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Spring is on the way and to celebrate we are featuring some RTEAM clubs on the cover and inside the magazine this month. Club Chair, Kristi Lane, has invited all the RTEAM Clubs to provide a short introduction and overview of their club. The first of this new regular feature, appear as a series of half pages throughout the issue. Please check them out and reach out to the ones that interest you. They are all welcoming new members.

Some clubs have provided full articles this month, as well, for a record-setting 12 club contributions! Thanks to all those contributors and to our own Rick Novy, who welcomes MLB spring training with a baseball-themed crossword puzzle this month.

TEAMart has discount tickets for a number of upcoming events and attractions, including the Renaissance Festival that runs through March and the RTEAM Gas Light Theatre buyout on March 14th for the Showdown in Tucson. Get your tickets soon! TEAMart now accepts credit cards for your convenience.

If you'd like to contribute to our April magazine please send me your submission by March 12th.

Cheers. Mike Ostrom

Mike Ostrom Editor RTEAM Magazine



Scan with your smartphone for the eMagazine version

contents MARCH 2020

The Man Called Bowdry6Crafters Club7Wagon Wheel Wild Horses Lunch8
Discount Tickets
Summer Camp Directory 14
Club Directory
Off the Beaten Path
Crossword Puzzle by Rick Novy 22
Financial Services Directory 24
3 Ways to Talk to Your Teen 26
Smash Club
The Secret to Eliminating Inflammation
Local Golf Diretory
<i>R1320 Drag Club</i>
Retire Confidently
<i>Titan Power Fun!</i>
Event Planning Resource Guide
Good Eats Directory
What's Happening Around Town48
Puzzle Solution / Classifieds 50



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THE MAN CALLED

Chapter

by Van Holt

Up to now Bowdry had kept pretty close to the old shack, except for that one trip to town that had resulted in the old man's death. But he was tired of waiting in the rocks and he began to prowl the rugged, cedar-dotted hills out beyond the rocky ridges that encircled the shack, trying to get a clearer picture of the country roundabout. He took to slipping away, by one of the hidden trails through the rocks and brush, and staying gone for hours, sometimes for a whole day. Sometimes he went on horseback and sometimes on foot.

East of the rocky cedar slopes the hills were higher and covered with piñon and juniper, rising in wavy ridges toward a dark mass of pine-clad mountains in the distance. There was a little bleached grass in these foothills but for the most part the ground was barren and rocky except for the stunted trees.

One afternoon Bowdry, wearing moccasins and carrying the shotgun, was returning from one of his hikes when he came upon fresh horse tracks in the trees no more than half a mile from the shack. This was on the cedar slope just beyond the east ridge. A single horse had made the tracks, and they did not appear to be more than a few minutes old.

Bowdry bent down briefly to study the tracks, then his eyes followed the probable course of the horse and rider on down through the trees toward the foot of the slope. The trees were scattered, but outcroppings of rock and boulders obstructed his view beyond thirty paces.

Suddenly he heard a horse snort and the ring of an iron-shod hoof on rock not where he had expected the horse to be. Then as he rose cautiously to his feet, he saw three riders plodding south through the stunted forest. They passed by off below without seeing him, and he

6 RTEAM Magazine | March 2020

could hear them talking.

"We gettin' a little close, ain't we, Gord?"

The man who answered bore an unmistakable resemblance to the late Hunk Wadley. No doubt a brother. A little younger perhaps, but just as stout and paunchy, with a jolly red face and bright squinty little eyes. "Nah," he said. "There ain't nothin' to worry about. He ain't got no rifle, and we out of range anyways."

"He's liable to come atter us though."

"Let him come," Gord Wadley said. Then his fat downy cheeks creased in a grin. "You scared, Pink?"

Pink Deeble had just missed being an albino. His sunburnt face looked pink—hence the nickname. "It ain't that, Gord. It's just that—"

As they passed near a big rock, a gun roared and Pink Deeble slumped over in the saddle, grabbing the horn with both hands to keep from falling.

"Git the hell outta here!" Gord Wadley cried, already spurring his horse away, with his scared round face peering back toward the rock.

The third man, who had not spoken, had pale hair and wild green eyes. He grabbed the reins of Pink Deeble's horse in passing and followed Gord Wadley on around the slope at a gallop, dodging through the low trees, bending under limbs that very nearly tore the dazed Pink Deeble from the saddle. But somehow Pink kept his precarious seat and they soon disappeared, heading south toward the 3-Bar.

Bowdry stepped behind a shrub and waited. Minutes later he caught glimpses of a horse and rider moving silently away through the trees at a walk. The horse was red, either a bay or a sorrel, and the skirt of a brown suit coat was pulled up above the bone handle of a Colt revolver. But Bowdry never got a clear look at the man's face. The man walked the horse on around the hillside and was soon gone.

The Old West Rides Again

Bowdry had made no move to stop him, even though he knew that he himself would be blamed for this. He was not the sort of man to appreciate that kind of assistance—yet he was more puzzled than angry. He wondered who the man was and why he had bought chips in this deadly game.

There was soon little doubt in anyone's mind as to what the Wadley outfit thought about the shooting. As soon as Gord Wadley and Clete Anson got the wounded Pink Deeble to the 3-Bar, Rufe Wadley sent Anson back to town after Doc Batter. Doc Batter was a small old man with a mouth full of rotten teeth. He was rarely sober, but drunk or sober he never stopped talking. Even when by himself he talked to people who were not there, and often argued with his long dead wife, sometimes meekly apologizing afterwards. But mostly he talked about the miracles he had performed on his patients and about the people who owed him money. "Ever'body wants doctorin' the minute they need it, but they put off payin' for it just as long as they can," he often said.

When he got back to town in his buggy, he had quite a story to tell about his "close call" out at the 3-Bar. In those days there were usually a few old-timers seated on the hotel veranda of an evening, to whittle and talk about the "old days," when they were young, and enlarge upon the latest gossip. When Doc Batter left his poor old horse and buggy in the street and joined them, they wanted to know if that Pink Deeble feller had cashed in his chips.

