By: Bob Sharpe, Founder of Rancho Sahuarita

With the work day growing and time at home shrinking for many people, being able to come home, unplug, and get access to everything you need quickly, affordably and conveniently is becoming more important than ever before.

Rancho Sahuarita’s original vision was to create the most affordable, highly amenitized community in Southern Arizona, and last December, Rancho Sahuarita was named the Project of the Decade by Metropolitan Pima Alliance, one of many indicators that Rancho Sahuarita has succeeded in its efforts to create a great place to live.

Creating a Better Life
Rancho Sahuarita’s mission was to become a place where residents could “live, learn, work, play and shop.” For the most part, this vision of a better life, at an affordable cost, has been realized.

Rancho Sahuarita is still all about family, friends and fun, and its vibrant lifestyle has been created by optimizing the use of both hard and soft amenities. Rancho Sahuarita features extensive amenities, including a lake and splash parks, several clubhouses, numerous green gathering places, and 17 miles of paved trails.

But what truly sets Rancho Sahuarita apart are the programs and activities that bring the community to life. Every week, Rancho Sahuarita’s Lifestyle Team organizes more than 50 events, classes and activities for residents. There are also over 115 additional, special events held during the year. These amenities and programs create an active way for residents to get to know each other and experience the intimate, “small town” feeling that is attractive to so many homeowners.

“Creating a Better Life” Continued on Page 7
February

Early Bird Special

MONDAY - FRIDAY | 3PM - 6PM DINNER
FEATURE SALAD, SELECT ENTRÉE AND DESSERT $16
AND A GLASS OF WINE OR BEER $4
(NOT VALID ON HOLIDAYS)

Valentine’s Day - February 14
SWEETHEART FEATURE | 4PM - 10PM
(RESERVATIONS SUGGESTED)

$7 BREAKFAST BUFFET | MONDAY - FRIDAY
7AM - 10AM
**Rancho Sahuarita Resident Events**

**Coffee Social**
Friday, February 6th and 20th
8:00 am – 10:00 am

**Father/Daughter Dance**
Saturday, February 7th
5:00 pm – 7:30 pm

**Special Needs Valentine Dance**
Saturday, February 14th
11:00 am – 1:00 pm

**Bingo Madness**
Tuesday, February 10th and 24th
6:00 pm – 8:00 pm

**Storytime for Tots**
Thursday, February 12th and 26th
10:30 am – 11:30 am

**Money Matters**
The Game of Life: New York Life Edition
Thursday, February 19th
6:00 pm – 7:00 pm

**Explore AZ: Kitt Peak**
Saturday, February 21st
TBD

**Rodeo Round Up**
Saturday, February 28th
10:00 am – 2:00 pm

**Community Events**

**Taste Of Sahuarita Food Truck Round Up**
Tuesday, February 3rd
at the Rancho Sahuarita Clubhouse
5:00 pm – 8:00 pm

**Sahuarita SciTech Week**
February 8th - 13th
Locations Vary

**Great Expectations Academy presents**

Swing dancers will offer dance tutorials during intermission for those interested in learning new moves.

**Shake Your Tails for Pawsitively Cats No-Kill, No-Cage Shelter**
On February 13th the American Legion Post 109 located on Houghton and Sahuarita Rd. will be hosting the first ongoing Farmers Market. A portion of the proceeds will go to Post 109 to help support the many programs that help our veterans. The Farmers Market will be held on Fridays from 10:00 am until 3:00 pm. Not only will this support the veterans but also the community, by stimulating business for the local stores in the area as well as the vendors. Any information about the programs or public events held at Post 109 will be addressed by Commander Abner Garris at 1-706-566-1748. Contact Julianna Verke at 520-625-3727 for vendor information.

**Green Valley Genealogical Society February Meeting**
Saturday, February 21, 9:00 am to 3:00 pm at Valley Presbyterian Church, 2800 S. Camino del Sol
Seminar: “GENEALOGY and THE LAW” by Judy Russell, Certified Genealogical Lecturer
Topics: “That First Trip to the Courthouse: Not Everything is Available Online.”
“From Blackstone to the Statutes at Large – How Knowing the Law Makes Us Better Genealogists.”
“Beyond X and Y – The Promise and Pitfalls of Autosomal DNA Testing.”

Judy Russell is a Genealogist with a law degree. She is a Certified Genealogist and Certified Genealogical Lecturer who lectures on a wide variety of genealogical topics. Judy currently serves as a Trustee of the Board for Certification of Genealogists, and she is a member of the National Genealogical Society, the Association of Professional Genealogists, and several state genealogical societies. She has also written extensively for several national publications.

