

# Community Quarterly

Welcome to a New Year!!

Winter 2021

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Volume 12, Issue 1

## New Sahuarita Library Branches Out to Fit Community Needs

Written by Susan Stein Kregar

*"I'm of a fearsome mind to throw my arms around every living librarian who crosses my path, on behalf of the souls they never knew they saved." -- Barbara Kingsolver*

Imagine the number of souls the new library in the Town of Sahuarita will save when it opens its doors in what is anticipated to be the summer of 2021. Located on the NW corner of Sahuarita Road and Calle Imperial, this state-of-the-art library is the decades-long dream of the Town of Sahuarita, Rancho Sahuarita Developers, and Pima County Public Library.

### Enhancing Sahuarita's Community

Funded by the library's general budget, the \$9 million, 17,500+ square foot library (yet to be named) will take the strain off the Joyner-Green Valley Branch and provide a much-needed service to Sahuarita.

The Town of Sahuarita has been identified by the Pima Association of Governments as having the highest estimated population growth (2010-2045) in all of Pima County. This growth is what moved the needle to build a new library. The current 2,300 square-foot library will be moved into the new location.

"It's been a great and interesting journey. With 6,500 students in the Sahuarita Unified School District, a library has been a well-needed asset and welcome



The entrance of the Sahuarita Library. Image Credit: Line and Space

addition to the community," said Tom Murphy, Mayor, Town of Sahuarita.

Because of its walking distance from six area schools, the library will be convenient for students. When the school libraries close for the day, weekends and breaks, this new branch will be open to them. That is especially helpful for students who don't have internet access at home to continue their studies.

Murphy sees partnerships with the school district and JTED as well as volunteer opportunities for middle and high school students.



Many expansive windows allow library visitors and staff to enjoy the natural landscape. Image Credit: Line and Space

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### More Than a Library

The library will offer much more than books and periodicals. Similar to a community center, amenities include a gaming room, study spaces, a story-time room, a space for teenagers, an outside performance area, and a dedicated business and entrepreneurship space which will attract all ages to the branch.

Art will not simply be pictures in books. It will come alive. Tucson and New York-based public artist, Chris Aranda of [Aranda/Lasch](#) is developing his art concept in consultation with the

the project. The building materials and landscaping will represent Sahuarita's history of mining and agriculture.

LEED (Leadership in Energy and Environmental Design) is the most widely used green building rating system in the world. Available for virtually all building types, LEED provides a framework for



Construction crews diligently work on the interior of the library. Image Credit: Concord General Contracting

healthy, highly efficient, and cost-saving green buildings.

Universal Design is the design of buildings, products, or environments to make them accessible to all people, regardless of age, disability, or other factors.

"Things are continually moving forward in the Town of Sahuarita," said Murphy. "I am grateful for the support from the community, Sahuarita Town Council, Rancho Sahuarita, Pima County Libraries and the Board of Supervisors. It is a multiple stakeholder commitment that is making this happen. If any of those parties were not committed to it, it would not have happened. From the beginning of the dream, Rancho Sahuarita kept it alive."

Arts Foundation of Tucson and Southern Arizona.

### Locally LEED-ing the Way

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# The Future of Care: High Tech Meets High Touch

Written by Tom Meisinger, Owner, Home Instead Senior Care Green Valley

When you think of home care for older adults, “innovation” and “technology” may not be the first words that come to mind. But maybe they should. At Home Instead Senior Care, we provide services that enable seniors to maintain their independence while relieving some of the stress on family caregivers. New innovations have allowed Home Instead to deliver the highest level of home care with the help of more connectivity in the home, supporting our mission to enhance the lives of aging adults and their families.

Recently, we began using a tablet-based solution that enriches the care experience for clients. This groundbreaking tool gives family members hands-on involvement with their loved ones’ care, even from afar. It also puts information and resources at the fingertips of Home Instead CAREGivers<sup>SM</sup>, to elevate the way they care for clients.

Today, too many seniors are lonely or isolated. Nearly three in 10 adults over the age of 40 feel socially isolated, according to AARP, with the

percentage of seniors feeling that way likely even higher. Incorporating technology into home care, along with a professional caregiver, can help reduce the risk of isolation. With our tablet, family members can check in on loved ones when they can’t be there in person. Video calls can give even the most distant relatives the ability to feel as if they are right there in the room with their loved one.

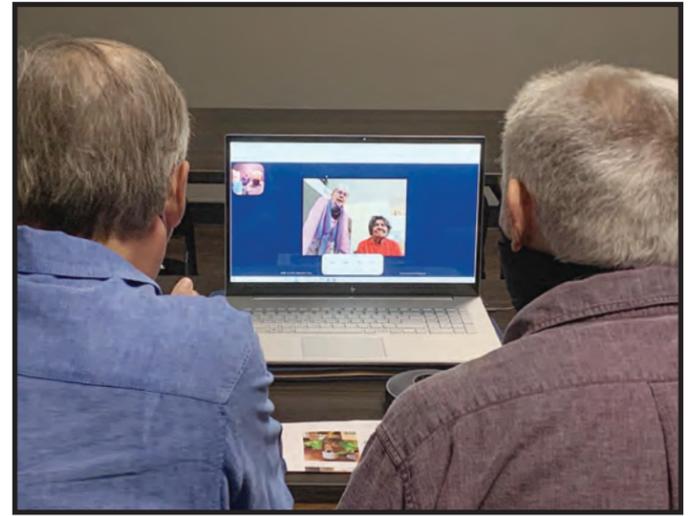
And while many seniors shy away from technology, the simplicity of this tablet can be an easy way to introduce older adults and families to new tools. For seniors using the device, family members, friends and Home Instead CAREGivers are just one button away – a feature that gives families peace of mind.

Balancing high-tech solutions with the human touch of a CAREGiver is key to advancing the future of care. And technology is an integral tool for professional caregivers. Monthly in-home assessments can be conducted through a tablet and care plans can be created and customized for each client. These can then be shared with family members to open new lines

of collaboration and communication among older adults, families and professional caregivers.

When paired with a professional caregiver, the potential for technology to transform care is limitless. Family members have access to a real-time window into their loved one’s daily lives, Home Instead CAREGivers gain a resource for creating connections and seniors are enriched by the social, emotional and physical benefits of being connected with those who mean the most to them.

Over this year with the pandemic we’ve watched our clients and their families see the full benefit and more of having a tablet in the home. A client who was bed bound and on hospice, the CAREGiver was able to take pictures around her home and family photos which allowed the client to reminisce and bring back memories of her life. For Halloween, our clients



were given pumpkins to create and design, we virtually included their families and were judged by our office for the scariest and most creative. With Christmas coming upon us and limited travel, we will be baking cookies virtually, virtual meals and play family games using the tablet keeping people connected.

As the population of older adults continues to rapidly grow, technology will offer critical solutions to the growing need for care among aging adults. While innovation might not be synonymous with home care today, high-tech plus high-touch is the future of care.



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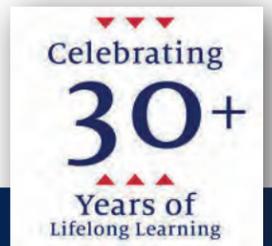
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# Go Out and Explore! Ten Places to Visit in Arizona

Written by Guy Atchley

It's a true life experience, standing at Whitewater Draw just before dawn listening to the symphony created by tens of thousands of sandhill cranes as they take off in wave after wave headed for a day of feasting in nearby farmer's fields. They are true snowbirds, coming from as far away as Canada and Alaska to spend the winter in the warmer climate of Cochise County. The playa near Willcox draws them because it provides the few inches of water they enjoy standing in each night. And sometimes when the temperature dips to freezing they'll even have to break the crusty ice around their legs before they can take off. People from all over the U.S. come to celebrate this phenomenon every year with a festival known as Wings Over Willcox, which is being held this year January 14-17.

At the University of Arizona they're fond of saying "Bear Down." Well, that's exactly what you can do at Bearizona near Williams. It's one of those places in the state that's a perfect outing during the pandemic because you never have to leave your car. Just drive through to experience the sight of not only bears, but also wolves, buffalo and bighorn sheep. Of course, you can get out of the car if you want and socially distance as you walk through Fort Bearizona. That's where the oh-so-cute juvenile bears are waiting to climb a tree to look you over. You'll also see bobcats, otters, fox and javelinas. Learn more at bearizona.com.

Want to see a part of Arizona's mining history? Then head for Bisbee. You can get outfitted in a hard hat with a miner's headlamp and a yellow slicker for a ride into the Queen Mine. You go deep into history and



The old mining town of Bisbee is nestled in the mountains of Southeastern Arizona not far from the U.S./Mexico border.

into the earth -- 1,500 feet to be exact. Retired Phelps Dodge employees fill you in on how things used to be. Be advised that because of the pandemic reservations are required. Above ground there's nothing like taking a walk around downtown Bisbee, which is frozen in the early 1900's. And don't forget to see Warren Ballpark while you're there. It was built in 1909 making it one of the oldest professional baseball stadiums in the United States. It has hosted baseball Hall of Famers John McGraw, Connie Mack and Honus Wagner. See more at discoverbisbee.com.



Bearizona is just off I-40 close to Williams known as the Gateway to the Grand Canyon.

Imagine walking in the same place where Wyatt Earp, Doc Holiday and Virgil and Morgan Earp took on the McLaurys and Clantons in the gunfight at the OK Corral. People come from all over the world to behold the spectacle of Tombstone where stagecoaches still rattle along the dusty streets and colorful reenactors bring history to life. There's plenty of room to

socially distance and many establishments do require masks. The Town Too Tough To Die is a motto that takes on new significance during the pandemic. In many respects Tomb-

stone has not changed much since 1881. The people are still tough but welcoming. You'll find a lot to do as you retrace the steps of Wyatt and Doc. Learn more at tombstoneweb.com.

If you want to experience all that the Sonoran Desert has to offer, look no further than Boyce Thompson Arboretum near Superior. So many trails, so little



At the Boyce Thompson Arboretum along Highway 60 near Superior, nature will delight your senses.

an area that draws 270 bird species. No wonder the Audubon Society has designated the arboretum as an Important Bird Area. Keep your eye out for hawks, hummingbirds and vultures. You might also see bobcats, javalinas, coati mundis, gila monsters and rattlesnakes. Get more information at btarboretum.org.



The Whitewater Draw Wildlife Area near McNeal is a primary roosting site for thousands of sandhill cranes.

time. Every few steps you'll see a different vista of agaves, aloes, boojum trees, jujube trees, legume trees, and a eucalyptus grove that includes one of the largest red gum eucalyptus trees in the United States.

When it comes to Arizona's roadside attractions, few can surpass the sheer fun offered by the Rooster Cogburn Ostrich Ranch and Petting Zoo.

It sits in the shadow of Picacho Peak along I-10 about 30 minutes to the northwest of Tucson. Needless

to say you'll find plenty of ostriches roaming the grounds, but deer and burros will also vie for your affections. You can enter the lorikeet aviary and have the birds literally landing on your arms and hands for a snack. And one of the newer exhibits features



The Bird Cage Theater in Tombstone remains pretty much like it was in 1881 when the big gunfight happened just down the street.

And, of course, you'll see beautiful cacti throughout the arboretum. Over 2600 species of arid land plants from around the world grow at the Arboretum. It's also a repari-

stingrays. Watching them swim is

Ten Places to Visit  
Continued from page 5



The Rooster Cogburn Ostrich Ranch along I-10 at Picacho Peak also has colorful lorikeets that will eat seeds right out of your hand.

a treat in itself, but wait until you experience a stingray nibbling for the food in your fingertips. This is a place your children and grandchildren will love. Check out rooster-cogburn.com.

The Sonoita/Elgin area might have you singing about the sur-rey with the fringe on top. After all, the movie *Oklahoma* was filmed here, and in the heart of Elgin you can see the two-story house that doubled as the train depot in the film. In recent years Sonoita and Elgin have become known as Southern

Arizona's wine country. Numerous wineries dot the countryside. Of course, you can stop and sample the offerings at many of them. Even if you have no interest in wine, just the scenic drive is worth the trip. If you're hungry, the historic Steak Out Restaurant at the junction of Highways 82 and 83 serves some of the finest steaks you'll find anywhere. If the owners are there, Michael and Grace Wystrach can tell you about their son Mark who just happens to be the lead singer for the



These two love birds now make their home at The Oasis Sanctuary in Cascabel about a 25-minute drive north of Benson in Cochise County.

country group Midland. Get more info at [sonoitaelgin.com](http://sonoitaelgin.com).

If you've been looking for that perfect location to take a family portrait, Agua Caliente Park is the place. Water, palm trees, mountains -- this county park has it all. Pima County has recently updated the landscap-

ing, which includes lovely walking paths that will take you deep into the 101-acre park. Kids will enjoy watching the ducks and frogs swimming up to check them out. It's not unusual for great horned owls to sit camouflaged in the palm trees and



You might be tempted to set up lawn chairs to take in the grandeur of wine country in the Sonoita/Elgin area.

totally unnoticed by the people below. You might also see a blue heron take flight across the pond and deer walk up for a drink. If you bring lunch, the park has several picnic tables. While the park itself is open during the pandemic, the 1870s Ranch House Visitor Center and Art Gallery is closed for the time being. Learn more at [friendsofaguacaliente.org](http://friendsofaguacaliente.org).

