

# Community Quarterly

Celebrating 10 Years Strong

Summer 2019

34,172 Delivered by US Mail ~ Serving Green Valley, Sahuarita, & Tubac

Volume 10, Issue 3

## One For The Bucket List!!

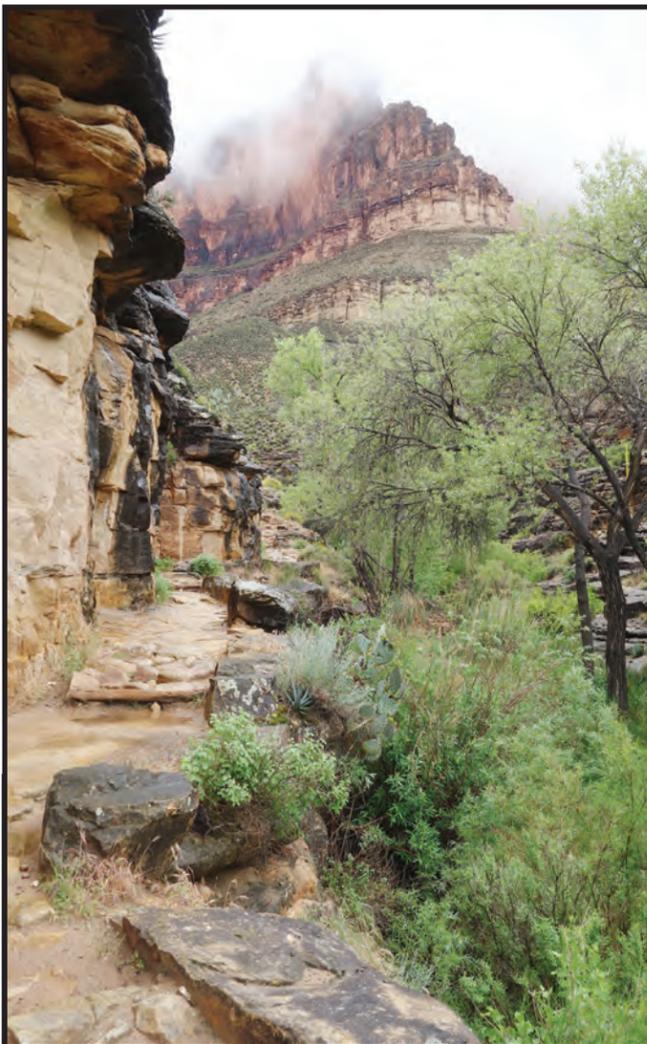
Written by Linn Averill

Ninety-nine percent of visitors to Grand Canyon National Park view the magnificent scenery from the rim. My friend Jeff and I decided to challenge ourselves to be among the 1 percent that hike into the canyon. Fewer still go to the bottom and back, which was our goal.

Our plans were made last October as we hiked in the mountains around Ruidoso, New Mexico. We aren't seasoned hikers, but those "walks in the woods" of five or six miles a day convinced us we could take on a more intense experience. In the months that followed, I nursed a stress fracture in my right foot that more than once made me wonder if the trip was in my future. I didn't hike as much as I would have liked to prepare, given I needed to spend eight weeks in an orthopedic boot. Instead, working out at Copper Fitness in Green Valley helped me tone muscles and stay in good cardio condition. Jeff, who is from Minnesota, tried his best to stay in shape through the winter.

Because hiking to the bottom of the canyon and back in a day is definitely not recommended, most who make the journey to the bottom stay in a campground or at Phantom

Ranch, which offers bunk beds in 10 person dorms and cabins in limited numbers. Often, it takes more than a year to reserve accommodations at the bottom, so Jeff and I opted for an outfitter that would supply lodging, food, some basic equipment and most of all, a guide. Our experienced guide from Four Seasons



Vertical shot of the trail.



Linn Averill on the descent to the Phantom Ranch



Phantom Ranch on the floor of the Grand Canyon

Guides (Flagstaff AZ), Matt Rehm, offered a continuous stream of information about what we were seeing along the route. Matt also altered our itinerary, choosing a trail that was best suited for our first day, which began with five hours of rain. We hiked down the 9.7 mile Bright Angel trail because it offers some

shelter from inclement weather. Our route back was the more steep South Kaibab trail at 7.4 miles. Originally, our plan was to do those in reverse.

Despite unusually wet weather for the season, the first day of hiking went well. Jeff and I and our five trail companions learned to watch our footsteps to avoid rocks, uneven ground and puddles left by mule caravans. We'd taken the outfitter's advice about bringing plenty of water and packing our essentials as minimally as possible.

As the weather cleared, the scenery began to awaken from cloudy to colorful, waterfalls that usually don't exist sprinkled the sides of the canyon. Blue

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Continued on page 4

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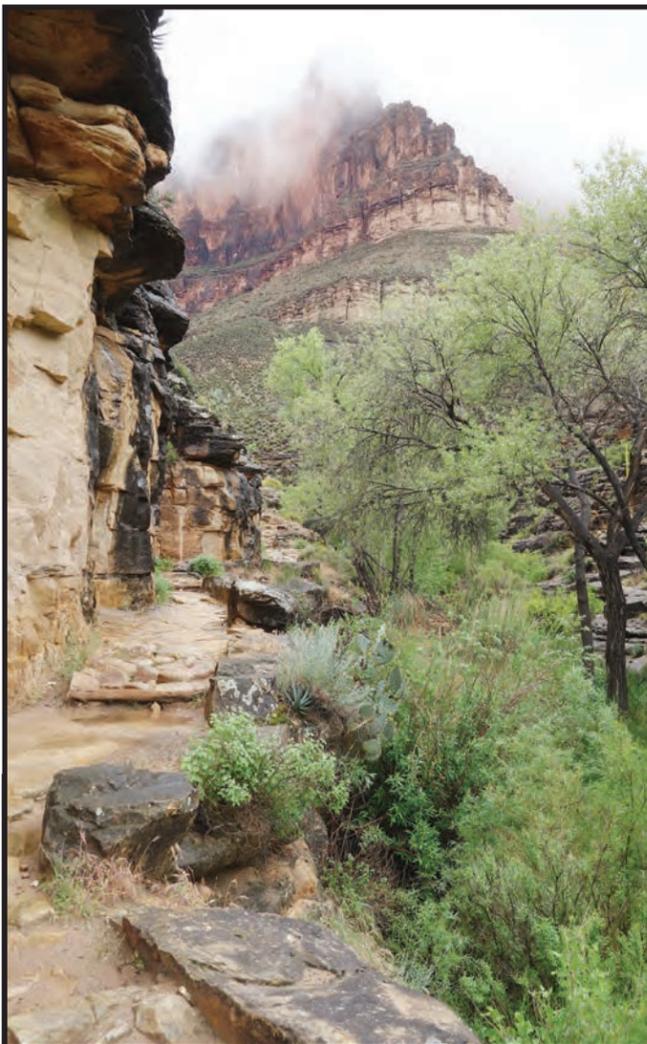
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# ‘Energizer Bunny’ Chuck Hill is Winner of County’s Fourth Annual Chuck Catino Community Leadership Award

Written by Pima County Communications

Charles “Chuck” Hill is the fourth recipient of the Chuck Catino Community Leadership Award, named for the longtime volunteer and founder of the Born Again Jocks Association (BAJA) Sporting Club. Pima County District 4 Supervisor Steve Christy presented the award to Hill at the May 7 Board of Supervisors meeting.

Hill’s record of community service is extensive. The Michigan native is an active volunteer with the Green Valley Fire Corps, Green Valley Recreation Camera Club, the Southern Arizona Mountain Bike Association and the Santa Cruz Valley Bicycle Advocate Committee, among others.

With the Camera Club, Hill organizes four to five multimedia presentations per year for 800-plus members and assists fellow photographers with their equipment. Hill also has given some 2,500 hours of support to the Green Valley Fire District as a field trainer, active recruiter, grant writer and photographer at District events. In addition, the biking and hiking

communities of Green Valley know him well.

“Whether he is volunteering for the Green Valley Fire Corps, working on bike trails, leading community safety grants, or championing the Ride of Silence in hopes of improving bicycle safety awareness, Chuck is an ‘energizer bunny’ who simply wants to make people and the community around him better,” wrote Chuck Wunder, fire chief of the Green Valley Fire District.

Hill also was a regular at twice-monthly trail work events to complete the Arizona National Scenic Trail between Hope Camp in Saguaro National Park and the Coronado National Forest in Santa Rita Mountains.

Hill never came alone to the trail-building activities, wrote Mark Flint, Trails Program coordinator for Pima



County Natural Resources, Parks and Recreation. “He usually had three or four friends from Green Valley with him. Apparently, he could be pretty persuasive.”

The Catino Award isn’t the first time Hill has been on the receiving end of honors. The Tucson-Pima County Bicycle Advisory Committee named him their Bicycle Advocate of the Year in 2012. The Green Valley Fire Corps honored him as Volunteer of the Year in 2016. A year later, the Rotary Club of Green Valley gave him their Community Service Award

for outstanding volunteer service.

Nominees for the Catino Award must be at least 45 years of age and be unpaid volunteers. Nominations are accepted each fall, then candidates are recommended to the Parks and Recreation Commission in February. Contact Valerie Samoy at 520-724-5220 for details.

*Pima County Natural Resources, Parks and Recreation adds a vital dimension to the quality of life for residents and visitors in Pima County. Properties that NRPR operates and maintains include: 49 parks, 25 trailheads, 13 community centers, nine pools, seven dog parks, six shooting, archery, and clay target ranges, five BMX/Skate Parks, The Loop, three equestrian arenas, hundreds of miles of trails for recreational pleasure, and more than 250,000 acres of conservation lands open to outdoor recreation pursuits. NRPR also provides recreational and environmental educational programs for all age groups. Facebook: <https://www.facebook.com/PimaCountyNRPR/>*



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Bucket List

Continued from page 1

sky and multi-layered rocks provided the backdrop for each switchback on the trail.

maybe we were just that tired!

Phantom Ranch has served Grand Canyon visitors since 1922. It was designed by Mary Colter, one of the few female architects active in the era and built by the Fred Harvey Company. It was to be named Roos-

welcome sight after a day of downhill hiking. The menu is simple: each night they prepare steak for the 5 pm seating and beef stew for the 6:30 pm dinner. Our 2-night stay allowed the opportunity to sample each delicious entree.

On our second day, we hiked at the bottom of the canyon, watching the Colorado River rush by and the secondary streams pour in.

Our third day we awakened to the reality that the canyon rim we could see if we looked straight up was our destination. Good weather, and a guide who understood that the climb up could be daunting, kept us on

task. Actually, there was no alternative but to keep hiking. Visitors who injure themselves or can't make it to the top have two potential choices: a helicopter rescue that comes with a price tag of several thousand dollars or waiting for a mule -- sometimes a long wait -- also a pricey option.

Jeff and I, in our late 60s, and the rest of our tour group, also in approximately the same age group, all made it to the top in good spirits but tired. Jeff and I had hiked 24 miles in the three days. The photos we took along the way will continue to help us relive an awesome experience and a "bucket list" challenge we were happy to fulfill.



Grand Canyon Trail to the Colorado River



Colorado River rushing by.

The mules that passed us on the trails had two purposes. Some were carrying Grand Canyon visitors. Others were supplying Phantom Ranch, with the return trip carrying out trash from the ranch and campground.

Phantom Ranch provided a great dinner, hot shower, a beer from the cantina and bunkbeds that were more comfortable than they looked. Or,

event's Chalets but Colter insisted on the name she'd chosen or threatened to pack up her blueprints and leave! In the early days, the Fred Harvey Company supplied "Harvey Girls" as the servers and a nationally recognized hospitality brand. Now, it is reservable mainly through a lottery system as part of Grand Canyon National Park Lodges. It's rustic, but a



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# SUSD Continues Forward Motion

Written by Dr. Valenzuela, SUSD Superintendent

Each year, over the summer, I reflect upon the successes of the previous year, and also the next steps in our journey forward to excellence. This past year has provided us with significant examples from which our community can be very proud. We successfully opened our ninth school, Wrightson Ridge K-8 School, in January. Last November, the voters in Sahuarita USD passed the renewal of the Maintenance & Operations (M&O) override by the largest margin in recent history. These local dollars support specific programs that directly enrich the education of our students, and I am so grateful. These programs include band, orchestra, choral music, dance, drama, athletics, physical education, professional guidance counselors, and NJROTC leadership programs. Our 464 high school graduates from the Class of 2019 at Sahuarita HS and Walden Grove HS earned about \$8.5 million in merit scholarships for higher education and professional training. They were accepted to over forty (40) postsecondary institutions. We launched a brand new mathematics adoption, focused upon instruction

at a deeper level of mathematical understanding and application, aligned with 21st Century proficiencies and readiness. The preliminary indication is that our District Assessment Plan (DAP) suggests a fourteen percent (14%) increase in the number of students meeting and exceeding math standards. This adoption was made possible by the support of the District Additional Assistance (DAA) override.

Our students earned State and National recognition for excellence, including State championships in wrestling, drama, NJROTC, dance, and student council, to name a few. And, we all remember with great pride watching the Sahuarita community shine brightly on national TV last fall, when our own Walden Grove HS PAC Dance Team achieved excellence by making it to the semifinals of the NBC talent show, Americas Got Talent, and performed on Good Morning America. Our staff likewise shined brightly in excellence, earning State recognition, including honors like AZ School Counselor of the Year (Candice Alvarez), and Top 10



Walden Grove High School PAC Dance Team on the set of America's Got Talent

Semifinalist for AZ Teacher of the Year (Ben Lebovitz). One of our alumnae, Simran Patil (SHS, '15), graduated from the US Military Academy at West Point and earned her commission as a 2nd Lieutenant in the US Army. And, recent graduate, Jose Dicochea (SHS '19), was Arizona's first selected high school player in the Major League Baseball draft (Round 8, Oakland A's).

In my mind, our secret to success has a three prong recipe. First, we strive to hire and keep the best people possible. This means folks who are high quality professionals at what they do, but also people who have a tireless commitment to continuous growth, and serving our students with excellence. Second, we value the spirit of community, common ground, and development of cross sector collaboration that makes the entire community better in every way. Finally, we are relentlessly committed to the belief that public education is about meeting the individualized needs of each student through instructional expertise, program structure, and professional development.

This new school year is already bringing great promise for continued excellence and student success. First, after a year long program adoption process, we will be launching a brand new program adoption in social studies for grades 6-12. Second, in partnership with Pima JTED and Pima Community College, we're expanding dual enrollment offerings in career and technical education (CTE), and starting a new program in heating ventilation and air conditioning

(HVAC), leading to industry level certifications and entry level employability. There will be a new high school CTE program in biotechnology. We'll be expanding our internship program, in partnership with the Jim Click Automotive Group, which is hiring four more of our students in automotive technology through Jobs For Progress. Finally, I'm proud to share that our partnership with the University of Arizona College of Education, through the iCats and Sahuarita Teaching Fellows (STF), has yielded signs of mutually beneficial outcomes. This teacher professional training program has supported the hiring of six (6) new members of Team SUSD! We continue pursuit of a solar energy program, and anticipate developing clarity on this concept and hopefully taking action this year.

In summary, we continue to see, all around us, tangible signs of forward motion in our critical mission of student success. The common element is the spirit of community, shared sacrifice, and cross sector commitment to make our part of the world the absolute best that it can be. This special attribute is powerful, and provides us much reason to be thankful for the past, and even more excited about the promise of the future. Together, we will continue to make a difference!

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# Planning Your Trip to Europe? Add One More Item to Your Checklist!

Provided by KGVY Staff

The European Travel Information and Authorization System (ETIAS) becomes effective in 2021. If you are staying less than 90 days you must fill out information for ETIAS. Over a 90 day stay requires the standard visa. Ireland and England have opted out. The only official item needed by Americans is a biometric passport and answering questions on the questionnaire. Oh yeah and an ATM card or credit card to pay for it.

ETIAS was formed in April 2016 “to strengthen the external borders of the European continent, and prevent any and all possible threats” states the ETIAS website. According to the ETIAS website, the system will “cross-check traveler’s Information against a series of security databases including Europol, Interpol, The Schengen Information System, Eurodac and the Visa Information System.” ETIAS is very similar to ESTA the United States system for travel authorization.

Sounds simple enough so far doesn’t it? Answer a few questions and you



will be good to go for 3 consecutive years for 90 day or less visits. The authorization system promises it can all happen in ten minutes and a few minutes processing time.

OK. Can you answer all these questions in ten minutes?

Full Name

Date and place of birth  
Current Address  
Parents’ Information  
Passport and other nationality details

## 2nd Section of Questions:

Drug Use  
Terrorism  
Human trafficking  
Travel to conflict areas  
Criminal History  
Employment history  
Past European travel information  
Security Information

Now if you’re application is rejected by ETIAS, additional documentation will be needed. The applicant will have **96 hours** to provide it. ETIAS will have **four weeks** to make a decision. Applicants are warned to answer the questions with honesty! You can appeal a negative decision.

By the way, further perusing of the website notes that applicants “will be required to have a valid passport, internet access, and sufficient financial means to pay for the fee”. Plus you must indicate which country you are entering first.

How much will it cost? Something. But we’re not sure how much. But it will be in euros, and the process of paying will be handled by a private company. The ETIAS commission promises “payment will take into consideration all the latest and available means of payment”. (Do I feel another fee coming on?)

Nothing has indicated what form the waiver will take. Should you carry it with you or keep a copy as they suggest for your passport? ETIAS declares “it is a multiple entry visa with few restrictions in or-

der to promote tourism while maintaining a high level of international security”.

Any bets on what year this may become a reality?

Here are the countries that are recognizing the ETIAS registration.

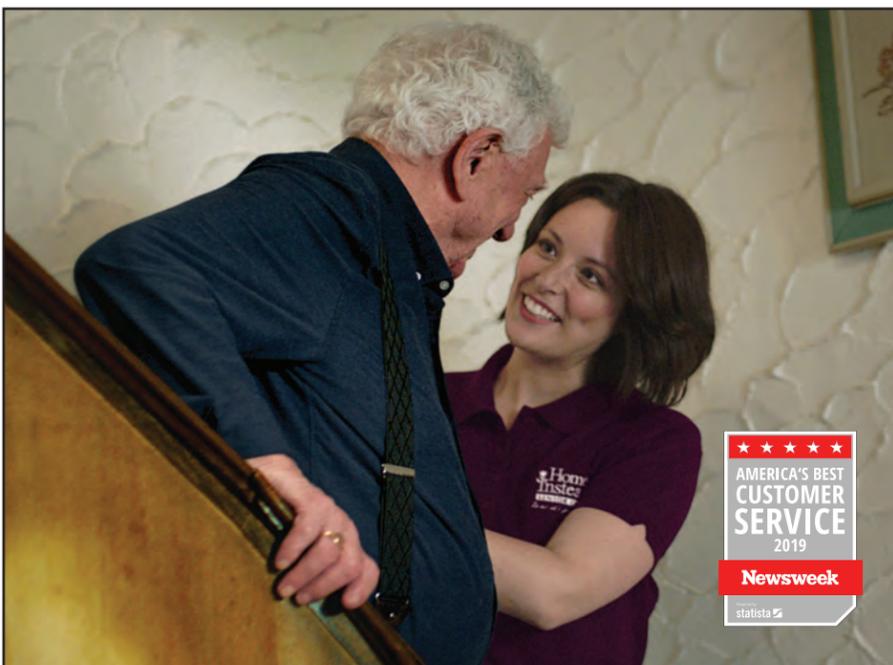
Currently, there are 22 European countries that form part of the Schengen area:

- Austria
- Belgium
- Luxembourg
- Netherlands
- Germany
- France
- Spain
- Portugal
- Sweden
- Finland
- Denmark
- Lithuania
- Latvia
- Estonia
- Poland
- Slovakia
- Hungary
- Slovenia
- Italy
- Greece
- Czech Republic
- Malta

6 European countries have not yet signed the Schengen Agreement:

- United Kingdom
- Bulgaria
- Croatia
- Cyprus
- Ireland
- Romania

For more information on ETIAS go to [www.etiasvisa.com/etias-form-application](http://www.etiasvisa.com/etias-form-application)



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# Global Leadership Summit Offered at Desert Hills Lutheran Church

Written by Jane Brunckhorst



No matter your sphere of influence — in your family, school, work or church — when you commit to grow your leadership, everyone around you wins — businesses work for good, communities are transformed and churches thrive! The Global Leadership Summit is simulcast LIVE in HD to more than 500 locations in North America. You are invited to join 405,000+ participants in 135+ countries around the world for two days of world class training.

The Global Leadership Summit will be offered in Green Valley on August 8 and 9, 2019. The host site for this live satellite conference

is Desert Hills Lutheran Church. Green Valley is one over 500 host site locations throughout the world with more than 400,000 people attending this development conference each year. While most management and employee development classes are in another city or state, the Global Leadership Summit comes to us and brings 12 to 14 speakers from all over the world. Since it comes to us, there are no travel and hotel expenses. This year's conference features Bear Grylls, adventurer and TV host; Ben Sherwood, former Co-Chair Disney Media; Patrick Lencioni, bestselling author; Aja Brown, Mayor of Compton, CA, plus ten other outstanding faculty members. For complete information



Rev. Dr. Martin Overson, senior pastor; Sheridan Shimp, DHLC member and GLS attendee/volunteer; Joe Mazur, DHLC property manager preparing for last years Global Leadership Summit. Photo courtesy of Larry Kempton

on all faculty members, visit [globalleadership.org](http://globalleadership.org).

The cost of this two day event is \$209. Even better, if your company is a member of the Green Valley/Sahuarita Chamber of Commerce, you can attend this conference for only \$139. Additionally, the Global Leadership Conference

offers discounts to active military, students, educators and nonprofit organization members. If you are in one of these categories, you can register for as low as \$89 for the two day conference.

For more information call Desert Hills Church at 648-1633 or visit [www.globalleadership.org](http://www.globalleadership.org)

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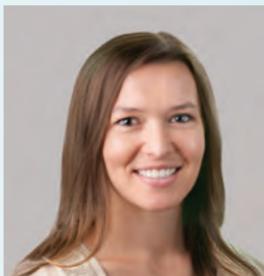
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# Area Food Banks Don't Take a Summer Vacation

Written by KGVY Staff

The summer months can be a time for fun and relaxation, but if you are a child whose main meal of the day is a school lunch, the summer can also mean going hungry. That's when the food banks and their staffs of dedicated volunteers can come to the rescue.

For more than three decades, the Community Food Bank of Southern Arizona has been leading the way to combat hunger with the goal of attaining healthy, hunger-free communities.

The Community Food Bank of Green Valley-Amado, as well as the Sahuarita Food Bank, an independent, self-governing non-profit based in Sahuarita, provide food assistance to individuals and families in need.

Serving Green Valley, Amado, Sahuarita, Arivaca, Tubac, Tumacacori, and Carmen, these food banks are lifelines for so many area residents.

Through collaborative partnerships, the Community Food Bank of Green Valley-Amado, and the Sahuarita Food Bank ensure that the needs of the community are being met.

Debby Acuña, the CFB's Resource Centers manager at the Green Valley and Amado branches, says that the summer months "can be challenging for many families."

"Kids are out of school and home for the summer and that means they are not getting school lunches,"

Acuña says. "This situation results in the increased need for more food at home. Just like most families, the kids want to enjoy cookouts on July 4 and Labor Day and enjoy grilling outside during the summer."

This is where donations of gift cards to the food banks can be so useful, she adds.

"We purchase food items to distribute that are nice holiday additions to our regular offerings with donated gift cards," Acuña adds.

Carlos Valles, executive director of the Sahuarita Food Bank and Resource Center based at The Good



Carlos Valles, executive director at the Sahuarita Food Bank & Community Resource Center, discusses information with a volunteer on a Saturday distribution day.

Shepherd Church in Sahuarita, says that older adults struggling to have enough food on their tables is also an issue during the long, hot summers.

"Those on fixed incomes often put off doctor's appointments or go without air conditioning so they can buy food and visit the food bank when they can," Valles says. "People will give up many things to get enough to eat. Some of our clients only leave the house when they visit us for food."

According to Acuña, 16 percent of the Green Valley and Amado Food Bank clients are seniors while 33 percent are children. Last year, these branches distributed 1,800,000 pounds of food and served 18,099 individuals.

Since 2009, the Sahuarita Food Bank has also been providing food and other essentials to chil-

dren, seniors, families and others in Southern Arizona.

"We serve nearly 200 local families each week," Valles says. "That's about 850 to 950 people, or just shy of 4,000 people each month."

## NUTRITION

The Community Food Bank of Green Valley-Amado and the Sahuarita Food Bank are united when promoting good nutrition, a fundamental need that's critical to the health of their clients.

When choosing items to donate to a food drive or encouraging others to give, keep nutrition in mind. Think about collecting foods that can contribute to a healthy meal, instead of snacks or desserts. **Monetary donations are always welcome.**

The Food Banks suggest the following non-perishable items for those who wish to donate food:

### HIGH PROTEIN ITEMS

- Canned meats (chicken, turkey or fish in water)
- Dry or canned beans
- Peanut butter

### LOW SODIUM OPTIONS

- Canned vegetables without added salt
- Low-sodium soups or stews

### WHOLE GRAIN OPTIONS

- Whole grain pasta
- Brown and wild rice
- Oatmeal
- High fiber cereals, especially without added sugar

### OTHER

- Canned fruit in water or juice instead of syrup
- Unsalted almonds
- Dried fruit without added sugar
- Natural applesauce
- 100% juice

Look for items labeled low sodium, low fat, no added salt, no added sugar, high fiber, or whole grain. A good rule of thumb to follow: What would you give your best friend or family member if they were in need?

"Pasta sauce and condiments are also needed and have a long shelf life," Valles adds. "We will not take donations of soda or candy at the Sahuarita Food Bank," he says. "Fresh fruit like apples provide a healthy alternative to the high sugar in candy. We have clients with diabetes and other health issues so we encourage healthy foods."

## SNAP ASSISTANCE

The Community Food Bank of Green Valley-Amado and the Sahuarita Food Bank will assist clients who qualify in filling out their Supplemental Nutrition Assistance Program (SNAP) applications. Both non-profits have Spanish speaking volunteers for those who require translation services. The Food Banks have literature printed in both English and Spanish.

SNAP (food stamps) is the largest program in the domestic hunger safety net. The Food and Nutrition Service works with state agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

## LOCATION, LOCATION...

The Community Food Bank of Southern AZ:

**Community Food Bank of Green Valley** is located at:  
250 Continental Road  
Green Valley, AZ. 85614  
(520) 625-5252

**Food Distribution Hours**  
Tuesday: 9 am - 4:30 pm  
Wednesday: 9 am - 12:30 pm  
Thursday: 9 am - 12:30 pm  
Friday: 9 am - 12:30 pm

**Community Food Bank of Amado** is located at:  
28720 S. Nogales Hwy  
Amado, AZ 8564  
(520) 398-2942

**Food Distribution Hours**  
Tuesday: 9 am - 12:00 pm  
Wednesday: 9 am - 12:00 pm  
Thursday: 9 am - 5:00 pm  
Friday: 9 am - 12:00 pm

Visit [communityfoodbank.org](http://communityfoodbank.org) for more information

The Sahuarita Food Bank & Community Resource Center is located at:  
The Good Shepherd Church  
17750 S. La Canada Drive  
Sahuarita, AZ 85629  
(520) 668-0547

**Food Bank Distribution Hours**  
Thursday: 3 pm - 5pm  
Saturday: 10 am - noon

Visit [sahuaritafoodbank.org](http://sahuaritafoodbank.org) for more information



Debby Acuña, resource centers manager at the Community Food Banks of Green Valley-Amado, encourages people to continue to donate food this summer.

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\*APY = Annual Percentage Yield.  
Effective June 1, 2019. \$99,000 Minimum Balance required to open an account and earn the posted APY. Certificate Accounts are compounded daily and credited monthly. There is a substantial penalty for early (premature) withdrawal of Certificate Accounts funds. There may be a government penalty for early withdrawal of IRA funds. Please reference Share Accounts Information and Disclosure and/or contact a Credit Union employee for additional information. Rates and terms are subject to change. Insured by NCUA.



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# A Look Into Green Valley's Community Foundation – Now Building the Foundation of the Future

Written by Bob Phillips, NPLI Director

*The Greater Green Valley Community Foundation: Founded in 1970, we change and enrich lives through guidance, education and financial support to nonprofit agencies in our area. Serving the communities of Sahuarita, Green Valley, Amado, Arivaca, Tubac and Tumacacori.*

Almost fifty years ago, seeing the need for a unifying and community building force for the fledgling retirement community of Green Valley, a band of visionaries came together to address the growing needs of this new community. The Foundation's humble beginning was as a 'Christmas Fund' helping families during the holidays. Later, as the Greater Green Valley Community Foundation (GGVCF) it became an affiliate of the Arizona Community Foundation (ACF). In 2010, needing to become governed by local needs, the GGVCF dissolved its ties with the Phoenix-based

ACF and became an independent self-governing foundation.