The seminar fee is $35 for members, $40 for non-members. Bring your own lunch or add $10 for a box lunch (choices will be on our web site). Coffee and registration from 8:30 to 9:00. Registration is required, by February 7.

Contact Linda Hanson (520-396-370/l or hanson_24013@msn.com) for more information, or go to www.rootsweb.ancestry.com/~azgegs/

**40’s Big Band Swing Dance**
Shake Your Tails for Pawsitively Cats No-Kill, No-Cage Shelter
Sunday, February 22nd, 5:30 to 7:30 pm at Fellowship Square Dining Hall at 110 N. Maguire Ave., Tucson
The Rhythm Gang Band and Dance for a Cause will be performing at the event. It will open with tap and ballet dancers for the first 15 minutes of the event and then the dance floor will be open for everyone. Swing dancers will offer dance tutorials during intermission for those interested in learning new moves.

A buffet-style dessert table and drinks will be available at the event. Cost is $15 per person. Contact Paula Behrman at East Lawn Palms Mortuary and Cemetery at 520-225-9786 or 520-885-6741 to purchase tickets for $15 per person.

Editor’s Note: We would like to thank Andy Morales Photography for providing photos from the Common Ground Award Ceremony for last month’s article titled “Rancho Sahuarita Accepts Project of the Decade Award”.

**SAHUARITA TIMES**
Southern Arizona’s Community Newspaper

Since November 1999

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Michael Hieber
“Love is a spirit all compact of fire.” William Shakespeare, Venus and Adonis

Ah, love, one of the greatest driving forces in human history with the power to ennoble the human spirit or demolish an empire, and no one day out of the year so fully encapsulates the spirit of love like Valentine’s Day. Celebrated around the world, Valentine’s Day has become synonymous with romance but where did this tradition come from and why do we celebrate it the way we do? Like many things that predate modern times, the exact origin of Valentine’s Day and its transition into a day dedicated to romance and lovers is rather murky.

Saint Valentine’s Day, or the Feast of St. Valentine, began as a liturgical celebration for several Christian saints named Valentinus, and is still an official feast day in the Anglican Communion as well as the Lutheran Church. Although his name was removed from the General Roman Calendar in 1969, leaving his liturgical celebrations to local calendars, he is still recognized as a saint by the Catholic Church.

There are at least three Saint Valentines that are officially recognized in church history; a Roman priest, a bishop from the diocese of Interamna (modern Terni), and a saint who was supposedly martyred in the Roman province of Africa Proconsularis (roughly the area of present-day northern Tunisia), although little is known about the true history of any of these saints, their lives, actions or death. This is highlighted by the fact that when Pope Gelasius I officially established February 14th as the Feast of Saint Valentine in the year 496, he commemorated the event by recognizing those, “…whose names are justly reverenced among men, but whose acts are known only to God.” However, the Roman Martyrology, the Catholic Church’s official list of recognized saints, currently lists only one Saint Valentine, a martyr who died on an ancient Roman road known as the Via Flaminia, as having a Feast Day on February 14th.

With little information to go on, stories began to spring up in the ancient world about the good deeds of these men. One of the most popular stories is that Saint Valentine was a priest in Rome during the reign of Emperor Claudius II, (268 AD – 270 AD.) Claudius II waged many campaigns during his time as emperor of Rome. As the story goes, he soon determined that young, unmarried men made better soldiers as their thoughts wouldn’t stray from the battle at hand towards their wives and families. As a result, he banned young men from getting married. Valentine felt that this was a thoroughly unjust decision and decided to defy Claudius by continuing to marry young lovers in secret. After it was discovered that he had defied the emperor’s decree, Valentine was arrested and sentenced to death.

Another version of the story has Valentine helping Christians escape from the harsh Roman prisons. In this story, Valentine was captured and also sentenced to death but before the sentence could be carried out he fell in love with a young woman himself (some versions state that it was the jailor’s daughter). He wrote the young woman a note during his final days and signed it, “from your Valentine” becoming the first Valentine’s Day card.

While these stories certainly have plenty of both romantic and heroic elements to them, it is virtually impossible to determine their authenticity. Most contemporary accounts of Claudius’ life were destroyed during the Diocletianic Persecution in the early 4th century and tales of Valentine’s deeds and martyrdom didn’t appear until several hundred years after his death.

The transition of Valentine’s Day from a liturgical feast day to a secular celebration of love, romance and devotion and how long these romantic traditions have been celebrated are equally unclear. It has been speculated that Valentine’s Day traditions stretch as far back to 5th century when the church was competing with the Pagan holiday of Lupercalia, a fertility festival dedicated to the god Faunus and celebrated from February 13th through the 15th.

