, Instagram, etc. Be sure to check them out at [www.joeys.band](http://www.joeys.band).



**Do you have a Young Athlete or Young Achiever that you would like to feature in the North Scottsdale Pulse?** Please write to us at [marlene.johnson@n2pub.com](mailto:marlene.johnson@n2pub.com).



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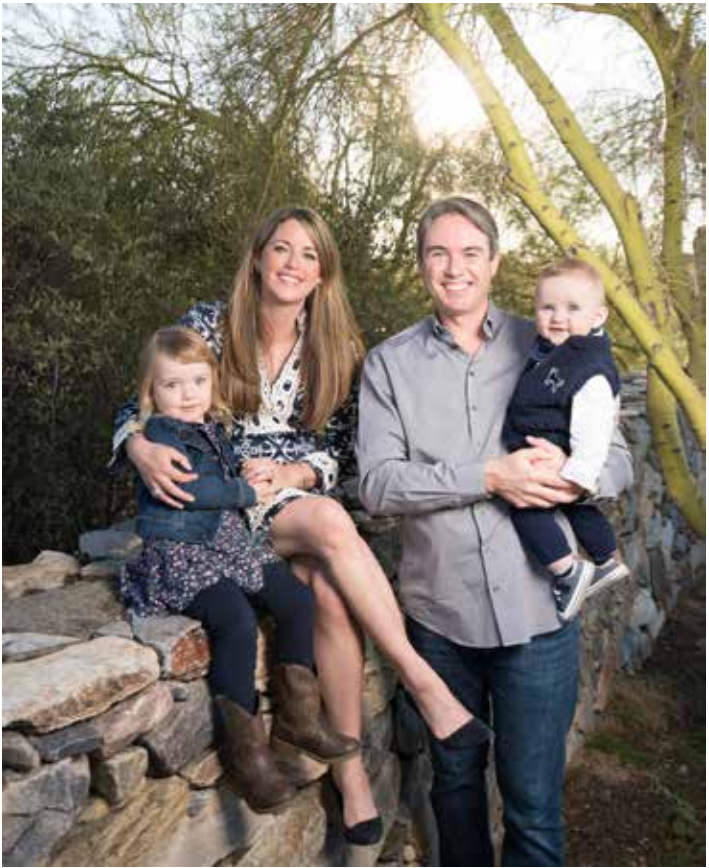
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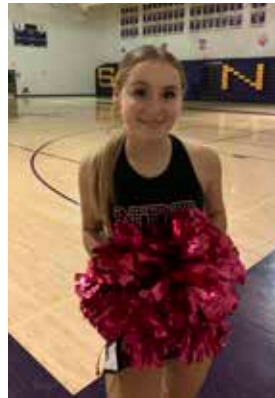


The Torczon Brothers

# Meet our 2020 Young Achievers and Athletes



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Marlene and Phil Johnson

## travel tales

While travel was limited this past 2020, many families still found a way to get away and explore the beauty of the United States.



Christina and Hannah Ivanhoe in LaJolla, CA



The Gorshkarian family in Newport Beach



The Grady Family in Jackson Hole, WY



The Kross Family at Yellowstone



Vince and Gina Daniels in Colorado Springs



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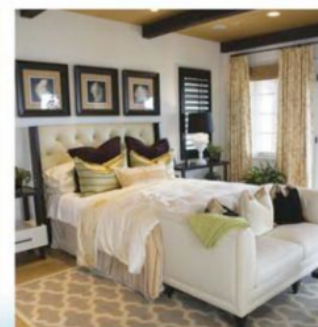
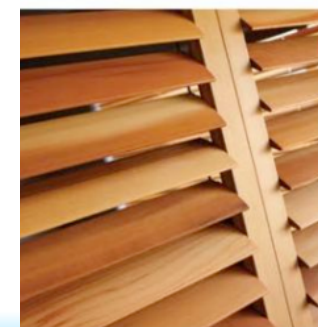
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# sponsor spotlight

The Village DCR beautiful pool area in the evening

# THE Village DC Ranch *Providing safety first while staying true to their community-building philosophy!*

We checked in with Carol Nalevanko, President of The Village Health Clubs and Spas to hear how they are adjusting to provide safety first while staying true to their community-building philosophy.

