

A Message From Justice of the Peace Ray Carroll

The long-debated and slow unveiling of distracted driving laws are now on the books in Arizona.

As much as I would prefer it to be otherwise, it is likely a few Green Valley Justice Precinct 7 drivers will use their cellular phones to text, call or use apps such as Google Maps while driving. Doing so is against the law for their safety and the safety of others. I urge everyone to put the phone down, or get a hands-free device.

The statewide hands-free law goes into effect in 2021, making it illegal for any driver to hold a phone, make or answer a call, read or send a text, or hold or support a device with their body. The law prohibits drivers from using a cell phone or stand-alone electric device while driving unless it is being used in a hands-free mode. But Pima County, the city of Tucson and Oro Valley already have distracted driving laws in effect.

Distracted driving costs lives and property loss at an alarming rate in Southern Arizona and is completely avoidable. In the current fiscal year – July 2019 to June 2020 – Green Valley Justice Court is bracing for a steep increase in these 28-914 Distracted Driving tickets, fines and Motor Vehicle Department reporting associated with these types of charges. All of which can be avoided by using a hands-free device, or just pulling over in a safe place to use the phone.

While commuting to work north on La Cañada Drive recently, I witnessed a person texting while driving a golf cart and, yes, that also is illegal. Cell phones in today's world are ubiquitous. I share with you my pledge not to drive distracted or recklessly and to give driving

the 100 percent attention it deserves by putting my cell phone aside while I drive.

Friends, please don't forget to pledge not to drive distracted or recklessly along with me and avoid receiving the unwanted attention of the local law enforcement and the tender mercies of the Arizona MVD.

Although true, the full force of the law becomes effective Jan. 1, 2021 in which you can be cited, remember probable cause allows law enforcement to pull you over now whenever you are observed texting and driving. You can be issued a warning or cited under Pima County Ordinance 10.34.020 Use of Handheld Device while operating a motor vehicle, which carries a fine of \$226.

Statistically, the fatality rate for drivers 16 to 19 years old based on miles driven is three times higher than for drivers 20 to 69. In Green Valley, drivers of much later years are staying mobile and independent longer than in most other areas of the U.S., and risk of being injured or killed in a motor vehicle crash increases as people age.

Please drive carefully, the life you save could be your own.



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Trendy Living in Place Upgrades

Written by Rosie Romero,
Special to KGVY
Photos courtesy of Accessible
Home Remodeling

Upgrading our homes for changing needs as we get older is not as bland as it used to be. No longer are homeowners relegated to institutional-looking features. Today, homes with accessibility features can look like they are from popular TV home improvement shows instead of Marcus Welby, M.D.

Manufacturers are designing styles, finishes and colors to match the trendiest hardware, appliances and fixtures. For example, grab bars that were only available in shiny, sterile, stainless steel, now come in brushed nickel, oil-rubbed bronze and nearly every color you could want, so they'll match your kitchen and bathroom tiles, towels or taste.

Let's explore options for various areas of the home.

In the Kitchen & Laundry Room

Appliances – High stand-alone cooktops and wall-mounted ovens make it easier to reach into without bending. Choose an induction cooktop that never gets hot, so you don't have to worry that your grandchildren will burn themselves. Select a range and dishwasher with easy-to-reach controls on the front.

The refrigerator is opened far more often than the freezer, yet traditional models force you to bend to get to the bottom shelves and vegetable crispers. Choose a unit with a pull-out freezer drawer on the bottom and French doors on the top, with movable shelves inside, that let you see and reach everything without bending.

A front-loading washing machine with matching pedestal will elevate the washer and dryer set by about 13 inches so you can load and unload without bending so far.

Cabinets – Place them four inches lower than average so a seated person can reach the dishes or laun-

dry supplies. A decorative white, laminate stripe around the edges of the cabinet provides definition for someone whose depth perception might be altered.

Fashion a work area that is the height of a desk and has an empty space underneath big enough for a chair to slide underneath it.

Flooring – Choose a matte finish. It is more slip resistant than a shiny floor and doesn't reflect the

body. Some fixtures include a built-in aromatherapy feature and audio system.

“regular” toilet, find one that's taller than usual —around 17 or 18 inches.

Grab Bars – Place near the toilet, tub and shower. They come in finishes that can complement your décor without standing out and reminding you that your disco dancing days are over.

Other Considerations

Faucets – As we age, our skin can become more sensitive to pain. Some new



light and create glare, which can disorient someone with vision problems. Choose mottled colors for floors and outline them with a lighter color so it's easy to define where one stops and other begins.

In the Bathroom

Funny thing about getting older; we tend to spend more time in the bathroom. So, why not create a spa-like atmosphere?

Shower/Tub – An oversized rain head-style showerhead and a wall-mounted spray or two on the shower walls will leave you with a pleasant way to massage your



faucets come with built-in, anti-scald valves, or buy a single valve for the water heater. Replace hot-and-cold sink knobs with an easy-to-push lever handle.

Lighting – Add extra lighting in the kitchen and bathroom for those late-night visits to the fridge or “spa.”

Home Automation – There are many home automation systems that

Remove the step leading into the shower and add a bench for seating while shaving, soaking up the steam or simply relaxing.

Toilets – Ooh la la! The newest toilets come with washlets for personal hygiene and heated seats that make doing business more comfortable on chilly morning. Some seats automatically raise and lower. Look for one with a remote control (for the toilet, not the TV). If you buy a

can make life easier. They can tell you if you left the oven on, turn lights on/off, adjust your thermostat when you are not home and even remind you to take your medication. You operate them via the Internet or phone.

Any of these home improvements will keep you more comfortable and may allow you to stay independent in your home for a longer period of time.

For more do-it-yourself tips, go to rosieonthehouse.com. An Arizona home building and remodeling industry expert for 35 years, Rosie Romero is the host of the syndicated Saturday morning Rosie on the House radio program, heard locally from 7-10 a.m. on KGVY1080AM and 101.5FM in Green Valley. Call 888-767-4348.

Istanbul & Greece – A Local Family’s Sojourn Through the Ancient World



Written by Carew Papritz
Photos by Carew Papritz

“ . . . and I was granted entrance into my first and perfect moment of travel—the arriving, after days on the train, into evening Istanbul, an arriving from the new west into the old east, and suddenly like the child’s picture book dream I had carried in my head for a thousand years, the kingdom appears like Cinderella and Ali Baba magic, my young man’s face pushed up against the slowing breeze—and everywhere I am smelling the ancient spice of city and man and animal and existence, and hearing the age-incrusted antiquity of time captured and time still pulsing from the minarets, as the muezzins echo their sing-song human music to prayer—all this skin-prickly sensation of history living in and all around me, all this young-man symphony in a matter of a few minutes, now resounds in my memory, and will, until the day I end.”

From *The Legacy Letters*

I lived those words some 30 years ago where eventually they become real within the pages of my inspirational book, *The Legacy Letters*. As a seventeen-year old man, travelling the earth, I had no idea I would be returning all these years later to revisit Istanbul with my wife and son. And beyond Istanbul, was a dream to visit Greece, which now was a dream come true.

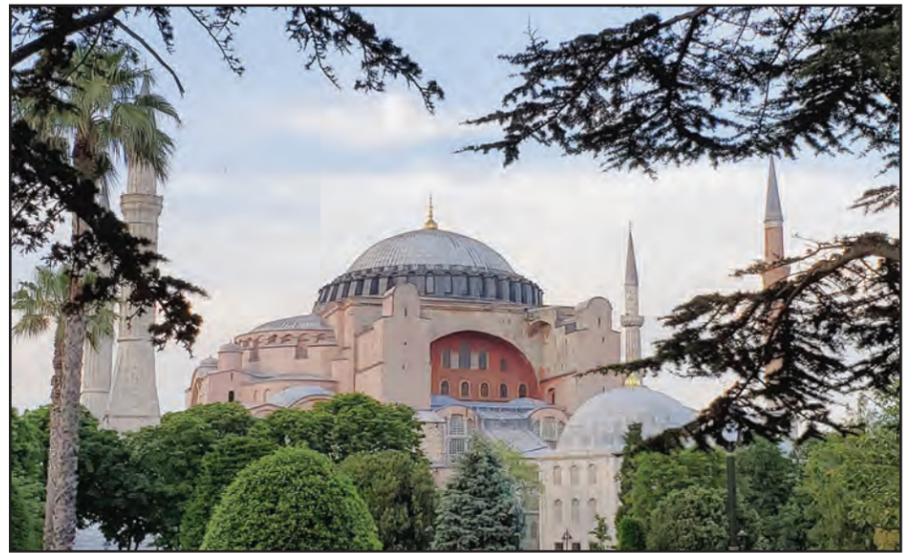
We left in late May for our 2 ½ week sojourn. Istanbul is almost a twenty-hour flight via London. Not the same as once sharing a coach with a Bulgarian family of five for four days while Yugoslavian soldiers checked your passports at midnight, and you shared your last crusty baguette with a couple of vodka-soaked sailors heading back to duty. But that’s the romance of youth and memory . . .