Myth and Reality of Valentine’s Day

Come celebrate Trico’s 70th Annual Meeting
Saturday, March 14, 2015
Casino Del Sol Ballroom
5655 West Valencia Road, Tucson, AZ 85757
8:30 a.m. Registration
10 a.m. Meeting

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Tenant Spotlight

Get Moving with Simply Feet

Simply Feet, started in 2007, is a special kind of store offering services unlike any other shoe store. They specialize in providing solutions to people who have foot and foot related problems ranging from sore aching feet to leg, joint and back problems.

In order to provide the best solution, they have a process of evaluating your feet. Their evaluations consist of foot measurements, standing/walking gait analysis, and special foot prints called “Pedographs” that tell them a lot about how the bones in the feet are working and how they are distributing weight. Your feet change through time and, being the foundation of your body, affect everything above them, including balance and stability.

Their solutions consist of creating a system of shoes and supports in order to correct or control the problem that a person is dealing with. They carry Brooks and New Balance running shoes in order to accommodate the active community. Their newest brand, “Xelero,” comes in outdoor, walking, sport styles and has amazing support and comfort. It is Swiss engineered and has many features that make walking more stable and pain free, as well as being wonderful at accepting inserts and orthotics. They also make their own custom-made orthotics from casts and molds of your feet and use all of the information in their evaluations to create the perfect support for your foot.

Owner, Anthony Allen, has been in the field for 13+ years as a Pedorthist (foot specialist) passing his Board exams in 2005. He has worked very hard to create a store experience that provides the best customer service and sells the best products in order to give the customer what they need in order to get rid of their problems and get back to a healthier more active lifestyle. He is honored to be a part of the community and offers his services and educates people about problems with their feet. Evaluations are free, contact them for an appointment to see what you can learn about your feet.

Simply Feet
15990 S Rancho Sahuarita Blvd
Sahuarita, AZ
(520) 399-1365
www.simplyfeetaz.com

Store Hours
Monday - Saturday: 10:00 am - 6:00 pm

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IN THEATERS

THE SEVENTH SON
RATED PG-13
FEBRUARY 6TH

HOT TUB TIME MACHINE 2
RATED R
FEBRUARY 20TH

THE SPONGEBOB MOVIE:
SPONGE OUT OF WATER
NOT YET RATED
FEBRUARY 6TH

When Lou finds himself in trouble his friends fire up the hot tub time machine in an attempt to get back to the past but they inadvertently land in the future.

SpongeBob goes on a quest to discover a stolen recipe that takes him to our dimension, our world, where he tangles with a pirate.

The sole remaining warrior of a mystical order travels to find a prophesized hero born with incredible powers, the last Seventh Son.

Source: http://www.movieinsider.com

WEBSITE OF THE MONTH

Calm.com

Time for a break with Calm.com!

Need to relax after a busy day? How about relaxing in the middle of a stressful time at work? Maybe you just need to take some time to yourself for stretching or yoga.

Calm.com lets you toggle between a variety of peaceful backgrounds and landscapes as well as hundreds of serene ambient music tracks.

Time your session in intervals ranging from 2 to 20 minutes and get the relaxation you deserve.

Chill out on your own or opt for a “guided calm” with soothing spoken instructions.

Calm.com is also available on iPhone and Android devices.

We all need to take some time for ourselves so take your next break with Calm.com.
Creating a Better Life

Continued from Page 1

In addition, there is already the beginning of a mixed-use Town Center, along with the Rancho Sahuarita Marketplace retail center. It’s clear that Rancho Sahuarita has developed into a sustainable community, and a destination with a sense of place, rather than being just another “bedroom community.”

In 2015, Rancho Sahuarita is embarking on an exciting year of continued enhancement of the community. Several of the initiatives that Rancho Sahuarita is implementing will further its aim to create a better life for its residents.

Transforming Club Rancho Sahuarita

Last year, Rancho Sahuarita was recognized by the Urban Land Institute (ULI) as one of 13 communities around the world that demonstrate best practices in building a healthy place to live. To continue being an innovative community, while accommodating the community’s expanding population and needs, the Rancho Sahuarita team has been studying the trends in regard to creating new amenities and transforming existing facilities to accommodate changing resident lifestyle preferences.

Based on this investigation, there appears to be a new emphasis on creating shared spaces in communities that appeal across demographic groups. Also important are amenities and programs that provide unique experiences that are close to home, foster interaction, and allow people to be a part of something greater than themselves.

This research was used to guide future amenity planning. During those discussions, it became clear that the most efficient way to deliver a better lifestyle for existing residents was for Rancho Sahuarita’s H.O.A. to repurpose the undervalued spaces at its clubhouse. Rancho Sahuarita’s H.O.A. is in the process of revitalizing 3,000 square feet of the 30,000 square foot Club Rancho Sahuarita by improving its kitchen area, as well enhancing additional spaces that will be programmed with new activities and events.