**Tell us about your personal experience and the events that led up to where you are now.**

I started my career after answering an ad in the paper for Activities Director at a small, multi-recreational health club in Phoenix, called Metro Sport and Health Club. As a college tennis player, I had a passion for sports and fitness and the job was a perfect fit. I basically planned activities that I thought were fun and invited members to join me. I really learned the importance of building a relationship with members and I am still friends with many of those members today.

After taking on more responsibilities I soon became the General Manager of the club. Then in 1990, DMB clubs bought The Village Racquet Club and that is when the real fun began. The club was built in 1976 and needed a lot of work. I quickly had to learn as much as I could about redesigning and building clubs.

Since the first Village, I have overseen many club projects. We did a significant expansion of the Village Racquet Club, built three other Village Clubs and the DC Ranch Tennis Center. As I learned early on in my career, the success of a health club is about the people and the activities. The Village Clubs are so much more than fitness, they are part of the community and part of our members’ lives.

**What is unique about The Village and sets you apart from other facilities?** The Village is more than fitness, it is about experiences. Each club has three annual parties with dinner, drinks and entertainment. We have regular hikes, happy hours, golf nine and wine events, cooking classes and so much more. We even plan hiking trips and international adventure trips. It is all about the interests of our members and integrating those interests into the



Carol Nalevanko

membership. The relationships with our members and staff are what sets us apart from the rest. We truly care about our members and we have built a community at the Village.

We also see ourselves as part of the community we live in. Our company philanthropic efforts are part of the Village’s culture. Each year the Village donates over \$160,000 in-kind donations for various charitable organizations in the Valley. The Village also has annual leadership volunteer days as part of its employee training and community involvement efforts. Village clubs, in partnership with their employees and members, host a variety of charitable drives, such as, seasonal sock and shoe drives and collecting bottled water for the homeless during the summer months.

**How has COVID impacted your business?** The COVID pandemic has significantly impacted the fitness industry and the Village Clubs. We have over 900 employees and many of them had to be furloughed but we were able to pay all employees their full pay through April 17 and continued to pay all their health insurance costs through August. We continued to invest in our clubs, with no revenue coming in, because of the forced shutdowns.

We invested in air purification systems, additional cleaning supplies and hired additional staff to increase our cleaning and sanitizing. The closures and reopening of the clubs are particularly hard on our business operations, as well as our employees and members.

**What measures did you take to keep employees and members safe?** As soon as the pandemic hit, I quickly worked with our fitness trade association, IHRSA, the CDC, many international and national health clubs, the local government and AZDHS to develop the safety guidelines to provide a safe and healthy environment for our employees and members.



additional deep cleaning and disinfecting practices throughout the club, including using electrostatic handheld sprayers.

**Given your business expertise and the nature of what you do, what advice can you offer to the residents?** The pandemic has shown us there has never been a better time to get and stay healthy. Exercise improves your immune system, your physical well-being and your mental health.

All members are required to sign a Member Social Responsibility Agreement before returning to the club. All members and employees have their temperature taken with a no-touch thermometer before checking-in. All employees and members are always required to wear a face covering and maintain a minimum of 6 feet of physical distancing. The clubs also instituted

**What is your business philosophy?** My business philosophy is to have fun. The best job is the one you love to go to every day. If you enjoy what you do and your staff loves what they do, the members will feel it and become part of it. I tell our staff that when a member comes to the Village, treat them as if they are a friend or family member coming to your house for dinner.