Istanbul

Upon reaching Istanbul, I looked at my family and heard echoes of Dorothy’s refrain to Toto in the Wizard of Oz, “I don’t think we’re in Kansas anymore.” I watched their wild-eyed reactions to the intense mixture of modern and ancient, as horse-drawn vegetable carts competed in constant near misses with buses and cars for a favorable position on the narrow cobblestoned streets of the city. Or their smelling for the first time the enigmatic in-

cense of ancient city and saltwater sea, of the spice-suffused air of Saffron, Paprika, & Curry, or of the ever-present aroma of Turkish coffee and smoke-filled hookahs.

We stayed in the Old Town, the Sultanahmet. From here, we were only minutes away from a treasure trove of a traveler’s dream come true. The crown jewel of this area and of Istanbul is the Hagia Sophia, built almost 1,500 years ago. Started in A.D. 537 as a Greek Orthodox cathedral, it later became a mosque under the Ottoman rule (and is now a museum). Magnificent and sweeping are how first to describe the inside of this masterpiece of architecture. I was surprised that even thirty years later I was still in awe of this place.



The Hagia Sofia



Inside the Hagia Sofia



The Basilica Cistern in Istanbul

From the Hagia Sophia, we were a five minute walk to the amazing Basilica Cistern, the underground Byzantine water storage built in the sixth century A.D. for the fast-growing metropolis of Constantinople. The size of two football fields, the cistern holds over 27 million gallons of fresh water. For James Bond fans, the rowboat scene in “From Russia with Love” was filmed here. Now with only a shimmer of water to evoke its once grand purpose, it is nonetheless a must-see part of the Istanbul experience.

Where to next? The gorgeously

mysterious Blue Mosque built *only* 400 years ago and just a ten-minute walk from the Hagia Sofia. And around the corner is Topkapi Palace with its maze of intricately designed buildings, including the fascinating harem complex. (You’ll be surprised to know that the Sultan could only keep four wives but could have several hundred concubines—a great Jeopardy fact!)

How about the Grand Bazaar? (Just 15 minutes from the Hagia Sofia.) The first “shopping mall” in the world began in 1461 (only 30 years before Columbus discovered America). As the ultimate shop-

per’s maze, the Grand Bazaar boasts 4000 stores, 61 covered streets, and over 90 million visitors a year. It makes the Mall of America look like a Mom & Pop corner store. The best part? Getting lost in it!

And there’s so much more . . .

Of course, you

can’t miss the world famous Spice Market—an olfactory roller coaster ride. Then stroll on over to the waterfront and catch the 30-minute ferry ride across the Bosphorus Strait, the continental dividing line between Europe and Asia. How about a seafood dinner on the Galata Bridge as the sun sets on the Golden Horn? Or taking a Turkish Bath to prepare you for another day of walking the city? Or smoking a water pipe while sipping Turkish coffee?

Mysterious. Fantastical. Romantic. My young man memories of Istanbul, tempered with words written so many years later, still held the magic of my youth made even more memorable sharing this incredible city with my wife and son. Yet Istanbul was just a warmup for the dream-to-come-true trip of visiting Greece.

Greece

I am forever a kid when I travel, constantly looking out the window for whatever newness and strangeness is just around the corner. Even arriving into Athens, I was still giddy to be the first to spot the Acropolis, as if it had been waiting for 2500

Continued on page 7

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Ancient World
Continued from page 4

years for just me to discover it. Yet, the moment was still kid-perfect as I immediately made out the massive rock structure with that schoolbook memory of columns on top—there it was the Parthenon! I couldn't wait to be close to it, to touch it, and be part of ancient history.

Arriving at the entrance to the Acropolis early the next morning, we were fortunate with cool weather and beating the cruise crowds which would arrive soon. Over the years of traveling, we've learned that to make the most of such amazing places, it was best to hire a private guide. I actually used Rick Steve's recommendations from this book on Greece and e-mailed a bevy of Acropolis guides before we left. We were fortunate that Dora Mavrommati was available. (An interesting fact about Rick Steves that we discovered from our guide—Rick Steves personally takes the tour of every guide he recommends in his books!)

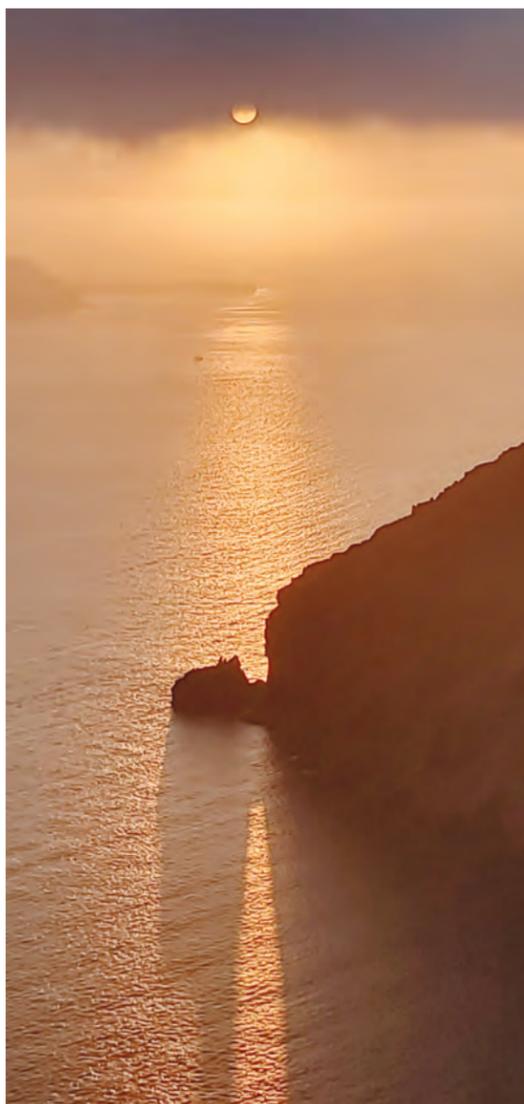
That kid giddiness emerged as I stood in front of one the most famous monuments in the history of the ancient world, and of western civilization. I couldn't believe that such architectural beauty and perfection was built in only 15 years, and then to stand the test of time for another 2500 years. And if the beauty of the Parthenon is not enough, all you have to do is take in the sweeping 360-degree view of Athens, with its white-washed buildings and ancient everything, everywhere.

With only three days to experience Athens, we were hostage to the old traveler's adage, "So much to see and so little time to see it." We still had the rest of Greece to explore.

For the next four days, we took to the crazy roads of Greece, with its breakneck style of driving that resembled more of a Grand Prix race than a stroll down country lands. We explored the spectacular Oracle of Delphi, situated on the slopes of Mt. Parnassos. Of course, Olympia, the birthplace of the ancient Olympics was another must-see. (Did you know the ancient Olympics ran continually for 1200 years?) The charming portside town of Nafplio, once the capital of Greece, now watched over by Venetian castles. And then to Epidavros, with its 15,000-seat amphitheater, the best-preserved in all of Greece.

But Greece is also its islands. Thus,

we saved the best for last—Santorini. If there was ever a picture-perfect postcard in the world it is Santorini. It is a movie set of a place and we were dazzled by it all. The hundreds of white-washed houses dramatically clinging to the cliffside of the caldera cliffs. The vineyards and beaches so close to one another. And the sunsets to rival our own spectacular desert displays.



Sunset in Santorini, Greece

Istanbul and Greece are now part of the fabric of our family's history. As with so many travels, I cannot wait until we are on the road again. I leave our journey with the young man's words that still inspire me today:

"I travel to be replenished with beauty, for travel makes the beauty of this world seem like a Christmas that never ends. I travel for the jolting, angelic act of seeking strangeness and newness and profoundness . . . I travel because it makes me realize how much I haven't seen, how much I'm not going to see, and how much I still need to see."

