



Our Hearts. Our Choice.

Circle of Red is a dynamic, committed and passionate group of women who have the influence and resources to significantly impact the community by providing a personal commitment help find a cure for the No. 1 killer of women.



Julie Brinks
Journal Broadcast Group, General Manager
2012 Go Red For Women Chair

Julie joined Journal Broadcast Group in Tucson on October 1st, 2007 as Vice-President & General Manager of KGUN-TV (ABC). In January 2008 she added the same duties for the 4 Journal radio stations in Tucson, 94.9 Mix-FM; 104.1 "The Truth" (News Talk), 106.3 "The Groove" (Old School) and KFFN-AM-FM ESPN Sports. The group acquired KWBA-TV (CW) in Sierra Vista in July 2008. JBG-Tucson has also developed eight individual programming and e-commerce websites for its portfolio.

"I am excited to be able to work with the American Heart Association as Event Chair for the Go Red for Women Luncheon. My father died in his sleep unexpectedly at 71 years old from congestive heart failure. An active, apparently healthy man, there were absolutely no signs of any heart problems. I am more aware than ever how important it is to fully understand and take positive action to reduce the risk of heart disease" – Julie Brinks



Kelly Ramirez
Del Sol Realty, Owner/Broker

Kelly Ramirez, a southern Arizona native, has been a licensed REALTOR® since 2001. In pursuit of her passion for people and real estate, Kelly obtained her Broker's license and launched Del Sol Realty with the purpose of personally handling each transaction from beginning to end. A naturally warm and collaborative person, it is of utmost importance to Kelly that she establish a rapport with each one of her clients, so they experience as little stress and as much joy as possible in their real estate transaction.

"I am passionate about the Go Red for Women because it has always been the norm for women to be the caretakers of others. It is time we start taking care of ourselves and other women. We are the glue that holds our families together, and if we don't take care of our hearts, than who will?" – Kelly Ramirez



Rosalind Prather
Trusting Connections, Co-Owner

Rosalind is a native Tucsonan and third-generation, local small business owner. After graduating from Salpointe Catholic and the University of Arizona, she was inspired to venture out on her own with the intention of creating a company that made tutoring more accessible to struggling students. Her company, Higher Ground Tutoring, provided quality, effective and affordable remedial education services for students of all ages. In this capacity, Rosalind educated and counseled many parents and their children and came to understand in greater depths, the needs and dynamics of local families.

In late 2010, Rosalind joined forces with Caroline Malkin, a postpartum doula, and created Trusting Connections Nanny Agency, which opened for business in August of 2011. Today, Trusting Connections is the fastest growing nanny agency in Southern Arizona and has employed nearly twenty nannies in their Flex (temporary) Division and has played a key role in placing countless other nannies in permanent positions with families. They are thrilled to bring a new perspective on the childcare industry to Tucson. From the earliest stages of development, both partners have shared a commitment to creating a company that reflects the highest standards in the industry, meets the needs of families in our community and provides superior, personalized service.



Camerone Parker
Ford Model, Face & Voice of Oil of Olay and Radio Personality known as 'The Fashionista'

By putting a 'face' on heart disease and stroke - My hope is that women will identify with the idea that it could happen to them. Circle of Red is the incredible opportunity for me to empower women in Southern Arizona to take charge of their own heart health! - Camerone Parker



Allison Alexander
KVOA, Anchor

Allison Alexander attended the Walter Cronkite School of Journalism at Arizona State University. After graduation, she worked all over the country pursuing her journalism career, including Tucson and Phoenix. But when it came time to start her own family and put down roots, the Emmy Award winning journalist knew she wanted to come back to Tucson. When she's not anchoring the Noon & 4pm newscasts on KVOA, you'll probably find her chasing after her active toddler or volunteering in the community.

"Like many women, I'm trying to juggle a million things: work, motherhood, and nurturing my marriage. By their very nature, women tend to put themselves last on the priority list, but, how can we take care of others if we don't take care of ourselves? Every day on News 4 Tucson, we try to give our viewers heart healthy content, sometimes through our cooking segments, other times through our news stories. Circle of Red is just one more way for me to show my support of the American Heart Association...and prove that each of us is capable of taking one small daily step toward better health. We owe it to ourselves and we owe it to our families!" – Allison Alexander



Anita "Sarge" Kellman Beat Cancer Boot Camp, Founder

Tucson wife and mom, Anita Kellman, R.T., (R) (M), is a clinical liaison specializing in breast biopsies and other medical procedures for a Tucson breast surgeon. Affectionately known as "Sarge" to hundreds of BCBC "troops" and their boot camp buddies, Kellman has worked in the medical field for nearly 30 years.