"Why, I saved that boy's life," the old doc informed them, helping himself to a chair and a drink from his flask. He ignored the wistful glances at the flask, *continued on page 12*



R-Team Crafters' Club does a variety of crafts. Most are paper crafts, but we have ventured out to other mediums. We have donated some time to provide Gift Card holders to Operation Warm Heart and our Military families during the year end drive. We are always open to suggestions/ideas. We try to get together for a craft event about 4-6 times a year. We generally meet on a Wednesday evening after work at 5:00 p.m., most cases it will be in building 809, but subject to change. There is no fee for this club as long as we stay within the means of what R-Team gives us annually.



CLUB SPOTLIGHT

WILD HORSES LUNCH BY MIKE OSTROM







When the set of the set of the first RTEAM ride of MMXX to Patagonia. With an overnight low of 35 in Tucson, most riders were glad this was an 11 AM meetup for lunch and not a breakfast ride at dawn. The skies were mostly clear so the January sun did its best to warm it up, by the time Neil Hejny led the large group south on Wilmot past the prisons on his red BMW R1200GS. Fellow retiree, Mark Grosvenor, was riding wing on his Beemer. Kelly Spicer was celebrating his first ride as a man of leisure, as well, with his better half, Aurora, on their Goldwing. In fact, the majority of riders were retirees! Phil Reiter on Ol' Dusty, Dean Hurt on his Roadmaster, Carl Sheets on his F800 Beemer, Bob Gardner on his Super Tenere and even Tom Lorenzini on the ZX900R Ninja, were all among the happily unemployed at the time.

Doug and Olivia Sheets were taking their new Indian Chieftain on its maiden voyage and Big Tom Medl was on his Christmas present for Janie, an Indian Roadmaster. The fact that the two guys with new bike payments would be at work the following Monday, was more than a coincidence.

Neil set a good pace and the group followed in kind. Once we turned south on AZ 83, we kicked it up a notch, passing slower traffic before the turns through the hills. The ten miles through the rolling hills is the best part of the route for most of us. Everyone has their own opinion on how best to experience it. I prefer a brief but exuberating experience, so I jumped to the front on the MV Agusta Turismo Veloce for some fast touring. Tom Johnson and Tom Lorenzini have a similar preference and joined Neil and Mark in pursuit. In Sonoita I pulled over to take some pictures as some of the others went by. Neil must have been hungry as he turned west on AZ 82 for the last 12 miles to Patagonia, which includes some nice sweepers. The group became separated by slower traffic. "The fear that it may never happen."



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March 2020 | RTEAM Magazine 9

I had called ahead to the Wagon Wheel Saloon to let them know we had a big group coming, but there was some confusion over where it was located exactly. Dean was on auto pilot and went to the Wild Horses Restaurant, before joining us, while Doug, Olivia and Bob went there and decided to stay for lunch. It turned out to be a good call as the Wagon Wheel had a staff of two; one waitress/barmaid and one cook. The Negra Modelo on tap made spending time with some friends we hadn't seen in a while that much more enjoyable. The food was worth the wait. The Wild Horses herd came over to join us as we were finishing up. We retraced our path back down AZ 83 in several smaller groups, mostly down to I-IO. In Tucson a Pima Sherriff Motorcycle Deputy got on the Interstate behind four of us and pulled up along each of us saying something none of us could understand. We were following Friday afternoon rush-hour traffic at its typical pace, but it never hurts to nod and give a wave of thanks to an officer that has your safety at heart. Interestingly, no attempt was made to communicate with any of the cars we were following. He was probably wishing Happy New Year to fellow motorcyclists. It sure seemed like a good way to kick it off!





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For more information contact: Glenn Bradford: glenn.bradford@raytheon.com or (520) 631-9642, Mary Ann Joseph: Mary.Ann.Joseph@raytheon.com Anne McBride: azoptimistanne@gmail.com or 520.205.2445. Full payment (made out to AZ Fun and Leisure) due when making reservation. \$200 of payment will not be returned if you cancel without replacement! We can help but it is YOUR responsibility to find replacement. **Trips subject to cancellation (full refund) if minimum participation not met.*





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returning it to the pocket of his shabby old coat. "Course, it wasn't no bad wound, bullet just plowed a little furrow acrost his chest, but he was all set to die before I got out there and told him he never had nothin' to worry about. You'd think they'd be grateful, but they never said a word about payin' me, and I knew better than to bring it up."

"What was this close call you mentioned, Doc?" someone asked.

"Why, it ain't safe to go out in them hills, boys. A feller could get hisself shot just for bein' out there, the way things is now. What if that Bowdry feller had seen me goin' to patch up someone he'd just gone to the trouble to shoot? Chances are he wouldn't like it a bit. He might even get the notion I was on their side or somethin."

"Then there ain't no question it was Bowdry what done it?"

"Not in their minds there ain't. They was so mad that Gord Wadley took my shotgun to go after Bowdry with. He said he'd bring it back when they get Bowdry, but I prob'ly won't never see it again. It wasn't bad enough they never paid me nothin' for all the trouble I went to and riskin' my neck. They had to take my double barrel Ethan Allen that I kept to shoot birds and rabbits with. Took all my shells too."

"You mean they're goin' after Bowdry with birdshot? Against his buck?"

"I reckon. I doubt if they'll know the difference till it's too late. I don't think that Gord Wadley could even read what it said on the box. But the others will have their pistols. Never seen so many pistols. I didn't see more'n one or two rifles, though. A Henry I think and one of them old Colt revolvin' rifles."

"I seen that gun the other day when they was all in town, buyin' shells and talkin' war. Looked like a good old gun."

"I just hope they bring my shotgun back when they're done with it," Doc Batter said. "I can't afford to doctor them no more if they aim to keep my guns."

"You're lucky they let you leave, Doc. The next time they may keep you out there to look after their wounded. Or maybe put a bullet in you for your trouble."

"It wouldn't surprise me none," the old doc said, reaching for his flask. "I've had some close ones in my time. Did I ever tell you about the time Cactus Charlie made me doctor his pet rattlesnake? Biggest snake I ever saw. Cactus only kept it so's his mother-in-law wouldn't try to move in with them."

Just then Miles Hinton, the hotel desk clerk, came to the door and stood there idly, listening to the talk.

