

August 2018

# Desert Sky Islands

*Life* at the foothills of the Santa Catalinas

THE SOCIAL MAGAZINE FOR THE RESIDENTS OF PIMA CANYON & SIN VACAS



***“Gulliver” with  
Karen Pomroy,***

*President and Founder of  
Equine Voices Rescue & Sanctuary*

***These Two Started it All***

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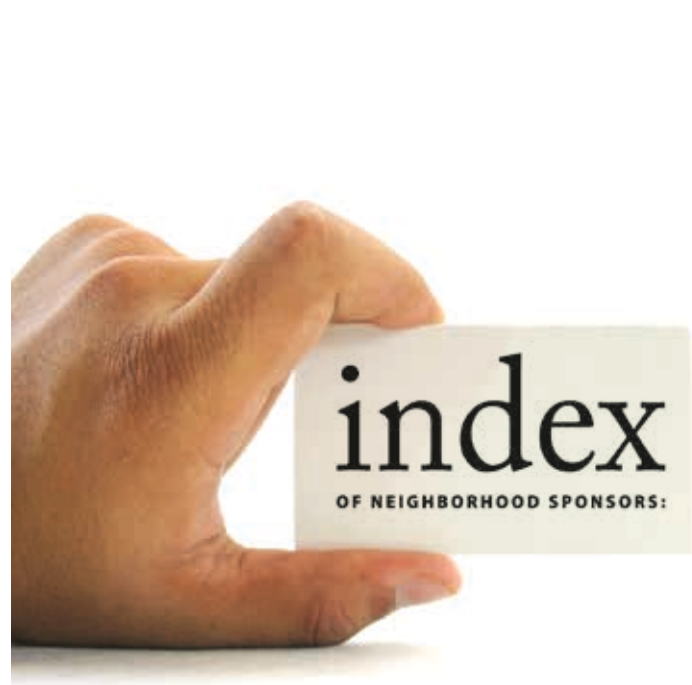
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# Desert Sky Islands

## ON THE COVER:

Equine Voices, Rescue & Sanctuary. "Gulliver" and Karen Pomroy. These two started Equine Voices, Rescue & Sanctuary back in 2004. Gulliver was one of two horses that Karen had saved from slaughter. Gulliver has become the face of this nonprofit.

## INSIDE THIS ISSUE

Equine Voices, Rescue & Sanctuary. "Gulliver" and Karen Pomroy. These two started Equine Voices, Rescue & Sanctuary back in 2004. Gulliver was one of two horses that Karen had saved from slaughter. Gulliver has become the face of this nonprofit. This story is full of all the emotions that one can feel. It breaks your heart to learn what these animals have been through. It fills your heart with love when you get to touch and see these horses up close. It brings tears to your eyes, it makes you want to help in whatever way you can. Read this touching story about this rescue and sanctuary.

The short story and many pictures of the animals at Rooster Cogburn Ostrich Ranch. This resident says she travels to Phoenix often and has been driving past this Ostrich Ranch for years. She recently made a stop nearby for gas and decided to take her kids over to see this attraction. she shares lots of pictures of what they saw ... enjoy.

## THIS MONTH'S HOLIDAYS

August 15	Assumption of Mary
August 19	Hajj (start)
August 20	Day of Arafat
August 21	Eid al Adha
August 22	Eid al Adha (Cont.)
August 23	Eid al Adha (Cont.)
August 24	St Bartholomew

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Call or email us to get on the Event List. We will invite you and your spouse to dinner, a play, bowling ... where you get to meet your neighbors and the sponsors that make this magazine possible for you. We look forward to hearing from you. As always, our resident events are always free, except for alcoholic beverages.

We sincerely hope you enjoy this issue of *Desert Sky Islands*.



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# EQUINE VOICES, RESCUE AND SANCTUARY



"Gulliver" and Karen Pomroy,  
President and Founder

## *"Gulliver" With Karen Pomroy, Founder Of This Nonprofit*

Karen is an avid animal lover with a passion for raising compassion for all living things. Born in Nuremberg, Germany, Karen has traveled the world and had the opportunity to travel to several developing countries. During these travels, her passion and love for animals deepened and she so wanted to be able to make a difference and help abused and mistreated horses.

At the turn of the century, Karen decided to rescue two horses, one that was going to slaughter and the second that was badly abused by its owner. Karen just wanted to give these horses a safe home, food and as much love as they could make. The small ranch she had purchased already had a six-stall stable.

In 2004, the opportunity presented itself to rescue another four Premarin foals that were destined to be slaugh-

tered. Now, with six horses to take care of, feed and love ... she found herself unprepared for what was coming. It was so stressful to be underfunded, overworked, understaffed, Karen found herself working from sunrise to sunset and still not being able to catch up. She had never felt so tired, so overworked and yet felt so rewarded, never felt so much love as if the animals knew she was trying to help them and they appreciate it. One evening, as she petted and talk to the horses, she found herself staring into Gulliver's eyes ... and it was at that moment that she decided she needed to do more.