Carew Papritz is the award-winning author of the bestselling inspirational book, *The Legacy Letters*. At every opportunity, he loves to travel, backpack, ski, and kayak with his family. You can discover more about Carew and *The Legacy Letters* on his website at www.TheLegacyLetters.com.

Join Carew and KGVY at Posada Java on October 4th at 11:30am for a live radio interview on the Cracker Barrel Show.



The Oracle of Delphi



The Ancient Amphitheater of Epidavros



An Evening in Santorini



The Parthenon



With my wife and son and our guide, Dora, on the Acropolis

Southern Arizona Business and Community Icon Bill Bennett Passes Away

The Southern Arizona business community has lost an iconic business and philanthropic figure with the passing July 28 of Bill Bennett, founder and patriarch of Bill's Home Service. Mr. Bennett was 88.

Mr. Bennett played a prominent role in the Green Valley/Tubac area, not only as a businessman until his retirement 22 years ago, but also as a kind and generous soul known for his philanthropy.

Mr. Bennett founded Bill's Home Service as a general home services company in 1964 serving the Green Valley-Tubac area after struggling as a farmer in Amado. At the time, he performed landscaping, pool cleaning, garbage removal, soft water system installation, swamp cooler repair, and pest control services. Mr. Bennett gradually built the business behind his unique ability to build relationships with



people and his reputation for providing quality service at a fair price.

Today, Bill's Home Service is owned by Mr. Bennett's son, Will, and two of his grandsons, Ryan and Bill, manage the day-to-day op-

erations. Throughout the past 55 years, the company has narrowed their service offerings to become one of the largest locally owned and operated termite and pest control companies serving Southern Arizona.

“My grandfather said to be success-

ful, always do the right thing and simply take care of people. If you can do those two things, it makes everything else pretty easy.”

Mr. Bennett was known for building great relationships with those he encountered in civic and philanthropic settings. That culture, ingrained by him, began with his staff and customers as a key component in building a business that has lasted more than a half century.

Among Mr. Bennett's favorite pursuits was serving on the board of directors of St. Luke's Home, a residential shelter for senior adults with limited financial means. He was on the board of directors for the Theater Arts Department at the University of Arizona and was active with Rotary International's Reading Seed program in elementary schools.

Today, the business has more than 8,000 customers from Saddlebrooke north of Tucson to Nogales and Sonoita, providing termite and pest control services as well as home inspection and home watch services.

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Green Valley Phone Book

Written by Dan Poppe

SWB Group is in the process of compiling the local updated information to be included in 2020 Green Valley Directory. In addition to the March 2020 print edition, the directory is currently available online at **GreenValleyLocal.com**. The Green Valley Directory has been a part of Green Valley for 49 years. The directory, as has Green Valley itself, seen its share of changes over the years.

The directory began in 1970 as an idea of Jack Blake, owner of Blake



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Publishing, the initial publisher of the Green Valley Directory. Jack Blake saw the need for a directory in retirement communities that would help retirees reconnect with old friends in their new communities. The hometown section of the directory has been the thread that reconnects retirees with old friends and neighbors for decades. The directory has served as the most complete resource for Green Valley residents looking for local goods and services. The directory's continued popularity is also due to the many addi-

tional features with-in the directory. Including:

- 48 pages of local Green Valley information
- 8 page fold out map of Green Valley
- 42 page Hometown section, listing former States & Hometowns of Green Valley residents
- 304 page white residential section containing both Husband and Wife's name, both phone numbers, former State & Hometown, former Occupations.
- 208 Yellow Pages containing local business information.

The directory is delivered door to door every March by the Green Valley Council. Although there are over 24,000 residents currently listed in the directory, Green Valley residents are not automatically included in the directory when they move to Green Valley. There is a full page form in the directory that residents must fill out in order to be included in the directory.

Residents can also visit GreenValleyLocal.com to fill out the form online or pick up a form at the Green Valley Council Office. SWB Group, Publisher of the directory stresses that the information in the directory is for the print directory purpose only, the residential information is not available online or provided to any third party marketing companies.



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Known for her caring touch, Dr. Dawnie Kildoo has over 30 years of experience and strongly believes in helping her patients achieve and maintain healthy teeth for life.

With studies now showing a direct correlation between oral health and the development of cardiovascular disease, stroke, diabetes, arthritis, and even dementia, Dr. Kildoo and her team practice “**Complete Dentistry**,” helping treat and educate patients whose oral health is at risk.

As part of her commitment to educating her patients and the public about dental health, Dr. Kildoo writes a monthly column about health and dentistry, published in the local *Green Valley News* and *Sahuarita Sun* papers.

A graduate of the Georgetown University School of Dentistry, Dr. Kildoo has been awarded the prestigious Master of the Academy of General Dentistry (MAGD) designation, which is given to only one percent of the AGD’s 35,000+ dentists.

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PoeTrail Comes to Desert Meadows Park

Contributed by Chuck Parsons, and the volunteers at Desert Meadows Park/Green Valley Gardeners Cal Lambert, Tia Ballantine, and the Poets of Poets' Corner.
Photos by Chuck Parsons



Garden club volunteers installing posts for poetry boxes, L to R, Doug Lisotto, Carmelita Johnson and Jim Campbell.

Green Valley Gardeners brought Desert Meadows Park to our community in January 2014. It has come about through the collaborative efforts of many individuals and organizations. This summer a new attraction has been added to the park ~ a collaboration of Poets' Corner and Green Valley Gardeners ~ called "PoeTrail."

Cal Lambert, a long-time Poets' Corner member, had the idea for "PoeTrail" while enjoying a morning stroll in the park. When he presented his idea to both Poets' Corner and the garden club, both endorsed it enthusiastically. Five poetry boxes, which will be kept stocked with poems, have been installed at the park ~ three along the Anza Trail, one in the Butterfly Garden and one at the Library Garden. A sixth box, also located at the Library Garden, provides blank paper for the writing of poems. Readers are invited



Poets' Corner Cal Lambert installing boxes to hold poems.



Tia Ballantine from Poets' Corner placing poems in a poetry box. Poems are available for park visitors to read and to take with them.



Duke and Barbara Southard stopped to read a poem while walking their dog Lulu at the park.

to take a poem, if they like, as they will be replaced with new poems regularly. Different poets will be featured monthly.

"PoeTrail" is the second collaborative community project undertaken by the poets of Green Valley's Poets' Corner; the first being a "Poet-Tree" created for Ana Flores' *Poetry of the Wild*, a commu-



One of the poetry boxes at the Library Garden in the park contains blank paper. Poets' Corner invites park visitors to write a poem. Tia Ballantine coaches Jan Ajemian in writing a poem.

nity art project that invited the public to walk along the Anza trail and experience wildlands through the keenly felt perspectives of poets and artists. Using "poetry boxes" that combined art and poetry, *Poetry of the Wild* invited artists, poets, and community members to consider

how both place and art inform our lives. Our very own collaborative "PoeTrail" does the same. When Cal Lambert

Continued on page 12



PoeTrail
Continued from page 11

of Poets' Corner approached Chuck Parsons with the idea for the "PoeTrail," it was his imagination and willingness to dialogue with others that convinced the volunteers at Desert Meadows Park to embrace the collaborative "PoeTrail" and allow it to evolve as it would, day-by-day, week-by-week. Art and community are both simultaneously particular and universal; both open the world to question and dialogue, and collaborative art projects find their balance through creative dialogue and willing community.

The "PoeTrail" brings a fluid version of Ana Flores' concept of poetry boxes to Desert Meadow Park. Each "poetry box" consists of metal art



Charlene Westgate, Westgate Garden Design, has designed a demonstration rainwater garden for the park. The Tucson Audubon Society has selected the plants to be used in this garden.

by Henry Garcia and the poems can be found in boxes painted by Tia Ballantine. Poets are invited to submit poems and members of the larger community are invited to both read and write poems of their own ~ thus the box with blank paper in the park's Library Garden. Poets' Corner and Green Valley Gardeners hope you will enjoy our offerings as much as we enjoy giving them to you.

orative effort. The principle parties are Charlene Westgate of Westgate Garden Design, the staff at Tucson Audubon Society, Freeport McMoran Foundation and members of Green Valley Gardeners that volunteer at Desert Meadows Park.

This garden embraces the concepts of naturescaping as promoted by Tucson Audubon Society. In designing the garden, Westgate followed the principles of Audubon's "Habitat at Home" program to create a space that attracts, shelters and feeds Sonoran Desert birds. The Rainwater Garden was developed to be educational, providing information about native birds and their habitats. Signs will help visitors learn how they can recreate these principles in their own yards.