Many people in the U.S. have exotic birds for pets, but what happens when the pets outlive the owners? It

happens a lot. Well, in a little place called Cascabel near Benson, Arizona you'll find The Oasis. It's a haven of love where many of the birds wind up. It's also where you can walk through and enjoy the colors and calls of exotic birds from all over

the world. The people who care for the birds consider this a lifelong commitment. You can even become a member, sponsor a bird, volunteer and donate. Regardless, you'll be amazed

at the birds whose characters are as colorful as they are. And, yes, some of them will talk to you. The Oasis Sanctuary is proud to be the first exotic bird sanctuary to have dual accreditation from the American Sanctuary Association (ASA) and the Global Federation of Animal Sanctuaries (GFAS). If you're



Agua Caliente Park lies on the Northeast Side of Tucson close to the Catalina Mountains.



Guy Atchley at Cochise Stronghold near Tombstone

a bird-lover, you won't be disappointed. Check out their website: [the-oasis.org](http://the-oasis.org).

If you're a Western movie buff, you'll enjoy seeing the place where many of the films were made. Today it's known as the Superstition Mountain Museum, but in its heyday, they called it the Apacheland Movie Ranch. It was built in 1959 by Nat Winecoff, who had worked for Walt Disney in designing Disneyland. The productions filmed here include "Have Gun -- Will Travel" and "Death Valley Days." The stars who once walked the grounds

include Jack Nicholson, Steve McQueen, Richard Boone, Jason Robards, Stella Stevens and Elvis Presley. In fact, a church once featured in the Elvis movie "Charro" was taken down piece by piece and reconstructed at the museum. They call it the Elvis Chapel. Not far from the chapel is an old barn that saw many scenes filmed in and around

it over the years. The next major event at the museum is a Native American Festival set for February 20-21. But because of the pandemic be sure to call ahead and verify that it's still



"The Elvis Church" graces the grounds of Superstition Mountain Museum near Apache Junction.

happening: 480-983-4888. You can also look for event updates at [superstitionmountainmuseum.org](http://superstitionmountainmuseum.org).

About the author: Since moving to Arizona in 1984, Guy Atchley has explored every corner of the Grand Canyon State. He did so first as a news anchor with KGUN 9 TV in Tucson, and now as an announcer for KGVY in Green Valley. You can hear Guy weekdays noon to 3pm on 1080am/101.5fm. As Guy puts it, he's an oldie playing the oldies.



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# Predicting the Unpredictable

Help make the predictions from these adoptable pets at Green Valley Animal League come true.

Written by Susan Stein Kregar, Photo Credit: The Animal League of Green Valley

The big question out there is whether 2021 be a repeat of 2020. There are plenty of other unknowns too. How long will we need to wear masks? When can we stop socially distancing? When will season five of *The Crown* start? Not only could we not make plans in 2020, but we also couldn't have a Plan B, C or D. Basically, 2020 was an F. So, what will 2021 hold?

## Local Predictions

The *Community Quarterly* chatted with members of our community at the White Elephant and the Animal League of Green Valley. Here's what they predict.

"I think 2021 will be the same as this year, masks. It will be a whole 'nother [sic] 2020." – *Jadine H.*

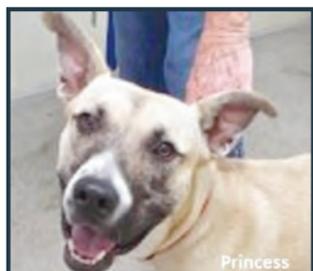
"Probably another lockdown at some point. I don't see things getting under control at this point." – *Shaina B.*

"I don't have a prediction, but I am hoping someone will take me home in 2021. I have been patiently waiting at the Animal League of Green Valley since 2011 when I arrived at only six months old." – *Jelly Bean*



Jelly Bean

"I think it will get better because they came up with a vaccine and are getting closer . . . I hope. I am faithful. He don't [sic] give you something you can't handle. Think positive. Some people are very grouchy. Divided people. That is not good." – *Mei C.*



Princess

"It's (COVID) is going to be with us for a while, I think. At least until August. We need PPEs. They go so fast." – *Vicky H.*



Emma

"I am certainly hoping sports with fans will be back. The vaccine holds promise and I hope it holds to that. Put the virus in the rearview mirror. Now that I am new in the state, I will find something that will make me happy." – *Sean B.*

"In 2021 I am going to be happy in my new fur-ever home." – *Loco*



Loco

spring things are going to be growing. In the winter, it will be cold." – *Nate W.*

"I think there is going to be a spark in older hobbies and the revival of old school mom and pop shops. Helping the community more." – *Diego F.*

"I predict that Scooby Doo will make a comeback." – *Foxy*



Foxy

"It's going to get better. That's all I have to say about that." – *Mike I.*

"I am hoping and praying it won't include any more lockdowns. Seeing how the election went, anything is possible." – *Joyce G.*

"2021 is the year I will get to hang out in a cat tree in my new home." – *Batman*



Batman

"No crystal ball. Hopefully getting the vaccine. People are very happy that the White Elephant is open." – *Karen L.*

"More of what we had this past year. Lockdown, masks and all that." – *Jim & Nancy H.*

"I predict there will be many lovies and snuggles from the humans in my new home." – *Princess*

"I am positive (and not for COVID) that in 2021 I can live out my senior years in a loving home." – *Emma*

## Other Predictions

If you follow the moon, stars, planets, and your astrological sign, astrologer Astro Friend Chirag, has a few predictions.

2021 can be looked at as favorable and opportune from business and career point aspects. (Isn't just about anything more favorable and opportune than 2020?)

Gemini, Sagittarius, and Scorpio need to

be careful about their health in the first three months of 2021. (Uh, don't we all?)

The fire signs of Aries, Leo, and Sagittarius can be eating the much-awaited fruits of their long-term hard work and efforts. (Good to know for those who ate a lot of non-fruit during the lockdown of 2020.)

During a recent podcast, *Bill Gates and Rashida Jones Ask Big Questions*, "What Will the World Look

Like After COVID-19?" Dr. Anthony Fauci predicts that if we have a 99 percent effective vaccine, and 99 percent of people take it, we will be in "really good shape." But he emphasized that is *not* going to happen. . . I can assure you that's not going to happen. Even if we have a 75 percent effective vaccine and 69 percent of the people take it there is still a lot of

infection out there that has the capability of spreading."

Though he doesn't think we will get "back to normal" for a while, he does predict we will get closer to normal with the vaccine and a moderate degree of public health measures. But not a lockdown. Theaters and sports events will not be at full capacity, but there may be spectators. So, who will the lucky ones be when either the San Francisco 49ers or the New Orleans Saints win the Super Bowl at 5/1 odds as predicted by NFL handicappers at VegasInsider.com?

By the way, Dr. Fauci was named one of *People Magazine's* "Sexiest Men Alive" in 2020. Now, *who* would have predicted *that*?

2020 will go down in history as the year no one could have predicted. Let's hope that 2021 is a bit more predictable.

*Editor's Note: As of press time, Loco, Emma, Princess, Jelly Bean, Foxy, Batman, and many others are available for adoption at the Animal League of Green Valley. Learn more about them at talgv.org.*

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# 140 Beauty & Barber Bringing a Rainbow of Colors to Green Valley

Written by Susan Stein Kregar

**B**lue hair is back in Green Valley! So are purple, pink, and platinum.

140 Beauty & Barber located at 140 W. Calle Tiendas opened in July and is bringing a new style to Green Valley.

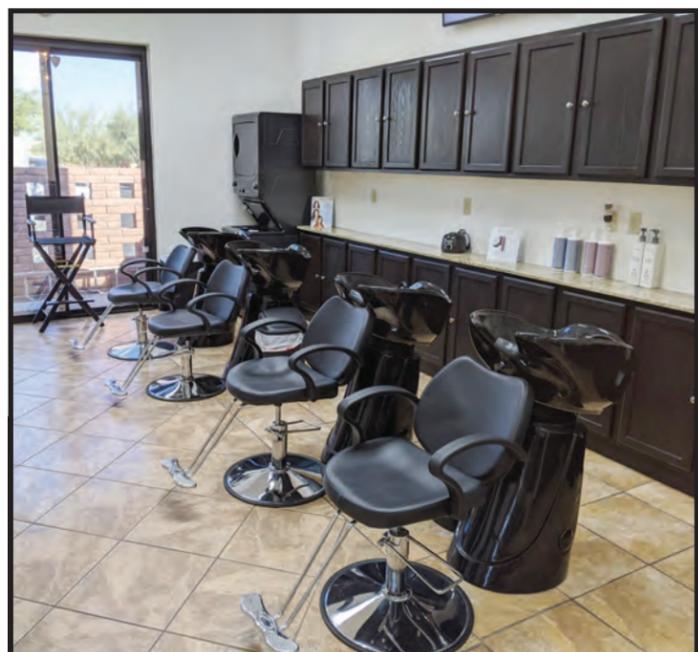
Local business owner, Dwight Lopez, bought the building the salon is located at in April 2020. He used the time spent in COVID lockdown applying for the business license and doing tenant improvements on the space that previously was a beauty salon.

## Building a Local Empire

Lopez owns a few buildings on the lot, as well as Dwight's Auto Glass & Tint. He was only 14 years old when he started working in the family business. "We had a mobile auto tinting business with just one truck. We came down from Tucson a lot," he recalls.

Now operating two locations in Tucson, a mobile service, and one in Green Valley that is just across the lot from the salon, the glass company has 12 trucks and 18 employees. They offer auto glass repair, replacement, and tinting, as well auto detailing, audio, and alarms. Their residential glass service includes custom shower doors, mirrors, and tabletops. Dwight's Auto Glass serves Green Valley and as far north as Oro Valley and south to Nogales.

Between Lopez's two businesses, clients can get a new look and admire themselves in a custom-made mirror.



Out with the old and in with the new.



The 140 in 140 Beauty & Barber stands for the street number of the business. Photo credit 140 Beauty & Barber

## Beauty and the Barber

Once Lopez was able to acquire the space, he began making improvements including painting, new mirrors, upgrading chairs, sinks, fixtures, and chandeliers. Everything was refurbished except for the floor.

The space was in good condition, according to Lopez. It was just outdated with old chairs and did not have the latest technology. Each station's stylist is an individual business owner. Lopez sells the products. The services provided in the salon is the business of the individual stylists and barbers.

Lopez hand-selected stylists and barbers who had a minimum of two to four years of experience and a steady clientele. There are currently four stylists and two barbers. A nail technician

will start in January. Lopez is very pleased with the quality of work that is coming out of the salon.

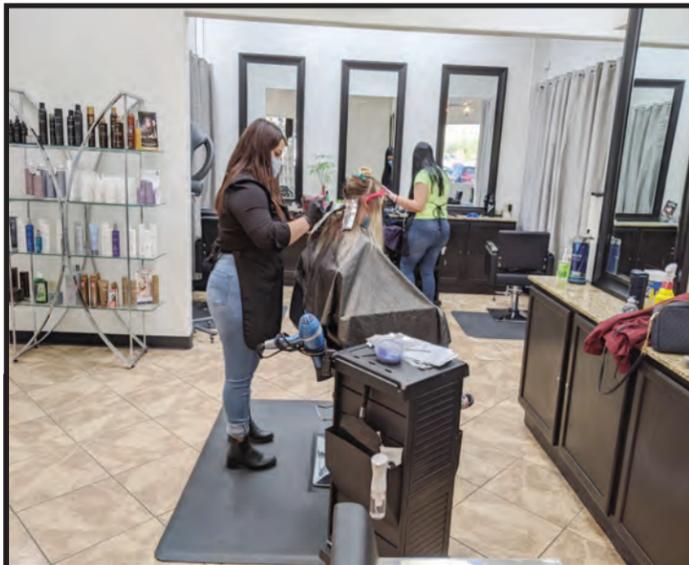
Barber, Diego Flores, has four years of barber experience. Fades are the most common hairstyle that is requested. His clientele ranges from

boys to older men who like their hair styled a particular way. "They don't like the clippers," he said.

Rene Cortez, a barber, has eight years of experience. The barbers offer services including old-school style shaving with hot towels, and beard and eyebrow trim.

"We are happy with both gentlemen right now," said Lopez.

Alejandra Calderon, stylist and manager, came to 140 Beauty and Barber from a large, successful salon in Tucson. Many of her clients followed her to the new salon.



Salon manager and stylist, Alejandra Calderon, applies color to a client's hair. Photo Credit: Susan Stein Kregar

Calderon is well-versed in colors and Brazilian blow-outs. "The stuff she does is amazing," said Lopez.

The other stylists, Jill Judt, Monique Urrea, and Sylvia Valdez have many years of hairstyling experience between them.

Upon opening in July after months of lockdown, people were eager to get their hair "fixed." People were doing stuff at home and needed cuts and color.

Clients are opting for platinum to purple hair -- the colors that years ago were found in Green Valley on the ladies with white hair that turned blue from the rinses. "She is bringing that here and I am very happy for her. Blondes and brunettes are going for platinum and silver. It's awesome!" Lopez exclaimed.

The salon's clientele ranges from 17 years old to over 60 years old. There is not an average client. Green Valley residents as well as teenagers and younger women and men from Sahuarita are clients. Because the salon stays on trend, people don't need to travel to Tucson for beauty or barber services.

The cost of a haircut ranges from \$25 to \$40. Color can range from \$50 to \$300. It depends on a variety of factors including the length of hair, depth of color, and the different processes that may go into one style.

Stylists are also mobile. They offer offsite hair and makeup for weddings, quinceañeras, and other special occasions.