Doc Batter looked around at him. "You workin' today? I thought it was your day off."

"It is," Hinton said, distantly polite. "I was reading in the lobby. Couldn't help overhearing some of what you said. You say Pink Deeble wasn't hurt much?"

"No, he was a mighty lucky boy. Whoever it was shot at him from the side and must of led a little too much for the speed of the horses. He'll have a sore chest for about a week, but that's about all." Then the old doctor gave Hinton's blank face a closer look. "If you still ridin' out that way to shoot tarcontinued on page 30

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Contact: Chellie Krajnak , 520-359-6675, chellie@creativejuiceartbar.com

Website URL www.creativejuiceartbar.com

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Contact: Morgan Wells, education@TucsonMuseumofArt.org, (520) 624-2333 x7121

Website: https://tucsonmuseumofart.org/summer-camp/

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Join us this summer for a variety of fun, unique, and exciting performing arts camps! Each camp offers professional quality training in a variety of disciplines. We were named a "2019 Arizona Daily Star Favorite: Best Youth Theatre". Check out complete details at <u>our website</u>. **Contact:** Erin Recuparo, erin@arizonarosetheatre. com, (520)888-0509. **Website: www.arizonarosetheatre.com**

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Language and Literacy Building activities to get your child (ages 3-5) talking, interacting and interested in words & reading. Soaring into Reading for children (ages 5-7) will be a fun exploration of science-based concepts to increase and improve reading and vocabulary. Daily speech-language therapy available for children with speech-language impairments or reading difficulties. Camp and scholarship forms available online March 1. Contact: Karen Zakerwski, 520-628-1659, info@wingsonwords.org Website: www.clctucson.org

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Day Camp: June 15-19 , 2020 9:00 a.m. - 4:00 p.m. Join the world-renowned TABC for an amazing week of music, singing, fun and adventure! Camp includes daily themes as well as music and fancy trick rodeo roping instruction. Activity days include STEM Day, Water Activities day, and Reid Park Zoo Performance/Picnic and Swimming. Open to all boys age 6-12.

Summer Camp: Open to all boys age 8-14.

Join TABC in the Santa Catalina Mountains. Activities for this overnight camp include singing, swimming, archery, riflery, sports and games, arts and crafts, and instruction in fancy trick rodeo roping. **Contact:** Mary-Gray Lopez, 296-6277 tabc@boyschorus.org. *Website: www.boyschorus.org*

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Website: www.ventanacanyonclub.com

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davidrubiovolleyballcamp@gmail.com

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CLUB SPOTLIGHT

Providing a resource to parents in the workplace

The R-Team Parents' Club (RPG) was established in 2019 by Katie McClinton and Rukiyah Higgins. The purpose of the group is to connect parents in the workplace to share experiences and information and leverage support from one another.

During our inaugural year, the club hosted a variety of events like brown bags and networking activities. Since then, we have grown in both size of the Leadership Committee and club membership. As of the beginning of 2020 we have 186 members on our RSpace page from all over RTN, not just RMS.

Many members join the club to gain



information and support from other parents. We have a blog/forum on our RSpace page that provides a venue for employees to discuss issues like daycare, tutors, etc. The page also has links to useful resources for parents. Julie La Due, Treasurer, states, "As a working parent, I recognize that work and life balance plays an important role in my success on the job. There can be both expected and unexpected challenges when I'm juggling both career and children."

For 2020, the Leadership Committee is working closely with Human Resources to develop family oriented programs as part of the company culture of work/life balance. We are creating a sponsorship program to support employees during and returning from their parental leave. Additionally, there will be quarterly brown bags, covering topics of interest for working parents within Raytheon. We are also hoping to host a "Parents' Night Out" with arranged childcare. Please reach out to the Leadership Committee or check out our RSpace page if you're interested in participating in the club.

Katie McClinton, President Amanda Gravanda, Vice President Julie La Due, Treasurer Avery Williams Janice Dean Nicole Sweeney

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Los Angeles makes the perfect city for a date night! It wasn't until I started traveling regularly to Southern California that I really started to understand that Los Angeles is not Orange County. I know, I know, it's totally silly. But 8 years ago I would have said "I'm going to LA" if I was flying into LA even though I never actually stayed in LA but instead drove to other places.

Today I fly into LA and I get off the plane and I get on the highway and drive FORever and don't get anywhere and maybe I can see the ocean, but probably not, unless I decide to head due West. And maybe I want to hit the movie scene but LAX isn't Hollywood, which is its own thing entirely, and anywhere I want to be can take you awhile to get to depending on the day of the week and the time of the day and really I am heading to Irvine so I bypass all of that and just go where I am going.

But I actually LIKE visiting LA. I mean, there are so many aspects to it and locales not far beyond its reaches – the

boutique beach vibe of Manhattan Beach, and all the beaches from Malibu to Santa Monica to Long Beach, each with their own culture, the glitz and glamour and walk of fame



in Hollywood, the swank and shopping of Beverly Hills, the urban grunge and high rise rooftops of downtown, the culture of China Town, Little Tokyo, the Getty museum, the theater and music scene at the Ahmanson Theater and Walt Disney Concert Hall along with so many smaller but no less notable venues, the landmarks like the LA Zoo, Dodger Stadium, Griffith Observatory and the Hollywood Sign, and the history that goes from Culver City and threads throughout downtown with nods to Art Deco, Mission Revival and Streamline Moderne. And oh, the food – so many eats! From food halls (Grand Central Market is rad), to French dip sandwiches, ethnic delights from Mexican to Ramen, and fine dining that hits every spot, there are so many things you can "plan" to do and eat to make a day (or a date) of it. So that's what we do.

On this particular Los Angeles date night we went for

theater culture and a little taste of what LA had to offer with brunch and bar hopping across rooftops with a view.



Here are a few tips:

1. Plan Parking Ahead: Parking can be brutally expensive and hard to find (because, city), especially on a rainy day, like it was for us. So we opted to take the Metro (yes, there is one) which saves on parking, is really not well-used, and got us right to where we wanted to be. We parked at Union Station and only rode a few stops to the music/ theater area, but it was helpful when it started raining! But definitely research parking ahead and find places that validate or do all day parking for a flat fee.