Yet, it is not only how much money was raised and granted out to local causes, though that is both noteworthy and a major factor behind the growth and stability of nonprofit agencies in the region; it is not only how many community leaders rose up to serve on the foundation's board and many committees over this past years, though those selfless and community minded servants have been the catalyst for the steady and inspiring growth of the foundation's impact on the region; it is not only the exemplary and devoted staff

of the Foundation that we salute, though it is the exceptional leadership that has provided the vision and the daily devotion to mission that we celebrate.

Rather, it is the indomitable and dynamic spirit of a community as manifested in a Foundation that represents and embodies all parts of the Green Valley region that is to be celebrated.

That spirit is more than philanthropy. It is social investment. The Foundation has pioneered the innovative use of public education, agency training, strategic granting and motivating nonprofits, businesses and government to form partnerships. Partnerships that use the combined resources of all members to create change that improves lives, solves problems and opens the door to new possibilities.

And then there is the Foundation's work to recognize and support the leadership of the over 70 agencies serving the diverse needs of the region. Understanding that the quality, expertise and stability of an agency's leadership is the single most important indicator of its current productivity and determinate of its future success, the Foundation launched the Non-Profit Learning Institute (NPLI) to provide the information and train-

ing, not available or affordable in S. Arizona, on strategic planning and board development, partnerships and program collaboration among nonprofits and how to create and sustain healthy and productive relationships between board and staff.

Through all these accomplishments run threads that connect, bind and support all elements of the Green Valley community and beyond. The Foundation has become a unique and unifying agency transcending differences and divisions by serving to remind us of our higher selves and of the great accomplishments within our grasp if we work in harmony.

Today, on the brink of its 50<sup>th</sup> anniversary, the GGVCF commemorates all it has accomplished since the day it opened its doors. It is a testament of perseverance in a tough economy where there are competing demand for limited resources. It is also a measure of longevity, which proves integrity and strength. This longevity is a motivator for community leaders, donors, and volunteers and a cause for celebration as the Foundation looks to an even brighter future. Become a member, donor, volunteer –help to write the future of your foundation.



## Green Valley Sahuarita Chamber of Commerce 2019 Golf Tournament

Saturday, August 10

7:30 am Shotgun – 4-Man Scramble  
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# The Meisingers' Bring "Home Instead Senior Care" to Our Community

Written by KGVY Staff

"I started in Omaha at Home Instead Senior Care headquarters in 2011 where I fell in love with the mission, culture and the people" explains Tom Meisinger of the Green Valley Home Instead Senior Care Franchise. "It was my time spent working with Home Instead owners like Scott Ehram in Tucson and other offices when I started to envision owning my own Home Instead Senior Care franchise," says Meisinger.

Meisinger detailed the history of Paul and Lori Hogan who founded Home Instead, Inc. in 1994 in Omaha, Nebraska. Paul's own family experience caring for his grandmother led him to realize many families could use the help of an in-home caregiver. Paul's grandma, Grandma Manhart was in her late 80s. She was living alone and was in failing health and rapidly declining. They were having a hard time putting together a schedule when people could be with Grandma Manhart and help her do the things she



Tom & Nealy Meisinger with daughters Reese and Madison

wanted to do. This included going to Daily Mass, preparing meals, or taking her to hair appointments.

This caused Lori and Paul to wonder what do other families do who are faced with an aging loved one and don't have the resources and family that they had. That was a big part of the idea. What they found was when they were able to put together that kind

of support system around Grandma Manhart and allowed her to be connected to the people and the things and the activities that gave her meaning in life, rather than rapid decline, her health turned around. She lived for another 11 years and actually had a very fulfilling life at the end of her life. That was the seminal idea for Home Instead Senior Care.

Paul and Lori set about creating a company to help seniors to live independently at home. That mission still drives the company and its franchise network today. Home Instead Senior Care is the world's largest provider of homecare services for seniors. All of the services are designed to allow the clients to remain living comfortably and safely in the security of their own home, wherever they call home. Home Instead has about 1,200 franchise locations in 13 countries around the world. This year Home Instead will provide about 80 million hours of care to our clients. We have a particularly heavy emphasis, and focus, and expertise in the area of dementia and Alzheimer's care.

Home Instead is very involved with The World Economic Forum. Jeff Huber, President and CEO of Home Instead, serves as a governor on The Future of Healthcare.

Paul Hogan, Founder of Home Instead, is on the very highest level of thought leadership when it comes to dementia, serving on the World Dementia Council.

Scott Ehram was one of the very first franchisees to open an office when he opened the Tucson office in January 1996. He started with the same two priorities that he lives by today "Be the best provider of non-medical home care in the Tucson area and to be a great place to work. Happy staff and Caregivers make for happy clients. Our families live and work here, so we're invested in our community on a very personal level. We're dedicated to making our community a better place to live for seniors and their families." says Ehram.

Tom and Nealy Meisinger opened the Green Valley, Home Instead Senior Care in September 2018. Their office serves southern Tucson, Vail, Sahuarita, Green Valley, Amado, Tubac as well as smaller southern communities.

Tom's wife and co-owner, Nealy,

worked in the financial industry for over 20 years and has an extensive background in executive leadership, corporate training, operational efficiency, management and sales. Drawing on their experience, Tom and Nealy have dreamed about starting and building a business together to make an impact in their community.

The Meisinger's used Home Instead for Tom's Mom which furthered their mission to be able to give seniors the ability to age at home while maintaining independence and quality of life.

"We have a deep passion to care for people along with the drive to provide an amazing experience for our clients and caregivers. The best part about the business is the positive outcomes that we're able to deliver to our clients and their families. We are truly making a difference in people's lives," explains Tom and Nealy.

What makes Home Instead Senior Care unique is that recognizing the deeply personal roots of our business has to remain at front and center. It is all about relationships, certainly between the client and the caregiver, and their family.

The Home Instead franchise network provides a level of collective intelligence and experience with 75,000 caregivers in homes today all around the world and 80 million hours of care. That is just an incredible, vast database of knowledge and expertise and experience that we are able to leverage to improve upon the care experience in any one home. Home Instead has a global footprint and is leading the way.

The world is really facing an incredibly unprecedented, historic demographic shift; for the first time in the history of the planet, there are more older people than young. This is creating all kinds of challenges on just about every system you can think of, certainly the healthcare delivery system, pensions and transportation. You name it. We know, because of the efficacy of home care, that we can be such a big part of the solution.

Tom & Nealy are always happy to have a discussion and be a resource to anyone seeking care for themselves or a loved one. Sometimes it's just helpful knowing you are not alone in your journey. Please call Tom or Nealy anytime, or stop by their office for a cup of coffee.

Home Instead  
170 North La Canada Drive  
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[www.HomeInstead.com/830](http://www.HomeInstead.com/830)

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Tickets are available at [QuailCreek.ShowWare.com](http://QuailCreek.ShowWare.com) or at the Madera Clubhouse Concierge Desk or call (520) 393-5822. Concert seating is theater style. Tickets must be purchased in advance unless otherwise noted. Cash Bar opens at 6:00 PM, Doors Open at 6:30 PM, Showtime 7:00 PM. Cash Bar will remain open through the 15 minute intermission. Beverages purchased at the cash bar are permitted in the ballroom. All Sales final (no refunds or exchanges)

### Concerts & Special Events



#### "Return to Woodstock" Tribute Show (The Tributaries)

Friday, August 30, 2019 ~ 7PM \$27.00

Let's Celebrate 50th Anniversary of Woodstock!

From a dairy farm in upstate New York to Tucson's Own Gaslight Theater and Gaslight Music Hall, re-live 3 days of PEACE and LOVE in just two hit-filled hours! Watch authentic performances of the biggest and most iconic songs from the Woodstock Event!... Jimi-Hendrix, Jefferson Airplane, Arlo Guthrie, Janis Joplin, Sha Na Na, Crosby Stills & Nash, CCR... and more! Plus, we'll give you some background about the artists and songs!

"Return to Woodstock" is performed with a little help from your friends... Allan Bartlett, Fred Coy, Walker Foard, Joe Murphy, Mike Serres and Mindy Rondstadt. Let them transport you to an incredible era of music, peace and love! Less rain, mud and better bathrooms, guaranteed!



#### Quail Creek's 14<sup>th</sup> Annual Community Wide Garage Sale

November 9, 2019; 8am ~ 1pm

Quail Creek will be conducting its annual garage sale on Saturday, November 9, 2019 from 8:00 am to 1:00 pm. We anticipate having over 200 homes participating. Plan on attending this annual community-wide garage sale. There will be a separate manned vehicle lot with everything from golf carts to cars to RVs in the Madera Clubhouse parking lot. Entry into Quail Creek will be at 8:00am.



#### 2019 Arizona Diamondbacks Games ~ Quail Creek Bus Trips to Chase Field

Price includes round trip bus ride to Chase Field in Phoenix, driver's gratuity, game ticket and bottled water on the bus ride. Pre-payment is due at time of sign up. Official Game tickets will be passed out on the bus. Seats are located in Section #111 ~ a short walk from our drop off point. Only 50 tickets available per game!

**Sunday, Sept. 1, 2019** Dbacks vs Los Angeles Dodgers, Game Time 1:10 pm. Bus departs Madera Clubhouse at 10 am. Tickets \$62. **Deadline to purchase tickets is August 14 ~ 4:00 PM**

**Sunday, Sept 29, 2019** Dbacks vs San Diego Padres, Game Time 1:10 pm. Bus departs Madera Clubhouse at 10 am. Tickets \$54. **Deadline to purchase tickets is September 11 ~ 4:00 PM**



#### 11th Annual GVFFA Chili Cook-Off

Friday, September 27, 2019 ~ 5:00 pm

Madera Clubhouse Crystal Ballroom

Local fire and law enforcement departments will kick up the heat at the 11th Annual chili cook-off fundraiser and all proceeds will benefit families in need in the Green Valley-Sahuarita area. Hosted by Quail Creek and Green Valley Firefighters Association, our local heroes will assemble their teams and try to compete for your vote in the People's Choice contest. Check the Community Calendar on the QC



#### Mata Ortiz Pottery & Zapotec Weaving Show

October 11, 12 & 13, 2019 ~ Kino Conference Center

A Mata Ortiz pottery, jewelry, and Zapotec weaving show will be held in the Kino Conference Center, October 11 (noon-5pm), October 12 (9am-4pm), & October 13 (10am-3pm). Watch Mata Ortiz potters form, paint, & fire pottery. Marvel at jewelry made from pottery shards wrapped in Taxco sterling silver. Be amazed by the natural dyes in the Zapotec rugs. Free and open to the public.



#### Quail Creek 8th Annual Health & Wellness Fair

Friday, October 18, 2019 ~ 9:00 am - 1:00 pm

With participating local businesses and health care professionals offering testing, samples and lots of information on a wide array products and services that will help make you look and feel your best.



#### Heather "Lil' Mama" Hardy - Fiddlin' Around

Wednesday, October 23, 2019 ~ 7 pm, \$26

Please join virtuoso Heather "L'il Mama" Hardy and her all-star band on a journey through fiddle music that includes everything from old time to blues to bluegrass to "Gypsy jazz" to modern, and more. Get ready for an evening of singing, playing, and good old fashioned fun.



#### Quail Creeks 15th Annual Fall Festival Arts & Crafts Fair, Madera Clubhouse Crystal Ballroom and Creative Arts & Technology Center

Saturday, November 2, 2019 ~ 9am to 4pm; Sunday, November 3, 2019 ~ 10am to 2pm  
Quail Creek residents and clubs showcase and sell their unique handmade items. Over 100 booths are located throughout the Madera Clubhouse and introducing the "Creative Arts & Technology Center" selling seasonal decorations, greeting cards, mesquite art, gourd art, paintings, art glass, jewelry, needlework, quilts, photography, gift baskets, cookbooks, and much, much more! Come to Quail Creek for a weekend of shopping, fun, live entertainment Saturday **Jay Faircloth & Caiden Brewer**, great food and cash bar. FREE ADMISSION ~ FREE PARKING

# Quail Creek

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# How to Get Into Drone Flying (Quadcopter)

Written by Kelly Galvin

“If God had wanted humans to fly, he would have given us wings.” Guess what? God created “Unmanned Aircraft Systems” (UAS), or drones as they are frequently called, so that we CAN fly...so to speak. In fact, drones have become so popular and mainstream lately, that the Federal Aviation Administration or FAA completed a landmark rules adoption for commercial drones in 2016. Thankfully, the FAA also provides a rule for “Recreational Flyers and Community-Based Organizations” also known as the “Special Rule for Model Aircraft” that allows ordinary people to operate drones for fun without being a licensed pilot.



Licensed pilot you say? Yes. If you intend to operate a drone for any commercial or business use, you must train and receive a “Remote Pilot Certificate”. However, that’s not what this article is about. This article is about having fun flying a drone and taking some cool pictures and video. So let’s get started with the basics of owning and operating a drone for personal use under the FAA’s Special Rule for Model Aircraft under section 336.

To begin with, the FAA requires any drone weighing more than 0.55 lbs (1/2 a pound!) to be registered. You register your drone online at [faadronezone.faa.gov/#/](http://faadronezone.faa.gov/#/) and select “Fly Model Aircraft Under Section 336” to get started. You must be at least 13 years old to register a drone and the cost is \$5 for a three year registration. You will then receive an FAA registration number which should be marked on your drone!

Airspace usage rules exist that you must become familiar with and obey while flying your drone under the special rule for model aircraft. This is particularly important near airports and around public events or large groups of people. You must know and follow the rules! This FAA webpage is a good place to start to learn those rules: [www.faa.gov/uas/recreational\\_fliers/](http://www.faa.gov/uas/recreational_fliers/).

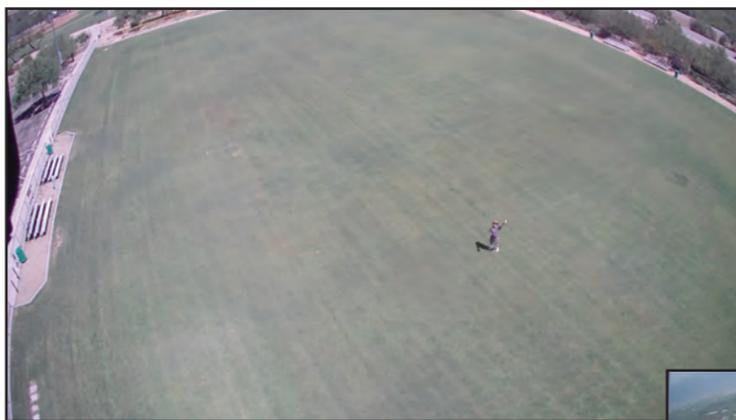
Another way to learn basic flight rules is to join a community-based organization like the Academy of Model Aeronautics (AMA). The AMA provides programs, training, and other resources online for its membership to enjoy this hobby safely and legally.

I would suggest starting out with a

GPS enabled, 6 axis gyro, quadcopter drone. The built in gyroscope and accelerometer measures, monitors, and stabilizes drone movement in 6 directions: up, down, left, right, forward, and reverse, keeping the drone very steady while flying or hovering. When this capability is

There’s also a special “Home” button that recalls the drone to the launch location. When you push the Home button, the drone will maintain its altitude while returning to hover above the launch site. Once it returns to hover at the launch site, you can then push the

Connecting your Smartphone via an app to the drone’s wifi signal allows the drone to send the video or pictures directly to your phone. Most drone remote controllers provide a clamp to hold the Smartphone so that you can watch the streaming video while you



coupled with built-in GPS position location, it provides stable and accurate flight operations. A GPS drone knows where it is flying at all times in terms of both the physical location on the ground as well as its altitude above the ground.

To launch your drone requires a mere push of the “Launch/Land” button on the remote control. The drone propellers will then start turning, lifting the drone a few feet above ground to hover. Once you launch your drone, you control it with two joysticks on the remote control device. One joystick provides altitude and rotational control while the other joystick provides control for direction (forward, backward, left or right).

Land button for the drone to gently lower itself to the ground and turn off its propellers.

Drones with cameras provide an exciting way to take pictures and video of your flight operations. When the drone is turned on, the camera automatically begins transmitting video. The remote controller provides two separate buttons which can be operated to either record the video or take still pictures. Gimbal mounted cameras may sometimes be adjusted during flight to lower, raise, or turn the camera in order to point it properly. Using your drone’s camera, you can create YouTube videos like this one on Green Valley’s “snow day”, 1/1/19 at [https://www.youtube.com/watch?v=Wycb5\\_5SOXo](https://www.youtube.com/watch?v=Wycb5_5SOXo).

manipulate the joysticks to control flight. For those people so inclined, you can even put your Smartphone inside virtual reality (VR) goggles while flying your drone. Additional spotter person advisable during VR flight!

With sophisticated, easy to use drone models costing around \$100 (the Promark GPS Shadow Drone is an example), you can get into this growing sport with very little money or experience. Oh, and these drones usually come with some spare parts like propellers, propeller guards, landing gear, etc. So are you ready to go flying?

# A Style for Every Story

Written by Chris Erickson, BA, RN, Executive Director at Valley Assistance Services

**H**ow many times have you told a story or heard a story? In many movies, the characters that are portrayed have certain clothing of the year the movie was made or clothing related to the topic of the movie. Do you have a style for every story related to you?

*A Style for Every Story* will be the theme of Valley Assistance Services' (VAS) first ever fashion show. Outfits by Nancy Pantz in Green Valley's Continental Shopping Center will feature a variety of new and upcoming dressy and more casual clothing as well as lounge wear.

The event will be held on Tuesday, August 20 in the Quail Creek Madera Clubhouse Crystal Ballroom. Doors will open at 11 am for browsing at the many raffle baskets and Silent Auction items. Lunch will be served at noon. The luncheon will feature a Very Berry Salad, grilled chicken on salad greens with seasonal berries. Tickets are \$30. Attendees will also receive a

20% discount on purchases from Nancy Pantz. Select accessories will also be available for purchase in the Clubhouse hallway prior to and after the fashion show.

Tickets can be purchased at Nancy Pantz; Valley Assistance Services, 3950 S. Camino del Heroe in the Springs Development, or by contacting Fashion Show chair Peggy McGee at [positivelypeggygv@gmail.com](mailto:positivelypeggygv@gmail.com).

The event will support the many programs and services that VAS provides for the community, seniors, individuals and low income families in Sahuarita, Green Valley, Amado, Tubac, Tumacacori, Carmen, and Arivaca. These include: A Touch That Cares®, comprehensive RN advocacy and care management for medical, health, and wellness issues; Caring Neighbors Helping Neighbors program, volunteer transportation and friendly visits in Green Valley and Sahuarita; Tubac Neighbors Helping Neighbors program, volunteer transportation and friendly visits in Amado,

Tubac, Tumacacori, and Carmen; SHiM® Fall Prevention program; Going Home with Care, post hospital discharge program with RN support; MAP-A-Plan, rent and utility assistance, workforce training and career path building; Benefit programs and assistance with SNAP (food stamps); Neighbors AIM – awareness in memory loss and dementia caregiver support and illness/disease education; and Community Centered Approach to Care, RN advocacy in partnership with the Green Valley Fire District.

For more information about the



event, programs/services or volunteer opportunities, please email [info@valleyassistanceservices.org](mailto:info@valleyassistanceservices.org) or call the Valley Assistance office at 625-5966.



**Valley Assistance Services**  
**3950 S. Camino del Heroe**  
**Green Valley, AZ 85614**  
**520-625-5966**  
[www.valleyassistanceservices.org](http://www.valleyassistanceservices.org)



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## Fire Safety Decon Wash Kits Given to Fire Departments in Southern Arizona

Written by L.T. Pratt, Public Information/Community Outreach Green Valley Fire District

Fire Safety kits help reduce exposure to cancer causing chemicals firefighters are exposed to while doing their job.

The 100 club of Arizona, Tucson Fire Department, Pima County Fire Chiefs and the Professional Association of Firefighters assembled 100 decontamination wash kits in Tucson. It's a bucket with an adapter for the fire truck engine, soap, a scrub and hose. The Bucket contains dish soap, a scrub brush, hose and water cannon. It works by attaching the adapter to the fire truck engine, filling the bucket up with water and soap, and then, the firefighter scrubs themselves and their gear down after getting

out of the fire.

This process is done post fire and it's proven to remove 80% of toxins that could cause cancer.

Jeff Burgess, an Associate Dean for Research at the University of Arizona College of Public Health said the research looks at the exposure a firefighter encounters when they first start their careers to the end. In the research, he found firefighters are exposed to cancer causing chemicals when they respond to fires.

"We took information about all the exposures that they have, we provided that to them and then they put a set of interventions in place



that changed the way that they responded to fires," Burgess said.

The research said this isn't just firefighters who go into the fire, but everyone who is at the scene of a fire. The main sources of exposure are on your skin and clothing. The gear has the most cancer contaminants on it, and before the study, firefighters would wear their gear all the way back to the station. The research determined that this exposes firefighters, the engine and the fire station to cancer causing chemicals.

Each engine company of the Green

Valley Fire District received a kit to washdown after a fire exposure. It has already been used after receiving the kits at the residential fire on Mother's day after firefighters went into the home to contain the blaze that started in the kitchen.

"Sooty" clothing used to be a "Badge of Honor" for firefighters early in their careers. The fire service is doing everything it can to dispel the practice to reduce the number of cancer cases. And to provide a healthy "life after" the service years while on duty as a firefighter.



# Retired GV Fire District Battalion Chief Finds Second Career in Global Training

Written by Susan Stein Kregar

Tom Louis (ret.) dreamed of being an astronaut. In 3<sup>rd</sup> grade he borrowed an astronomy book from a classmate and brought a mobile of the planets to class. However, rocketing into orbit was not the universe's plan for Tom.

While attending the University of Arizona, illness forced Tom to change his Air Force focus and aeronautical dreams. Recovering and figuring out his future, a neighbor who was a Rural/Metro Fire Captain, sparked a flame and gave Tom advice on becoming a firefighter. Soon he was off to the 91-1 Rural/Metro Fire Academy. "I loved the entire academy," said Tom, "just great memories."



Tom during his service for GVFD.

He graduated five months later. As a reserve firefighter, he needed to complete classes to become shift-qualified. He passed and was the first candidate from his academy class to be assigned a full-time fire department position. He was assigned to the Green Valley Fire District. He stayed for 21 years; retiring as a battalion chief in 2013.

In that time, he graduated Summa Cum Laude from Arizona State University with a BAS in Fire Service Management and studied for a Master's in Public Administration at American Military University.

Tom served at all four GVFD stations during his career. When he was an acting battalion chief, he oversaw those same four stations. He eventually promoted to administrative battalion chief. "It's like middle management of corpo-

rate work," he said. "I have to say I really enjoyed working as an operations battalion chief."

GVFD's focus was taking care of their customer; a patient or anyone else who made a call for help, which he found rewarding. "We received a lot of gratitude for the care we gave those who had no one else to care for them. They had no one else to call. So who do they call? The fire department," said Tom. "Who else is trusted to get into someone's home at 3am without a search warrant, pick them up and put them back in bed? It's a really big responsibility that one should never take lightly."

Tom was the first car seat installation technician in Green Valley. "I liked knowing that when the child left, they left safer than when they arrived. That was rewarding and I loved interacting with the community on a non-emergent basis."

One of his fondest memories came near the end of his career. "There was a new firefighter on my crew and we had a busy shift. A call came in for a vehicle fire on I-19. Because of the different metals involved in the fire, amazing colors were created. It was also a joy to see a new firefighter get in there, tackle a fire and have control of the nozzle."

Engaged in the community, he was involved in the annual Kiwanis pancake breakfast; showing up at 4:30 a.m. with a massive rotating griddle. One of his favorite activities was the Halloween safe house at the "old" station 151 on La Canada "It was a blast," recalled Tom.

While serving GVFD, Tom received a call from software company, Emergency Reporting, that led to his second career. Emergency



Tom and his "absolute joy," Tucker relaxing at home.



Tom working in Heidelberg Germany on behalf of Emergency Reporting.



Tom promoting Emergency Reporting at the Community Risk Reduction in Reno, NV in March 2019.

Reporting's (ER) software provides the ability to manage all facets of the fire department from incident reporting to truck checks and fire code building inspections.

With ER since 2011, Tom's positions include Regional Trainer, Department of Defense/International Trainer, Professional Services Project Manager and his current position, Business Development Analyst, in which he supports the sales

team and serves as a subject matter expert within the company.

The result of his and ER's work has helped city planners develop future fire stations in high growth communities. The data management tools also help leaders improve the overall quality and quantity of resources, including staffing levels, thus improving fire departments' response times and services delivered to their communities.

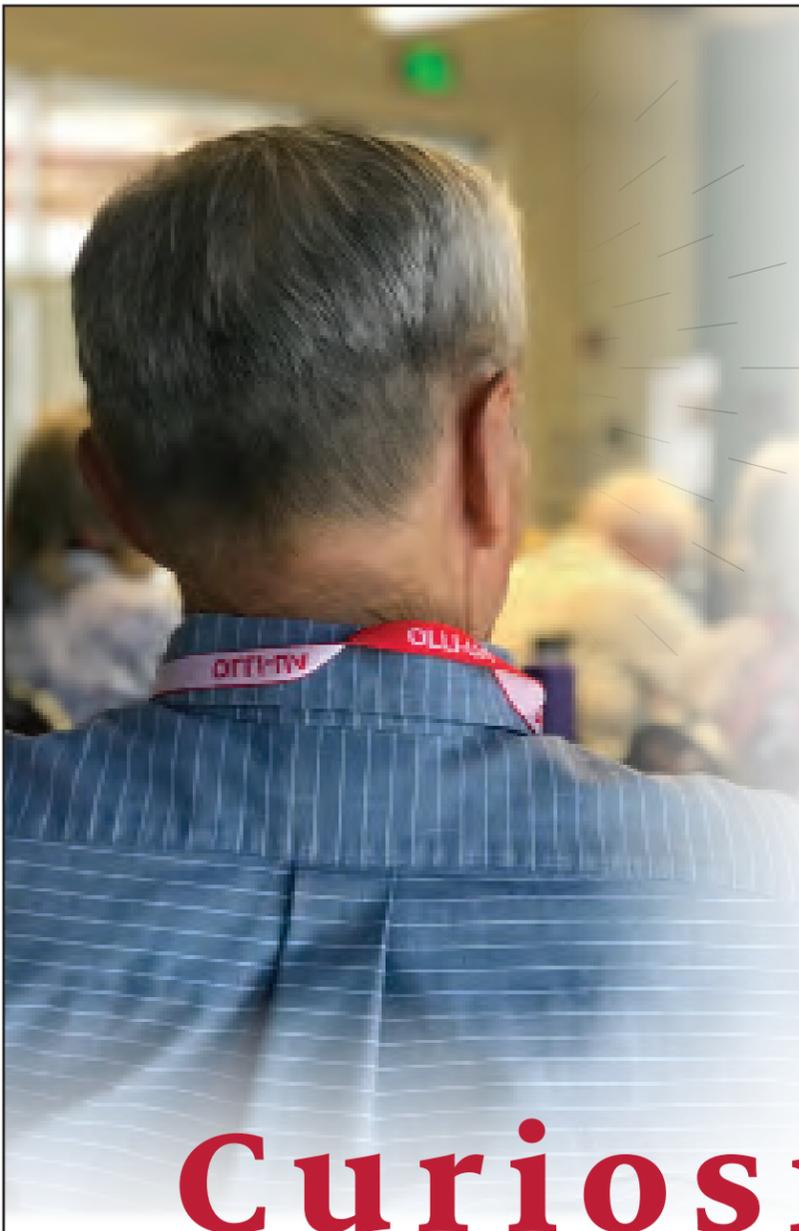
Tom has amassed more than 350,000 miles traveling the world for ER to support fire departments and other high-level organizations. His favorite aspect of the job is staying connected to the world-wide fire department community. "It's the same welcoming feeling whether you are in Korea or Colombia," he said. "It's a unique family. It's just different than any other culture out there."

When not working, Tom hangs out with his "absolute joy," Tucker, a four-year-old greyhound.

"I feel I have been blessed," said Tom. "I have had two really great careers. I try very hard to feel grateful every day for that."

Having visited the Kennedy Space Center twice, Tom still dreams of the moon and stars. He is currently reading a book about the voyage of Apollo 11. Who knows, maybe there will be a third career for Tom in the sky after all.

*Editor's Note: The writer was the 3<sup>rd</sup> grade classmate who lent Tom the astronomy book.*



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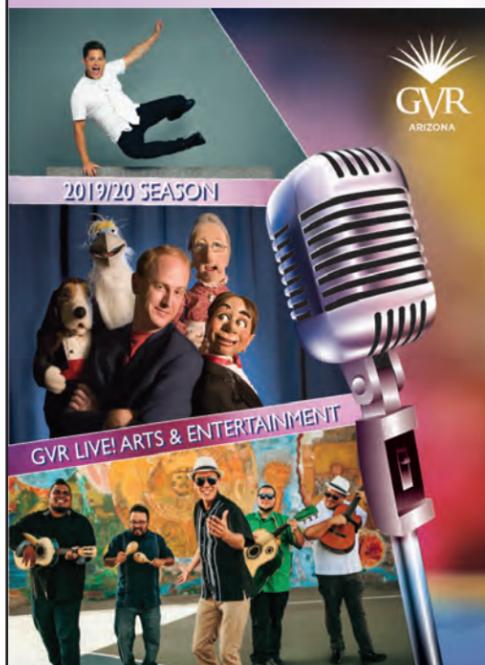
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# Money-saving Tips That Help the Air!