Karen had no idea how she was going to do it, but she knew that she had to find a way. It was soon after that when Karen started the 501(c)3 nonprofit, Equine Voices, Rescue & Sanctuary. While there are so many horses that have abusive owners,

and so many of these animals that need saving, she knew she could not save them all. Now that she had established the nonprofit, she then worked to establish the organization's mission statement. She and her Board Members then debated how to move forward. The mission reads:

**Equine Voices Rescue and Sanctuary is a 501(c)3 nonprofit organization dedicated to saving Premarin (PMU) mares and foals from neglect, abuse and slaughter. Equine Voices Rescue and Sanctuary is a voice for all horses and other equines who cannot speak for themselves and works to end their senseless abuse, suffering and slaughter. Through education and building community awareness, we are confident we can enlighten the public about the horrors of Premarin**



Taylor, horse that died at the ranch



Horse that died at the ranch



**and horse slaughter industries, and be a catalyst for change so these noble creatures are able to live their lives free of abuse, pain and suffering.**

### **What is Premarin:**

Every day, millions of women take the hormone replacement therapy drug PREMARIN (PREgnant MAREs urINE) and related products (PremPro, Premphase). Medical studies show that these drugs increase the risk of cancers, strokes and dementia. Synthetic and natural alternatives are available, yet there are still over 5,600 mares in "pee-lines." Indeed new products, such as PREMARIN vaginal cream may well increase the number of mares used in this horrific industry.

Pregnant PMU mares have rubber collection cups hooked tightly around their urethras, the horses

are forced to stand for six months at a time in stalls too narrow to lie down, and are denied free access to water. Their foals are auctioned, then butchered for their meat to be sent abroad for human consumption. When mares can no longer bear any more foals, they too are actioned and slaughtered.

### **The Truth About Slaughter:**

The slaughter of horses for human consumption in foreign countries remains an emotionally charged issue. According to statistics from the U.S. Department of Agriculture, over 100,000 horses are exported annually to Canada and Mexico, slaughtered and processed, and their flesh sent abroad. Over 70 percent of the American public polled have called for the end to this practice.

### **The Facts About Slaughter:**

Transport of horses bound for slaughter is exceptionally inhumane. Jammed into double-decker cattle trucks, they are shipped for hours with no food, water, or rest. They endure tremendous suffering and many arrive severely injured. Grotesque and inhumane conditions suffered in transport and slaughter plants have been documented through video and pictures.

Slaughter does not provide a humane service for unwanted horses. They are seen as a cash crop for an industry that exists solely for profits made in filling the demand in foreign countries.

USDA data states that 92 percent of horses arriving at slaughter are sound and useable.







Dr Gregory Petersburg,  
Member of The Board



Photographer Robert  
Young with Gulliver and  
Karen Pomroy

... Sallie and I have had the honor to meet Karen Pomroy at her Ranch, just south of Green Valley. We saw with our own eyes how these horses are treated and cared for by the organization. We saw their scars from their past abuse. We saw their brands that these horses were given a number for their place on the pee-lines. We talked and interviewed some of the staff and volunteers. We even met Gulliver and his pals at the ranch.

A few years ago, we put our support behind the Southern Arizona Human Society. We were able to help them raise money for their new building and also had many adoptions because of your generous contributions and love for the animals. Then a couple of years ago we gave our support to Casa de Los Ninos. thanks to many of you, we not only raised money to

help them but also were able to gather hundreds of toys so they would have a great Christmas that year. **Sallie and I have decided to give our support to Equine Voices, Rescue & Sanctuary. We will give them a free half-page advertisement for the next 12 months.**

Each month we will do stories about what is happening at the ranch. You can expect to hear more about: Their Volunteer Program The Adoption Program Sponsorship Program Gullivers Fan Club Youth Program Educational Programs Euthanasia Fund

Each month we will feature a specific horse, tell you that horses story and ask for your support.

**So here is an easy way to start helping this organization ... and it won't cost you a cent!**

**When you are shopping at Amazon, just take these simple steps: Log on to [www.equinvoices.org](http://www.equinvoices.org) Click on the Amazon symbol Shop**

Amazon will donate 10 percent of your purchase to the horses in their care. Its that easy...

We plan to ask Karen to come up and speak to the group at one of our events ... I think you will all love hearing her story and how she got to the point of providing these horses all her love and her life. She has dedicated her life to this cause.



Cody Tretschok

## home solutions

By **Cody Tretschok**

# WHAT IS 4K HDR TV AND WHY DO I NEED IT?

### OVERVIEW

If you've been in the market for a TV lately, or even if you've been watching Netflix or another streaming service, you've probably run across the terms "4K" and "HDR". Other than being the latest buzzwords related to televisions, though, what do these terms really mean? Simply put, they signify significant advances in the quality of the programming we can now receive and view on our televisions. Not since the introduction of high definition (HD), over 20 years ago, have we seen this kind of improvement in video quality, as I'll explain in the following paragraphs...

### HD VS. 4K

When television went digital in the late 1990s, we had several different formats that were then considered "high definition". As the years passed by and technology improved, we eventually settled on a resolution of 1080 x 1920 pixels as the standard for high definition resolution. That meant that the content had 1080 x 1920 tiny bits of information (over 2 million pixels) that would be shown on your TV at once. Compared to the old analog TV system, it seemed to be more resolution than we'd ever need! Or so we thought.

