

COMMUNITY



PTLS approves rezoning for seasonal family RV park

Barbara Bruce/The Independent
Social distancing at the Pinetop-Lakeside council meeting on June 18 allowed 24 residents, along with a few outside waiting their turn, to express their opinions regarding the rezoning of 25.5 acres on Vallery Lane from Open Space (OS) to Recreational Vehicle Park (RVP). After 2 hours and 29 minutes and 10 seconds of questions, answers and discussion, the meeting ended with the council unanimously approving the rezoning from OS to RVP with the conditions that there could be no skirting, no out buildings and no occupied RV beyond nine months. Read the full story in the Friday, June 26 edition of the *Independent*.

Hey guys, no energy to work out?

As a mature and senior man trying to stay active as we enter our golden years, we face many problems in keeping those energy levels up and getting that ever so needed work-out in.

ACTIVE SENIOR



John Ryder

Recently a member of our on-line fitness group asked why he did not have the energy to want to get to the gym after he got off work as a truck driver. He wanted to know, just as many of my male clients do, was it his diet? His mental attitude or what? I explained to him that truck driving is most definitely a very sedentary occupation for the most part, thus, along with a poor diet and other factors, contribute to that feeling of having low energy levels.

I imagine many a day goes by that he has to hurry and pick up that empty calorie junk food lunch just as many people do, only to go right back to sitting for untold amounts of time, while in the mean time that meal digests. Imagine all those empty calories just going straight into fat storage instead of being burned as an energy source for your body. This same no energy experience seems to also run rampant in people who have desk jobs and the like as well. We, as human beings are just not meant to sit stationary for half, if not more, of our waking

hours. Many other factors come into play here, such as, a lack of a positive mental attitude and poor self-esteem, stress, not enough sleep, advancing age (slower metabolism, lower testosterone levels), and on and on.

One thing that works very well is to find some sort of accountability, such as a training partner or personal fitness trainer who will be at the gym waiting for you. In many cases, this could be your spouse, a friend at work or what have you. Then you know you have to be there, not only disappointing yourself by skipping your workout, but also disappointing him/her as well. Once you get into the work out, endorphins begin to flow, and if you keep it up, it becomes an enjoyable healthy habit. Try your best at leaving crappy junk food alone; instead try buying food containers and packing your meals with healthy and nutritious food for the week, or at least the day in advance.

For mature and older males, you may also want to visit your doctor and ask him/her to check your T Levels, this seems to usually be one of the main contributors in men for having low or no energy, increasing fat storage, depression, and many other such things. And it is not always the older male that faces this condition, many younger men decrease in testosterone production at much younger ages than would be expected, only to experience excessively lower levels when in their



Courtesy photo

John Ryder, author, knows that it is even more important to maintain a healthy and nutritious lifestyle now in his mid-fifties.

advanced years. Also, consider getting yourself a quality pre-workout supplement that you can take shortly before that workout.

There is no miracle cure, it is all an individual situation, and who knows yourself better than you? Find out what some of the most obvious problems are, and take the necessary steps to correct them. Start now to take those important steps towards becoming a healthier and fit person. You owe it not only to yourself, but to your loved ones as well. And as always, consult your health care professional prior to taking on any new fitness or nutrition endeavor.

Johnny Ryder holds a Master of Education Degree and is a Certified Master Level Fitness Trainer, holding many individual specialty certifications. He has over thirty years experience in the health and fitness field as an educator, trainer, fitness competitor, author and public speaker, and is the owner of Ryder Fitness in Show Low. Visit Johnny at www.ryderfitness.com. Courtesy photo
John Ryder, author, knows that it is even more important to maintain a healthy and nutritious lifestyle now in his mid-fifties.

TRUTH IN TAXATION HEARING NOTICE OF TAX INCREASE

In compliance with section 42-17107, Arizona Revised Statutes, Apache County is notifying its property taxpayers of Apache County's intention to raise its primary property taxes over last year's level. Apache County is proposing an increase in primary property taxes of \$58,126 or 2.01%.

For example, the proposed tax increase will cause Apache County's primary property taxes on a \$100,000 home to be \$63.10. Without the proposed tax increase, the total taxes that would be owed on a \$100,000 home would have been \$61.86.

This proposed increase is exclusive of increased primary property taxes received from new construction. The increase is also exclusive of any changes that may occur from property tax levies for voter approved bonded indebtedness or budget and tax overrides.

All interested citizens are invited to attend the public hearing on the tax increase that is scheduled to be held 8:30 a.m., June 30, 2020 at Apache County Board of Supervisors meeting room, County Annex building, 75 West Cleveland, St. Johns, Arizona.



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