2. Plan your day around one big event, not many,

in order to see everything you want to see. We chose to plan around a matinee attendance at the musical "Come from Away" at the



Ahmanson Theater. It was amazing. I highly recommend.

3. Eat and drink all the things! We planned food within walking distance from our starting point in order to maximize on parking. But mostly we planned it around rooftops with a view. So we brunched at Perch (fantastic French feel) and did post-show drinks and food at 71 Above (really inventive food, killer view, requires a reservation

even for the bar), with a stop for a bit of vintage charm at the Gallery Bar at the Millennium Biltmore LA (which, btw, was one of the original



locations where the Academy Awards were held) and ended the night by driving to the Everson Royce Bar, a more or less hidden gem with a buzzy scene and a very popular burger on the bar eats menu (honestly, it wasn't my fav, but the BF swears by it).

4. If you do like we do, build in some time to wander. We walked around the Walt Disney Concert Hall and admired its urban gardens and eye-catching architecture, waded through the Saturday crowds at the Grand Central Market Food Hall and made note of the kiosks with the longest lines to come back to next time :), and decided to go back to where we parked on foot so we could admire the city night lights.

5. Check the weather. It's always sunny in Southern California, right? Hahaha, nope! But we didn't bother to check, so guess who got caught in the rain without an umbrella!? It's rare, sure, but better to be prepared than to be rained upon. Luckily it wasn't terribly cold and the rain let up enough for us to walk most places, but it was pouring by the end of the night!

For more photos, visit https://www.jacquelynnbuck.com/ los-angeles-date-night/



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CLUB SPOTLIGHT

Lock and Load Paintball By chris bodds

The RTEAM Lock & Load Paintball club has been active for over 10 years. We play at rental fields such as BKW in Marana and Desert Fox in Tucson. We also organize our own games in remote areas such as Gardner Canyon near Sonoita, Sasco Ruins near Red Rock, and Chimney Rock near Redington. Our members have played in scenario weekend games in Prescott, Marana, and D-Day in Oklahoma. The club typically provides paintballs for members during games, expendable gear such as gloves



and masks, and sometimes entry fees for fields and events. Our next event is planned for a day long scenario game at Marana in March. Beginners and experts are all welcome to join and participate. Come on out and enjoy the camaraderie and adrenaline rush with Lock & Load!



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59. Eye sores

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3 WAYS TO HELP YOUR TEEN WITH BODY IMAGE

by TMC Healthcare

Body image plays a huge role in a teen's self-esteem, effecting happiness, joy and social life.

A negative body image can lead to depression, eating disorders and social anxiety, among other things.

That's why it's so important for parents to encourage positive habits, be positive role models and teach the difference between healthy and unhealthy expectations when it comes to appearances.

"It's vital that parents teach their teens that not everything they see on TV or on social media is real," said Dr. Erica Laber, pediatrician, TMCOne. "Helping them develop confidence and a positive body image will help them succeed in the future and ultimately bring them a lot more happiness and joy."

It's totally normal for teens to be a little preoccupied with looks and fitness, so you shouldn't worry too much unless it starts to interfere with normal activities, friendships or willingness to go to social gatherings.

Dr. Laber shared the following tips on how parents can help their child nurture a positive body image.

Be generous with praise

Encourage teens to feel proud of themselves and their body, and not to compare themselves to peers.

Be a good role model

Your teen is watching you and if you are able to set a good example for healthy eating, exercise, etcetera, your teen will notice. Also, don't be overly critical about your own body in front of your child. If they see you being positive it will encourage your child to be positive as well.

Teach your teen about media

Help your teenager be skeptical about images they see in magazines or on social media. Help your teen understand that images in magazines and on television don't generally portray reality and tend to set people up for unhealthy and unrealistic expectations.



Dr. Erica Laber is a board-certified pediatrician with a special interest in adolescent medicine and weight management. She believes in open communication with families and strives to make them feel comfortable to ask questions and speak freely. Dr. Laber practices at TMC One, 70 N. Harrison Road.

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(D)

CLUB SPOTLIGHT

BY KC WAGNER

We are a group of people who enjoy unwinding after work while making new friends through the medium of videogames, and our game of choice is Super Smash Bros. Ultimate.

Super Smash Bros. Ultimate is a platform fighter in which you attempt to knock your opponent off the stage. It boasts an impressive roster of over 75 different fighters from a variety of games. There can be up to 8 people battling at the same time. The game puts classic characters that we all know and love against each other in a fight to the finish. Ever wonder what would happen if Mario fought Sonic? How about Pikachu vs Donkey Kong? Super Smash Bros. answers all of those questions... and "EVERYONE is here!"

Super Smash Bros. Ultimate is the world's best-selling fighting game. Within 6 months of its release it sold over 15.5 million copies putting it above Street Fighter II which has held that record for over 20 years.

The RTEAM Smash Club was formed in January of 2019 by a group of employees who share a passion for playing Super Smash Bros. This is the first and only video game centered club. Our main goal is to have fun and decompress from the stresses of the day!

We meet once a month for a few hours after work to relax and play some games. We welcome everyone and anyone to give this a try and see how much fun can be had with a controller and a few good coworkers.

If that sounds fun to you, please join us. This is a game for everyone. No matter who you are, regardless of skill level, if you play games competitively or casually, you will enjoy playing this game.

For more Information or if you would like to join, please contact::

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gets, you want to be careful. Somebody's liable to use you for a target."

Miles Hinton shrugged, then said, "I guess it could happen. I understand that sort of thing goes on quite a bit during a range war. Anybody's fair game who happens along. But you're probably in more danger than I am." He looked at the old doctor with his strange cold eyes. "What you said about Bowdry not liking for you to patch up somebody he's shot you ought to keep that in mind."

Stay tuned for Chapter 7 in the April issue!



Best selling western author, Van Holt, was living in Tucson until he passed in 2014. This book is one of about 50 highly acclaimed western novels now available on Amazon (print and ebook). Find them here: https://www.amazon.com/Van-Holt/e/ B009H9RJ90.

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The Secret to Eliminating Inflammation

By Candice Thomas, Dipl.Ac.