Written by Beth Gorman, Pima County DEQ

Summer travel tips and easy ways to save money, improve safety and reduce air pollution while enjoying upcoming holidays and vacation travels. Simple actions can add up to big benefits to air quality, our lives and our wallets.

- Since the largest single source of air pollution in Pima County is caused by motor vehicle use, carpooling and combining trips with family and friends over the holidays and vacations are great ways to save gas, reduce wear and tear on your vehicle, and keep the air healthy.

- Avoid engine idling as much as possible. Idling for 10 minutes a day can create 340 pounds of air pollution over the period of a year. Consider parking and going

inside, instead of waiting in drive-thru lines.

- When you need to drive, check the tire pressure before hitting the road. Riding on properly inflated tires will improve gas mileage, stopping distance, and vehicle handling. Find the correct tire pressure for your vehicle on the driver's door jam, the glove box, or the owner's manual.

- Stop at the click when refueling to avoid gas spills and the release of fumes into the air. In addition, stopping at the click prevents overtaking your car's vapor collection system.



Refuel after 6 p.m. because gasoline fumes contribute to the formation of ground-level ozone pollution.

- Make sure to tighten your gas cap until it clicks to keep gasoline vapors in the tank where they belong. It will save you money and reduce air pollution.

- Avoid charcoal lighter fluid when starting the BBQ. Charcoal chimneys are easy to use, last for years, and eliminate the need for pollution-forming, yucky tasting, hazardous lighter fluid.

them.

By incorporating these tips into your holiday and vacation plans and throughout the rest of the summer, you will save money, increase safety while on the road and around your home, and keep the air healthier to breathe. For more information on conserving money and the environment, visit [www.pima.gov/deq](http://www.pima.gov/deq) or contact Beth Gorman (520) 724-7446

*Pima County Department of Environmental Quality (PDEQ) serves Pima County residents by protecting public health and the*



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- Shop for locally-grown food when available. Supporting local farming is beneficial in many ways and reduces transportation-caused air pollution from foods that are shipped long distances.

- Compost leftover fruits and veggies to form a rich soil enhancer for your plants.

- Reduce waste by purchasing reusable plates, utensils, tablecloths and napkins. Thrift stores have great deals on tableware and other items which eliminate pollution associated with the transport and manufacturing of newly made items. Better yet - check to see if compostable tableware is available to conserve time and water by not having to wash

*environment. PDEQ monitors air and water quality; provides hazardous and solid waste programs that ensures waste minimization and pollution prevention; assesses environmental compliance; processes environmental permits and plans; responds to public complaints and inquiries with investigations and enforcement; and reaches the community via public outreach, education, and citizens' assistance. Real-time air quality information is available at [http://webcms.pima.gov/government/environmental\\_quality/air/air\\_monitoring/](http://webcms.pima.gov/government/environmental_quality/air/air_monitoring/)*

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# Come join us at the busiest place in town!



The Community Center is home to many local groups in addition to the Senior Lunch Program – Brain Savers Class, Casa Coffee House, Weight Watchers, AARP Driver Safety, Open Jam, Readers Theater, Silver City Jam Band, Victory Volunteers. There truly is something for everyone.

Lunch Program participants are also invited to our Day Trips (such as the Gaslight Music Hall) and Out to Lunch excursions (to restaurants from Tucson to Nogales).

We also present programs of general interest, including visits from the SAV Scam Squad, the U.S. Border Patrol, the Alzheimers Association and Pima Council on Aging.

Meeting and classroom space are also available for your use.



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These are typical menu items at the Community Center, where a full meal, with veggies, bread, dessert and seasonal treats are included.

The Senior Lunch is for all adults age 60+ and transportation is available. Cost? A \$3 donation is requested from participants (\$7 for guests).

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# Hundreds of Years of History

Written by Barbara Averill. Photos courtesy of Guy Atchley

**M**ission San Xavier del Bac's white exterior gleams against the arid landscape just south of Tucson, earning its local moniker "White Dove of the Desert." It's a place of worship, a place of historical significance and as thousands of visitors each year learn, an ever-changing place like no other. A closer look inside the Catholic church offers clues into history that is both deep and complex.

Docent Tony Doughty of Green Valley, who was drawn to volunteer at the mission in 2011 when the tour program began, points out features that have roots in Christianity, Judaism, Islam, Native spiritualism and the tumultuous history of Spanish colonization. History that predates the building was recorded by Father Kino, who arrived in 1692 at the invitation of the Wa:k community. His census showed 800 people living in an agrarian community along the Santa Cruz river. Doughty said a village of that size could be considered large and prosperous given that at that time New York City had a population of just 4,000.

The site's documented history goes back much further -- in fact some 4,000 years. Corn cobs found in the vicinity have been carbon-dated to 2100 BC, making the area one of the oldest known agricultural sites in the nation. But it's not all about history. Today a sign welcoming visitors to Wa:k indicates a continuing, thriving community of Tohono O'odham people for whom the parish is still a spiritual and cultural center. The grounds are used for mar-

kets and special events. A mission school established in 1864 next to the church serves grades K-8. Community members work in the mission's gift shop and throughout the mission in a variety of roles. Last year the San Xavier docent team offered more than 2,000 tours which were taken by 33,000 visitors.

To Doughty, the greatest take-away for visitors is a message of an "extraordinary 325 year cooperative venture between two spiritual groups of people, the Wa:k and the Church."

While Catholic images prevail, the altar cloth has three images of "The Man in the Maze," a sacred representation of Tohono O'odham people's



Mission San Xavier del Bac's white exterior can't be missed by travelers on I-19 just south of Tucson. It is known as the "White Dove of the Desert."



One of the 175 -- and counting -- images of angels in the San Xavier Mission. Preservation is ongoing at the Mission and some previously covered paintings have been restored for visitors to see.



The Man in the Maze, a spiritual representation of the Tohono O'odham religion, is emblazoned on the altar cloth.

journey through life and afterlife. A place of honor in the front of the church is reserved for a statue of Saint Kateri Tekakwitha, the first Native North American saint. She was canonized in 2012 and is a source of pride for the community.

"I don't know a place outside of Jerusalem that reflects this many religious traditions," Doughty added. Pointing to the mission exterior, he noted Islamic architectural elements, a shell symbol that indicates a Spanish Catholic church, figures of saints, and above the door, sculptures of a rat and a cat. Of the latter, Doughty said, "We don't know why they are there but they also appear in the National Cathedral in Washington." The shell is a symbol of the patron saint of Spain, James the Greater, and it appears in one form or another 28 times throughout the mission. Also adorning the front of the church is the emblem for the Franciscan order that includes a rope and outstretched arms of Jesus and St. Francis of Assisi.

terior statues depicting saints have no heads. How they were damaged is unknown, but their heads were never found. Coincidentally, Doughty points out, the two statues portray Saints Catherine of Alexandria and Cecilia, both of whom were beheaded.

Ten columns adorn the front of the church. While they appear worn and ancient, in fact nine of the 10 were reproduced by Hollywood set designers.



The Franciscan emblem and intricate scroll work are part of the adornments at the front of the Mission church. Jesuits were the first Catholics to represent Spain at the Mission, followed by Franciscans.



Tony Doughty, one of the original docents in the Mission's tour program, continues to offer tours and insights today.

Two of the ex-

# Mission San Xavier del Bac

Only one of the originals withstood an 1887 earthquake that damaged other portions of the church. The column was removed and sent to California where it was replicated.

Father Kino, a Jesuit, began work on a church at the site in 1700, but only a foundation was built. Spanish Franciscans arrived in 1768 and over the ensuing decades, the current church took form. It was completed in 1797 and numerous elements of that period have been preserved. Ongoing conservation efforts stabilize the structure while other workers continue to reveal images that were hidden by years of change.

“Our guidebook says there are 172 angels identified in the church, but now



The church's beautifully appointed interior draws many worshipers as well as visitors who light candles and leave offerings.

These are just some of the images that guides help tourists notice and understand. Repeat visitors often comment that they discover something new each time they come. Docents also have insights into how reproduced features came about, such as the two lion statues at the front of the sanctuary.

Doughty explained that the original hand-carved wooden sculptures were stolen and damaged in the 1980s by a mentally ill man who later admitted the deed and that he had visions that the lions were laughing at him. Remade by an artist in Mexico that creates carousel animals and lovingly restored by Tucson's Gloria Giffords, they now proudly guard the altar.



The ceiling of the sanctuary is encircled with a border that represents the Old Testament story of Aaron's priestly robes, the New Testament story of Jesus telling his followers that he was the "vine", and the Franciscan rope emblem denoting people bound together in faith.

we know of 175. Workers are finding stuff all the time,” Doughty revealed, adding with a smile, “You can't have too many angels!”

Visitors first pass through heavy wooden doors that are original to the building and were carved from wood har-

vested in Madera Canyon. Immediately inside, they may notice an ornate border encircling the sanctuary ceiling. Doughty explains part of it is an artistic reference to the Old Testament story of Aaron



Saint Kateri Tekakwitha, the first Native North American saint, is honored in this sculpture. She was canonized in 2012 and is a source of pride for the community.

Visitors today see scaffolding and ongoing work on both the interior and exterior of the mission. It is work commissioned by the Patronato San Xavier, a nonsectarian, nonprofit group that raises funds for preservation and restoration. The docent program also is part of the Patronato.

A retired retail business owner, Doughty originally split time between Green Valley and Minnesota. Now a full time Arizonan, he guides tours year round. As one of 70 docents, Doughty said the work fulfills his passion for history and he's never bored because of the continual changes at the Mission and the many interesting visitors who come from all corners of the globe.

Doughty explains that while millions of dollars have been raised for preserving the church, more is always needed. Projects both inside and outside the mission are ongoing. Anyone interested in becoming a docent or helping to support the Mission can find more information at [www.patronatosanxavier.org](http://www.patronatosanxavier.org) or by calling 520-407-6130.

wearing priestly garments adorned with bells and pomegranates. The border also has blue “curlicues” that represent the New Testament story Jesus told his followers, “I am the vine, you are the branches.” A painted rope design runs throughout the border runs a rope, a Franciscan emblem denoting people bound together in faith. Franciscan Brothers continue to wear a rope around their robes.



One of the headless statues at the front of the Mission, this one representing Saint Catherine of Alexandria, who met her end with beheading. It remains a mystery how the statues were damaged, with one theory that an earthquake was responsible.



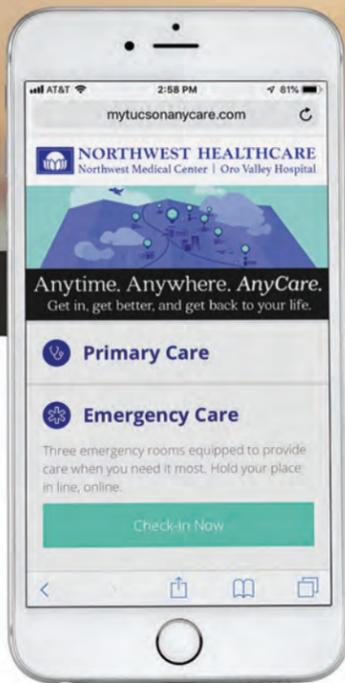
Reproduced sculptures of lions guard the altar. Guides tell the intriguing story of how they came to be recreated.

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# Free App Shows What Medicare Covers

Written by Greg Dill

Let's say you go for your annual physical and your doctor recommends that you get a hearing and balance test. Or an electrocardiogram (EKG). Or a Hepatitis B screening.

Does your Original Medicare cover these services? Now there's a quick way to find out, using your smartphone or tablet.

It's Medicare's new "What's Covered" app and it's free. You can use the app right there in the doctor's office, hospital, or anywhere else you use your phone or tablet.

The app displays general cost, coverage and eligibility details for medical items and services covered by Medicare Part A and Part B. You can search or browse to learn what's covered and not covered; how and when to get covered benefits; and basic cost information.

You can also get a list of Medicare-covered preventive health services, like flu shots and cancer and diabetes screenings.



beneficiaries in 2030 – almost 50 percent.

About two-thirds of Medicare beneficiaries use the Internet daily or almost daily, and questions about what Medicare covers are some of the most frequent inquiries that my agency, the Centers for Medicare & Medicaid Services, receives.

There are about 15 million page views annually for coverage-related content on Medicare.gov and 1-800-MEDICARE receives more than 3 million coverage-related calls each year.

If you're reading this on your mobile device, you can get the app directly from the Apple App Store or Google Play buttons below:

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Apple App Store: [itunes.apple.com/us/app/whats-covered/id1444143600?mt=8](https://itunes.apple.com/us/app/whats-covered/id1444143600?mt=8).

Easy access to accurate, reliable Medicare coverage information is just one new feature of the eMedicare initiative, launched in 2018 to empower beneficiaries with cost and quality information. Other tools in the eMedicare suite include:

- Enhanced interactive online decision support to help people better understand and evaluate their Medicare coverage options and costs between Medicare and Medicare Advantage ([www.medicare.gov/medicare-coverageoptions/](http://www.medicare.gov/medicare-coverageoptions/)).
- A new online service that lets people quickly see how different coverage choices will affect

gical center ([www.medicare.gov/procedure-price-lookup/](http://www.medicare.gov/procedure-price-lookup/)).

- A new webchat option in the Medicare Plan Finder ([www.medicare.gov/find-a-plan/questions/home.aspx](http://www.medicare.gov/find-a-plan/questions/home.aspx)).
- New easy-to-use surveys across Medicare.gov so consumers can continue to tell us what they want.

The eMedicare initiative expands and improves on current consumer service options. People with Medicare will continue to have access to paper copies of the "Medicare & You" handbook and Medicare Summary Notices.

And by the way, Medicare does indeed cover hearing and balance tests, EKGs, and Hepatitis B screenings.

Greg Dill is Medicare's regional administrator for Arizona, California, Nevada, Hawaii, and the Pacific Territories. You can always get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227).



Greg Dill, Medicare's regional administrator for Arizona, California, Hawaii, Nevada, and the Pacific Territories

"What's Covered" is available through the Apple App Store and Google Play. Search for "What's covered" or "Medicare" and download the app to your phone. Once "What's Covered" is installed, you can use it to get reliable Medicare information even when you don't have access to your computer.

"What's Covered" is Medicare's first app. It was created to meet the needs of the growing population of people with Medicare. That population is projected to increase from nearly 56 million beneficiaries in 2016 to more than 80 million ben-

## Pioneer Health Group La Paloma Behavioral Care

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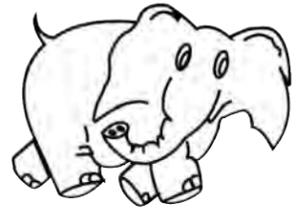
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# The County Fair White Elephant News, Updates & Kudos



Written by KGVY Staff

The Country Fair White Elephant Committee is accepting applications to participate in their 2019 Parade. The theme this year is, "CELEBRATING LIFE IN THE DESERT." Please consider the theme as you prepare your

entries. It is sometimes difficult for commercial vehicles to satisfy this requirement, but we ask you to do your very best.

As always, the Committee will attempt to accept all applications, but

it may become necessary to limit the number of entries. If this does become necessary, preference will be given to those entries with the earliest submittal dates and to those who have participated in the past.

The parade will begin at 10:00 a.m.,

Saturday, October 26, 2019.

Should you have any questions, call 520-648-4369 or email chrystunia@aol.com The Office Coordinator will also be available to answer your questions and may be reached at 520-625-4119.

The Green Valley Salvation Army recently awarded the CFWE a Civic Award "Other Award" which honors an individual or organization that exemplifies an extraordinary spirit of service to others.



Salvation Army Award from left: CFWE Board President Regina Ford, Jose Corrales, Sahuarita Town Mayor and Green Valley Salvation Army Volunteer Tom Murphy, CFWE General Manager Karen Lavo, Director of Green Valley Salvation Army Esther Corrales, Salvation Army Volunteer Donna Vernon, Salvation Army Volunteer Coordinator Irene Redondo, Green Valley Salvation Army Volunteer Randy Graf

2019 Graduates Awarded Scholarships from the White Elephant Scholarship Foundation



Walden Grove High School Scholarship Recipients: (left) Jessica Casanova and Stephanie Soto



Sahuarita High School Scholarship Recipients: From left: Austin Olsen, Sienna Wallen and MaryCampbell

**NO ENTRIES WILL BE ACCEPTED AFTER SEPTEMBER 30, 2019.**

## OFFICIAL 2019 COUNTRY FAIR WHITE ELEPHANT PARADE ENTRY FORM

Parade Date: OCTOBER 26, 2019

PARADE THEME: "CELEBRATING LIFE IN THE DESERT"

Please return this completed form as soon as possible to:  
Country Fair White Elephant  
PARADE COMMITTEE  
P.O. Box 970  
Green Valley, AZ 85622-0970  
Phone: (520) 625-4119

Name of Organization: \_\_\_\_\_

Type of Entry (Describe fully i.e., band, float, horses, truck, trailer, golf cart, etc.): \_\_\_\_\_

Person to Contact: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City and Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Indicate Compressed Length of Entry for Staging Information: We need an accurate compressed length for each entry in order to facilitate line-up in the staging area!:

Approximate Number of Participants: \_\_\_\_\_

Parking Space Required for Support Vehicles: i.e. cars, buses, trucks, trailers: \_\_\_\_\_

Award Category for Which Your Entry Should be Judged (please check only one):

- Church & Social Groups
- Commercial
- Equestrian
- Marching Bands
- Charitable Organizations
- Marching Units
- Service Groups
- Special Interest Groups
- Youth Groups

Information/Description of Your Entry – This will be used by announcer and news media (please keep description to 25 words or less):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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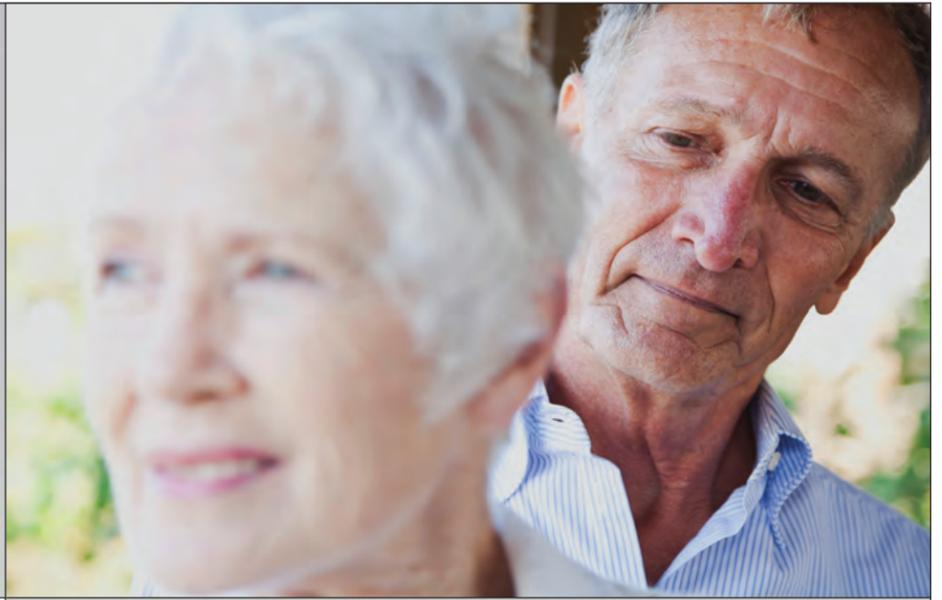
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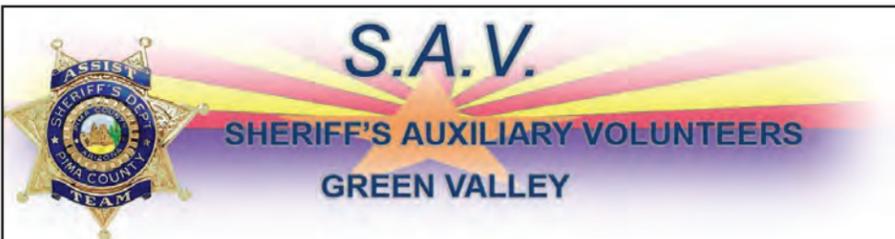
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## Sheriff's Auxiliary Volunteers

Neighbors helping Neighbors, that is who we are



Did you know that the mission of the Sheriff's Auxiliary Volunteers (SAV) is to enhance the quality of life, safety, and security of Green Valley and surrounding communities?

This is accomplished in partnership with the Pima County Sheriff's Department.

Although SAV patrols may be the most visible activity, members also provide other services including Justice Court bailiff, foot patrol at the White Elephant, front desk at PCSD, Scam education and resolution, fingerprinting, TeleCare Service, home checks, business ID, and much more.

While SAV members come from a wide variety of backgrounds, interests and skill sets, they are united in their commitment to serve our community.

If you are interested in learning about volunteer opportunities with SAV, please stop by our offices at:



601 N. La Cañada Drive, Green Valley  
(520) 351-6744  
gvsavrecruiting@gmail.com



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# Our Five Top Tips for Cooling Off Your House This Summer

Written by Rosie Romero, Special to KGVY

It's summer again, and you're probably wondering how you can stay cooler this year. So, here are five ways to ensure that your house will be more livable during the hottest days of 2019.

1 – Make sure to have an annual checkup on your AC or evaporative cooler – Maybe you are one of those homeowners that decline to call an air conditioning company every year to check up on your heating and cooling system. A service like this will cost only about \$120, but it can check out more than 20 mechanisms in your HVAC system. These maintenance calls may not prevent every breakdown, but they do correct some issues before they become serious.

2 – Practice super-cooling – Super-cooling is an idea that we have developed over several years. Our concept is that when you run the air conditioner, you can chill everything in your home as well: the tile floors, walls, the furniture, the

When your plan takes effect, set the temperature on your thermostat for hours when off-peak, lower cost rates are available. That setting should be 68 to 74 degrees; you want to run your AC at that setting throughout your off-peak hours. This is also the time when you can run your electrical appliances most cheaply. Then when high-cost prices for using electric power start again, move the thermostat up to a warmer temperature – probably the one you usually use in the summer. For most of us this might be 78 to 80 degrees. Because your house has been cooled down, your air conditioner will probably not start running at all for some time.



Window installation. Photo credit: Shutterstock.

They can come in double-cell rows or single-cell. The double-celled rows have a higher insulating factor against heat.

You can even put high reflectivity films on your window although they can impair your views of the outdoors. West-facing windows especially impair your views of the outdoors.

5 – Improve your insulation – Major insulation projects might have to wait for a while, of course. But when fall rolls around, it could be a great time to work on them. There are lots of possibilities, including installing

foam insulation in the walls of a home framed in concrete blocks.

More or improved attic insulation will work if you have an older home built before construction standards were raised. So, if your home was built before 1984, it almost certainly needs more insulation. But most attics in homes built after that date in Central and Southern Arizona were insulated to the recommended rating of R-30 to R-38.

That R-value measures how effectively insulation resists heat flow into your cooled spaces down below.

Of course, if your insulation was installed 20 years ago, your insulation could have deteriorated. You can also get on a ladder and stick your head in the attic to get an idea of what's happening. What you should see is a continuous layer of insulation with no wood peeking out. If you see a lot of lumber, you may need more insulation.



Photo credit: NEST

pictures on the wall, and the clothes in the closet. Doing that for several hours and at the right time of day, will allow you to turn off the AC in more “expensive” utility hours. That way you can save big money on your power bills for air conditioning.

To make it work, get your home on a time-of-use savings plan from your power company. These plans offer cheaper rates per kilowatt hour of electricity at certain times of day Monday through Friday, all day and night on weekends and all day on national holidays.

well-sealed around the edges by caulking cracks and separations.

4 – Buy new “insulating” window coverings -- Draperies lined with a white plastic backing can reduce heat gain by up to 33 percent, according to the U.S. Department of Energy. Plantation shutters with louvers will let you adjust light coming in from outside. When you close those louvers, it creates a “pocket” that resists heat.

Honeycomb or cellular shades provide insulation against heat by trapping air in the cells of the shade.



Insulating attic. Photo credit: Rosie on the House.

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One coupon per customer. Coupon may not be combined with any other offer. Expires 9/30/19



**80 West Esperanza Blvd, Green Valley**  
**625-3680 • www.arizonafamilyrestaurant.com**



For more do-it-yourself tips, go to [rosieonthehouse.com](http://rosieonthehouse.com). An Arizona home building and remodeling industry expert for 35 years, Rosie Romero is the host of the syndicated Saturday morning Rosie on the House radio program, heard locally from 7-10 a.m. on KGVY-AM (1080) and -FM (100.7) in Green Valley. Call 888-767-4348.



# Everyone Welcome

## Worship and Praise



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520-648-6781  
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1111 North La Cañada Drive • Green Valley, Arizona • (520) 625-3600  
[gvbcoffice@gvbcaz.com](mailto:gvbcoffice@gvbcaz.com) • [www.gvbcaz.com](http://www.gvbcaz.com)

**Worship times**  
Sunday school 9 a.m. ~ Fellowship 10 a.m.  
Morning Worship 10:30 a.m.  
Wednesday prayer and bible study 6:00 p.m.

Pastor John Guillott



*Reflecting the Son in the Valley*

**Our Lady of the Valley**  
Roman Catholic Church

Online Giving 

**VISIT OUR RELIGIOUS GIFT SHOP Summer Hours**

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Sunday 10am-12:30pm

**July & August**  
Sunday 10am-12:30pm

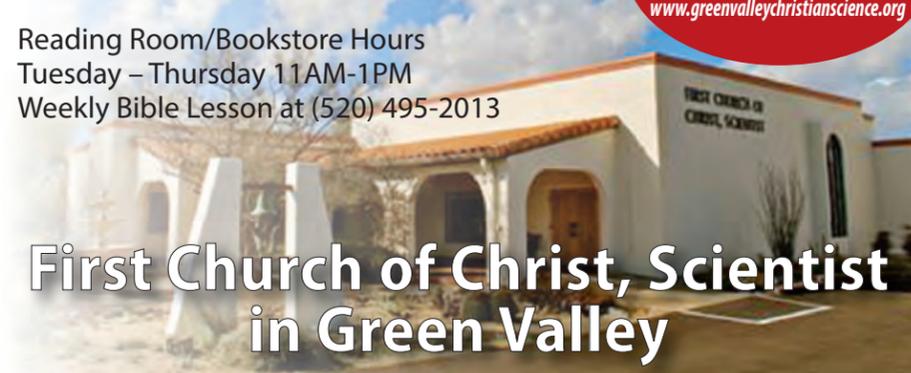
Located off of the North parking lot near the Holy Family Center entrance.  
505 N. La Cañada Drive • Green Valley, AZ • (520) 468-9377

550 S. La Cañada Drive • Green Valley, Arizona • (520) 625-2776

Sunday Service & Sunday School 10AM  
Wednesday Testimony Meeting 5PM  
Services by Phone: (520) 448-0095 – Code 778255

Reading Room/Bookstore Hours  
Tuesday – Thursday 11AM-1PM  
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*Sentinel Watch has inspirational broadcasts changing each week by calling (520) 849-9100 and on [www.greenvalleychristianscience.org](http://www.greenvalleychristianscience.org)*



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2150 S. Camino del Sol, Green Valley • (520) 648-1633 • [www.dhlc.org](http://www.dhlc.org)  
I-19, exit 63, west to Camino del Sol, south 1.3 miles

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555 S. La Cañada Dr • Office Phone 625-2612

**Our Lady of the Valley**  
Roman Catholic Church

Fr. Francisco R. Maldonado, Pastor  
505 N. La Cañada Dr.  
Green Valley, AZ  
520-625-4536  
[www.olvgv.org](http://www.olvgv.org)

**MASS SCHEDULE** Online Giving   
Mon - Sat 8:00 am  
Sat: (anticipation) 4:00 pm  
Sun: 7 am, 9 am, 11 am & 4 pm\*  
\*No 4pm mass from June through Labor Day  
Spanish Mass @ 1pm every 2nd Sun.

Been away? Welcome back! Come Home Program 625-4536

# BAYADA's Nonprofit Transition Offers Stability to Clients and Employees

Written by Melinda Phillips, President, Skilled Nursing Unit

## Perpetuating Our Mission

The incredible impact that home health professionals—from aides and RNs, to clinical managers and office staff—make on the lives of the people they serve cannot be valued highly enough. Working together, they provide the essential care and assistance that those in need require, and exactly where they want it most: in the comfort of their own homes. Unfortunately, our current market is seeing more and more companies being acquired and consolidated, putting at risk work stability for employees and continuity of care for clients.

That's why BAYADA Home Health Care Founder and Chairman Mark Baiada transitioned the company to a nonprofit in 2019, protecting our organization from sale and providing security for employees and clients alike. While this move to nonprofit is a natural step in our journey, it is unprecedented in the industry—not many company owners would give up an opportunity to sell their company for a big profit.

But Mark is not just any company owner, and BAYADA is not just any company.