But, as TVs and screens got larger and larger, it became clear that additional resolution would actually be beneficial. And so the "4K" format was born. 4K is essentially a doubling of the amount of information in both the horizontal and vertical axes. So, instead of 1080 x 1920 pixels of resolution, 4K gives you 2160 x 3840 pixels. If you do the math, this comes out to over 8 million pixels! The term "4K" comes from the 3840 number being close to 4000 or 4K. An excellent marketing strategy, I'd say - 4K is much easier to remember than 2160 x 3840!

### REGULAR VS. HDR

So then, you ask, what in the heck is HDR? HDR or High Dynamic Range is the other part of the improvement, and arguably the more important one. It seems that if you don't have a really large TV or aren't sitting particularly close to the set, the increase in resolution from HD to 4K may not appear to be that big of a deal. Or at least not a big enough deal to make you want to buy a new TV.

So, clearly, the television industry needed something else to help sell its new sets. 4K alone may not have been enough to convince people to upgrade! So, they added HDR. And what that gives us is two things: 1) a greater ability to show both dark and bright objects on the same screen at the same time, and 2) a wider color gamut. The first benefit is pretty obvious - especially with modern movies that tend to be very dark, with lots of detail in the shadows. The second benefit simply means you get to see more colors. Current, non-HDR sets and sources simply can't display all the color gradations that the human eye can detect and see. HDR sets and content bring you closer to that capability. In general, HDR helps images look more lifelike, more three-dimensional.

### CONCLUSION

There are more details to share, but the gist is that, if you're considering a new television, 4K HDR is a significant and noticeable improvement over high definition. Yes, the number of 4K HDR programs to watch is somewhat limited right now, but more and more are coming available every day. There is currently 4K HDR content on YouTube, Netflix, DirecTV, Dish Network and more. And there are already hundreds of 4K HDR Blu-ray discs available. These are the ultimate way to go, given their improved picture and sound vs. streaming services. But we'll leave that discussion for another day...



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## THE PICTURE OF AGING WELL HOW ONE TUCSONAN BLENDS CREATIVITY AND NATURE

By **Nancy Boyle**, Community Relations Coordinator for Splendido



Nancy Boyle,  
Community Relations  
Coordinator for Splendido

Phoebe Olmsted has come a long way since her days as a novice photographer, taking Polaroid photos as part of her volunteer work for the Girl Scouts of America. But that job kick-started a career as a photojournalist, as well as one-woman photography shows in three states. Today, she still enjoys taking photos around her home at Splendido, an all-inclusive community in Tucson for those 55 and better.

Phoebe was submitting photographs to newspapers as part of her publicity work for the Girl Scouts, and the quality of her shots got noticed — in fact, it got her a job offer to take photos for the press.

“I went to work for a group of newspapers in New Jersey, where I had my own environmental column,” she explains. “I also cov-



Retired photojournalist and avid nature photographer Phoebe Olmsted captures beauty in nature every day.

ered all sorts of assignments — house fires, sports, mayors being sworn in — for a little over 20 years.”

Through the different stages of her career, she continued to take nature photos on her own time. “I’ve shot wildlife photography my whole adult life,” she says. “I take a lot of flower shots, as well as animals and birds. It’s funny — I don’t always have a lot of patience with my kids, but I find I have all the patience in the world for photography!”

Her favorite place to take photos is her home state of New Hampshire. “The best picture I ever took was there,” she recalls. “I was trying to capture the reflection of the fall leaves in water; I heard splashing and looked up as a great big bull moose stood up in the river. Well, he went one way and I went the other — but I did get the picture!”

Here at home, Phoebe says she finds great nature shots practically in her backyard. “I just walk around Splendido, and I don’t have to go far. I recently got a great picture of a bobcat right in my friend’s lantana,” she says.

Since moving to Splendido, she’s started producing flyers called Splendido Nature Notes, which feature her latest nature photos and some accompanying facts and insights, which she posts on notice boards throughout Splendido. Themes have included Cooper’s hawks and the short-lived blooms of desert ironwood trees. “My goal is to get people to go outside and look around — or at least look out the window!” she says.

Phoebe also shared her passion for nature in a more long-term endeavor: she played an instrumental role in getting the National Wildlife Federation to recognize the Madera Garden at Splendido as a Certified Wildlife Habitat in 2017. A small, private garden with a mosaic bird bath and birdhouses made by residents, it’s a quiet spot for people to relax and enjoy some bird-watching.

Phoebe encourages everyone to get out in nature, as well as to take up creative arts. For those considering taking up photography, she adds, “Don’t hesitate — do it! It’ll invigorate you and give you a purpose. Because it will enrich your life.”

## IS ASSISTED Living FOR YOU?



Sherre Weeks RN MSN

### Rising Senior Living Costs

By **Sherre Weeks RN MSN**

Senior Living Costs are rising in Tucson and all of Arizona. This is causing difficulty for many seniors on fixed incomes. Many factors are driving up these costs.

