

Community Quarterly

Gardening Tips – Page 31

Fall 2020

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Volume 11, Issue 4



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Jazz in the Desert Reimagined Hits High Note

Written by Sharon Gaipman, Valle Verde Rotary Member

September, 2020. It was inevitable, but still a hard pill to swallow. The Valle Verde Rotary Club's 12th annual JAZZ IN THE DESERT would have to be postponed. Planning was well underway for spring 2021, but as members ZOOM'd and expressed concerns about the health of both the young performers and the audience, the event was canceled and the ability to fundraise was put on hold.

JAZZ IN THE DESERT not only showcases the musical talents of area youth, but benefits the music programs in their schools along the I-19 corridor. There wasn't a member of the committee who was happy with the decision that would eliminate their ability to support them and area projects; all immediately began thinking of ways to regroup.

It began simply enough as JAZZ FOR FUN -- an evening concert with four performance groups at GVR's Desert Hills recreation center. Sales of pizza by the slice and homemade desserts all contributed



to its early success.

Success eventually necessitated a switch to a bigger venue that could house more performance groups, a growing audience, and the desire to provide a dinner and an auction. Quail Creek became the new home and JAZZ IN THE DESERT its new moniker. JAZZ IN THE DESERT continued to grow over the years, including an "all the popcorn you can eat" matinee to compliment the evening offering.

Part of the motivation for coming

up with a temporary replacement for JAZZ IN THE DESERT was the well over \$100,000 that has been raised in support of area music programs, as well as Club projects that primarily support literacy, learning and health. Additionally, since JAZZ IN THE DESERT began, Valle Verde Rotary has made a point of this being the only community-wide fundraiser it undertakes. The thought of not doing anything during the pandemic just didn't work.

After brainstorming a number of options, JAZZ IN THE DESERT REIMAGINED was born! Referred to as a "non-event" by some, it's definitely not a "non-work" event. Members are busily looking for sponsors and compiling a data base of addresses of past attendees, auction donors and purchasers, as well as friends and family in the area and around the country.

A great deal of work is being put into the effort that will enable Valle Verde Rotary to raise those much needed funds for area school music programs and more. And, while there won't be an evening of great food, unique auction items, and most important, the music, the magic will continue when the invitations to JAZZ IN THE DESERT REIMAGINED arrive in mailboxes in early November.

More information forthcoming, but to make sure you're on the mailing list, contact: jazz@vvrotaryfoundation.net



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One COVID-19 Pandemic, Two Real Estate Brokers

Written by Susan Stein Kregar

When we first heard of the coronavirus, it seemed like it was happening somewhere else – because it was, in China and on cruise ships primarily. Then it hit our shores, and the thing about viruses, they spread like . . . well, a virus. Soon our country was enveloped by this uninvited, unwanted visitor. Still, in our little enclave in Southern Arizona, it seemed it was contained far away from us.

But it couldn't be contained. So, we had to be contained. That meant a stay at home order which was issued March 20th. We couldn't go anywhere unless we were essential workers or needed groceries. But for a significant part of the community, our winter residents, they wanted to get home to hunker down.

For local real estate brokers, Sheila B. King, designated broker, Tower Home Rentals, LLC and Rex Rogers, owner and broker, Long Realty Green Valley Rentals, most of their property's renters skedaddled a month to a week before their leases ended. A few stayed beyond their



leases because the pandemic was worse in their hometowns.

Now it's October and King and Rogers wonder if they will be able to fill their 2020-21 winter season rental inventory.

Tower Rentals is 51 percent occupied from January through March 2021 which according to King is on target compared to the last two years despite COVID. "People are already calling to book 2022. It's hot down here in Green Valley," she

said.

Normally, rentals start booking in October for the next season. At press time her rental office had 200 long-term rentals and 76 vacation rental units available.

Long-term units are defined as unfurnished homes with a minimum one-year agreement. Vacation or short-term units are furnished and rented for three months usually in the peak season of January, February, and March. Tower Home Rentals generally does not offer rentals for less than a month unless it's in the off season.

Of Tower Home Rentals' available rental units, there are more than 100 in Green Valley's HOA communities alone and they have their own rules regarding minimum and the maximum length of stay.

For Rogers, his office has approximately 200 available listings. His inventory is 50 percent furnished and 50 percent unfurnished. Normally his rentals are booked 100 percent by this time of year. "We are having a problem booking for the 2020-21 season," he said.

King and Rogers each average one Canadian renter per 100 U.S. renter. As of press time, neither had a single reservation from Canada.

On September 18, 2020, Acting Department of Homeland Security Secretary Chad Wolf declared "We have agreed to extend the limitation of non-essential travel at our shared land ports of entry through October 21."

The border closure applies to non-essential travel. From a national border standpoint, vacationers are not essential. However, from a local economic standpoint, these visitors are an essential part of Green Valley's winter resident community. They are friends, family, clients, customers, patients, sports compet-

itors – people the local residents only see a few months each year.

"There is a lot of pushback about the Canadian / U.S. border being closed," said King. "We will do our best to release them from the property if they cannot come, but if we can't rent it, it is their responsibility to pay."

Regardless of where the tenant hails from, per their lease agreement, "Once a lease is signed, it is a legal and binding contract. Tower Home Rentals will make every effort to rebook a property for an additional fee. If Tower Home Rentals cannot rebook the property, tenant must pay all rent payments per the lease agreement. Tenant will forfeit the Booking Fee; Tower will refund the Cleaning and Pet Fee." They highly recommend travel insurance.

King has not received any special requests or requirements because of the COVID situation. However, Rogers noted that for the first time, Long Realty Green Valley Rentals has added an addendum to its original lease.

"Our leases never had a cancellation policy until now," said Rogers. "They are asking to be released if COVID is a problem."

According to Rogers if the renter cancels before November 1st they will receive a full refund. "We need to ease the tenant's mind, knowing they have a way out."

His units have not been discounted as an incentive to book. That is up to the property owner to decide and they have a price point in mind. "These people travel. They have money," said Rogers. "It's not a money issue. It's fear. They don't know if Green Valley will be on lockdown again. What if they come and Green Valley Recreation is closed?"

Rogers predicts COVID will continue to hit Green Valley hard. "The effect will be big-time," he said. "Gas stations, grocery stores, restaurants, hairdressers -- all small businesses that rely on the January through March 'snowbirds.' The overall loss of money will have huge effects on everyone.

These are unprecedented times. If anything, 2020 has proved that we can plan all we want, but we'd better be prepared for a back-up plan – or two.

"It's a strange market," lamented Rogers. "All COVID-related – 100 percent."

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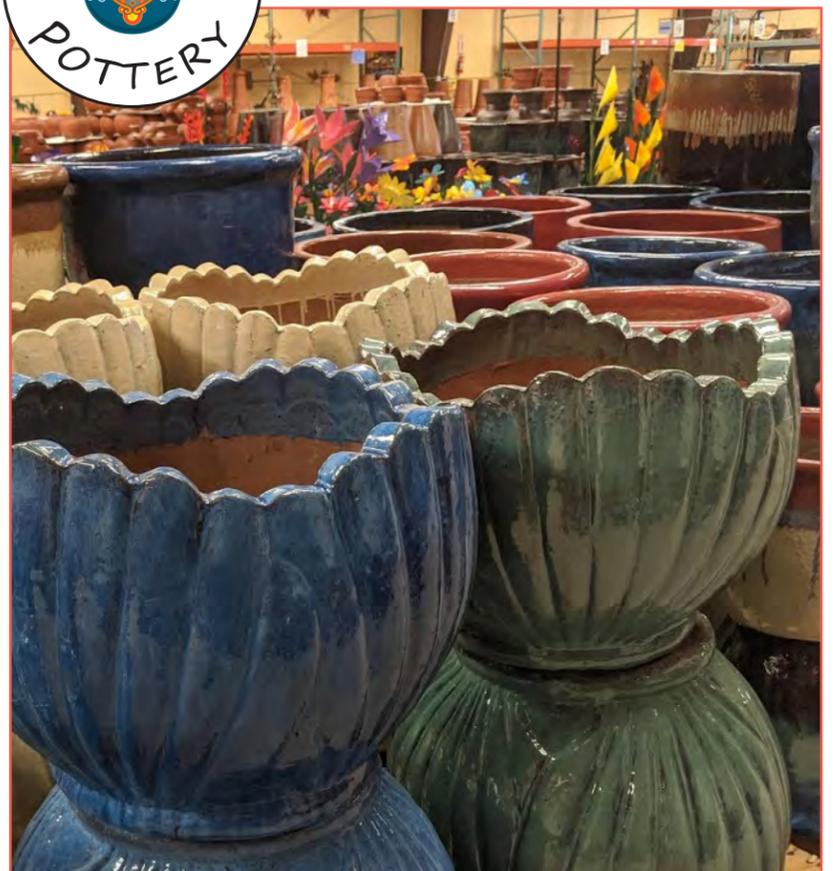
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Starizona Opening the Skies to Star Gazers

Written by Guy Atchley

“Oh, my God!” “Oh wow!” Dean Koenig hears those words a lot. It happens when people look through a camera device he invented for telescopes and see Saturn up close for the first time. The rings, the colors, the awesomeness. Koenig is a salesman who lives in the best of all worlds where what he sells actually sells itself. He simply stands back and smiles. That smile is perpetual, and a nice accent to the gray hair, piercing eyes and wiry frame of this apparent baby boomer. He meets unending questions from his staff and customers with answers that are short and to-the-point -- all part of the whirlwind that is his typical day. Koenig was no stranger to 80-hour workweeks as he built his business, but these days he’s trying to take a little more time for himself. That’s not easy. He’s in demand. Worldwide.

Koenig remembers being fascinated by the heavens in his youth, but it wasn’t until middle age when his work supplied him with enough cash to splurge on his own telescope that his life changed course. He left behind a successful swimming-pool business in California and headed for Tucson, Arizona. Five years before coming to the Old Pueblo Koenig had trademarked the name Starizona, not knowing whether he would ever act on his dream. But in 1995 he took one giant leap and headed for the desert. Twenty five years later, you’ll find him still working away in his little shop known as Starizona at 5757 North Oracle Road.

Why did he choose Southern Arizona? The same reason astronomers chose Kitt Peak, Mt. Graham and Mt. Hopkins. And it’s not because we have especially dark skies. Nope. The reason is the jet stream. Low humidity translates into less water vapor to inhibit the light flow. It’s water



Dean Koenig

vapor that creates the illusion of twinkle, twinkle little star. But in Southern Arizona, not so much. And that’s a good thing for any astrophotographer wanting to get the clearest possible images of the heavens.

Enter Dean Koenig with a deal you can’t refuse. To give you some perspective: a serious photographer might invest about \$6000 for a flagship camera from Canon or Nikon. Add approximately \$2000 for a lens, and you’ve invested about \$8000. Koenig can set you up with a telescope and camera for \$4000.

What about image quality? Koenig says his goal has

time inhibit everything else. It works remarkably well.”

As Koenig and I sat in his shop surrounded by telescopes and the camera devices he’s invented, phone calls and emails were coming in from all over the world. He’d wondered how the COVID-19 pandemic would affect his business. Now he knows and describes it as an explosion. It turns out that when people are quarantined at home and need something to do, they walk out into their backyards and look up. Then a lot of them call Koenig.

If you call Koenig, you’ll learn that his camera technology has been used in space. He thought it was a joke when two men approached him at one of his exhibits and said they needed a camera for space work. But that chance meeting led to a rocket carrying Keonig’s telescope/camera system to the International Space Station. The system would track the flooding caused by Hurricane Katrina, help in the search for a downed airliner, and provide third-world countries with images of their terrain that they otherwise never would have had. The images are public domain.

One of Koenig’s customers is David Levy of Vail, Arizona who is well known for discovering the Shumacher/Levy Comet. In fact, he’s discovered 23 comets. His tools include a 14-inch-in diameter telescope equipped with Koenig’s Hyperstar camera. Koenig says the Hyperstar has led to five comet discoveries by astrophotographers all over the world. And the search continues.



Picture courtesy of Starizona. Great Pyramids of Giza, Egypt from space station



Picture courtesy of Starizona. Orion taken with a Starizona telescope and camera

always been shorter exposures to make sharper images.

Koenig says his lens is faster, shooting with an aperture of 1.9. Ever looked through the 30-inch scope at the Sky Center on Mt. Lemmon? Koenig says, “I can get that same view with an 8-inch scope in my backyard. I kid you not. It’s amazing.”

If you’re worried about city lights, Koenig says, “We can insert filters into the optical path that reject man-made light. So you’re in your backyard in the city, and it’s like you’re at Kitt Peak. These filters let light come through from the nebulas and other deep-sky objects, but at the same

Before the pandemic hit, Starizona hosted stargazing events two nights a week right in front of the shop. Those events are now on hold, necessitated by social isolation. You can still enter Starizona to view the scopes and cameras, but don’t be surprised if the door is locked momentarily to keep plenty of space between safety-conscious shoppers. You can connect with Koenig through his email dean@starizona.com or just give him a call at 520-292-5010. You can also check out some of the fantastic images his systems have captured at starizona.com. I did. What can I say? Oh, my god! Oh wow!