**What else we should know about your business?** The Village Clubs are viewed as a valued asset to the community based on our genuine caring, concern and contributions. Each club has a Village Cares wall that shows all the local support each club provides the community from volunteer efforts to spa certificate donations. For a complete list of the safety practices at the Village Health Clubs & Spas, please visit [www.villageclubs.com/reopening/](http://www.villageclubs.com/reopening/).

The DC Ranch Village Health Club & Spa is at 18501 North Thompson Peak Parkway, Scottsdale, AZ 85255; **480-502-8844**. Other locations include: Gainey Ranch, Camelback and Ocotillo. Please visit [www.villageclubs.com](http://www.villageclubs.com) for complete details.



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## christina on health and wellness

By Christina Ivanhoe,  
Silverleaf Resident



# Say Good Bye (and good riddance) to 2020... Get Excited About A New Year!!!

I hope you are excited about a new year and getting 2021 started! After a year of reflecting on 2020, I would like to encourage and motivate you. 2021 should be about what makes YOU happy! You only get ONE YOU! Here are a few tips that I'd like to offer as we move into the new year:

### MOVE YOUR BODY

Your body and mind are way smarter than we often give them credit for. If you can move your body for at least 45 minutes a day, your brain shifts and releases the endorphins that release the same happy neurotransmitters we are trying to feed with food or some other substance, if they are not released. So even if it's a brisk walk, just move! Dance, or do something else that you look forward to. You deserve to enjoy your workout time because, if you are like me, you are a mom and wife and get only an hour to yourself.

### FOOD CHOICES

Here is a quick tip on trimming it up with food choices. Just because something says it's healthy, these foods may still full of calories and fat. For instance, I fell in love with gluten-free chickpea linguine. I fed this pasta alongside our dinner dishes almost every other night. Although these super yummy noodles were chickpeas, they also were 40g of carbohydrates per serving, and 700 mg of sodium (however, they did have 10g of protein). Unfortunately, I gained weight pretty quickly, and then I had to start digging into the meals we were eating. Lesson here: clean up even what is healthy, perhaps in moderation, but not almost every night, like I did.

### INFLAMMATION

A simple trick to help keep inflammation down is to fill your water with lemon and freshly ground turmeric and ginger. This simple daily add-on into your water bottle will help keep inflammation down. Lemon acts as a disinfectant and diuretic, while turmeric root keeps inflammation down and ginger is a digestive aid. Super awesome! Also, be sure to take your probiotics to keep your gut in check.

### DESTRESS AND DIGEST PROPERLY

In order for us to lose weight and feel great, there is one major component no one talks about. Did you know that your body will heal itself if you give it half the chance? When you start to eat, think about how you are going to enjoy the meal. When your brain connects to the food, it starts to prepare salivary glands and starts your natural digestive enzymes to break down the food. It then signals your brain that you are eating. Your vagus nerve is like a telephone chord. This vagus nerve connects your brain to your stomach. Be mindful and connect to your food and eating experience. Let me paint a clearer picture. Ever eat a meal while on the go in your car while driving and then find you're still really hungry 30 min later? It's because your brain did not talk to your gut, so it did not register the two. I've been trying this; and it really works and is a big factor in our health and weight loss. If I'm multi-tasking while eating, I will still say to myself "I enjoy this protein shake and I list off ingredients in my brain." It's fascinating; and It really works!

### IMMUNE SYSTEM HEALTH

Your immune system is real time. That means if you start to feel a bit off or sick, get some vitamin C, electrolytes, healthy food, zinc, sunshine or vitamin D. You have all the power to keep yourself healthy – body mind and soul! Keep your self-talk supportive and loving towards yourself.

I hope you all have an amazing start to your new year! From my heart to yours, Happy New Year!

Healthy Blessings!