On Saturday, March 7th from 10:00 a.m. – 6:00 p.m., Richmond American Homes and KB Home are hosting an open house at their sales offices. Attendees from the first session, as well as the general public, who are interested in learning more about buying a new home are invited to drop in at the Richmond American and KB Home sales centers that day. Enjoy food, drinks, and more at the Sales Offices during this special open house!

Tour new home models, view floor plans, and meet the team of new-home professionals who’ll show you home designs and quality decor choices, and offer expert advice. Work with a specialist to determine what your upfront costs and your monthly mortgage payments would be!

See a New Home Sales Professional at KB Home and Richmond American Homes Sales Offices to learn about special incentives offered for attending both sessions. To register for this special two-part event, email info@ranchosahuarita.com. Space is limited, so register early!

Now is the Time to Buy!

Find out how to own your own home without a large down payment at this two-part workshop!

March 3 Workshop, 6:00 p.m. at the Rancho Sahuarita Clubhouse

March 7 Open Houses, 10:00 a.m. – 6:00 p.m. at the KB Home and Richmond American Sales Offices

KB Home Sales Office – 13858 S. Camino Acelia
Richmond American Homes Sales Office – 859 W. Calle Ocarina

Space is limited at the March 3rd workshop! Secure your spot today!

Register by emailing info@ranchosahuarita.com

Spring Buying Season

Continued from Page 1

Buyers who were hesitant about committing to a home purchase in the past may find that today’s historically low interest rates make a mortgage payment more manageable than they thought.

Seller incentives are also abundant right now, especially for buyers who purchase a new constructed home. KB Home and Richmond American Homes offer various incentives to buyers who purchase one of their new homes.

Rancho Sahuarita is partnering with Richmond American Homes and KB Home to offer a home-buying workshop and open house in March. The two-part event will be particularly helpful for those who want to own their own home but don’t think they can due to the upfront costs. Any individual who wants to own a home is invited to learn about how they can get into a brand new house. The first part of the program will be hosted at Club Rancho Sahuarita on March 3 at 6:00 p.m. Industry experts from KB Home and Richmond American Homes will lead a discussion on today’s market conditions, including historic low interest rates. Learn about programs and incentives that can get you into your own home with minimal upfront costs.

This renovation will allow the H.O.A. to further enhance its health and wellness initiatives, as well as expand its social and community programming for residents of all ages.

Those flexible spaces will accommodate a variety of activities, including unique culinary and “farm to table” opportunities. Just as the kitchen/great room space has become the activity hub of most homes, this new gathering place will become one of the focal points of Rancho Sahuarita’s community life.

This amenity and its programming will be another first for a master-planned community in Southern Arizona, and it will add value to existing homes by demonstrating that Rancho Sahuarita continues to be a better place to live.

The Saguaro Club

Rancho Sahuarita was developed as a multigenerational community, including age-restricted and age-targeted neighborhoods. As part of enhancing community involvement, Rancho Sahuarita has conceived the Saguaro Club, the first multi-community, active adult membership club (within a master planned community) that serves residents of three separate H.O.A.s.

The Saguaro Club, which was launched in January and already has over 100 members, is a club that plans events and activities exclusively for the benefit of the age 55+ residents of Rancho Sahuarita, Sonora by Del Webb, and Rancho Resort.

This club will connect residents in different neighborhoods through a lifestyle of shared interests and experiences. By creating additional opportunities for people to have a better life, the Saguaro Club is an example that “the whole is greater than the sum of its parts.”

Learn more about the Saguaro Club online at www.MyRanchoSahuarita.com/SaguaroClub. To get information about signing up, visit or call the Clubhouse at (520) 207-7730, or email info@ranchosahuarita.com.

Rancho Sahuarita’s Future

Looking to the future, the Rancho Sahuarita team is energized by the prospect of expanding the H.O.A.’s healthy lifestyle amenities and programming. The relationships that are formed between residents that meet through one of Rancho Sahuarita’s classes, programs, events or clubs have the direct impact of providing a spontaneous sense of community and togetherness, allowing friendships to happen in a sincere and meaningful way. Building a great master-planned community has always been about “under-promising and over-delivering” on Rancho Sahuarita’s commitment to create a better life for its residents.

Pictured: Residents at the first Saguaro Club information session on January 9. More than 100 members have joined the club since it launched on January 1.
Southern Arizona Night Sky

February - Dawn at Ceres: NASA’s Dawn spacecraft will encounter the dwarf planet known as Ceres sometime in February 2015. Ceres is the largest object in the asteroid belt between Mars and Jupiter. Since December 1st, 2014, Dawn has been sending increasingly high-resolution photographs of Ceres. Because of its size and shape, it has officially been classified as a dwarf planet, which puts it in the same category as Pluto.

