

# Community Quarterly

Thank You Community Volunteers

Spring 2021

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Volume 12, Issue 2

## Adventure Awaits: Motorcycle Touring in Southern Arizona

Written by Ramona Scheopner

The human spirit has always longed for adventure and exploration. It is in our nature. It is part of who we are. Something calls us to keep on discovering the new and the exciting. It is that exact reason that we see an influx in visitors to southern Arizona for the winter months. The weather in this region has no match compared to most parts of the country in winter and spring. The afternoons are warm, it rarely rains, and there are wide open spaces to ride. Along with the rise of visitors, comes an increase of motorcycles on the road. Whether choosing to ride solo, with a partner, or in a large group, south-east Arizona offers a unique beauty that is best explored on a motorcy-

cle to satisfy both fun and adventure.

There are several routes to ride that all contribute to unique experiences that are off the main highway. One such ride is to the San Xavier Mission, via Mission Rd. instead of I-19. The rolling meandering road presents some beautiful landscape behind the mines. With an Open Range, you might even see a cow or two. At night, the Mission is beautifully lit and the glowing cemetery is breathtaking. The city view to the east is spectacular.

If you're looking for a day ride or possibly an overnight stay, Patagonia is a perfect option. Getting there

via State Routes 82 and 83 is a choice for the adventurous with the curves, the scenery, and the history. The quaint town offers a nice rest at The Stage Stop Inn. Here, feel free to step in to have a bite to eat or make reservations and stay a night



Ovens of Patagonia

When you are finished, stop by the Oven at Patagonia where you may purchase local wine, grab some ice cream or fudge, and a cup of coffee before your return trip home.

Another excellent destination along State Routes 82 and 83, is the little

town of Sonoita, known for its racing and vineyards and The Steak Out Restaurant and Saloon. This well-known steak house doesn't open until 5 p.m. so be ready to take an early evening ride. Sonoita highway (State Route 83) is gorgeous with rolling ranches on either side and vast views. You might even spot an antelope or two roaming on their ranch.

Southern Arizona highways are dotted with little historical sites. Two such sites are on Arizona State Route 82. Camp Crittenden was a volunteer camp protecting settlers

Continued on page 3



Stage Stop Inn

CROSSWORD PUZZLE MANIA



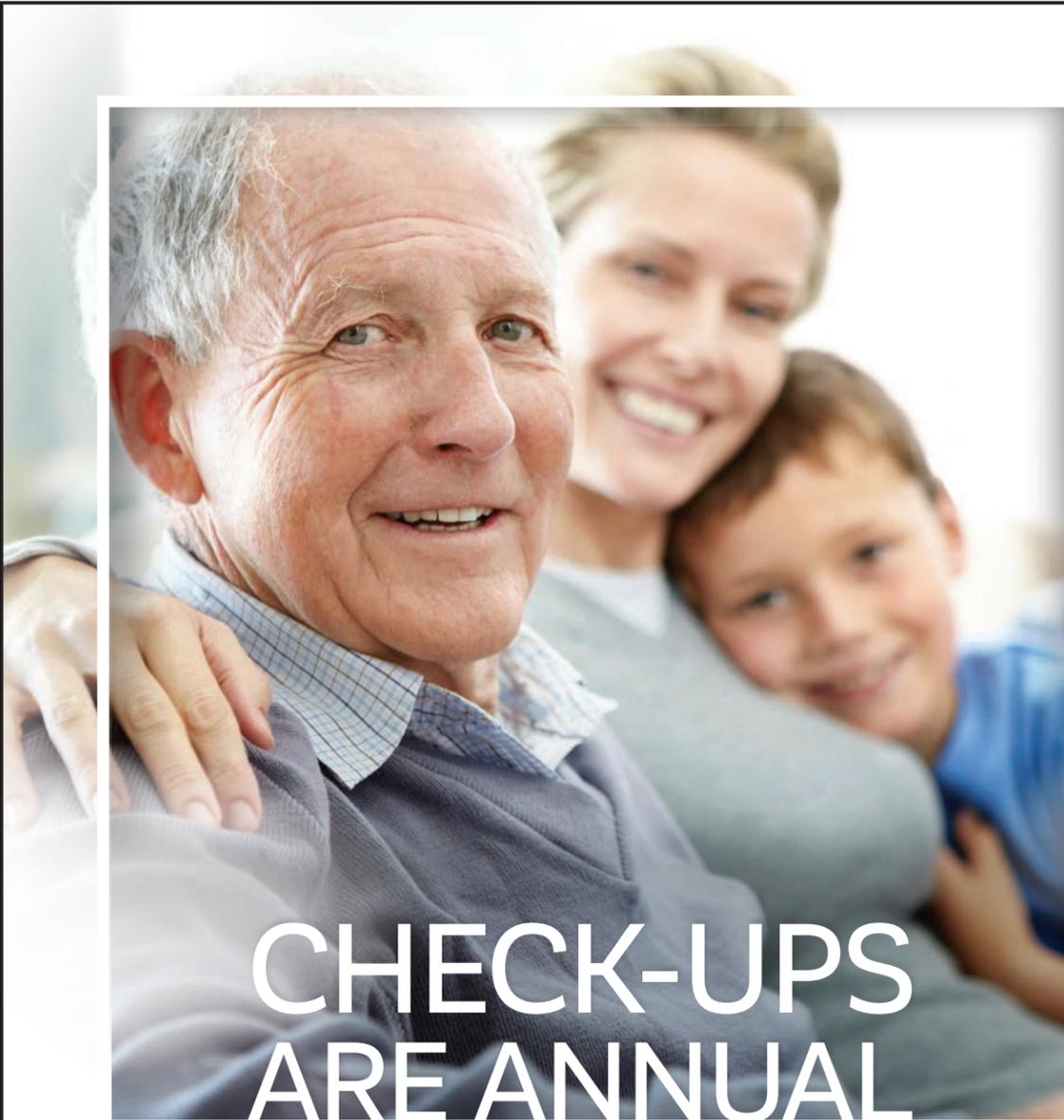
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Adventure Awaits  
Continued from page 1