Watch for a future article by Charlene Westgate announcing the grand opening of the Rainwater Garden and describing how homeowners can create their own wildlife "Habitat at Home."

A project like Desert Meadows Park requires creativity, volunteers and funds. During the first year, Chuck Parsons authored a grant application for Green Valley Gardeners with the Freeport McMoran Foundation. The application stipulated that Green Valley Gardeners' partner with other non-profits of the community. Partnerships were formed, a grant was won ~ not only did Green Valley Gardeners receive the necessary funds to launch the park into reality, but Chuck now reflects that that requirement caused a mind change in how the community could contribute over time. Without question the most popular attractions at the park have resulted from collaborative efforts with other individuals and organizations of our community.

The "Rainwater Garden" is another park attraction currently under way at Desert Meadows Park and will be unveiled later this year. It too is a collab-

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The Three Most Common Foot Problems

Written by Anthony Allen, C.Ped., Simply Feet

Feet are complicated machines. Consider the reasons why: Your feet comprise 28 bones, 30 joints and more than 100 muscles tendons and ligaments all of which work together to provide support, balance and mobility. No wonder 75% of people suffer from foot problems some time in their lives. These problems can range from ill-fitted shoes, to medical conditions, to injuries. Whatever the cause, foot problems and foot pain can interfere with daily functions and can even be debilitating. As a Certified Pedorthist, I come across a wide range of foot problems. Here are the three most common ones:

1. Plantar fasciitis and arch pain are the most common problems. The classic symptoms of plantar fasciitis include heel pain, usually most severe with your first steps in the morning. The planter fascia is a layer of tough

fibrous tissue that runs along the bottom of your foot and supports your arch. You get plantar fasciitis or arch pain with the progressive flattening of your arch overtime, lack of flexibility in the calf muscles, changes in activity levels, overuse, and weight gain. Treatment of Planter fasciitis includes stretching the foot before and after physical activity. A doctor may use steroid injections to reduce the inflammation if it's a severe case. They may also prescribe custom made orthotics and supportive footwear.

2. Bunions, hammer toes and metatarsal pain are also frequent problems. Although these are three separate conditions, you acquire each in similar ways. As your arch breaks down and starts to lengthen, it causes bio-



mechanical imbalances and misalignment of the bones. Shoes that fit improperly also can also create bunions and hammer toes. A bunion is a bony bump located at the base of the big toe and can make the big toe point outward. A hammer toe has an abnormal bend in the joint making it look like a hammer. The metatarsal bones are the bones behind your toes in the balls of your feet where weight can be distributed properly with the fat pads. When the toes and metatarsals change position because of arch breakdown, it can cause

uneven weight distribution leading to pain, aches, numbness and burning. For bunions, you should wear properly fitting shoes without high heels and a good arch support. Shoe stretching around the bony protrusion and using bunion pads may also help alleviate the pain.

3. Corns and Calluses are common problems on the tops and sides of your toes as well in between your toes. Calluses form on the bottom of your foot, especially under the heels or balls and even the sides of toes. The patches of dead skin cells build up and get hard, making it painful when walking. The remedy is well-fitting shoes. Corn or callous pads can also help. However, extra thick or hard callous and corns may need to be removed surgically. Keep in mind that It is not recommended to remove a serious callous with pumice tools, razors or anything that may cause more damage.

mechanical imbalances and misalignment of the bones. Shoes that fit improperly also can also create bunions and hammer toes. A bunion is a bony bump located at the base of the big toe and can make the big toe point outward. A hammer toe has an abnormal bend in the joint making it look like a hammer. The metatarsal bones are the bones behind your toes in the balls of your feet where weight can be distributed properly with the fat pads. When the toes and metatarsals change position because of arch breakdown, it can cause

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Pilates for Seniors

Written by Tabitha M. Yates

Pilates is a series of exercises inspired by calisthenics, yoga and ballet. It was developed by a German gentleman named Joseph Pilates and is designed to improve your mind, body and soul. It is not an aerobics workout, rather it focuses on flexibility, strengthening, posture and deep breathing. It is ideal for those who may be looking for a lower impact, core strengthening activity to participate in.

Lysa Gonzalez is a Pilates instructor at Serenity in Green Valley. She offers both private and group classes and the oldest person taking her class is an impressive 93 years old! A good portion of her clients are golfers, who come to her because they are seeking increased flexibility and want to work on their posture, so they are better able to enjoy their sport, in addition to being a more effective player. She has others who come to her who are avid fans of playing tennis or pickleball and want to build up their core strength. Lysa shares, "Pilates strengthens

you in a low impact way. It is gentle to the bone and spine. I have clients with Rheumatoid arthritis, scoliosis and osteoporosis and Pilates doesn't hurt them, in the way other activities may." The breathing techniques help relieve stress and Lysa believes taking Pilates even twice a week, can be transformational in every way. She explains, "The first 30 classes settle your mind. The next 30, you really see a change and sculpting of your body and after 30 more classes, it becomes a way of life." Mrs. Gonzalez herself has witnessed the health benefits of Pilates in her own life and body, by going from clothing size 16 to a 6 within a few years, with just 2-3 classes a week.

One of Lysa's clients is Green Valley appraiser, Polly Stidham, age 53, who suffers from severe rheumatoid arthritis. At one point, she was wheelchair bound for over a

year, due to the effects of her disease. Polly credits Pilates with greatly increasing her flexibility and mobility. She says she notices it when she does her morning 4-mile walks, when she plays golf and when she has to climb on ladders while doing her appraisal inspections. As someone who suffers with at times daily pain, Polly shares, "I have always worked out. I played on the college tennis team, taught aerobics and fitness classes for several years, lifted weights and was always sore. The amazing thing about Pilates

is that I have NEVER been sore afterwards and I feel like I am getting a better all over workout. I can see the changes when I look in the mirror. Due to the stiffness I suffer, I was having to get massages on a weekly basis. I also made regular trips to the chiropractor and acupuncturist. Since I started Pilates, I have not had to make ANY visits to the chiropractor, acupuncturist or massage therapist. Everything is easier because of Pilates. I am obsessed with it because it makes me feel so good, physically and mentally!"



Green Valley based fitness company 2BFit Co-Owners, Blaire Lometti- Mathias and Brittany Reed share their thoughts and best tips on Pilates for their 50+ year old clients- The women believe that Pilates is the perfect exercise routine for older adults, due to how gentle it is and how helpful it is to those with stiff joints. Blaire and Brittany explain, "If you are an older adult, who has not exercised for a period of time, Pilates is a safe way to restart a workout program. Most conventional workouts tend to focus on building short, bulky muscles more prone to injury, whereas Pilates focuses on building a strong core- the deep abdominal muscles along with the muscles closest to the spine. Pilates still burns a lot of calo-

ries, through using your own body weight to tone and tighten. You can do a whole workout with just your body, which makes it the perfect workout you can do anywhere!"

If you are interested in joining a Pilates class or getting one on one sessions, call Serenity and ask for Lysa Gonzalez or call Dominate Fitness and MMA and ask for Blaire or Brittany with 2BFit.

Photos above show Polly Stidham working out on the equipment with Pilates instructor, Lysa Gonzalez

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09/14/19 Prostate Cancer, *Bruce W. Porterfield, MD, PhD*

10/12/19 Breast and Cardiovascular Health, *Sherri Porterfield, RN, MSN*

11/09/19 Men’s Health, *Bruce W. Porterfield, MD, PhD & Sherri Porterfield, RN, MSN*

12/14/19 Mind and Body Wellness, *Sherri Porterfield, RN, MSN & Molly Grassman, PA-C*

About the Speakers:

BRUCE W. PORTERFIELD, MD, PhD
Medical Oncologist / Hematologist

For over eighteen years, Dr. Porterfield, who is a board-certified medical oncologist has cared for patients in Green Valley, Arizona. Dr. Porterfield who is passionate about empowering his patients with knowledge about their disease and ways they can live life to the fullest, volunteers his time giving educational presentations to his patients, staff and community. He and his wife Sherri are frequent speakers on KGVY’s “Staying Healthy” radio show. Dr. Porterfield has also written several articles for local publications on a variety of health-related topics.

SHERRI PORTERFIELD, RN, MSN
Nurse Navigator

Sherri Porterfield, RN, MSN is a Nurse Navigator with Arizona Blood and Cancer Specialists. She has over 25 years of experience educating patients and the community. She volunteers her time, giving presentations to several different groups in the Green Valley and Tucson. Sherri is also developing Arizona Blood and Cancer Specialists’ Survivorship program, and has written several articles for local publications.