Choose a rewarding career with endless opportunities at BAYADA.

## Here for Good

When Mark started BAYADA in 1975, he invested his life savings of \$16,000 in a steadfast belief: people deserve a safe home life with comfort, independence, and dignity. Today, BAYADA has grown to be a leader in home health care, serving 32,000 clients weekly from 360 offices in 23 states across the US and in five countries.

After being the sole owner of BAYADA for nearly 44 years, Mark transitioned the company to a nonprofit to ensure that *The BAYADA Way*—BAYADA's philosophy and the spirit and the guidance for the work we do—will live on for generations to come.

Not only does this move provide a stable and growing source of high-quality care services and ca-



Kelly Miller, LPN Client Services Manager & Audra Sotomayor, Director (GVA) of Green Valley Bayada Home Health Care

reer opportunities, it will focus our efforts on reinvesting in our mission and culture. We are committed to creating continuing education opportunities to help our employees grow in their careers and better serve our clients, and clinical innovation and technology advancements to allow us to serve our clients in new, more efficient ways.

As leader of BAYADA's Skilled Nursing Unit, I understand the impact that a stable and supportive work environment has on a nurse's career—and we are proud to continue to offer that to our employees, and to our clients. There has never been a more exciting time to Love What You Do.

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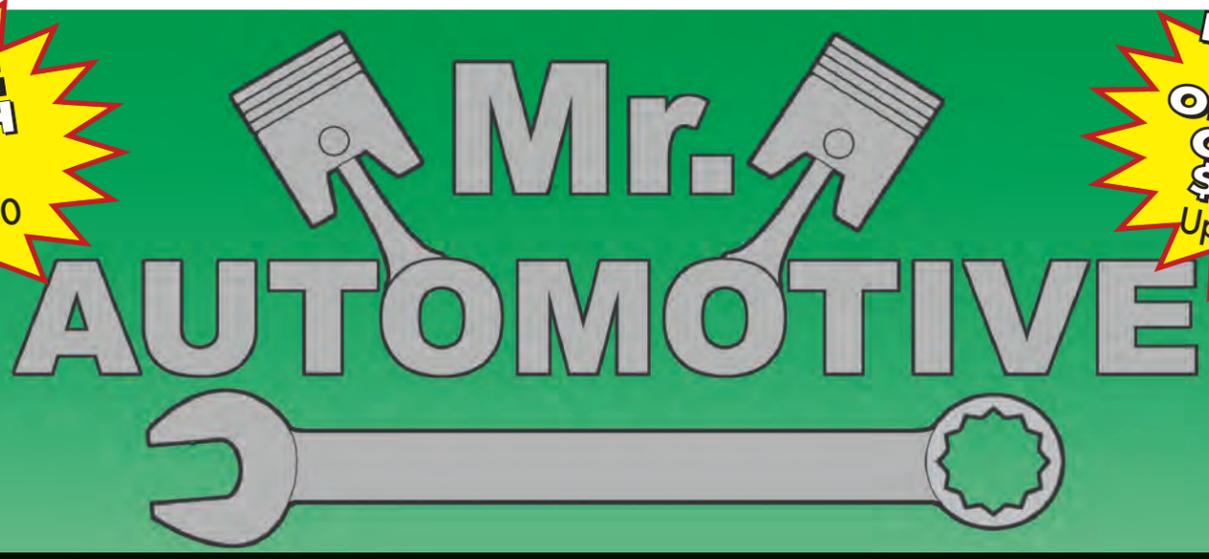
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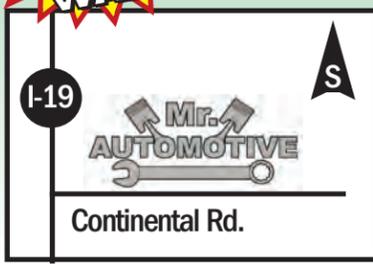




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**COUNTRY FAIR**



**White Elephant Thrift Store**

Green Valley, AZ

WHITE ELEPHANT, INC

**Where Used Goods Become Good Deeds**

Since 1964, store sales have generated over **\$31 Million** which has been granted to organizations in Green Valley, Sahuarita and surrounding communities

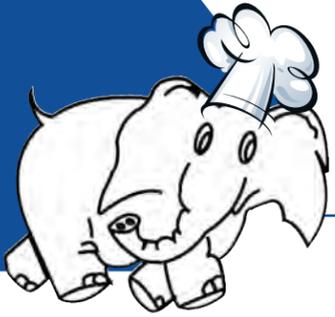
**MANY GIFT IDEAS!**




**SOMETHING FOR EVERYONE!**

Thrift Store Located At: 601 N. La Cañada  
Green Valley • (520) 625-4119  
**Shopping Hours: 9AM - 12 NOON**  
**Donation Drop Off: 7AM - 3PM**  
Volunteer Opportunities Available





# the Elephant cooks

Recipes courtesy of White Elephant Volunteers from "The Elephant Cooks" 50th Anniversary cookbook

## FAMILY FAVORITE SALAD



### Ingredients

- 1 head lettuce
- 1 tsp. chopped green onions
- 1 c. broken cashews
- 1/2 tsp. salt
- 1 c. grated Swiss cheese
- 1 c. oil
- 4 sliced green onions
- 1 tsp. prepared mustard
- 3/4 c. sugar
- 1 tsp. poppy seed
- 1/3 c. vinegar

### Directions

Combine lettuce, cashews, cheese and the 4 sliced green onions. Combine the sugar, vinegar, chopped green onions, salt, oil, mustard and poppy seeds and pour over the lettuce mixture just before serving. Toss and serve.

## SPINACH RICE WITH CHEDDAR CHEESE



### Ingredients

- 3 tbsp. butter
- 2 c. cooked instant brown rice
- 1/2 c. chopped green onions
- 1/4 c. sliced almonds
- 1 1/2 cans cream of chicken soup
- 1/2 can condensed chicken broth
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 10 oz. thawed chopped spinach
- 2 c. shredded cheddar cheese

### Directions

In the melted butter, cook the rice, green onions and almonds until the onions are tender, about 4 minutes, stirring constantly. Add cream of chicken soup and chicken broth and bring to a boil. Reduce heat and simmer covered, for 15 minutes. Add spinach and simmer, covered, for 10 minutes more. Remove From heat and stir in cheese.

## PEANUT BUTTER OATMEAL COOKIES



### Ingredients

- 1 c. sugar
- 1 c. brown sugar
- 1 c. butter
- 1 c. peanut butter
- 1 egg
- 1/2 c. mashed ripe bananas
- 1 tsp. vanilla
- 2 1/2 c. quick oats
- 1 1/4 c. flour
- 1/4 tsp. salt
- 1tsp. baking powder
- 1 tsp baking soda
- Chocolate chips
- Raisins

### Directions

Cream sugars, butter and peanut butter. Add egg, banana and vanilla. Mix in oats, flour, salt, baking powder and baking soda. Fold in as many Chocolate chips and raisins as you would like. Bake at 350 for 10-12 minutes, changing racks halfway through. They should be soft in the center when done.

The White Elephant Thrift Store is always in need of donations. All proceeds benefit local schools and non-profit organizations.

601 N. La Cañada • Green Valley  
Store shopping hours: Monday-Saturday 9AM-Noon  
Donations Drop Off: Monday-Saturday 7AM-3PM

# ANIMAL CARE CENTER OF GREEN VALLEY

*Wag more, purr louder, live better™.*



## Prevent Your Pet From Overheating This Summer

Here at the Animal Care Center, we want to ensure that you keep your pets safe from the summer heat. One of the most overlooked risks is heatstroke, which is an acute, progressive, life-threatening emergency characterized by an increase in body temperature that results in direct thermal injury to organs.

Even a regular hike for a conditioned dog can turn dangerous during the high summer temperatures. Remember, your dog can only dissipate heat via sweat through his or her pads and nose, so their body temperatures rise faster than ours. It is best to be active with your pet at dusk or dawn before and after the sun sets especially when the temperatures reach over 85 degrees. Asphalt, concrete, and sand temperatures often get too hot for walking your pet and you should test this by placing the back of your bare hand on the ground for 7 seconds to ensure that they will not burn their paw pads!

NEVER leave your pet in the car during the summer, even with the windows down, pets can still overheat. Inside a vehicle, at 95 degrees it only takes 10 minutes to reach 114 degrees and the temperature soars to 129 degrees in 30 minutes. Please make sure your cats and dogs always have fresh water available.

Dogs that are especially prone to heatstroke include those with laryngeal paralysis, brachycephalic obstructive airway syndrome (push faced dogs), obesity, and/or cardiovascular disease, as are older dogs or those with a dark or dense hair coat.

External cooling should be implemented by owners whenever heatstroke is suspected, even before the dog is brought to the hospital. Owners can spray the dog with lukewarm (tepid) water, offer water to the dog, and drive to the clinic with the windows rolled down or the air conditioning turned on. Studies have shown that dogs cooled by their owners before arriving at the hospital have a lower mortality rate than those whose owners do not attempt to cool.

If you suspect that your pet is suffering from heatstroke, call us immediately; minutes matter!

- VETERINARY EXCELLENCE
- BOARDING SERVICES
- DOGGIE DAYCARE

## More summer Dangers

While heatstroke is a major concern in the summer, don't forget our dangerous wildlife. Rattlesnakes are the major concern as they are quite active this time of year, and they too like to be out at dusk and dawn. Make sure you check your surroundings, and don't let your curious pooch explore under bushes or brush unless you have carefully checked it first. If you think your pet has been bitten by a rattlesnake, remember that we keep lifesaving anti-venom on hand and have trained staff to deal with a snake bite emergency. Stay cool, stay hydrated, and stay safe with your pets!



*Wag more, purr louder, live better™.*

(520) 625-0433 • 555 WHITE HOUSE CANYON ROAD • GREEN VALLEY, AZ 85614  
WWW.ANIMALCARECENTER.COM • CONTACT@ANIMALCARECENTER.COM

This column is provided by the Animal Care Center of Green Valley 555 White House Canyon Rd (520) 625-0433

# pettalk



## SUMMER PROTECTION

### At what temperatures should a pet owner keep their pet indoors?

There is no specific temperature that I can name, but the best thing to remember is that if it is uncomfortable for you, your pet will be uncomfortable too. In general, anything over 80 degrees especially without shade is not an ideal day long outdoor environment for you dog. Because of the dangers of wildlife here in AZ, cats and dogs really should be kept indoors year round especially if they are under 20 pounds. Also, remember that they have a permanent fur coat, so they don't tolerate heat as well as we do. Dogs can only sweat to dissipate heat via their noses and foot pads, so they can die of heat stroke much more quickly than we can.

### Should dogs with heavy fur coats, have their coats thinned out for summer in Arizona?

We must remember that dog's coats also provide a cooling insulation, so in general, we do not recommend shaving them. Dogs with a heavy undercoat will benefit from it being thinned appropriately by a groomer. Dog coats also protect against sunburns.



### Are cats or dogs more affected by the heat?

Dogs and cats are equally affected by extreme temperatures. Because dogs tend to be more active, and most cats live indoors, the dangers of heat stroke are much higher for a dog than a cat.

### Should my pet take vitamins just like people?

In general, if your pet is on a high quality diet, a vitamin is not necessary. I prefer that owners who feed high quality foods spend their money on supplements like fish oils or joint supplements like glucosamine and chondroitin. There are certain medical conditions that might require certain vitamin supplements.

### What type of medications are available for pets to help lengthen life span.

There is no "magic" medication that can help lengthen a life span generally in any pet. However, with the advancement in veterinary medicine, there are several medical conditions where pet's life spans can be lengthened dramatically when the problem is diagnosed early. For example, congestive heart failure, when diagnosed, can be treated very effectively to provide years of quality life for some pets. Diabetes is another condition that when treated appropriately can lengthen the life span of your pet.

### Should pets wear "pet socks" during extreme heat?

#### Where are they available?

Pet socks are not a requirement and can be uncomfortable for a lot of dogs as they generally don't tolerate footwear very well. In extreme heat, your pet should not be out walking on the pavement or any surface (like artificial grass) that can also get very hot. If you cannot tolerate your own bare feet or your hand on the surface that they are about to walk on, they should not be walked on it! Pet socks and booties are available on line for specific medical conditions and for protection for avid hikers or working dogs.

### What plants should your dog be kept away from during the summer.

Toxic plants that your pet should be kept away from include oleander, sago palms, daffodil bulbs, tulip bulbs, and mums to name a few. The animal poison control center (courtesy of the ASPCA) website lists other plants that may be toxic as well. Be aware of critters like snakes that can hide under plants and shrubs too!

Wag more, purr louder, live better.

This column is provided by the Westgate Garden Design 829-0399

# gardening *tips*

By Charlene Westgate, Westgate Garden Design

## PRUNING DESERT PLANTS A Guide to More Beauty with Less Work

Most of us want to spend time enjoying our yards, not maintaining them. Even those who love gardening would prefer relaxing or entertaining outdoors to doing needless yard work. This guide will help you keep your plants looking their best with the least amount of work.

So let's look at why prune, how to prune and when to prune with a goal of pruning as little as possible. And, whether you do your own pruning or hire someone to do it for you, this guide is for you.

### WHY PRUNE?

According to Ursula Schuch of the University of Arizona College of Agriculture, pruning is the "intentional removal of parts of a plant for a purpose." Common reasons for pruning include:

1. Removing damaged or broken branches;
2. Removing branches that are rubbing or crossing and may damage each other;
3. Removing inward growing branches to encourage outward growth;
4. Protecting safety when trees or shrubs effect visibility;
5. Training young plants;
6. Controlling plant size;
7. Rejuvenating plants; or
8. Increasing flowering, fruiting and vigor.

The great news is that when planted with enough space, most desert plants need little pruning. So the best way to limit the need for pruning is to **plant your plant with room to grow.**

Sadly, even landscape professionals forget this simple fact. Working recently with some homeowners, they showed me how their thoughtful landscaper had installed a small purple prickly pear in a little spot that he felt looked empty. What he forgot is that eventually that little prickly pear could grow as large as four to six feet wide. What is a "cute" little plant now, will soon become a pruning nightmare for the owners.

If you've inherited a poorly placed plant or mistakenly planted one without enough space for its mature size, let's look at the best techniques for pruning those plants.

### HOW TO PRUNE

#### No flying saucers, lollipops or ding dongs on a stick!

Desert plants are designed by Nature to protect themselves against heat and drought. Pruning that shears a



plant forces production of new shoots, destroying the natural beauty of the plant and creating a vicious cycle of pruning for you.

Not only do plants have more attractive shapes when left to grow naturally, they also produce more flowers as over-pruning diminishes flower production.



Last summer I came across these two Texas Rangers in a parking lot. The grounds crew had "missed" one. Of the two, which would you prefer in your yard?

#### Use a Naturalist Approach.

Instead of shearing, use a process of **Selective Thinning**, removing the branch back to the point of attachment or to the ground. This maintains the plant's natural shape without causing excessive new growth. With this

approach, pruning only needs to be done periodically and only when necessary.

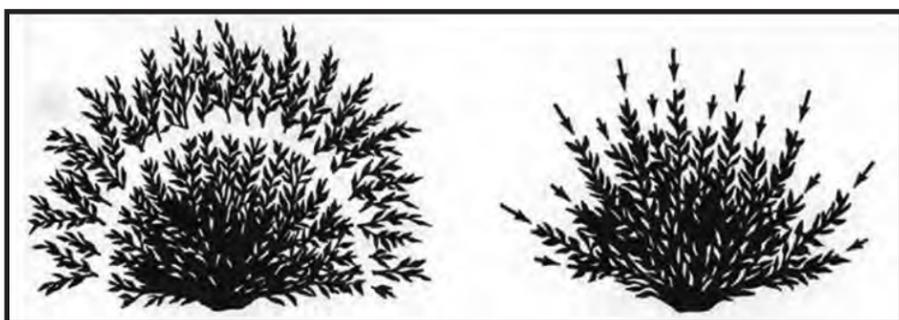
If you need to control the plant's size, a similar **Two-Step Method** works well. First, lightly shape the plant into a globe (not a hard shearing). Then, thin every other branch at varying lengths to achieve a natural look. Never remove more than 25% of the plant in a single pruning session. (See illustration below.)

When hiring someone to assist with pruning, if they whip out an electric hedge trimmer, pass them up for a landscaper who will use hand pruners. The modestly longer time it will take the landscaper to prune by hand will pay big dividends in the end. The plant will look more attractive and you won't have to hire the landscaper as often, saving you money.

#### Don't Top Trees!

If you're unfortunate to have a tree that exceeds your HOA's height limits, avoid topping the tree or hiring a tree service that recommends this strategy. Just like with shearing a shrub, topping a tree encourages excessive growth. Drive by the pecan orchards in winter and you'll see what I mean. The trees are

covered with spindly new growth that ruins the look of the tree and requires regular pruning of those branches to maintain the desired height. This is a great idea if you're growing pecans but a terrible plan if you want a beautiful, low maintenance landscape.



Two-Step Naturalistic Pruning Method. Illustration from "Pruning Trees and Shrubs" PowerPoint presentation by Ursula Schuch, PhD, University of Arizona School of Plant Sciences

The better process to achieve these results is called **Crown Reduction**. Like with selective thinning of a shrub, some of the tallest tree limbs are cut back to their point of attachment or to the trunk. When done properly, the result is highly effective with a more pleasing appearance.

When you must prune, the final question is when is the best time of year to do it?

### WHEN TO PRUNE

The two factors that most affect when to prune are bloom season and dormancy. The rules of thumb are:

**Winter:** The best time to prune deciduous trees is in the winter when they are dormant. Some examples include mesquites, chaste tree and desert willow.

**Late Winter to Early Spring:** Prune summer and fall flowering plants such as oleander, daleas and Texas rangers in later winter to early spring.

**Early Spring:** After the risk of frost is over, prune the frost damaged growth from plants like bougainvillea, lantana and red bird of paradise.

**Late Spring to Early Summer:** Prune spring blooming plants once they're done flowering. This includes fairy dusters, sennas, brittle bush and rosemary.

If you try these methods at the appropriate times and you still have to prune frequently to control a plant's size, it's probably time to remove that plant and put something smaller in its place.

*This article is a summary of pruning publications from the University of Arizona Cooperative Extension. To learn more about pruning or to download free publications with more details, visit their website at [extension.arizona.edu/pubs](http://extension.arizona.edu/pubs) and type "pruning" in the search box. For a detailed list of desert plants and their ideal pruning period, refer to *Pruning, Planting and Care* by Eric A. Johnson (Tucson, Ironwood Press, 1997).*

Still need help? Visit the Green Valley Master Gardeners office at 1100 E. Whitehouse Canyon Rd. or call them at (520) 648-0808.

Charlene is a Pima County Master Gardener, Permaculture Landscape Designer and owner of Westgate Garden Design. You can reach her for questions or comments at [charlene@westgategardendesign.com](mailto:charlene@westgategardendesign.com) or (520) 829-0399.



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# medicalnews

## ACROSS THE BORDER, OVER THE POND, AROUND THE WORLD: A GLOBAL LOOK AT CANCER

I am astonished at the information available with a few keystrokes. I remember pulling “microfiche” to do a research paper. Today, we can learn about anything and do a deep dive within a few hours. At our practice in Green Valley, we are narrowly focused on caring for patients in our community. In this article, I will share a bit of what we know about cancer around the world from the American Cancer Society’s periodical report, *Global Cancer Facts and Figure*, 4<sup>th</sup> edition (2018). Technology allows us to catalog and share large amounts of data that is analyzed to develop strategies to improve our health worldwide.

In 1990, 45 million people were estimated to have cancer of any type. By 2017, this number approached 100 million. With advances in medicine, food security, and a reduction of poverty, individuals are living longer. Cancer is often diagnosed in the later decades of our lives; 80% of cancers are discovered after the age of 50. Cancer is the second leading cause (just slightly behind heart disease) of death worldwide accounting for 1 in 6 adult deaths. In 2018, there were an estimated 18.1 million new cases of cancer diagnosed, nearly 10 million deaths because of cancer, and over 43 million cancer survivors.

But are these numbers better or worse than in previous decades? Simply put, they are better. In 1990, globally 161 per 100,000 people died from cancer and in 2016, this number fell to 134 per 100,000. What is harder to glean from the data is cancer’s burden on individual’s overall health including disability and affects on the ability to care for one self independently. Five-year survival rates for all cancers have increased from 50% in the 1970’s to 67% in 2013. The greatest gains worldwide in survivorship are in prostate, breast, thyroid, bladder, uterus, melanoma, kidney, and Non-Hodgkin lymphoma. While strides have been made with pancreatic, liver, lung and esophageal cancers, 5-year survivorship rates are generally still less than 20%.

Not surprisingly, nearly half of the new cancers diagnosed worldwide occur in Asia where the population density is highest. Factors, such as the availability and use of preventive services and screenings, access to high quality treatment, prevalence of cancer-causing infections, unhealthy behaviors such as smoking and drinking excessive alcohol, certainly contribute to global variations in cancer incidence and deaths. One alarming statistic impacting accurate and timely diagnosis, staging, and treatment



is the availability of radiation therapy. In the US, there are more than 5 radiation machines per 1 million people while in nearly 60 countries in the world, there are no radiation machines available to their residents.

Like the US, breast cancer is the most common type of cancer in women globally. For men in the US, prostate cancer is most common. However, worldwide, men are more often diagnosed with lung cancer. Globally and in the US, lung cancer is the number one cause of cancer-related deaths.

Countries with shorter life expectancies, fewer years of education and lower standards of living tend to have higher incidence of cancers (stomach, liver and cervical) caused by infections such as those caused by *Helicobacter pylori* (*H.pylori*), *Human papillomavirus*, *HIV* and *Hepatitis*.

For countries that are more highly developed with citizens who are well educated, have longer life expectancies, have higher freedoms of choice, and higher income per capita, researchers believe that unhealthy behaviors of smoking, poor diet choices, and sedentary lifestyle contribute to higher rates of most cancers.

Notably in this report, cancer experts chose to highlight the impact of excess body weight

(defined as a body mass index greater than 24.9) on the global burden of cancer. In 2016 globally, 40% of adults and 18% of children had excessive BMIs. Emerging and reinforcing evidence continues to associate excess body weight with an increased risk of developing the following cancers: postmenopausal breast, colorectal, uterine, esophageal, gallbladder, kidney, liver, meningioma, ovarian, pancreatic, stomach, thyroid, oral, and multiple myeloma. Researchers

hypothesize that excessive body weight causes alterations in hormones such as estrogen and insulin and/or creates chronic inflammation that can cause damage to cells’ DNA both of which can contribute to uncontrolled cell growth and/or mutations.

There is so much more that we can learn about the global impact of cancer. But, for now, I want to once again narrowly focus on what each of us can do. So here are some take-aways for you in your day to day life:

- Choose a healthy diet by eating a variety of fruits and vegetables, limiting red meat consumption, increasing fiber and whole grain intake.
- Get screened for and/or vaccinated against infections such as HPV and Hepatitis.
- Avoid risky behaviors such as excessive alcohol intake, using tobacco products, and engaging in unprotected sex.
- Establish and maintain regular appointments with a primary care provider.
- Engage in a minimum of 150 minutes of moderate physical activity weekly.
- Know your own individual health risks i.e. BMI, family history, and environmental exposures.

It is anticipated that our life expectancy will continue to lengthen. Most folks will agree that we want to age well and limit the impact of disease on our ability to enjoy life to the fullest. You can positively impact the potential burden of cancer on you and your family’s lives.

### Educating the Community



Sherri Porterfield, RN, MSN

Sherri Porterfield, RN, MSN is an RN Navigator at Arizona Blood and Cancer Specialists. She has over 25 years of experience educating patients and the community on a variety of health topics. She enjoys being active in the community where she has volunteered her time and expertise serving as a guest lecturer in Green Valley and Tucson.

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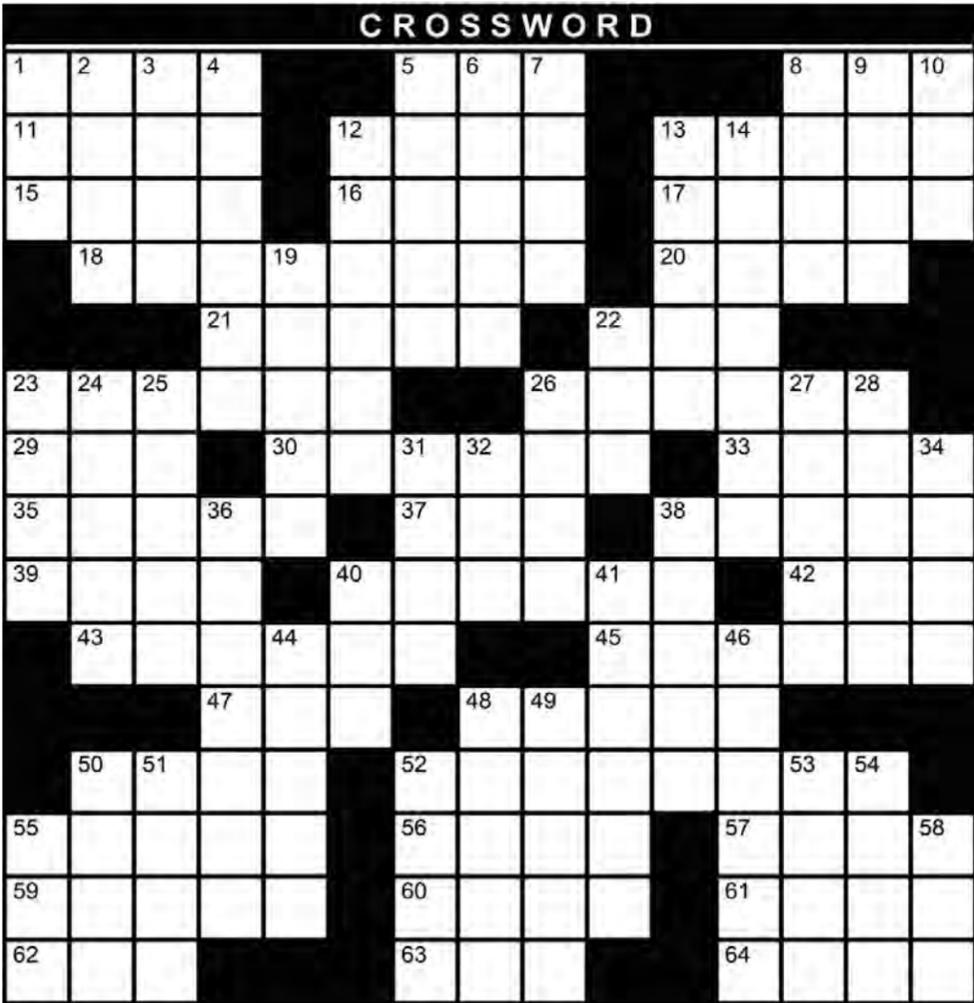
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**SUMMER FUN**

**ACROSS**

- 1. '70s hairdo
- 5. Used for Chinese cooking
- 8. Part of URL
- 11. \* \_\_\_-and-slide
- 12. Cone-shaped quarters
- 13. Formerly known as dropsy
- 15. "Les MisÈrables" author
- 16. Hissy fit
- 17. Sink hole
- 18. \*It varies widely in different regions
- 20. One from the Magi
- 21. Native American emblem
- 22. Lavatory, abbr.
- 23. Like #21 or #37 in this crossword
- 26. Borrower's warranty
- 29. Geological time period
- 30. Experienced sailor
- 33. Wraths
- 35. Turning abstract into real
- 37. Zippo
- 38. Carl Jung's inner self
- 39. It's considered abominable
- 40. Ticks off
- 42. Mightier than sword?
- 43. \*Popular July 4th event
- 45. Climb Kilimanjaro, e.g.
- 47. Bigheadedness
- 48. Hawaiian veranda
- 50. Vegetarian's protein source
- 52. \*It won't last long in the heat
- 55. Canada's favorite tree
- 56. UN civil aviation agency
- 57. Another spelling for #54 Down, sing.
- 59. Listens to #19 Down
- 60. Accepted behavior
- 61. Copenhagen native
- 62. Flower precursor
- 63. D.C. time

- 64. Church part

**DOWN**

- 1. \*Bonfire residue
- 2. Mess up
- 3. Capital of Latvia
- 4. Porto, to many English-speaking tourists
- 5. Painful expression
- 6. Poppy product
- 7. \*In need of a breeze
- 8. Like Beethoven
- 9. Fail to mention
- 10. \*A farmer's \_\_\_
- 12. Sleeping sickness vector
- 13. Hoover's middle name
- 14. \*Blast from past in movie watching
- 19. \_\_\_-boots
- 22. Car nut
- 23. Bald eagle's nest
- 24. Do like ivy
- 25. Yogurt-based dip
- 26. Cobbler's concern
- 27. Nonsense
- 28. Red Sea nation
- 31. Actress Hathaway
- 32. Mammoth site, e.g.
- 34. \*Summer castle material
- 36. \*Light bearer
- 38. Very, in music
- 40. Big fuss
- 41. Kidnapper's demand
- 44. Fits of shivering
- 46. \*Noisy insect
- 48. El Pollo \_\_\_\_, pl.
- 49. Not together
- 50. Off-limits
- 51. Newspaper piece
- 52. Conifer
- 53. Like 2016