1. Seniors are using in-home care and waiting until they are incapacitated by illness or mental issues before seeking assisted living options. This creates a higher acuity level for assisted living homes and higher staffing levels are needed. More staff/caregivers = higher costs for residents.
2. Rising utility costs are causing increased costs for all homes and facilities. These costs are passed along to residents as rising rental rates.
3. Increased food costs = increased rates.
4. Rising interest rates equate to increased mortgage costs for all homes with SBA loans since the SBA rates fluctuate with the prime rate.
5. Increased minimum wage rates in Tucson have forced many homes to go out of business and others to declare bankruptcy. It takes 252 hours of labor to staff a home for one week. Homes average six to seven residents. As payroll increases, employer’s payroll taxes and workman’s compensation premiums rise. Each \$0.50 increase in minimum wage pushes the cost of Assisted Living rental rates up \$100/month. Minimum wages have increased \$2.45 since January 2016, and will raise another \$1.50 by January 2020. This total \$3.95 increase equates to increased senior care costs of \$800/month without respect to the other increasing costs!

6. A caregiver shortage in Tucson has pushed wages up even higher as the larger corporate facilities are trying to buy caregivers from the smaller homes. Increased educational requirements have driving up the cost of caregiver schools and fewer potential caregivers are able to afford the tuition and increased time required to gain certification. The larger corporations can sustain a loss much easier than a small home over a prolonged period of time. Larger facilities do not provide the high level assisted living care many individuals require, so as physical functions decline and residents require more assistance, many are asked to leave.

To deal with this cost crisis, some homes have cut staffing, reduced their liability insurance coverage, decreased services, and reduced the quality and amount of food served to residents. Some small care home owners are trying to self-staff the homes and working 24-hour shifts!

Seniors must be diligent in searching for quality assisted living options. Search for assisted living on more than price alone. Look for quality certified staffing, offered services, quality of food, and physical appearance of the homes. Look at the other residents. Do they appear well nourished and cared for? Are caregivers present? Is management accessible?

Good homes do exist and are a good value for your money. Be diligent in your search.

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COFFEE  
BREAK

AUGUST 2017



				105
		0		76
		20		93
41				110
22		21	41	95
116	59	49	150	96

Fill in the missing numbers!

Missing numbers are integers between 0 & 50.  
Numbers in each row add up to totals to the right.  
Numbers in each column add up to the totals along the bottom.  
Diagonal lines also add up to the totals to the right.

Did you know?

- Astronauts cannot burp in space.
- Baby beavers are called kittens.
- A snail can sleep for three years.
- Al Capone’s business card said he was a used furniture dealer.
- Aoccdrnig to a rscheearch procejt at Cmabrigde Uinervtisy, it deosnt mtttaer waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. Tihs is bcuseae the huamn mnid deos not raed ervey lteter .
- Attics were invented in Attica.
- Children laugh about 400 times a day, while adults laugh on average only 15 times a day.

CRYPTOGRAMS

Can you decipher these common or famous phrases? Substitute the letters to reveal the phrase!

1. QIO QIO QIO WICQ KIYA RVTANW JIOT AGV XAQVYE.

2. MJ VW JY TJM MJ VW? MBGM XI MBW LFWIMXJT.

3. KB IDNB BNJGTO XO FBI HBICK JXEG NJGV KB IDNB FBI.

4. EMQ GAX NKEX LAJY OAJGXYL OEG A RAY LAJ, EMQ NKEX

LAJ OEG UA RAY LAJY OAJGXYL.



American Legion Post 132

By Ed Davis

Charity Golf Tournament August 25

You must come have some fun and support our Veterans



Ed Davis

Help our local veterans in need

The award-winning American Legion Oro Valley Post 132 is sponsoring its annual charity golf tournament August 25 at “The Views” in Sun City. One hundred percent of the proceeds are to provide care and assistance to local homeless and “at risk” veterans and to the families of deployed Arizona National Guard and Reserve members (our citizen soldiers).

Post 132 has been honored by military and Veterans Service Organizations for its programs that benefit service members and veterans in need. Help us to help them by supporting this worthy cause.

Registration is \$80 per golfer. “We Care” special hole sponsorships and Tee box signs are available for a donation of \$450 and \$100 respectively.

Donations to Post 132 are tax deductible and donations of any amount are gratefully accepted. For further information and to obtain registration and donation forms please contact Steve Didio at 520-219-9997 or ovpost132@gmail.com. Forms also available at <http://www.OVAmericanLegion132.com> or [www.facebook.com/OVAmericanLegionPost132](http://www.facebook.com/OVAmericanLegionPost132). Please mail registration forms and donations to American Legion OV Post 132, PO Box 69665, Oro Valley, AZ 85737.

The American Legion, the nation’s largest war-time Veterans Service Organization, has been fulfilling its commitment of service to veterans, service members and their families and local communities for 99 years. It is a nonpartisan, charitable Veterans Service Organization chartered by the U.S. Congress.





home of the month

# 7181 N Placita Sin Codicia

Your Home has been selected as our Home of The Month!

By Peter DeLuca, "The Deluca Team" - Long Realty 520-918-3725



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This stunning 3,679 SF Southwest Contemporary home nestled at 7181 N Placita Sin Codicia is located in the desirable gated community of Rancho Sin Vacas on a 1.22 Acre Lot with jaw-dropping, awe-inspiring panoramic city light views from inside and out.