Picture courtesy of Starizona. Astronaut moving Starizona telescope into place on the International Space Station

Gifts from Around the World at Native Gardens

Written by Ellen and Harry March

You may have noticed a big change on La Canada Drive just north of Esperanza. The March Family spent the summer creating a new look for an old Circle K building where their business, Native Gardens, is located.

Beginning in this location in fall of 2012, they rented a dirt lot at the north end of the building on which to build a plant nursery. As the nursery grew, the business grew along with it, constructing new buildings, taking over part of the existing structure and eventually arranging to buy the property from the Green Valley Books owner.

Harry March, the visionary in all this, grew up in Los Angeles and Newport Beach with a mother famous for her beautiful flower garden and plant growing ability. Harry and his wife Ellen, now married 52+ years, have always loved color, folk art and gardens. Harry tries to buy all his plants locally—picking out each one individually at their respective growers. This includes trees, shrubs, perennials, cactus, succulents and greenhouse cultivated houseplants. Their other adult children live varied lives in other parts of the country but youngest daughter Stephanie Peterson has shown a real flair for retail through her years with Tres Amigos Furniture Stores in Tucson and Phoenix. Stephanie and her husband Dave, residents of Rancho Sahuarita along with their three children, have joined Harry in growing Native Gardens over the past few years into a real destination spot for Green Valley residents



Stephanie Peterson and Harry March

reputable and fair in their dealings.

During the summer and fall of 2018, Harry and Stephanie took part in the Town of Sahuarita Shark Tank classes and competition, earning the skills needed to attain their business goals at that time—to secure financing to buy the real estate property and to maximize sales in this uncertain business environment. These classes, created and supported by Freeport-McMoran, The Small Business Development Corporation at Pima Community College, the Town of Sahuarita and the Green Valley/Sahuarita Chamber of Commerce, proved invaluable to their success. (They also won the Shark Tank competition that year!).

The Marches and Petersons have a vested interest in enhancing and beautifying Green Valley and Sahuarita, both with natural beauty and art. Their business is full of color—if you haven't visited, you should—it's a destination unlike any other in our Valley.

and visitors alike.

In the late 90s and early 2000s, the Marches worked with a tribe of Huichol Indians in the Sierra Madre Mountains in Mexico, encouraging their beautiful art and wholesaling their work to museum shops and gift stores all over the U.S. In doing so, they made longtime friends with importers doing the same thing with other indigenous peoples—many part of the Fair Trade Federation, where artists are protected and paid fair prices for their work. Today they still strive to purchase folk art only from middlemen who are

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OUR VETERINARIAN TEAM

Shelley Humphrey, DVM - I grew up with pets of all kinds, and knew at a young age that veterinary medicine was my calling. Since I can remember, my education was always geared toward becoming a veterinarian. I love science, particularly biology, and most importantly love every kind of animal. I became co-owner of Animal Care Center of Green Valley in 2010 and owner in 2018.

Daniel Murray, DVM - From the time I was 11 years old, I knew that this was the career for me. My best friend's dad was a veterinarian and I started out by helping him on his rounds of area farms. I worked for him on weekends and school breaks because I was fascinated by the animal world. I loved being able to help animals that were hurt or broken.

Andrea Hilden, DVM - I have had many experiences in which I was called upon to be an advocate for humans and animals. It is a privilege to be the voice for an animal who cannot speak for him or herself. When you combine this appreciation with my interest in biological sciences and medicine, there was only one profession that could meet all these interests and continually challenge me.

Hannah Bigelow, DVM - I come from a family with a strong scientific and medical background. Even when I was a tiny child, I knew science and medicine were for me. People would ask me what I wanted to be when I grew up and, just like many children, I answered "a veterinarian!" I started my undergraduate education and never looked back.

Timothy Krone, DVM - I had early exposure to veterinary medicine through my Uncle who had a practice in Ohio. I stayed focused on the path to becoming a veterinarian. I have a curiosity and passion for learning about our world and am humbled by how domestic animals let us share in theirs and respond to our medical care

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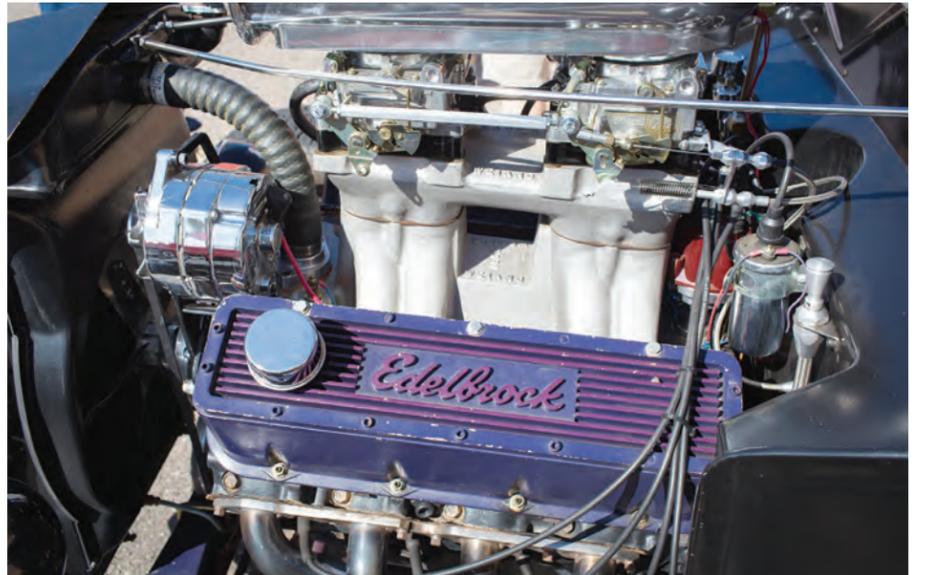
Photos courtesy of Guy Atchley



Santa Cruz Valley Car Nuts Green Valley, AZ



Members of the Santa Cruz Valley Car Nuts recently stopped by the Classic Car Garage in Green Valley. Owner Tom North explained how his shop performs a full range of services and repairs on classic cars and what they can do to bring out the best in each one.



Equine Voices Rescue & Sanctuary Annual Fall Fundraiser: “Boots, Bandanas, & Brunch”

Written by Equine Voices Rescue and Sanctuary

This year’s event features a different format from previous years: an afternoon brunch instead of an evening dinner. It will be held at the Tubac Golf Resort & Spa on Sunday, November 15th from 11:00am until 3:00pm. There will be live music by David Rychener, hors d’oeuvres, cash bar, a sit-down brunch, silent auction, and a live auction hosted by the dynamic Letitia Frye! This year’s silent auction will have over 200 exciting items including artwork, jewelry, gift baskets, and much more. The featured live auction item is a 7-night stay at a private Caribbean beach house in Belize that sleeps 6-8 people. Tickets for the event are \$75.00 per person.

Equine Voices Rescue & Sanctuary was founded in 2004 to rescue equines from neglect, abuse, abandonment, and slaughter. Additionally, they rehabilitate, adopt, and/or provide a safe and loving sanctuary to those equines who need a forever home. Over 1,200 equines have been rescued since the organization began its work. Currently, 54 horses and 4 burros call Equine Voices

home. About thirty percent of the herd are seniors, over 20 years of age, resulting in significantly increased veterinary, special food, and supplement costs.

Like so many other non-profit organizations, Equine Voices has experienced a drop in donations with the onset of the pandemic. The Fall Fundraiser is their major event to provide a source of donations to help meet monthly operating expenses of \$55,000 and to continue an expansion project that began last year. The new Visitor Center, to be named “Gulliver’s Guest House” in honor of our mascot, is scheduled to be completed this Fall. In the planning stages is a new barn, with expanded corrals, to provide more room for the horses.



vide live-streaming of the event whether it’s held at the Tubac Golf Resort or another location should the Resort have to be canceled due to the virus. In either case, actual guests and virtual guests can participate using a tablet or computer, as well as a mobile phone, to register and to bid on silent and live auction items. At the event there will also be an option to participate for those who do not use any of these technologies.

Although they hope to be able to host the event in-person, they are prepared to host a completely virtual event if necessary. For reservations or more information, please visit their website at www.equinevoices.org or call the office at 520-398-2814. You can also go directly to www.EquineVoices.home.qtego.net to register and to make a reservation.

New for this year, Equine Voices has teamed with Qtego, a fundraising technology firm, that will pro-

vide live-streaming of the event whether it’s held at the Tubac Golf Resort or another location should the Resort have to be canceled due to the virus. In either case, actual guests and virtual guests can participate using a tablet or computer, as well as a mobile phone, to register and to bid on silent and live auction items. At the event there will also be an option to participate for those who do not use any of these technologies.



elect *Legislative District 2 House* **Andrea Dalessandro**

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"Thanks to state Sen. Andrea Dalessandro, D-Sahuarita, SB1287 ("Medicare supplement insurance; guaranteed availability") has now been introduced at the state Legislature. This bill would provide coverage protections for seniors on Medicare who have pre-existing health conditions. It would allow individuals who have a supplemental policy (Medigap) to change their Medigap policies for another without passing a health screening."

~February 12, 2020, Green Valley News IN MY VIEW by Henne Queisser

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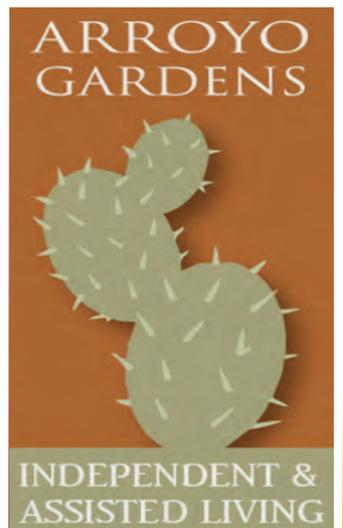
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Please contact Esther, Jose or Yuni at 520.625.3888 if you are interested, or email esther.corrales@usw.salvationarmy.org

Green Asphalt – The Bubblegum of Roadways

Written by Susan Stein Kregar

Remember Black Jack Gum – the black gum that tasted like licorice? Now think of driving your car on miles of it in Southern Arizona. You can and you are if you live in Green Valley and Sahuarita.

Green Asphalt™ – not the color green as you may envision, gets its name from the main environmentally “green” ingredient – recycled tires.

Green Asphalt™ an exclusive, patent-pending product developed and used exclusively by Tucson Asphalt Contractors, Inc. uses recycled tires and a rubber binder (their “special sauce”) to provide durable asphalt pavement that is not only saving money for homeowner associations and municipalities throughout Southern Arizona, but it also results in a faster process with a smaller



The consistency of Green Asphalt™ has been compared to bubble gum. Photo courtesy of walkmemorylane.com

carbon footprint.

“It’s like bubblegum,” said Joe Herrick, Business Development Manager, Tucson Asphalt Contractors, Inc. (TACI). “It is extremely durable and is far superior to conventional binders, which tend to crack quickly.”

The difference between rubberized asphalt and Green Asphalt™ lies in the thickness. Typical asphalt pavement is two to three inches thick or more, whereas Green Asphalt™ is only one inch thick and up to two and half times stronger.

Because the original asphalt does not need to be removed and re-graded, it eliminates long-term disruption (two days, instead of two weeks). Within 15 minutes of being laid, the road can be opened to traffic which makes drivers happy because they don’t need to find an alternative route. Businesses are happy because their entrances are

not blocked for weeks at a time. Additionally, roadway noise is reduced by more than 50 percent.

The Town of Sahuarita’s pavement preservation project on Rancho Sahuarita Boulevard from Sahuarita Road to Avenida Mitla included the removal and replacement of some paving and an overlay of the area using Green Asphalt™.

Beth Abramovitz, Public Works Director, said the Town has been very happy with the results of using Green Asphalt™.

“It has held up the way we were told it would,” she said. “We will not have to deal with maintenance for at least four years whereas with typical asphalt we have to maintain it three years in. Because of the structural capacity which is better than fog or slurry seal, right off the bat we are extending the life of the road and getting a bigger bang for our buck.”

The money the Town saves allows them to do more projects which the community appreciates. “We have been really happy,” said Abramovitz. “Our construction teams are the first line of defense. They look at every road and rate them based on what needs repair first. The Green Asphalt™ has allowed them to focus on additional tasks.”

According to TACI, Green Asphalt™ saves enormous amounts of resources, including time, money, and fossil fuels in comparison to traditional asphalt. For example, based on a 100,000 square-foot paving job, the estimated savings using Green Asphalt™ vs. traditional asphalt include:

- 33 tons of petroleum asphalt
- 1,110 gallons of fuel burned at the asphalt plant
- 37,000 pounds of CO2 emissions at the asphalt plant
- 2,000 gallons of pavement sealer
- 280 gallons of dump-truck fuel
- 550 tons of sand and gravel
- 1,527 tons of used-asphalt removal
- 200 tires recycled from landfill
- 670 cubic yards of landfill space

TACI’s first Green Asphalt™ project was completed in Tucson in 2006 and according to Herrick, is still standing and durable. He antic-



Rancho Sahuarita Boulevard before and after using Green Asphalt. Photo courtesy of Town of Sahuarita

ipates it will be another five or six years before it will need any maintenance. Since then, this material has been used in numerous HOA’s in Tucson and Green Valley, the U of A, and the municipalities of Sahuarita, Bisbee, Oro Valley, Tucson, and Nogales.