- 54. Ages and ages
- 55. Flash dancers
- 58. Born, in society pages

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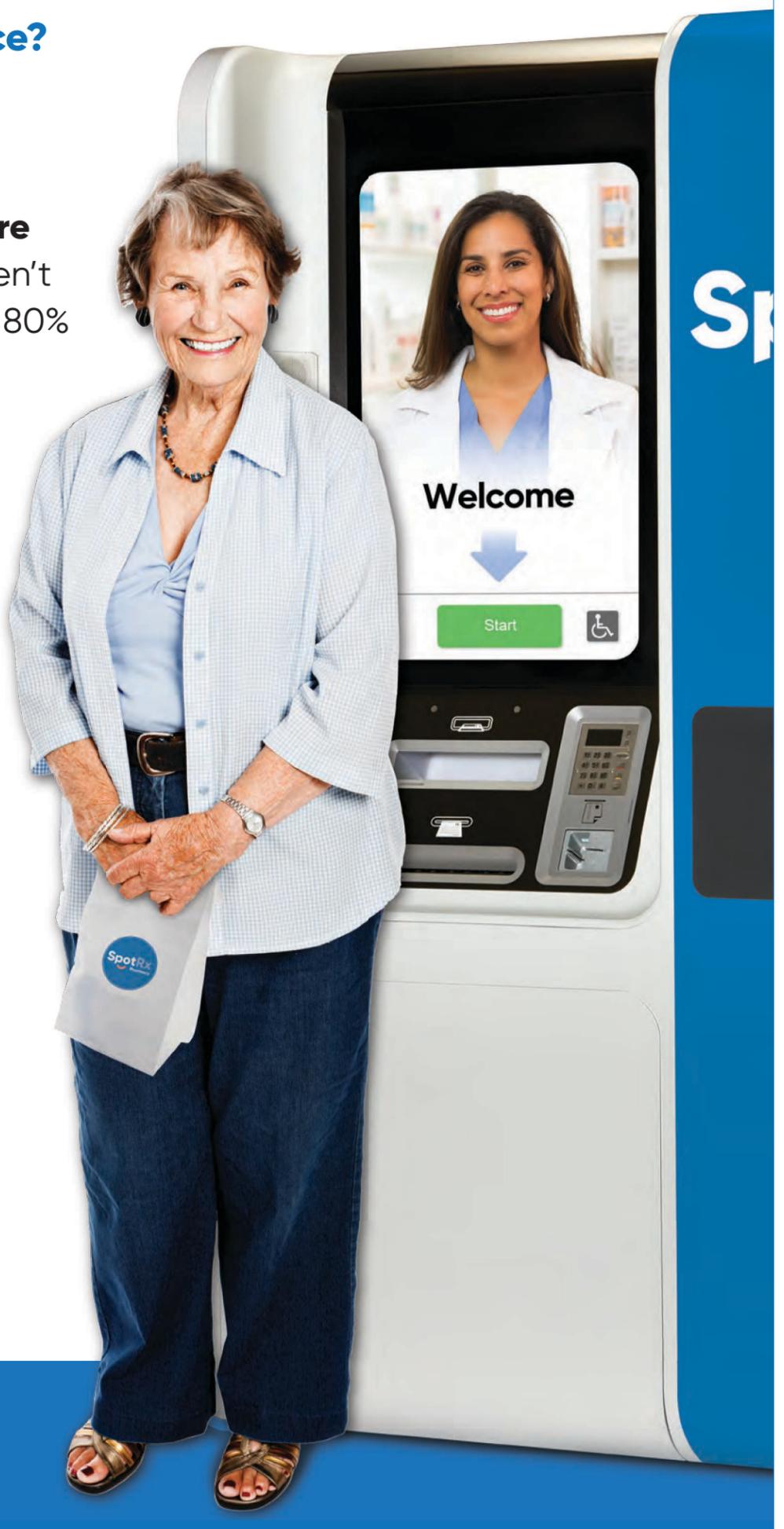
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# ‘Energizer Bunny’ Chuck Hill is Winner of County’s Fourth Annual Chuck Catino Community Leadership Award

Written by Pima County Communications

Charles “Chuck” Hill is the fourth recipient of the Chuck Catino Community Leadership Award, named for the longtime volunteer and founder of the Born Again Jocks Association (BAJA) Sporting Club. Pima County District 4 Supervisor Steve Christy presented the award to Hill at the May 7 Board of Supervisors meeting.

Hill’s record of community service is extensive. The Michigan native is an active volunteer with the Green Valley Fire Corps, Green Valley Recreation Camera Club, the Southern Arizona Mountain Bike Association and the Santa Cruz Valley Bicycle Advocate Committee, among others.

With the Camera Club, Hill organizes four to five multimedia presentations per year for 800-plus members and assists fellow photographers with their equipment. Hill also has given some 2,500 hours of support to the Green Valley Fire District as a field trainer, active recruiter, grant writer and photographer at District events. In addition, the biking and hiking

communities of Green Valley know him well.

“Whether he is volunteering for the Green Valley Fire Corps, working on bike trails, leading community safety grants, or championing the Ride of Silence in hopes of improving bicycle safety awareness, Chuck is an ‘energizer bunny’ who simply wants to make people and the community around him better,” wrote Chuck Wunder, fire chief of the Green Valley Fire District.

Hill also was a regular at twice-monthly trail work events to complete the Arizona National Scenic Trail between Hope Camp in Saguaro National Park and the Coronado National Forest in Santa Rita Mountains.

Hill never came alone to the trail-building activities, wrote Mark Flint, Trails Program coordinator for Pima



County Natural Resources, Parks and Recreation. “He usually had three or four friends from Green Valley with him. Apparently, he could be pretty persuasive.”

The Catino Award isn’t the first time Hill has been on the receiving end of honors. The Tucson-Pima County Bicycle Advisory Committee named him their Bicycle Advocate of the Year in 2012. The Green Valley Fire Corps honored him as Volunteer of the Year in 2016. A year later, the Rotary Club of Green Valley gave him their Community Service Award

for outstanding volunteer service.

Nominees for the Catino Award must be at least 45 years of age and be unpaid volunteers. Nominations are accepted each fall, then candidates are recommended to the Parks and Recreation Commission in February. Contact Valerie Samoy at 520-724-5220 for details.

*Pima County Natural Resources, Parks and Recreation adds a vital dimension to the quality of life for residents and visitors in Pima County. Properties that NRPR operates and maintains include: 49 parks, 25 trailheads, 13 community centers, nine pools, seven dog parks, six shooting, archery, and clay target ranges, five BMX/Skate Parks, The Loop, three equestrian arenas, hundreds of miles of trails for recreational pleasure, and more than 250,000 acres of conservation lands open to outdoor recreation pursuits. NRPR also provides recreational and environmental educational programs for all age groups. Facebook: <https://www.facebook.com/PimaCountyNRPR/>*



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Bucket List

Continued from page 1

sky and multi-layered rocks provided the backdrop for each switchback on the trail.

maybe we were just that tired!

Phantom Ranch has served Grand Canyon visitors since 1922. It was designed by Mary Colter, one of the few female architects active in the era and built by the Fred Harvey Company. It was to be named Roos-

welcome sight after a day of downhill hiking. The menu is simple: each night they prepare steak for the 5 pm seating and beef stew for the 6:30 pm dinner. Our 2-night stay allowed the opportunity to sample each delicious entree.

On our second day, we hiked at the bottom of the canyon, watching the Colorado River rush by and the secondary streams pour in.

Our third day we awakened to the reality that the canyon rim we could see if we looked straight up was our destination. Good weather, and a guide who understood that the climb up could be daunting, kept us on

task. Actually, there was no alternative but to keep hiking. Visitors who injure themselves or can't make it to the top have two potential choices: a helicopter rescue that comes with a price tag of several thousand dollars or waiting for a mule -- sometimes a long wait -- also a pricey option.

Jeff and I, in our late 60s, and the rest of our tour group, also in approximately the same age group, all made it to the top in good spirits but tired. Jeff and I had hiked 24 miles in the three days. The photos we took along the way will continue to help us relive an awesome experience and a "bucket list" challenge we were happy to fulfill.



Grand Canyon Trail to the Colorado River



Colorado River rushing by.

The mules that passed us on the trails had two purposes. Some were carrying Grand Canyon visitors. Others were supplying Phantom Ranch, with the return trip carrying out trash from the ranch and campground.

Phantom Ranch provided a great dinner, hot shower, a beer from the cantina and bunkbeds that were more comfortable than they looked. Or,

event's Chalets but Colter insisted on the name she'd chosen or threatened to pack up her blueprints and leave! In the early days, the Fred Harvey Company supplied "Harvey Girls" as the servers and a nationally recognized hospitality brand. Now, it is reservable mainly through a lottery system as part of Grand Canyon National Park Lodges. It's rustic, but a



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# SUSD Continues Forward Motion

Written by Dr. Valenzuela, SUSD Superintendent

Each year, over the summer, I reflect upon the successes of the previous year, and also the next steps in our journey forward to excellence. This past year has provided us with significant examples from which our community can be very proud. We successfully opened our ninth school, Wrightson Ridge K-8 School, in January. Last November, the voters in Sahuarita USD passed the renewal of the Maintenance & Operations (M&O) override by the largest margin in recent history. These local dollars support specific programs that directly enrich the education of our students, and I am so grateful. These programs include band, orchestra, choral music, dance, drama, athletics, physical education, professional guidance counselors, and NJROTC leadership programs. Our 464 high school graduates from the Class of 2019 at Sahuarita HS and Walden Grove HS earned about \$8.5 million in merit scholarships for higher education and professional training. They were accepted to over forty (40) postsecondary institutions. We launched a brand new mathematics adoption, focused upon instruction

at a deeper level of mathematical understanding and application, aligned with 21st Century proficiencies and readiness. The preliminary indication is that our District Assessment Plan (DAP) suggests a fourteen percent (14%) increase in the number of students meeting and exceeding math standards. This adoption was made possible by the support of the District Additional Assistance (DAA) override.

Our students earned State and National recognition for excellence, including State championships in wrestling, drama, NJROTC, dance, and student council, to name a few. And, we all remember with great pride watching the Sahuarita community shine brightly on national TV last fall, when our own Walden Grove HS PAC Dance Team achieved excellence by making it to the semifinals of the NBC talent show, Americas Got Talent, and performed on Good Morning America. Our staff likewise shined brightly in excellence, earning State recognition, including honors like AZ School Counselor of the Year (Candice Alvarez), and Top 10



Walden Grove High School PAC Dance Team on the set of America's Got Talent

Semifinalist for AZ Teacher of the Year (Ben Lebovitz). One of our alumnae, Simran Patil (SHS, '15), graduated from the US Military Academy at West Point and earned her commission as a 2nd Lieutenant in the US Army. And, recent graduate, Jose Dicochea (SHS '19), was Arizona's first selected high school player in the Major League Baseball draft (Round 8, Oakland A's).

In my mind, our secret to success has a three prong recipe. First, we strive to hire and keep the best people possible. This means folks who are high quality professionals at what they do, but also people who have a tireless commitment to continuous growth, and serving our students with excellence. Second, we value the spirit of community, common ground, and development of cross sector collaboration that makes the entire community better in every way. Finally, we are relentlessly committed to the belief that public education is about meeting the individualized needs of each student through instructional expertise, program structure, and professional development.

This new school year is already bringing great promise for continued excellence and student success. First, after a year long program adoption process, we will be launching a brand new program adoption in social studies for grades 6-12. Second, in partnership with Pima JTED and Pima Community College, we're expanding dual enrollment offerings in career and technical education (CTE), and starting a new program in heating ventilation and air conditioning

(HVAC), leading to industry level certifications and entry level employability. There will be a new high school CTE program in biotechnology. We'll be expanding our internship program, in partnership with the Jim Click Automotive Group, which is hiring four more of our students in automotive technology through Jobs For Progress. Finally, I'm proud to share that our partnership with the University of Arizona College of Education, through the iCats and Sahuarita Teaching Fellows (STF), has yielded signs of mutually beneficial outcomes. This teacher professional training program has supported the hiring of six (6) new members of Team SUSD! We continue pursuit of a solar energy program, and anticipate developing clarity on this concept and hopefully taking action this year.

In summary, we continue to see, all around us, tangible signs of forward motion in our critical mission of student success. The common element is the spirit of community, shared sacrifice, and cross sector commitment to make our part of the world the absolute best that it can be. This special attribute is powerful, and provides us much reason to be thankful for the past, and even more excited about the promise of the future. Together, we will continue to make a difference!

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# Planning Your Trip to Europe? Add One More Item to Your Checklist!

Provided by KGVY Staff

The European Travel Information and Authorization System (ETIAS) becomes effective in 2021. If you are staying less than 90 days you must fill out information for ETIAS. Over a 90 day stay requires the standard visa. Ireland and England have opted out. The only official item needed by Americans is a biometric passport and answering questions on the questionnaire. Oh yeah and an ATM card or credit card to pay for it.

ETIAS was formed in April 2016 “to strengthen the external borders of the European continent, and prevent any and all possible threats” states the ETIAS website. According to the ETIAS website, the system will “cross-check traveler’s Information against a series of security databases including Europol, Interpol, The Schengen Information System, Eurodac and the Visa Information System.” ETIAS is very similar to ESTA the United States system for travel authorization.

Sounds simple enough so far doesn’t it? Answer a few questions and you



will be good to go for 3 consecutive years for 90 day or less visits. The authorization system promises it can all happen in ten minutes and a few minutes processing time.

OK. Can you answer all these questions in ten minutes?

Full Name

Date and place of birth  
Current Address  
Parents’ Information  
Passport and other nationality details

## 2nd Section of Questions:

Drug Use  
Terrorism  
Human trafficking  
Travel to conflict areas  
Criminal History  
Employment history  
Past European travel information  
Security Information

Now if you’re application is rejected by ETIAS, additional documentation will be needed. The applicant will have **96 hours** to provide it. ETIAS will have **four weeks** to make a decision. Applicants are warned to answer the questions with honesty! You can appeal a negative decision.

By the way, further perusing of the website notes that applicants “will be required to have a valid passport, internet access, and sufficient financial means to pay for the fee”. Plus you must indicate which country you are entering first.

How much will it cost? Something. But we’re not sure how much. But it will be in euros, and the process of paying will be handled by a private company. The ETIAS commission promises “payment will take into consideration all the latest and available means of payment”. (Do I feel another fee coming on?)

Nothing has indicated what form the waiver will take. Should you carry it with you or keep a copy as they suggest for your passport? ETIAS declares “it is a multiple entry visa with few restrictions in or-

der to promote tourism while maintaining a high level of international security”.

Any bets on what year this may become a reality?

Here are the countries that are recognizing the ETIAS registration.

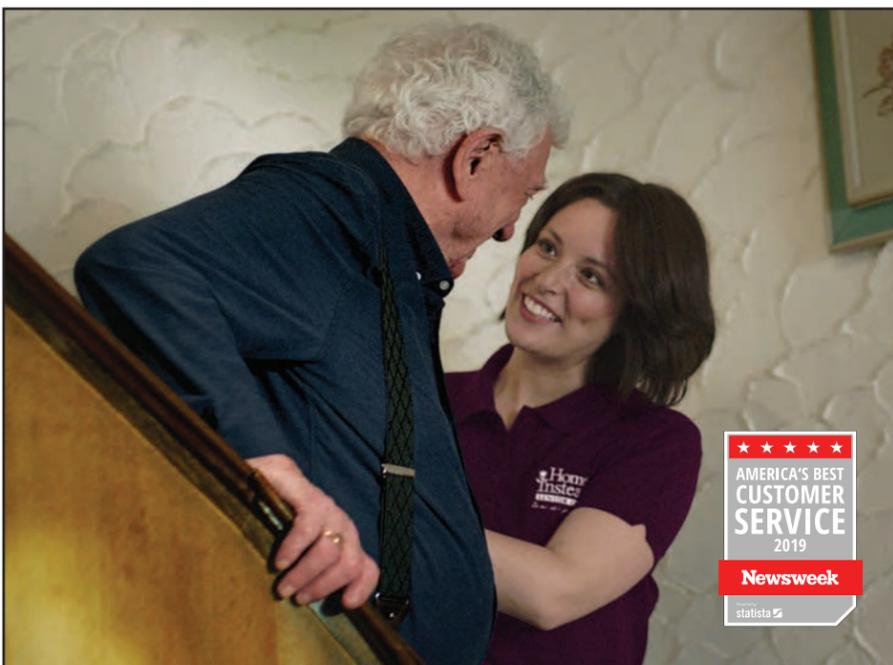
Currently, there are 22 European countries that form part of the Schengen area:

- Austria
- Belgium
- Luxembourg
- Netherlands
- Germany
- France
- Spain
- Portugal
- Sweden
- Finland
- Denmark
- Lithuania
- Latvia
- Estonia
- Poland
- Slovakia
- Hungary
- Slovenia
- Italy
- Greece
- Czech Republic
- Malta

6 European countries have not yet signed the Schengen Agreement:

- United Kingdom
- Bulgaria
- Croatia
- Cyprus
- Ireland
- Romania

For more information on ETIAS go to [www.etiasvisa.com/etias-form-application](http://www.etiasvisa.com/etias-form-application)



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# Global Leadership Summit Offered at Desert Hills Lutheran Church

Written by Jane Brunckhorst



No matter your sphere of influence — in your family, school, work or church — when you commit to grow your leadership, everyone around you wins — businesses work for good, communities are transformed and churches thrive! The Global Leadership Summit is simulcast LIVE in HD to more than 500 locations in North America. You are invited to join 405,000+ participants in 135+ countries around the world for two days of world class training.

The Global Leadership Summit will be offered in Green Valley on August 8 and 9, 2019. The host site for this live satellite conference

is Desert Hills Lutheran Church. Green Valley is one over 500 host site locations throughout the world with more than 400,000 people attending this development conference each year. While most management and employee development classes are in another city or state, the Global Leadership Summit comes to us and brings 12 to 14 speakers from all over the world. Since it comes to us, there are no travel and hotel expenses. This year's conference features Bear Grylls, adventurer and TV host; Ben Sherwood, former Co-Chair Disney Media; Patrick Lencioni, bestselling author; Aja Brown, Mayor of Compton, CA, plus ten other outstanding faculty members. For complete information



Rev. Dr. Martin Overson, senior pastor; Sheridan Shimp, DHLC member and GLS attendee/volunteer; Joe Mazur, DHLC property manager preparing for last years Global Leadership Summit. Photo courtesy of Larry Kempton

on all faculty members, visit [globalleadership.org](http://globalleadership.org).

The cost of this two day event is \$209. Even better, if your company is a member of the Green Valley/Sahuarita Chamber of Commerce, you can attend this conference for only \$139. Additionally, the Global Leadership Conference

offers discounts to active military, students, educators and nonprofit organization members. If you are in one of these categories, you can register for as low as \$89 for the two day conference.

For more information call Desert Hills Church at 648-1633 or visit [www.globalleadership.org](http://www.globalleadership.org)

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# Area Food Banks Don't Take a Summer Vacation

Written by KGVY Staff

The summer months can be a time for fun and relaxation, but if you are a child whose main meal of the day is a school lunch, the summer can also mean going hungry. That's when the food banks and their staffs of dedicated volunteers can come to the rescue.

For more than three decades, the Community Food Bank of Southern Arizona has been leading the way to combat hunger with the goal of attaining healthy, hunger-free communities.

The Community Food Bank of Green Valley-Amado, as well as the Sahuarita Food Bank, an independent, self-governing non-profit based in Sahuarita, provide food assistance to individuals and families in need.

Serving Green Valley, Amado, Sahuarita, Arivaca, Tubac, Tumacacori, and Carmen, these food banks are lifelines for so many area residents.

Through collaborative partnerships, the Community Food Bank of Green Valley-Amado, and the Sahuarita Food Bank ensure that the needs of the community are being met.

Debby Acuña, the CFB's Resource Centers manager at the Green Valley and Amado branches, says that the summer months "can be challenging for many families."

"Kids are out of school and home for the summer and that means they are not getting school lunches,"

Acuña says. "This situation results in the increased need for more food at home. Just like most families, the kids want to enjoy cookouts on July 4 and Labor Day and enjoy grilling outside during the summer."

This is where donations of gift cards to the food banks can be so useful, she adds.

"We purchase food items to distribute that are nice holiday additions to our regular offerings with donated gift cards," Acuña adds.

Carlos Valles, executive director of the Sahuarita Food Bank and Resource Center based at The Good



Carlos Valles, executive director at the Sahuarita Food Bank & Community Resource Center, discusses information with a volunteer on a Saturday distribution day.

Shepherd Church in Sahuarita, says that older adults struggling to have enough food on their tables is also an issue during the long, hot summers.

"Those on fixed incomes often put off doctor's appointments or go without air conditioning so they can buy food and visit the food bank when they can," Valles says. "People will give up many things to get enough to eat. Some of our clients only leave the house when they visit us for food."

According to Acuña, 16 percent of the Green Valley and Amado Food Bank clients are seniors while 33 percent are children. Last year, these branches distributed 1,800,000 pounds of food and served 18,099 individuals.

Since 2009, the Sahuarita Food Bank has also been providing food and other essentials to chil-

dren, seniors, families and others in Southern Arizona.

"We serve nearly 200 local families each week," Valles says. "That's about 850 to 950 people, or just shy of 4,000 people each month."

## NUTRITION

The Community Food Bank of Green Valley-Amado and the Sahuarita Food Bank are united when promoting good nutrition, a fundamental need that's critical to the health of their clients.

When choosing items to donate to a food drive or encouraging others to give, keep nutrition in mind. Think about collecting foods that can contribute to a healthy meal, instead of snacks or desserts. **Monetary donations are always welcome.**

The Food Banks suggest the following non-perishable items for those who wish to donate food:

### HIGH PROTEIN ITEMS

- Canned meats (chicken, turkey or fish in water)
- Dry or canned beans
- Peanut butter

### LOW SODIUM OPTIONS

- Canned vegetables without added salt
- Low-sodium soups or stews

### WHOLE GRAIN OPTIONS

- Whole grain pasta
- Brown and wild rice
- Oatmeal
- High fiber cereals, especially without added sugar

### OTHER

- Canned fruit in water or juice instead of syrup
- Unsalted almonds
- Dried fruit without added sugar
- Natural applesauce
- 100% juice

Look for items labeled low sodium, low fat, no added salt, no added sugar, high fiber, or whole grain. A good rule of thumb to follow: What would you give your best friend or family member if they were in need?

"Pasta sauce and condiments are also needed and have a long shelf life," Valles adds. "We will not take donations of soda or candy at the Sahuarita Food Bank," he says. "Fresh fruit like apples provide a healthy alternative to the high sugar in candy. We have clients with diabetes and other health issues so we encourage healthy foods."

## SNAP ASSISTANCE

The Community Food Bank of Green Valley-Amado and the Sahuarita Food Bank will assist clients who qualify in filling out their Supplemental Nutrition Assistance Program (SNAP) applications. Both non-profits have Spanish speaking volunteers for those who require translation services. The Food Banks have literature printed in both English and Spanish.

SNAP (food stamps) is the largest program in the domestic hunger safety net. The Food and Nutrition Service works with state agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

## LOCATION, LOCATION...

The Community Food Bank of Southern AZ:

**Community Food Bank of Green Valley** is located at:  
250 Continental Road  
Green Valley, AZ. 85614  
(520) 625-5252

**Food Distribution Hours**  
Tuesday: 9 am - 4:30 pm  
Wednesday: 9 am - 12:30 pm  
Thursday: 9 am - 12:30 pm  
Friday: 9 am - 12:30 pm

**Community Food Bank of Amado** is located at:  
28720 S. Nogales Hwy  
Amado, AZ 8564  
(520) 398-2942

**Food Distribution Hours**  
Tuesday: 9 am - 12:00 pm  
Wednesday: 9 am - 12:00 pm  
Thursday: 9 am - 5:00 pm  
Friday: 9 am - 12:00 pm

Visit [communityfoodbank.org](http://communityfoodbank.org) for more information

The Sahuarita Food Bank & Community Resource Center is located at:  
The Good Shepherd Church  
17750 S. La Canada Drive  
Sahuarita, AZ 85629  
(520) 668-0547

**Food Bank Distribution Hours**  
Thursday: 3 pm - 5pm  
Saturday: 10 am - noon

Visit [sahuaritafoodbank.org](http://sahuaritafoodbank.org) for more information



Debby Acuña, resource centers manager at the Community Food Banks of Green Valley-Amado, encourages people to continue to donate food this summer.

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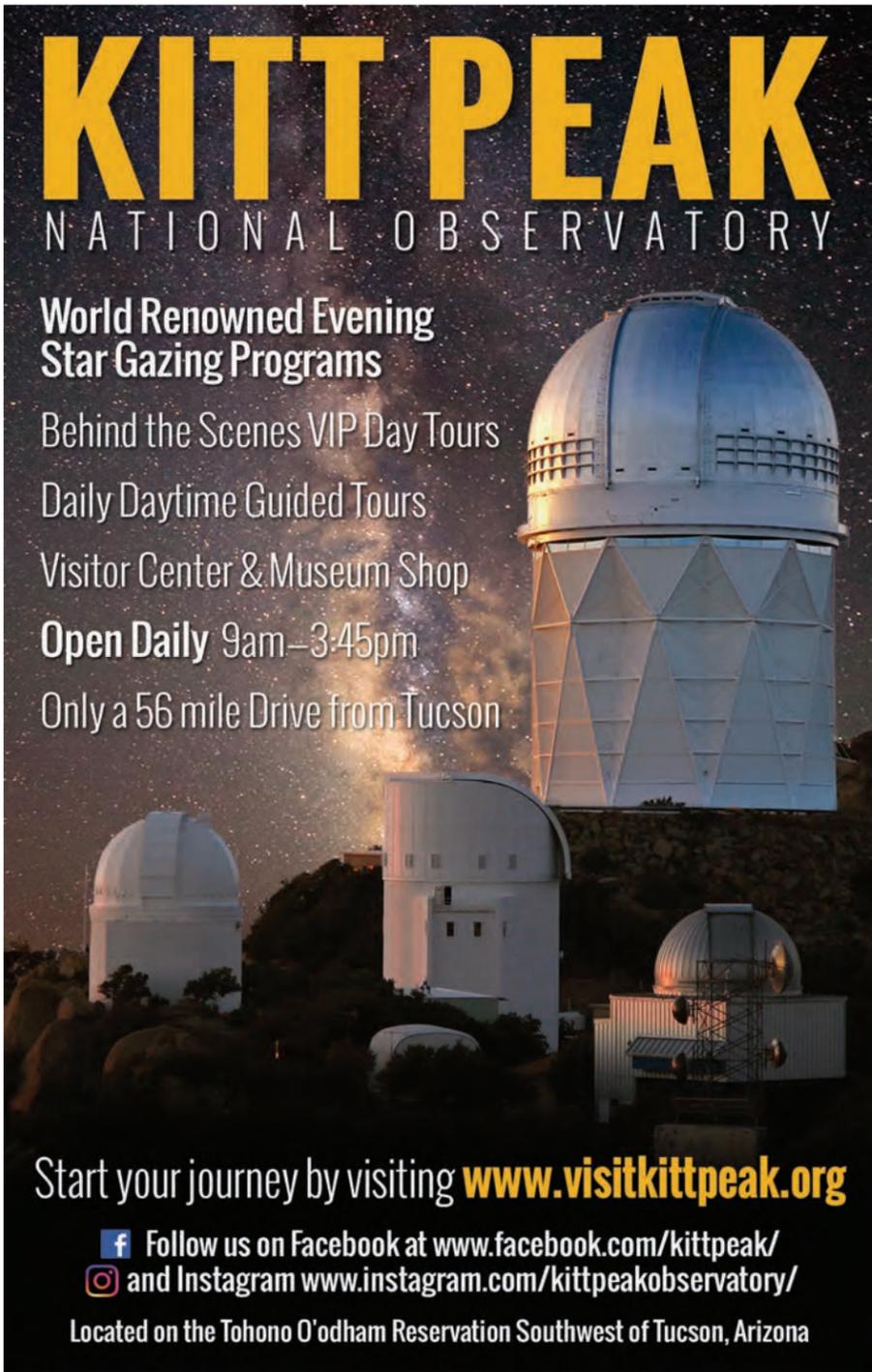
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# A Look Into Green Valley's Community Foundation – Now Building the Foundation of the Future

Written by Bob Phillips, NPLI Director

*The Greater Green Valley Community Foundation: Founded in 1970, we change and enrich lives through guidance, education and financial support to nonprofit agencies in our area. Serving the communities of Sahuarita, Green Valley, Amado, Arivaca, Tubac and Tumacacori.*

Almost fifty years ago, seeing the need for a unifying and community building force for the fledgling retirement community of Green Valley, a band of visionaries came together to address the growing needs of this new community. The Foundation's humble beginning was as a 'Christmas Fund' helping families during the holidays. Later, as the Greater Green Valley Community Foundation (GGVCF) it became an affiliate of the Arizona Community Foundation (ACF). In 2010, needing to become governed by local needs, the GGVCF dissolved its ties with the Phoenix-based

ACF and became an independent self-governing foundation.