Ceres is 590 miles in diameter and is big enough to have a rounded shape. Dawn will spend time studying Ceres and will send back the first close-up images of a dwarf planet in our Solar System.

February 3 - Full Moon: The Moon will be directly opposite the Earth from the Sun, and will be fully illuminated from Earth. This moon was known by early Native American tribes as the Full Snow Moon because the heaviest snow usually fell during this time of year.

February 6 - Jupiter at Opposition: The giant planet will be at its closest approach to Earth and the face of Jupiter will be fully illuminated by the Sun. This is the best time to view and photograph Jupiter and its moons. Using a medium-sized telescope, you should be able to see details in Jupiter’s cloud bands and maybe even its four largest moons.

February 18 - New Moon: The Moon will be directly between the Earth and the Sun, but will not be visible from Earth. This is the best time to view faint objects in the sky.

February 21 - Conjunction of Venus and Mars: Conjunctions are rare events where two objects will appear extremely close together in the night sky. This is the closest conjunction of the two planets since September 11th, 2008. The two bright planets will be visible within only half a degree of each other in the evening sky. Look to the western sky, just below the waxing crescent moon.

Discover A New Hiking Trail

Blackette Ridge
Distance: 7 miles round trip
Hike time: 4 hours
Difficulty: Moderate
Trail Condition: Well-maintained
Trailhead: From downtown Tucson, take Oracle Road north to Ina Road, turn right (east) and stay on Ina road as it becomes Skyline Road and then Sunrise Road. Simply stay on this road until it ends. Eventually you will come to an intersection called Sabino Canyon Road, turn left (north) and pull immediately into Sabino Canyon Recreation Area which will be on your right. Pay the fee to park your car and ask for the Blackette Ridge Trailhead.

If you think the Arizona desert is beautiful, then you need to try this hike. The views of the Coronado National Forest are amazing. This trail is very popular. Not everyone does the full hike to the top; but it is well worth it.

Once you reach the top you will want to take a photo on top of the highest peak in the park. This can be a long hike, depending on how fast or slow you want to go. Always remember to take plenty of water, and a snack if you plan on doing a longer hike. Enjoy the views and sights of our Arizona desert that we gladly call home.
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NEW DAY CLEANERS • PICK-A-BERRY YOGURT • POSTNET • PUB 1922 • SIMPLY FEET • SUBWAY
VALLEY ANIMAL HOSPITAL • VITALITY

www.RanchoSahuarita.com
Nothing says "Tucson" like Wild West flavor and nothing says "Wild West Flavor" like the Tucson Rodeo. This year the Tucson Rodeo, or La Fiesta de los Vaqueros, will be celebrating its 90th anniversary. Locally, the rodeo is a huge event; all local schools are closed Thursday and Friday so everyone can attend rodeo and parade festivities.

La Fiesta de los Vaqueros was first held in 1925 in the middle of Prohibition. Leighton Kramer, president of the Arizona Polo Association, conceived the idea as a way to attract mid-winter tourists to Tucson and to promote the Wild West lifestyle and range work that Tucson was becoming famous for. The event was going to feature a parade and several rodeo events to be held at Kramer Field, now a neighborhood called Catalina Vista, east of Campbell and north of Grant St.

Many tourists, cowboys and cowgirls, society members and Navajo natives headed to the Santa Rita Hotel the night before the first rodeo for a celebration of song and dance that lasted until the following morning.

Kramer’s plan of attracting tourists and other visitors to the area worked as thousands of spectators lined the downtown parade route to watch over 300 people participate in the official Rodeo Parade. There were four official events at the 1925 Rodeo—steer wrestling, steer tying, calf roping, and saddle bronc riding—and the prizes included a 750-lb block of ice, 100 lbs. of potatoes and a "Big Cactus" ham, with a grand prize purse of $6,650 (roughly $90,000 in today’s money).

Due to Kramer’s initial success, the rodeo saw rapid growth that required organizers to move the event to larger grounds. In 1932, the Tucson Rodeo moved to the abandoned airfield at South 6th Ave. and Irvington which provided seating for 3,000 people and parking for 59 cars.

The fame of the Tucson Rodeo continued to grow when Hollywood discovered the ideal winter temperature in Tucson and, as a result, whenever a film needed a rodeo scene they packed up and headed to Tucson. Some of the earliest movies to film at the Tucson Rodeo were Robert Mitchum’s 1952 classic “The Lusty Men” and in 1954 the Tucson Rodeo served as a backdrop for the movie "Arena."