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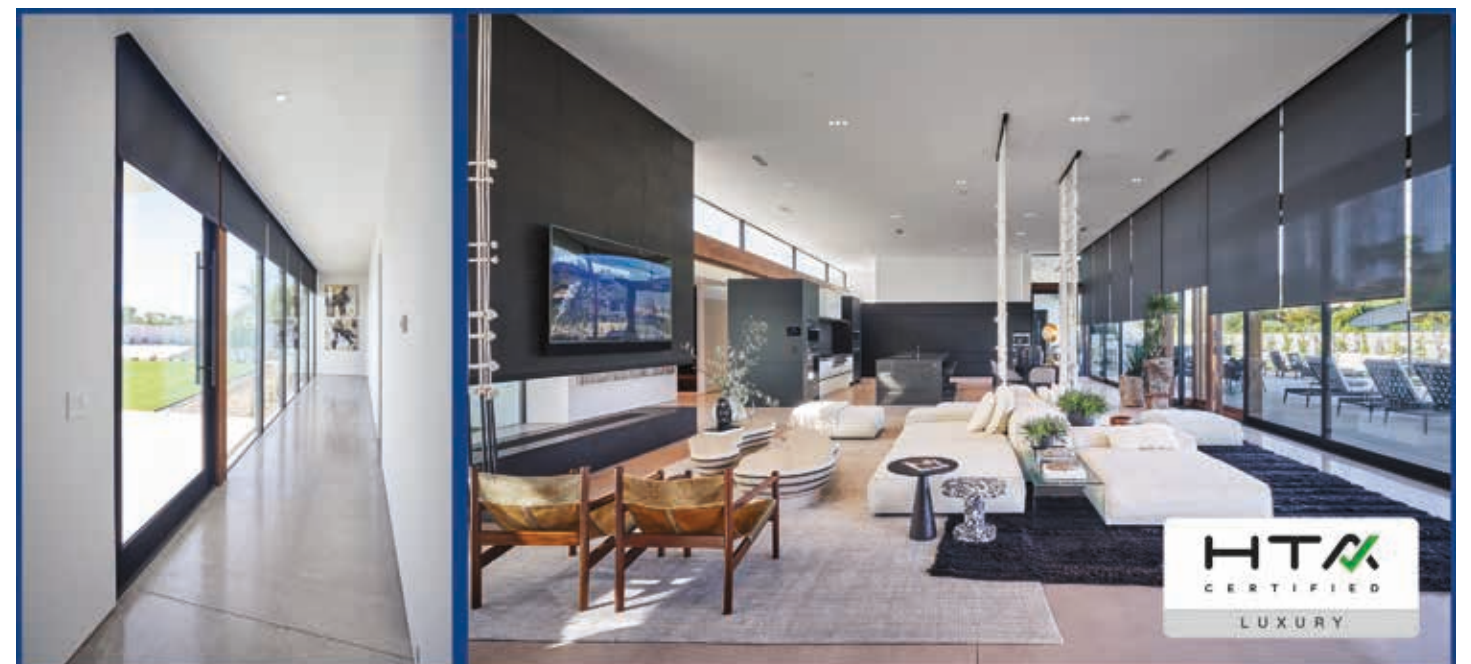
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## ZUCCHINI CAKES

### WITH *DILL* AND *FETA*

*These delicious little cakes make a great appetizer!*

I originally had them at The Deerpath Inn in Lake Forest Illinois. I looked at several sources for a recipe. I couldn't find one to match, so I combined a few to come up with this recipe that works really well. You can use it as a side dish, or make them a little bigger for a veggie dinner with a side salad. As an appetizer, I serve them on a bed of fresh roasted corn on the cob, with cherry tomatoes and a dollop of yogurt.