For a municipality or HOA funding a paving project, this material saves them time, money, and human resources. Rather than two inches of asphalt being hauled out and back, Green Asphalt™ only requires one inch to be hauled in. That eliminates the need for additional heavy equipment, labor charges, and multiple runs to the dump. Green Asphalt™ comes with a 4-year warranty compared to one year for traditional asphalt, making it even more attractive to budget-conscious projects.

“Green Asphalt™ is the perfect candidate to save an older asphalt road,” said Herrick. “and by ‘going green’ the savings are between \$0.40 to \$0.60 per square foot which quickly adds up to major savings.”

What do all of these benefits mean for taxpayers? It means big savings for the municipalities that use it, which in turn costs the taxpayers less. The lower cost is achieved through less thickness, fewer materials, less equipment, and labor on the job site costs, and fewer wasted natural resources. Depending on the condition of the asphalted being overlayed, it does not need to be removed and replaced.

Green Valley Canoa Seca Estates II was one of two homeowner association projects in Green Valley and The Town of Sahuarita’s Rancho Sahuarita Boulevard project that contracted with TACI for a total of 879,829 sq. ft of Green Asphalt™. This translated to approximately 5.2 miles of Green Asphalt™ for a 32 ft. wide road.

Before selecting TACI, Canoa Seca Estates II Homeowners Association conducted an independent study to determine the structural and cost-effectiveness of Green Asphalt™ over 10 years. The study concluded “savings out to at least 14 years due to no maintenance requirements. There is a four-year warranty from Tucson Asphalt for its Green Asphalt™ product vs. one year for other companies/processes.”

A 10-year life cycle cost analysis (LCCA) was also conducted using written estimates from contractors that included the initial cost and the maintenance required over a ten-year period for different processes. The results are as follows:

Company B -- Mill and Overlay \$472,361

Company B -- Pulverize and Replace \$522,616

Company A -- Micro Seal \$369,000

Tucson Asphalt: Green Asphalt™ \$329,000

“Green Valley residents are highly educated,” said Herrick. “There are many retired engineers here and they understand the engineering behind the product that makes it so environmentally and cost-effective.”

For a complete list of Green Asphalt™ benefits visit <https://tucsonasphalt.com/green-asphalt-benefits/>.



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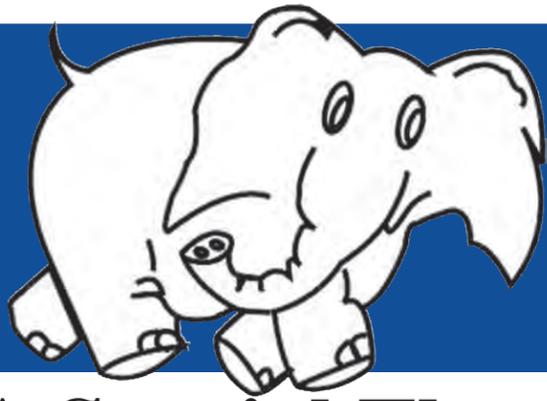
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COUNTRY FAIR WHITE ELEPHANT *Special Edition*

A Special Thank You from The White Elephant

Written by Karen Lavo, CFWE General Manager

This year, as we start a new decade, who could have ever predicted that the 56th Anniversary year of the Country Fair White Elephant would have included a 6 month closure of our cherished thrift store due to a global pandemic. And although most of us are very aware of the basics of the virus at this point, we certainly had a lot to learn at the beginning of 2020. In March of this year, the White Elephant closed its doors with no knowledge of when we would be able to reopen for business.

During the closure, staff, management team volunteers and Executive Board committee members began meeting regularly to moni-

tor local conditions and to discuss when we might be able to reopen. With continued regulations and guidelines being issued by federal, state, and local government officials, we began the process of how to prepare for reopening while keeping our volunteers, donors, and customers as safe as possible. We received lots of input from our supporters who knew that this closure would affect our general operations and our mission to give back to the community. We thank everyone for your input and concern.

In June, as it became increasingly clear that the new norm would require changes to the way we socialized and gathered, our very forward-thinking Board of Directors

made the decision to cancel the long time tradition of our Annual White Elephant Parade and our Midnight Madness Green Valley Style sale, both normally taking place in October. It would be an impossibility to hold this great parade and a special sales event normally attended by hundreds of folks, and also socially distance from one another. With heavy hearts the decision was made, and we certainly thank the community for their understanding of this necessary pronouncement.

As the months continued with closed doors, we worked hard to do a thorough cleaning and organizing of the store and work areas. We have made some important changes to our donation drop-off area that will help us mitigate the spread of the virus and we thank the entire community of generous donors who have been patiently waiting to bring over their donations and help us get going again. We can proudly say that our very supportive community observed and adhered to our request to hold on to donations until we reopen and we extend our gratefulness for this.

As we prepared to reopen on Thursday, October 1st, we got the word out to the local media for help in announcing the date and the particulars that will be required for folks coming into the White Elephant. We certainly thank KGVY radio for their help with this and also our local newspaper. A reminder to everyone that masks are required for entrance into our store and facility. We have about 600 volunteers who we must protect and keep safe for



Karen Lavo, General Manager
Country Fair White Elephant

as long as is necessary, so the mask requirement is mandatory. A huge thank you is extended to our devoted volunteers who have returned to their work places to carry on with our mission. You are all the foundation of this great organization.

So, an all inclusive thank you is sent out to our donors, our volunteers, and our customers who make up that perfect equation that allows the White Elephant to get back to the business of giving back to the community. In times like these, we're reminded of how interconnected we all are. From all of us here at the White Elephant, thank you for your continued support. Stay safe and well...



Country Fair White Elephant 2020 Board Of Directors

- President:** Ivars Vecbastiks
- 1st Vice President:**Maureen McCarthy
- 2nd Vice President:** Mary Fisher
- Secretary:** June St. John
- Treasurer:** Alan Cram
- Assistant Treasurer:**.....Judy Barkley

2020 Board Members

- Larry Pisacka • Joan Fischer • Eunice Hinds
- Judy Oestreich • Sandy Rios • Bill Taylor
- DeAnna Walker • Delores Weaver • Regina Ford

White Elephant Thrift Store

- General Manager:** Karen Lavo
- Facility Manager:** Richard Cramer
- Customer Pickup/Receiving:**..... Christopher Cota
- Office Coordinator:**.....Susie Sierra
- Custodian:**..... Stacy Kafka

Donation Drop-Off Days & Times

Wednesday-Saturday
8am-Noon

Customer Pick-Up Days & Times

Monday-Saturday
8am-2pm

Shopping Days & Times

Monday-Saturday
9am-Noon

Message from the Board President: White Elephant is Back!!

Written by Ivars Vecbastiks, CFWE Board President

I turned the page on my calendar - January, 2020. New year, new decade. It was exciting to start the new year on a positive note.

White Elephant just had a banner year, distributing 120 grants totaling \$ 1,550,000, with another \$ 150,000 to our Scholarship Fund.

The year 2020 looked very good. Our volunteers, staff and Board of Directors were expecting another year with record income and grants.

What happened next could not have been anticipated. Like a thief in the night, COVID-19 descended upon the country, the state and the Green Valley community. Although White Elephant enjoyed record income for the months of January and February, March was another story. By mid-March, the virus had progressed to the point where many of our volunteers were not comfortable in coming and performing the necessary duties for the White Elephant to function. Upon the recommendation of our General Manager, Karen Lavo, we had no choice but to close the store.

But we were optimistic. We thought that in 4-6 weeks we would be able to return back to normal. That did not happen. The virus spread, and weeks turned into months.

The Executive Committee of the Board of Directors met regularly with the General Manager, her staff, and key volunteers to assess the situation and to plan for the store reopening. Following guidelines published by the State of Arizona and CDC, the store staff worked to modify donation drop-off, install plexiglass barriers in key locations throughout the store, as well as other changes in order to limit contact between volunteers and between volunteers and shoppers. Disinfectant stations were installed throughout the facility. Our volunteers would be provided masks and would be required to wear them. Our shoppers would also be required to wear masks inside the store.

Safety of our volunteers and customers is of prime concern. I am confident that all reasonable efforts have been made to ensure the safety

of everyone concerned.

Having completed all the necessary modifications, and following all the guidelines provided by the state and CDC, White Elephant reopened on Thursday, October 1, 2020.

I want to thank our volunteers, our staff, our donors, our customers, and our community for their understanding and support during these difficult times.



Ivars Vecbastiks, CFWE Board President

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White Elephant Parade Canceled This Year

Start planning for next year's parade scheduled for October 30!

Written by Maureen McCarthy, White Elephant Board of Directors 1st Vice President

There will be no flags, no bands, no floats, no kids, no costumes, no corvettes, no veterans, no Shriners, no White Elephant Parade this year due to the COVID-19 pandemic!

Due to health and safety considerations for parade participants and spectators, the White Elephant Board of Directors voted unanimously in June to cancel the parade. Soon thereafter, Arizona's Governor Doug Ducey issued an executive order, effective June 29, that even if appropriate physical distancing is possible, organized events of more than 50 people are prohibited in the state.

This is only the third time the parade has been cancelled in its 56-year history. It was cancelled in 1965 after ownership of the East

Social Center – then the site of the country fair part of the event – was sold to a new owner, and the parade was rained out in 1973.

In the meantime, if you are missing all the fun and excitement of a White Elephant Parade, you can revisit last year's fanfare on YouTube at <https://www.youtube.com/watch?v=XV1mcW71B4Y>.

We look forward to next year's parade, slated for October 30, 2021. Stay safe and healthy!



St. Andrews Children's Clinic was one of over 100 participants in the 2019 White Elephant Parade.

Midnight Madness Green Valley Style

Written by Judy "O" Oestreich, White Elephant Board Member/Historian

2020 began just as normal as any other year. After co-chairing or chairing the once a year special sale kicking off Country Fair Days for the past 4 years, I took it on again. Some of the volunteers lovingly call me the Midnight Madness queen!! It has become something I am so privileged to be able to do.

In mid to late January, we began searching for the best of the best in ladies and men's clothing, shoes, boots, belts and purses. The Christmas department had lots of wonderful items that were donated after last year's season, and the volunteers in the patio area had their eyes wide open for new and like new special donations.

Then COVID-19 hit. The pandemic caused a total upheaval in everyone's lives, including all of the staff and volunteers at the Country Fair White Elephant. On March 16th, the White Elephant closed its doors until further notice. Midnight Madness plans came to a halt.

The Board of Directors cancelled the 2020 parade, and we cancelled

the Midnight Madness Green Valley Style sale in June. Can you imagine 600 people waiting in line trying to social distance? Safety is our utmost concern for the volunteers, staff and our valued shoppers.

So, for 2020 the items that were saved in the short 6-8 weeks we had available are safe and sound in storage. It is unknown at this time if we might have some type of special sale later in the year, but we know it won't be until 2021 that we can hopefully resume our typical Midnight Madness sale.

Our Midnight Madness founder Nola Scott, in 2004, started what has become the most wonderful and fun event. She had the vision and expertise to coordinate and plan the event. Unfortunately, Nola is no longer with us, but her visions and determination will carry us all forward as we stand strong and go on the best we can.

Stay safe, stay determined and we will see you all in the near future...

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White Elephant Store Reopens

Written by Karen Lavo, CFWE General Manager

On March 16, 2020, the White Elephant Thrift Store experienced a first... we weren't able to open our doors for shopping that day. The COVID-19 virus had hit our area and folks were taking precautions and staying home. Our volunteers worked the remainder of the day in the back workroom, accepting and processing donations. At the end of the day, our doors were closed and did not reopen until October 1st.

At the start of the time that our facility was closed, we took it to heart that our first and foremost priority in determining when to reopen the White Elephant would be the health and safety of our volunteers, donors, customers and staff. With that in mind, we established a special committee comprised of our Managers of the Day, our Board of Directors Executive Committee members, and management staff. Throughout the closure, we all watched closely as our country and our state became immersed in the pandemic.

When the State of Arizona issued a stay at home order for the month of April, we closed our doors completely. Necessary business was conducted from home. Once that order was lifted, our staff returned to work and our special committee met monthly to assess what needed to be done in order to reopen our doors as safely as possible. Our first meeting gave us direction on what must be done in order to open our doors, taken directly from the guidelines issued by federal, state and local government officials, as well as state health officials and the Center for Disease Control. Staff then began to implement these safety measures.

The following is a list of all that has been done at the White Elephant to help to slow the spread of the virus, to mitigate the risk of infection, and to keep those who come into our store or to our donation drop-off / customer pick-up areas as safe as possible in a public environment. Having said that, none of us can guarantee a COVID-19-free environment. This is simply not feasible and it would be disingenuous to suggest otherwise. Our goal is that these prudent measures will help safeguard our volunteers, donors, customers, and staff to ensure a safe place to work and visit. Taking steps to slow the spread and minimize the risk of infection of COVID-19 is a shared responsibility and we must all do our part.