The Tucson Rodeo has grown and is one of the top 25 rodeos in the country according to the Professional Rodeo Cowboys Association and the parade is billed as the longest non-motorized parade in the world. With high spectator turnouts, today the grounds seat 11,000 and the official Rodeo Parade is viewed by over 200,000 people. Prize money can exceed $320,000. So this year, from February 21 to March 1, dust off your boots, don your old cowboy hat and enjoy a Tucson tradition!

For more information and tickets visit www.tucsonrodeo.com.
What do Low Oil Prices Mean for Investors?

As you’ve no doubt noticed, your trips to the gas station have been a lot more pleasant these past several months. There’s not much doubt that low oil prices have been welcome to you as a driver. But when oil is cheap, is that good for you as an investor?

There’s no clear-cut answer. But consider the following effects of low oil prices:

- **Positive impact on economy:** When you spend less at the gas pump, relative to recent years, what will you do with your savings? Like most people, you’ll probably spend most of it on goods and services. If you multiply the amount of your increased spending by the millions of other Americans who are also saving money on gas, you can see that you and your fellow consumers are likely adding billions of dollars to the economy. Typically, a strong economy is also good for the financial markets — and for the people who invest in them.

- **Different results for different sectors:** Different sectors within the financial markets may respond in different ways to low oil prices, even if the overall effect is generally positive. For example, businesses such as consumer goods companies and auto manufacturers may respond favorably to cheaper oil and gas. But the picture might be quite a bit different for energy companies.

You could spend a lot of time and effort trying to adjust your investment portfolio in response to low oil prices. In fact, you may well want to consult with your financial professional to determine which moves might make sense for your individual situation. Yet there’s actually a bigger lesson to be learned here: Don’t overreact to temporary developments. The recent decline in oil prices has certainly had an economic impact, but no one can predict how long these prices will stay low or what other factors may arise that would affect the financial markets. That’s why you can’t reconfigure your portfolio based on particular events, whatever they may be—oil price drops, interest-rate fluctuations, political squabbles at home, natural disasters in faraway lands, and so on.

If you can keep from being overly influenced by specific events, you may be able to gain at least two key benefits: First, by not making trades constantly in reaction to the headlines of the day, you can avoid piling up heavy fees and commissions—costs that can reduce the return rate on your investments. Second, you’ll find that if you aren’t always thinking about what’s going on in the world today, you can focus your investment efforts more intensely on where you want to be tomorrow. The most successful investors set long-term goals and don’t focus on factors they cannot control, such as oil prices, interest-rate changes or other economic events. Instead, these investors make adjustments, as necessary, to accommodate changes in their goals as well as other changes, such as revisions in tax laws—but they basically stick to their same approach for the long term.

So be aware of low oil prices, but don’t get so “pumped” about them that you sludge up your consistent investment strategy—because that strategy has the energy to keep you moving toward your important objectives.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.
Flavor of the month

What’s Cooking in February

Snickerdoodle Banana Bread

Directions:
Heat oven to 350 degrees. Spray a bread pan and set aside.
In a medium bowl, whisk the baking soda, cream of tarter, flour and salt. Set aside.
In another bowl, cream together the butter and the sugar. Add the eggs one at a time and mix until smooth. Add a little flour mixture to the egg mixture, and continue to cream it all together.Alternate adding banana and flour. Stir in the cinnamon chips and pour into the bread pan.
Sprinkle with 2 tablespoons of cinnamon sugar mixture. Bake for 50-60 minutes.
Upon removing from the oven, sprinkle with remaining cinnamon sugar.
Allow to cool before slicing.

Ingredients:
- 3/4 teaspoon baking soda
- 1 1/2 teaspoon cream of tarter
- 1 1/2 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/3 cup unsalted butter, softened
- 2/3 cup sugar
- 2 large eggs
- 1 cup mashed bananas
- 1 cup cinnamon chips
- 3 tablespoons cinnamon sugar for topping

Chicken Tacos in the Crock Pot

Directions:
Place chicken in the bottom of the crock-pot. Sprinkle evenly with taco seasoning.
Top with diced onion, then pour tomatoes on top. Top with the undrained green chilies.
Cook on low for 6-8 hours.
Remove lid and shred chicken with two forks. Add cilantro and stir to combine.
You are ready to prepare your tacos and eat!

Ingredients:
- 5 boneless chicken breasts
- 3 tablespoons taco seasoning
- 3/4 cup diced onion
- 1 (14.5 ounce) can diced tomatoes, (fire roasted if you desire)
- 1 (14.5 ounce) can chopped green chilies, undrained
- 1/2 cup chopped fresh cilantro
- Corn or flour tortillas
- Taco toppings - cheese, tomatoes, lettuce, avocados

Strawberry Basil Margarita

Directions:
Empty the limeade into a pitcher. Add 2 1/2 cans of water and 1 1/2 can tequila. (for a stronger drink add more tequila).
Hull the strawberries, slice lengthwise, and add them to the pitcher. Give the basil leaves a little squeeze in your hands to release the flavor, and then add them to the pitcher.
Place the pitcher in the refrigerator over night to allow the flavors to infuse. Serve and enjoy!