**Makes about 12 small cakes**

#### INGREDIENTS

- 2 cups of grated Zucchini (before squeezing out excess water) (2-3 medium-sized)
- 1 cup onions, chopped
- Olive oil
- 1 large clove garlic, finely chopped
- 3 rounded tablespoons flour
- 1 extra large egg
- 3/4 cup crumbled Feta Cheese
- 1 rounded Tablespoon finely chopped dill. (1- 0.5 ounce package)
- 1/4 teaspoon salt. (more for sprinkling on grated zucchini)
  - Pinch of pepper
  - Plain yogurt (optional)
  - Roasted corn off the cob (optional)
  - Cherry tomatoes (optional)

Into a large colander, coarsely grate zucchini. Sprinkle lightly with salt. Leave it for at least 1/2 hour - 1 hour. Then pat grated zucchini with a paper towel to remove moisture. Squeeze out excess moisture with your hands. Set balls of grated, squeezed zucchini on paper towels.

In a large non-stick pan with sides (I love the GREEN PANS), heat a tablespoon of oil and add the chopped onions. Cook over medium heat until they soften and turn a pale golden color. Add the chopped garlic and cook for 1 minute until combined with soft onions. Add 1/2 the zucchini. Stir to combine. Then add the flour. Stir well to combine and stir for a few minutes to cook the flour.

Lightly beat the egg and then stir into onion mixture. Add the rest of the zucchini. Then add the Feta cheese and the chopped dill. Season with salt and pepper. Remove from heat and pour into a bowl. Let cool a bit. Wipe used pan with paper towel.

Heat 4 tablespoons of olive oil in the used pan. Drop the zucchini mixture by large tablespoons (you can shape with your hands) into the hot oil. You can fill the pan, but don't crowd the cakes. Let the cakes cook until the bottoms are brown, then flip them over CAREFULLY and brown the other side. Lift the cakes out and let drain on a paper towel. Continue with the rest of the mixture.

Serve over a bed of roasted corn with cherry tomatoes cut in half. Top each with a small dollop of sour cream and serve. These are even good cold the next day as a snack!

*Silverleaf resident Arlene Bronstein is the author of Beautiful Buffets II (available on Amazon.com or BarnesandNoble.com).*



### resident recipe

Submitted by Silverleaf resident **Arlene Bronstein**



**Do you have a recipe that you would like featured in the North Scottsdale Pulse?** Please write to us at [marlene.johnson@n2pub.com](mailto:marlene.johnson@n2pub.com).





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19233 N 101st St*	\$5,750,000	5	5.5	6,635	866.62
19008 N 98th Way*	\$3,775,000	4	4.5	5,935	636.06
19225 N 98th Pl*	\$3,500,000	5	6.5	6,535	535.57
18884 N 98th St*	\$2,900,000	5	4.5	5,904	491.19
9830 E Thompson Peak Pkwy 902	\$2,325,000	4	5.5	4,663	498.60
9820 E Thompson Peak Pkwy 655	\$2,200,000	5	4	4,675	470.59
10153 E Phantom Way*	\$2,125,000	5	5.5	4,649	457.09
9864 E Buteo Dr	\$1,550,000	4	4	3,311	468.14
9290 E Thompson Peak Pkwy 235	\$1,545,000	5	3.5	4,067	379.89
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It is not just children and teens enrolling in her classes. Many large companies and corporations also hire her to educate and polish their employees' social etiquette skills. "It is important that individuals learn proper manners and social skills more than ever," adds Brown. "Because of the social distancing and our children are not in school to socialize, our classes are the key to teaching manners, social etiquette and respect for others."

For more information about *It's All About Etiquette* or to register for online or in person classes, call **480 510-6346** or visit **www.itsallaboutetiquette.com**



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## resident business spotlight

Photo Credit:  
**Stephanie Heymann**



The Stiller Family

# BetterRhodes

## Meet Daniel Stiller

**Editor's Note:** It's that time of year again -- otherwise known as the month of resolutions. According to a recent survey, the most common ones are exercising more, saving money, eating more healthy and losing weight. Dry January is a public health campaign urging people to abstain from alcohol for the month of January. With that said, what better time to introduce you to Daniel Stiller, Hacienda resident and co-founder of Better Rhodes, an alcohol alternative marketplace that offers customers a curated collection of alcohol free wines, beer and spirits.