Yet, it is not only how much money was raised and granted out to local causes, though that is both noteworthy and a major factor behind the growth and stability of nonprofit agencies in the region; it is not only how many community leaders rose up to serve on the foundation's board and many committees over this past years, though those selfless and community minded servants have been the catalyst for the steady and inspiring growth of the foundation's impact on the region; it is not only the exemplary and devoted staff

of the Foundation that we salute, though it is the exceptional leadership that has provided the vision and the daily devotion to mission that we celebrate.

Rather, it is the indomitable and dynamic spirit of a community as manifested in a Foundation that represents and embodies all parts of the Green Valley region that is to be celebrated.

That spirit is more than philanthropy. It is social investment. The Foundation has pioneered the innovative use of public education, agency training, strategic granting and motivating nonprofits, businesses and government to form partnerships. Partnerships that use the combined resources of all members to create change that improves lives, solves problems and opens the door to new possibilities.

And then there is the Foundation's work to recognize and support the leadership of the over 70 agencies serving the diverse needs of the region. Understanding that the quality, expertise and stability of an agency's leadership is the single most important indicator of its current productivity and determinate of its future success, the Foundation launched the Non-Profit Learning Institute (NPLI) to provide the information and train-

ing, not available or affordable in S. Arizona, on strategic planning and board development, partnerships and program collaboration among nonprofits and how to create and sustain healthy and productive relationships between board and staff.

Through all these accomplishments run threads that connect, bind and support all elements of the Green Valley community and beyond. The Foundation has become a unique and unifying agency transcending differences and divisions by serving to remind us of our higher selves and of the great accomplishments within our grasp if we work in harmony.

Today, on the brink of its 50<sup>th</sup> anniversary, the GGVCF commemorates all it has accomplished since the day it opened its doors. It is a testament of perseverance in a tough economy where there are competing demand for limited resources. It is also a measure of longevity, which proves integrity and strength. This longevity is a motivator for community leaders, donors, and volunteers and a cause for celebration as the Foundation looks to an even brighter future. Become a member, donor, volunteer –help to write the future of your foundation.



**Green Valley Sahuarita  
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# The Meisingers' Bring "Home Instead Senior Care" to Our Community

Written by KGVY Staff

“I started in Omaha at Home Instead Senior Care headquarters in 2011 where I fell in love with the mission, culture and the people” explains Tom Meisinger of the Green Valley Home Instead Senior Care Franchise. “It was my time spent working with Home Instead owners like Scott Ehram in Tucson and other offices when I started to envision owning my own Home Instead Senior Care franchise,” says Meisinger.

Meisinger detailed the history of Paul and Lori Hogan who founded Home Instead, Inc. in 1994 in Omaha, Nebraska. Paul’s own family experience caring for his grandmother led him to realize many families could use the help of an in-home caregiver. Paul’s grandma, Grandma Manhart was in her late 80s. She was living alone and was in failing health and rapidly declining. They were having a hard time putting together a schedule when people could be with Grandma Manhart and help her do the things she



Tom & Nealy Meisinger with daughters Reese and Madison

wanted to do. This included going to Daily Mass, preparing meals, or taking her to hair appointments.

This caused Lori and Paul to wonder what do other families do who are faced with an aging loved one and don’t have the resources and family that they had. That was a big part of the idea. What they found was when they were able to put together that kind

of support system around Grandma Manhart and allowed her to be connected to the people and the things and the activities that gave her meaning in life, rather than rapid decline, her health turned around. She lived for another 11 years and actually had a very fulfilling life at the end of her life. That was the seminal idea for Home Instead Senior Care.

Paul and Lori set about creating a company to help seniors to live independently at home. That mission still drives the company and its franchise network today. Home Instead Senior Care is the world’s largest provider of homecare services for seniors. All of the services are designed to allow the clients to remain living comfortably and safely in the security of their own home, wherever they call home. Home Instead has about 1,200 franchise locations in 13 countries around the world. This year Home Instead will provide about 80 million hours of care to our clients. We have a particularly heavy emphasis, and focus, and expertise in the area of dementia and Alzheimer’s care.

Home Instead is very involved with The World Economic Forum. Jeff Huber, President and CEO of Home Instead, serves as a governor on The Future of Healthcare.

Paul Hogan, Founder of Home Instead, is on the very highest level of thought leadership when it comes to dementia, serving on the World Dementia Council.

Scott Ehram was one of the very first franchisees to open an office when he opened the Tucson office in January 1996. He started with the same two priorities that he lives by today “Be the best provider of non-medical home care in the Tucson area and to be a great place to work. Happy staff and Caregivers make for happy clients. Our families live and work here, so we’re invested in our community on a very personal level. We’re dedicated to making our community a better place to live for seniors and their families.” says Ehram.

Tom and Nealy Meisinger opened the Green Valley, Home Instead Senior Care in September 2018. Their office serves southern Tucson, Vail, Sahuarita, Green Valley, Amado, Tubac as well as smaller southern communities.

Tom’s wife and co-owner, Nealy,

worked in the financial industry for over 20 years and has an extensive background in executive leadership, corporate training, operational efficiency, management and sales. Drawing on their experience, Tom and Nealy have dreamed about starting and building a business together to make an impact in their community.

The Meisinger’s used Home Instead for Tom’s Mom which furthered their mission to be able to give seniors the ability to age at home while maintaining independence and quality of life.

“We have a deep passion to care for people along with the drive to provide an amazing experience for our clients and caregivers. The best part about the business is the positive outcomes that we’re able to deliver to our clients and their families. We are truly making a difference in people’s lives,” explains Tom and Nealy.

What makes Home Instead Senior Care unique is that recognizing the deeply personal roots of our business has to remain at front and center. It is all about relationships, certainly between the client and the caregiver, and their family.

The Home Instead franchise network provides a level of collective intelligence and experience with 75,000 caregivers in homes today all around the world and 80 million hours of care. That is just an incredible, vast database of knowledge and expertise and experience that we are able to leverage to improve upon the care experience in any one home. Home Instead has a global footprint and is leading the way.

The world is really facing an incredibly unprecedented, historic demographic shift; for the first time in the history of the planet, there are more older people than young. This is creating all kinds of challenges on just about every system you can think of, certainly the healthcare delivery system, pensions and transportation. You name it. We know, because of the efficacy of home care, that we can be such a big part of the solution.

Tom & Nealy are always happy to have a discussion and be a resource to anyone seeking care for themselves or a loved one. Sometimes it’s just helpful knowing you are not alone in your journey. Please call Tom or Nealy anytime, or stop by their office for a cup of coffee.

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**Concerts & Special Events**



**"Return to Woodstock" Tribute Show (The Tributaries)**

Friday, August 30, 2019 ~ 7PM \$27.00

Let's Celebrate 50th Anniversary of Woodstock!

From a dairy farm in upstate New York to Tucson's Own Gaslight Theater and Gaslight Music Hall, re-live 3 days of PEACE and LOVE in just two hit-filled hours! Watch authentic performances of the biggest and most iconic songs from the Woodstock Event!... Jimi-Hendrix, Jefferson Airplane, Arlo Guthrie, Janis Joplin, Sha Na Na, Crosby Stills & Nash, CCR... and more! Plus, we'll give you some background about the artists and songs!

"Return to Woodstock" is performed with a little help from your friends... Allan Bartlett, Fred Coy, Walker Foard, Joe Murphy, Mike Serres and Mindy Rondstadt. Let them transport you to an incredible era of music, peace and love! Less rain, mud and better bathrooms, guaranteed!



**Quail Creek's 14th Annual Community Wide Garage Sale**

November 9, 2019; 8am ~ 1pm

Quail Creek will be conducting its annual garage sale on Saturday, November 9, 2019 from 8:00 am to 1:00 pm. We anticipate having over 200 homes participating. Plan on attending this annual community-wide garage sale. There will be a separate manned vehicle lot with everything from golf carts to cars to RVs in the Madera Clubhouse parking lot. Entry into Quail Creek will be at 8:00am.



**2019 Arizona Diamondbacks Games ~ Quail Creek Bus Trips to Chase Field**

Price includes round trip bus ride to Chase Field in Phoenix, driver's gratuity, game ticket and bottled water on the bus ride. Pre-payment is due at time of sign up. Official Game tickets will be passed out on the bus. Seats are located in Section #111 ~ a short walk from our drop off point. Only 50 tickets available per game!

**Sunday, Sept. 1, 2019** Dbacks vs Los Angeles Dodgers, Game Time 1:10 pm. Bus departs Madera Clubhouse at 10 am. Tickets \$62. **Deadline to purchase tickets is August 14 ~ 4:00 PM**

**Sunday, Sept 29, 2019** Dbacks vs San Diego Padres, Game Time 1:10 pm. Bus departs Madera Clubhouse at 10 am. Tickets \$54. **Deadline to purchase tickets is September 11 ~ 4:00 PM**



**11th Annual GVFFA Chili Cook-Off**

Friday, September 27, 2019 ~ 5:00 pm

Madera Clubhouse Crystal Ballroom

Local fire and law enforcement departments will kick up the heat at the 11th Annual chili cook-off fundraiser and all proceeds will benefit families in need in the Green Valley-Sahuarita area. Hosted by Quail Creek and Green Valley Firefighters Association, our local heroes will assemble their teams and try to compete for your vote in the People's Choice contest. Check the Community Calendar on the QC



**Mata Ortiz Pottery & Zapotec Weaving Show**

October 11, 12 & 13, 2019 ~ Kino Conference Center

A Mata Ortiz pottery, jewelry, and Zapotec weaving show will be held in the Kino Conference Center, October 11 (noon-5pm), October 12 (9am-4pm), & October 13 (10am-3pm). Watch Mata Ortiz potters form, paint, & fire pottery. Marvel at jewelry made from pottery shards wrapped in Taxco sterling silver. Be amazed by the natural dyes in the Zapotec rugs. Free and open to the public.



**Quail Creek 8th Annual Health & Wellness Fair**

Friday, October 18, 2019 ~ 9:00 am - 1:00 pm

With participating local businesses and health care professionals offering testing, samples and lots of information on a wide array products and services that will help make you look and feel your best.



**Heather "Li'l Mama" Hardy - Fiddlin' Around**

Wednesday, October 23, 2019 ~ 7 pm, \$26

Please join virtuoso Heather "L'il Mama" Hardy and her all-star band on a journey through fiddle music that includes everything from old time to blues to bluegrass to "Gypsy jazz" to modern, and more. Get ready for an evening of singing, playing, and good old fashioned fun.



**Quail Creeks 15th Annual Fall Festival Arts & Crafts Fair, Madera Clubhouse Crystal Ballroom and Creative Arts & Technology Center**

Saturday, November 2, 2019 ~ 9am to 4pm; Sunday, November 3, 2019 ~ 10am to 2pm  
 Quail Creek residents and clubs showcase and sell their unique handmade items. Over 100 booths are located throughout the Madera Clubhouse and introducing the "Creative Arts & Technology Center" selling seasonal decorations, greeting cards, mesquite art, gourd art, paintings, art glass, jewelry, needlework, quilts, photography, gift baskets, cookbooks, and much, much more! Come to Quail Creek for a weekend of shopping, fun, live entertainment Saturday **Jay Faircloth & Caiden Brewer**, great food and cash bar. FREE ADMISSION ~ FREE PARKING

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# How to Get Into Drone Flying (Quadcopter)

Written by Kelly Galvin

“If God had wanted humans to fly, he would have given us wings.” Guess what? God created “Unmanned Aircraft Systems” (UAS), or drones as they are frequently called, so that we CAN fly...so to speak. In fact, drones have become so popular and mainstream lately, that the Federal Aviation Administration or FAA completed a landmark rules adoption for commercial drones in 2016. Thankfully, the FAA also provides a rule for “Recreational Flyers and Community-Based Organizations” also known as the “Special Rule for Model Aircraft” that allows ordinary people to operate drones for fun without being a licensed pilot.



Licensed pilot you say? Yes. If you intend to operate a drone for any commercial or business use, you must train and receive a “Remote Pilot Certificate”. However, that’s not what this article is about. This article is about having fun flying a drone and taking some cool pictures and video. So let’s get started with the basics of owning and operating a drone for personal use under the FAA’s Special Rule for Model Aircraft under section 336.

To begin with, the FAA requires any drone weighing more than 0.55 lbs (1/2 a pound!) to be registered. You register your drone online at [faadronezone.faa.gov/#/](http://faadronezone.faa.gov/#/) and select “Fly Model Aircraft Under Section 336” to get started. You must be at least 13 years old to register a drone and the cost is \$5 for a three year registration. You will then receive an FAA registration number which should be marked on your drone!

Airspace usage rules exist that you must become familiar with and obey while flying your drone under the special rule for model aircraft. This is particularly important near airports and around public events or large groups of people. You must know and follow the rules! This FAA webpage is a good place to start to learn those rules: [www.faa.gov/uas/recreational\\_fliers/](http://www.faa.gov/uas/recreational_fliers/).

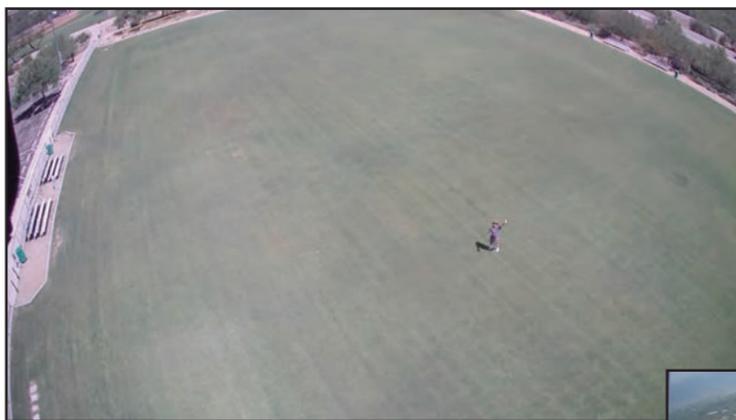
Another way to learn basic flight rules is to join a community-based organization like the Academy of Model Aeronautics (AMA). The AMA provides programs, training, and other resources online for its membership to enjoy this hobby safely and legally.

I would suggest starting out with a

GPS enabled, 6 axis gyro, quadcopter drone. The built in gyroscope and accelerometer measures, monitors, and stabilizes drone movement in 6 directions: up, down, left, right, forward, and reverse, keeping the drone very steady while flying or hovering. When this capability is

There’s also a special “Home” button that recalls the drone to the launch location. When you push the Home button, the drone will maintain its altitude while returning to hover above the launch site. Once it returns to hover at the launch site, you can then push the

Connecting your Smartphone via an app to the drone’s wifi signal allows the drone to send the video or pictures directly to your phone. Most drone remote controllers provide a clamp to hold the Smartphone so that you can watch the streaming video while you



coupled with built-in GPS position location, it provides stable and accurate flight operations. A GPS drone knows where it is flying at all times in terms of both the physical location on the ground as well as its altitude above the ground.

To launch your drone requires a mere push of the “Launch/Land” button on the remote control. The drone propellers will then start turning, lifting the drone a few feet above ground to hover. Once you launch your drone, you control it with two joysticks on the remote control device. One joystick provides altitude and rotational control while the other joystick provides control for direction (forward, backward, left or right).

Land button for the drone to gently lower itself to the ground and turn off its propellers.

Drones with cameras provide an exciting way to take pictures and video of your flight operations. When the drone is turned on, the camera automatically begins transmitting video. The remote controller provides two separate buttons which can be operated to either record the video or take still pictures. Gimbal mounted cameras may sometimes be adjusted during flight to lower, raise, or turn the camera in order to point it properly. Using your drone’s camera, you can create YouTube videos like this one on Green Valley’s “snow day”, 1/1/19 at [https://www.youtube.com/watch?v=Wycb5\\_5SOXo](https://www.youtube.com/watch?v=Wycb5_5SOXo).

manipulate the joysticks to control flight. For those people so inclined, you can even put your Smartphone inside virtual reality (VR) goggles while flying your drone. Additional spotter person advisable during VR flight!

With sophisticated, easy to use drone models costing around \$100 (the Promark GPS Shadow Drone is an example), you can get into this growing sport with very little money or experience. Oh, and these drones usually come with some spare parts like propellers, propeller guards, landing gear, etc. So are you ready to go flying?

# A Style for Every Story

Written by Chris Erickson, BA, RN, Executive Director at Valley Assistance Services

**H**ow many times have you told a story or heard a story? In many movies, the characters that are portrayed have certain clothing of the year the movie was made or clothing related to the topic of the movie. Do you have a style for every story related to you?

*A Style for Every Story* will be the theme of Valley Assistance Services' (VAS) first ever fashion show. Outfits by Nancy Pantz in Green Valley's Continental Shopping Center will feature a variety of new and upcoming dressy and more casual clothing as well as lounge wear.

The event will be held on Tuesday, August 20 in the Quail Creek Madera Clubhouse Crystal Ballroom. Doors will open at 11 am for browsing at the many raffle baskets and Silent Auction items. Lunch will be served at noon. The luncheon will feature a Very Berry Salad, grilled chicken on salad greens with seasonal berries. Tickets are \$30. Attendees will also receive a

20% discount on purchases from Nancy Pantz. Select accessories will also be available for purchase in the Clubhouse hallway prior to and after the fashion show.

Tickets can be purchased at Nancy Pantz; Valley Assistance Services, 3950 S. Camino del Heroe in the Springs Development, or by contacting Fashion Show chair Peggy McGee at [positivelypeggygv@gmail.com](mailto:positivelypeggygv@gmail.com).

The event will support the many programs and services that VAS provides for the community, seniors, individuals and low income families in Sahuarita, Green Valley, Amado, Tubac, Tumacacori, Carmen, and Arivaca. These include: A Touch That Cares®, comprehensive RN advocacy and care management for medical, health, and wellness issues; Caring Neighbors Helping Neighbors program, volunteer transportation and friendly visits in Green Valley and Sahuarita; Tubac Neighbors Helping Neighbors program, volunteer transportation and friendly visits in Amado,

Tubac, Tumacacori, and Carmen; SHiM® Fall Prevention program; Going Home with Care, post hospital discharge program with RN support; MAP-A-Plan, rent and utility assistance, workforce training and career path building; Benefit programs and assistance with SNAP (food stamps); Neighbors AIM – awareness in memory loss and dementia caregiver support and illness/disease education; and Community Centered Approach to Care, RN advocacy in partnership with the Green Valley Fire District.

For more information about the



event, programs/services or volunteer opportunities, please email [info@valleyassistanceservices.org](mailto:info@valleyassistanceservices.org) or call the Valley Assistance office at 625-5966.



**Valley Assistance Services**  
**3950 S. Camino del Heroe**  
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[www.valleyassistanceservices.org](http://www.valleyassistanceservices.org)



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## Fire Safety Decon Wash Kits Given to Fire Departments in Southern Arizona

Written by L.T. Pratt, Public Information/Community Outreach Green Valley Fire District

Fire Safety kits help reduce exposure to cancer causing chemicals firefighters are exposed to while doing their job.

The 100 club of Arizona, Tucson Fire Department, Pima County Fire Chiefs and the Professional Association of Firefighters assembled 100 decontamination wash kits in Tucson. It's a bucket with an adapter for the fire truck engine, soap, a scrub and hose. The Bucket contains dish soap, a scrub brush, hose and water cannon. It works by attaching the adapter to the fire truck engine, filling the bucket up with water and soap, and then, the firefighter scrubs themselves and their gear down after getting

out of the fire.

This process is done post fire and it's proven to remove 80% of toxins that could cause cancer.

Jeff Burgess, an Associate Dean for Research at the University of Arizona College of Public Health said the research looks at the exposure a firefighter encounters when they first start their careers to the end. In the research, he found firefighters are exposed to cancer causing chemicals when they respond to fires.

"We took information about all the exposures that they have, we provided that to them and then they put a set of interventions in place



that changed the way that they responded to fires," Burgess said.

The research said this isn't just firefighters who go into the fire, but everyone who is at the scene of a fire. The main sources of exposure are on your skin and clothing. The gear has the most cancer contaminants on it, and before the study, firefighters would wear their gear all the way back to the station. The research determined that this exposes firefighters, the engine and the fire station to cancer causing chemicals.

Each engine company of the Green

Valley Fire District received a kit to washdown after a fire exposure. It has already been used after receiving the kits at the residential fire on Mother's day after firefighters went into the home to contain the blaze that started in the kitchen.

"Sooty" clothing used to be a "Badge of Honor" for firefighters early in their careers. The fire service is doing everything it can to dispel the practice to reduce the number of cancer cases. And to provide a healthy "life after" the service years while on duty as a firefighter.

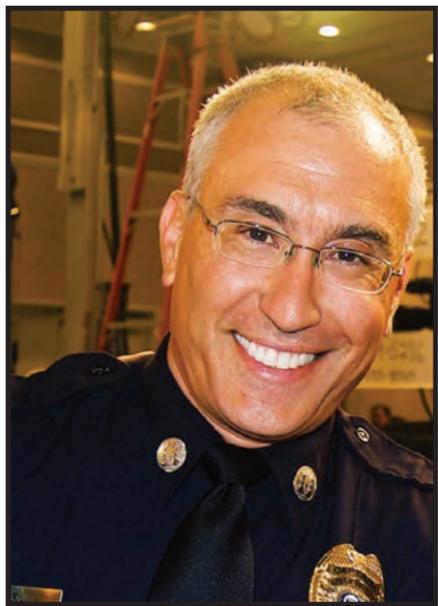


# Retired GV Fire District Battalion Chief Finds Second Career in Global Training

Written by Susan Stein Kregar

Tom Louis (ret.) dreamed of being an astronaut. In 3<sup>rd</sup> grade he borrowed an astronomy book from a classmate and brought a mobile of the planets to class. However, rocketing into orbit was not the universe's plan for Tom.

While attending the University of Arizona, illness forced Tom to change his Air Force focus and aeronautical dreams. Recovering and figuring out his future, a neighbor who was a Rural/Metro Fire Captain, sparked a flame and gave Tom advice on becoming a firefighter. Soon he was off to the 91-1 Rural/Metro Fire Academy. "I loved the entire academy," said Tom, "just great memories."



Tom during his service for GVFD.

He graduated five months later. As a reserve firefighter, he needed to complete classes to become shift-qualified. He passed and was the first candidate from his academy class to be assigned a full-time fire department position. He was assigned to the Green Valley Fire District. He stayed for 21 years; retiring as a battalion chief in 2013.

In that time, he graduated Summa Cum Laude from Arizona State University with a BAS in Fire Service Management and studied for a Master's in Public Administration at American Military University.

Tom served at all four GVFD stations during his career. When he was an acting battalion chief, he oversaw those same four stations. He eventually promoted to administrative battalion chief. "It's like middle management of corpo-

rate work," he said. "I have to say I really enjoyed working as an operations battalion chief."

GVFD's focus was taking care of their customer; a patient or anyone else who made a call for help, which he found rewarding. "We received a lot of gratitude for the care we gave those who had no one else to care for them. They had no one else to call. So who do they call? The fire department," said Tom. "Who else is trusted to get into someone's home at 3am without a search warrant, pick them up and put them back in bed? It's a really big responsibility that one should never take lightly."

Tom was the first car seat installation technician in Green Valley. "I liked knowing that when the child left, they left safer than when they arrived. That was rewarding and I loved interacting with the community on a non-emergent basis."

One of his fondest memories came near the end of his career. "There was a new firefighter on my crew and we had a busy shift. A call came in for a vehicle fire on I-19. Because of the different metals involved in the fire, amazing colors were created. It was also a joy to see a new firefighter get in there, tackle a fire and have control of the nozzle."

Engaged in the community, he was involved in the annual Kiwanis pancake breakfast; showing up at 4:30 a.m. with a massive rotating griddle. One of his favorite activities was the Halloween safe house at the "old" station 151 on La Canada "It was a blast," recalled Tom.

While serving GVFD, Tom received a call from software company, Emergency Reporting, that led to his second career. Emergency



Tom and his "absolute joy," Tucker relaxing at home.



Tom working in Heidelberg Germany on behalf of Emergency Reporting.



Tom promoting Emergency Reporting at the Community Risk Reduction in Reno, NV in March 2019.

Reporting's (ER) software provides the ability to manage all facets of the fire department from incident reporting to truck checks and fire code building inspections.

With ER since 2011, Tom's positions include Regional Trainer, Department of Defense/International Trainer, Professional Services Project Manager and his current position, Business Development Analyst, in which he supports the sales

team and serves as a subject matter expert within the company.

The result of his and ER's work has helped city planners develop future fire stations in high growth communities. The data management tools also help leaders improve the overall quality and quantity of resources, including staffing levels, thus improving fire departments' response times and services delivered to their communities.

Tom has amassed more than 350,000 miles traveling the world for ER to support fire departments and other high-level organizations. His favorite aspect of the job is staying connected to the world-wide fire department community. "It's the same welcoming feeling whether you are in Korea or Colombia," he said. "It's a unique family. It's just different than any other culture out there."

When not working, Tom hangs out with his "absolute joy," Tucker, a four-year-old greyhound.

"I feel I have been blessed," said Tom. "I have had two really great careers. I try very hard to feel grateful every day for that."

Having visited the Kennedy Space Center twice, Tom still dreams of the moon and stars. He is currently reading a book about the voyage of Apollo 11. Who knows, maybe there will be a third career for Tom in the sky after all.

*Editor's Note: The writer was the 3<sup>rd</sup> grade classmate who lent Tom the astronomy book.*



THE UNIVERSITY OF ARIZONA

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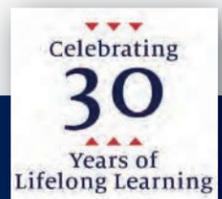
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- ▶ **RSVP & Info:** [www.oli.arizona.edu](http://www.oli.arizona.edu) or 520.626.9039

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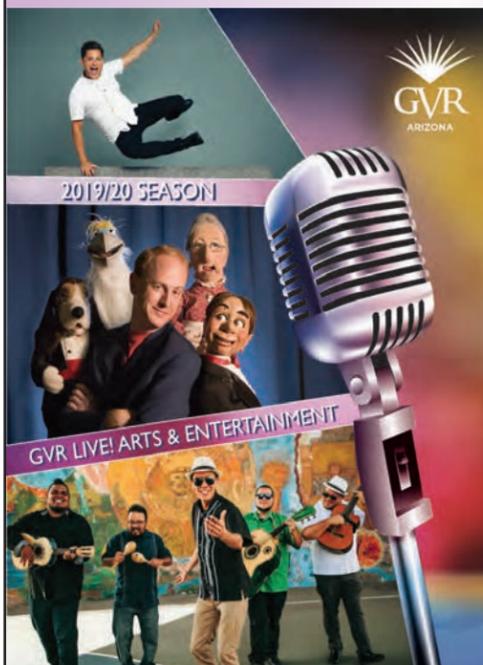
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GREEN VALLEY RECREATION, INC.

# Money-saving Tips That Help the Air!

Written by Beth Gorman, Pima County DEQ

Summer travel tips and easy ways to save money, improve safety and reduce air pollution while enjoying upcoming holidays and vacation travels. Simple actions can add up to big benefits to air quality, our lives and our wallets.

- Since the largest single source of air pollution in Pima County is caused by motor vehicle use, carpooling and combining trips with family and friends over the holidays and vacations are great ways to save gas, reduce wear and tear on your vehicle, and keep the air healthy.

- Avoid engine idling as much as possible. Idling for 10 minutes a day can create 340 pounds of air pollution over the period of a year. Consider parking and going

inside, instead of waiting in drive-thru lines.

- When you need to drive, check the tire pressure before hitting the road. Riding on properly inflated tires will improve gas mileage, stopping distance, and vehicle handling. Find the correct tire pressure for your vehicle on the driver's door jam, the glove box, or the owner's manual.

- Stop at the click when refueling to avoid gas spills and the release of fumes into the air. In addition, stopping at the click prevents overtaxing your car's vapor collection system.



Refuel after 6 p.m. because gasoline fumes contribute to the formation of ground-level ozone pollution.

- Make sure to tighten your gas cap until it clicks to keep gasoline vapors in the tank where they belong. It will save you money and reduce air pollution.

- Avoid charcoal lighter fluid when starting the BBQ. Charcoal chimneys are easy to use, last for years, and eliminate the need for pollution-forming, yucky tasting, hazardous lighter fluid.

them.

By incorporating these tips into your holiday and vacation plans and throughout the rest of the summer, you will save money, increase safety while on the road and around your home, and keep the air healthier to breathe. For more information on conserving money and the environment, visit [www.pima.gov/deq](http://www.pima.gov/deq) or contact Beth Gorman (520) 724-7446

*Pima County Department of Environmental Quality (PDEQ) serves Pima County residents by protecting public health and the*



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- Shop for locally-grown food when available. Supporting local farming is beneficial in many ways and reduces transportation-caused air pollution from foods that are shipped long distances.

- Compost leftover fruits and veggies to form a rich soil enhancer for your plants.