as they came out West and established ranches and homesteads. Another is the John Ward's Historic Site. It dedicates the place where John Ward settled his ranch and the history of their family. Adjacent to this historical site placard, stairs lead to the Telles Family Shrine, which was dedicated to the protection of their sons during war in 1941.

For an all-day or overnight ride, you may consider a trip to the his-

toric towns of Tombstone or Bisbee along State Route 80. In "the town to tough to die", Tombstone has a storied past, but most notably the Earp brothers battled the Cowboys at the OK Corral. In Bisbee, you can tour the Queen Mine and stay at the Copper Queen hotel.

If you are looking to get into the mountains, just north of Tucson in the Santa Catalina Mountains, there is a beautiful ride that reaches up to 9,000 feet. Take Catalina Highway to Mt. Lemmon and enjoy a bowl of Chili at the Iron Door in Summer Haven.

If you are new to the area, newer to the motorcycling scene, or simply wish to ride in a larger group, SEAT (South East Arizona Touring Association) offers excellent benefits for their membership. Although, advertised as a BMW association, all brands and riders of various ages are welcome. The annual twelve

dollar fee is minimal, and helps to support their annual Christmas party and newsletter. The association is one of the largest, at 210 members and is celebrating thirty years. Some members live in Phoenix, however most are from the Tucson, Sahuarita, Green Valley, Rio Rico, Sierra Vista and the Saddle Brooke areas. Craig Littlefield, who runs the association, said, "Joining is a great way to meet other riders who enjoy the same types of rides as you do."

SEAT offers organized day and overnight rides. Littlefield shared, "Riding in a group offers more safety. We ride unstructured without a formation and end at the same place." Littlefield invites those interested to their website which is the best place to learn more about whom they are and what they do. For more in-

formation on membership and rides please visit [www.seatrider.org](http://www.seatrider.org).

However you decide to ride, there are endless routes and possibilities. Enjoy the magnificent weather and beautiful landscapes rich in history. Whether you ride solo, with friends, or a riding association, adventure awaits.



Sonoita Steak Out Restaurant



Wards Ranch/Telles Shrine

## Welcome Back Volunteers, Shoppers & Donors!

Written by Karen Lavo, CFWE General Manager

The White Elephant Thrift Store reopened for shopping on Monday, April 12<sup>th</sup>. Store hours are 9am to 12 noon, Monday thru Saturday. Masks are required for entry into the store and social distancing is appreciated!

We are so happy to have our volunteers back in action at the store and our customers are delighted to return to their treasure hunts! We appreciate all of the support and input we have received from the community while our doors were closed. We also appreciate that our many donors were willing to hold on to their donations until we could safely reopen.

Donation drop-off opened for donations on Wednesday, April 14<sup>th</sup>. Our donation drop-off hours and days are 8am to 12noon, Wednesday, Thursday, and Saturday. Donations are limited to three bags or three boxes for each visit. We also accept furniture donations and working large appliance donations on those days.