## Comfort Is Key

The salon is bright, open, and welcoming. Clients are warmly greeted and are offered beverages and snacks. Because of social distancing, only every-other station is occupied by a stylist or barber. Business is not back to normal according to Lopez. At 50 percent capacity, there are still 12 stations to fill. He chose stylists and barbers with clientele to make up for that loss. The guidelines also require family and friends to wait outside while salons services are being performed.

"We want a good flow of people," said Lopez. "It's 15 minutes between each client which we use to sanitize. Our clients are comfortable here. For many clients this is their only time out and there are not a lot of people here at one time."

## Expansion Plans

As the COVID restrictions loosen, Lopez plans to expand 140 Beauty & Barber to the dirt lot on the west side of the property. The lot already belongs to him, as do many of the buildings in that area. The barbers will move to the new space and he will expand the current salon to include tanning, eyelashes, manicures, pedicures, and waxing to create a spa-type of setting.

Lopez has big plans for the future. "This is only the beginning," he beamed.

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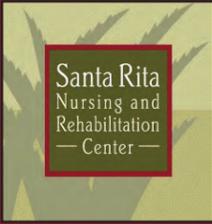
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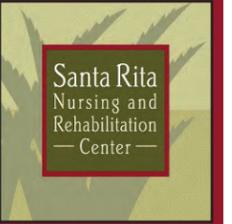
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# Arizona Land and Water Trust Saves Land and Preserves Wildlife

Written by Liz Petterson, Executive Director, Arizona Land and Water Trust

Arizona Land and Water Trust is committed to the protection of Southern Arizona’s western landscapes, its farms and ranches, wildlife habitat, and the waters that sustain them. Founded in 1978, the Trust takes a collaborative approach to conservation, guided by knowledge of local communities, partnerships and science to sustain people and places.

Together with supporters, landowner and funding partners, the Trust has protected more than 56,000 acres of working landscapes in Southern Arizona. As part of a growing movement of land trusts across the nation that take an entrepreneurial approach to protecting the land. The Trust works with willing landowners, municipalities and other organizations to protect natural resources through donated or purchased conservation easements. Each easement is a voluntary restriction on future non-agricultural development tailored to meet the needs of the landowner and their goals for the property. Today, the Trust holds nearly 21,000 acres of conservation easements throughout Southern Arizona.

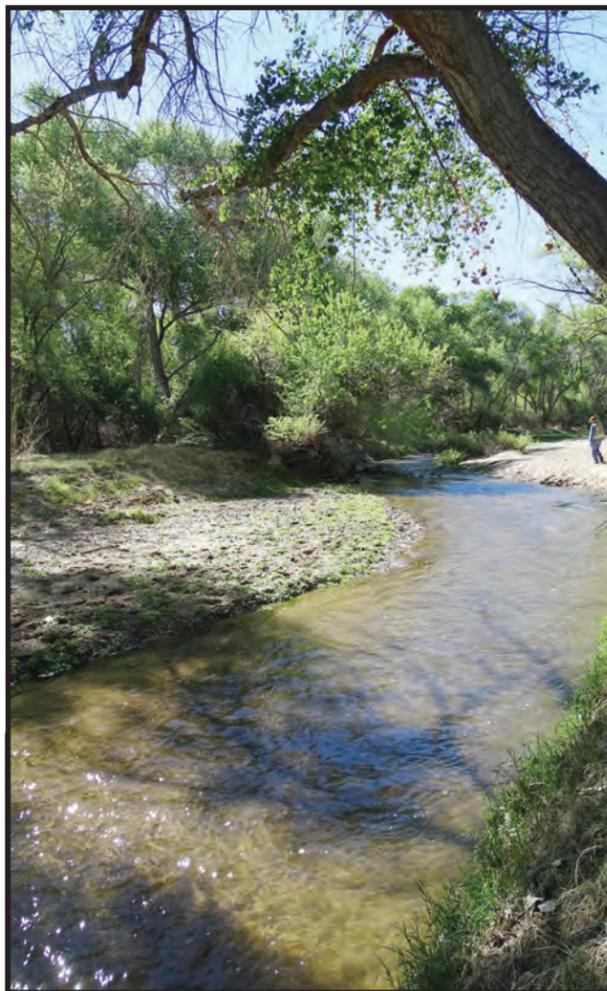
In the late 90s, with increasing awareness of the perils of unplanned growth, Pima County citizens and officials developed the renowned Sonoran Desert Conservation Plan to preserve cultural identity and quality of life in the region. Through partnerships with Pima County and local landowners, the Trust helped protect Canoa Ranch, Buckelew Farm and

expanded protected portions of Tucson Mountain Park, just to name a few. The Trust also preserved over 6,000 acres of ranchland and native grasslands in the Sonoita region, including one of the most significant grasslands habitat acquisitions in Pima County’s history, Sands Ranch. The protection of Sands Ranch expanded and connected already conserved lands along the critically important Cienega Creek and preserved wildlife movement corridors between the Santa Rita Mountains and the Whetstone Mountains.

In the past year alone, the Trust has protected over 5,000 acres of working landscapes, including portions of the historic Babacomari



Wild horses still roam at Babacomari Ranch in Santa Cruz County.



Santa Cruz River



Babacomari Ranch



Sands Ranch

Amidst the global pandemic, the Trust launched a Virtual Happy Hour series to stay connected with partners, supporters and friends. Each month guest speakers — ranging from landowner and funding partners, climate change experts and artists — provide engaging and informative discussions on critical regional topics via Zoom. These events are free to attend. You can watch recordings of past happy hours and sign up to receive invitations at [alwt.org/virtual-happy-hour](http://alwt.org/virtual-happy-hour).

For more information, call 520-577-8564, email Liz Petterson at [lpetterson@alwt.org](mailto:lpetterson@alwt.org) or visit [alwt.org](http://alwt.org).

Ranch in Santa Cruz County, Hayhook Ranch in the Coyote Mountains Wilderness Area, Tombstone Ranch and Red Wing Ranch in the Sulphur Springs Valley, and unique desert habitat in the Cienega Valley south of Tucson. The Trust’s honor is to partner with local families to secure their longtime heritage in the region and protect these extraordinary landscapes, abundant wildlife, water resources and rich rangelands.

In addition to working directly with landowners, the Trust has forged a number of unique partnerships throughout the years. The U.S. Department of Agriculture, Department of Defense and Department of the Interior established seven Sentinel

Landscapes throughout the U.S., including U.S. Army Fort Huachuca. The Trust works directly with the Fort to conserve working landscapes that sustain open space buffers around the base and support the Trust’s mission. The Fort Huachuca Sentinel Landscape’s support has been critical to conserve historic working landscapes like the recently protected Babacomari Ranch.

Water in the desert southwest is a scarce and valuable resource and after decades of drought, competition for supplies is fierce. Rather than fuel this competition, the Trust promotes balance between water uses by identifying and securing mutual

Arizona Land & Water Trust continued from page 13

benefits for Arizona's river systems and agricultural landowners. Launched in 2007, the Trust's Desert Rivers Program restores desert streams and rivers in the Upper Gila, Lower San Pedro and Upper Santa Cruz watersheds. Through incentive-driven agreements developed directly with farmers and ranchers, the program has conserved more than 906 million gallons of water for Southern Arizona's rivers (to put this number in context, that much water can support two to five thousand mature cottonwood



Babacomari Ranch

Cooperative Extension to help Arizona ranchers make educated choices about their future and that of their land. With expert speakers and an average of fifty landowner attendees at each event, *Ranching into the Future* workshops offer rural sustainability tools to ranchers and farmers covering a wide range of topics from estate planning and grant funding opportunities to tools to market agricultural products at local farmer's markets.

Arizona Land and Water Trust is accredited by the national Land Trust Alliance and won the Alliance's National Land Trust Excellence Award in 2016. Land trusts are typically nonprofit corporations organized under Section 501(c)(3) of the Internal Revenue Code to protect land for its natural, historic, recreational or scenic value. Today there are more than 1,500 land trusts in the United States, many of which were established within the last 15 years to respond to landscapes disappearing to urban sprawl.



Lower San Pedro River

trees per year). The program aims to ensure more water remains in our local river systems, building ecological health and community resilience.

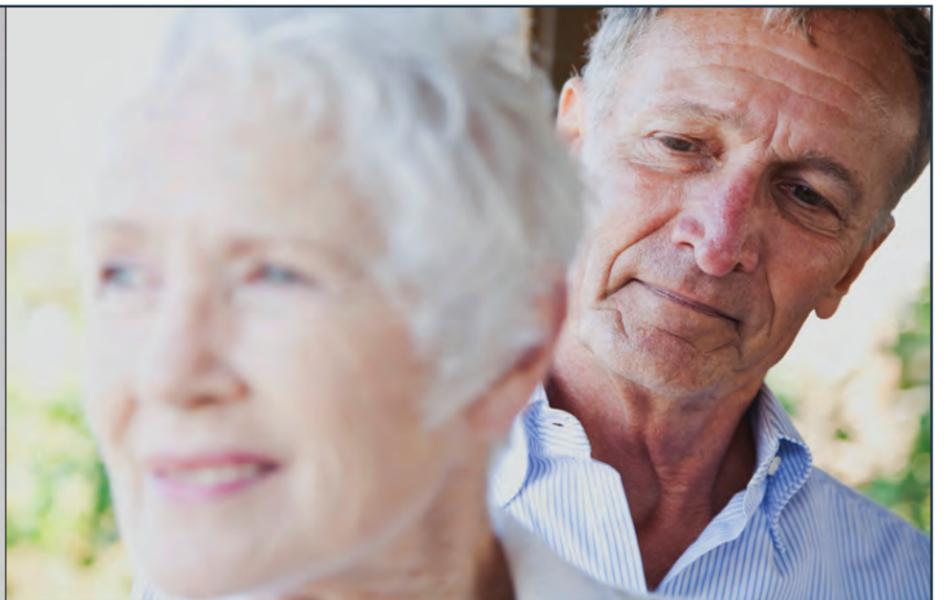
Ranching and farming throughout the country are essential to maintaining local and regional agricultural economies and preserving rural heritage and culture. For generations, ranchers and farmers have been some of the best land stewards around. In the fall of 2007, the Trust forged an enduring partnership with the University of Arizona



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# Connecting Our Students For a Better Education

Submitted by Better Together Southern Arizona Coalition

With the 2020 fall school session finally behind us it's time to look ahead to the 2021 spring session and what that means for the students in our community.

Currently, schools in southern Arizona have in-person classes for two days a week, the remainder of a student's school week is still spent at home in front of a computer.

Due to COVID-19 a reliable internet connection continues to be a critical need. This is especially true in some of the more rural areas in and around Sahuarita and Green Valley where connectivity and acquiring a laptop can be a challenge.

Connect Our Students, under the umbrella of the Better Together Southern Arizona Coalition, is working to close the internet gap for students in the Sahuarita Unified School District and the Continental Elementary School District. While schools have made sure all students have access to computers thanks to grants such as one from Trico Electric Cooperative, internet connectivity is still a challenge, especially in rural areas.

The goal of Connect our Students is to guarantee every student equal access to education during COVID-19 by connecting all students to their teachers and classmates via the internet.

When student families cannot afford a reliable connection or when internet providers don't serve their homes, they are at a severe disadvantage, especially during the pandemic.

"Kids in distant rural areas are especially expensive to connect, but they are often the neediest. Our goal is to connect all students to teachers via the internet," says Diane Diamond, convener of Connect Our Students.

The fund focuses on internet connectivity for low-income students in the Sahuarita and Continental Elementary School Districts, where 40 percent of students receive federal/free or reduced lunches.

"When a single mother of four works two part-time jobs to support three children in school and one preschooler there is nothing left over for covering the costs of connecting to the internet. It happens more than you think in the Sahuarita and Green Valley area" said Curt Keim, Board Vice President of the Sahuarita Food Bank.

Schools have identified connectivity needs for students and located areas without service providers. Connect Our Students is working with schools, internet providers and families to establish or improve service.

"Providing devices to students will go only as far as their ability to access their online resources when not on school grounds. Having reliable high-speed internet at home is an essential component for student learning in today's world, said Albert J. Magallanez, Director of Technology Services at Continental Elementary School District #39.

"With Connect Our Students, we are going to provide those students

with a reliable high-speed internet connection. What we are attempting to accomplish is to close the opportunity gap.

All students have the ability to achieve, they simply need access to the appropriate tools and resources to ensure they have the opportunity to achieve," he continued.

Donations from individuals, groups, businesses and foundations can be made a couple of ways:

- Online: Visit the Greater Green Valley Community Foundation website [www.ggvcf.org](http://www.ggvcf.org). Click on the 'Donate' button and look for the



'Connect Our Students' logo.

- By check: Make your check out to the Greater Green Valley Community Foundation (GGVCF). Write 'Connect Our Students' in the For/Memo line. Mail your check to GGVCF, P.O. Box 785, Green Valley, AZ, 85622.

How donations will be utilized:

- A \$350 donation for a student family will provide connection where there is no cable for one year.
- A \$100 donation will connect a student to the COX "Connect to Compete" program for a year.
- Any donation amount will help connect our students to online education.

"Even before the pandemic, more and more of Sahuarita Unified School District's (SUSD) educational curriculum had been moving online. The pandemic illuminated that devices for students and their ability to connect is essential. Better Together is helping us with our mission - We will work together as a team to help every student succeed," said Scott Boone, Director of Technology for SUSD #30.

Connect Our Students is coordinated by volunteers from Better Together Southern Arizona Coalition. Founded in 2016, Better Together consists of community groups and individuals who collaborate to increase self-sufficiency for all members of our community. Participants come from all sectors including government, education, business, human services, and faith.