Safety Measures & Health precautions in the store and work areas:

- ◆ Mandatory face masks/coverings will be required while in the building as per Pima County mandate. (Fabric face masks will be provided to all volunteers. We thank the Valley Fiber Arts Guild for so generously providing these to the White Elephant.)
- ◆ Plexiglass barriers have been installed at all cash registers, furniture sales desk, collectibles sales counters, patio sales counter, and Donation drop-off counter.
- ◆ Gloves will be provided to all volunteers.
- ◆ Touch-free Temperature checks for volunteers will be conducted at the start of each shift.
- ◆ Limiting number of persons in our breakroom and in sitting areas in the store.
- ◆ Fitting rooms will be closed.
- ◆ Hand Sanitizer stations have been placed throughout the store and in work areas.
- ◆ Sanitized shopping baskets.
- ◆ Sanitizing w/Electrostatic sprayer throughout the building, in donation drop-off containers and in our trucks at the end of each day.
- ◆ Signage from the CDC and Pima County has been posted in the store.
- ◆ New donation containers have been placed outside the donation drop-off door.
- ◆ New gates are installed at Donation Drop-off/Customer pickup area and will open at 8:00am. Donation drop-off days and times are Wednesday through Saturday 8am-Noon, closed Mondays and Tuesdays. Customer pick-up hours are Monday through Saturday 8am-2pm.

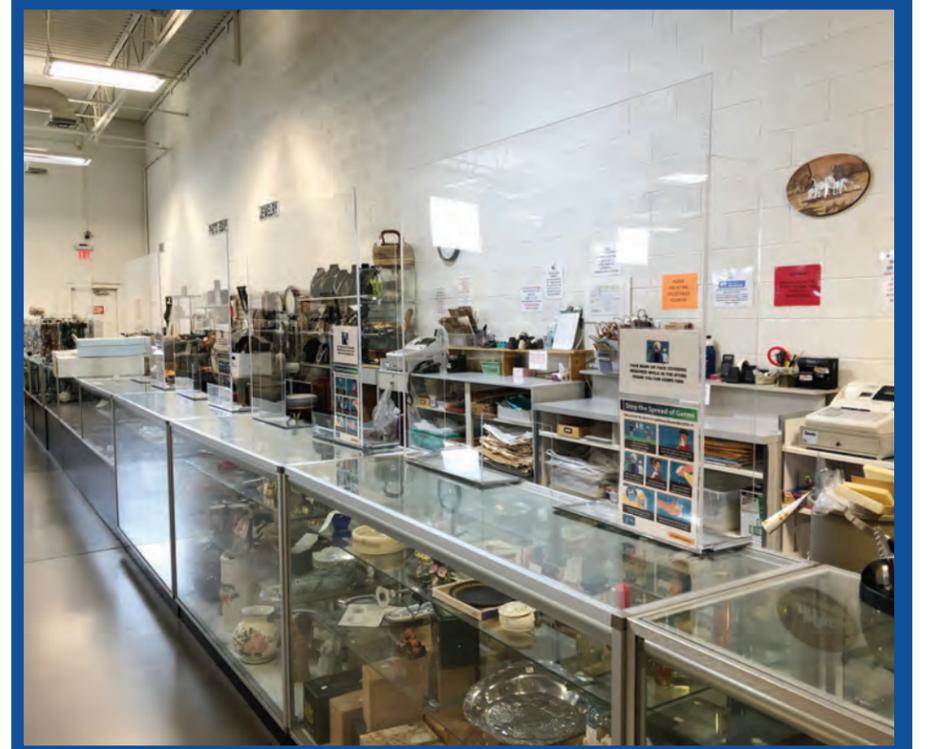
As the White Elephant reopens after a six month closure due to the COVID-19 pandemic, it's important that our community be aware of the many safety measures that have been implemented within our

facility, and with regard to operations at the White Elephant Thrift Store. Our building sits on Pima County land and we are abiding by the Pima County Mask Mandate. Anyone entering the store or the donation drop-off / customer pick-up doors will be required to wear a mask as per Pima County Mask Mandate guidelines.

We ask that anyone who has symptoms of COVID-19, has been in contact with the virus, or is awaiting test results please stay home. We would love for you to visit us when you are virus-free and feeling good.

We would also remind everyone

that the White Elephant is a volunteer-driven organization. We depend on our volunteers to conduct business and to keep our store open and operational. As we all start to experience the "new normal" as we get back to business, we want the community to realize that from time to time, we may need to limit our shopping days or hours. This would only happen if our work force became unexpectedly ill or unavailable. The White Elephant will strive to get back to the business of giving back to the community. We thank our entire community of supporters for your help in doing this.





White Elephant Grants

Written by Judy Barkley and Joann Fischer, CFWE Board/Committee Members

What a year 2020 has turned out to be. Every step since March has been a new discovery in how to do things differently. As the time came closer to getting Country Fair White Elephant grant applications sent out to community organizations, the Contributions Committee has worked hard to adjust and still stay within our defined Mission Statement to give money through grants to charitable organizations throughout Green Valley, Sahuarita and Santa Cruz Valley.

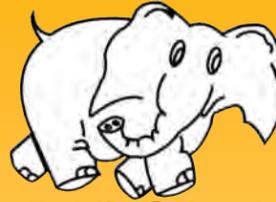


Judy Barkley, CFWE Committee Contributions Chair and Joan Fischer, CFWE Committee Contributions Co-Chair

Although the deadline for submission of grants has come and gone, our committee's work is just getting started for reviewing and making decisions about how to distribute grant funding this year. Revenue, donations, and funding have been hit hard by Covid-19 due to a 6 month closure of the store and 6 months of lost revenue. This will surely affect our giving amounts for 2020. Also, when the Board made the decision to cancel our annual Parade and Midnight Madness Green Valley Style event due to social distancing requirements, our check Distribution Day ceremony that is normally

held in December of each year was also cancelled. Instead, grant recipients will receive checks by mail this year.

With the loss of revenue for 2020 the amount of grants will be greatly impacted. This makes the committees' work even harder as we work on getting funding to the organizations that need it most. We are aware of the need in our community but we can only work with what we have available. As we look forward, we will strive to get through this difficult time and look forward to 2021.



White Elephant 2019 Contributions:

Public Schools:

\$430,000

Continental School District	\$2,000
Nogales School District	\$12,000
Nogales High School	\$20,000
Pierson Voc Tech High School	\$14,000
Desert Shadows Middle School	\$12,000
Wade Carpenter Middle School	\$12,000
Mary Welty Elementary School	\$12,000
Coronado Elementary School	\$18,000
Challenger Elementary School	\$18,000
Lincoln Elementary School	\$17,000
RM Bracker Elementary School	\$12,000
AJ Mitchell Elementary School	\$11,000
Rio Rico High School	\$21,000
Calabasas Middle School	\$24,000
Coatimundi Middle School	\$12,000
Mountain View Elementary School	\$16,000
San Cayetano Elementary School	\$15,000
Wrightson Ridge K-8	\$20,000
Sahuarita Education Foundation	\$12,000
Sahuarita High School	\$15,000
Walden Grove High School	\$15,000
Sahuarita Intermediate School	\$16,000
Sahuarita Middle School	\$15,000
Anza Trail School	\$20,000
Sahuarita Primary School	\$19,000
Sopori Elementary School	\$15,000
Copper View Elementary School	\$14,000
SUSD Early Childhood	\$5,000
The LINK Program	\$16,000



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Whether you are looking for someone to help a few hours a week or need more comprehensive assistance, Home Instead can help. Call for a free, no-obligation appointment today.



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White Elephant Facility Update 2020

Written by Richard Cramer, CFWE Facility Manager

The circumstances brought on by the COVID-19 outbreak had a significant impact on the White Elephant and our community. As it is well known, we have been closed since March and our ability to help our community was seriously limited. This year has been a tough one for all. That being said, we opened on October 1st and are prepared to make a comeback.

There are several safety measures implemented within the store for our volunteers and customers alike to include a couple of changes to the exterior also made with everyone's safety in mind. First of all, we are abiding by Pima County's mandate to wear masks and will be requiring the wearing of masks upon entry to the store including donation drop-off and customer pickup. Plexiglass sneeze barriers have been installed on all counters for everyone's protection. Pedestrian traffic into the store will be channeled into clearly marked entrance and exit corridors and store occupancy will be limited to 120 customers at a time. Hand sanitizing stations have been installed throughout the store



Richard Cramer, CFWE Facility Manager

for our customers and also in the work areas for our volunteers.

Donation drop-off procedures are now a little different in that donors will no longer be required to enter the building to leave their donations, however, may still enter if they need a donation receipt. Two storage containers will be located in

the parking lot, in front of donation drop-off, where customers can place their donations in bins and roll them into the containers where volunteers will sanitize them later in the day. Adjacent parking spaces will be made available to donors to make up for lost spaces. Additionally, two metal gates have been installed in the east and west

entrance of the north end of the building by donation drop-off and customer pickup. The gates were installed to minimize the drop-off of unwanted or non-saleable donations left after hours which place a burden on volunteers to include incurring disposal costs. Donation drop-off hours are from 8AM-Noon, Wednesday through Saturday. Closed Monday & Tuesday. The gates will also be closed when raining since donations are now being accepted outside in the parking lot.

Donation Drop-Off Days & Times

Wednesday-Saturday
8am-Noon

Customer Pick-Up Days & Times

Monday-Saturday
8am-2pm

Shopping Days & Times

Monday-Saturday
9am-Noon

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Dr. Caroline Ogunware

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New Patient Exams & XRays ~ \$29
Boost In-Office Whitening ~ \$200

520.625.7224
www.delnortedental.com
1930 N. La Cañada, Bldg.1 Green Valley, AZ

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HURRY OFFER ENDS DEC. 1, 2020!

Fall Precision Tune-up \$89 (Reg. \$118)

GREEN VALLEY Cooling & Heating
GREENVALLEYCOOLING.COM

625.1234

Not valid on any other offers or previous purchases. Per system pricing. See company representative for more details. Expires 12/01/2020. ROC 046649 & 077735

THANK YOU FROM
PARKINSON'S
Support Group
 of Green Valley

The catchword for 2020 is *resilience*. The need for resilience is not new for people with Parkinson's disease. The unpredictable progression of the disease fills their lives and the lives of their care partners with uncertainty. The pandemic brought an additional layer of uncertainty forcing the support group to be resilient. Our three-times weekly exercise class is now recorded so that videos can be accessed on our website. Lectures, meetings, and social events have become Zoom sessions (see photo). Thanks to the grant from the White Elephant Country Fair, we were able to expand our use of technology. We continued our mission to help our members stay mentally stimulated, physically active, and socially connected—even if it is from a distance.

We appreciate the work of the White Elephant volunteers—you have a profound effect on Green Valley and neighboring communities. Thank you!



THANK YOU FROM
United Community Health Center

United Community Health Center is appreciative of the continued support from the White Elephant. UCHC is a 501(C)(3) nonprofit healthcare organization dedicated to providing quality healthcare services to all members of our community. With the support of the White Elephant UCHC is able to take the wellbeing of our patients a step further. In 2019, the White Elephant awarded UCHC with a \$25,000 grant which was used to help fund our Community Resource Team.

The UCHC Community Resource Team is responsible for assisting patients who may need additional help outside of their healthcare needs. Through the Community Resource Team, UCHC is able to connect these patients to other great local organizations who are then able to provide the patient with the help and support that they need.

Thank you, White Elephant for supporting our community and helping us to care for them! To learn more about United Community Health Center including locations, providers and contact information, visit our website at www.uchcaz.org.



Green Valley Financial



**Turning 65?
 Or new to the area?**

Please call Don or Mark for your Medicare Advantage and Supplement review.

**AEP October 15th
 thru December 7th**

(520) 399-3625

We Have a New Address! 101 South La Cañada, Suite 39
MARK P. BECQUE PRESIDENT 520.399.3625
 Medicare Advantage/Supplements & Financial Planning mpbecque@yahoo.com

These FOUR Mom and Pop Restaurants aren't going ANYWHERE!

Coming to a parking lot near you SOON!! Stay tuned for updates.

<p>Open: 7:30AM - 7:00PM 720 W. Calle Arroyo Sur #100 Green Valley, AZ 85614 520-625-3044 www.twistandshoutdiner.com</p>	<p>Open: 6:00AM - 9:00PM 111 South La Cañada Drive Green Valley, AZ 85614 520-399-4653 www.19thholebarandgrille.com</p>	<p>Open M-F: 8:00AM - 8:00PM Weekends: 7:00AM - 8:00PM 28851 S. Nogales Hwy. Amado, AZ 85645 520-398-0700 www.longhorngrillandsaloon.com</p>
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**THANK YOU
WHITE ELEPHANT**



Sahuarita School District held a reception and program for 100 White Elephant Volunteers on February 4th with cake and refreshments prepared by the culinary class, class thank you displays, and a musical performance.

The Green Valley/Sahuarita Optimist Club held their annual luncheon for the White Elephant Volunteers on February 1st with their famous sausage cook-out.



**THANK YOU FROM
Sahuarita FoodBank
& Community Resource Center**



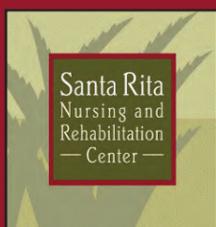
Dear Country Fair White Elephant,

Our smiling volunteers (we have more than 200) want to thank you, on behalf of our Sahuarita Food Bank and Community Resource Center visitors. When we wrote our application last fall, none of us had any idea of the impact of COVID-19 on our operations. The number of people we serve has grown every year since our founding in 2011, but this year has shown the greatest growth ever. Some weeks the number of visiting households has doubled, over the same week last year.