You've heard often enough that inflammation is the root of all disease. You hear a lot of theories about which foods and pills will combat it. But has anyone ever explained to you how you get it in the first place?

Inflammation is the process your immune system uses to defend you from invaders. It is a built-in response to protect you, but often it can backfire, and actually attack you instead. The most common occurrence of this, it turns out, is prompted by food.

I am not speaking about food allergies. Food allergies and food toxicities are not the same thing. Food toxicities are rarely ever discussed at a traditional MD's office. They require an IgG test, which is a blood test measuring the level of antibodies the body creates when exposed to common foods. IgG represents 75% of the immune system response.

Basically, this means that whenever you consume a certain food, your body thinks it just ingested a poison. These could be foods you eat every day, foods you think of as healthy, like lettuce or eggs. But if you eat them over and over again, your body remains in a state of inflammation for years--never resting, never healing. This is how you develop health problems over time like arthritis, colitis, and cancer.

Often the symptoms from the IgG response come 2-3 days after eating something. And the symptoms are subtle, like aches, bloating, constipation, and fatigue. But they get worse over time, and new symptoms arrive, until eventually you feel like you're falling apart.

The secret to stopping this whole process and returning to a state of thriving is actually very simple: identify which foods are launching inflammation, and stop eating them. No pills, no surgeries... just a lifestyle change.

After 8 years of offering this rare blood test to my acupuncture patients, I have come to see that absolutely every human has a list of foods they must avoid in order to remain healthy. The shortest list I ever saw was 8 foods, and the longest was 44 foods. The health transformations that have happened with these specific changes to the diet have been nothing less than miraculous. Let me share with you a few examples:

1. A woman, age 58, sought help with mysterious foot pain which had been plaguing her for four years. There had not been an initial injury. She had had three surgeries, with no change. She was also very frustrated at her rapid weight gain, even though she only ever ate salad. She took the food toxicity test, and discovered her entire salad was on her list, including avocado, cucumbers, mushroom, and spinach. Within 72 hours of eliminating the problem foods, her foot pain disappeared and never came back. Over the next six months, she lost 38 pounds.

2. A woman, age 60, was very distressed over sudden violent bouts of vomiting and diarrhea. They were so severe she had been hospitalized several times. In 18 months, no medical treatments made any difference. She was unable to work and considered going on disability. She took the food toxicity test, and discovered she had 15 foods she should avoid, including eggs, potatoes, and chocolate. Within 48 hours of eliminating her problem foods, her vomiting and diarrhea ceased and never returned. Additionally, she lost 20 pounds in two months.

3. A trim, athletic woman, age 38

was weak and dizzy due to unrelenting menstrual bleeding. She often bled for 6 weeks at a time. The biggest surprise in her food test results was ginger—she had been putting a triple dose of it in her smoothie every morning for its anti-inflammatory properties. Within 48 hours of eliminating the foods, the bleeding stopped and her periods returned to normal.

If you are wondering if this food toxicity test could be right for you, I would like to invite you to attend a free informational meeting especially for Raytheon employees. Join me and

• Learn about the science behind food, inflammation and disease

• See examples of real test results

• Determine your current level of inflammation

• Hear testimonials from your Raytheon co-workers

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I look forward to meeting with you and answering your questions!

Candice Thomas, Dipl.Ac.



Integrative Acupuncturist Candice Thomas is the founder of LightWorks Acupuncture and My Self | My Health. Booked nationally as a speaker on the deeper drives behind

the dynamics in our health, she will present at the Science of Consciousness Conference 2020 along with Deepak Chopra. As an award-winning Acupuncturist, Educator and Holistic Health Advocate, Candice is committed to helping health-seekers discover the fundamental tools necessary for creating true vitality. Visit her at LightWorksAcupuncture.com.

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R1320 Record Fast Track

The R1320 club ran its first race of the new decade on Saturday January 11th. This was a Club Day event at the Tucson Dragway and there were only three clubs in attendance, including the R1320 Club. We were making runs about every 30 - 45 minutes on a very brisk Saturday morning with temperatures starting out in the high 40s warming up to around 60 degrees by mid-afternoon for some of the best / fastest conditions we've seen at the track in a couple of years. Everyone was running faster except Warren Kniesly whose electric 2019 Tesla Model 3 P3D runs mid 11's regardless of the temperature, humidity and density altitude.

This year the club adopted a slightly different point scale, awarding 10 points for getting through Tech Inspection, 10 points for each round of competition, 10 points for the win, 2 points for #1



qualifier, and 1 point for #2 qualifier. This new points schedule is intended to help differentiate the points a bit more as we had a tie for the Points Lead for the past 2 years.

Joining Warren for this event were 11 other R1320 club members including retiree Clement DeLarge running his 11.011 ET-second 1981 Chevy El Camino. Looks like that new motor is doing the trick! Clayton Jensen returning in his 2004 Pontiac GTO, Jay West was out racing his 1936 Ford T-Bucket, and Paul Heyse joined in the fun driving his 2016 Dodge Challenger Hellcat. Joe Basham driving a supercharged 2018 Dodge Challenger SRT Demon. Kevin Hartnett was racing his 1994 Pontiac Formula, Jamal Brewer was racing his 2004 Dodge Neon SRT4, and Chris Sillman was driving his (mom's) 2017 Corvette Stingray. The Father and Son team of Carl and Drew Mapes returned with

> last year's Points leader Drew campaigning his 2018 Subaru WRX STI and his dad Carl (points runner-up) racing his daily driver a 2018 Chevy Silverado LT. Anthony Lopez was back competing in his 2004 Pontiac GTO.