The Connect Our Students group includes private citizens and representatives from the Continental Elementary School District, Greater Green Valley Community Foundation, Sahuarita Educational Enrichment Foundation, Sahuarita Food Bank & Community Resource Center, Sahuarita Unified School District, and Trico Electric Cooperative.

For more information visit the Facebook page **Better Together: Connect Our Students Project**.



Photos courtesy of Continental Elementary School District and Sahuarita Unified School District

# CPAC Will Persevere With Your Help

Written by Chris Ashcraft, Executive Director, Community Performance & Art Center



The Community Performance and Art Center has run continuously at our current facility for 16 years serving the greater Green Valley area through the arts, hosting more than 1000 performances including multiple Grammy winners, international, regional and local artists, over 30 productions by the Santa Cruz Shoestring Players, and numerous tribute shows dedicated to your favorite popular performers. CPAC has also been host to a wide variety of visual arts workshops, art exhibits, dance classes, an annual youth summer camp and numerous community events, gatherings, and rental events.

Now, CPAC faces a significant challenge in the form of COVID-19. While the Center continues to provide life changing opportunities through the arts, this pandemic has created numerous operational hurdles caused by the drastic but necessary reduction of theater capacity and class sizes, in addition to growing costs related to the addition of coronavirus related infrastructure.

CPAC has implemented several policies and procedures to provide increased safety for all guests.

- All patrons and staff are required to wear a mask during their time at the CPAC facility

- Seating is limited to 30% theater capacity
- Temperatures of all indoor concert attendees will be checked using a non-touch thermometer
- All tickets must be purchased prior to performances as door sales will not be available
- CPAC events will be conducted without intermission or concession service (guests are welcome to bring water)
- Patrons may move to an empty seat if it provides increased distancing from surrounding guests
- Patrons will exit the venue one row at a time from front to back
- CPAC follows state cleaning protocols and hand sanitizer is available throughout the venue
- Any changes to scheduled concerts will be posted at [www.performingartscenter.org](http://www.performingartscenter.org) and communicated via email and/or phone to existing ticket holders
- CPAC continues to offer a no-risk guarantee for all ticket purchases to our 2020-2021 season (contact the office for a variety of alternative options)

industry across the board and venues throughout the nation have been challenged to reinvent the way they present the arts through outdoor concerts, virtual opportunities and other creative solutions. The arts have never been more important for the health of a community and CPAC will persevere with your help.

Please consider making a tax-deductible gift to CPAC online at [www.performingartscenter.org](http://www.performingartscenter.org), by mail at PO Box 1301, Green Valley 85622 or by phone at 520-399-1750.



"Breaking Free." by Artist Cynthia Haase.

CPAC will continue to enhance the quality of life for those in our community. Your support is appreciated now more than ever!

COVID-19 has impacted the arts

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Piece of my heart: The Music & Friends of Janis Joplin starring Katherine Byrnes

**January 26**  
Andy Hersey

**January 28**  
Spinphony

**February 9**  
Celebrating the Tony Bennett Songbook from Gershwin to Gaga starring Chris Marin

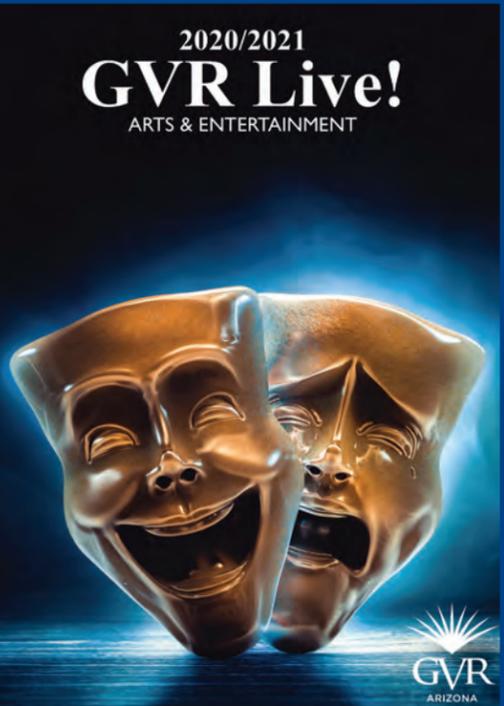
**February 16**  
The Camarada Tango Quintet

**March 2**  
She Rocks starring Tara Vaughan

**March 16**  
Tribute to Johnny Cash starring James Garner

**March 23**  
A Neil Diamond Tribute starring Eddie Diamond & AZ Diamond Band

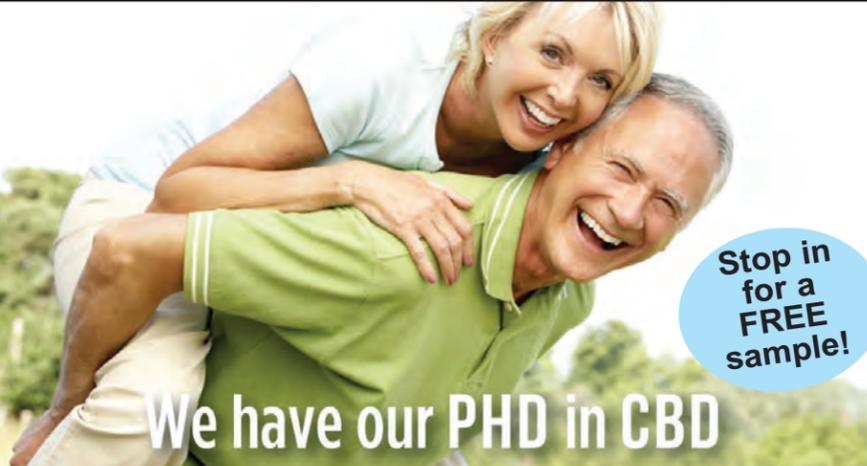
**March 30**  
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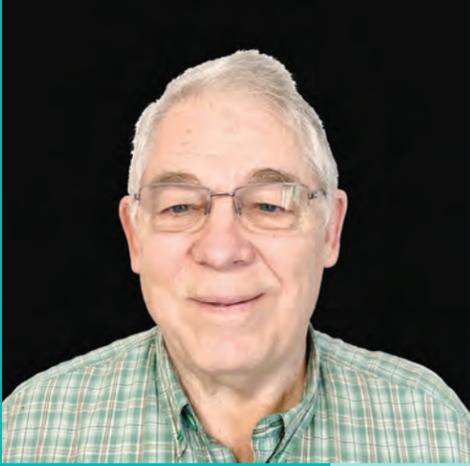
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# Meet the Candidates



**Theodore  
"Ted"  
Boyett**

For over fifty years Mr. Boyett has been employed in the recreation field. This includes being the first CEO and CFO of a California special purpose recreation and park tax district. He has directed and managed aquatic facilities for municipalities, school districts, colleges, and universities across the United States and in Athens, Greece. Both Mr. Boyett and programs he was responsible for have received many national awards. He was retained as an aquatic expert in numerous legal cases in Georgia and Florida. He has volunteered on various American Red Cross committees and been an instructor and instructor trainer for over 50 years. He served on the Disaster Planning Task Force for the Middleton Cross Plains Area School District in Wisconsin. At present he is the Architectural Review Committee Chairman and a member of The Springs HOA Board of Directors. He also serves as a member of GVR's Planning and Evaluation Aquatic subcommittee.



GREEN



**Nina  
Campfield**

I grew up in Oakland, California and spent most of my adult life in Seattle, Washington. My husband Archie and I have been together for more than 40 years. A career that started out in social services and human resources morphed into administration and operations. I spent most of my career as Chief Financial Officer for small and early stage companies, which generally included responsibility for facilities, human resources and operations as well as finance, accounting, budgeting and planning. I also served for several years on an HOA board of directors as Treasurer. Same skills required! We've lived in Green Valley for 4 1/2 years, and I've been involved with the GVR Board for most of that time. I started on the P&E Committee, chairing the Renewable Energy Subcommittee that proposed the Solar Panel project. I was on the P&E Committee for 3 terms and have served on Fiscal Affairs for 1 term besides the current one. I served as a Director for one year. This term I am also on the Audit Committee, Bylaws Subcommittee and Board Affairs Committee. I hold a Bachelor of Arts degree from the University of California, Berkeley, and a Master of Business Administration from the University of Washington.



**Carol  
Crothers**

My husband and I bought a home in friendly, active, unpretentious Green Valley in 2006. I retired from IBM as a marketing executive having held many jobs ranging from joint development projects with major universities and corporations to leading IBM's marketing efforts in the sciences and engineering. I first became involved in politics in 2016 when my neighbors were upset with GVR as a small group of "good old boys" were trying to change GVR into another Saddlebrooke-like organization. As one to "call it like I see it" I decided to turn my concerns into action and run for the GVR board. I was pleasantly surprised to receive so much community support and won a seat with the top number of votes. In the minority in my first year on the board, I learned a great deal and was elected President the second year and Treasurer the third. I am proud of my record on the board: I focused on improved visibility of our financial condition and delivering member services. After increases well beyond inflation, we kept dues flat two years and identified over \$1.9M in operational surpluses. We hired a professional firm to provide fiduciary management of our substantial reserves. A key challenge as a board member is to make rational trade-offs regarding the desires of special interest groups while protecting the mission of GVR to provide cost effective, quality services. We used the member survey, club input, and available data to determine priorities in new services. Eight or more additional Pickleball courts were the highest priority based on the data. We also addressed smaller club needs like metal working, glass arts, woodworking, visual arts, volleyball, billiards, bocce and clay studio. We put money aside to reuse wasted space at Desert Hills. The board budgeted money for employee raises, addressed ADA concerns and added funds to both maintenance and initiatives reserves. I value input from our diverse membership and discussions based on facts, not personal attacks. I am running again because I am concerned about this year's board and its lack of respect for our governing policies and practices. With over \$4M sitting idle in operations (as of 10/30) and our facilities closed for much of the year, it was irresponsible of the board to vote for dues and fees increases without funding any new member services. Special interest groups are taking over GVR in secret sessions. Members own GVR and if elected, I will work to keep members involved in the decision making and will protect the long-standing mission of GVR to provide quality, affordable recreation, social and educational services for our members.



**Marge  
Garneau**

# 2021 Board of Directors

INC.



VALLEY RECREATION, INC.

Green Valley Recreation (GVR) is a 501(c)(4) non-profit providing an impressive array of recreation options to its private membership in the Green Valley community. For the past several years, various publications have listed Green Valley as a top U.S. retirement destination. Green Valley Recreation is always listed among the reasons why this community is so highly recommended. The GVR campus includes fourteen centers located throughout the neighborhoods. Thirteen centers provide members with pools and spas of various configurations, multi-purpose meeting rooms, outdoor sports courts, fitness centers, billiards rooms, and catering kitchens. Each center is unique in its collection of amenities and attractions. More than 23,000 members enjoy the abundance and variety of options GVR offers active adults: classes, live performances, well-equipped craft studios, sports and games, cards, films, socials and dances, and more. They say if you're bored in Green Valley, get out of bed! GVR is the chief reason the solution is that simple.



GVR's mission: "To provide recreational, social and leisure education opportunities that enhance the quality of our members' lives."

This year, GVR will continue its mission under new leadership. Scott Somers, previously the City Manager for College Park, MD, has returned to the area as Green Valley Recreation's new CEO. Somers is originally from Tucson and earned degrees from both the U of A and Arizona State, but has lived in various locations around the U.S. in the course of a dynamic career in public administration. Welcome, Scott!

Learn more about GVR at [www.GVREC.org](http://www.GVREC.org).



We moved to Green Valley in 2006 from Colorado. I was elected to the GVR Board in 2007 and again in 2010 for a total of 6 years. During my tenure on the Board I served as Treasurer, two years as President, chair of the P&E, FAC and Board Affairs committees. Contributions to GVR included doubling the size of Las Campanas; construction of the Canoa Ranch Social Center, building the first pickle ball courts at East Center; upgrading the tennis facilities at West Center and resurfacing unsafe tennis courts that were about to be closed for safety reasons. Last year I served on the Fiscal Affairs Committee and we separated the accounts for better financial control; developed a cash budget; and hired a professional firm to provide fiduciary help for staff and board with the reserve funds. We proposed a budget with no member dues or fees increase since there was no need for additional funds and there was a substantial surplus over the last 2 years. In the interest of our members, we set aside \$400,000 to refurbish unused space at Desert Hills and recommended staff pay increases since they had no increase this year. Using the surplus this committee recommended the reserves for maintenance/repairs be increased and that money be added to the initiatives reserve for member requests. I use the GVR fitness center, the pool, tennis courts, belong to the computer club, tennis club, pickleball club and National Majong Club. I have a Master's Degree in Business Administration. In the past I served as the CEO of a Metropolitan Special District in Colorado responsible for water, sewer, irrigation, parks and recreation. I was the Manager of Business Services for the technical education school of Mesa State College. I taught high school and college classes in business education courses. I own and operate Komputer Whiz Kid, a small business in Green Valley that develops/maintains websites and does bookkeeping/management for local businesses and Homeowners Associations. I have served on several Boards in the past including President of a Special District Board, Treasurer of Big Sisters of America, Arrowhead Improvement District Board, and several educational committees. Because of my prior experience on the GVR Board I believe strongly in serving the members; open communication; open meetings;

member involvement; and transparency in all Board/Committee dealings. It is important as a board member to remember we represent the members. The Board sets the policy and direction of GVR and have a duty to the corporation and to the member's interests. The Board and members work hand in hand. If elected I will make a persistent effort to communicate with the membership and listen to all members. I will work to keep the Board open and transparent and use questionnaires, membership meetings, one-on-one and emails to establish an open dialogue with members. An effort has to be made to reach not only the active vocal members but those not actively involved with GVR. I believe strongly in fiscal responsibility and how we spend our member's money. It is important to be fiscally responsible as a Board member. I believe my previous Board experience makes me uniquely qualified to serve again if elected.