Ingredients:
- 1 can frozen limeade
- 10 strawberries
- 8 basil leaves
- 2 – 2 1/2 cups tequila

What’s In Season: February 2015

Ever wonder what fruits or vegetables are in season? Well, here is a list of fruits and vegetables that are perfect for the Winter months.

- Arugula
- Beets
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Celery
- Clementines
- Corn
- Garlic
- Grapefruit
- Green Onions
- Kale
- Leeks
- Lemons
- Lettuce
- Oranges
- Parsnips
- Potatoes
- Radishes
- Rutabaga
- Spinach
- Strawberries
- Sweet Potatoes
- Tangelos
- Tangerines
- Turnips
- Winter Squash

Take this opportunity to try new recipes. When shopping for these seasonal foods know that they are healthy, and cheaper to buy. Because these fruits and vegetables are in season, they are guaranteed fresh. Farmers plant in a timely manner to have certain food available in different seasons. You will know when a food is not in season when the price goes up. While at your local store, check out the produce area and don’t miss out on some really great tasting food.
New Year’s Resolutions

Suddenly Slimmer Med Spa in Phoenix has compiled the skin care, spa and beauty “must-dos” for 2015 that can help get you in shape, maintain your weight loss, and keep your skin gorgeous and taut. Advances in technology and science have made some of these very effective trends accessible to everyone while having very little downtime. Your New Year’s resolution should be to try one of these beauty “must-dos” to pamper yourself as well as rev up your beauty regimen.

1) Non-surgical facelifts: Yes, no knives involved! Treatments like laser resurfacing, photofacials, medical peels, skin-tightening technology such as Pixel and Clearlift can be done non-surgically with a quick visit to the med spa. Improvements will be noticeable almost immediately. And there are always dermal fillers, such as Voluma, Juvederm, and Botox to fix deep wrinkles and fine lines (and those technically don’t involve knives).

2) Radio frequency technology for skin revitalization: JuVa Shape Laser dramatically reduces the appearance of annoying cellulite, stretch marks and at the same time, helps smooth wrinkles in the skin. The laser uses radio frequency technology, which is gentler in feel and results with very little recovery time.

3) Full body detox: Whether it is a full body wrap to help break down fat or a replacement meal program that contains fiber, vitamins, minerals, probiotics, enzymes and multiple sources of protein, detox to lose weight and gain more energy is “in” for 2015.

4) Wrinkle prevention for the unwrinkled: The best cure for wrinkles is an ounce of prevention. Clients in their 20s and 30s are taking measures to prevent wrinkles through collagen enriching facials and treatments such as Dysport and Botox.

5) Vitamin injections: Vitamins aren’t just for ingestion any more! Using a tiny needle, vitamins are injected directly to the facial skin to immediately reap their benefits. The result is a plump, dewy and glowing skin.

6) The skinny gut diet: This diet is all about achieving a balance between “bad” and “good” bacteria. The skinny gut diet focuses on probiotics and more fiber in your diet to help combat the calories that tend to stick around.

7) Micro-needling: It’s the revolutionary new facelift without going under the knife! Using PixelRF technology, which utilizes radio frequency, only problematic areas of the skin are treated, while the healthy skin around the targeted area helps accelerate the healing process. There is no recovery time and the results are immediately noticeable.

8) Men in med spas: Why not? Men are more conscious of their appearances nowadays, thus, it isn’t unusual to see them flocking to med and day spas. In this New Year, med spas expect an increase of men seeking remedies for wrinkles and other skin imperfections. Botox and fillers, like Dysport, top the list of treatments that men will accelerate the healing process. There is no recovery time. They are injected directly to the facial skin to immediately reap their benefits. The result is a plump, dewy and glowing skin.

Valentine’s Day

Continued from Page 4

Among other traditions, during Lupercalia, young women would put their names into a jar and the town’s bachelors would draw a name out, after which the couple was paired for a year. These pairings would often end in marriage. The rituals of Lupercalia were eventually banned in the 5th century for being “un-Christian.” It has even been speculated that Valentine’s Day was fabricated as a means to supersede Lupercalia., however, new research has cast doubt on this scenario.

Part of the confusion as to the origins of modern Valentine’s Day celebrations and meaning stems from the poem: Parliament of Foules (Parlement de Foules) by Geoffrey Chaucer. In it, Chaucer details what are described as being old Valentine’s Day traditions but were, in fact, merely made up traditions in a fictional context. The romantic nature of Parliament of Foules was also the first mention that Valentine’s Day was a special day for lovers. This would make sense considering that courtly love and romance as practice was incredibly popular in England at the time.