RACE 1 RESULTS:

ROUND 2

Clement De Large vs. Anthony Lopez Winner: Clement De Large

Jamal Brewer vs. Drew Mapes Winner: Jamal Brewer

Kevin Hartnett vs. Warren Kniesly Winner: Warren Kniesly

ROUND 3

Warren Kniesly vs. Clement De Large Winner: Warren Kniesly

Jamal Brewer had a competition bye run into the final

FINAL

Jamal Brewer vs Warren Kniesly Winner: Jamal Brewer

POINTS STANDINGS

Jamal Brewer	60
Warren Kniesly	50
Clement De Large	40
Drew Mapes	30
Kevin Hartnett	30
Anthony Lopez	30
Clayton Jenson	22
Jay West	21
Carl Mapes	20
Chris Sillman	20
Paul Heyse	20
Joe Basham	20


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Using Annuities CONFIDENCE to Retire with

Retiring is often fantasized as a time to relax, travel, and spend time with loved ones. It is a special time to reap the benefits of the money you have worked hard to accumulate after decades of saving and sacrificing. However, more and more Americans are discovering that it can be an uncertain, and worrisome time in their lives. Currently, 1 out of 3 Americans fail to plan sufficiently for retirement, and find themselves struggling to make ends meet. They are forced to continue working, with no visible end in sight. Others have some savings, but with the average life expectancy continuing to rise, along with inflation, there are many who will outlive their savings. This means that receiving a retirement income is necessary as part of any retiree's game plan.

If you are lucky, you will retire with a nice pension. For the majority of Americans, it is far more likely that you will near the age of retirement counting on receiving your Social Security benefits, and decide what to do with your 401k (if you have one.) Social Security is vital to retirees, and millions of people depend on these monthly checks. Unfortunately, the payout is hardly enough to live a very comfortable and carefree life if used as a sole source of income. Social Security is meant to supplement pensions and savings, but sadly, AARP reports that 2 out of 5 single retirees use Social Security as 90% of their entire income2. This year, the Social Security Administration released that if nothing changes, funds for the current program will run out in the mid-2030s. We do not know what changes will occur, but we all need to prepare.

The best defense is a strong offense.

Among the list of retirement income vehicles, annuities are some of the most effective when it comes to generating income. Annuities come in all shapes and sizes, and it is important to choose one that works for you. For retirement purposes, it is most common to use a type Deferred Annuity. This allows you to deposit money with an insurance company and defer paying taxes until the money is withdrawn little by little at a later time. One of the absolute biggest advantages of using annuities, is that they provide you the option to add riders, or modified add-ons, to the policy.

As far as generating income is concerned, income riders are key to any savvy retirement strategy. An income rider provides you with a stream of income- for life. Income riders are are exploding in popularity because they typically offer a guaranteed growth rate. They help solve the ever-emerging problem of retirees outliving their savings, while also hedging against inflation, and bad/risky investments in the stock market. Annuities and income riders are vital tools that can be skillfully implemented to achieve the level of well-being that all of us desire. You should learn all you can about the advantages of income riders if you want to get the most out of your retirement.

What should I look for in my Annuity? With so many

choices, you will need to hone in on what annuity you want. Some are better than others.

Things you should know:

We generally do not recommend Variable Annuities.

These are variable, which means that they are more risky. There is no guarantee for Variable Annuities, so your principal is not protected from a volatile stock market. Because companies have to hedge against risk, Income Riders usually pay less as well.

Seek Fixed-Indexed Annuities - These have virtually no risk to principal, along with the ability to earn returns when the market does well. In a bad year, the account remains at 0%, rather than taking a loss. We call this "winning by not losing!"

Go with an Income Rider - This ensures that you will have a steady income as long as you live. With an Income Rider, you also have a guaranteed rate of growth to combat inflation.

It is important to understand your personal goals and needs, and meet with the right professional who can explain your options, and the benefits of each choice. As you plan for retirement, or fine tune your current retirement strategy, consider how you can increase your retirement income. Annuities with income riders could be the difference between struggling to make ends meet, or living the life you always dreamed of!

Written by: Jordan Vogan, Premiere Retirement Planning & Wealth Management in contribution with Jeff Vogan - RFC,CEP, Premiere Retirement Planning & Wealth Management

*Annuity guarantees are subject to the claims paying ability of the issuing insurance company. Annuities may incur penalties for early withdrawals.

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3. Social Security Administration, A Summary of the 2017 Annual Reports https:// www.ssa.gov/oact/TRSUM/index.html





Mr. Jeff Vogan Jeff P Vogan, RFC, CEP is a Registered Investment Adviser with Premiere Wealth Advisors, LLC. He can be reached at (520) 780-9059.

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CLUB SPOTLIGHT

GAMERS



Hello reader, our club is all about tabletop games. We host regular sessions to play card and board games. Chief among them are weekly Tuesday game lunches starting at noon in Building

805 and monthly game nights in building M09 starting at 5 pm. We are also planning more events throughout the year. You can also borrow games from our library via our RShare page.



If you would like to know more please follow the links below:

<u>RShare: http://gbl1.rshare.ray.com/sites/rteamgamers/SitePages/</u> <u>Home.aspx</u>

<u>RSpace: https://rspace.app.ray.com/communities/service/html/comm</u> <u>unitystart?communityUuid=03f752b5-e3b7-4a1e-8a13-ffc5d6ddf940</u>





R-Team Robotics Club designs robots. We compete in international competitions as well as smaller local competitions. Robot construction involves algorithm and software skills as well as mechanical knowledge and electrical knowledge. In addition, varieties of S/W and H/W tools are used to construct a robot. The Robotics club has a number of in-house designs for robot subsystems and complete robots that new members can take advantage of to build their own robots.

Some of our past robot projects have included sumobots, wall following robots, maze running robots, balance bots, ant weight fighters and mechwarfare robots. Our mechwarfare robots are the most advanced in the world and consistently win in fierce competitive tournaments. We invite you to join us in exploring the world of robotics. A couple of notable achievements for this race: 1) nobody broke anything, and 2) a couple of folks set some quickest ETs during this event. Besides Clement's 11.011 ET, Joe Basham in his second outing in the Dodge Demon ran a blistering 10.849 at 132.57 MPH, this is ridiculously quick for an unmodified production car running pump gas.