- Reduce waste by purchasing reusable plates, utensils, tablecloths and napkins. Thrift stores have great deals on tableware and other items which eliminate pollution associated with the transport and manufacturing of newly made items. Better yet - check to see if compostable tableware is available to conserve time and water by not having to wash

*environment. PDEQ monitors air and water quality; provides hazardous and solid waste programs that ensures waste minimization and pollution prevention; assesses environmental compliance; processes environmental permits and plans; responds to public complaints and inquiries with investigations and enforcement; and reaches the community via public outreach, education, and citizens' assistance. Real-time air quality information is available at [http://webcms.pima.gov/government/environmental\\_quality/air/air\\_monitoring/](http://webcms.pima.gov/government/environmental_quality/air/air_monitoring/)*

*Visit us at [http://webcms.pima.gov/government/environmental\\_quality/](http://webcms.pima.gov/government/environmental_quality/) or follow us on Twitter at <https://twitter.com/PimaDEQ>.*

# Come join us at the busiest place in town!



The Community Center is home to many local groups in addition to the Senior Lunch Program – Brain Savers Class, Casa Coffee House, Weight Watchers, AARP Driver Safety, Open Jam, Readers Theater, Silver City Jam Band, Victory Volunteers. There truly is something for everyone.

Lunch Program participants are also invited to our Day Trips (such as the Gaslight Music Hall) and Out to Lunch excursions (to restaurants from Tucson to Nogales).

We also present programs of general interest, including visits from the SAV Scam Squad, the U.S. Border Patrol, the Alzheimers Association and Pima Council on Aging.

Meeting and classroom space are also available for your use.



## Don't Eat Lunch Alone!



**Chicken Tetrazzini, German Meatballs, Meatloaf, Roast Turkey, Chili, and a bountiful Salad Bar.**

These are typical menu items at the Community Center, where a full meal, with veggies, bread, dessert and seasonal treats are included.

The Senior Lunch is for all adults age 60+ and transportation is available. Cost? A \$3 donation is requested from participants (\$7 for guests).

### A Community Center for all, serving greater Green Valley.

See our lunch menu, calendar of events and our video on our web site: [PosadaLife.org](http://PosadaLife.org). Call **520-393-6840** to learn more.  
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# Hundreds of Years of History

Written by Barbara Averill. Photos courtesy of Guy Atchley

**M**ission San Xavier del Bac's white exterior gleams against the arid landscape just south of Tucson, earning its local moniker "White Dove of the Desert." It's a place of worship, a place of historical significance and as thousands of visitors each year learn, an ever-changing place like no other. A closer look inside the Catholic church offers clues into history that is both deep and complex.

Docent Tony Doughty of Green Valley, who was drawn to volunteer at the mission in 2011 when the tour program began, points out features that have roots in Christianity, Judaism, Islam, Native spiritualism and the tumultuous history of Spanish colonization. History that predates the building was recorded by Father Kino, who arrived in 1692 at the invitation of the Wa:k community. His census showed 800 people living in an agrarian community along the Santa Cruz river. Doughty said a village of that size could be considered large and prosperous given that at that time New York City had a population of just 4,000.

The site's documented history goes back much further -- in fact some 4,000 years. Corn cobs found in the vicinity have been carbon-dated to 2100 BC, making the area one of the oldest known agricultural sites in the nation. But it's not all about history. Today a sign welcoming visitors to Wa:k indicates a continuing, thriving community of Tohono O'odham people for whom the parish is still a spiritual and cultural center. The grounds are used for mar-

kets and special events. A mission school established in 1864 next to the church serves grades K-8. Community members work in the mission's gift shop and throughout the mission in a variety of roles. Last year the San Xavier docent team offered more than 2,000 tours which were taken by 33,000 visitors.

To Doughty, the greatest take-away for visitors is a message of an "extraordinary 325 year cooperative venture between two spiritual groups of people, the Wa:k and the Church."

While Catholic images prevail, the altar cloth has three images of "The Man in the Maze," a sacred representation of Tohono O'odham people's



Mission San Xavier del Bac's white exterior can't be missed by travelers on I-19 just south of Tucson. It is known as the "White Dove of the Desert."



One of the 175 -- and counting -- images of angels in the San Xavier Mission. Preservation is ongoing at the Mission and some previously covered paintings have been restored for visitors to see.



The Man in the Maze, a spiritual representation of the Tohono O'odham religion, is emblazoned on the altar cloth.

journey through life and afterlife. A place of honor in the front of the church is reserved for a statue of Saint Kateri Tekakwitha, the first Native North American saint. She was canonized in 2012 and is a source of pride for the community.

"I don't know a place outside of Jerusalem that reflects this many religious traditions," Doughty added. Pointing to the mission exterior, he noted Islamic architectural elements, a shell symbol that indicates a Spanish Catholic church, figures of saints, and above the door, sculptures of a rat and a cat. Of the latter, Doughty said, "We don't know why they are there but they also appear in the National Cathedral in Washington." The shell is a symbol of the patron saint of Spain, James the Greater, and it appears in one form or another 28 times throughout the mission. Also adorning the front of the church is the emblem for the Franciscan order that includes a rope and outstretched arms of Jesus and St. Francis of Assisi.

terior statues depicting saints have no heads. How they were damaged is unknown, but their heads were never found. Coincidentally, Doughty points out, the two statues portray Saints Catherine of Alexandria and Cecilia, both of whom were beheaded.

Ten columns adorn the front of the church. While they appear worn and ancient, in fact nine of the 10 were reproduced by Hollywood set designers.



The Franciscan emblem and intricate scroll work are part of the adornments at the front of the Mission church. Jesuits were the first Catholics to represent Spain at the Mission, followed by Franciscans.



Tony Doughty, one of the original docents in the Mission's tour program, continues to offer tours and insights today.

Two of the ex-

# Mission San Xavier del Bac

Only one of the originals withstood an 1887 earthquake that damaged other portions of the church. The column was removed and sent to California where it was replicated.

Father Kino, a Jesuit, began work on a church at the site in 1700, but only a foundation was built. Spanish Franciscans arrived in 1768 and over the ensuing decades, the current church took form. It was completed in 1797 and numerous elements of that period have been preserved. Ongoing conservation efforts stabilize the structure while other workers continue to reveal images that were hidden by years of change.

“Our guidebook says there are 172 angels identified in the church, but now



The church's beautifully appointed interior draws many worshipers as well as visitors who light candles and leave offerings.

These are just some of the images that guides help tourists notice and understand. Repeat visitors often comment that they discover something new each time they come. Docents also have insights into how reproduced features came about, such as the two lion statues at the front of the sanctuary.

Doughty explained that the original hand-carved wooden sculptures were stolen and damaged in the 1980s by a mentally ill man who later admitted the deed and that he had visions that the lions were laughing at him. Remade by an artist in Mexico that creates carousel animals and lovingly restored by Tucson's Gloria Giffords, they now proudly guard the altar.



The ceiling of the sanctuary is encircled with a border that represents the Old Testament story of Aaron's priestly robes, the New Testament story of Jesus telling his followers that he was the "vine", and the Franciscan rope emblem denoting people bound together in faith.

we know of 175. Workers are finding stuff all the time,” Doughty revealed, adding with a smile, “You can't have too many angels!”

Visitors first pass through heavy wooden doors that are original to the building and were carved from wood har-

vested in Madera Canyon. Immediately inside, they may notice an ornate border encircling the sanctuary ceiling. Doughty explains part of it is an artistic reference to the Old Testament story of Aaron



Saint Kateri Tekakwitha, the first Native North American saint, is honored in this sculpture. She was canonized in 2012 and is a source of pride for the community.

Visitors today see scaffolding and ongoing work on both the interior and exterior of the mission. It is work commissioned by the Patronato San Xavier, a nonsectarian, nonprofit group that raises funds for preservation and restoration. The docent program also is part of the Patronato.

A retired retail business owner, Doughty originally split time between Green Valley and Minnesota. Now a full time Arizonan, he guides tours year round. As one of 70 docents, Doughty said the work fulfills his passion for history and he's never bored because of the continual changes at the Mission and the many interesting visitors who come from all corners of the globe.

Doughty explains that while millions of dollars have been raised for preserving the church, more is always needed. Projects both inside and outside the mission are ongoing. Anyone interested in becoming a docent or helping to support the Mission can find more information at [www.patronatosanxavier.org](http://www.patronatosanxavier.org) or by calling 520-407-6130.

wearing priestly garments adorned with bells and pomegranates. The border also has blue “curlicues” that represent the New Testament story Jesus told his followers, “I am the vine, you are the branches.” A painted rope design runs throughout the border runs a rope, a Franciscan emblem denoting people bound together in faith. Franciscan Brothers continue to wear a rope around their robes.



One of the headless statues at the front of the Mission, this one representing Saint Catherine of Alexandria, who met her end with beheading. It remains a mystery how the statues were damaged, with one theory that an earthquake was responsible.



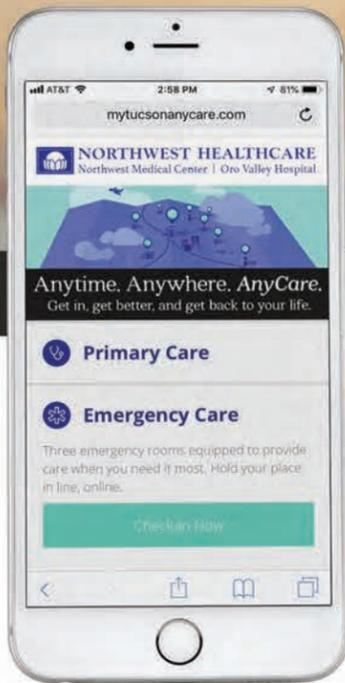
Reproduced sculptures of lions guard the altar. Guides tell the intriguing story of how they came to be recreated.

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# Free App Shows What Medicare Covers

Written by Greg Dill

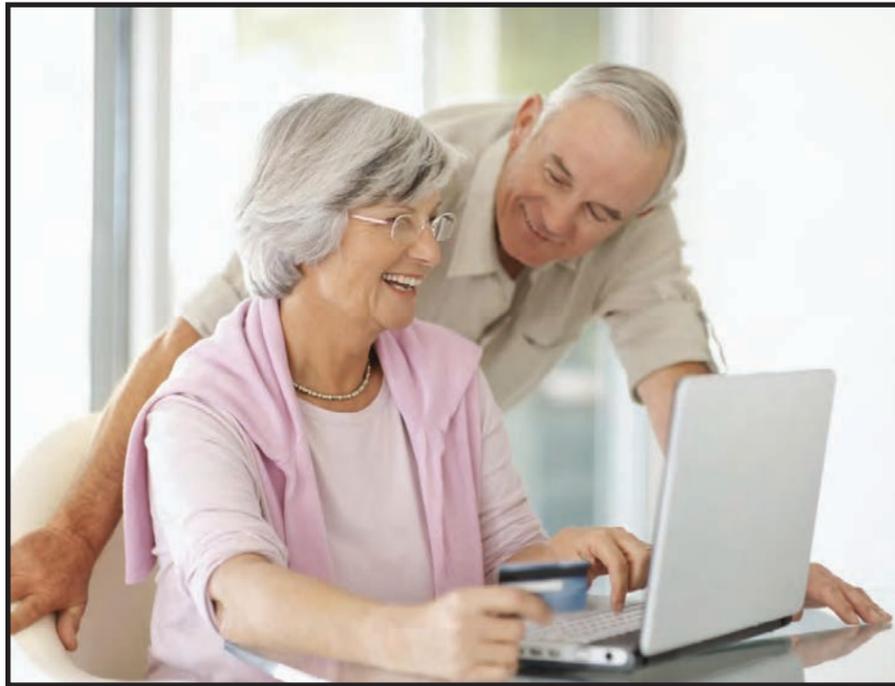
Let's say you go for your annual physical and your doctor recommends that you get a hearing and balance test. Or an electrocardiogram (EKG). Or a Hepatitis B screening.

Does your Original Medicare cover these services? Now there's a quick way to find out, using your smartphone or tablet.

It's Medicare's new "What's Covered" app and it's free. You can use the app right there in the doctor's office, hospital, or anywhere else you use your phone or tablet.

The app displays general cost, coverage and eligibility details for medical items and services covered by Medicare Part A and Part B. You can search or browse to learn what's covered and not covered; how and when to get covered benefits; and basic cost information.

You can also get a list of Medicare-covered preventive health services, like flu shots and cancer and diabetes screenings.



beneficiaries in 2030 – almost 50 percent.

About two-thirds of Medicare beneficiaries use the Internet daily or almost daily, and questions about what Medicare covers are some of the most frequent inquiries that my agency, the Centers for Medicare & Medicaid Services, receives.

There are about 15 million page views annually for coverage-related content on Medicare.gov and 1-800-MEDICARE receives more than 3 million coverage-related calls each year.

If you're reading this on your mobile device, you can get the app directly from the Apple App Store or Google Play buttons below:

Google Play: [play.google.com/store/apps/details?id=gov.medicare.coverage](https://play.google.com/store/apps/details?id=gov.medicare.coverage),

Apple App Store: [itunes.apple.com/us/app/whats-covered/id1444143600?mt=8](https://itunes.apple.com/us/app/whats-covered/id1444143600?mt=8).

Easy access to accurate, reliable Medicare coverage information is just one new feature of the eMedicare initiative, launched in 2018 to empower beneficiaries with cost and quality information. Other tools in the eMedicare suite include:

- Enhanced interactive online decision support to help people better understand and evaluate their Medicare coverage options and costs between Medicare and Medicare Advantage ([www.medicare.gov/medicare-coverageoptions/](http://www.medicare.gov/medicare-coverageoptions/)).
- A new online service that lets people quickly see how different coverage choices will affect

gical center ([www.medicare.gov/procedure-price-lookup/](http://www.medicare.gov/procedure-price-lookup/)).

- A new webchat option in the Medicare Plan Finder ([www.medicare.gov/find-a-plan/questions/home.aspx](http://www.medicare.gov/find-a-plan/questions/home.aspx)).
- New easy-to-use surveys across Medicare.gov so consumers can continue to tell us what they want.

The eMedicare initiative expands and improves on current consumer service options. People with Medicare will continue to have access to paper copies of the "Medicare & You" handbook and Medicare Summary Notices.

And by the way, Medicare does indeed cover hearing and balance tests, EKGs, and Hepatitis B screenings.

Greg Dill is Medicare's regional administrator for Arizona, California, Nevada, Hawaii, and the Pacific Territories. You can always get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227).



Greg Dill, Medicare's regional administrator for Arizona, California, Hawaii, Nevada, and the Pacific Territories

"What's Covered" is available through the Apple App Store and Google Play. Search for "What's covered" or "Medicare" and download the app to your phone. Once "What's Covered" is installed, you can use it to get reliable Medicare information even when you don't have access to your computer.

"What's Covered" is Medicare's first app. It was created to meet the needs of the growing population of people with Medicare. That population is projected to increase from nearly 56 million beneficiaries in 2016 to more than 80 million ben-



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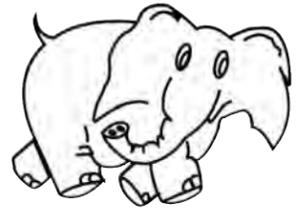
- Telehealth room for psychologist and other specialties available 24/7
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# The County Fair White Elephant News, Updates & Kudos



Written by KGVY Staff

The Country Fair White Elephant Committee is accepting applications to participate in their 2019 Parade. The theme this year is, "CELEBRATING LIFE IN THE DESERT." Please consider the theme as you prepare your

entries. It is sometimes difficult for commercial vehicles to satisfy this requirement, but we ask you to do your very best.

As always, the Committee will attempt to accept all applications, but

it may become necessary to limit the number of entries. If this does become necessary, preference will be given to those entries with the earliest submittal dates and to those who have participated in the past.

The parade will begin at 10:00 a.m.,

Saturday, October 26, 2019.

Should you have any questions, call 520-648-4369 or email chrystunia@aol.com The Office Coordinator will also be available to answer your questions and may be reached at 520-625-4119.

The Green Valley Salvation Army recently awarded the CFWE a Civic Award "Other Award" which honors an individual or organization that exemplifies an extraordinary spirit of service to others.



Salvation Army Award from left: CFWE Board President Regina Ford, Jose Corrales, Sahuarita Town Mayor and Green Valley Salvation Army Volunteer Tom Murphy, CFWE General Manager Karen Lavo, Director of Green Valley Salvation Army Esther Corrales, Salvation Army Volunteer Donna Vernon, Salvation Army Volunteer Coordinator Irene Redondo, Green Valley Salvation Army Volunteer Randy Graf

2019 Graduates Awarded Scholarships from the White Elephant Scholarship Foundation



Walden Grove High School Scholarship Recipients: (left) Jessica Casanova and Stephanie Soto



Sahuarita High School Scholarship Recipients: From left: Austin Olsen, Sienna Wallen and MaryCampbell

**NO ENTRIES WILL BE ACCEPTED AFTER SEPTEMBER 30, 2019.**

## OFFICIAL 2019 COUNTRY FAIR WHITE ELEPHANT PARADE ENTRY FORM

Parade Date: OCTOBER 26, 2019

PARADE THEME: "CELEBRATING LIFE IN THE DESERT"

Please return this completed form as soon as possible to:  
Country Fair White Elephant  
PARADE COMMITTEE  
P.O. Box 970  
Green Valley, AZ 85622-0970  
Phone: (520) 625-4119

Name of Organization: \_\_\_\_\_

Type of Entry (Describe fully i.e., band, float, horses, truck, trailer, golf cart, etc.): \_\_\_\_\_

Person to Contact: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City and Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Indicate Compressed Length of Entry for Staging Information: We need an accurate compressed length for each entry in order to facilitate line-up in the staging area!:

Approximate Number of Participants: \_\_\_\_\_

Parking Space Required for Support Vehicles: i.e. cars, buses, trucks, trailers: \_\_\_\_\_

Award Category for Which Your Entry Should be Judged (please check only one):

- Church & Social Groups
- Commercial
- Equestrian
- Marching Bands
- Charitable Organizations
- Marching Units
- Service Groups
- Special Interest Groups
- Youth Groups

Information/Description of Your Entry – This will be used by announcer and news media (please keep description to 25 words or less):

\_\_\_\_\_

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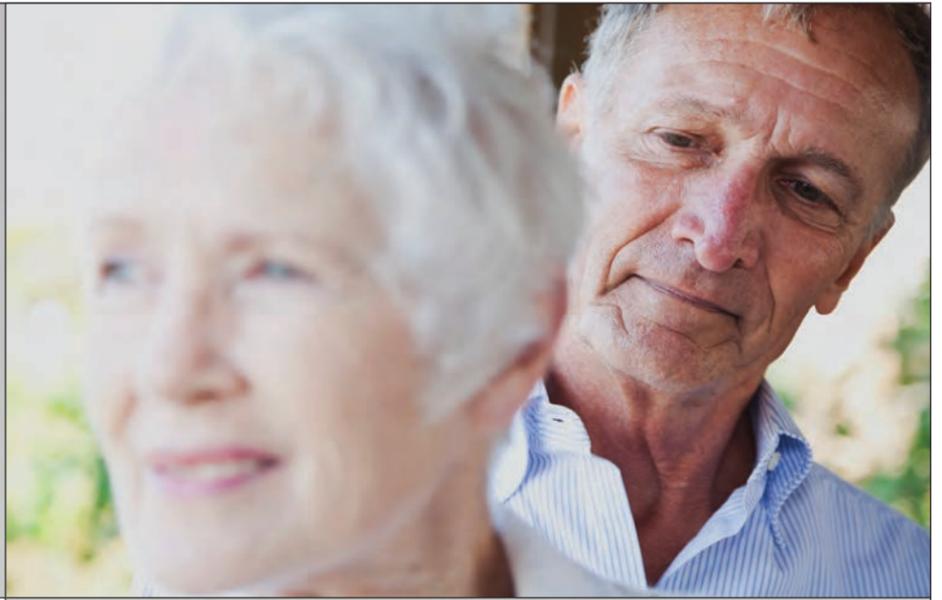
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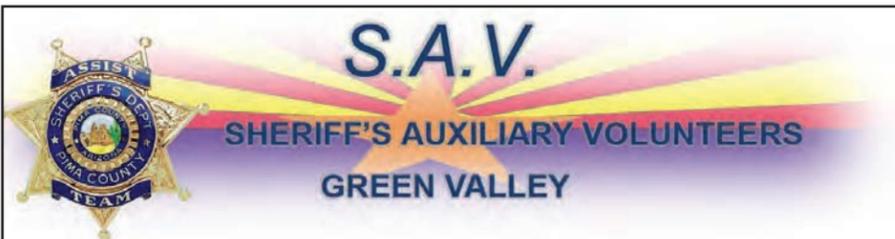
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This is accomplished in partnership with the Pima County Sheriff's Department.

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# Our Five Top Tips for Cooling Off Your House This Summer

Written by Rosie Romero, Special to KGVY

It's summer again, and you're probably wondering how you can stay cooler this year. So, here are five ways to ensure that your house will be more livable during the hottest days of 2019.

1 – Make sure to have an annual checkup on your AC or evaporative cooler – Maybe you are one of those homeowners that decline to call an air conditioning company every year to check up on your heating and cooling system. A service like this will cost only about \$120, but it can check out more than 20 mechanisms in your HVAC system. These maintenance calls may not prevent every breakdown, but they do correct some issues before they become serious.

2 – Practice super-cooling – Super-cooling is an idea that we have developed over several years. Our concept is that when you run the air conditioner, you can chill everything in your home as well: the tile floors, walls, the furniture, the

When your plan takes effect, set the temperature on your thermostat for hours when off-peak, lower cost rates are available. That setting should be 68 to 74 degrees; you want to run your AC at that setting throughout your off-peak hours. This is also the time when you can run your electrical appliances most cheaply. Then when high-cost prices for using electric power start again, move the thermostat up to a warmer temperature – probably the one you usually use in the summer. For most of us this might be 78 to 80 degrees. Because your house has been cooled down, your air conditioner will probably not start running at all for some time.



Window installation. Photo credit: Shutterstock.

They can come in double-cell rows or single-cell. The double-celled rows have a higher insulating factor against heat.

You can even put high reflectivity films on your window although they can impair your views of the outdoors. West-facing windows especially impair your views of the outdoors.

5 – Improve your insulation – Major insulation projects might have to wait for a while, of course. But when fall rolls around, it could be a great time to work on them. There are lots of possibilities, including installing

foam insulation in the walls of a home framed in concrete blocks.

More or improved attic insulation will work if you have an older home built before construction standards were raised. So, if your home was built before 1984, it almost certainly needs more insulation. But most attics in homes built after that date in Central and Southern Arizona were insulated to the recommended rating of R-30 to R-38.

That R-value measures how effectively insulation resists heat flow into your cooled spaces down below.

Of course, if your insulation was installed 20 years ago, your insulation could have deteriorated. You can also get on a ladder and stick your head in the attic to get an idea of what's happening. What you should see is a continuous layer of insulation with no wood peeking out. If you see a lot of lumber, you may need more insulation.



Photo credit: NEST

pictures on the wall, and the clothes in the closet. Doing that for several hours and at the right time of day, will allow you to turn off the AC in more “expensive” utility hours. That way you can save big money on your power bills for air conditioning.

To make it work, get your home on a time-of-use savings plan from your power company. These plans offer cheaper rates per kilowatt hour of electricity at certain times of day Monday through Friday, all day and night on weekends and all day on national holidays.

3 – Replace your old out-of-date, single-pane windows – Install new dual-pane windows can save you hundreds of dollars every year in energy use, according to Energy Star. If you can't afford that, take the time to see that they are well-sealed around the edges by caulking cracks and separations.

4 – Buy new “insulating” window coverings -- Draperies lined with a white plastic backing can reduce heat gain by up to 33 percent, according to the U.S. Department of Energy. Plantation shutters with louvers will let you adjust light coming in from outside. When you close those louvers, it creates a “pocket” that resists heat.

Honeycomb or cellular shades provide insulation against heat by trapping air in the cells of the shade.



Insulating attic. Photo credit: Rosie on the House.

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For more do-it-yourself tips, go to [rosieonthehouse.com](http://rosieonthehouse.com). An Arizona home building and remodeling industry expert for 35 years, Rosie Romero is the host of the syndicated Saturday morning Rosie on the House radio program, heard locally from 7-10 a.m. on KGVY-AM (1080) and -FM (100.7) in Green Valley. Call 888-767-4348.



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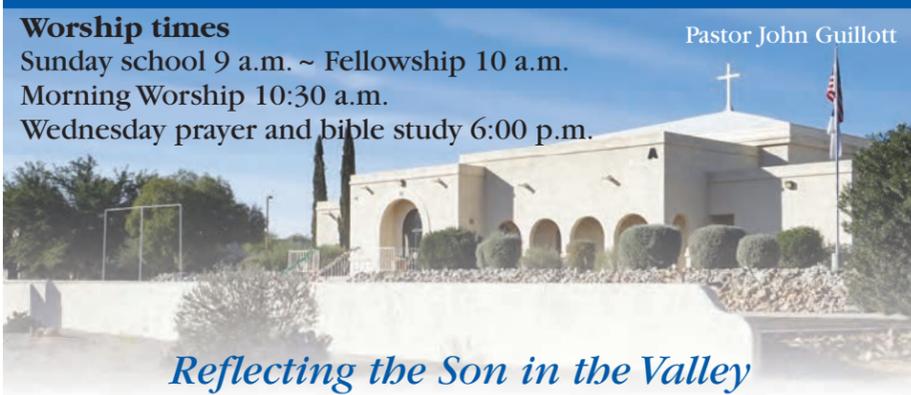
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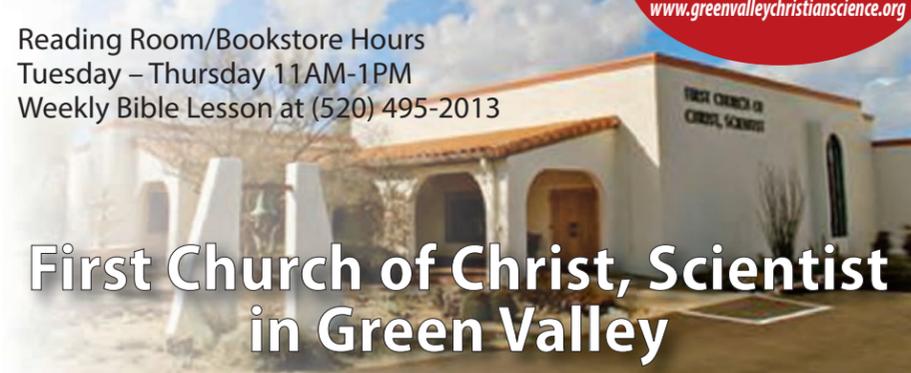
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Been away? Welcome back! Come Home Program 625-4536



# BAYADA's Nonprofit Transition Offers Stability to Clients and Employees

Written by Melinda Phillips, President, Skilled Nursing Unit

## Perpetuating Our Mission

The incredible impact that home health professionals—from aides and RNs, to clinical managers and office staff—make on the lives of the people they serve cannot be valued highly enough. Working together, they provide the essential care and assistance that those in need require, and exactly where they want it most: in the comfort of their own homes. Unfortunately, our current market is seeing more and more companies being acquired and consolidated, putting at risk work stability for employees and continuity of care for clients.

That's why BAYADA Home Health Care Founder and Chairman Mark Baiada transitioned the company to a nonprofit in 2019, protecting our organization from sale and providing security for employees and clients alike. While this move to nonprofit is a natural step in our journey, it is unprecedented in the industry—not many company owners would give up an opportunity to sell their company for a big profit.

But Mark is not just any company owner, and BAYADA is not just any company.

Choose a rewarding career with endless opportunities at BAYADA.

## Here for Good

When Mark started BAYADA in 1975, he invested his life savings of \$16,000 in a steadfast belief: people deserve a safe home life with comfort, independence, and dignity. Today, BAYADA has grown to be a leader in home health care, serving 32,000 clients weekly from 360 offices in 23 states across the US and in five countries.

After being the sole owner of BAYADA for nearly 44 years, Mark transitioned the company to a nonprofit to ensure that *The BAYADA Way*—BAYADA's philosophy and the spirit and the guidance for the work we do—will live on for generations to come.

Not only does this move provide a stable and growing source of high-quality care services and ca-



Kelly Miller, LPN Client Services Manager & Audra Sotomayor, Director (GVA) of Green Valley Bayada Home Health Care

reer opportunities, it will focus our efforts on reinvesting in our mission and culture. We are committed to creating continuing education opportunities to help our employees grow in their careers and better serve our clients, and clinical innovation and technology advancements to allow us to serve our clients in new, more efficient ways.

As leader of BAYADA's Skilled Nursing Unit, I understand the impact that a stable and supportive work environment has on a nurse's career—and we are proud to continue to offer that to our employees, and to our clients. There has never been a more exciting time to Love What You Do.

