

GREEN VALLEY NEWS AND SUN



YOUR COMMUNITY NEWSPAPER
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Making the most with your menu so you're sure to lose

You've made a New Year's resolution to lose weight in 2009. How many years in a row has this been a priority on the list to better yourself?

Here are a few helpful hints from **Hope S. Warshaw** and **Cheryl Forberg**, two nutritional experts at health.com.

Steer clear of menu pitfalls with these tips:

- Order it your way. You're the customer, and most restaurants will do everything they can to keep you happy. So don't be afraid to nicely ask to have that shrimp special grilled instead of fried.

- Think tapas. Don't feel compelled to order an entrée. You can put together a healthier meal out of two or three appetizers and side dishes.

- Beware of the four Cs: Crunchy, cheesy, crispy, and creamy. Those words are code for fat-dense foods.

- Say bye-bye to bread. There's no need to test your willpower. Take just one slice, then ask the waiter to remove that breadbasket from the table.

- Don't be shy! Undress your salad. Dilute your favorite salad dressing with a squeeze of lemon or a few drops of vinegar.

- Wrap it up. Get your doggy bag up front. Wrap up half before you dig in—out of sight, out of mind—and mouth.

Today is your last chance to enjoy a craft market and Native American entertainment sponsored by Indian America at Rillito Raceway Park (inside racetrack) at River Road and 1st Avenue in Tucson.

The event will feature dancers from more than 50 tribes, authentic handmade crafts, children's activity area, traditional Indian foods, birds of prey



Talk of the Town

REGINA FORD

exhibit, dancing, singing and drum contests, Indian information booth with brochures, flyers, maps, and pow-wow schedules for the next year. Open to the public. All activities are outdoors, so bring a lawn chair. Admission is \$12. Children age 8 and under, military with identification and Native Americans with regalia are free.

The cast of Amado Inn Mysteries will soon present its next play, "Death By Trial and Error," a courtroom drama which is really a comedy. From the cast that gave you "Betrayal in the Jalapeno Cantina" comes a fourth play written by **Davey Jones**, who plays Sam Desperado. He is accused in the death of his wife Felicity but claims that someone else involved in his trial is the guilty party. As Judge Bean (hanging judge?), **Karen Feckler** rules with a firm hand, and **Pam Campbell** is the district attorney, Deborah Trial. Pushing Sam around is

Mary Campbell-Jones as Deputy Locke, and **Tamara Kahrmanis** is both music director and court reporter, Angela Quickly. The three witnesses in the trial are **Barbie Anastos** as Justine Tyme, **Claudia Andrews** playing Sade Furst, and **Dana Willens** portraying Betty B. Whither.

The technical side is handled by stage manager, **Len Willens**.

Nine musical numbers are woven into this tongue-in-cheek spoof of a court situation. As members of the "jury," the audience will get its chance to guess who is really guilty.

Shows start at 7 p.m. in the Diana Madaras Center, so you can eat at any of the local restaurants before taking your seat on the jury. Tickets (\$20) can be booked by calling the Amado Inn at 398-8684, with a cash bar available at the show. Show dates are: Jan. 23, 24, 30, 31, Feb. 13, 14, 27, March 27, 28, April 2, 4, 17, and 18.

Dave Grounds, CEO of Dorn Homes gave a presentation for the Green Valley/Sahuarita Board of Realtors last fall, but it's worth mentioning, according to **Sandy Micky**, director of One World One Chance, a group dedicated to protecting the environment.

He rented a "sun" costume, tights and all and addressed the board as its keynote guest speaker.

His presentation discussed global warming issues, and a short "quiz" regarding the environment. If an audience member yelled out the correct answer, Dave would send a Hostess Twinkie sailing over the heads of the crowd to the winner. The Twinkie represented a "ray of sunshine."

The laughter was



LEN WILLENS PHOTO

THE CAST OF "DEATH BY TRIAL AND ERROR" stars (from left): Karen Feckler, Mary Campbell-Jones, Pam Campbell, Davey Jones, Tamara Kahrmanis, Barbie Anastos, Claudia Andrews and Dana Willens.



SUBMITTED PHOTO

DAVE GROUNDS, CEO DORN HOMES, talked about global warming issues at a Green Valley/Sahuarita Board of Realtors meeting last fall dressed as Mr. Sun.

deafening, the message informative and entertaining. Giving of his time and using his creative genius left the room a buzz. He left us all with greater meaning to "sunshine."

My hat goes off to Dave Grounds for his courage (who else would dare be seen like this in public)? In all seriousness, Dorn Homes with Dave Grounds at the helm has added to the beauty of Green Valley and the surrounding communities.

The message that we can all "make a difference" causes one to pause and understand the strength of one.

"Keyboard Classics and Comments" with **Ann-Marie Schaffer** kicks off the new year Monday, Jan. 5, at 10 a.m. in the Parish Hall at St. Francis-in-the-Valley Episcopal Church, 600 S. La Cañada.

The January topic will be "Music As Style and 'isms.'" The talk will be illustrated at the piano and with recordings. All are welcome.

There is no charge, thanks to the generosity of St. Francis Church.

For further information: Ann-Marie Schaffer at 625-1609.

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Act fast to cut 2008 taxes

Even though 2008 is history, you might still be able to cut your 2008 tax bill. Possible tax-cutters include making a deductible 2008 IRA contribution by April 15, 2009, tallying up reinvested dividends on stocks sold in 2008, and getting written documentation for 2008 charitable contributions. For assistance, please call.

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