After the evenings qualifying, Clayton Jenson qualified #1

with a .027 reaction time and Jay West qualifying second with a .043 reaction time. The racers were laddered and with our 12-car field there was only one competition bye going to Jamal Brewer into the Final. After 4 rounds of eliminations Jamal Brewer took the win with Warren Kniesly finishing in second place. The final rounds of competition sorted out as follows:



2019 R1320 CLUB RACE SCHEDULE

- Race 1... Sat, Jan 11...... Club Day
- Race 2... Sat, Feb 15 Street Car Takeover
- Race 3 .. Sat, March 14 ... Club Day
- Race 4... Fri, April 10..... Open Test & Tune
- Race 5 .. Sun, May 10 Club Day

- Race 6 .. Fri, June 5 Open Test & Tune
- Race 7 .. Sat, July 18...... Saturday Night Street Rally
- Race 8... Sat, Sept 12 Club Day
- Race 9... Sat, Oct 24..... Club Day
- Race 10. Fri, Nov 13...... Open Test & Tune (Schedule B Off Friday)



The R-TEAM Whirlybird Softball Club is a non-profit organization dedicated to provide softball competition and associated activities for a number of Raytheon Employees. The R- TEAM Club is open to any Raytheon employee. We compete in the Raytheon Intramural Softball league during the spring and fall league. We enjoy going to the establishment Home Plate to meet and swing the bats at some balls in the batting cage. If you are interested in some competitive Slow Pitch Softball, please contact myself (Steven Maslowski - President) or Jess Haverly (Secretary).

Steven Maslowski, President: (520) 663-7910

Jess Haverly, Secretary: (520) 741 -5583



401(k) Decisions -- You Can Take It With You

Submitted by David King, CFP[®]

If you are preparing to change jobs, do you know what your choices are for managing the pretionment plan? Although

money in your current employer's retirement plan? Although many people choose to take a cash distribution, there are other options that may benefit you more.

Uncle Sam Loves Cash Distributions

Taking a lump-sum cash distribution may trigger an immediate 20% federal withholding tax. In addition, a 10% additional tax may apply if you are younger than age 59½.¹ Taking your money as a cash withdrawal also means that you'll no longer enjoy the potential benefits of tax deferral that a qualified retirement plan offers.

Depending on your circumstances, you may have several options that will allow you to maintain the tax-deferred status of your retirement plan assets:

- Leave the money in your former employer's plan. Your former employer must allow you to leave the money where it is as long as the balance exceeds \$5,000. You'll no longer be able to contribute to the account, but you'll still decide how the existing assets are invested.
- Roll over the money to your new employer's plan. By "rolling" the money directly to your new plan, you may avoid the taxes that could eat away at a cash distribution. You'll also have only one set of investments to monitor. Even if you're not immediately eligible to contribute to the plan at your new job, you may still be able to roll over the money right away.
- Roll over the money to an IRA. If your new employer doesn't offer a retirement plan or you aren't yet eligible to participate, you might roll over the money directly to a traditional IRA. Again, you might avoid taxes that you'd incur if you took a cash distribution and still enjoy the potential

benefits of tax deferral. Experts advise against commingling your retirement plan assets with other IRAs you may have set up. Instead, consider opening a separate IRA account, known as a "conduit IRA," which may allow you to move the funds to a new employer's retirement plan at a later date.

Research Your Options

If you plan to change jobs, don't just take the money and run. Since rules vary from company to company, find the time to explore your alternatives. If you have specific questions about your retirement plan distribution options, contact your employer's benefits coordinator or a qualified financial consultant.



To schedule an appointment with a CERTIFIED FINANCIAL PLANNER[™] practitioner call 520-294-4140 or visit **HFCUFinancial.com**

¹If you're age 55 or older and separate from service, the 10% additional tax might not apply for certain periodic withdrawals taken from an employer-sponsored retirement plan. Keep in mind that the 10% additional tax may be incurred on distributions taken from an IRA prior to age 59½.

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By Kevin Boerup

I recently had the opportunity to make some great memories with my son. You need to understand that even though he lives only 2 miles away, he has his own young family and an international business that keeps him extremely busy. So, we don't get to spend much time together. But I know he loves to drive.

Then I learned about Titan Power Sports Rentals in Oracle. I had never heard of them so I checked them out. When I told my son about it, his eyes lit up and he said, "Yes! Let's do it!"



Imagine an outdoor adventure steeped in awesomeness, immersed in sunshine, sprinkled with trail dust and wrapped in smiles and you'll get close to what Titan Power Sports Rentals has to offer.

We chose to do an afternoon adventure. There are half day and full day rentals and they are working on some overnight adventures too. Check out all they have to offer on their website: https://titanpowerrentals.com/.

The customer service was great and Sarah explained the different adventure options available. My son chose the open road experience up the back of Mt. Lemmon

After picking out helmets (they let

you use theirs for free), getting the safety guideline instructions, (they strongly emphasize a safe adventure as the top priority) checking out the electronic GPS map app on the tablet installed in each vehicle, learning the controls and packing our drinks in the provided cooler, (and buckling up) we were off down the road toward our adventure.

I need to tell you about the machines they offer. These are all made by Polaris, the **#1** provider of off-road fun machines. They offer 2 seat and 4 seat models, each with 1000 cc engines, that shift from 2WD to 4WD on the fly. And they a blast! Amazingly, Titan Power Sports Rentals gets new machines every year!

Anyway, back to the adventure. After a short (5 mile) drive down the paved road, we found our turn-off. Since there are literally hundreds of miles of roads and trails, the GPS map tablet is a necessity for first-timers. I let my son do the driving and I had my hands full just hanging on to the safety handle on the passengers' side.

As we rose up in elevation, the scenery opened up to us and our Southern Arizona landscape is breathtakingly beautiful! Amazing shades of green with mountains in the distance! We could see others out on trails by their dust plumes.

Before long we were handling all the switchbacks, and kicking up a little dust in our ascent up Mt. Lemmon. We saw deer jumping across the road, patches of snow, a few other adventurers and lots of nature as we drew near the back side of Summerhaven.

On our way back, we took a detour and headed southeast. There a just miles and miles of open territory as far as the eye can see. We found a turnoff that took us down into a wash. We had some fun there too tooling around and investigating the sights.

By this time the afternoon was getting away from us and we knew we had at least an hour drive back to Titan Pow-



er Sports Rentals to return and check in. The sun was behind the mountains by now and it was starting to get real chilly. And we were only in Tee shirts!

We made it back none the worse for the dirt and dust that only added to the memories.