**Chuck Soukup**

Full time Green Valley resident since 2009

Retired US Navy Chief Petty Officer

Retired Evaluation Analyst and Manager

Member of GVR Investment Committee, Audit Committee, Bylaws Sub-Committee, and Policy Governance Ad-Hoc Committee.

MBA in Corporate Financial Management.



**Eric Sullwold**

I live here, I play here, I enjoy here.



**David Valdez**

Year round Green Valley resident, born in Illinois, lived in St. Louis most of my life, Army, SF enlistment 1974, 3 Combat MOS Skills, Commo-Demo-Medic, college 145 semester hour's biology/medical study's, St. Louis Cardinals assistant coach, manager and business owner, federal law enforcement official, worked with U.S. Attorney/Assistant Attorney's, FBI, ATF, U.S. Grand Jury, DoJ, DHS/CBP, retired January 2021.

# Local Hospital and Ambulance Services Provide Excellent Emergency Care

Written by KGVY Staff

A car accident, health challenge, or over exertion for that final pickle ball shot may be a cause for an ambulance ride. With multiple options for area emergency rooms where do you request the first responder to take you?

Green Valley and Sahuarita have grown to the point where they now share two local hospitals. Santa Cruz Valley Healthcare is an independent hospital at the south end of Green Valley. Northwest Medical Center Sahuarita sits at the corner of I-19 and Sahuarita Road. They recently opened the first floor of their new building containing the emergency room.

When a medical emergency happens 911 is called and an ambulance is dispatched. First responders determine the severity of the emergency and then work with you to determine the most appropriate hospital for your emergency.

Chief Chuck Wunder explains the



GVFD policy regarding patient choice.

“Patient choice continues to be how transport decisions are made within the Green Valley Fire District. Recommendations may be made based on the acuity of the patient and/or the type of injury or resources available.

For example, Banner Main and Carondelet St. Joseph’s Hospital are the only level one trauma facilities. Trauma

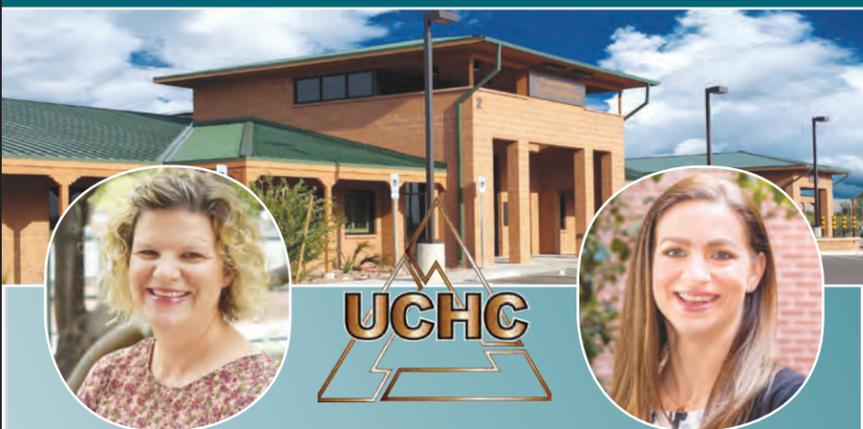
agency. AMR provides services to the northern half of Sahuarita including Rancho Sahuarita.

Veronica Apodaca, System Director of Marketing for Northwest Healthcare offered these suggestions. “In an emergency, patients should always get to the nearest hospital, or call 911 for emergencies like heart attacks or strokes. Minutes matter, so getting to an emergency room quickly to receive care from



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patients are going to be encouraged to go to these facilities.

There are times when certain hospitals don’t have specific resources available. We might encourage a patient to go somewhere where they have the resources needed to treat their emergency.

Cath labs are a good example of this. We receive notices that various hospitals don’t have Cath lab services at various times. If this resource is not available, we might encourage a patient experiencing a heart attack to seek treatment at a facility does have these services available. Ultimately though, it remains the patient’s choice.” says Wunder.

AMR, American Medical Response, has similar trauma procedures with a cognitive screening process, regional protocols and implied consent to help with patient decisions.

The Green Valley Fire District service area includes the southern half of Sahuarita Beginning at Camino Antigua and areas down to the Canoa Rest Area, including Quail Creek. Under a contractual arrangement, AMR provides ambulance transport services along side the Green Valley Fire District with the closest most appropriate ambulance being dispatched to an emer-

a physician could be life-saving. Northwest Medical Center Sahuarita is prepared to treat any patient that comes to our emergency room. As is the case with other facilities, there may be circumstances when patients require a higher-level of care-if that occurs patients would be transferred to a facility with more specialized services.

Northwest Medical Center Sahuarita offers gastroenterology, general surgery, gynecologic surgery, orthopedic surgery and podiatry. We work with our EMS partners and they are aware of the services we provide.”

According to Santa Cruz Valley Healthcare CEO Stephen Harris, “Our emergency room is open, safe and ready now for patients, whether they arrive via ground ambulance, air ambulance, or by walking-in. We’re staffed 24/7. When a patient enters our ER, they enter a full-scale treatment hub -- trauma rooms, ICU, general surgery, a Cath lab, blood bank, orthopedic surgery, wound care, and an on-site imaging department. There are 49 private rooms, if recovery is needed.” For any questions or concerns, contact Stephen directly at 520-471-1122.

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People who live alone have an extra social distancing burden and may need someone to talk with, why not a professional counselor?

- Short term counseling is an option
- Safe counseling services are an option via phone and/or video conferencing



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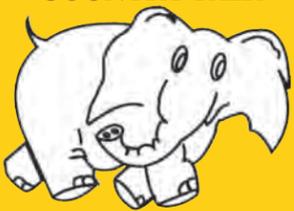
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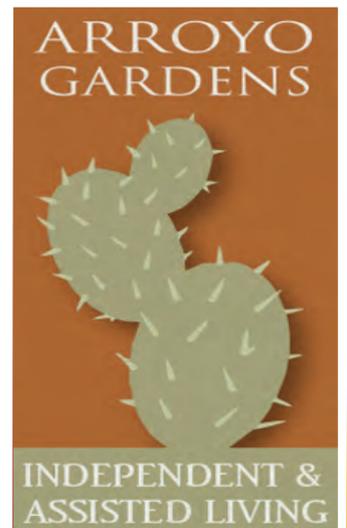
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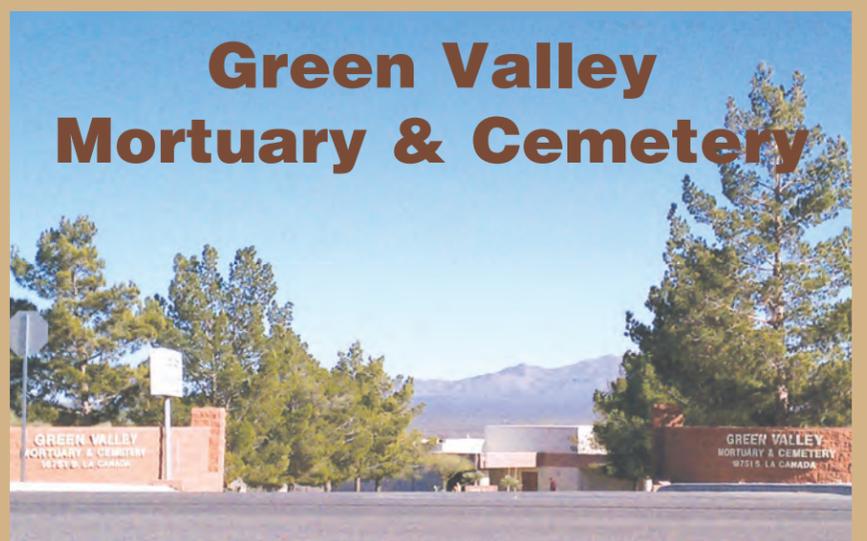
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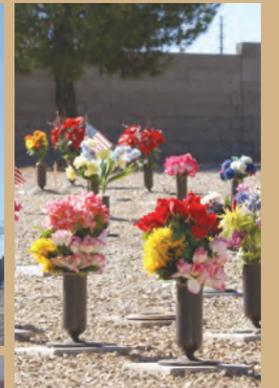
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# Navigating Home Buying & Refinancing in a Seller's Market

Written by Susan Stein Kregar



It's a seller's market, but buyers are getting the benefit of low interest rates. Image by Jens Neumann from Pixabay.

If there was anything good that came out of 2020, it was that mortgage interest rates continued to drop.

Steve Oesterle, branch manager, Nations Lending in Green Valley/Tubac, says, "Contrary to what most people would think, it's been a record year in the mortgage industry. The lower rates are enabling more people to purchase and refinance."

Market Watch reported the 30-year fixed-rate mortgage averaged 2.71% for the week ending December 3, 2020. This represents the 14th record low that Freddie Mac has reported in 2020.

The mortgage rates are being driven by the Federal Reserve who is purchasing mortgage-backed securities as part of its efforts to support the economy through the pandemic-fueled downturn. Those purchases have the result of pumping liquidity into the mortgage market, allowing lenders to make more loans at low rates, according to Market Watch. As COVID-19 cases rise, the economic recovery remains precarious, thus providing further justification for low rates.

Local mortgage lender, Kim DeMarco, Sunstreet Mortgage, also noted that a lot of rate and term refinancing is happening now. Both she and Oesterle are seeing more people cashing out for remodeling projects or to pay bills. Some are shortening the life of their loans from 30 years to 15 years. Both are continuing to see purchase loans.

## Supply & Demand

"This whole situation was so unexpected and the changes that have come out of it has blown my mind," said Long Realty, Realtor, Mary Mingo. "I thought it would affect us negatively."

There is a transformation in the needs of buyers and the motivation of sellers. In Mingo's opinion, we took going out for granted. Today people are making their homes places they can stay and meet the needs of their lifestyle, space for exercise and entertaining, thus the emergence of the 'lifestyle' home.

Oesterle attributes the strong housing market to two different factors. "Divorce rates are up over 34 percent year to date. The only thing we can attribute that to is being stuck at home with someone and realizing 'I really don't like you' and splitting up."

Secondly, he knows people have

seen values in Green Valley and Sahuarita go up 10 percent year to date. They want to buy now before their dream house is out of the market.

Mingo is seeing multiple offers across the board. Though some listings are overpriced, the ones priced well are selling with multiple offers. Homes under \$300,000 are moving very quickly. DeMarco is seeing more "for sale by owner" homes because the market is so hot. "Inventory of houses in the \$150,000 range is hard to find. It's like we are back in 2003-2006. It's a sellers' market," she noted.

## Rent vs. Buy

Because of the pandemic, the influx of winter visitors has significantly decreased. Many of the rental property owners are turning to sell their properties. A lot of people who rent each season now want to buy. Rentals can triple the cost of a mortgage in high season. According to Mingo, between January to April rentals go for \$2,100 a month.

"I have so many buyers who have been renting. Once they bought, they found their mortgages were less than rent," said Mingo. "Winter visitors would rent in Naples, then come here, and then San Diego. They would winter hop. Now with the pandemic, they, want to stay put and find Green Valley a desirable place to be."

Mingo, DeMarco, and Oesterle agree the younger homebuyer, particularly in Sahuarita, is getting pushed out of the market. They are getting beat by seasoned buyers with more financial means. Buyers feel desperate to get in at a low-interest rate. Mingo must guide buyers to not settle just to get into a home.

This past May, more than 4.1 million mortgages ended up in forbearance, representing 8.1 percent of all U.S. home loans, according to the Mortgage Bankers Association. Can homeowners who are in forbearance or recently ended one still refinance? "That's a tricky question," said Oesterle.

Bankrate says homeowners with a conventional loan backed by Fannie Mae or Freddie Mac must make three consecutive payments after exiting forbearance before becoming eligible for refinancing.

Buyers with their pre-qual in place and documents in hand (and there are a lot of documents) will have an easier time than someone who doesn't. The biggest issue lenders battle, according to DeMarco, is getting the documents from the borrower in a timely manner.

Because there is a shortage of available appraisers due to the volume of purchases and re-finances, DeMarco suggests ordering the appraisal immediately. In her experience, appraisers are not taking rush orders. Oesterle estimates there are 30 percent fewer appraisers in the market than 10 years ago.

DeMarco stressed that home buying shouldn't be stressful. "You need someone who can stay in front of the cart and keep it moving. There are a lot of wheels involved."

Before COVID-19, homeowners had to wait 12 months after forbearance before applying for a refinance. The revised rules give borrowers who struggled financially during the pandemic access to lower rates, thereby getting further economic relief. Government loans have different rules. Check with your lender.

## Buying or Refinancing? Get Your Ducks In A Row First

If you are in the market to purchase, DeMarco says the best thing to do is get pre-qualified first. "It's all about being prepared. Knowing what you want. What you can afford."