Dr. Porterfield and Sherri have 2 sons, 3 daughters and 4 dogs. They home-school their two youngest girls, both who are accomplished gymnasts. Their family enjoys traveling, especially to watch their daughters’ gymnastics competitions. In their free time, Dr. Porterfield and Sherri enjoy spending time at their cabin in Elgin.

MOLLY GRASSMAN, PA-C
Physician Assistant

Molly works as a Physician Assistant for Dr. Porterfield, in Arizona Blood and Cancer Specialists’ Green Valley office. She has a bachelor’s degree in Neuroscience and earned her MPAS from Midwestern University in Phoenix, AZ. Molly is a very active wife and mother of two small kids and four fur-babies, but always finds the time to help others. She provides motivation to help those around her be their best selves. She believes in health, strength, and accomplishing things that may have never been thought possible.

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My Expedition Cruise to Alaska

Written by Lynne Miller
as told to Teresa Anthofer

Even if you've "been there, done that," an expedition cruise offers a unique opportunity to engage with areas of the world that remain largely untouched.

I recently sailed with Lindblad Expeditions on the National Geo-

and give tips on capturing magazine-worthy photos. Naturalists made themselves accessible throughout the day to answer questions and presented lectures in the evening.

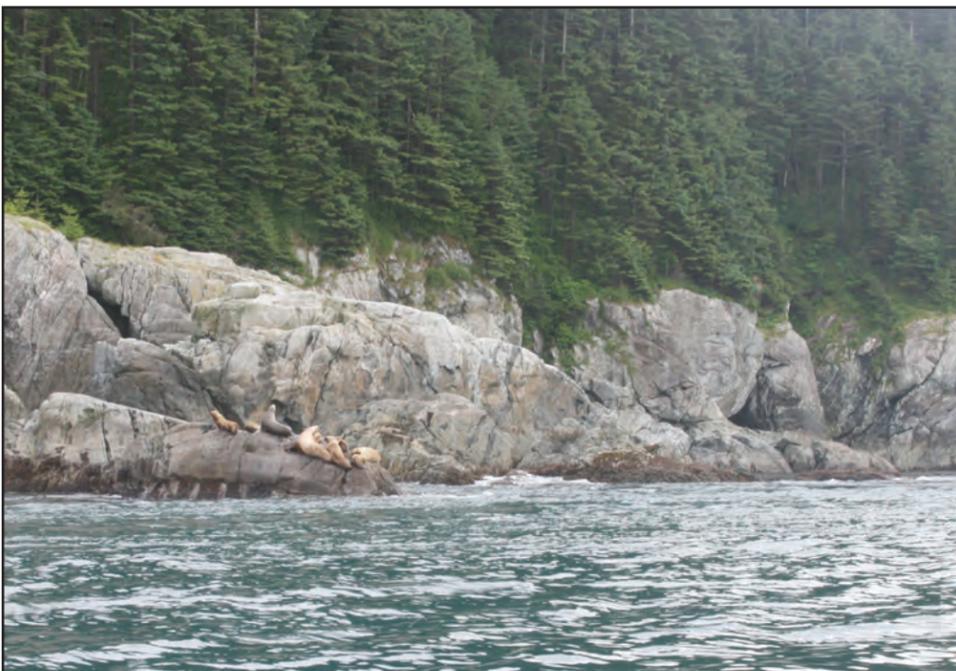
Instead of sailing from port to port on a predetermined schedule, expedition cruises have the flexibility to stop in places that

ring, so he stopped the ship to let us marvel at the humpback whales that came from every direction to feast. The captain even admitted it was the

tersburg, where we participated in a dock walk with one of the naturalists (a diver and Alaska native) to see commercial fishermen bringing in



graphic "Exploring Alaska's Coastal Wilderness" itinerary from Sitka to Juneau aboard the *National Geographic Venture*. Through a partnership with National Geographic, Lindblad enables travelers to discover the beauty of nature while enriching the



experience through the knowledge of seasoned professionals.

The experts on staff included a geologist, marine biologist, ornithologist, cetologist, and others. A National Geographic photographer was available to answer camera questions

have been unchanged by docks or ports. The ship's landing platforms are designed for easy access and fast departures on Zodiacs. When the opportunity for a wildlife encounter arises, the itinerary changes. Our captain noticed a giant school of her-

most amazing sighting!

the day's catch.

Expedition cruising is an excellent way to get close to animals and glaciers. We hiked on uninhabited islands and took Zodiac rides to see seals floating on ice, a grizzly bear feeding her two cubs and sea lions playing on the rocks.

The only port we stopped in was Pe-

The *National Geographic Venture*, which debuted just last year, is a 100-passenger ship with an upscale casual atmosphere. Navigating the ship is easy, as the dining room and lounge are on the same deck and can

Continued on pg 19

Bon Voyage
Continued from pg 18

each accommodate everyone on-board at the same time. The cabins are small but functional with convenient USB outlets for charging electronics. There are also several cabins with internal doorways so groups or families can combine rooms. The rooms don't have televisions or wet bars, but they would meet anyone's needs.

All ages of travelers were on this voyage, including families and grandparents with grandkids. The kids program offered scavenger hunts, kids-only Zodiac trips, workbooks, and other activities.

After the cruise, my husband and

I spent time in Juneau fishing for salmon. Bon Voyage Travel advisors can arrange a fishing charter or other add-on activities for you.

For an expedition cruise, be sure to bring all the suggested clothing, boots, and gear so you can have a safe and enjoyable experience. We rented boots and waterproof pants in advance for wet landings and hikes. This is a great option to save money and suitcase space. Plan for chilly, wet weather. This isn't the type of cruise where you see passengers in dressy clothing!

Expedition cruising may not for everyone, but if you've got an adventurous side, it's an incredible vacation.



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medical news

PROSTATE CANCER: MYTHS AND FACTS

September is prostate cancer awareness month. Dr. J. Adams, a surgeon in London, the first to discover prostate cancer and at that time in the 1850's, noted prostate cancer was "a very rare disease." Interestingly, today, according to the latest *Cancer Facts & Figures, 2019*, prostate cancer is the most commonly diagnosed cancer (except for skin cancer) in men accounting for 20% of all male cancers.

MYTH: *Most prostate cancers are diagnosed because men go to their doctor with symptoms.*

FACT: Prostate cancers are most commonly detected when men undergo screening for prostate cancer which includes a blood test, a PSA, and a digital rectal exam (DRE) where the prostate size and shape is assessed.

***Note:** Men, of average risk, should have a conversation with their doctor about when to begin prostate cancer screening at the age of 45.

FACT: Early stage prostate cancer doesn't usually present with symptoms. The most common symptoms seen when cancer progresses include:

- Frequent, difficult or painful urination
- Blood in the urine
- Trouble having or keeping an erection
- Pelvic pain
- Loss of appetite and weight
- Bone pain

***Note:** Whenever these symptoms are present, men should contact their healthcare provider.

MYTH: *Prostate cancer is a disease of older men.*

FACT: According to the American Cancer Society, 60% of prostate cancer is diagnosed in men aged 65 and older. Therefore, 40% of prostate cancers are diagnosed at an earlier age but infrequently before the age of 40. Factors that increase the chance of being diagnosed at a younger age include:

- Being an African American; risk of being diagnosed is 1.7 times higher in this population as compared to Caucasian men. Further, African



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American men are twice as likely to die from prostate cancer than men of other races.

- Having a father and/or brother diagnosed with prostate cancer can double your risk; it's essential to know your family history.
- Having an inherited gene mutation such as *BRCA1* or *BRCA2* or genetic syndrome called *Lynch syndrome* which causes inherited colon cancers. It is believed that 5-10% of cancers are inherited.

***Note:** Men, who are at a higher risk, will need to begin prostate cancer screening at an earlier age.

MYTH: *Men with an elevated PSA must have prostate cancer.*

FACT: There are many reasons for a PSA to be elevated that are not cancer. The following can contribute to elevated levels:

- As men get older, the PSA will gradually increase too. A cause for concern is when the PSA rapidly increases over a short period of time.
- Enlarged prostate which is commonly seen in men over the age of 50.
- A urinary tract infection.
- Having sex within 24-48 hours of a PSA test.
- A digital rectal exam can affect the PSA; it's best to have blood drawn prior to this exam.
- An infection of the prostate.