You have to check out Titan Power Rentals and start planning your next adventure! https://titanpowerrentals.com/.

See the Titan Power Sports ad elsewhere in the magazine for special Raytheon-only discounts.





March 2020 | RTEAM Magazine 43



EVENT VENUES

CORONA RANCH TUCSON

We are a local family owned & operated wedding and event venue in the foothills of the Santa Catalina Mountains. Featuring lush tiered lawn, patio with fire pit, large event hall with picture frame windows, abundant photo opportunities. Recipients of the Wedding Wire Couples Choice Award 7 years running. **Contact:** Samantha Hay, 520-529-1457, coronaranchtucson@gmail.com **Website URL:** www.coronaranch-tucson.com

SAVOY OPERA HOUSE

Savoy Opera House is Tucson's premiere private banquet facility specializing in events with 75-500 guests with in-house catering, 5,000 square foot event space located in the heart of Trail Dust Town on Tucson's east side. Plenty of free parking. **Contact:** Jerri Fortunato, jerri@savoyoperahouse.com, 520-886-5012 *Website: www.savoyoperahouse.com*

CATERERS

BRUSHFIRE BBQ & BRUSHFIRE CREAMERY

Locally owned and operated, serving award winning BBQ 7-days a week. Smoked Specialties incl. Pork & Beef Ribs, Beef Brisket, Pulled Pork, Chicken, Sausage, Turkey, Salmon. BrushFire BBQ's in house Ice Cream is rotated from over 100 of our own recipes! **Contact:** Catering (520) 850-0306, brushfirebbqcater@gmail.com. *Website: www.BrushFireBBQ.com*

SHISH KEBAB

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Contact: Reina Dalas, 520 745-5308 Website: www.ShishKebabHouseofTucson.com

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Contact: Ben Rine, 520 203-8884, info@divinebovineburgers.com. *Website: www.DivineBovineBurgers.com*

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Website: www.OpasBestTucson.com

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Tucson's Best Authentic Mexican Cuisine, let us cater your next fiesta! Complete Catering for any size event. Combination platters or customize your own menu. Great lunch specials and amazing staff. Specialty desserts you are sure to enjoy. **Contact:** Chris Hallquist, ElMolinitotucson@gmail.com, 520 747 9162. *Website: www.ElMolinito.com*

PHOTOGRAPHERS

ELIZABETH BANCROFT PHOTOGRAPHY

A natural light portrait and wedding photographer. An expert in finding the type of light that will make photos "pop" and give my work that bright and airy feel. I thrive on making people happy and capturing those special timeless moments. **Contact:** Elizabeth Bancroft, 910-358-4640, ebancroftphotos@yahoo.com. *Website: www.ebancroftphotos.com*

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Website: www.flowersshopon4th.com

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March 1, 2020 - March 31, 2020

Tucson Invitational Games (TIG) - Baseball Collegiate Spring Training Phone: 520-777-7680 http://www.tigsports.com/baseball/

February 22, 2020 - March 29, 2020

32nd Annual Arizona Renaissance Festival Phone: 520-463-2600 https://arizona.renfestinfo.com/

March 1, 2020

42nd Annual AzJazz Week Phone: (520) 626-9227 https://music.arizona.edu/events/

March 5, 2020 - March 7, 2020

Banff Mountain Film Festival Phone: 1-800-499-8696 https://www.summithut.com/pages/banff-mountain-film-festival/

AZ Short Course Age Group State Championships https://www.teamunify.com/team/wzasfast/page/system/res/76415

Wild Wild West Steampunk Convention 9: Magic & Mystery Phone: 520-883-0100 https://www.wildwestcon.com/

March 7, 2020

Winter Meet at Rillito Park Racetrack: Charity Weekend Phone: (520) 745-5486 http://rillitoracetrack.com/

March 8, 2020 - April 12, 2020

Second SundAZe: Family Day at Tucson Museum of Art Phone: (520) 624-2333 https://tucsonmuseumofart.org/events/category/families-youth/

February 29, 2020 - March 21, 2020

Javelinas de Tubac Art Exhibit Guided Walking Tours Phone: (520) 987-0076 https://javelinasdetubac.com/walking-tours/

March 13, 2020 - March 25, 2020

World Baseball Classic Qualifier https://www.mlb.com/world-baseball-classic/schedule

March 13, 2020

Southern Arizona Research, Science and Engineering Fair (SARSEF) Phone: (520) 273-8259 https://sarsef.org/schools/important-dates/ March 14, 2020 Tour de Cookie Cycling Event http://rotarytourdecookie.org/

March 14, 2020 - March 15, 2020

Tucson Festival of Books http://tucsonfestivalofbooks.org/

Tombstone Wild West Days Phone: 520-266-5266 (Bronco Bill) https://tombstoneweb.com/event/tombstone-wild-west-days/

Arizona Distance Classic Half Marathon Phone: 520-469-7084 http://arizonadistanceclassic.com/

St. Patrick's Day Parade & Festival https://www.tucsonstpatricksday.com/info

March 18, 2020 - April 19, 2020

Presidio District Gastronomy Tour Phone: (520) 622-0594 https://tucsonpresidio.com/civicrm/event/info?id=153&reset=1

March 20, 2020 - March 22, 2020

Fourth Avenue Spring Street Fair Phone: 520-624-5004 https://fourthavenue.org/fourth-avenue-spring-street-fair/

Monster Jam[®] Arena Tour Phone: 520-791-4101 x1 or 800-745-3000 for tickets http://tucsonarena.com/events/monster-jam-2020/

March 26, 2020 - March 29, 2020

Sunsets and Saguaros RV Expo Phone: (513) 388-5305 https://www.fmca.com/fmca-tucson-2020-learn-more

March 28, 2020

Nogales Bicycle Classic http://www.nogalesbicycleclassic.org/

March 28, 2020

Fiesta Sahuarita Phone: (520) 822-8896 https://sahuaritaaz.gov/198/Events

March 28, 2020 - March 29, 2020

Oro Valley Spring Festival of the Arts Phone: 520-797-3959 https://www.saaca.org/springfestival.html

*This is not a comprehansive list by any means. For more great happenings in and around Tucson, check out www.VisitTucson.org/events





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