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# medicalnews

## TIPS TO MINIMIZE DRY SKIN AND THE “WINTER ITCH”

“Tis the season” for dry, itchy skin in Arizona. Itch, or what dermatologists call “pruritus”, is defined as an unpleasant sensation that elicits the desire to scratch. It is the most common skin complaint in people over 65. Itching affects 30% of this age group, and is most often associated with dry skin. Water and natural oils made by our skin help it to stay moist and maintain a barrier that keeps us healthy and protected against infections. As we mature, our skin loses some of its ability to produce and retain moisture, and thus more prone to dryness through the years. Additionally, there are environmental factors that can deplete the skin’s moisture and further exacerbate this dryness. The cold temperatures and low humidity we face in winter months are some of these, as are the use of harsh soaps and certain personal care products.

The “winter itch” or “winter rash” is a dermatologic condition that as the name implies generally appears in the cooler autumn months and subsides in the spring. The exact cause is unknown but winter itch is often associated with dry skin. In the winter months the skin loses more moisture because of the colder, dryer air experienced this time of year. Dryer skin is more prone to becoming itchy, and certain textures including flannel and wool can exacerbate this itchiness. The winter itch can occur all over the body, but most commonly affects the arms and legs, generally sparing the face. The itchiness can be sudden in onset and is usually most bothersome at night when the distractions of the day have subsided. There may be an associated rash on the skin in the form of small red bumps or red, scaly patches, but often the itching precedes the rash.

The following tips will help protect your skin from becoming itchy and dry during our Arizona winter.

### MOISTURIZE, MOISTURIZE, MOISTURIZE.

The best treatment is good skin moisturization. Whenever your skin gets wet it is important to moisturize it. If you swim or use hot tubs it is best to rinse with fresh water immediately upon getting out and then follow the “3 minute rule” of moisturizing. This rule is a reminder that moisturizer is best applied within 3 minutes after a shower or bath when your skin is still damp. Moisturizers are best applied to wet skin, because you need the water on your skin to moisturize and the lotions in essence to seal in this moisture.

### THE BEST MOISTURIZER IS THE ONE THAT YOU WILL USE ALL THE TIME.

Moisturizers come in many different types with varying active ingredients. Creams tend to be thicker than lotions and the drier the skin, the “thicker” the moisturizer should be.

Thicker creams include PETROLATUM-based products and DIMETHICONE-based creams and lotions. These creams also offer excellent barrier protection to the skin against dry, cold, and windy weather. CERAMIDE-based creams and lotions replenish the lipid that tends to diminish in the top layer of skin as we age. For extremely dry skin, you could even apply a bath oil immediately following the shower, then lightly pat dry and apply your moisturizing cream. If there are any cracks or fissures in the skin from dryness or a rash most cream based lotions will likely cause burning when applying, so in these situations the Petrolatum-based products are recommended. Most moisturizing creams and lotions will list these helpful ingredients on their labels, or you can ask your pharmacist for guidance.

### MINIMIZE EXCESSIVE WATER EXPOSURE

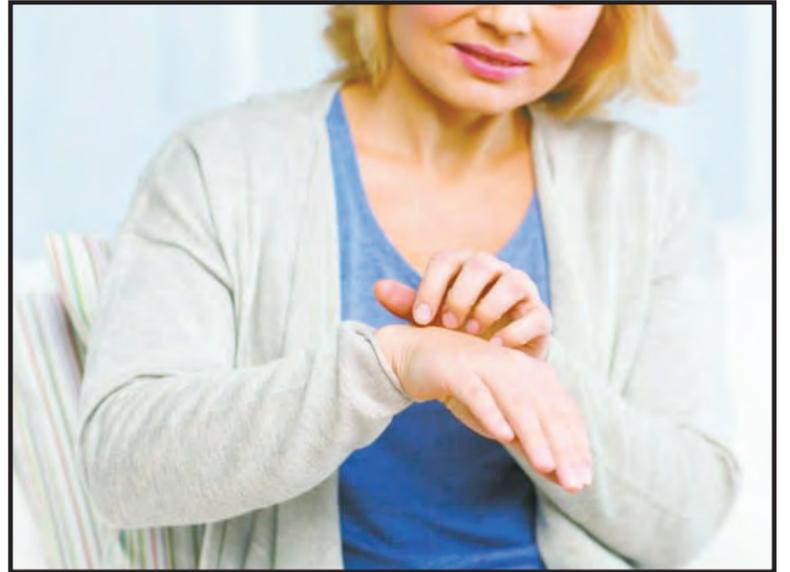
Every time your skin gets wet and you let it dry, you are essentially “dehydrating” the top layer of skin. Although diligent moisturization to the skin while wet will minimize this dehydration, minimizing water exposure will also likely decrease this process. It is especially important to limit hot tubs which often contain chemicals which can be irritating to the skin.

### MINIMIZE IRRITANTS.

It is important to avoid harsh soaps and detergents. Fragranced skin care products often contain harsh chemicals that can irritate the skin. Look for “hypoallergenic” and “fragrance free” personal care products, and consider using laundry detergents that are “free and clear”. If you have sensitive skin it is best to avoid fabric softeners and dryer sheets. When showering be sure to use gentle cleansers and avoid antibacterial soaps as they too tend to be drying.

### “ANTI-ITCH” CREAMS MAY BE HELPFUL

There are different types of “anti-itch” creams available over the counter. MENTHOL-based creams have a cooling effect and often help alleviate itching. PRAMOXINE-based creams contain a topical anesthetic which essentially help numb the itching nerve fibers. Over the



counter anti-inflammatory treatments such as hydrocortisone can also be helpful if you have an associated rash. If a rash is present it is recommended you use the ointment based types of these remedies because the cream based treatments contain alcohol which can cause a burning sensation to open skin.

### LIFESTYLE CHANGES CAN HELP.

Lifestyle changes that can help prevent the “winter itch” include the use of a humidifier, daily sun protection with sunscreen (SPF 50 or higher), and staying hydrated. Make sure your skin has “barriers” before you embark out into the cold air. Facial moisturizer and lip balm with sunscreen, and hand lotion will offer protection from the winter elements, and a hat, scarf, and gloves will help keep heat and moisture in.

### SEEK MEDICAL HELP IF THESE TIPS ARE INEFFECTIVE.

Rarely itching can be associated with underlying systemic disease or related to medications so if your symptoms are uncontrolled with over the counter products and good emollient care it is best to schedule an appointment with your dermatologist for additional evaluation.



## Educating the Community



Dr. Sandra Leyo DuPont

After taking much of 2019 off to spend time with her family, board-certified dermatologist Sandra Leyo DuPont, MD, has returned to Green Valley to provide comprehensive skin care at her own practice, Oasis Dermatology. She graduated with honors from the University of Virginia School of Medicine and did her Dermatology residency at the University of Arizona. Having more than 23 years of diverse experiences, including family medicine, United States Navy Medical officer, and dermatology, Dr. Sandra Leyo DuPont offers compassionate and thorough medical care for all ages. She strives to deliver the highest quality of healthcare to all of her patients.

# Can You Believe It's Been Almost a Year? What Changes Have You Made?

Written by Susan Stein Kregar

It's hard to believe that it has been a year since the world was turned upside down by the pandemic. In less than three months, it will be a year since we went on quarantine lockdown. During that time, we had to find activities to keep us from getting cabin fever and not driving ourselves, spouses, children, or other housemates crazy.

From binge-watching Netflix to baking and home projects, most people kept quite busy. Some local folks the *Community Quarterly* spoke with at the White Elephant Thrift Store and Animal League of Green Valley kept quite busy. And some, well they got busy, wink, wink.

So, what else were our neighbors up to?

"I was working from home, getting ready to reopen (The White Elephant)." – *Karen L.*

"I am an avid sewer. I spent almost the entire lockdown making masks. I certainly created my own pattern – a nose bar and a chin elastic. I made them for a local military officers association. We asked for donations and the masks funded more than two scholarships for the ROTC. People have been very generous. I also made quilts for myself." – *Jadine H.*

"No new hobbies. A lot of outdoor stuff like hiking in the woods and mountains, golf and softball." – *Rich M.*

"I just continued what I was doing. Walking is awesome; God's gift to us. Inexpensive, too. All you need is good pair of shoes and a pair of socks." – *Mike I.*

"No new skills. I picked up old hobbies. I just continued to do what I did before, which was crafts." – *Shaina B.*

"We tiled the wall. Put in brick ledges. Took us three days. We're cooking more and trying new recipes. More outside activities. Bought an off-road vehicle. The



Anna Gates found a new hobby and skill making mosaic stepping stones.

amount of people with Razors out there had tripled. Entire families were out there. We used to go out and not anymore. We haven't killed each other. We are kind of 24/7 anyway. We imagine its stressful for some. We do a lot dancing at home. Dancing will be the last thing to open at Green Valley Recreation, so we do it at home. We love to dance. We do it for exercise. We sit out outside. We are happy, grateful, and blessed to be here. No better place than Green Valley for lockdown as seniors especially are so vulnerable." – *Kathy & Jim S.*

"No new hobbies. We played dominoes. We have always done that." – *Jim & Nancy H.*

"Me and my husband fixed a lot in our home. Put in a new patio, new trees to make it look nice. I sew and fix things. Made masks and gave them away. After lockdown we never go out to eat. Been cooking at home the whole year. Used to eat out every day. Now we don't. Buy more groceries." – *Mei C.*

"I started making mosaics on steppingstones. Now I am working on the holidays; fun-size wreaths on candles and quilting. I'm doing a lot of mail correspondence; cards – things that make you happy – corre-



A lot of sourdough bread was baked during the lockdown. Image by Sean Robinson from Pixabay

spondence ministry." – *Anna G.*

"I started fiddling around with crock pot cooking. It's working pretty well. I am temporarily staying with my folks and doing a lot of cooking. Haven't had any complaints." – *Sean B.*

"I just looked out of my kennel and waited for someone to adopt me. I finally got adopted on November 28<sup>th</sup>!" – *Pinkie from Animal League of Green Valley*

"I've been too busy working. I am an essential worker – rehab." – *Vicky H.*



A hand-sewn quilt made during quarantine by Anna Gates.

"I haven't had time to find new stuff to do. I am a drag racer." – *Kim D.*

## Americans & Canadians -- Video Games, TV & Movie Bingeing, and Bread

From Stephen Colbert getting sourdough starter tips from Jake Gyllenhaall, in the United States, there was a lot of baking going on, particularly sourdough bread. Or at least the attempt at the starter.

Americans got so invested in sourdough starter kits that we gave them names such as Joan of Starch, Doughbi-Wan Kenobi, The Grateful Bread, Clint Yeastwood, Marlon Brandough, Bun Jovi, and John McEnDough.

Go.Frontier tracked the most-Google-d hobbies since quarantine began. Then they analyzed each hobby on Google Trends to find which

ones had the biggest search volume. These are the top hobbies for Arizona and where many of Green Valley's winter residents hail from.

- Arizona & Michigan – TV Series and Movies
- Illinois & Minnesota – Home Workouts
- Indiana, Iowa & Wisconsin – Games
- Maine & Vermont – Reading

They also found that apocalypse-themed movies like *Contagion* (2011) and *Outbreak* (1995) made a comeback as some of the most-viewed films during quarantine. In fact, *Contagion* was the most-Google-d movie since March. Because living it wasn't enough? Then there was Netflix's *Tiger King* that went viral and had just about everyone talking.

For our Canadian visitors and residents, *The Suburban* reported the most popular hobbies during the outbreak were just like their American counterparts, watching TV movies, reading, working out, arts & crafts and board games. Their interest in virus-themed movies spiked more than 6.5 times.

Many of us saved a lot of money on haircare products and makeup. Because we couldn't go anywhere except for the essentials, there was no need to get gussied up. Sweats, t-shirts, shorts and pajamas were the attire of the day.

Zoom and other online video chat platforms brought us together. With just a download and few clicks we were able to reconnect in ways we hadn't done before. Speaking of attire, for those who did work, we only needed to dress respectably on the top half of our bodies, or at least as much that was seen on the screen. Though some forgot and stood up exposing their pajama bottoms.

Turns a lot was accomplished and learned during lockdown. Many people reported they were more productive working from home. Old hobbies and skills were dusted off and new ones emerged.

As of press time, there is talk of another lockdown, yet one is not in place. If that happens, we have plenty to keep us occupied and recipes to share. Maybe fruitcake will be the next big thing.



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This column is provided by Westgate Garden Design 829-0399

# gardening *tips*

By Charlene Westgate, Permaculture Landscape Designer

## A CASE FOR TREES

“Because life is fueled by the energy captured from the sun by plants, it will be the plants that we use in our gardens that determine what nature will be like 10, 20, and 50 years from now.” – Doug Tallamy

This has been a month of tree situations for me.

Recently, I worked with neighbors wanting to add trees to their properties. Their HOA had just undergone a natural resource audit and discovered they had only 2% tree cover. Unintentionally, this subdivision had become a heat island with higher temperatures than shadier neighborhoods, and these neighbors wanted to play their part to remedy that.

Another client lives in a well-meaning development wanting to create a shady community by requiring a tree in every front yard. On my clients' property, the front yard was not the ideal place for shade. Their challenge was choosing the best place for a tree while meeting HOA requirements.

Then, there was the tragedy of the butchered mesquite trees. The homeowners' HOA had ordered these once magnificent trees to be trimmed because they had grown above its height limits. The only thing left of the trees when the inexperienced tree trimmer was done were 3 trunks with stubs for limbs.

So why should we care about trees?