Upon entering the gracious foyer you will be wowed by the travertine floors, cove ceilings and clerestory windows. Both the great room and living area offer stunning wood-beamed ceilings and a two-way fireplace for cozy evenings.

The gourmet kitchen has lovely granite, double ovens and gas cooktop. Entertain your guests in your formal dining room and enjoy your breakfast nook with amazing views.

The two master suites offer more spectacular views, dual sinks and cedar closets.

Relax on your amazing patio, Ramada's and screened in porches for a wonderful outdoor living.

Two-car garage plus RV garage for all your toys that can hold up to four cars and don't miss the finished basement that would be perfect for a media room.





precious pets

# Which of these animals should you **NOT** feed!

*Hint ... The dogs are OK to feed.*

By **Frank Montano**



Frank Montano

We were recently at one of our events speaking with some of our residents. One of our residents shared that she had recently lost one of her precious pets, a little white puppy that she had for some time.

As usual, she had let her dog out the front door ... not the back where wild animals could jump the fence, but in the front patio area. She had done



Dogs



Javalinas

this hundreds of times and just never thought that the doggie would need human oversight to keep it from becoming pray one of the neighborhood coyotes.

She never feeds any of the wild animals and just could not believe it when they heard a noise at the front door. By the time she and her husband reached the front door, the doggie was gone and so was the coyote.

Even if you do not feed the wild animals, one of your neighbors or someone in your neighborhood just might be feeding the animals without thinking of the potential consequences.

Here in Arizona, in our backyards, and even in our streets, it is common to see a small herd of Javelinas walking around looking for food. Bobcats and coyotes are also a common sight to be seen in our neighborhoods. While it is nice to see these sights and we enjoy sharing the land with these beautiful animals, we also find ourselves with many of our friends from outside Arizona. They cannot believe that we have these animals and that they walk among us ... and many times, they feed the wild animals in an effort to see more of them come to their backyards.

You may have heard recently about the man walking his dog in Bisbee when he was attacked by a Bobcat and almost killed. Sadly, the Bobcat was killed by the authorities when he was found nearby.

So please ... enjoy the beauty that we share here in Arizona, enjoy the wildlife that roams around our homes, but please don't feed them. When you see one of these beautiful animals, take pictures and enjoy them from afar ... but do not approach them ... they are wild.



Bobcat / Lynx



Coyotes



Lynx

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meet your sponsor

By Patricia Payne

# Home Care ASSISTANCE

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Home Care Assistance is owned by Mark Schmidt, Bradley Payne, and Patricia Payne. All three grew up in the Kansas City Metro area. Mark also lived and graduated high school in suburban Chicago, (Naperville). After high school, Mark moved to Tucson to attend the University of Arizona. Within the first year, Mark fell in love with the city and desert. After college, Mark spent the next 25 years in Hotel and Resort Management and was based throughout the United States.

Bradley and Patricia have been married for 35 years. They have two grown children and four grandchildren. Mark and Patricia are siblings. Both Brad and Patricia attended the University of Kansas and remain avid fans of Kansas Jayhawk Basketball. Mark's love of the Arizona Wildcats often leads to rivalry around the table or television when it is time for March Madness.

Patricia spent many years in a career path of healthcare finance before working with Brad in their family business of Industrial Chemical Sales and Engineering. For most of their lives, they were all healthy and had a relatively smooth go of things. In 2006 everything started to change. In August 15, 2006, Brad was struck by lightning while driving in his hometown of Castle Rock, Colorado. While Brad survived this event, the lightning strike caused a traumatic brain injury. Shortly thereafter, Patricia and Mark's mother was diagnosed with terminal cancer in Oklahoma. While Patricia maintained business operations, she was forced to start into a new role ... that of a family caregiver.

As Bradley began his recovery, Patricia and Mark's mother began her fight, which also required new caregiving skills from both Patricia and her siblings. To complicate the situation further, Mark was diagnosed with a brain tumor in 2010 that forced him out of his work and into a hospital and rehab facility. With her new caregiver role, Patricia was able to also transition Mark from Hospital



to Home and eventually back to work in a four-month period.

Following his return to work, Mark continued in his career for another five years and Brad and Patricia were able to expand their business and see it flourish. Unfortunately, Patricia and Mark's mother passed in March of 2012 and with that came the discussions of how both of them wanted to do something different with their careers ... they wanted to make an impact on helping families that were going through similar situations.

In the summer of 2015, Patricia, Bradley, and Mark formed a new company and set about selecting the commu-

nity they wanted to serve. Mark's love of the desert brought their focus back to Tucson. After many months of research, the trio decided that the unique services of Home Care Assistance and their proactive, Balanced Care Method and Cognitive Therapeutics was something that aligned perfectly with their desire to provide assistance to families in Southern Arizona. Since November of 2015, they have been proudly building this new business here in the Tucson Area and helping do their part to "Change the way the world ages."