**How long has it been in business?** Chris, my business partner and I started Better Rhodes just over a year ago and have quickly become the largest dedicated alcohol free retailer in the country. Interestingly staying at home has encouraged people to reassess their relationship with alcohol which really fit into our messaging of creating a marketplace for great alcohol-free beverages that cater to an adult taste profile.

**What prompted you to start your own business?** We saw a need in the market for a one-stop-shop to get educated on and purchase great alcohol-free beverages. Our goal is to educate consumers, build community, and provide solutions for those wanting to try alcohol-free alternatives.

**Describe what your Company does:** We provide our customers with a curated collection of alcohol-free wines, beers and spirits and provide the information they need to make educated decisions around the products that are in the market.

**Anything extraordinary/unique that your Company does:** We have created our signature Boxtails – A cocktail in a box with the ingredients and recipes for a great cocktail – just add ice, shake and pour, we have also created sample packs for customers to try new products without having to buy a case of this and a case of that.

In addition, we have also developed an entire giftable aspect of the brand with a Baby Bump Boxtail for expecting mothers, the Hosting 101 and Master Class collections for those hosting an inclusive party experience, and our Dry January Survival Guide to help get you through your Dry January challenge. We are also really excited about launching our new subscription model where we will deliver a new Cocktail Collection to your door every month for you to experiment with and enjoy.

**How did you decide on this industry?** People have different relationships with alcohol and sometimes when people try to change that relationship they find it easier just to stay away than to celebrate with friends due to social pressure and anxiety associated with choosing not to drink. My relationship with my friends is more important to me than my relationship with alcohol, so I started exploring how I can create an environment where everyone felt welcome regardless of whether they were drinking, drinking less, or not at all. To me it wasn't about less alcohol it was about more friends.

**What section of the neighborhood do you live in and how long have you lived in the neighborhood?** We live in the Haciendas in DC Ranch. We have been here for almost five years now. I never imagined living in the desert – now I can't imagine living anywhere else.



Daniel Stiller

**Where did you grow up? Tell us about your family...** I grew up in small town outside of Toronto Canada. My business partner Chris and I actually grew up together playing hockey and dreaming big dreams but it took us until we were 50 to finally get our acts together.

I live with my wife Beth and two boys Riley and Holden and our dogs Maggie and Yukon. We feel very fortunate to have met so many amazing people here and really love the laid back attitude of the Haciendas.

**What are your hobbies/interests?** I still play hockey, and get out to golf with Beth on a weekly basis. As a family we love to ski. Beth and I dream of traveling through North America in an Airstream one day, working remotely and enjoying our freedom. Our kids think we are crazy, wait till they find out they are not invited... I am also working on my Ph.D. in Industrial Organizational Psychology.

**Company Name:** Better Rhodes  
**Website:** [www.betterrhodes.com](http://www.betterrhodes.com)  
**Dan@betterrhodes.com**  
**Industry:** Premium Alcohol-Free Adult Beverages



**Are you a resident who has a business that would like to be featured in the North Scottsdale Pulse?** Please write to us at **Marlene.Johnson@n2pub.com**.



## news from copper ridge

By **Timothy Eyeran**  
Principal, Copper Ridge School



# FROM THE PRINCIPAL'S OFFICE

“Normal” is not a word we have been lucky enough to use over the past few months at Copper Ridge. Since the onset of the pandemic in March every aspect of school has needed adjustments, modifications, cancellations, or considerable conversation. Although the process has been arduous, frustrating, and often seemingly insurmountable, our staff, students, and families have shown incredible resilience and “normal” is starting to make its way back to Copper Ridge.