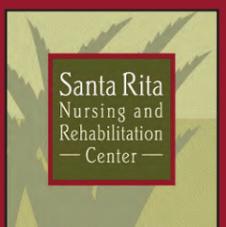
So, when you gave us funding in December 2019 for the purchase of milk and eggs; other emergency food; and our operational costs such as insurance, rent and fuel, you did not know how critical it would be. Because of this support, we did not have to cut back on what we gave each family.

A profound thank you from the hungry people we serve, our dedicated staff, and our volunteers, who provided 24,000 hours of service to our community. Our partnership is very important to us!

On behalf of the Board of Directors,
Penny Pestle, President



Pioneer Health Group
**SANTA RITA NURSING and
REHABILITATION CAMPUS**



GREEN VALLEY'S ONLY LOCALLY OWNED AND OPERATED POST HOSPITALIZATION CARE CAMPUS

Sometimes, you need additional care when recovering from a hospitalization or illness.

Santa Rita ensures an excellent continuum care setting to include physicians, nurses, physical therapy, occupational therapy, speech therapy and much more.

Our team will ensure you get the best care possible assisting you to reach your maximum functional level right here in Green Valley.

Care settings include:

- Short term rehabilitation
- Behavioral Care
- Long term care



Santa Rita Nursing and Rehabilitation prides itself on excellent service. Rest assured you are in good hands with Santa Rita. The Arizona Department of Health gave us an "A" rating upon survey.

We care deeply about the greater Green Valley residents as we live and serve in this community. Notify your hospital physician that upon discharge you choose to recover with Santa Rita, Green Valley's only post-hospitalization care campus.

150 N. La Cañada • Green Valley, AZ 85614
(520) 625-0178 • www.santaritacare.com



White Elephant 2019 Contributions:

Adult/Child Assistance: \$678,800

Amado Community Food Bank	\$35,000
United Way of Santa Cruz	\$2,500
Quail Creek Woodworkers	\$2,300
Arivaca Human Resources	\$26,000
Arizona Children's Association	\$8,000
Borderlands Food Bank	\$40,000
Casa Community Service - Adult	\$30,000
Casa Community Service - Behavioral	\$19,000
Casa Community Center	\$20,000
Crossroads Nogales Mission	\$30,000
Green Valley's Got Talent	\$1,000
Valley Assistance Services	\$45,000
Green Valley Cert Council	\$2,000
Green Valley Comm. Food Bank	\$50,000
GVR Community Foundation	\$5,000
Angel Heart Pajama Project	\$5,000
Arizona Rangers Madera Company	\$5,000
Arivaca Community Center-Facilities	\$9,000
Arivaca Comm. Center-Parks & Rec	\$4,000
ReBuilding Together	\$21,000
Friends of GV-Sahuarita Library	\$4,000
St. Andrew's Clinic	\$35,000
Santa Cruz Sheriff Dare	\$4,000
Santa Cruz County Search & Rescue	\$2,000
Santa Cruz Training	\$7,000
SAV Green Valley	\$22,000
So. Az. VA Health Care System	\$5,000
Sun Sounds of AZ	\$8,000
Teen Challenge	\$4,000
Salvation Army	\$40,000

Tucson Children's Museum	\$10,000
United Community Health Care	\$25,000
Youth on Their Own	\$8,000
Bag It	\$8,000
Hands of a Friend	\$12,000
Nogales Community Food Bank	\$40,000
Pima Council on Aging	\$4,000
Arivaca Action Center	\$2,000
Friends in Deed	\$20,000
Combat Veteran's Motorcycle Assn	\$5,000
Sahuarita Food Bank	\$40,000
Military Order of World Wars	\$2,000
Rio Rico Historical Society	\$5,000
Nogales Police DARE Program	\$3,000
Primeria Alta Historical Society	\$2,000

Community Arts Support: \$61,700

Arizona Aerospace Foundation-Titan	\$6,000
Green Valley Concert Band	\$4,000
Green Valley Stage Band	\$2,000
Hilltop Art Gallery	\$10,000
Tubac Center for the Arts	\$10,000
CPAC	\$25,000
GV Community Chorus	\$1,500
Bavarian Brass Band	\$1,200
Big Band Sounds of GV	\$2,000

United Community Health Center

Providing Quality Healthcare Since 1983



Colleen Green
DNP, PMHNP-BC



Lindsay Bouchard
DNP, PMHNP-BC



UCHC at Freeport McMoRan Copper & Gold Building
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- Enrollment Services
- **Same Day Acute Care**
- Pharmblue Pharmacy
- **Pediatric Dental Care**

To learn more about UCHC, visit our website: www.uchcaz.org



Help make this upcoming holiday season brighter for children, seniors, and families affected by the pandemic.

Give today!

communityfoodbank.org/donate



COMMUNITY FOOD BANK
OF SOUTHERN ARIZONA

GREEN VALLEY: (520) 625-5252 | AMADO: (520) 398-2942

White Elephant Volunteer Truckers 2020

Written by Karen Lavo, CFWE General Manager

Like everything else at the White Elephant, changes have been made and our truck crew is adjusting to the “new normal” with regard to going out into the community to pick up donations from our generous donors. Although our truckers will continue to start their day before the sun rises, some new procedures are now in place for once they head out on the road each day.

With the health and safety of our volunteers and donors in mind, the White Elephant has implemented new procedures for scheduling pickups, as well as new procedures for when our truck crews arrive at your residence to pick up. When you call to request a donation pickup, you will be asked if anyone in your household is or has been sick, and if they have, we will ask you to reschedule for a later date. We will also let you know that our truckers will no longer enter your home to pick up donations. All donations must be bagged or boxed and either set outside or in your garage for pick up. Furniture and appliances must also be moved outside or into

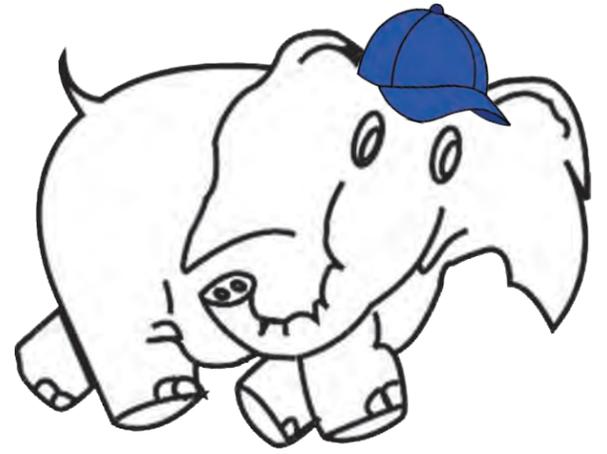
your garage for pickup. Our pickup and delivery areas will continue to be from Green Valley to Sahuarita to Tubac and Amado. We are not able to pick up from assisted living facilities. Our trucker’s job consists mostly of doing heavy lifting and loading of furniture while picking up donated items that community residents so generously give, and delivering purchases that local residents have no other way of getting home. Delivery fees vary according to area and are available on limited days of the week.

White Elephant trucks go out six days a week and are kept in good working condition by Volunteer Truck Manager, Tony Viola and his assistant, Larry Pisacka. Tony keeps the trucks well maintained and is in charge of scheduling regular service and repairs to the trucks. Tony and Larry also keep the trucks clean and stocked with the equipment that helps truckers with the daily job of picking up a variety of donations and delivering furniture and large appliances to local customers

The White Elephant is honored to say that we receive numerous calls, letters and emails from local donors paying compliments to the great job that our truckers do. If you think you might like to become part of the White Elephant Truck Crew, please contact our Office Coordinator and Truck Scheduler, Susie Sierra at 520-625-4119. Susie can assist you in becoming a White Elephant trucker.

If trucking isn’t your thing, here are some of the guidelines for becoming a White Elephant volunteer in other areas of our organization:

The White Elephant is always in need of year round volunteers. We especially need individuals who are able to lift at least 30-50 pounds to work in our Customer Pickup & Receiving department and on our trucks. Our truck crew volunteers must be able to lift at least 50 pounds and work 6:30 a.m. to 12:00



noon. Other volunteer opportunities are also available at this time on various days of the week. The minimum work commitment is 4 hours per week, one day a week, Monday through Saturday. Morning shifts are available. Volunteer applications are available from cashiers during store hours and in the donation drop-off area of the building. Please complete your application and return it to the White Elephant. Once your application is received, you will be contacted to start the process to get you started as a White Elephant volunteer! If you have any questions about volunteering at the White Elephant, please contact the store directly at (520) 625-4119. We hope you’ll consider being a White Elephant Volunteer!

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Decorative Rock, Fill Dirt, Sand, Compost & so much more!



\$2.00
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per yard on decorative rock when purchasing 5 yards or more.

Some restrictions apply.
Offer expires 12/31/2020

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Locally owned family business, serving Southern Arizona for over 25 years

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THANK YOU FROM Valley Assistance Services

Valley Assistance Services would like to give the White Elephant a huge Thank You, for their support. This past year, especially these past several months, have been incredibly difficult for most people. Because of the COVID-19 Pandemic, Valley Assistance Services is directing all our resources to helping people in need, getting them back on their feet, preventing homelessness, preventing social isolation and other physical and emotional side effects of COVID-19. VAS is focusing on caring for our neighbors' essential and growing needs.

Valley Assistance Services has continued to revise some of our community health and social service programs to meet increased needs by: increasing connections with home-bound seniors, providing Telehealth advocacy for our clients, and assisting with emergency monetary assistance to persons and families in need and providing vouchers to the White Elephant for those who may not have basic necessities. The MAP a Plan program (our emergency rental and

utility assistance program) has seen an overwhelming 1224% increase due to clients being laid off and having their work hours reduced. Our Neighbors Helping Neighbors Program (transportation and errands) has seen a 300% increase, keeping seniors safe and at home. Health - and - wellness advocacy visits have become Telehealth visits with as many as 30 - 40 calls per day by our RN's, in addition to more than 1,300 friendly phone calls made by volunteers in our connectwithU program.

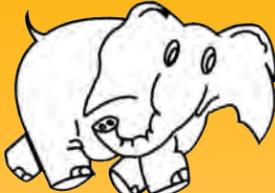
Thank you White Elephant for your support to our programs, which are expanding to accommodate the large increase in needs and requests for help as the COVID-19 Pandemic continues. With your support, we have assisted over 6,100 in our community. Thank you for supporting this community!

Valley Assistance Services
3950 S. Camino del Heroe
Green Valley, AZ 85614
520-625-5966




THANK YOU FROM Ballet Continental

Ballet Continental would like to thank The White Elephant for their continued love and generous support of our community and the fine arts! This season has presented many uncertainties and challenges due to mandated lockdowns and closures designed to keep our community safe. It is because of your support and optimism that we have been able to continue doing what we love for our community during these trying times. Thank you for your commitment to ensuring our community remains rich with culture and arts during a time when it is especially needed.

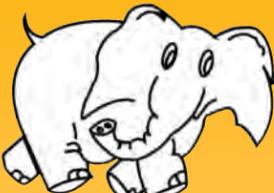



White Elephant 2019 Contributions:

Private Schools:	\$38,600
Great Expectations Academy	\$5,000
Montessori DeSanta Cruz	\$3,000
Los Niños de Valle Preschool	\$11,000
St. Andrews Preschool	\$1,000
Lourdes Catholic School	\$4,900
Wings on Words	\$7,700
Sacred Heart Catholic School	\$6,000

National Disease:	\$32,000
American Cancer Society of GV	\$4,000
Alzheimers Support Group	\$12,000
APDA Parkinsons Support Group	\$16,000

Youth Organizations:	\$173,000
Ballet Continental	\$32,000
Boys & Girls Club - Santa Cruz	\$30,000
Boy Scouts of America	\$9,500
Copper Hills Little League	\$10,000
Funhouse Movement Theatre	\$3,000
Sahuarita Music Boosters	\$6,000
Wright Flight	\$30,000
Girl Scouts of Southern Arizona	\$5,000
Sahuarita Stingrays Swim Team	\$2,500
Rich River Athletic Club	\$2,000
Wisdom Sports & Scholars	\$23,000
Red Wolves Music Boosters	\$4,000
American Youth Soccer Org AYSO	\$5,000
Sahuarita GV 49ers FB and Cheer	\$5,000
Sahuarita Communtiy 4H	\$6,000



White Elephant 2019 Contributions:

Area Nature Study:	\$29,400
Friends of the Presidio	\$2,000
Santa Cruz Humane Society	\$20,000
Tubac Historical Society	\$900
Paws Patrol	\$1,000
Equine Voices	\$5,000
GVR Hunting and Fishing Club	\$500

Rural Fire Departments:	\$107,000
Arivaca Fire Dist. - Auxiliary	\$5,000
Elephant Head Volunteer Fire Dept	\$45,000
Helmet Peak Volunteer Fire Dept	\$45,000
GV Fire Dist.	\$12,000

TOTALS:	
Total Outside Grants	\$1,550,500
CFWE Education Foundation	\$150,000
Total Grants	\$1,700,500

medicalnews

BREAST SCREENING AND HIGH RISK FACTORS

Breast health is paramount. In today's world we have multiple means to screen for and prevent breast cancer, but several of these are underutilized or inappropriately administered. The goals of this article are to provide actionable recommendations and dispel commonplace breast cancer myths.