In 2004, Kellman, a fitness enthusiast, met a woman who had recently been diagnosed with breast cancer at an outdoor Navy Seals-style "boot camp." Inspired by her new friend and the obvious benefits the class had in her friend's recovery, Kellman adapted the Navy Seals' techniques to create an intensive support group built around physical fitness and the first Beat Cancer Boot Camp was launched.

Kellman is recognized throughout Tucson and Southern Arizona for her contributions to cancer awareness and women's health issues. She is host of the popular "Commit To Be Fit" segment on local NBC affiliate KVOA, where she teaches viewers exercise tips. Kellman is the author of "It's a Beautiful Day for Boot Camp: Empowering Cancer Survivors with Physical and Mental Toughness.

"I am passionate about supporting the Go Red For women movement...because I am passionate about women's health. I promote healthy living and exercise. After all...your heart is a muscle:)" – Anita "Sarge" Kellman



Stephanie Boreale Radiology Ltd., Director of Professional Relations

Stephanie L. Boreale is the Director of Professional Relations for Radiology Ltd., a 45 physician-owned group practice with ten imaging centers in Tucson metropolitan area. Ms. Boreale holds a Bachelor of Science in both business and communications. Her work with Radiology Ltd. includes all marketing, strategy, referral development, branding, public relations, advertising, and event management. Throughout her career, she has focused on service marketing. Before moving to Tucson, she managed all marketing efforts for the west coast offices of the accounting firm Lindquist LLP in San Francisco. Ms. Boreale is very active in the Tucson community; having served as the President of the Tucson chapter of the American Marketing Association (AMA), and is currently a board member of Casa de los Niños (one of the first crisis nurseries in the United States), Southern Arizona Arts and Cultural Alliance and the Notre Dame Alumni Club of Tucson; she is also a committee member of the Radiology Business Management Association's Marketing Committee, and the American Heart Association's *Circle of Red*. In 2008, she was named as one of the *Tucson Citizen* Tucson Business Edge 40 under 40 professionals.

With a close friend affected by heart disease, Stephanie believes in the mission of the American Heart Association's Go Red For Women movement and understands that women sharing that message is critical to its success.



Neelam Sethi Philanthropist

Neelam Sethi was born in India and came to American as a young bride in January 1971. Her husband Dr. Gulshan Sethi, is a cardio-thoracic surgeon and they will be celebrating their 42 years of marriage this year. Neelam and Gulshan have a son and daughter who are married and they have five darling grand-children.

"Giving back to the community where I live, has always been very important to me. It makes me feel like I belong. I am honored to be a part of "The Circle of Red" A wonderful group of women with like-minded goals. I believe that when we educate, we empower..... and educating women helps change the world..... their own world, as well as the world where they live. Women must know all there is to know about having and keeping a healthy heart. I am looking forward to being a part of bringing about this awareness." – Neelam Sethi



Treena Parvello

Tohono O'odham Gaming Enterprise Desert Diamond Casinos & Entertainment, Director of Marketing and Public Relations

The winner of the 2008 Great Women of Gaming Rising Star award, Treena Parvello is committed to serving the Tohono O'odham Nation, as an enrolled member and through her professional career. Her first job after earning her undergraduate degree from the University of Arizona was as the Program Administrator for the tribe's Higher Education program. She currently serves as Director of Marketing and Public Relations for the Tohono O'odham Gaming Enterprise and Desert Diamond Casinos & Entertainment, the Tohono O'odham Nation's largest economic resource.

Treena began serving the Tohono O'odham Nation in 1997 and started with the Enterprise as a Marketing Coordinator. Her passionate work ethic and devotion to excellence propelled Treena to her current position as Director of Marketing and Public Relations.

Throughout her time with the Enterprise, she has served as Marketing Coordinator, Players Club Manager, Assistant Director of Marketing and, currently, as Director of Marketing. During that time, she also pushed herself to further her education, earning an MBA from the University of Arizona's Eller Business College.