***Note:** Some medications, such as those used to treat enlarged prostates, can cause PSAs to be artificially lower. Further, men who are overweight or obese may have artificially lower PSAs.

MYTH: *Most men with prostate cancer will die from their cancer.*

FACT: While prostate can be a serious disease, most men diagnosed with prostate cancer do not die from

their disease. Advances in screening, diagnosis and treatment have improved survival.

MYTH: *Prostate cancer patients always get chemotherapy or surgery.*

FACT: Each man must understand the extent of their disease, risks of treatment and impact on quality of life. Men, who have local and early stage disease, have more treatment choices. Sometimes prostate cancer can be slow-growing, and treatment can cause untoward side effects. "Watchful waiting" is one option of doing nothing unless symptoms appear. "Active surveillance" is another option that includes monitoring PSAs and symptoms, and possibly performing prostate biopsies.

***Note:** Men with prostate cancer are encouraged to gather medical opinions from different types of doctors including medical oncologists, radiation oncologists and urologists so that they are best prepared to make treatment decisions.

MYTH: *There is not a connection between a father having prostate cancer and his daughter having breast cancer.*

FACT: A man with the BRCA mutation is at higher risk of prostate cancer. If he passes the BRCA mutation to his daughter, she could be at a higher risk for breast and ovarian cancer.

While we pause and give our attention to prostate cancer this month, men and their loved ones need to be proactive all year long. Men need to be attentive to symptoms, regularly see their healthcare provider, and strive to be physically fit.

Bruce W. Porterfield, MD, PhD
Medical Oncologist / Hematologist



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Termites Are Coming... Are You Prepared?

Written by Ryan Bennett
Vice President
Bill's Home Service Company
Bill's Home Inspection Services

If there's anything that energizes termites more than the prospect of finding wood to feast on, it's moisture! As much as we enjoy the warm summer monsoon storms that roll in each afternoon in July and August, there are millions of tiny insects below our feet (and homes) that enjoy it even more. This means that termite season in Arizona is coming!

However, there are a few simple steps that southern Arizona homeowners can take to make sure their homes aren't as appealing to these hungry invaders.

Divert water away from your structure

It's important to make sure rain, irrigation, and other water is diverted away from the foundation of

your home. Termites are attracted to moisture, so keeping moisture away from the foundation makes your home less appealing. It's also important to fix any water leaks or excessive moisture issues inside the home as quickly as possible.

Keep plants, trees and other wood material away from the foundation

Termites constantly forage for wood to eat. When they find food sources, they continue to follow that wood to their next food source. Therefore, it's important to keep plants and trees trimmed back away from the home and avoid storing any firewood or cellulose material near the foundation.

Keep your foundation as visible as possible

The majority of homes in our area are built with a concrete slab foundation and brick or stucco siding. When possible, it's important to keep the sides of the foundation as



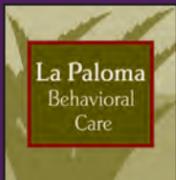
visible as possible. Do not allow dirt, landscaping material or other items to build up against the foundation and reach all the way up to the siding of the home. This allows a hidden pathway for termites to enter your home undetected.

Have annual inspections performed by a professional

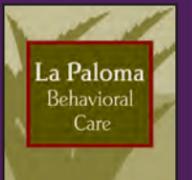
Most homeowners can regularly in-

spect the exterior foundation of their home for signs of termites (little dirt tubes or tunnels going from the ground up the side of the foundation). However, it is recommended that the services of a licensed professional be sought at least once a year to perform a full interior and exterior inspection to ensure these tiny trespassers haven't slipped through the cracks (literally!) anywhere.

The licensed professionals at Bill's Home Service have more than 55 years of experience protecting southern Arizona homeowners and businesses from termites. For more information on termites or other desert pests, visit www.billshomeservice.com or call (520) 625-2381.



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* Contracted with University Family Care ALTCS Plan



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8th Annual Fall Prevention Day 2019

Monday, September 23rd 9am - 3pm @Valley Presbyterian Church

Valley Presbyterian Church
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Fall prevention activities, health, eye, and balance screenings

The healthcare providers from Phoenix, Tucson and local area include:

**Dr. B. Michael Nayeri, FABMP, DAIPM Director, Health Aging Program (A-HA),
Arizona Department of Health Services
Rev. Dr. L. Lloyd**

**Catherine D. Printz, PT, DPT, NCS Director of Rehabilitative and Exercise Therapies
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Santa Cruz Regional Hospital
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other local health care providers**

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This event is supported by a community grant from the Parkinson's Foundation

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Thank You, Santa Cruz Valley

A Progress Report from Your Regional Hospital

Written by Kelly H. Adams,
CEO, Santa Cruz Valley
Regional Hospital

Santa Cruz Valley Regional Hospital (SCVRH) is expanding and adapting, providing community healthcare that's close to home for thousands of people living in one of the fastest-growing areas in Arizona.

The SCVRH team, working with the community, elected officials, advisory committee members and medical staff, has launched significant improvements during the past year:

We've added four practitioners since the end of November 2018:

► **Orthopedic Surgeon Olivia Morris, DO, FAOAO**, has been in practice for more than 20 years. She is a board-certified orthopedic surgeon, focusing on General Orthopedics, Sports Medicine and treatment of pain and injuries to hips, knees and shoulders. Dr. Morris has served as Team Physician for the U.S. Olympic Team and provided medical support as a Member of Rope and High Angle Rescue Squad with the Gila County Sheriff's Department.

► **General Surgeon Vinod Gollapalli, MD**, has been in practice for more than 18 years, with a focus on breast oncological surgery and abdominal organ transplant surgery,



Steven M. Gillespie DPM
Doctor of Podiatric Medicine
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Olivia E. Morris DO, FAOAO
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including liver, pancreas, kidney and multivisceral; and a residency in general surgery. He is a member of the American Society of Breast Surgeons; the Scottish Royal College of Surgeons; and the American Society of Transplant Surgeons.

► **Steven M. Gillespie, DPM, is the Hospital's first on-site Doctor of Podiatry.** He performs more than a dozen foot and ankle-related procedures including surgery, treatment for fracture and/or dislocation and care and management of wounds.

► **Andrew Lyons, FNP-BC, joined the SCVRH team of practitioners in April. He is a Family Nurse Practitioner (FNP) and Primary Care Provider** who is board certified by the American Nursing Credentialing Center (ANCC) and licensed by the Arizona State Board of Nursing. He provides all aspects of primary care medicine including diagnoses, treatment and prescriptions for a full range of ailments.

We've also recently completed construction of new spaces on the SCVRH medical campus for Dr. Gollapalli and Dr. Gillespie, in addition to new dedicated space for Dr. Morris, who joined the SCVRH team in mid-February.

Launched a new Saturday Morning Sports Injury Clinic at Santa Cruz Valley Regional Hospital: Dr. Morris launched the weekly clinic that focuses on treating student athletes of all ages. She has treated Olympic, professional, college and high school athletes

who have sustained sports-related, range of motion or body mechanics issues. The clinic begins at 10 a.m. every Saturday, continuing through April 2020. Contact Dr. Morris' office at (520) 393-4980 for more information and required check-in documents.

When someone checks into the ER, a volunteer is at the ready to provide water, blankets and any additional information.

Don't travel to Tucson for tests: SCVRH created and expanded outpatient and walk-in services:

- Full-Service Imaging Department – 10 services, 15+ technologists, results in 12-24 hours.
- Blood Laboratory – Draws are done 8 a.m.-4 p.m. with turnaround on 50+ in-house tests within two hours.
- Toxicology Laboratory – Our College of American Pathologists accredited technicians provide leading edge diagnostic testing with speedy results.
- Cardiac Cath Unit – with a full dedicated team.



Cardiac Cath Unit at Santa Cruz Valley Regional Hospital

We're increasing service and patient visits – without compromising care: Visits to the SCVRH Emergency Room have increased 28 percent since January 1, 2019. With new board-certified/eligible ER physicians, local EMS/first responders are confident that the SCVRH ER team is responsive and ready 24/7. The addition of Certified Registered Nurse Anesthetists is helping our Operating Room team see more patients each day.

A new program to soothe Emergency Room patients: Thanks to SCVRH volunteer and nurse Lynne Severe for seeing the need for this great volunteer-based program.