Shade is the obvious value of a tree in our hot climate. Air temperatures in the shade of a tree can be 20°F cooler and soil temperatures 35° cooler than in direct sun. Imagine how plants thrive in the shade of a tree; think about sitting in that shade on a sunny day; and consider the improved efficiency of an air conditioner that is shaded. Well-placed trees around a home allow us to spend time outdoors comfortably year-round, create conditions where plants thrive and need less water, and provide energy savings of up to 40%.

As important as shade is, the benefits of trees go well beyond that. Consider these other advantages:

1. Reduced energy use from shade means a reduction in the water needed to provide the energy. This is important here where water is precious.
2. Over its lifetime, a single tree can remove thousands of pounds of carbon dioxide from the atmosphere and provide pure oxygen in return.
3. Trees improve air quality by filtering pollutants and particulates.
4. Trees reduce water pollution by slowing the rain with their canopies, allowing it to infiltrate into the soil aided by their roots where pollutants are filtered rather than ending up in our waterways.
5. Trees can help dampen sounds and screen unpleasant views.
6. Trees offer food, shelter and nesting for birds and other wildlife, providing important habitat for them and hours of delight in watching them for us.
7. Trees are valuable. The Council of Tree and Landscape Appraisers estimates that a mature tree in a landscape can be worth \$1,000 to \$10,000, increasing our property values.

If a tree is something that you'd like to invest in for any of its benefits, first consider placement for maximum value. Studies show that the greatest energy savings come from trees planted on the west side of a home, followed by the southwest and the east (especially the northeast). This placement also increases the time you can comfortably spend outdoors. Optimally placed trees provide sunny places for winter enjoyment and shady places to be outdoors in the summer.

Tree choice is another important consideration. A little research before purchasing a tree will assure that you find one that meets your needs: the right size for the space (and HOA rules), water use, and whether the litter is acceptable for your level of comfort. And for bird and pollinator lovers, any habitat value the tree provides. Here are a



A Blue Palo Verde provides shade and wildlife habitat in a Green Valley residence. Photo from Charlene Westgate.

few great choices for Green Valley and some information to help you make decisions:

- **Blue Palo Verde** (*Cercidium/Parkinsonia florida*) – 30'Hx30'W – Full Sun– Very Low Water – Deciduous – Important spring flowers for pollinators
- **Canyon Hackberry** (*Celtis reticulata*) – 30'Hx30'W – Full Sun/Partial Shade – Moderate Water – Deciduous – Birds love the berries, seasonal litter
- **Catclaw Acacia** (*Acacia/Senegalia greggii*) – 15'Hx20'W – Full Sun – Low-Moderate Water – Evergreen – Great bird and pollinator tree, has thorns so plant away from foot traffic
- **Desert Willow** (*Chilopsis linearis*) – 25'Hx20'W – Full Sun/Partial Shade – Low Water – Deciduous – A hummingbird and pollinator favorite, seasonal litter
- **Foothills Palo Verde** (*Cercidium/Parkinsonia microphylla*) – 20'Hx20'W – Full Sun – Very Low Water – Deciduous – Smaller than Blue Palo Verde with same benefits

- **Ironwood** (*Olneya tesota*) – 30'H x 30'W – Full Sun – Very Low Water – Evergreen – Handsome tree with beautiful flowers for pollinators, low thorns, cold sensitive not good for colder,

low-lying areas

- **Kidneywood** (*Eysenhardtia orthocarpa*) – 20'Hx15'W – Full Sun/Partial Shade – Low Water – Deciduous – Pollinator favorite, low litter, no thorns
- **Little Leaf Ash** (*Fraxinus microphylla*) – 18'Hx15'W – Full Sun/Partial Shade – Low-Moderate Water – Evergreen – Flowers for pollinators, low litter
- **Little Leaf Mulberry** (*Morus microphylla*) – 15'Hx15'W – Full Sun/Partial Shade – Low-Moderate Water – Deciduous – Flowers attract pollinators and birds love the berries
- **Velvet Mesquite** (*Prosopis velutina*) – 25'Hx125'W – Full Sun/Partial Shade – Low Water – Deciduous – Best tree for birds, seasonal litter

Best of all, some of these trees are available at low cost from Tucson Electric Power (TEP), Trico Electric and Trees for Tucson. Whether for beauty, shade, energy savings or enhancing property value, trees allow you to leave a legacy for generations to come.

Charlene Westgate is a permaculture landscape designer and owner of Westgate Garden Design. She can be reached at [charlene@westgategardendesign.com](mailto:charlene@westgategardendesign.com).

# Creating Your Personal Property Inventory

Written by Rosie Romero, Rosie on the House

**H**ow well do you know your homeowner's insurance policy? It covers not only your house but the things you keep in it. Make sure you know what those things are in case you need to account for them due to theft, fire, or flood.

## Personal Property Inventory

*Personal Property Inventory* is a list of the things you own such as furniture and appliances, clothing, sports or hobby equipment, and electronic goods.

Making a list of everything in your house can be a daunting task. You will likely find that you own more stuff than you thought.

A home inventory can be as simple as a Word document or Excel spreadsheet. Your insurance agent may have a template. Web programs and mobile phone apps, such as HomeZada (a Rosie on the House favorite) can catalog your belongings. HomeZada is a secure cloud solution. Enter and access your digital home information from a desktop, tablet, or mobile device (Apple and Android are supported). In addition to inventory your personal property, the app allows you to budget and track home maintenance and remodel projects, which could affect your insurance policy.

If you keep printed copies or a flash drive containing the list and photos/video, store it offsite in a bank deposit box or with a trusted relative or friend, so you won't lose it if your house is damaged. If you use inventory software, store a digital copy someplace besides your computer such as the cloud in case your computer is damaged or stolen.

Using the video feature on your phone, slowly walk from room to room to record and describe items including their cost, brand name, when they were purchased, and serial number (if there is one). Video or photograph each room from several angles to show everything in it.

Single out expensive or collectible items like jewelry, home theater equipment, or signed paintings.

Categorize each room with "cloth-

ing," "furniture," "appliances," and "books," and so on. Assign a dollar value to each category. Attach receipts to your inventory. If you don't have them, estimate how much you paid for the items in each group. Example: clothing: \$4,000; curtains: \$120; framed prints: \$650; lamps: \$75.



Keeping a current list of property is key to proper insurance coverage. Photo Credits: Shutterstock

## Do You Have Adequate Insurance?

Does your policy cover jewelry and other expensive items? Most policies limit their coverage of those pieces unless you buy an additional "rider."

A rider is an insurance policy provision that adds benefits to or amends the terms of a basic insurance policy. Riders provide insured parties with options such as additional coverage, or they may even restrict or limit coverage. There is an additional cost to add a rider.

### STANDARD POLICY

A standard policy typically covers personal property only up to its actual cash value, determined by taking the replacement cost and deducting depreciation, which can be substantial. Remember your homeowner's policy covers valuable items such as jewelry, furs, art, and antiques, only up to set dollar amounts.

### VALUABLE ARTICLES COVERAGE

By adding Valuable Articles Coverage to your current homeowners' policy, you'll get enhanced protection and peace of mind knowing the treasured items in your home are protected.

### ITEMIZED COVERAGE

- Enhanced protection – specific coverage based on the individual value of each of the items listed on your policy.
- Agreed value and no deductible –making and settling a claim is straightforward and simple.

- Protection for various items – many different types of items can be covered on your policy, including stamp and coin collections, musical instruments, hearing aids, cell phones, and more.

### GROUPED COVERAGE

Added protection without itemizing specific items. Get blanket coverage for a variety of risks without having to itemize each of the items you want to protect. High coverage limits are available, subject to a maximum per item and deductible.

- Loose precious/ semi-precious stones
- Medical devices
- Musical instruments
- Silverware
- Signed sports memorabilia
- Sports equipment
- Wine

Most policies have clauses that say insurance will pay a limited amount for jewelry, artwork, a gun collection, or similar items. The total coverage might be \$1,500 for all your jewelry, for example. So, if you have valuable jewelry, you may want to insure it separately with a floater or a rider. The typical annual bill for \$1,000 of coverage for a special ring would be an extra \$50-\$70 a year for coverage against loss by theft or fire.

To get the policy, you need a recent bill of sale for the item or a written appraisal. One of the key benefits of such a rider is that if the item gets lost, the insurance company will likely cover you for "mysterious disappearance," allowing you to replace it up to the coverage limit you secured on the rider.

### IMPORTANT TIP

Continue to update your personal property records when you purchase or are gifted new furnishings and valuables. Save your receipts for new purchases, especially for big-ticket items like electronics, appliances, and furniture. For items you no longer own, take them off the policy. No



Adding Valuable Articles Coverage to your current homeowners' policy, will provide enhanced protection and peace of mind knowing treasured items are protected. Photo Credits: Shutterstock

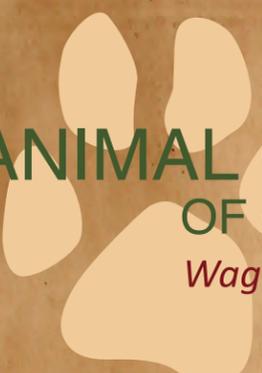
### ITEMS TO CONSIDER PROTECTING

- Art and antiques
- Clothing and furs
- Collectibles
- Electronics
- Farming equipment
- High-end accessories
- Jewelry

need to pay a premium for something you no longer own.

Schedule an insurance review with your agent to make sure that you have adequate coverage. In the event you need to file a claim, an up to date inventory and adequate insurance will make all the difference.

**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 Rosie on the House radio program from 8 a.m. to 11 a.m. Saturdays on KGVY 1080AM 100.7FM.**



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# WANTED

## PEOPLE WHO TREAT THEIR PETS LIKE FAMILY

### WHAT MAKES US SO DIFFERENT?

Animal Care Center of Green Valley is proud of the level of commitment for quality care and standard of medicine that we give to every patient, every time. Being your partner and your pet's advocate is of the utmost importance. We hope to improve the quality of life for pets and their owners through compassionate care, high quality medicine, and education. We have state-of-the-art diagnostic equipment, we're a Gold level Cat Friendly Practice through the AAFP, AAHA-accredited and practicing Fear Free initiatives,

### FEAR-FREE INITIATIVES

The Fear Free initiative is an innovative movement developed by "America's Veterinarian" Dr. Marty Becker to, in his words, "take the pet out of petrified and get pets back into practices." Animal Care Center of Green Valley (ACCGV) is implementing the Fear Free practices in stages to make the new standards most effective. So far, we've implemented calming music into exam rooms and we utilize a calming pheromone spray on bedding or blankets, so our patients will relax and make themselves at home. For cats, we place warming pads under the blankets, and for those that travel in a carrier with removeable top, we let them stay in the bottom section if they prefer it. For dogs who prefer staying on the floor, we get down to their level and do the exam where they are most comfortable. We also offer them delicious treats with their owner's permission, to make them feel safer and rewarded for cooperating. The goal of implementing the Fear Free programs is for ACCGV and owners to work together, striving to make veterinary visits less stressful for everyone involved, but most importantly, the pets! Because they are our passion.

### WE ARE AAHA-ACCREDITED

Did you know that accreditation for animal hospitals is voluntary? Surprising, isn't it? Nearly 60 percent of pet owners believe that their pet's veterinary hospital is accredited when it is not. In actuality, only 12-15% of animal hospitals have gone through the accreditation evaluation process by the American Animal Hospital Association (AAHA). We are proud to say we've been an AAHA-accredited hospital since 2000.

In the United States, all human hospitals that serve people with Medicare must be accredited through an accrediting body; they undergo regular reviews and quality checks to ensure they meet standards of quality for every aspect of medical care. However, not all animal hospitals choose to pursue the AAHA-accreditation because it isn't required by law.

Accreditation by AAHA means that an animal hospital has been evaluated on approximately 900 standards of veterinary excellence. To maintain their accreditation, hospitals undergo a rigorous and time-consuming review by veterinary experts every three years. State and provincial regulations can vary widely – whereas AAHA accreditation does not vary between states and is considered the standard for veterinary excellence.

Being a AAHA-accredited veterinary hospital means we hold ourselves to a higher standard. Pets are our passion and keeping them healthy is our #1 priority. Here at Animal Care Center of Green Valley, we strive to deliver excellent care to your pets because they deserve nothing less. Learn more about AAHA accreditation and why our accreditation is important to you and your pet. Visit [aaha.org/petowner](http://aaha.org/petowner).

**We are also certified by the American Association of Feline Practitioners as a Gold Level practice.** This certification takes into account felines distinct needs of a practice to give them the best care.

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This column is provided by the Animal Care Center of Green Valley  
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# pettalk



## Why do Veterinarians dislike retractable leashes?

It's not that veterinarians or those who work in the industry do not like the leashes, it is that a lot of owners do not use them responsibly. There is a locking mechanism that does allow you to shorten how far they can go under appropriate circumstances such as while they are in a veterinarian's office. We have found that many owners do not put the lock on and allow their pets to go as far as they want inside of our office without knowing if the other dogs that they are approaching in the lobby are friendly or not. This has led to dog fights and people getting hurt when dogs that are not familiar with one another are allowed to approach from a distance with a long flexi lead and end up pulling or being aggressive.

The other concern is owners using them on walks and allowing their dogs to go beyond where they can see, which sometimes is under a bush where a rattlesnake could be hiding. It is best to keep your pet at a 6-8 foot length from you when there are other dogs around or on a walk where dangerous predators could be hiding. The typical flexi leash is anywhere from 10-26 feet long, and when the locking mechanism is not used, that's how far they will go! You can imagine how that may cause a problem in our office or out in the desert.