Our trucks are back in business, going out into the community to pick up large furniture and appliance donations. Pickups must be scheduled in advance and pick up areas are limited. To schedule a pick up or for more information, call 520-625-4119 during business office hours from 8am to 3pm, Monday thru Friday.

We are so happy to welcome back our community of supporters! Come and see us at the White Elephant Thrift Store at 601 N. La Canada in Green Valley, right next door to the library.

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# Earth Day As Seen Through a Childs' Eyes

Written by Tabitha M. Yates

On April 22<sup>nd</sup>, we celebrate an annual event that has been in existence since 1970, Earth Day. Initially in 1969, peace activist John McConnell proposed a day to honor the Earth, to be celebrated on the first day of spring. The first Earth Day celebrations took place in thousands of colleges, primary and secondary schools, and in countless homes across the United States. It now is observed in 192 countries. It is estimated by the first Earth Day 1970 organizer, Denis Hayes, that Earth Day is now “the largest secular holiday in the world, celebrated by more than a billion people every year.” In honor of Earth Day 2021, we went into our community and asked some local school aged children how we can better take care of our planet and leave it a wonderful place for future generations. The responses ranged from heartwarming to hilarious. Enjoy the following quotes about Earth Day, according to kids:

“Earth Day is the day to celebrate the Creation God gave us. We can be kind to the planet by planting trees to make more oxygen, recycling, and choosing to walk instead of driving to keep the air clean.”

-Wyatt Macias, age 8

“Don’t litter because it goes into the ocean and harms the sea life”

- Aubrey Black, 5<sup>th</sup> grade

“The earth is our planet and we need to take care of it! Keep it clean. Use less plastic and no littering. Remember to protect the turtles!”

-Breah Pack, 6<sup>th</sup> grade

“We should help the earth by cleaning up after ourselves, if we make a big mess.”

-Christian Yates, age 7

“We can take care of our planet by recycling each day. We shouldn’t throw away things that are reusable. Don’t litter because it’s ugly and it could hurt animals.”

- Bryn Pack, 4<sup>th</sup> grade

“Earth day is for family and celebrating. I don’t know how we can help the planet.”

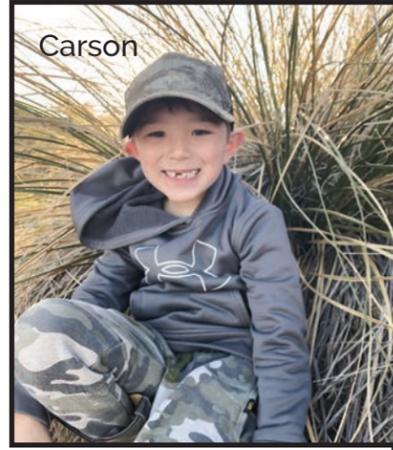
-Gwen Macias, age 4

“I love my planet. I like to play with my sisters and toy diggers outside. Try to be gentle to plants and animals.”

- Josiah Devowe, age 5



Josiah



Carson



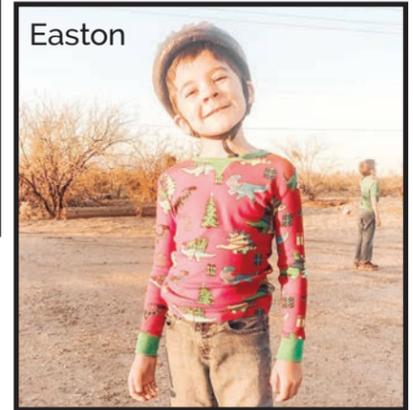
Bryn



Christian



Caitlyn



Easton



Breah



Eden

“Every day should be Earth Day! Throw away your trash. Don’t destroy plants and trees because they are very important to earth! Plant some in your yard.”

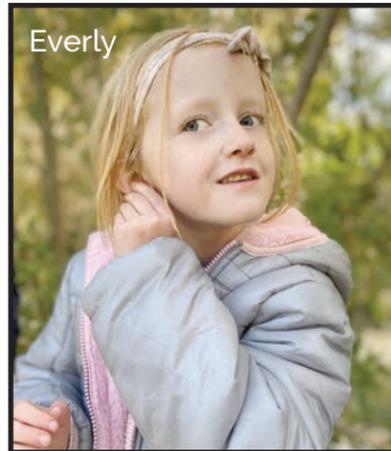
- Carson Pack, 1<sup>st</sup> grade

“To be kind to our planet, please don’t litter. When I see trash on the ground, I try to pick it up and throw it away.”

- Eden Devowe, age 8

“To me, Earth Day means celebrating the ground and the soil and everything we see. Because without the Earth, nothing would be here.”