The Hospital's air and ground ambulances help to provide responsive care to 17,000+ patients per year

Expanded our on-site Swing Bed Program & Physical Rehabilitation. SCVRH's Medicare-certified Swing Bed and Patient Rehabilitation facilities boast nine dedicated beds supported by a skilled team of physicians, nurses, rehabilitation therapists and case managers. That means patients have easy access to acute care, skilled nursing care, occupational therapy, physical therapy, cognitive therapy and more – all in one flexible, dedicated unit. The average stay is 9-11 days.

Thank you to the Santa Cruz Valley community for your enthusiasm and support of Santa Cruz Valley Regional Hospital during the past year! Several hundred people attended the October 2018 SCVRH Community Celebration & Open House, despite the rainy weather. (Save the date for the October 30, 2019, Community Open House and Health Fair.) More than 120 volunteers greet patients and families and support our staff. On June 12, SCVRH reached a Memorandum of Understanding with the Green Valley Council to support the hospital's efforts. Our team of physicians, staff and specialists are proud to provide professional high-quality healthcare to such a welcoming, diverse community.

Visit our website: scvrhaz.com

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Banner-University Medicine Sponsor's El Tour de Tucson

Written by Steve Rivera

The Ride

Held annually the Saturday before Thanksgiving, the November 23, 2019 Banner-University Medicine El Tour de Tucson is a charity bicycling event that benefits local and national non-profit organizations. Attracting over 9,000 cyclists from throughout the United States and beyond, El Tour's field of cyclists are of all ages and abilities including novice, intermediate, advanced and professional riders.

Is Tucson a cycling town? Of course it is. Here's proof:

El Tour de Tucson rated #6 in "Best Rides in the West" by the Los Angeles Times in 2017.

"Outside Online rated Tucson as second best place to live, inspired by "burrito-filled cyclists who are unafraid of hill climbs" in July 2019.

Tucson #1 – Outside Magazine's "Top 10 Best Bike Towns" - May 2012

Tucson #1 - Atlantic, overall city with the "Most Bikeable Neighborhoods" - May 2013

Tucson #6 - Travel Channel "Top 10 Best Bike Cities" - May 2013

Tucson #8 - Bikescore "Most Bikeable Large U.S. Cities" - May 2013

"The Best in Cycling in November. Ride with 9,000 friends, El Tour de Tucson" Bicycling Magazine, November 2010

"Tucson best road-biking city in the country" Outside Magazine, August 2010

"America's Best Cities for Bikers" - Tucson #5 Forbes.com, April 2010

The Participants

Cyclists enjoy El Tour and its festivities out of a passion for cycling, while others choose the event to benchmark their fitness as part of a healthy lifestyle change or as a wellness program goal as a survivor of cancer or other life-threatening illness. Some participants call the event life-changing. Many are

attracted to El Tour's fundraising programs, which have helped more than 100 different non-profits raise more than \$95 million since its inception in 1983. All El Tour riders share a desire to ride, meet great people, raise contributions and have a fun time doing it! "Great time, very festive environment and a great ride," Dolores White wrote on Facebook. "Wonderful support

"Great time, very festive environment and a great ride," Dolores White wrote on Facebook. "Wonderful support & safety."

& safety." David Fuller agreed: "Well organized and super fun event! People travel from all over the globe for

this event and there's a reason... it's awesome!" Another El Tour rider, Monica Medina, added more praises: "Best first time doing the El Tour. What a great event. The weather is perfect, the riders were gracious, and the spectators were supportive."

"Well organized and super fun event! People travel from all over the globe for this event and there's a reason ... It's awesome!" -- David Fuller

The Routes

Participants cycle main event distances of 100, 50, or 25 miles, or the Tucson Medical Center Fun Rides of 10, 4 and or 1 miles. Main event routes show off Tucson's beautiful vistas of its local mountain ranges - three rising over 9,000 feet - complete with the backdrop of the majestic Saguaro cactus, icon of the Sonoran Desert. Course profiles range from flat to rolling or moderately hilly. The Town of Marana 25-Mile Ride route is basically flat and will be a great family affair or a

New in 2019: Taste of El Tour

This year's Banner-University Medicine El Tour de Tucson will feature a call to participating cyclists to head south before and after the event to "ride on a road less traveled". In fact, ALL Southern Arizonans and El Tour riders are invited to the Santa Cruz Valley Nov. 18 – 26 for a "Taste of El Tour"! Cyclists can glide through Madera Canyon's riparian woodlands of mesquite, juniper, oak and pine, or along lush Green Valley pecan groves, and discover enticing varieties of fresh pecan products.

Learn about rides put together by the Santa Cruz Valley Bicycle Advocate Committee and festivities hosted by communities and shopping centers from Sahuarita to Tubac by visiting www.scvbac.org or www.visitAz19.com.

perfect first event for beginners. All routes offer aid stations with water and snacks spaced about 7-10 miles apart, full police support at intersections and plenty of morale-boosting volunteers and spectators. The Fun Ride offers easy and scenic routes along the Chuck Huckelberry Loop.

The Finish

The 100-mile start line (and finish line for all events) is located at Armory Park across the street from

Children's Museum Tucson on South 6th Avenue at 13th Street. Crossing the finish line ushers the riders into the next event - El Tour Finish Line Fiesta! First order of business for cyclists after meeting friends & family is to collect a special fin-

isher's medallion based on their finish time. Next, celebrate at the Fiesta complete with non-stop music, beer garden, food vendors, an assortment of merchandise booths, kids' activities, the Grand Cycling Awards Ceremony and more!

The Alternative - Indoor El Tour

If you can't be in Tucson on Ride Day, Indoor El Tour is the answer! It is a stationary cycling event - no traffic, no headwinds and live challenges, but still loads of fun. Ride for minutes instead of miles while supporting Perimeter Bicycling charities and receive a special medallion. Indoor El Tour begins one week prior to the main event and may be ridden anywhere on the planet on any stationary bike - yes, even on Ride Day!

"Best first time doing the El Tour. What a great event. The weather is perfect, the riders were gracious, the spectators were supportive." ... Monica Medina



Healthy Aging

Written by
Deborah Dunlap, FNP

Healthy aging is something we all strive for, we want the so called golden years to be as fulfilling and enjoyable as we imagined they would be. But what does healthy aging mean? Is it a life free of medications, free of clinic visits, does it entail having a large nest egg? Perhaps some would say healthy aging means having no chronic diseases. Let's be clear that perfect health is not a requirement for healthy aging, yet optimizing our health is a key factor.

Living a life in balance; encompassing the physical, emotional, social, spiritual and mental aspects of our lives is crucial. But how do we go about doing this? My career as a nurse practitioner has afforded me the luxury of meeting and connecting with people throughout the life span, I have seen patients who know how to optimize health care resources. They come in for their annual physicals and take preventative measures, such as getting their vaccines, knowing that even a little bit of exercise and staying active



Deborah Dunlap, FNP, joined United Community Health Center in 2018. She graduated from Pima Community College with an Associate degree of Science (RN). She obtained her BSN from the University of Texas at Arlington, and went on to obtain her Master of Science degree from Chamberlain University. Before joining UCHC, Deborah worked in nursing management for a skilled nursing facility in Green Valley.



goes a long way. The Mayo Clinic asserts that everyone benefits from exercise, regardless of age, sex or physical ability. A mere 150 minutes a week of moderate aerobic or 75 minutes a week of vigorous aerobic activity or a combination of the two spread throughout the week provides health benefits. Bottom line is that exercise promotes better sleep, boosts energy, improves mood and combats health conditions and diseases Regular exercise may help and/or prevent; stroke,

high blood pressure, Type 2 diabetes, depression, anxiety, arthritis, falls and many types of cancer.

Healthy aging can be attained by being insightful and knowing when to ask for help. Support groups, and participating in health fairs is a good place to start. Enough cannot be said about being able to recognize that you must be your own best advocate, or appointing someone that you trust and has your best interest in mind. Healthy aging is creating the best opportunities for health.

Healthy aging is also being able to give back, not only to yourself but to your community, whether it be family, friends or the community in which you live. Know that your knowledge and experience is a highly valuable commodity. I have often heard from people who volunteer that they get back so much more than they give, satisfying the emotional, spiritual and social aspects of living a life in balance. Significant contributions have been made in the spirit of giving back.

A discussion paper from the government of Newfoundland and Labrador notes six guiding principles to healthy aging:

- Dignity, being treated with respect and having self esteem

- Self-fulfillment, being able to pursue opportunities
- Social inclusion, being accepted and being able to participate with family, community and society
- Independence, control of one's life
- Safety and security, having an adequate income and living in a safe and supportive environment
- Fairness, having needs being considered equally, regardless of age, gender, racial and ethnic background, disability, economic or other status.