## Why is it Important to have my pets vaccinated?

There is new data that does suggest that certain vaccines do not need to be given on a yearly basis, and certainly a lot of clients have read information on the potential of harmful vaccine side effects. This is all true, which is why, at the Animal Care Center, that we tailor the vaccine protocol to each individual pet.

Based on your pet's age, risk factors, and past history, we will discuss an appropriate vaccination protocol for your pet. There are core vaccines, such as rabies, which are critical for your pets (dog or cat) protection and for which they need to be consistently updated. Rabies is serious and deadly disease that we unfortunately do see here often in Pima county. We encourage all of our dog and cat owners to ensure that at minimum, your pet's rabies vaccination is up to date. This not only protects you, your pet and other pet's in the household, but also pets and people in your community and those who works with them, like us! There is no cure for rabies, and it is a deadly disease. Rabies is so common here in southeastern AZ, that **it is the law to have an up-to-date rabies vaccination for your dog.**

Even your indoor only cat should absolutely be vaccinated for rabies! Every year, we have clients that end up in horrible situations when their indoor only cat happened to escape and go outside, or they found their indoor only cat playing with or hunting a bat that got into the house. Both situations can create a deadly situation involving rabies for you and your family members, it is not worth the risk. Please talk with your veterinarian about the importance of vaccinating your indoor cat for rabies.

When you schedule an appointment with us, we will discuss which vaccinations we feel are appropriate for your pet, and as a team, we make that decision together. The other critical core vaccine for puppies is the distemper and parvo combination series and the upper respiratory vaccine for your kitties. Please talk with your veterinarian about the core vaccines so that you and all of your pets are protected.

## Why might it be a bad idea to allow my pet to visit with another pet while in the vet's office... mine is very friendly and wants to play?

Your pet might be friendly, but other dogs may not be. Also, sometimes when friendly dogs are in a strange environment and stressed, they can behave differently than you would expect at home. A friendly dog in one situation may not be so friendly under other circumstances. It is always best to confer with the owner of the other pet **before** you let your friendly dog approach any strange dog. This keeps them safe, as well as you. If dogs do get into a scuffle, owners often get hurt trying to break the fight up while trying to protect their own pets. Always assume a dog is not approachable by you or your friendly pet until you have confirmed with the other dog's owner that it is safe. Even then, approach with caution if both pets are in a new environment.

## What is the importance of picking up after my dog?

It is very important to pick up after your dog for many reasons. Number one, there are A LOT of dogs in our town, and if no one picked up after their dogs, our sidewalks and surrounding areas would be littered with feces, who wants that? Number two (no pun intended), dog feces can and does contain parasite eggs that can easily be transmitted to other dogs. They do not have to eat the feces to pick up the eggs. You could step on residual feces with your shoes and not even know it, then leave parasite eggs behind in your own home! Number three just be respectful of your surroundings as they are shared with many. If 1 out of 10 people do not pick up after their dogs, that's still a lot of poop to contend with. Keep our common areas clean and minimize the transmission of parasites by being responsible and picking up after your dog!

## Why is my dog barking at neighbors? And how can I get it to stop?

There are many possible reasons your dog could be barking at your neighbor, and if it is late at night or all day long, no one will be happy. Your dog may be bored if he or she is not getting enough exercise. Exercise means walking or running, not chasing lizards in the back yard. They need to burn off energy just like we do, and when that is not done, they can develop unwanted behaviors such as incessant barking. If you or your neighbors have serious concerns about this issue, it is best to consult a behaviorist to try and find the underlying cause. Jill Cruz is an excellent trainer here in town, she is a google click away!

## Why should I always ask and wait for an answer before petting someone else's pet?

People have pets for many reasons. Some are therapy or guide dogs, some are for protection, and some are just not socialized around other pets and people, so assuming every dog is friendly or there to pet at your leisure is a mistake. For example, therapy or guide dogs are literally working when they are out and about. If they get distracted by petting, that could cause problems for the owner who needs their full attention. Some dogs may seem friendly from afar but remember that not all dogs are socialized or friendly with strangers. It is always best to ask the owner for your safety and theirs before you pet a strange dog.

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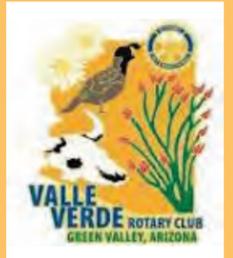
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This column is provided by Amy C. Oliver, Public Affairs Officer Visitor & Science Center Manager, Fred Lawrence Whipple Observatory

# What's Up in the Sky?

## A Starry Winter in the Sonoran Desert

*“Till rising and gliding out I wander’d off by myself In the mystical moist night-air, and from time to time,*

*Look’d up in perfect silence at the stars.”*

- *When I Heard the Learn’d Astronomer, Walt Whitman*

With 2020 behind us, the new year presents a slew of opportunities to connect with the night sky, right from the comfort of your own home and backyard. Winter in Southern Arizona provides all of the right conditions for doing just that: moderate weather and clear skies.

Last year’s skies brought once-in-a-lifetime wonders to the northern hemisphere, from Comet NEOWISE to the Great Conjunction of Saturn and Jupiter. Although the first skies of 2021 deliver a quieter view of the cosmos, this is the best time to step outside, look up, and learn to recognize the stars above us.

### Why gaze at the stars in winter

Winter months can bring chilly nights, but in Southern Arizona, a thermos of hot coffee and a light jacket or blanket wrapped around your shoulders can take the edge off long enough for you to hop across the night sky.

And the hopping will be easier due to greater **sky transparency**, or what you can see in the night sky despite the things that clutter it, like humidity, haze, smoke, dust, and light pollution. In winter months, sky transparency is greater due to the lack of humidity in the air. Thick and haze are more common during the monsoon, when humidity is at its highest.

### What to look for in the sky during winter months

#### Halos

Just as in a Renaissance painting, **halos** appear as bright golden rings around the Sun or the Moon. Halos are a common sight in winter months, as wispy cirrus clouds made of ice crystals form in the sky and surround the Sun. As the Sun’s light passes through those ice

crystals it **refracts**, creating a halo around the Sun. Refraction occurs when light splits, and when it happens at just the right angle—in this case 46 degrees—a halo becomes visible.

Halos won’t appear around the Sun every day during the winter, as the hexagonal crystals responsible for the circles of light form when the temperatures high up in the sky are incredibly cold, typically around -22 degrees Fahrenheit or lower.

On particularly cold winter nights with cirrus clouds, the phenomenon may also form around the Moon, giving the desert a particularly ethereal look.

#### Sundogs

Reports of a second, or mock Sun,



Sundogs

are often reported during winter months because they are plainly visible in the sky as bright spots situated to the left or right of the Sun almost precisely where you’d find three o’clock or nine o’clock on a



Lunar halo, Photo credit: Bettymaya Foott, International Dark-Sky Association

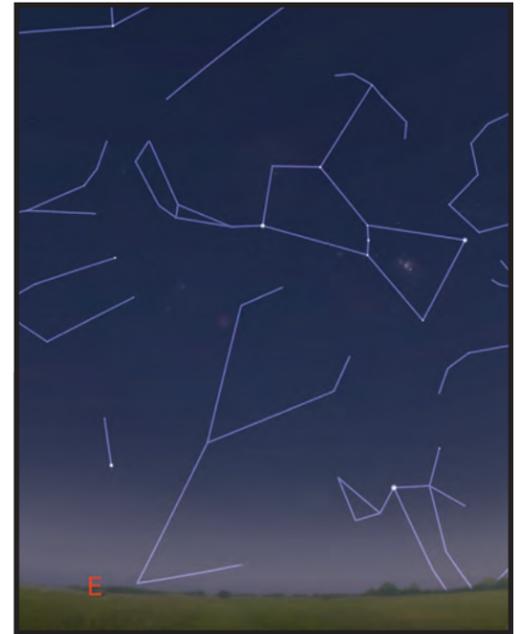
traditional analog clock. Sun dogs most often appear when the air high up in the sky is cold and the Sun is close to the horizon line. While sundogs are most often white in color, they can put on a particularly dazzling show as a rainbow of colors beginning with red closest to the Sun and blue on the outer edge away from the Sun.

#### Orion, the hunter

Almost as recognizable as the Big Dipper, the Orion constellation is visible in Southern Arizona from October through March, becoming more easily visible as night comes on earlier, is darker, and lasts longer.

In January, look to eastern skies beginning just after 6:30pm local time and say a confident hello to the hunter. Right now, the hunter is lying on his back over the horizon, looking up into the night sky. You’ll quickly find

his bejewelled belt of stars in a vertical line up into the sky, and just to the right, you’ll see the scabbard of his sword, laid nearly horizontally across the horizon. With a small telescope and a clear, crisp winter night, you may catch views of the Orion Nebula, a mix of purples, pinks, and blues in a strange wisp-ing shape known well to amateur and professional astronomers alike.



Orion

### What's Coming Up at Whipple Observatory

*Nationwide Livestream Star Party becomes Intenational Livestream Party*

January 15, 2021, 5:00 pm Arizona Time. Register through Facebook.com/FLWhippleObservatory Speaker to be announced

Whipple Observatory’s ambitious livestream star party featuring telescopes from coast-to-coast welcomed its first internationally based telescopes, removing borders and creating a truly international program in December 2020. The program rings in the New Year on January 15, 2020 with a slate of speakers from around the world to kick things off, followed by live astronomical viewing with new and returning astronomers.

*New Vistas in Astronomy lecture series welcomes full array of astrophysics and astronomy speakers*

January 27, 2021, 9:00am Arizona Time. Speaker to be announced, registration to be announced

Since 1969, New Vistas in Astronomy has been bringing the latest in scientific developments to Green Valley with a focus on the science being conducted in Southern Arizona. This year, the all-virtual platform welcomes speakers from multiple disciplines within the astronomy and astrophysics community. From heliophysics to laboratory science, and everything inbetween, this year’s lecture series celebrates the variety, complexity and simple beauty of what’s out there.



Solar halo, Photo credit: Alan Strauss, Mt Lemmon SkyCenter

### CROSSWORD

1	2	3	4		5	6	7		8	9	10	11	
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## CROSSWORD PUZZLE MANIA



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### OFFICIAL RULES

**Win \$250 for you and \$250 for a local non-profit!**  
 Entering is easy! Fill out the crossword puzzle and mail to KGVY, Attn: KGVY Puzzle Contest, P.O. Box 767, Green Valley, 85622. Must be postmarked by 3/1/2021

This edition's puzzle is FAMOUS LANDMARKS! 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 March 1, 2021. If you win, KGVY will cut you a check for \$250 and a local non-profit of your choice will receive \$250. Here's some additional small print to test your reading glasses.

1) Must be 18 or over (2) Must be a US citizen (3) One entry per person (4) All correct entries will be placed in the KGVY prize box and one winner will be randomly chosen (5) Judges decision final (6) Winners name and likeness may be used in KGVY promotional material (7) Winner is responsible for any state and federal taxes

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### FAMOUS LANDMARKS

#### ACROSS

1. Octagonal sign
5. "Don't have a \_\_\_\_!"
8. Can of worms
12. Pathetic
13. Spanish sparkling wine
14. Pico de gallo
15. WWII side
16. Like word of mouth
17. Church song
18. \*Victoria in Zimbabwe or Horse-shoe in Canada
20. \*Home to Rock of Cashel and Blarney Castle
21. Massachusetts university
22. "\_\_\_\_ Be Home For Christmas"
23. Olympic torch, e.g.
25. On the move
28. Menu words
29. \*Golden Gate or Mackinac
32. Goodbye, to bambino
34. Ruling in Islamic law
36. Variable, abbr.
37. Can, with thou
38. South American monkey
39. \*Versailles or Buckingham
41. Thus far
42. Yoko's John
44. Collectively
46. Party bowlful
47. Memory failure
49. Goals
51. \*St. Basil's or Canterbury
55. Independent, slang
56. Initial stake
57. Field of Dreams state
58. More than one stylus
59. Barnes and Noble or Barnum and Bailey
60. Jaunty rhythm in music

#### DOWN

61. Don Quixote's enemy
62. Urge Spot to attack
63. Besides
1. BBQ side
2. Taxon, pl.
3. Fail to mention
4. Bygone Spanish money
5. Jeweler's unit
6. Egg-like curves
7. \*The Western one in Israel or the Great one in China
8. \*La Sagrada Familia or St. Peter's
9. Having wings
10. \_\_\_\_ of Man
11. Scottish cap
13. Ceiling panel in the Pantheon
14. Type of wheat
19. Cuban dance
22. Glacier matter
23. Medieval knight's spiky weapon
24. Coffee shop order
25. \*Home to Taj Mahal
26. Phonograph record
27. Artist's support
28. Back, at sea
30. Director Reitman
31. Indian restaurant staple
33. Giant Hall-of-Famer
35. \*Moulin Rouge or Netherland's landmark
37. Incense without prefix
39. Weasel-related onomatopoeia
40. Enigma machine's output
43. One born to Japanese immigrants
45. Roman magistrate
47. Hawaiian veranda
48. V.C. Andrews' "Flowers in the \_\_\_\_"
49. Naysayer's favorite prefix
50. Bucolic poem

51. Type in all \_\_\_\_
52. Agitate
53. Hole punchers
54. Like the White Rabbit

55. Any doctrine



**Congratulations goes to Donita Gross of Green Valley for her winning puzzle entry from the July Community Quarterly. Donita received \$250.00 for herself and chose Friends In Deed as the local non-profit to receive \$250.00 on her behalf. Steve Wagner, KGVY on-air talent presented Donita with her winnings.**

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