As Director of Marketing, Treena provides the vision and direction over Promotions, Entertainment, Players Club, Player Development, Public Relations and Advertising. She oversees the operation of all marketing and public relations for the Enterprise. One of the things Treena loves most about her job is how the Enterprise's commitment to Southern Arizona allows her play an active and positive role in the community through a wide variety of local organizations and events. Treena continues this community involvement in her personal life. She is an active, lifetime member of her church, which her family has been a part of for many generations.

The Enterprise operates three Desert Diamond Casinos and Entertainment locations in Tucson, Sahuarita and Why, Arizona. The Tohono O'odham Nation is planning to open a fourth property in the general Phoenix market, currently known as the West Valley Resort.

"I am passionate about partnering with the American Heart Association and the Go Red for Women movement in its work to educate women in forming a healthy lifestyle. As a Native American woman, I know that I can help make a difference in spreading the word about heart disease and other risk factors that are prevalent in our community." – Treena Parvello



Paula Taylor

Paula Taylor Productions, Owner and Operator

Paula Taylor M.S. has been involved with the fashion world for over seventeen years. She is an expert retailer, events producer, educator, stylist and author. Paula has been instrumental in bringing fashion consciousness to the Southwest. In 1996 she designed and launched her own line of clothing, "Ultravid", and opened a boutique with the same name in Tucson's downtown arts district. Ultravid was the first of its kind. It was a conceptual space incorporating vintage clothing, contemporary lines and its own private label.

By the end of the decade Paula was ready for a new challenge and realized the need for a high-end label driven boutique that mirrored the old l'atelier of the past. In the year 2000 she opened her new concept, boutique store "Pour Moi". The boutique focused on big name designers and small avant-garde collections personally picked by Taylor. After selling Pour Moi, Taylor entered the corporate fashion world taking a position as a Divisional Sales Manager for Bill Blass New York. Ms. Taylor has written the premiere textbook on fashion show production with Pearson Publications titled: *How To Produce A Fashion Show From A-Z*. Taylor is an Instructor at the Art Institute of Tucson in both the Fashion Design and Marketing programs. Paula owns and operates "Paula Taylor Productions" producing and coordinating several regional national and international fashion shows and events yearly. Paula is an avid vintage collector, reader of history, consignment shopper and lover of all that is fashion related. She received her Masters of Science degree from Leslie University at Cambridge, Mass. Paula Taylor is an active participant and contributor in a variety of community charities and activities. She is married to musician, filmmaker, artist and all around creative soul Clifton Taylor aka "Chick Cashman" and lives with their dog Sadie in the foothills of Tucson, Arizona.



Judith Blair

A professional model, make-up artist, little league coach, law firm personnel administrator, commercial property manager, kidney donor, and Senior Olympian . . . these are just some of the intriguing roles of Judith Blair's versatile life!

Born and raised in Ohio, she attended Miami University in Oxford, majoring in Health and Physical Education and lived in Houston, Texas for nearly twenty years prior to moving to Tucson twelve years ago. A divorced mother of two sons, Jonathan, a business executive in California and Joseph, former University of Arizona basketball player and current Executive Director of Blair Charity Group, Judith has a "heart" for her community and selflessly gives of her time and energies.

"Identification produces bonding; thus, I am bonded to the Circle of Red. Both my mother and father passed away due to heart attacks. Plus, in recent years I suffered with atrial fibrillation, which has since been surgically corrected." - Judith Blair



Dr. Lori Mackstaller

The University of Arizona Medical Center, Associate Professor at the University of Arizona College of Medicine's Section of Cardiology

Lorraine Mackstaller, MD, associate professor of Medicine, Section of Cardiology, and *Edwin J. Brach Foundation and Hazel and Bertram Brodie Endowed Lecturer for Heart Disease in Women* at the UA College of Medicine's Sarver Heart Center.

Dr. Mackstaller began her medical career in 1967 as a registered nurse at St. Joseph's Hospital in Phoenix before joining UMC Cardiology nearly 37 years ago, starting as the clinical nurse specialist in 1974. In that capacity, she set up the first anticoagulation clinic, the nurse-directed exercise stress testing, and the adult fitness program on the UA main campus. Dr. Mackstaller went to medical school at University of Arizona College of Medicine and graduated in 1997, a mere 30 years after becoming a nurse. She is board certified in internal medicine. Through the UA Sarver Heart Center's outreach program, Dr. Mackstaller often lectures on women's health and cardiovascular risk factor awareness and treatment with prevention as a main goal. Currently, Dr. Mackstaller is a regular presenter on KVOA News at 4 p.m., speaking about general health issues with an emphasis on cardiovascular health. She is a sought-after health advocate on TV shows and at community events.