-Easton Macias, age 7



Everly



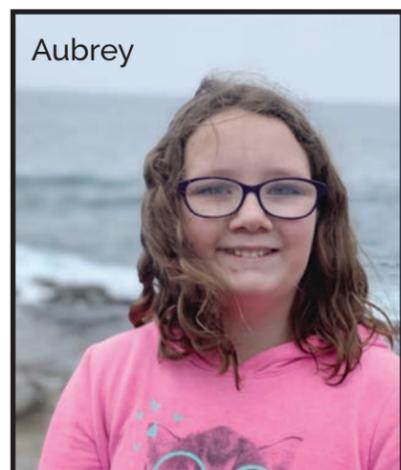
Madyson

“I think it’s important to protect our planet by protecting our water and air supply. I’d help clean up the water by going to the beaches and cleaning up the litter. That will stop the trash from getting into the oceans and harming the fish. I’d help clean up our air by walking and riding a bike instead of driving if I can. Earth Day is a celebration of our planet.”

- Madyson T., age 11

We should pick up trash and try to ride bikes instead of driving the car if it’s not too far. Use the 3 R’s- Reuse, Reduce, and Recycle as much as possible, and shower quickly to save water.

-Rylee O’Connor, age 10



Aubrey



Gwen

“We can be kind to our planet by spreading joy.”

- Everly Kate Devowe, age 6

“The Earth is like a big bedroom. It’s our room. It belongs to us and we have a responsibility to keep it clean.”

-Caitlyn Yates, age 11



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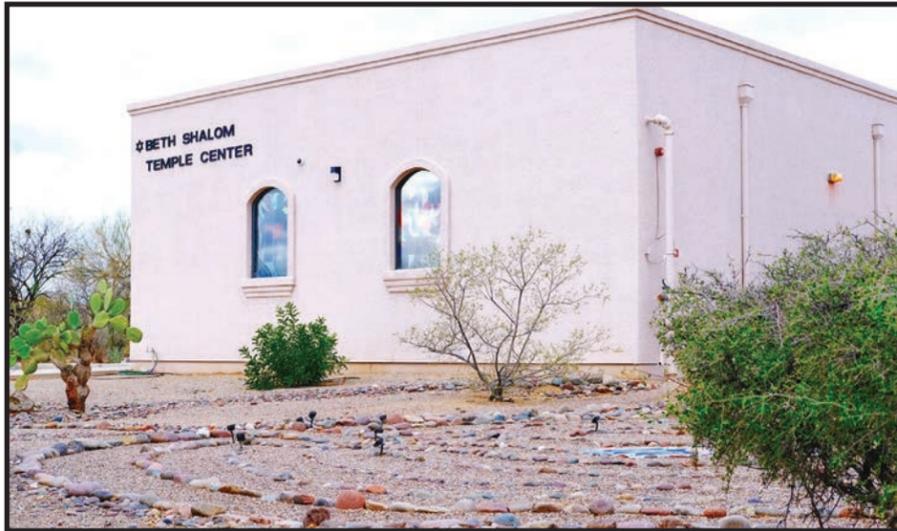


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# Beth Shalom Temple Center Stays Active Online Through COVID-19

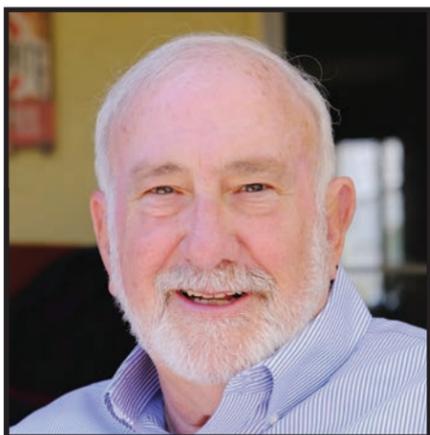
Written by Michael Finkelstein, Beth Shalom Temple Center



**B**eth Shalom Temple Center has been the religious and social center for all aspects of Jewish life in the Santa Cruz Valley for over 25 years. Serving folks from Vail through Green Valley and Sahuarita, and locations south, we are an open and welcoming environment for all to find inspiration, camaraderie, and spiritual comfort.

The Center did officially close down March 2020, motivating us to come up with a number of innovative online programs. We are hoping to open up in a few months, with appropriate social distancing, masking, and other precautionary measures.

The temple has been busier than ever with a wide variety of religious, educational, and social activities to keep their members and guests engaged. And through the power of Zoom, You Tube, and other electronic means, programs and services are



Rabbi Norm Roman

reaching those who previously may not have been able to travel to temple.