We were able to crown a Spelling Bee champion and although parents could not watch it in person, we broadcast the Bee live for all families to spell along at home. For Thanksgiving, our walls were still covered in hand-turkeys, thankful essays, and the usual aesthetics we come to expect from our amazing young artists. Our incredible PTO still provided a delicious holiday luncheon while our staff was able to participate in the annual Secret Snowflake. Through our Advancement Via Individual Determination (AVID) program our students are improving their writing skills while preparing for college and career readiness. Some of our middle school students are working on resume

building in their AVID classes while others design their own theme park in STEM. Students continue to log reading points as some of our students approach over 100,000 words read in the school year. Teachers continue to find ways to deliver the same amazing instruction that defined their profession in a pre-COVID environment. Robust class discussions, individually tailored assignments, and relentless pursuit of excellence define the day to day at Copper Ridge. Our families and students deserve the very best and we work to provide the highest level of education for our community.

Although we all miss “normal,” I’d like to think normal was never a word in Copper Ridge’s vocabulary. Regardless of circumstance, Copper Ridge should be a beacon of excellence for North Scottsdale. Amazing community support, unstoppable students, and a phenomenal staff define what it means to be a Copper Ridge Trailblazer. Excellence, optimism, and extraordinary results are “normal” at Copper Ridge and I’m hopeful we continue to exceed expectations for all of our families as well as our community.

If you were a family at Copper Ridge but moved onto another school, I encourage you to come back to us. Although we are still practicing appropriate safety measures, please reach out to me to inquire about a tour or more enrollment information. If you are a current or past Copper Ridge family, tell your community members that the best option for their family is right here in the heart of North Scottsdale! Your community deserves a school that is anything but “normal” and Copper Ridge is that amazing school for you!

Please “like” us on Facebook for updates and to see the great things happening at Copper Ridge.

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## Notre Dame Prep Holds Massive Turkey Drive for St. Mary's Food Bank

In the spirit of giving, Notre Dame Students  
Collect over 1800 Turkeys for Those in Need

NDP students Lucas Minarich, Alex Matura, Kaitlyn Matura, and Peyton Matura load the Notre Dame Prep van Thanksgiving turkeys during an early-morning Turkey Drive held at the Scottsdale Catholic High School on Tuesday, Nov. 17.

## news from notre dame

By **Kimberly Haub**, Communications Coordinator



Students in the St. Thomas Aquinas Scholars Program at Notre Dame Prep Catholic High School collected more than 1,800 frozen turkeys for St. Mary's Food Bank in Phoenix.

“We heard that the need for turkeys this year has increased because of COVID-19,” said NDP sophomore Kaitlyn Matura. “St. Mary's Food Bank estimated a need for 15,000 turkeys this year and we wanted to help them reach their goal.”

The Turkey Drive took place during the morning drop-off on Tuesday, Nov. 17 at Notre Dame Prep. In less than one hour, the full-sized van was weighed down with hundreds of frozen turkeys. School officials had to bring in a small school bus to help transport the turkeys to St. Mary's Food Bank.

“The people at St. Mary's were blown away when we unloaded the van and bus,” said Shelley Dinges, director of Christian Service Learning at Notre Dame Prep. “I'm really excited for our St. Thomas Aquinas Scholars. They did an amazing job of organizing the turkey drive.”

The St. Thomas Aquinas Scholars Program is a competitive academic program at Notre Dame Prep designed for students who



The students in the St. Thomas Aquinas Program for accelerated learners at Notre Dame Prep are all smiles as they finished loading a van and bus with hundreds of Thanksgiving Turkeys for St. Mary's Food Bank in Phoenix. In all, they collected more than 1,800 turkeys.

learn at an accelerated pace. Part of their curriculum is organizing a monthly theme to help guide their learning while broadening their world view. November's theme is “Thankful November.”

Opened in 2002, Notre Dame Prep is a Catholic diocesan college preparatory high school with a co-ed enrollment of 804 students. The school has received national recognition for the caliber of its academic, arts and athletic programs. The school is located at 9701 E. Bell Road in Scottsdale.



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