Claudia Zanes
Zanes Law, CEO

Biography Coming Soon!



Kim Bowen
Self Centered Yoga & Fitness, Owner

Kim Bowen, Stress Specialist & Registered Yoga Teacher, is a married mother of three amazing children & owner of Self Centered Yoga & Fitness. In addition she's an ambassador for the Tucson Hispanic Chamber of Commerce, on the advisory council of the Women's Financial Group of NBAZ, community advocate, and local speaker. She has been teaching yoga for over 7 years & is one of only 10 Certified Restoraflow Instructors in the world. Kim first came to yoga for the physical benefits & results became much more to help her heal from childhood trauma that led to an eating disorder. Her new venture is her non-profit for single mothers' bettering their lives by offering them healing retreats giving them techniques for self-love, stress management, and career focus. She designs personal yoga based programs for weight loss & stress reduction and Ultimate Stress Escape tropical retreats for life transformation. Kim offers a monthly charity benefit, Wo(men), Wine, & Wellness at her yoga studio and many events to better people's health & the community. She believes every woman deserves to be truly fulfilled & once physical, mental, & emotional stress is under control, our inner Goddess thrives.

"I'm thrilled to be a part of Go Red for Women because improving the lives of busy women who take care of everyone and everything else is my passion." – Kim Bowen



Kathy Bullerman
Kuisine By Kathy, Owner

Kathy is a second generation small business owner. She grew up in a small town in Southwest Minnesota where her father owned a family run grocery store with a lucrative catering company. She spent a lot of years learning the knowledge of running a small business and creating food for all sorts of occasions.

After graduating college and trying out careers in Real Estate and Finance; Kathy moved to the southwest to get out of the cold and went back to her passion which is creating food and making people smile!

Growing up as an overweight child, yo-yo dieting over the years as a young adult and having type 2 diabetes run in the family; behooved Kathy to step back and take a look at creating more healthy meals for individuals and families. She learned and has been teaching others that you don't have to lose the flavor to have healthy, nutritious food.

She opened Kuisine by Kathy, Personal Chef Service, the Spring of 2011 in Tucson and has been creating and teaching families to get back to the basics with food.

She is committed to helping young people and families overcome obesity, type 2 diabetes and heart disease.



Rose Quiroga
Carondelet Health Network, Registered Nurse

Rose Quiroga is a registered nurse and has been with Carondelet Health Network for over 26 years. During her nursing career she had the pleasure of working in a variety of positions but the one that has been closest to my heart has been working with cardiac patients. Rose started her cardiac career in Coronary Intensive Care and little did she know at the time that her life would revolve around one very special cardiac patient, her father. Rose's dad suffered for 25 years with heart disease having had his first heart attack at age 58 and she was his primary caregiver. Her father died 8 months ago but if it hadn't been for organizations such as The American Heart Association, they would have not had him in their life's as long as they did. Throughout his 25 years of heart problems, he was able to have a healthy, productive quality of life due to all the research and advancements that the American Heart Association has done.

Rose enjoys many things when not at work such as golf, working out, traveling and giving back to our community. Rose has a wonderful family with a married daughter and 2 of the most beautiful grandchildren.



Debe Campos Fleenor
Campos Fleenor Allstate Agency, Agency Owner

Circle of Red Chair

Biography Coming Soon!



Cynthia Elliot
Abundant Health Family Practice, Owner/Partner

Biography Coming Soon!



Rachel Gordon
Abundant Health Family Practice, Owner/Partner

Biography Coming Soon!



Jill A'Hearn
Tucson Woman, General Manager

Biography and Photo Coming Soon!



Karen Dew
Catalina Landscape Maintenance, Owner

Biography and Photo Coming Soon!



Jami Amidon
Intelligent Skin and Body, Owner

Biography and Photo Coming Soon!



Patty Wildman

Biography and Photo Coming Soon!



Yvette Villamana

Biography and Photo Coming Soon!