BSTC's rabbi, Norm Roman, moved to Quail Creek a year ago from the Detroit area with his wife Lynne. Rabbi Roman served as Senior Rabbi at Temple Kol Ami in Michigan for 30 years. His leadership brought that congregation to local and national prominence. Rabbi Roman has been leading Friday night and Saturday morning Shabbat services via YouTube. He has also been conducting classes, contacting

members in ill health and consoling/counseling those who need such services.

Rabbi Roman's name came up in 2018 when in response to a member survey it was suggested we contact him. He came to Green Valley to lead a service at the temple shortly after the horrific attack on three Pittsburgh synagogues. His calming, compassionate voice consoled and reassured the congregation. He continues to provide support, compassion, strength, and knowledge. The presence of Rabbi and Lynne Roman supports and benefits temple members personally, the congregation as a whole, and our standing in the community.

In addition to programs and religious services provided by Rabbi Roman, the temple is offering a continuing stream of activities:

- A Jewish film series that has included offerings such as:
  - ◇ Challah Rising in the Desert, celebrating the history, influences and people of New Mexico's Jewish community; and
  - ◇ The Catcher Was a Spy: Major League Baseball player Moe Berg lives a double life as a spy for the Office of Strategic Services during World War II
  - ◇ "Harbor From Holocaust" which explores the extraordinary relationship of these Jews and their adopted city of Shanghai, even through the bitter years of Japanese occupation 1937-1945 and the Chinese civil war that followed.
- Temple members have led discussions on many different aspects on Jewish

life (famous personalities, music, Jewish sites); on keeping healthy during the pandemic; on genealogy; as well as a weekly singalong series featuring songs by famous Jewish composers

- Our temple garden is a serene oasis that we have opened for a number of socially distanced events, including the October holiday of Simchat Torah, where celebrate the annual dedication of reading our Torah
- Key temple committees continue to meet via Zoom and pursue various projects. Our Social Action Committee provides monthly motivational quotes to the YOTO (Youth on Their Own) program students; collects non-perishable food items and money donations for local food banks; and donates children's pajamas to The Angel Heart Pajama Project.

We have a very active Men's Club and Sisterhood. Several of the Men's Club members are from Southern Oregon and were acutely aware of the devastating toll the recent Almeda fire took on their neighbors in the towns of Talent and Phoenix. Led by a temple member, the Club made and sold 40 dozen bagels. Over the course of two days 6 volunteers mixed the dough and 5 volunteers worked in forming, boiling, baking, and sorting bagels. Proceeds, along with a generous donation from the Men's Club own account were donated to assist folks

affected by fires in Oregon. Based on the event's great success, more bagel making/fund raising are in the works. The volunteers all used strict precautionary measures by wearing masks, head coverings, and gloves while working in the kitchen.

In a normal year the Sisterhood's annual Mahjong tournament provides much needed funds to our local women's shelter as well as other charities.

We have a vibrant art gallery, with a variety of exhibits through the year, as well as art talks. Our well stocked lending library includes a wide variety of books on Jewish topics, including biographies, history, humor, and philosophy.



Members of the Beth Shalom Temple Men's Club

Beth Shalom Temple Center members have designed and built a beautiful meditative walking labyrinth on the Temple grounds. A labyrinth is a walking path with no dead ends...leading from the entrance to the center.

Our monthly publication, The Shofar, keeps temple members and those interested in our temple informed about temple activities, member interests and biographies and timely information about religious services and classes.



The Center and Temple are located at 1751 N. Rio Mayo Green Valley, AZ 85614 (520) 648-6690

Beth Shalom Temple Garden



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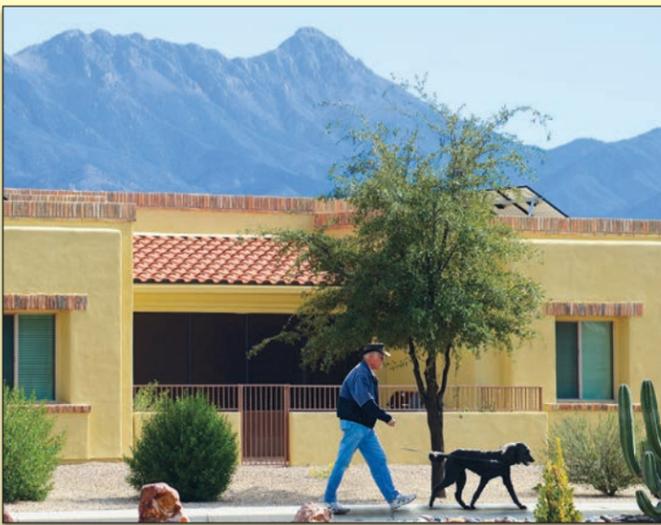


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# A Weekend in Williams with Lions and Bears and Tigers, Oh My!