Breast cancer screening is consequential to breast health. We screen to detect breast cancer at an early stage when it is most treatable and most curable. Overall, death rates have dropped by one third with screening. There are currently multiple screening guidelines by various organizations. These have disparate age requirements for initiating and ending screening. They additionally possess varying frequencies, ranging from yearly to biennial screening. Ultimately, the American College of Radiology and Society of Breast Imaging recommend that average risk women receive an initial mammogram at age 40 with yearly mammograms to follow. Mammograms should be maintained throughout one's healthy lifespan as the risk for breast cancer increases with age. For a high-risk woman, a health care provider should create bespoke recommendations to accommodate individual risk factors and family history.

The breast cancer screening armory includes physical exam and imaging. A clinical exam by a health care provider is recommended yearly for average risk women. Monthly self-breast exam is encouraged for all women and is comprised of two parts. It is to be performed lying

down or in the shower in such a manner to examine the entirety of both breasts and underarms. Women can employ concentric circles, radial spokes, or vertical lines to cover the breasts and underarms. Changes from the previous exam are to be noted, such as mass, discharge, or pain. The monthly self-breast exam also involves examining oneself in the mirror to vet outward changes, such as color change, dimpling, or masses. The monthly self-breast exam may be met with trepidation and anxiety initially, but with each month, one will become more familiar and accustomed to it and will have the ability to discern a change that can then be presented to a health care provider for evaluation.

Mammography is the mainstay of breast cancer screening. It utilizes low-dose x-rays to create an image of the breast. The radiation exposure is scant at about 0.4 millisieverts. People in the United States are exposed to an average of about 6.2 millisieverts of radiation each year from their natural surroundings. It is therefore a negligible and safe amount. Mammography with tomosynthesis or a 3-D mammogram is becoming the standard for screening. Here x-rays are utilized to create a 3-D image of the breast by taking x-rays from



multiple angles. Mammography with tomosynthesis is advantageous as it affords less compression during the exam and fewer callbacks for additional imaging and superfluous biopsies as a more accurate picture is attained from the start. This is especially helpful in dense breasts, allowing for more facile discernment of breast cancers.

Ultrasound and magnetic resonance imaging (MRI) are utilized in high risk screening and in further evaluation of a known issue. Ultrasound helps to elucidate if a mass is solid or liquid, and MRI allows for a more thorough comprehensive view. They are each limited therefore preventing them from being a sole method for screening, such as the ultrasound does not provide a comprehensive architectural view and neither detect calcifications, a potential presentation of breast cancer, with as much accuracy as mammography.

Thermography is a technology often falsely advertised as a form of breast cancer screening. Thermography creates an image of the breast based on temperature differences at the skin. It is therefore desirable as no radiation is utilized. The breast cancer detection hypothesis is that normal breast tissue has a predictable heat pattern and breast cancer would disrupt this pattern. Breast cancers have increased growth and new blood vessel formation, which would cause more heat evidence at the skin. Currently though, thermography cannot replace mammography as screening for breast cancer. It can only detect breast cancers when they are larger and more advanced. It is not effective as screening as it cannot detect cancers when they are smallest and most treatable. Thermography can be

used in adjunct to mammography. The FDA issued a warning, that is not a replacement for screening mammography and should not be used singly to diagnose breast cancer. Thermography decidedly has potential for successful and early breast cancer detection. It has the potential to detect cancer growth at the cellular level before it has even become a mass but currently is in a rudimentary stage and requires further study and refinement.

There are a myriad of factors that increase one's breast cancer risk. An unhealthy weight and diet, excess alcohol use, tobacco usage, and inordinate estrogen exposure are modifiable risk factors. Each of these can be altered to forestall their risk accumulation. Maintaining a healthy weight and well-balanced diet, limiting alcohol use, omitting tobacco use, and limiting estrogen exposure, namely omitting hormone replacement therapy can negate these risk factors. Non-modifiable risk factors include family history of breast and/or ovarian cancer, family history of BRCA 1 or 2 mutation, possession of BRCA 1 or 2 mutation or other associated mutations, Jewish ancestry, history of mantle radiation, and inordinate exposure to estrogen through early first period, late menopause, or late first pregnancy. Increasingly prevalent are risk factor myths that deodorant, underwire bras, and cell phone handling can increase risk for breast cancer. These are unfounded and do not increase one's risk for breast cancer.

It is my hope that you all will feel empowered by these recommendations. Go forth and screen for and prevent breast cancer. You have the power to take charge of your breast health!

Educating the Community



Dr. Chichester is a fellowship-trained breast surgeon and is board-certified by the American Board of Surgery, and she is a member of the American Society of Breast Surgeons. She recently joined Arizona Breast Health Specialists (a division of Arizona Blood and Cancer Specialists) and sees patients in Green Valley and Tucson.

Holiday Gift Ideas That May Make Your Own Wishlist

Written by Susan Stein Kregar

Now that fall is upon us, the holiday gift-giving season is around the bend. If you are looking for gifts beyond the usual socks, tighty whities, and slippers, check out these hot gift ideas for 2020. (Okay, there are two pairs of socks, but they are funny.)

The Kiddos

Vtech KidiZoom Creator Cam – \$61.75

Kids as young as 5-years-old can create 720 high-definition videos and 5MP photos without Wi-Fi or internet connectivity.



Anything **Frozen** or **Star Wars**. Speaking of **Star Wars** . . .

Soft Baby Yoda Figure

– \$25 – Toybuzz.org has a Santa sack full of unique and popular toy ideas.



The Teenager

Qiaya Self Light Ring – \$25.99 – Attaches to the phone and comes with three different light settings.

Cable Bites – \$6

Stick little critters at the end of phone cords to keep them from breaking and fraying.



Blue Light Blocking Gaming Glasses by 4EST Shades – \$34.96 Protect your gamer's eyes with blue-light-blocking, anti-eyestrain shades.

The Crafter / DIYer

CriCut Joy™ by Cricut – \$179 This is probably on your craft lover's wish list. Easily cut shapes out of cardstock, construction paper, and other crafting materials.

Pacon® Yarn Tote – \$29.99 This bold tote is designed to hold eight yarn skeins, so your crafter always has a supply on hand wherever they go.

HP Sprocket Portable Photo Printer – \$138.98 Link to phone or tablet and instantly print photos – a modern-day Polaroid

THXTOMS LED Flashlight Gloves – \$25

Battery-powered gloves light up so the DIYer can literally see what they're working with.



The Environmentalist

Resip Portable Drinking Straw by Flyby – \$5.95

Food grade safe, this reusable straw collapses, comes with a compact carrying case, and fits in most pockets and purses.

Bee's Wrap Reusable Food Wrap Set – \$18

A trio of reusable food wraps which last up to a year with consistent use keep bread, fruit, veggies, or any leftovers fresh.

The Foodie / Beverage Lover

Personalized Family Recipe Cutting Board – \$100

Etch your family's prized recipe in your loved one's handwriting into a cherry wood cutting board.



Beer Socks – \$19.99

Bring a little brew style to their every day with some bubbly socks—available in lager, stout, and IPA shades.

Chocolate & Wine Pairing Kit – \$19.95

This set of chocolate bars are specially designed to pair with different wine styles for a truly decadent experience.

Weighted Drink Holder by CouchCoaster – \$19.95

Lounging on the sofa is even easier with this flexible silicone, weighted holder that sits on the armrest and fits cans, glasses, bottles, or mugs.

The Pickleballer & Golfer

ScoreBand PLAY Scorekeeper – \$34.99

End scoring arguments with a scoring mode wristband.

Pickle Socks – \$8.99

Distract opponents with dill-ightful cotton-blend pickle socks.

Potty Putter Toilet Time Golf Game by Fairly Odd Novelties – \$11.99

It's putt training while on the pot!

Stocking Stuffers

Sometimes the best gifts come in small packages . . . or stockings.

Tile Mate – \$22

Track lost keys and wallets with this slim, Bluetooth®-enabled tracker and accompanying app.

WIZGEAR Magnetic Phone Mount – \$12

This pair of magnetic phone mounts clip to air vents. No more searching for the phone under the seat after a sharp U-turn.

PowerSpurz Light Up Heel by 4id – \$14.95

For the walker/runner, these lights attach to shoe heels and light up with every step. They also have a light-up collar for your leashed companion – two or four-legged!

Plastic Package Opener by Slitit – \$14.95

Tackle frustrating packaging with a super-tough stainless-steel blade. The curved handle protects hands from sharp edges and the blade. This will make opening holiday gifts so much easier!

If you are still stumped, a gift card will allow the recipient to buy whatever they want – as long as the gift card can pay for it.

Editor's Note: Prices and availability are current as of press date.

This article is intended for fun and unique gifts. Please remember that our local businesses need your support during this upcoming holiday season.

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November 10
Beth Lederman

November 17
Cashore Marionettes

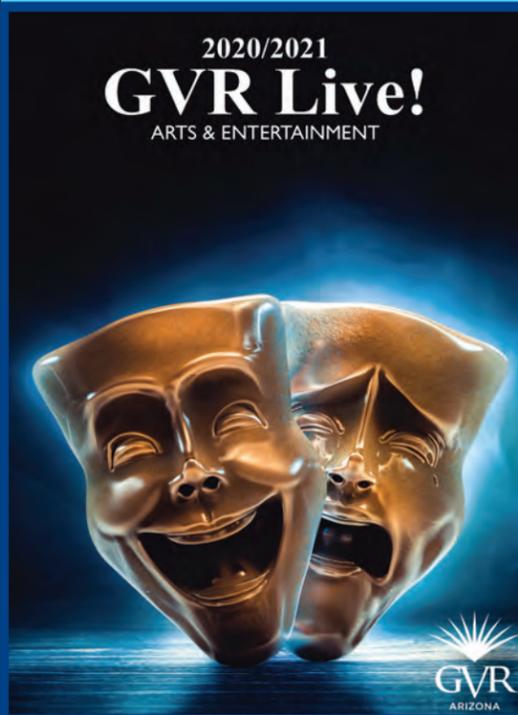
November 19
Nostalgia starring comedian Randy Riggle

December 3
Alfredo Rolando Ortiz

December 10
Celtic Yuletide starring Michael Londra

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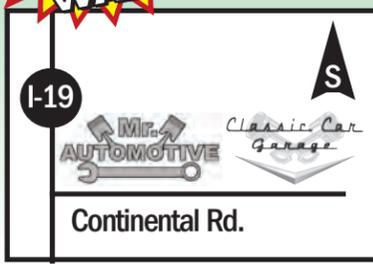
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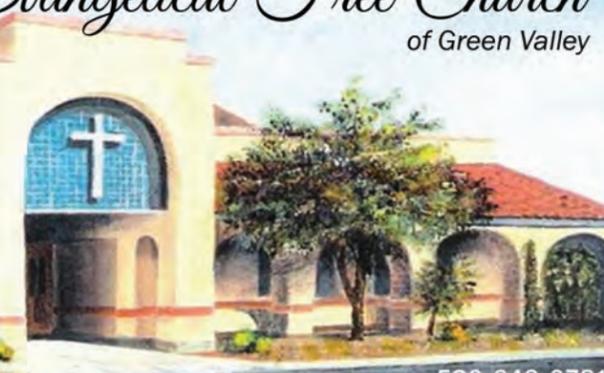
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– Dr. Dawnie Kildoo and the Legacy Smiles Team

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John Guillott, Senior Pastor

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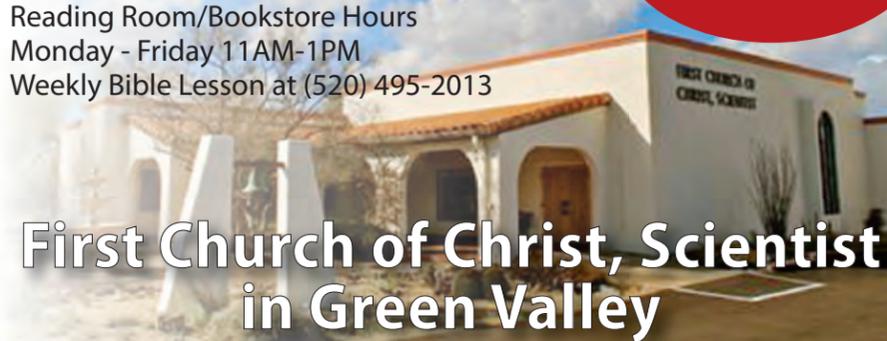
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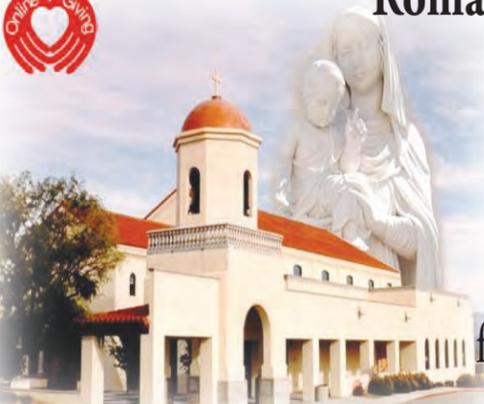
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This column is provided by Westgate Garden Design 829-0399

gardening *tips*

By Charlene Westgate, Permaculture Landscape Designer

HEALTHY DESERT SOILS

Do you ever feel like you're digging through concrete when you plant a new plant in your yard and wonder how anything can grow in your soil?