What makes their business unique is their Balanced Care Method which is designed to provide a unique care



plan. The Balanced Care Method takes into account the clients' physical, emotional, spiritual, and nutritional needs and sets a path forward to help the client obtain short and long-range goals in these areas. This methodology is based on research as to why the longest living persons thrive in Okinawa. In the area of in-home care, while they provide assistance to clients with a wide variety of needs and challenges, Home Care Assistance specializes

in helping clients and families facing issues with Dementia and in particular those affected by Alzheimer's Disease as well as Parkinson's and Lewy Body. Along with our professionally trained caregivers, many of our clients also receive active Cognitive Therapeutics. These Cognitive Therapeutics target and exercise the five key domains of the Cognitive Brain including the Memory, Attention, Visual-Spatial, Executive Functions, and Language centers.

Our experience has shown the importance of planning ahead for future needs. There are many things in your future you have no control over. With that said, good lifestyle choices

and thoughtful planning are some of the best ways to make your golden years golden.

They live in the community they serve, Tucson. All three of them, have had personal experience either as a personal caregiver or as someone needing care as they recovered from a traumatic life experience.

**Home Care Assistance**  
**7619 N Oracle Road**  
**520-276-6555**





# ROOSTER COGBURN OSTRICH RANCH

## *So Much To See At This Ranch*

I have traveled by this place for years going to and from the Phoenix area. The kids always yell out, “The ostriches” and then they laugh as we zip by.

A few weeks ago we were on our way back from Phoenix and I was running out of gas. We made a stop at the Shell station at Picacho Peak. we gassed up and went inside and got some munchies for the kids.

On the way back to the freeway, the kids reminded me that we always say, “Someday we will have to stop there and see the Ostriches. we had the time, it was a nice day so we decid-

ed that today was the day we would make our stop at Rooster Cogburn Ostrich Ranch.

Wow! were we glad that we did! they not only had Ostriches, but we fed the donkey’s, we also fed the deer. Then we got to see the parakeets, the goats, the ducks and even fed the stingrays.

Our favorite spot was feeding the Rainbow Lorikeets. we walked into this giant wired covered housing and they just came out and landed on our heads, arms and hand and ate right out of our hands. These Lorikeets were not afraid at all and the kids had a blast feeding them.

After years of passing by this attraction, the whole family is glad that we finally decided to stop. So next time you are on your way to Phoenix, don’t just say, Someday we have to stop there...” make the stop and enjoy yourself feeding all the animals at the ranch!



**Jan Foran**  
**Principal**

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# Dr. Petersburg’s Renaissance Event

Most People Said It Was “The Best Event Of The Year”



Dr Gregory Petersburg, DO

What a great event. If you missed it ... you missed a fabulous and classy get-together!

Dr Petersburg and Nancy Armanini know how to entertain. They wanted to meet people from the neighborhoods that we publish magazines, make new friends, enjoy an evening of connection, great food and drink. Dr. Petersburg advertises in our Oro Valley publication and he and Nancy live in Pima Canyon, another one of our neighborhoods where we publish. Because the Pima Canyon Homeowners Association rules would not allow Dr. Petersburg to talk about his business, the event turned into a very nice and classy social event. People came together to meet their new neighbors, make some new friends and enjoy each others company.

They had a pianist and a violinist provide the entertainment. The music was one of the biggest hits of the night. Classy, very enjoyable. They had a huge dinner table set up with all kinds of delicious and healthy horderves, followed by a full sit down dinner for almost 50 people. We enjoyed pork loin tenderloin with mango sauce, organic zucchini pasta, organic salad with balsamic and olive oil dressing, organic vegetable slaw and multi-whole grain bread with organic grass-fed butter. Then, my favorites ... dessert. Yummy, miniature vegan cupcakes of various flavors, chocolate covered strawberries. They had plenty of wines, green tea, sparkling waters and coffee.

The social event lasted longer than those we have had at restaurants, it was much more fun and more connections were made. Lady Sylvia, a resident of Sin Vacas who attended the event, said, “Frank ... this was such a wonderful event, I had a great time and met lots of people I intend to make friends with.” Bernie and Sandy Nielsen,



residents of Oro Valley said, “We had such a good time. It was very enjoyable.” Richard Schickel said, “Kathy and I had a great time and made many new friends. Kathy and I especially loved Lady Sylvia. She is very attractive and has a playful sparkle in her eye.” Almost everyone we spoke with said, “This has to be the best event of the year.”



Because Dr. Petersburg could not discuss business, we decided to print a few comments about his profession.

### Death by Medicine The New Leading Cause of Death

By Gregory W. Petersburg, D.O.

Consider the following U.S. estimates:  
**In-hospital adverse reactions to prescribed drugs** 2.2 million per year  
**Unnecessary medical and surgical procedures performed** 7.5 million per year  
**Number of people exposed to unnecessary hospitalization** 8.9 million per year.  
**Unnecessary antibiotics prescribed for viral infections** 20 million per year

By one recent estimate, the annual mortality associated with conventional medical intervention approaches 800,000 per year. Avoidable hospital-related deaths alone account for up to 440,000 annually. In contrast, heart disease, the recognized leading killer in the U.S., accounts for 700,000 premature deaths annually. This would make the American medical system the new leading cause of death and injury in the U.S.