Written by Tabitha M. Yates

There are so many beautiful, entertaining places to visit here in our home state of Arizona, so why not plan a staycation? In the past year due to Covid-19 concerns, many families have opted for smaller trips close to home, rather than perhaps a large annual family vacation. If you're looking for some cooler temps and a fun filled mini trip, why not drive up to Williams, Arizona? At less than five hours away, it is a doable drive with most small children and there are so many fascinating things to do there!

## Grand Canyon

Naturally, one would probably not drive all the way to Williams and pass up the opportunity to see the Grand Canyon, by driving just 30



Grand Canyon

more minutes! In any season, it's a spectacular sight to behold. With over 1.2 million acres to see, your family can take as little or as much time as you want in this National Park. For an especially impressive view, consider taking The Grand Canyon Railway which will take you on a scenic route from Williams to the South Rim at the Grand Canyon.

## Grand Canyon Deer Farm

Many will find this quaint little farm a pleasant surprise during their stay in Williams. Located on a section of old Route 66, this privately owned farm has been in operation for 50 years and will delight parents and kids of all ages. Deer are allowed to freely roam. They are quite friendly and will approach you, sometimes a dozen at a time, to see if you have a snack for them! Deer food can be bought in the gift shop upon entering, or out on the farm. There is a path to follow where you can meet all the other animals at the farm, which includes goat, reindeer, llama's, a camel, donkeys, a talking bird and more. Expect to spend a couple hours here at most. At the entrance of the farm is the most adorable gift shop and each of my kids were even given a tractor ride by the owner of the farm, as we were leaving near closing

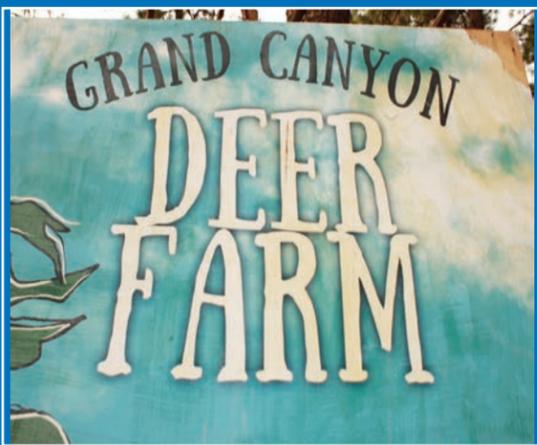
time. Amazing memories are to be had here!