Because our native soils are usually lower in organic matter, nitrogen and phosphorous, it's a common misconception that this means they are devoid of life. Yet, you just have to take a hike in the desert and notice the variety of plant and animal life it supports to realize that this is far from true.

The problem is in our yards. The soil in many urban lots has been compacted, poisoned, dehydrated and eroded. It's amazing that anything can grow. Creating healthy soil is important because it filters pollutants from the water and air, it contains nutrients for productive plants, and it retains moisture. This means less work to have a beautiful landscape.

So let's take a look at nature to discover four steps to healthy desert soils.

1. Plant the Water

In nature, plants thrive along washes and natural depressions where there is moisture. Soil moisture increases soil life. The USDA's Soil Food Web chart demonstrates the host of microorganisms in healthy soil, that in turn provide for plants and insects, which then become food for birds, animals and people. The most beneficial source of water for plants is from rain.

We can mimic these conditions from nature by creating basins and berms in our landscape that direct and capture water near our plants. This detains moisture that supports life by delivering clean, salt-free water that plants love, while lowering our water bills and reducing our water footprint.

2. Protect the Soil

In nature, thriving plants are in areas undisturbed by compaction, erosion and chemicals. You can do

the same.

Common building practice compacts the lot. Compacted soil doesn't allow the water to penetrate to the plant roots leading to salt damage. Or the soil drains poorly allowing water to pool around the plant roots and causing them to rot. Reducing further compaction and loosening compacted soil are vital for healthy plant root systems.

One excellent strategy to improve compacted soil is to use plants with fibrous roots to loosen the soil. Some great choices are native bunch grasses and saltbushes. Native bunch grasses such as Arizona Cottontop (*Digitaria californica*), and the Muhly (*Muhlenbergia spp.*) and Grama (*Bouteloua spp.*) grasses are also beautiful additions to any landscape while providing seed and nesting material for birds. There are several larger saltbushes (*Atriplex spp.*) for those with space, but for

reduce erosion from soil and wind, but does nothing to build the soil, discouraging beneficial organisms, and making the soil warmer in summer and cooler in winter.

Organic mulch, on the other hand, dramatically reduces evaporation from the soil, keeps soil temperatures more moderate, breaks down to provide soil nutrients—AND it suppresses weeds! Apply 3–6 inches of organic mulch around your plants, keeping it away from the plant base.

Nature uses plant droppings to "mulch" the soil, so consider your yard trimmings as a valuable soil-building resource. Allow leaf droppings to remain in the basin below the plant. Or chop up yard trimmings and place them around the pruned tree or shrub. This may require developing a different aesthetic from the tidy yards we were raised with. Yet, by returning nutrients from plant trimmings back into the soil, your plants will thrive and you'll keep landscape waste out of our landfills.

4. Plant Your Ecosystem

In nature, plants do not grow in isolation. They grow in guilds or groups that provide beneficially for each other. For the healthiest soils, recreate this by:

- **Using plants with varying heights and root structures.** Include native trees with deep tap roots and reaching root structures, shrubs with mid-depth roots, and bunch grasses and other plants with shallow, fibrous root systems providing benefits at different soil levels and distances. Plus, the shady

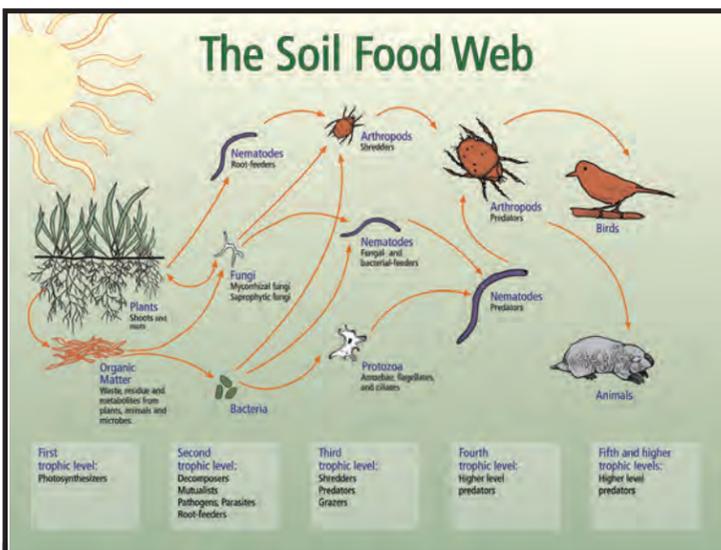


Bert and Rick used a variety of pollinator and bird-friendly plants, groundcover, and native grasses to support wildlife and their soil. They replaced the gravel in their backyard with pecan shells. (Photo by Charlene Westgate)

canopy of a tree helps regulate soil temperature and moisture loss for the plants below.

- **Planting for nutrients.** Start with plants that fix nitrogen in the soil (make nitrogen available) providing an essential nutrient for plant growth. Include plants that host pollinators to ensure plant pollination. Add plants that provide for wildlife that in turn leave manure behind as fertilizer. Then allow leaf litter to accumulate below to build rich, healthy soils. One example of a dynamic soil-building team is combining a saltbush that can absorb nitrogen with a nitrogen-fixing plant such as our native mesquites or palo verdes, or a shrub such as Pink Fairy Duster (*Calliandra eriophylla*).
- **Including groundcovers.** Finally, don't forget groundcovers both in the form of plants that act as a living mulch as well as a top dressing of organic mulch. Consider native groundcovers such as Lemon Dalea (*Dalea capitata*), Trailing Dalea (*Dalea greggii*), or Tufted Evening Primrose (*Oenothera caespitosa*) for this.

Follow these four tips from nature and see how quickly your plants look healthier and happier. Then take a peek below your mulch and discover the start of your own productive, healthy soil.



From the USDA National Resources Conservation Service. www.nrcs.usda.gov

a smaller area consider Little Leaf Saltbush (*Atriplex polycarpa*). This evergreen shrub grows to 4-feet x 4-feet and is perfect for a natural landscape, providing for many pollinators and birds while its fibrous roots help break up the soil.

Because chemicals destroy rather than build the soil food web—not to mention being harmful to people, wildlife and pets—work to eliminate them from your landscape.

3. Add Organics

Having planted the rain and protected the soil, the next step is to hold on to that moisture. The solution is organic mulch. Gravel mulch may

Charlene Westgate is a sustainable landscape designer and owner of Westgate Garden Design. She can be reached at charlene@westgate-gardendesign.com.



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Modern Technology Allows Seniors to Stay Independent at Home Longer

Written by Susan Stein Kregar

Just 42 years away from the era in which *The Jetsons* lived, their TV watches, video chat, robotic housekeepers, 3-D printed food, and voice-controlled commands are widely available today, making life easier.

video recording. “That is very helpful for family members or responders who want to see how an incident occurred,” said Leslie Benner, Marketing Manager, Cox Homelife.

Door and window sensors text you or someone designated if a door

Virtual Healthcare

Healthcare from home. Telehealth technology allows patients to receive live, personal interaction with doctors via video while at home. No need to travel to a medical facility for every consultation.

Mike Braham, Senior Vice President and General Manager of Trapollo, noted telehealth and remote patient monitoring has been around for years. For 10 years, they have offered healthcare providers hospital to home solutions. When COVID hit and people stayed home, the need to connect them with video medical service surged. Within five weeks, telehealth became widely available.

“Patients are admitted into the hospital, diagnosed, and processed for treatment. They are then moved home to continue receiving care as an admitted, and not discharged patient,” said Braham. “Once in the comfort of their own home, they’ll receive the full spectrum of their Connected Health devices and treatment to align with their physician’s outlined regimen.”

were purchased by the healthcare industry and employers and are being used today, including Arizona.

Keeping Your Automation Secure

While Automation Specialists’ clients have not experienced hacking, Knittle says the key to keeping your system secure is having good broadband service and network in your house. Make sure the person or company setting it up is reputable and licensed. A DIYer or handyman may not have the experience and knowledge to ensure your system is secure.

Pricing & Internet Requirements

Reliable, robust high-speed internet is critical for these potentially life-changing services. With people working from home more than ever, Benner reports that Cox is seeing the need for more speed and bandwidth. They offer a variety of packages to suit customers’ needs and budgets, as do most internet providers.

“We are really at the infancy of home automation,” said Knittle. “Do your homework.”

By connecting healthcare providers, caregivers, and families to innovative care services through the smart home environment, families can prolong the quality of life at



This pill dispenser sends alerts when it is time to take medication. It can also alert loved ones when medication has not been taken as scheduled.

According to Cox Communication’s research, nearly 90 percent of adults aged 65 and older prefer to stay in their current home rather than moving to an assisted living facility.

Through internet-powered devices, seniors have the ability to live independently.

“Smart home technology helps many families avoid the wrenching decision to move an aging parent to an assisted living facility, and provides reassurance their loved one is safe,” said John Wolfe, senior vice president and southwest region manager for Cox Communications. “A connected home ensures seniors can get the things they need in their daily routine while maintaining the quality of life at home.”

Devices that promote independence include a pill dispenser with audible and visual alerts, pet feeders, food delivery, downloadable books, and much more.

David Knittle, owner and president, Automation Specialists finds that his clientele who are over 65 years old are interested in “anything that will enhance security, lighting, and climate control.”

Monitoring

Today we can control things at home whether we are there or not. Cameras let us watch the home through live video and continuous

opens or does not open at specific times. Adult children or caregivers can monitor movement in the house, while seniors continue to live on their own. Front door sensor alerts when a parent walks out the door, especially important if there is someone in the home with memory issues.

Doors can be locked away from home. A camera out front adds another layer of protection letting someone in.

Smoke and carbon monoxide detectors will dispatch first responders. “Peace of mind is the biggest thing,” said Brenner. “The Homelife app can be shared with their kids or other people they want to keep notified.”

Hear and see what is going on in individual rooms through a camera. This is especially helpful if a water pipe bursts or the water heater leaks.

Lighting

With help from remotes, voice commands, or motion sensors, lights turn on automatically when you walk into a room. If you arrive home after dark, the lights will turn on *before* you walk in or get out of bed during the night.

“You can get a lot of bang for your buck with lighting,” said Knittle.



Receive live healthcare consultations from the comfort of home with Trapollo’s telehealth services.

This two-way communication allows the practitioner to treat the patient while adult children or caregivers have access to their care. With a click of a button, temperature and pulse ox can be sent to your doctor. Over the past two months, more than 100,000 of these devices

home and lower healthcare costs without sacrificing peace of mind.



Winterize Your Heating System Before The Cold Sets In

Written by Rosie Romero, Special to KGVY

It may not seem like it now, but soon we will finally turn off our cooling systems and switch on the heat. Winter is coming, I promise, and you will want your heater working when it does.

When that sweet spot of not having to run any air temperature regulating system arrives, make an appointment to get your heating system serviced. Call an Arizona Registrar of Contractors licensed professional and get on their schedule before everyone else waits until the last minute.

Before the technician's arrival, make note of issues you are aware of and can bring to their attention. For example, if your conditioned air or heat does not hold consistent in a certain room while the temperature in the rest of the house stays relatively even, you could have a leak.



Keep your home warm and cozy and get your heating system serviced now.

If the system kicks on too often, there may be an insulation failure in the attic or crawl space.

“The remedy may be as simple as opening and closing registers, or sealing a leaky duct,” said Joanna Buglewicz, owner, Green Valley Cooling Heating.

Ductwork can be a major issue in older homes according to Buglewicz. Green Valley Cooling & Heating sees systems incorrectly sized, issues with ducting layout or leaky ducts which can cause uneven air flow and temperatures,

thus making for hot and cold spots throughout the house and high utility bills. Also, registers at the ducts could be closed or not facing the proper direction for airflow.

“A qualified HVAC contractor is the perfect solution to remedying hot or cold spot issues,” said Buglewicz.

Tucson Electric Power (TEP) offers duct sealing incentives, as well as replacement incentives for a new ENERGY STAR® certified system through one of their authorized contractors.

If you want to climate control an area without having to run ductwork in an Arizona room for example, a mini-split unit may be the perfect solution. “Ductless solutions are easy to install since no ductwork is needed, they offer advanced heat-pump technology which makes them highly energy efficient, in turn saving you money on your monthly energy bills,” said Buglewicz.

The average cost of a ductless system is \$4,000, thus making it very economical.

shut-off to turn the heater off if it tips over.

- Keep space heaters out of the way of foot traffic. Never block an exit.
- Keep children away from the space heater.
- Plug the heater directly into the wall outlet. Never use an extension cord.
- Space heaters should be turned off and unplugged when you leave the room or go to bed.

Green Valley Cooling & Heating recommends space heaters as a temporary solution. “They are great to use for a short period of time. Generally, we recommend not using them as a long-term application because the dangers outweigh the benefits. Unfortunately, we have seen fires in our area due to negligence of space heaters,” said Buglewicz.