The degenerative diseases of aging are already one of humankind’s greatest challenges: heart disease, cancer, strokes, diabetes, and Alzheimer’s disease prematurely kill and disable millions of people worldwide. Yet nearly all aging-related diseases occur needlessly because more than 75 percent of them are completely preventable. Now add to this list the preventable deaths due to medical interventions.

America’s baby boomers and seniors spend more than a trillion dollars a year to diagnose and treat their diseases. The sad fact is, those same diseases are usually preventable and frequently reversible. Most Americans think they are “well” as long as an illness has not yet been diagnosed, or if their symptoms are controlled with drugs. However, the average person, through a lifetime of unhealthy choices, is in the process of creating disease. Why wait to end up with the unwelcome symptoms of a disease that develops because you have been making unhealthy choices when you can make the right choices and prevent or reverse the process in the first place? The very same healthful choices are also the most effective way to minimize your exposure to potentially avoidable medical interventions, medical errors, and needless medical expenses.

...





...

Most individuals wouldn't think to call his or her doctor until after a medical problem exists, as opposed to consulting with the doctor to avoid disease and increase overall health. Furthermore, most doctors lack the training and focus for effective disease prevention and health optimization. If you aspire, however, to take full advantage of your remaining potential for more youthful vitality, aging-related disease prevention, and minimize unnecessary medical intervention, a visit to a preventive-aging medical specialist may be just what the doctor ordered.

CONTACT DR. PETERSBURG:  
Phone: **520-229-1900**  
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*By appointment only*



## financial fitness



Maeve Johnson,  
Financial Fitness

# HELP PROTECT OLDER ADULTS FROM FINANCIAL ABUSE

Submitted by **Maeve Johnson**, your local Edward Jones Financial Advisor.

*Financial exploitation costs older Americans billions of dollars per year, according to several sources, including the National Council on Aging. If you have older parents, could they be vulnerable to financial scams and rip-off artists? And, if so, what can you do to help protect them?*

*Unfortunately, it is possible for anyone to become a victim. For a variety of reasons, older adults may be easier targets than younger people. And that is why, when interacting with your parents, you should look for these warning signs:*

**Suspicious new relationships** – If your parent mentions something about a new friend, a romantic partner or some type of caregiver who seems to have taken a great interest in your parent's financial situation, you may have reason to be suspicious. Do not be afraid to ask some questions.

**Multiple checks written to same person or entity** – If you think your parents may be making questionable financial moves, ask to see their checkbook. If you see several checks written to an unfamiliar person or business, you might be viewing evidence of a financial scam. If so, you will want to intercede before your parents get victimized again.

**Changing power of attorney or beneficiaries** – If your parents suddenly decide to name someone new as their "agent" (the person responsible for carrying out a power of attorney), you may need to investigate. And the same is true if your parents change the beneficiary designation on their investment accounts or insurance policies.

**Unusual urgency to make an investment** – If you learn that your parents want to make some type of investment "immediately," you should be concerned. No reputable financial professional would ever pressure them – or anyone else – to "act now" on an investment.

Apart from watching out for the above signs of trouble, what else can you do to help guard your parents from fraudsters?

For starters, urge your parents – repeatedly, if necessary – to never give out personal information over the phone or online. Scammers have gotten quite clever at impersonating legitimate businesses or organizations – for example, unless you are looking closely at the email, you might think the logo of a bank or another company is being accurately depicted. Again, though, reputable businesses typically don't send messages that are demanding, threatening or otherwise employing some type of extreme language.

Also, stress to your parents that they should never wire money to a random account. Plus, remind them about the truth of "no risk" offers:

Any financial offer that sounds too good to be true is just that – untrue. Every legitimate investment carries both risks and rewards.

Here's another suggestion: Older adults who have debt problems may be especially vulnerable to offers that claim to "clear up" all their debts. But there's no quick fix to this problem, and any caller who claims otherwise is likely being deceitful. Encourage your parents to discuss their debt situation with an honest, professional debt counselor or a financial advisor.

Finally, if your parents don't already work with a trusted, qualified financial professional, introduce them to one.

Your parents worked hard all their lives. Do what you can to help them enjoy their "golden years" in dignity.

This article was written by Edward Jones for use by Maeve Johnson, your local Edward Jones Financial Advisor.

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# Classifieds



It's Craigslist in your own backyard! To place a free classified ad for items for sale among your neighborhood's residents, email **frank.n2pub@comcast.net**. by the twenty-fifth day of the month. Please include your name, phone number and a brief description of your item. Please send a picture if possible. The listing will run for two months.

You can also advertise babysitting services, house sitting, etc. All you have to do is live in the community and email us or call us and we will be happy to let the neighborhoods know. This is a free service for your community. We hope you enjoy this service!

## This month:

This neighborhood magazine is expanding and as a result, we are looking to fill two part-time positions:

We are looking for a Content Coordinator. This person would work about four hours per week and would be responsible for doing articles on Family of the Month, Precious Pet, Yard of the Month and Home of the Month. It pays \$250.00 per month.

This other position would be an Ad Manager position. This person would also work about four hours per week and contact our advertisers about changes in their ad. It pays \$250.00 per month.