## Out of Africa Wildlife Park

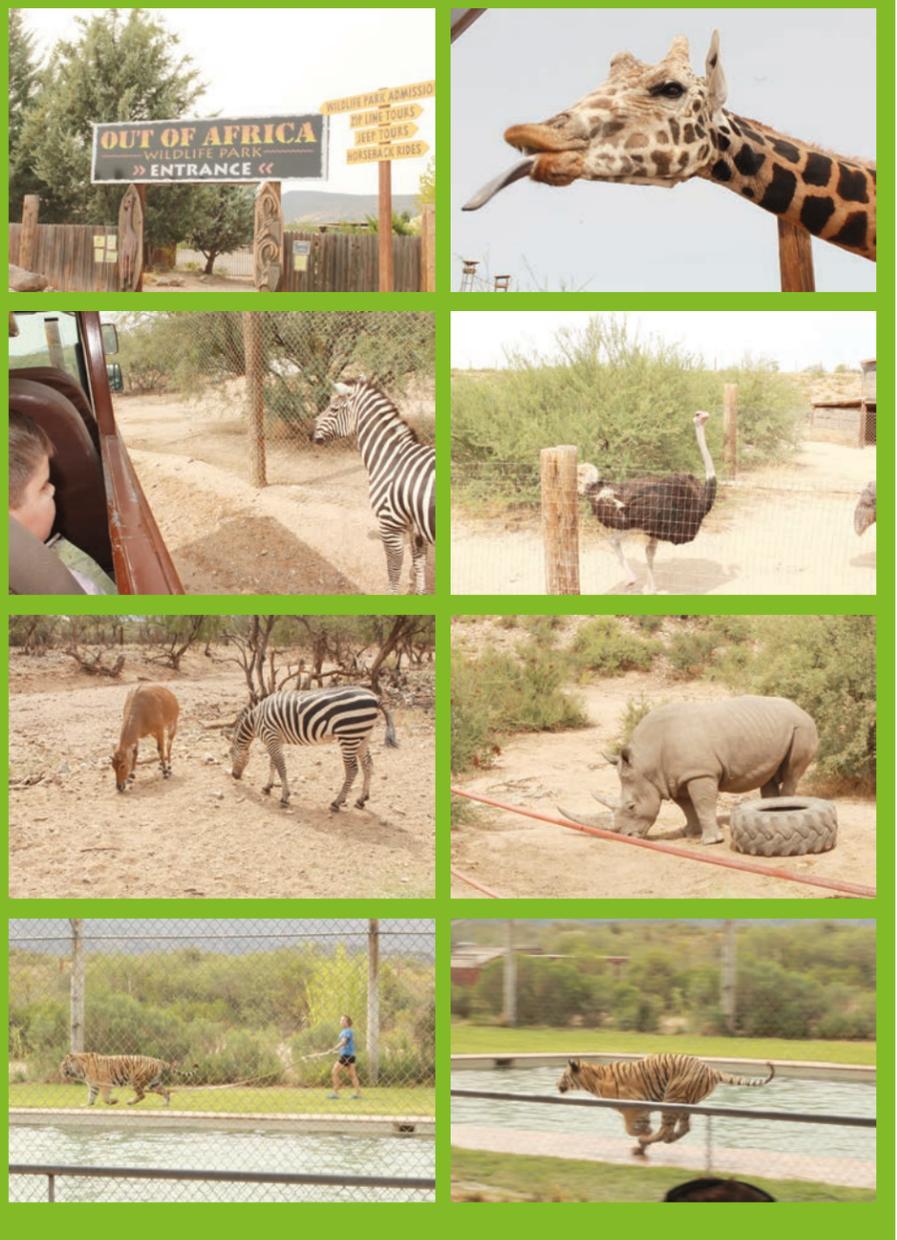
Around 1.5 hours from Williams is an amazing drive through safari park called Out of Africa. It would

private tours available along with separate amazing encounters like feeding a tiger or holding a sloth. It's quite hilarious to come face to face with a laughing hyena, when perhaps your only other frame of reference for these animals is from

## Grand Canyon Deer Farm



## Out of Africa Wildlife Park



be a perfect stop on the way to or from Williams. This is by far the most amazing safari experience. A tour guide will drive your family through the animal enclosures. You will stop and get up close and personal with giraffes, zebra's, ostriches, and many animals found in the African bush. There are

*The Lion King* movie! There is ziplining available for an additional cost, as well as many other shows- the most popular being the tiger show. Imagine being just feet away from a very large tiger, with up to

Williams  
continued from page 9

five staff in the enclosure with it. The tiger jumps into the pool, does tricks for meat and the show is a hit at the park. This 104-acre animal sanctuary provides homes for animals who might not otherwise have one and have multiple ways others can get involved from volunteering to adopting an animal. This is a definite must visit for your weekend away.

**Route 66**

We all know the song, "Get Your Kicks on Route 66" right? Well, Williams is home to one of the most well-preserved sections of historic Route 66 and a trip to Williams wouldn't be complete without walking along the downtown strip and getting a souvenir or two. Williams was the last town to have their stretch of Route 66 bypassed. There are some charming little café's and museums and it's so neat to see the town lit up at night. You can have a horse and carriage ride through the streets or simply go for a stroll.

**Bearizona**

Finally, you wouldn't want

to leave Northern Arizona, without spending some time at Bearizona, another wildlife drive through, but with quite a different bunch of animals to see than you will find at Out of Africa. During your drive through experience- black bears, wolves, American Bison, and Bighorn Sheep will saunter right outside your vehicle. It is such a thrill to see these creatures in their natural habitat-some seemingly unaware of your presence there and others coming right up to your car. Once the drive through portion is completed, much more fun awaits inside the park as you visit their

jaguar exhibit, foxes, deer, otters and more. One would hardly be content to go visit a standard zoo by the end of this trip!

Regardless of how many days you spend in Williams, there is no shortage of family friendly activities to partake in. On your way up, make sure to stop in Rock Springs for some of their famous pie and on the way back to our little corner of the desert, you can take the scenic route through Sedona to see the gorgeous red rocks. We are truly fortunate to have so many amazing and glorious places to visit, right at our fingertips!