This particular discussion paper was presented in March of 2006, and I believe that these guiding principles still hold true today. We will age, that's a given, but we can all put our own spin on how we choose to age. Let's embrace what life has to offer, pick our battles, not everything that happens deserves our attention or energy. Be prepared for what this stage of life will bring. Lastly, be your own authentic self, know where you can draw upon your strength, as life will present challenges. Healthy aging provides us the best opportunity to age with dignity and happiness.

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Renewed Medical Health & Beauty

Written by Tabitha M. Yates

Renewed Medical Health and Beauty was established in 2016 by Nurse Practitioner, Svetlana Burtman.

The company offers a very wide variety of services. They have men and women's primary care services and also offer infusion therapy, dermatology, laser treatments, medical spa and the extensive list goes on. Svetlana shares that some of their most popular treatments are hormone replacement therapy, Botox/fillers, laser hair removal and medical weight loss.

Mrs. Burtman was first drawn to starting a business focused on health and beauty when those two interests met, as she had to cut hair to put herself through medical school. She explains, "I have always had a passion for medicine and helping others. I care about our clients being thrilled with what they see and getting great results."

Svetlana graduated from the University of Phoenix and was a registered nurse at Banner Universi-

ty Medical Center. Then she decided to go back to school to become a nurse practitioner and for a time worked in Urgent Care as a provider, up until launching her own business.

Renewed Health and Beauty is Svetlana's passion because of her patients. She enthusiastically shares, "I get to know every single patient I treat on a personal level-their hobbies, families and careers. I care for each patient that walks through my door and sincerely want to help better their lives in any way that I can. Seeing a positive change in a patient's life- both mentally and physically, is the biggest reward."

Her patients certainly return the fond feelings and mirror Svetlana's excitement when they witness the changes and results in their lives and health.

Patient Amy Shimel raves about



her experience at Renewed Medical Health and Beauty, "Svetlana and all the staff at Renewed Medical are unlike any other medical team I have ever seen. I have had health issues for my entire life

and she is the first person who is actually interested in making me feel better and she didn't just brush off my concerns. I have my energy back! I can live my life again without having to worry about how much something will hurt or how long it will take to recover from. My only wish is that I had come to see Svetlana sooner."

Another client, Jenn Noseck shares, "Svetlana and her team truly care about their patient's well-being. She spends time with each patient, above and beyond what is expect-

ed. The services that she offers are top of the line. She cares about a person's whole health."

At Renewed Health, their motto is "Our client's happiness leads to our success" and that formula has certainly worked. Svetlana remains committed to always bettering herself and her company. She is a dedicated learner and consistently attends conferences and lectures to expand her knowledge and bring it back to her practice.

As for her life at home and hobbies outside of work, Svetlana has been blessed with two daughters, ages 20 years old and three years old. The other addition to their family is a poodle, whom they all adore. She loves to hike Sabino Canyon and stay active. She also loves to cook and prides herself on using locally sourced/organic ingredients.

If you are interested in learning more about the wide variety of services provided by Renewed Medical Health and Beauty, you can visit their website at renewedmedical-health.com or call (520) 298-0005 or (520) 326-2626.

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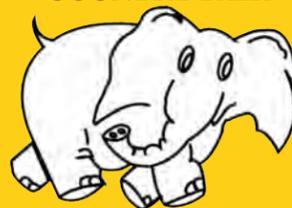
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GREEN VALLEY *Events*

Real Sunflowers Already Growing Tall

**for Tubac's Third Annual Van Gogh Sunflower Paint Out and Auction
September 28, 2019**



Van Gogh Sunflower Paint Out Auction and Reception on September 28, 2019. Silent auction begins at 1:00 p.m. at the Lowe House Project artist residency program at 14 Calle Iglesia in Old Town Tubac.

**Photo Credit:
Nancy Valentine**

Tubac AZ – Real sunflowers (if the javelinas and grasshoppers don't eat them) juxtaposed against buildings throughout the historic artist colony of Tubac will be the inspiration for plein air painters during the Van Gogh Sunflower Paint Out, Auction and Reception to be held Saturday, September 28, 2019, at the Lowe House Project artist residency in Old Town Tubac.

Tubac shops, galleries and restaurants are getting in on the fun. Some are offering 'Sunflower Madness' specials and discounts at locations where artificial, (and some real) sunflowers will be "blooming" including Tubac Old World Imports, Tumacookery, Rogoway Gallery, Bruce Baughman Gallery and Untamed Confections.

Event co-chairs, Tubac Village Artists Association members Pamela Wedemeyer and Barbara Kuzara, have passed out packets of sunflower seeds to property owners, businesses and Tubac non-profits for planting to ensure blooming sunflowers for participants to paint and visitors to enjoy village-wide.

Participating artists will be painting sunflower scenes throughout the village during the day-long event. At 1:00 p.m., the artists will display their paintings in the Historic Lowe House and the silent auction and reception will begin. Tige Reeve will be performing live and refreshments and a food truck will be available. Bidding will end at 3:30p.m. Bidders need to be present to win.

The 'madness' of the Van Gogh Sunflower Paint Out and Auction began two years ago in celebration of the 130th anniversary of artist Vincent Van Gogh's series of sunflower paintings begun in 1887. The event is a "fun-raiser" with proceeds from the sale of paintings to benefit the participating artists, the Tubac Village Artists Association and the Lowe House Project artist residency.

For more information, view lowehouseproject.com and tubacvillageartists.org. Inquiries by artists regarding participation and registration in the Van Gogh Sunflower Paint Out and Auction can be sent to Pamela Wedemeyer at cpamelita@aol.com. For general information about the event, contact Barbara Kuzara at bakuzara@gmail.com.

Javalina Hoedown at Quail Creek

The Women of Quail Creek scholarship committee is hosting an evening of food and dance to raise money for scholarships for both high school students and Women in Transition, a program for post-high school women who want to finish their education or attend a certificate program to learn a new marketable skill.

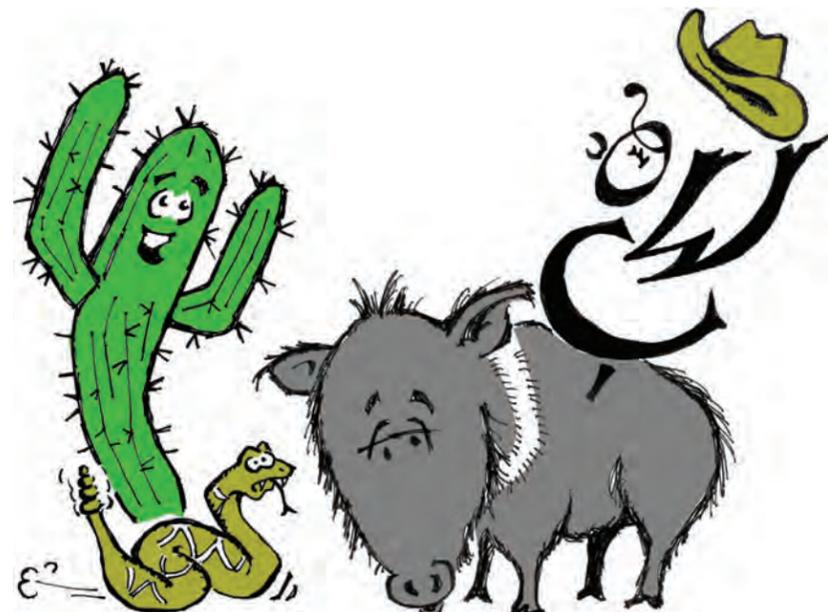


A Western theme with line dancing, raffle baskets with a variety of gifts to include golf, restaurants, craft items and shows will highlight the evening. A 50-50 raffle will be available to purchase at the same time as the event ticket sales.

The Madera Clubhouse Crystal Ballroom, 2055 E Quail Crossing Blvd., Quail Creek will host the Javalina Hoedown on October 13th from 5-8 p.m. The cost is \$35.00 per person and includes a brisket dinner with beans and other western-themed foods.

Only 300 tickets will be sold. Contact Peggy at PositivelyPeggyGV@gmail.com or call 520-207-6188 to reserve tickets. Tickets will also be sold at different locations in Quail Creek. Check the KGVY Facebook page for times and places. Cash or check only.

Join the fun and help the Women of Quail Creek obtain their goal in helping students and Women in Transition with scholarships to further their education.



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