Anyone interested, please contact Frank Montano at 520-343-4106 or at [frank.n2pub@comcast.net](mailto:frank.n2pub@comcast.net)

## COFFEE BREAK SOLUTION

### CRYPTOGRAM ANSWERS

1. ROW ROW ROW YOUR BOAT GENTLY DOWN THE STREAM.
2. TO BE OR NOT TO BE? THAT IS THE QUESTION.
3. DO UNTO OTHERS AS YOU WOULD HAVE THEM DO UNTO YOU.
4. ASK NOT WHAT YOUR COUNTRY CAN DO FOR YOU, ASK WHAT YOU CAN DO FOR YOUR COUNTRY.

				105
35	7	0	34	76
18	12	20	43	93
41	29	8	32	110
22	11	21	41	95
116	59	49	150	96

# Desert Sky Islands

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As a resident business owner, you have the distinguished opportunity to advertise your product and service expertise to your trusted TCCE neighbors and friends and also be listed in this Resident Business Guide.

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# Real Estate RESOURCE

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Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	Sq Ft
7516 N Camino Sin Vacas	Sin Vacas	\$799,000	\$720,000	07/17/17	84	3	4	3633
2531 E Calle Sin Controversia	Sin Vacas	\$699,999	\$685,000	09/20/17	38	3	2	2815
2400 E Placita Sin Lujuria	Sin Vacas	\$562,000	\$549,450	10/16/17	168	4	3	2799
2263 Quiet Canyon Drive	Pima Canyon Estates	\$1,150,000	\$1,030,000	10/16/17	413	5	4	4316
2293 E Quiet Canyon Drive	Pima Canyon Estates	\$1,100,000	\$1,032,500	10/23/17	65	5	3	3593
7561 N Mystic Canyon Drive	Pima Canyon Estates	\$1,070,000	\$1,045,000	11/13/17	627	4	5	4631
1762 E Sahuaro Blossom Place	Pima Canyon Estates	\$1,549,000	\$1,500,000	11/27/17	22	4	5	4368
1852 E Sahuaro Blossom Place	Pima Canyon Estates	\$1,250,000	\$1,200,000	12/08/17	20	5	5	4281
2691 E Calle Sin Pecado	Sin Vacas	\$700,000	\$685,000	12/13/17	6	4	3	3267
7308 N Camino Sin Vacas	Sin Vacas	\$515,000	\$515,000	12/29/17	53	4	4	2911
7422 N Whisper Canyon	Pima Canyon Estates	\$1,099,000	\$990,000	01/30/18	219	5	5	4089
1993 E Quiet Canyon Dr	Pima Canyon Estates	\$1,395,000	\$1,325,000	01/31/18	222	4	4	4844
7789 N Canyon Spirit Way	Pima Canyon Estates	\$1,049,000	\$1,038,000	02/01/18	251	4	5	4387
2691 E Calle Sin Ruido	Sin Vacas	\$895,000	\$800,000	02/23/18	447	3	2	3283
2443 E Calle Sin Condena	Sin Vacas	\$475,000	\$500,000	02/28/18	7	3	2	2099
7402 N Whisper Canyon Pl	Pima Canyon Estates	\$1,699,000	\$1,500,000	04/16/18	185	4	6	5335
7582 N Mystic Canyon Drive	Pima Canyon Estates	\$1,110,000	\$1,060,000	04/19/18	1	4	4	3935
7482 N Whisper Canyon Place	Pima Canyon Estates	\$1,125,000	\$1,125,000	05/17/18	1	4	5	3920
7437 N Mystic Canyon Drive	Pima Canyon Estates	\$1,250,000	\$1,240,000	05/24/18	5	4	3	3725
2067 E Desert Garden Drive	Pima Canyon Estates	\$1,175,000	\$1,175,000	06/04/18	6	3	3	4385

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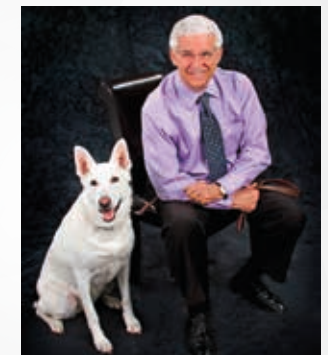
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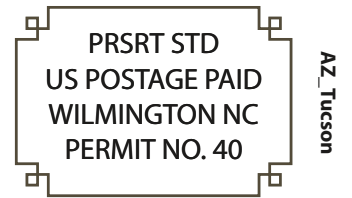
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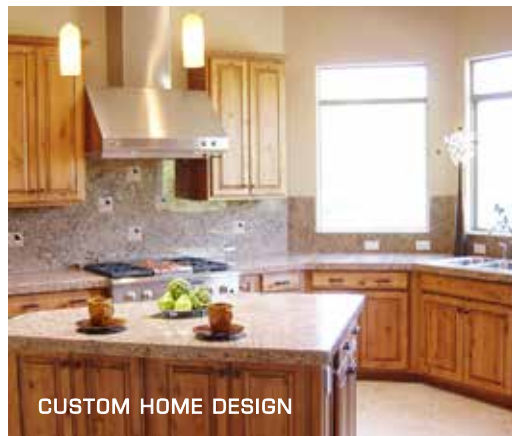
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