Chaucer and his circle—including John Gower, Dante, Marie de France, Chretien de Troyes, Gottfried von Strassburg and Sir Thomas Malory—were fond of telling tales of young men performing heroic deeds for a fair maiden that resulted in an everlasting and enduring love.

It is most likely not a coincidence that handwritten Valentine’s greetings also began appearing at this time, the oldest of which was written by Charles, duke of Orleans for his wife in 1415 while he was imprisoned in the Tower of London.

The tradition of sending handwritten notes to your sweetheart quickly spread through the old world and by the middle of the 18th century, it was common for friends and lovers of all social classes to exchange Valentine’s greetings. In America, the modern Valentine’s Day card was created by Esther Howland, a businesswoman and artist, now known as the Mother of American Valentines. In the mid-1840’s, Howland began mass producing beautiful, lacy, handmade Valentine’s Day cards that generated up to $100,000 per year in revenue; quite a sum for the time.

Today, over 1 billion Valentine’s Day cards are purchased worldwide every year. This makes it the second largest greeting card holiday after Christmas.

Regardless of the origins, Valentine’s Day is more than just a “Hallmark Holiday.” It is a day to make time for that special someone in your life, to spend quality time together and bask in each other’s love. You can do what I do, sit around the house eating chocolate by yourself all the while being bitter about all the insufferable love birds around you.
For Sale

Pets

14
520-579-0855

Selling a bed shaped like a wagon. It is a twin with a nightstand. $350. Call 520-427-0325.

Payload plus tool box model 980980; compact strong metal pickup type tool box w/ lock 99" x 19.5" x 20.5" Off white for bed mounting $85 425-210-7341

Friends of the Library Book Sale Friday-Monday, Feb. 13th-16th, 9:00 am-4:00 pm 17750 South La Canada Hwy. 76. FREE. Picnic lunches available. Contact 520-427-0325

Paws Patrol has kittens and cats available for adoption on weekends at Petco in Sahuarita and Tues-Sat at The Dog House in GV. For more info, call/text 520-207-4024, or email pawspatrol@cox.net. See some of our available cats at www.greenvalleypawspatrol.org

- Pickup type tool box w/ lock 59” LONG, 76” HIGH. Pictures available through email. Call 520-441-6831.
- Baseball Cards, approximately 441-5366.
- Quok with iron trim, sleigh bed $300. (323) Baker’s rack - silver, five shelves, $40. LG computer desk, camera for AZ room/rocky cruises, ping pong, $250; TV entertainment cart for bedroom "NORTH, 76" HIGH. Pictures available through email. Call 520-441-6831.
- Half price, Mon bag day. Friends of the Library Book Sale Friday-Monday, Feb. 13th-16th, 9:00 am-4:00 pm 17750 South La Canada Hwy. 76. FREE. Picnic lunches available. Contact 520-427-0325
- Looking for a singer/guitar player for blues based classic rock band. Keyboard and drum to do local gigs. Originals welcomed and encouraged. Please call Mark Baker 520-903-0044
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Guitar/Drum lessons...Here in Sahuarita! Fun, Easy and great prices. Let’s learn to play music this fun way. Great references available, call with questions to Scott 520-302-3055

- Price is reduced for more than one cleaning at the same time - $125.
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- Bird feeders, bird houses, bird baths - $30. Call 520-441-6831.
- String of pearls $50
- 14.500.00 520-507-2415

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love

cupid
cards
February
hugs

candy

caring
red

valentine

flowers
gifts

heart

kindness

kiss

roses

pink

valentine

card

February

hug
Do you want to own your own home, but don’t think you can? Come find out how you can own a home without a large down payment!

Session One
March 3 | 6:00 p.m.
Rancho Sahuarita Clubhouse
Industry experts from KB Home and Richmond American Homes will lead a discussion on today’s market conditions, including historic low interest rates. Learn about programs and incentives that can get you into your own home with minimal upfront costs.
Food and drinks provided!

Session Two
March 7 | 10:00 a.m. - 6:00 p.m.
KB Home and Richmond American Sales Offices
Drop in at your convenience to tour new home models, view floor plans, and meet the team of new-home professionals who’ll show you home designs and quality décor choices, and offer expert advice. Work with a specialist to determine what your upfront costs and your monthly mortgage payments would be!
Enjoy food, drinks, and more at the Sales Offices during this special open house!

Special incentives offered by KB Home and Richmond American Homes for attending both sessions!
SPACE IS LIMITED – secure your spot! Register by emailing info@ranchosahuarita.com.