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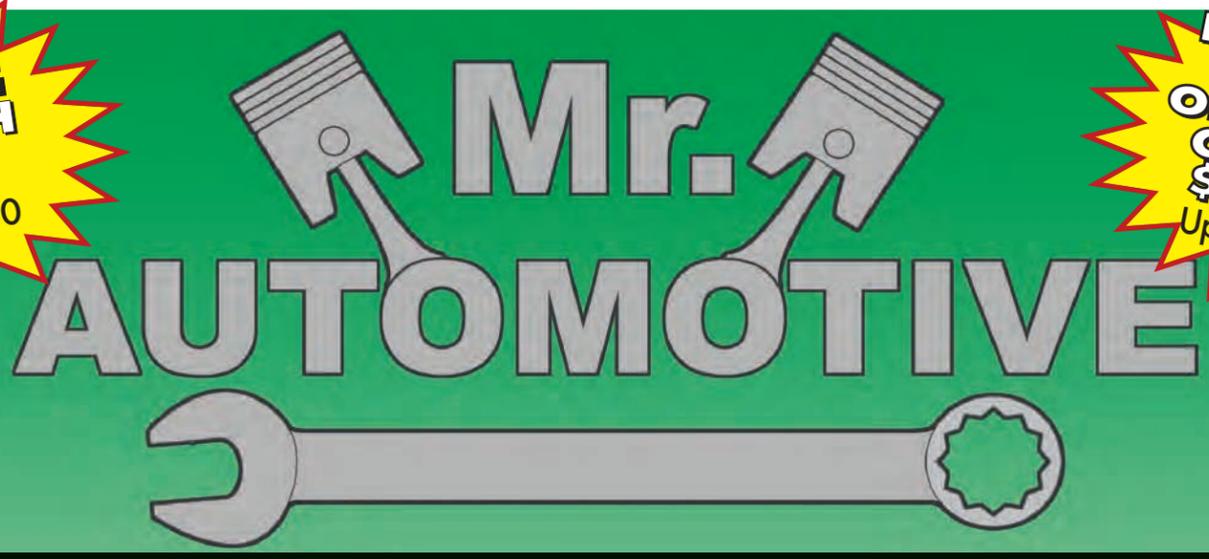
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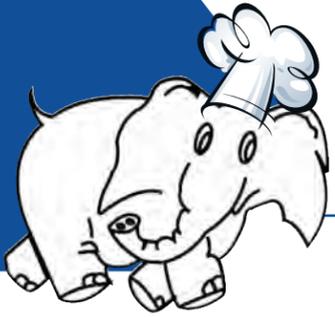
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Volunteer Opportunities Available





# the Elephant cooks

Recipes courtesy of White Elephant Volunteers from "The Elephant Cooks" 50th Anniversary cookbook

## FAMILY FAVORITE SALAD



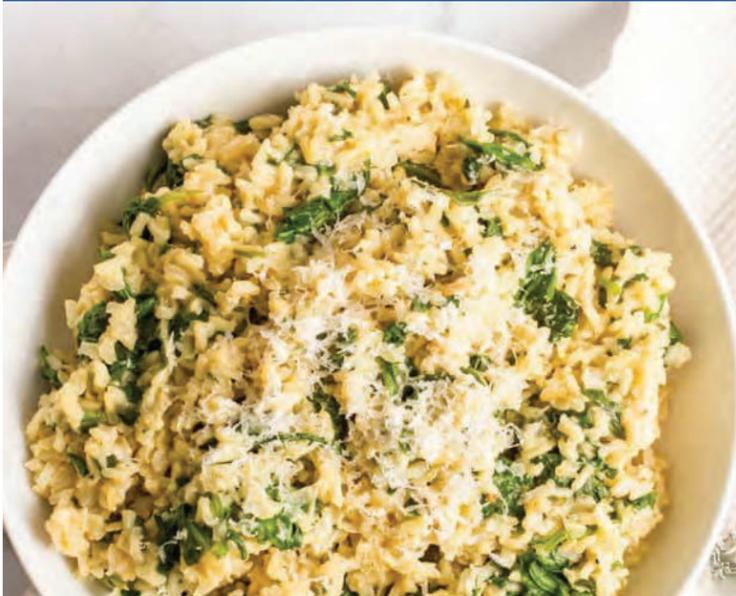
### Ingredients

- 1 head lettuce
- 1 tsp. chopped green onions
- 1 c. broken cashews
- 1/2 tsp. salt
- 1 c. grated Swiss cheese
- 1 c. oil
- 4 sliced green onions
- 1 tsp. prepared mustard
- 3/4 c. sugar
- 1 tsp. poppy seed
- 1/3 c. vinegar

### Directions

Combine lettuce, cashews, cheese and the 4 sliced green onions. Combine the sugar, vinegar, chopped green onions, salt, oil, mustard and poppy seeds and pour over the lettuce mixture just before serving. Toss and serve.

## SPINACH RICE WITH CHEDDAR CHEESE



### Ingredients

- 3 tbsp. butter
- 2 c. cooked instant brown rice
- 1/2 c. chopped green onions
- 1/4 c. sliced almonds
- 1 1/2 cans cream of chicken soup
- 1/2 can condensed chicken broth
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 10 oz. thawed chopped spinach
- 2 c. shredded cheddar cheese

### Directions

In the melted butter, cook the rice, green onions and almonds until the onions are tender, about 4 minutes, stirring constantly. Add cream of chicken soup and chicken broth and bring to a boil. Reduce heat and simmer covered, for 15 minutes. Add spinach and simmer, covered, for 10 minutes more. Remove From heat and stir in cheese.

## PEANUT BUTTER OATMEAL COOKIES



### Ingredients

- 1 c. sugar
- 1 c. brown sugar
- 1 c. butter
- 1 c. peanut butter
- 1 egg
- 1/2 c. mashed ripe bananas
- 1 tsp. vanilla
- 2 1/2 c. quick oats
- 1 1/4 c. flour
- 1/4 tsp. salt
- 1tsp. baking powder
- 1 tsp baking soda
- Chocolate chips
- Raisins

### Directions

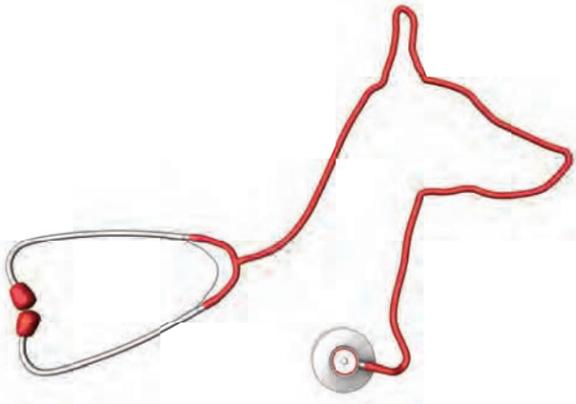
Cream sugars, butter and peanut butter. Add egg, banana and vanilla. Mix in oats, flour, salt, baking powder and baking soda. Fold in as many Chocolate chips and raisins as you would like. Bake at 350 for 10-12 minutes, changing racks halfway through. They should be soft in the center when done.

The White Elephant Thrift Store is always in need of donations. All proceeds benefit local schools and non-profit organizations.

601 N. La Cañada • Green Valley  
Store shopping hours: Monday-Saturday 9AM-Noon  
Donations Drop Off: Monday-Saturday 7AM-3PM

# ANIMAL CARE CENTER OF GREEN VALLEY

*Wag more, purr louder, live better™.*



## Prevent Your Pet From Overheating This Summer

Here at the Animal Care Center, we want to ensure that you keep your pets safe from the summer heat. One of the most overlooked risks is heatstroke, which is an acute, progressive, life-threatening emergency characterized by an increase in body temperature that results in direct thermal injury to organs.

Even a regular hike for a conditioned dog can turn dangerous during the high summer temperatures. Remember, your dog can only dissipate heat via sweat through his or her pads and nose, so their body temperatures rise faster than ours. It is best to be active with your pet at dusk or dawn before and after the sun sets especially when the temperatures reach over 85 degrees. Asphalt, concrete, and sand temperatures often get too hot for walking your pet and you should test this by placing the back of your bare hand on the ground for 7 seconds to ensure that they will not burn their paw pads!

NEVER leave your pet in the car during the summer, even with the windows down, pets can still overheat. Inside a vehicle, at 95 degrees it only takes 10 minutes to reach 114 degrees and the temperature soars to 129 degrees in 30 minutes. Please make sure your cats and dogs always have fresh water available.

Dogs that are especially prone to heatstroke include those with laryngeal paralysis, brachycephalic obstructive airway syndrome (push faced dogs), obesity, and/or cardiovascular disease, as are older dogs or those with a dark or dense hair coat.

External cooling should be implemented by owners whenever heatstroke is suspected, even before the dog is brought to the hospital. Owners can spray the dog with lukewarm (tepid) water, offer water to the dog, and drive to the clinic with the windows rolled down or the air conditioning turned on. Studies have shown that dogs cooled by their owners before arriving at the hospital have a lower mortality rate than those whose owners do not attempt to cool.

If you suspect that your pet is suffering from heatstroke, call us immediately; minutes matter!

- VETERINARY EXCELLENCE
- BOARDING SERVICES
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## More summer Dangers

While heatstroke is a major concern in the summer, don't forget our dangerous wildlife. Rattlesnakes are the major concern as they are quite active this time of year, and they too like to be out at dusk and dawn. Make sure you check your surroundings, and don't let your curious pooch explore under bushes or brush unless you have carefully checked it first. If you think your pet has been bitten by a rattlesnake, remember that we keep lifesaving anti-venom on hand and have trained staff to deal with a snake bite emergency. Stay cool, stay hydrated, and stay safe with your pets!



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This column is provided by the Animal Care Center of Green Valley 555 White House Canyon Rd (520) 625-0433

# pettalk



## SUMMER PROTECTION

### At what temperatures should a pet owner keep their pet indoors?

There is no specific temperature that I can name, but the best thing to remember is that if it is uncomfortable for you, your pet will be uncomfortable too. In general, anything over 80 degrees especially without shade is not an ideal day long outdoor environment for you dog. Because of the dangers of wildlife here in AZ, cats and dogs really should be kept indoors year round especially if they are under 20 pounds. Also, remember that they have a permanent fur coat, so they don't tolerate heat as well as we do. Dogs can only sweat to dissipate heat via their noses and foot pads, so they can die of heat stroke much more quickly than we can.

### Should dogs with heavy fur coats, have their coats thinned out for summer in Arizona?

We must remember that dog's coats also provide a cooling insulation, so in general, we do not recommend shaving them. Dogs with a heavy undercoat will benefit from it being thinned appropriately by a groomer. Dog coats also protect against sunburns.



### Are cats or dogs more affected by the heat?

Dogs and cats are equally affected by extreme temperatures. Because dogs tend to be more active, and most cats live indoors, the dangers of heat stroke are much higher for a dog than a cat.

### Should my pet take vitamins just like people?

In general, if your pet is on a high quality diet, a vitamin is not necessary. I prefer that owners who feed high quality foods spend their money on supplements like fish oils or joint supplements like glucosamine and chondroitin. There are certain medical conditions that might require certain vitamin supplements.

### What type of medications are available for pets to help lengthen life span.

There is no "magic" medication that can help lengthen a life span generally in any pet. However, with the advancement in veterinary medicine, there are several medical conditions where pet's life spans can be lengthened dramatically when the problem is diagnosed early. For example, congestive heart failure, when diagnosed, can be treated very effectively to provide years of quality life for some pets. Diabetes is another condition that when treated appropriately can lengthen the life span of your pet.

### Should pets wear "pet socks" during extreme heat?

#### Where are they available?

Pet socks are not a requirement and can be uncomfortable for a lot of dogs as they generally don't tolerate footwear very well. In extreme heat, your pet should not be out walking on the pavement or any surface (like artificial grass) that can also get very hot. If you cannot tolerate your own bare feet or your hand on the surface that they are about to walk on, they should not be walked on it! Pet socks and booties are available on line for specific medical conditions and for protection for avid hikers or working dogs.

### What plants should your dog be kept away from during the summer.

Toxic plants that your pet should be kept away from include oleander, sago palms, daffodil bulbs, tulip bulbs, and mums to name a few. The animal poison control center (courtesy of the ASPCA) website lists other plants that may be toxic as well. Be aware of critters like snakes that can hide under plants and shrubs too!

Wag more, purr louder, live better.

This column is provided by the Westgate Garden Design 829-0399

# gardening *tips*

By Charlene Westgate, Westgate Garden Design

## PRUNING DESERT PLANTS A Guide to More Beauty with Less Work

Most of us want to spend time enjoying our yards, not maintaining them. Even those who love gardening would prefer relaxing or entertaining outdoors to doing needless yard work. This guide will help you keep your plants looking their best with the least amount of work.

So let's look at why prune, how to prune and when to prune with a goal of pruning as little as possible. And, whether you do your own pruning or hire someone to do it for you, this guide is for you.

### WHY PRUNE?

According to Ursula Schuch of the University of Arizona College of Agriculture, pruning is the "intentional removal of parts of a plant for a purpose." Common reasons for pruning include:

1. Removing damaged or broken branches;
2. Removing branches that are rubbing or crossing and may damage each other;
3. Removing inward growing branches to encourage outward growth;
4. Protecting safety when trees or shrubs effect visibility;
5. Training young plants;
6. Controlling plant size;
7. Rejuvenating plants; or
8. Increasing flowering, fruiting and vigor.

The great news is that when planted with enough space, most desert plants need little pruning. So the best way to limit the need for pruning is to **plant your plant with room to grow.**

Sadly, even landscape professionals forget this simple fact. Working recently with some homeowners, they showed me how their thoughtful landscaper had installed a small purple prickly pear in a little spot that he felt looked empty. What he forgot is that eventually that little prickly pear could grow as large as four to six feet wide. What is a "cute" little plant now, will soon become a pruning nightmare for the owners.

If you've inherited a poorly placed plant or mistakenly planted one without enough space for its mature size, let's look at the best techniques for pruning those plants.

### HOW TO PRUNE

#### No flying saucers, lollipops or ding dongs on a stick!

Desert plants are designed by Nature to protect themselves against heat and drought. Pruning that shears a



plant forces production of new shoots, destroying the natural beauty of the plant and creating a vicious cycle of pruning for you.

Not only do plants have more attractive shapes when left to grow naturally, they also produce more flowers as over-pruning diminishes flower production.



Last summer I came across these two Texas Rangers in a parking lot. The grounds crew had "missed" one. Of the two, which would you prefer in your yard?

#### Use a Naturalist Approach.

Instead of shearing, use a process of **Selective Thinning**, removing the branch back to the point of attachment or to the ground. This maintains the plant's natural shape without causing excessive new growth. With this

approach, pruning only needs to be done periodically and only when necessary.

If you need to control the plant's size, a similar **Two-Step Method** works well. First, lightly shape the plant into a globe (not a hard shearing). Then, thin every other branch at varying lengths to achieve a natural look. Never remove more than 25% of the plant in a single pruning session. (See illustration below.)

When hiring someone to assist with pruning, if they whip out an electric hedge trimmer, pass them up for a landscaper who will use hand pruners. The modestly longer time it will take the landscaper to prune by hand will pay big dividends in the end. The plant will look more attractive and you won't have to hire the landscaper as often, saving you money.

#### Don't Top Trees!

If you're unfortunate to have a tree that exceeds your HOA's height limits, avoid topping the tree or hiring a tree service that recommends this strategy. Just like with shearing a shrub, topping a tree encourages excessive growth. Drive by the pecan orchards in winter and you'll see what I mean. The trees are

The better process to achieve these results is called **Crown Reduction**. Like with selective thinning of a shrub, some of the tallest tree limbs are cut back to their point of attachment or to the trunk. When done properly, the result is highly effective with a more pleasing appearance.

When you must prune, the final question is when is the best time of year to do it?

### WHEN TO PRUNE

The two factors that most affect when to prune are bloom season and dormancy. The rules of thumb are:

**Winter:** The best time to prune deciduous trees is in the winter when they are dormant. Some examples include mesquites, chaste tree and desert willow.

**Late Winter to Early Spring:** Prune summer and fall flowering plants such as oleander, daleas and Texas rangers in later winter to early spring.

**Early Spring:** After the risk of frost is over, prune the frost damaged growth from plants like bougainvillea, lantana and red bird of paradise.

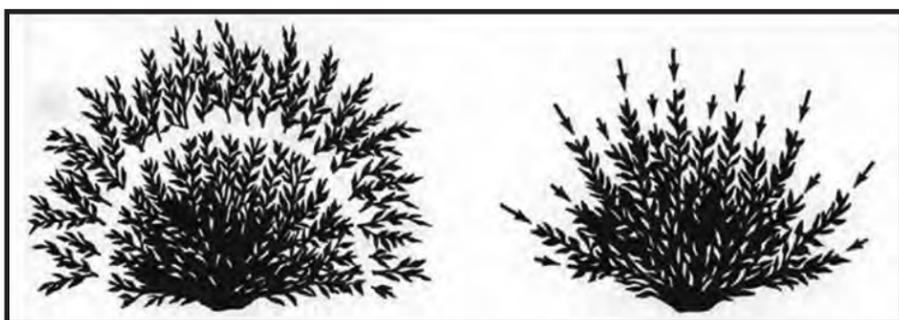
**Late Spring to Early Summer:** Prune spring blooming plants once they're done flowering. This includes fairy dusters, sennas, brittle bush and rosemary.

If you try these methods at the appropriate times and you still have to prune frequently to control a plant's size, it's probably time to remove that plant and put something smaller in its place.

*This article is a summary of pruning publications from the University of Arizona Cooperative Extension. To learn more about pruning or to download free publications with more details, visit their website at [extension.arizona.edu/pubs](http://extension.arizona.edu/pubs) and type "pruning" in the search box. For a detailed list of desert plants and their ideal pruning period, refer to *Pruning, Planting and Care* by Eric A. Johnson (Tucson, Ironwood Press, 1997).*

Still need help? Visit the Green Valley Master Gardeners office at 1100 E. Whitehouse Canyon Rd. or call them at (520) 648-0808.

Charlene is a Pima County Master Gardener, Permaculture Landscape Designer and owner of Westgate Garden Design. You can reach her for questions or comments at [charlene@westgategardendesign.com](mailto:charlene@westgategardendesign.com) or (520) 829-0399.



Two-Step Naturalistic Pruning Method. Illustration from "Pruning Trees and Shrubs" PowerPoint presentation by Ursula Schuch, PhD, University of Arizona School of Plant Sciences



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**THE ACCIDENTALS**



**OCTOBER 23**  
**7PM**

**DANIKA AND THE JEB**



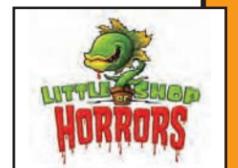
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# medicalnews

## ACROSS THE BORDER, OVER THE POND, AROUND THE WORLD: A GLOBAL LOOK AT CANCER

I am astonished at the information available with a few keystrokes. I remember pulling “microfiche” to do a research paper. Today, we can learn about anything and do a deep dive within a few hours. At our practice in Green Valley, we are narrowly focused on caring for patients in our community. In this article, I will share a bit of what we know about cancer around the world from the American Cancer Society’s periodical report, *Global Cancer Facts and Figure*, 4<sup>th</sup> edition (2018). Technology allows us to catalog and share large amounts of data that is analyzed to develop strategies to improve our health worldwide.

In 1990, 45 million people were estimated to have cancer of any type. By 2017, this number approached 100 million. With advances in medicine, food security, and a reduction of poverty, individuals are living longer. Cancer is often diagnosed in the later decades of our lives; 80% of cancers are discovered after the age of 50. Cancer is the second leading cause (just slightly behind heart disease) of death worldwide accounting for 1 in 6 adult deaths. In 2018, there were an estimated 18.1 million new cases of cancer diagnosed, nearly 10 million deaths because of cancer, and over 43 million cancer survivors.

But are these numbers better or worse than in previous decades? Simply put, they are better. In 1990, globally 161 per 100,000 people died from cancer and in 2016, this number fell to 134 per 100,000. What is harder to glean from the data is cancer’s burden on individual’s overall health including disability and affects on the ability to care for one self independently. Five-year survival rates for all cancers have increased from 50% in the 1970’s to 67% in 2013. The greatest gains worldwide in survivorship are in prostate, breast, thyroid, bladder, uterus, melanoma, kidney, and Non-Hodgkin lymphoma. While strides have been made with pancreatic, liver, lung and esophageal cancers, 5-year survivorship rates are generally still less than 20%.

Not surprisingly, nearly half of the new cancers diagnosed worldwide occur in Asia where the population density is highest. Factors, such as the availability and use of preventive services and screenings, access to high quality treatment, prevalence of cancer-causing infections, unhealthy behaviors such as smoking and drinking excessive alcohol, certainly contribute to global variations in cancer incidence and deaths. One alarming statistic impacting accurate and timely diagnosis, staging, and treatment



is the availability of radiation therapy. In the US, there are more than 5 radiation machines per 1 million people while in nearly 60 countries in the world, there are no radiation machines available to their residents.

Like the US, breast cancer is the most common type of cancer in women globally. For men in the US, prostate cancer is most common. However, worldwide, men are more often diagnosed with lung cancer. Globally and in the US, lung cancer is the number one cause of cancer-related deaths.

Countries with shorter life expectancies, fewer years of education and lower standards of living tend to have higher incidence of cancers (stomach, liver and cervical) caused by infections such as those caused by *Helicobacter pylori* (*H.pylori*), *Human papillomavirus*, *HIV* and *Hepatitis*.

For countries that are more highly developed with citizens who are well educated, have longer life expectancies, have higher freedoms of choice, and higher income per capita, researchers believe that unhealthy behaviors of smoking, poor diet choices, and sedentary lifestyle contribute to higher rates of most cancers.

Notably in this report, cancer experts chose to highlight the impact of excess body weight

(defined as a body mass index greater than 24.9) on the global burden of cancer. In 2016 globally, 40% of adults and 18% of children had excessive BMIs. Emerging and reinforcing evidence continues to associate excess body weight with an increased risk of developing the following cancers: postmenopausal breast, colorectal, uterine, esophageal, gallbladder, kidney, liver, meningioma, ovarian, pancreatic, stomach, thyroid, oral, and multiple myeloma. Researchers

hypothesize that excessive body weight causes alterations in hormones such as estrogen and insulin and/or creates chronic inflammation that can cause damage to cells’ DNA both of which can contribute to uncontrolled cell growth and/or mutations.

There is so much more that we can learn about the global impact of cancer. But, for now, I want to once again narrowly focus on what each of us can do. So here are some take-aways for you in your day to day life:

- Choose a healthy diet by eating a variety of fruits and vegetables, limiting red meat consumption, increasing fiber and whole grain intake.
- Get screened for and/or vaccinated against infections such as HPV and Hepatitis.
- Avoid risky behaviors such as excessive alcohol intake, using tobacco products, and engaging in unprotected sex.
- Establish and maintain regular appointments with a primary care provider.
- Engage in a minimum of 150 minutes of moderate physical activity weekly.
- Know your own individual health risks i.e. BMI, family history, and environmental exposures.

It is anticipated that our life expectancy will continue to lengthen. Most folks will agree that we want to age well and limit the impact of disease on our ability to enjoy life to the fullest. You can positively impact the potential burden of cancer on you and your family’s lives.

### Educating the Community



Sherri Porterfield, RN, MSN

Sherri Porterfield, RN, MSN is an RN Navigator at Arizona Blood and Cancer Specialists. She has over 25 years of experience educating patients and the community on a variety of health topics. She enjoys being active in the community where she has volunteered her time and expertise serving as a guest lecturer in Green Valley and Tucson.

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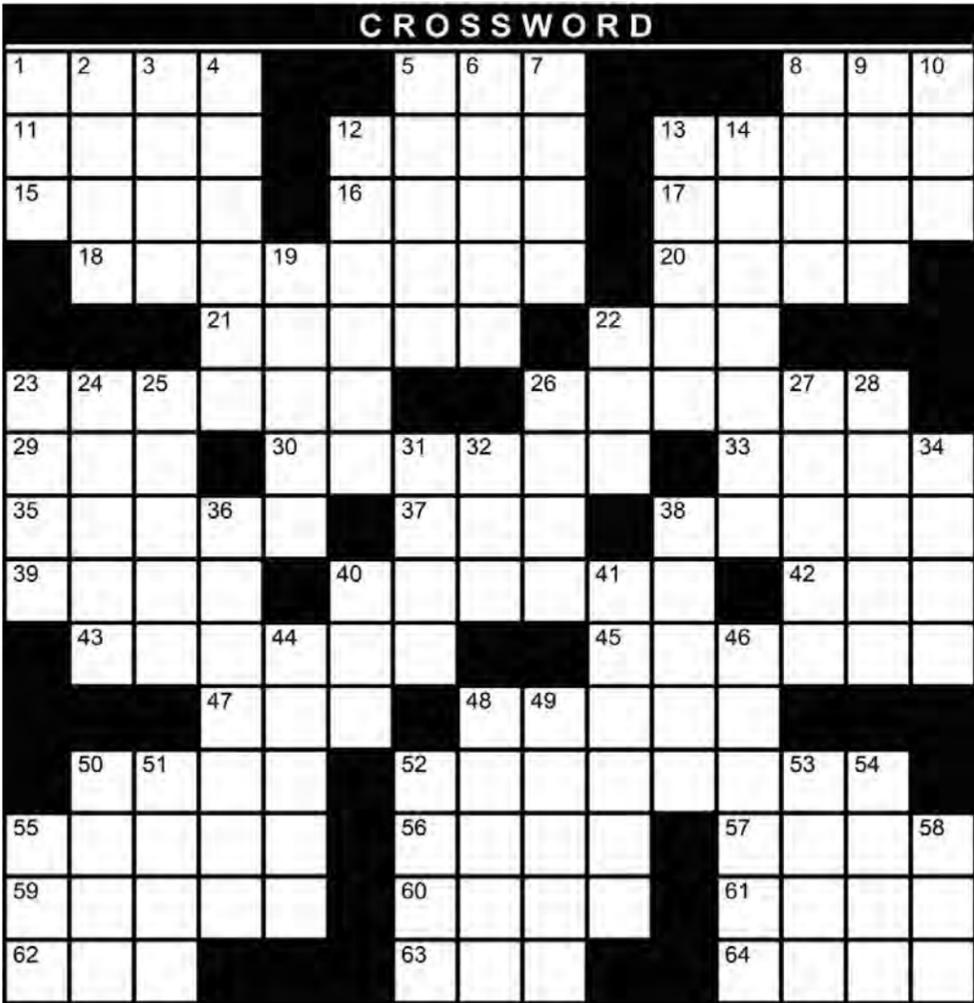
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**SUMMER FUN**

**ACROSS**

1. '70s hairdo
5. Used for Chinese cooking
8. Part of URL
11. \* \_\_\_-and-slide
12. Cone-shaped quarters
13. Formerly known as dropsy
15. "Les Misérables" author
16. Hissy fit
17. Sink hole
18. \*It varies widely in different regions
20. One from the Magi
21. Native American emblem
22. Lavatory, abbr.
23. Like #21 or #37 in this crossword
26. Borrower's warranty
29. Geological time period
30. Experienced sailor
33. Wraths
35. Turning abstract into real
37. Zippo
38. Carl Jung's inner self
39. It's considered abominable
40. Ticks off
42. Mightier than sword?
43. \*Popular July 4th event
45. Climb Kilimanjaro, e.g.
47. Bigheadedness
48. Hawaiian veranda
50. Vegetarian's protein source
52. \*It won't last long in the heat
55. Canada's favorite tree
56. UN civil aviation agency
57. Another spelling for #54 Down, sing.
59. Listens to #19 Down
60. Accepted behavior
61. Copenhagen native
62. Flower precursor
63. D.C. time

64. Church part

**DOWN**

1. \*Bonfire residue
2. Mess up
3. Capital of Latvia
4. Porto, to many English-speaking tourists
5. Painful expression
6. Poppy product
7. \*In need of a breeze
8. Like Beethoven
9. Fail to mention
10. \*A farmer's \_\_\_
12. Sleeping sickness vector
13. Hoover's middle name
14. \*Blast from past in movie watching
19. \_\_\_-boots
22. Car nut
23. Bald eagle's nest
24. Do like ivy
25. Yogurt-based dip
26. Cobbler's concern
27. Nonsense
28. Red Sea nation
31. Actress Hathaway
32. Mammoth site, e.g.
34. \*Summer castle material
36. \*Light bearer
38. Very, in music
40. Big fuss
41. Kidnapper's demand
44. Fits of shivering
46. \*Noisy insect
48. El Pollo \_\_\_\_, pl.
49. Not together
50. Off-limits
51. Newspaper piece
52. Conifer
53. Like 2016

54. Ages and ages
55. Flash dancers
58. Born, in society pages

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This edition's puzzle is SUMMER FUN! Green up your bank account when you successfully fill out the KGVY crossword puzzle, and it is chosen as the winning entry from all the correct entries. Include your name, address, and phone number on our form, and mail it to KGVY, Attn: KGVY Puzzle Contest, P.O. Box 767, Green Valley, 85622. All puzzles must be post marked by September 16th. If you win, KGVY will cut you a check for \$250 and a local non-profit will receive \$250. Here's some additional small print to test your reading glasses.

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**Congratulations to Susan Ford. Susan was the happy winner of the April Puzzle Contest. Guy Atchley was on hand to present Susan with her \$250.00 winnings. She chose CPAC as the winning non profit of the other \$250.00**



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