Rather than people in the community running the risk of injury due to extended space heater use because of financial hardship, Buglewicz shared an opportunity to

Space Heaters

If you only want to heat one room or warm up a particularly cool spot when it's not quite cold enough to crank up the central heating system, an electric space heater may be all you need.

You must exercise caution when using a space heater. The National Fire Protection Association reports that space heaters are the type of heating equipment most often involved in home heating fires, accounting for 86 percent of associated civilian deaths, 78 percent of civilian injuries, and 54 percent of direct property damage.

The NFPA suggests:

- Purchase a heater with the seal of a qualified testing laboratory.
- Keep the heater at least 3 feet away from anything that can burn, including people.
- Choose a heater with a thermostat and overheat protection.
- Place the heater on a solid, flat surface.
- Make sure your heater has an auto



Exercise caution when using space heaters. They should only be used for a short time.

assist in furnace repair or replacement through their Heating Hearts program. Green Valley Cooling & Heating designed this program to specifically help those on a fixed income or experiencing financing hardship. Program recipients are chosen based on need for maintenance, repair, or installation.

For more do-it-yourself tips, go to 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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This column is provided by the Animal Care Center of Green Valley
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pettalk



Why can't I come into the hospital or exam rooms with my pet right now?

Due to the continued risk of corona virus and the very susceptible nature of our Green Valley population in general, we have chosen to continue to not allow clients into our lobby or hospital exam rooms. We also have a few very high-risk staff members that we need to minimize exposure to as well. Please remember that if even ONE of our staff members become ill, there is a high likelihood we would have to close our doors for two weeks or longer, and that means we could not help any pets!

What is the Animal Care Center of Green Valley doing to keep clients safe during the pandemic?

We have staff members specifically dedicated to cleaning all surfaces such as door handles, computer keyboards, phones, etc... despite the limited traffic into our hospital. The safer we stay inside, the safer you stay as well. We are only taking credit card payments over the phone to eliminate the handling of cash or checks and thus any transfer of materials from one person to another. All of our staff members wear masks inside of our facility as well as continuing to perform very frequent hand washing. We continue to practice social distancing in our personal lives as well.

Can pets get COVID-19 and transfer it to humans or other pets? Can pets spread COVID-19 to humans or other pets? Is there a test for COVID-19 for my pets?

To date, there have been a handful of reports of dogs and cats becoming infected with the corona virus, but those pets have all been in households where one or more of the owners in their home were positive for the virus. These cases are thought to be incidental transfer from human to pet, not the other way around. There is a test for COVID-19 for pets, but currently the AVMA (American Veterinary Medical Association) and the CDC do not recommend routine testing due to the very low incidence in pets. At this time, there is no evidence that animals play a significant role in the transfer of spreading SARS-CoV-2.

If I contract coronavirus, and my pet needs to be seen. Can someone bring them into the veterinarian for me?

If you or someone in your household have tested positive for corona virus or have been exposed to someone who has, we can still help take care of your pet. Please let us know your circumstances so that we can take extra precautions when we see your pet. We ask that you have someone else bring the pet for you, and we can communicate with you via phone very easily so that we can still partner in the care of your pet.

Are you boarding pets during the pandemic?

Yes, we are boarding pets during this pandemic as well as allowing dogs into our doggie day care. We ask that you follow social distancing and mask wearing protocols when you bring your pet in, and of course ask that you call ahead to schedule a daycare or boarding stay. Again, if you or someone you know have been in contact with someone who tested positive, or if you have been traveling outside of the state, we ask that you please let us know so in our efforts to take care of your pets, we can continue to keep our staff safe.

What should I do to prepare for my pet's care in the event I do become ill?

Identify another person in your household, or neighborhood, who is willing and able to care for your pet in your home should you contract COVID-19. Make sure you have an emergency kit prepared, with at least two weeks' worth of your pet's food and any needed medications. Usually we think about emergency kits like this in terms of what might be needed for an evacuation, but it's also good to have one prepared in the case of quarantine or self-isolation when you cannot leave your home.

What should I do if my pet or service animal becomes ill after being around someone who has been sick with COVID-19?

Talk with the public health official working with the person who is ill with COVID-19. Your public health official can then consult with a public health veterinarian who, in turn, can provide assistance to your veterinarian to ensure your pet or service animal is appropriately evaluated. If the state public health veterinarian recommends that you take your pet or service animal to your veterinarian for an examination, please call your veterinarian in advance to let them know that you are bringing in a sick animal that has been exposed to someone with COVID-19. Advance notice will support the veterinary clinic/hospital in preparing for the proper admittance of that animal, including the preparation of an isolation area as needed. Do not take your pet to a veterinary clinic until you have consulted with the public health official and your veterinarian.

Should I avoid contact with animals, including pets, if I am sick with COVID-19?

You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would restrict contact with other people. Although there have not been reports of pets becoming sick with COVID-19 in the United States, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus.

Have another member of your household care for your animals, if possible. If you have a service animal or you must care for your animals, then wear a cloth face covering; don't share food, kiss, or hug them; and wash your hands before and after any contact with them. You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. Cats should also be kept indoors as much as possible.

How can I keep my pets safe?

Until we learn more about how this virus affects animals, treat pets as you would other human family members to protect them from a possible infection.

Keep cats indoors when possible and do not let them roam freely outside.

Walk dogs on a leash at least 6 feet (2 meters) away from others.

Avoid public places where a large number of people gather.

Do not put a mask on pets. Masks could harm your pet

Wag more, purr louder, live better.

Staycation for Families at Great Wolf Lodge

Written by Tabitha Yates

Fall has arrived in Southern Arizona and after months of local children being cooped up at home, parents are eager to find fun, interactive things to do with them. Still, there is perhaps some apprehension in regards to traveling far from home, so what better solution than a staycation that is only a short distance away? Great Wolf Lodge in Scottsdale is a fantastic family resort and water park that is sure to delight all members of the family!

Upon checking in, you are treated as a valued guest and given impeccable customer service. A staff member is assigned to you and has your personal cell phone number. They will check in with you periodically to see if there is anything that they can do to improve your stay. If you have any needs arise during your visit, you can personally text them and you will be promptly taken care of.

Great Wolf Lodge is a child's dreamland and there is nothing that hasn't been thought of. It feels wonderful to know you can check in, leave your worries at the door and not leave for the remainder of your stay, due to the fabulous selection of entertainment and dining choices.

Undeniably, the hottest attraction at the lodge is their indoor water park. A water park pass is always included in your daily rate. The park boasts many opportunities for kids and adults of all ages. Indoors you can choose from various thrilling slides, pools and splash pads-

- Alberta Falls - Experience four stories of fun on a tandem tube ride.
- Talking Stick Treehouse - Tod-



Lodge Exterior. Courtesy of Great Wolf Lodge.



River Canyon Run. Courtesy of Great Wolf Lodge.



Talking Stick Treehouse. Courtesy of Great Wolf Lodge.

dlers and parents alike love this multi-level splash-loaded treehouse with giant tipping bucket.

- Racoon Lagoon - During the summer months, enjoy this outdoor pool area.
- Slap Tale Pond - This wave pool is suitable for all ages and sure to be a favorite.
- River Canyon Run - Great Wolf's water slide is a splashing success for teens, old-kids and adults.
- Whooping Hollow and Cub Paw Pool - These slides and splash pads were created with little howlers in mind.



Courtesy of Mara Wood Sisk

er endless and there is an offering for children of every height and age, as well as an adults only hot tub and cabana rentals. Parents also have access to The Water Hole, which offers adult beverages and is located in the center of the water park. Most families can easily spend the whole day at the water park, but if you're looking for some dry down time, there is no shortage of choices at Great Wolf Lodge.

- C r o o k e d Creek - Take a tube ride in this lazy river.
- C h i n o o k Cove - Play basketball and climb on floating logs in this activity pool.

The list of water play activities is truly

When booking or checking in, parents may purchase 3 different types of paw passes

that will give access to all the thrills the lodge has to offer. Included in your Pass is Rustic Ridge Climbing Wall, Oliver's Mining Co., Ten Paw Alley, Howlers Peak Ropes Course, Northern Lights Arcade, Moonstone Mine, Build-A-Bear Workshop, Ben and Jerry's Ice Cream Shop and Great Wolf Candy Company. Characters can be sighted throughout the day and show up at story time and for photos. In the evenings, children have

the option to participate in a free craft time, story time and dance party to cap off their fun filled day.

The rooms are almost as exciting as the rest of the place, with cabin themed suites. Bunk beds are built into "faux" cabins with characters painted on the walls and tv's mounted for the kids. As tired as your children will be as your night winds down at Great



Whooping Hollow. Courtesy of Great Wolf Lodge.



Violet. Courtesy of Great Wolf Lodge.

Green Valley Baptist Church

Written by Sandy Lovell & Eadie Gieb, Advertising & Promotions, Green Valley Baptist Church

The Deacon Auxiliary at the Green Valley Baptist Church is sponsoring a “drive thru” Nativity scene for the Christmas season. This project’s focus is to give our church members tasks to perform at a distance while wearing mask to adhere to CDC safety Guidelines. It also serves as an outreach to our Green Valley/Sahuarita community.

We purchased the adult sized patterns to display. Gary Cooper owner of S & S Constructors, Inc. ordered the plywood for our figures and even passed on his discount to us. We needed 8 pieces of ¾’ marine grade plywood for 17 adult size characters.

The construction crew consisting of Howard & Cheryl Dye, Ed & Ann Holbert, Don Stanton, Sandy Lovell, Carol Atkinson, Diane Longo, Beth Farr and Gwen Austin have done a wonderful job preparing the characters for decorating.

The Nativity is being painted with acrylic colors according to the character design. Clothing, skin tones, finger nails, etc. The animals will be amazing.



This project is bringing together the church congregation, our friends and neighbors who want to help.

Shepherd’s Fold Preschool will also have a display with the children participating in the decorations.

This is a work in progress at this time, but we can’t wait to put out the display and invite our community to drive by and enjoy the Joy and Hope that the birth of Jesus Christ has given us.

We will announce the dates and times the Nativity will be available to the public. The Green Valley Baptist Church is located at 111 North La Canada Drive in Green Valley.

Community Performance and Art Center

NOVEMBER 12
7PM

ODAIKO SONORA



DECEMBER 1
7PM

SUSSANE LASSETER:
Portrait of an Arizona Ranch Family



DECEMBER 2
7PM

JOHNNY RAWLS
WITH BAD NEWS
BLUES BAND



DECEMBER 4
3PM & 7PM

A CELEBRATION
OF WOMEN IN
COUNTRY



DECEMBER 7
7PM

DIANE VAN
DEURZEN &
LISA OTEY



DECEMBER 9
7PM

BUTCH DIGGS AND
FRIENDS



DECEMBER 19
7PM

SANTA CRUZ
HOLIDAY WINDS



JANUARY 31
7PM

BRENN HILL AND
ANDY NELSON



FEBRUARY 16
7PM

SAFOS DANCE
THEATER



FEBRUARY 18
7PM

HEATHER HARDY AND
THE LIL’ MAMA BAND



FEBRUARY 23
7PM

TAGAWA QUARTET



MARCH 1
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Green Valley, AZ 85614
520-625-5966
www.valleyassistanceservices.org



520.399.1750
1250 W. Continental Road
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Green Valley, AZ 85622

Great Wolf Lodge
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Wolf Lodge, they'll still be able to muster up some enthusiasm for the camping out feel of the rooms.

The dining choices are perfect for a quick bite on the go or a nice meal at the end of a satisfying day. Start your morning with a breakfast buffet at Campfire Kitchen or grab some donuts and coffee at Dunkin Donuts. Take a quick break from your water park fun to enjoy Buckets Incredible Craveables, Hungry as a Wolf or Timbers Taco's. All of these are located right inside the water park or directly outside with fam-



Howl in One. Courtesy of Great Wolf Lodge.



Crooked Creek. Courtesy of Great Wolf Lodge.

ily pleasing meals of pizza, burgers, chicken tenders and more. If you are not in the mood for a meal eaten in your swimsuit,

stop by Great Wolf's Barnwood restaurant for a more refined dining option.

Sahuarita families have been visiting since Great Wolf Lodge opened in 2019 and all have rave re-

views of their stay. Nicky Moskal took her 7-month-old twins and they

loved the kiddie area's and the wave pool. Mara Wood Sisk spent Thanksgiving weekend at Great Wolf with her 5 children, aged 7-21 years old and the kids asked that this be an annual trip. Youly Cerpa spent Christmas at the lodge and decorated their room with a tree, mak-

ing lasting memories for her family. Lauren Glynn visited in January

with her 9, 7 and 3-year-old. She loved that even her youngest was able to go down the water slide. Lisa Corbin took her 3 kids at the end of February and their favorite activity was the lazy river and huge slides.



Alberta Falls. Courtesy of Great Wolf Lodge.



Courtesy of Lauren Glynn

Your family will leave Great Wolf Lodge with lasting memories and undoubtedly, begging to go back soon. Be sure to stop by the Camp H.O.W.L Gift Store and the Buckhorn Exchange Gift Shop to bring home some souvenirs from the amazing time your kiddos are sure to have.

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