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# A True Cinderella Story for a Local Sahuarita Family

Written by Tabitha M. Yates

Local business owner, Tandie Lopez, has lived in Rancho Sahuarita for almost thirteen years now, with her two daughters, Analeisa and Kalia. A Tucson native, Tandie was drawn to Sahuarita and says, "Rancho Sahuarita feels like a resort-with the lake, waterpark, trails, bike paths, and other amenities. It is a very close and giving community when it comes to families in need." She happily raised her daughters in this little town and established her own business, Rancho's Finest LLC. Her company was started in 2014, following a decision to retire from the dental field after seventeen years. Tandie felt that owning her own cleaning business would give her more time to spend with her girls. Initially it was just Tandie, but now her company employs seven team members and serves all of Rancho Sahuarita, Madera, Quail Creek, Green Valley, and Tucson.

In March 2020, Tandie Henes met Luis Lopez through a mutual friend. Luis, a charming single father, was all the things Tandie had been looking for and they quickly became serious about each other. They began their courtship in October of 2020 and Luis expressed his love for her the day after Christmas. The couple enjoyed time with their blended family participating in activities such as bowling, hiking, movie nights, off roading, biking and in general just being active within the community. As the couple moved ahead with their life plans and dreams of purchasing a home together, Tandie made a point to show Luis around Rancho. Luis is a Marine Corps Veteran and currently Active-Duty Army. Tandie shares, "I took him to see the Veteran's Memorial near the Safari Park and he was really impressed.

He appreciated the respect and dedication that the town of Sahuarita displayed towards the Armed Forces."

This set the stage for a local version of the perfect Cinderella story to play out.



looked for a three-car garage. I told him that he should really look at some of the houses here in Rancho. Of course, the houses at Haciendas Del Lago are where I took him first. Luis fell in love with the community and initially wanted to buy a lake front lot and build a



custom home. After discovering the timeframe to build a custom home and given the COVID-19 situation, we decided to look at other options. The obvious choice for us was to purchase the Catalina model at Hacienda Del Lago. It had everything that we could ever ask for and then some. This is our dream home. It's a single story, which was a requirement



Tandie's company has cleaned the three custom spec home in Haciendas Del Lago for a year and a half. She explains, "The purchase of our home began when Luis and I started talking about what we wanted in a house and he always

for us. It has a massive three car garage, which includes an oversized custom garage door that



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Cinderella Story  
continued from page 12

would fit Luis's Can Am Maverick on the trailer. The home is 3,300 sq ft with 3 bedrooms, 3 full baths and an office. It includes a junior suite to accommodate guests. Our favorite part of our home is that it has its own private access to the lake, it's in a cul-de-sac, gated, and has amazing views of the lake. Additionally, it's walking distance to the clubhouse and waterpark."

Tandie and Luis put in an offer on the very home that Tandie cleaned month after month! The process was made even sweeter by the fact that the pairs realtor, Gerry Costa, was one of Tandie's 1st clients, her top referral and a friend. Gerry was introduced to Luis to help him sell his previous home in Tucson. Gerry told Tandie that he thought they made a great couple and couldn't be happier for them. Tandie says, "It's truly wonderful to have an amazing realtor and family within our community."

Luis and Tandie anxiously awaited news of whether their offer had

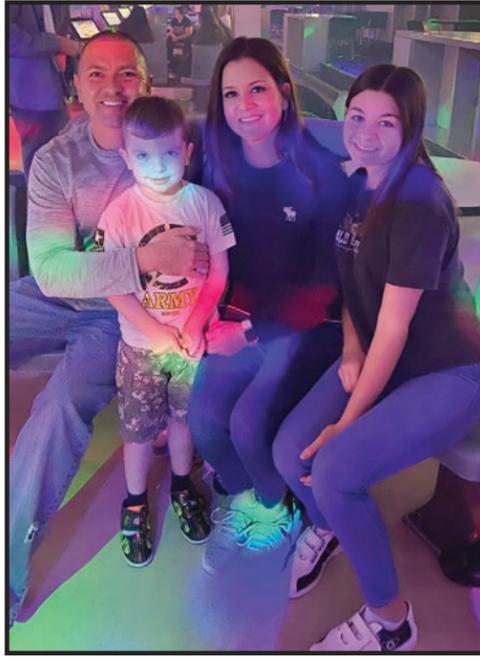
been accepted or not. Little did Tandie know, when she woke up on the morning of January 21st, that she would soon be blessed with more happiness than she could contain. First, their offer on the home was accepted and the realization that the house Tandie had spent a year and half working in as the cleaning service, would now be HERS was absolutely outstanding to her! She was already walking on air as she went about her typical work day, when Luis called and asked Tandie to meet him at the house right after work. She initially declined his request, thinking they had to prepare for a meeting that unbeknownst to her, Luis had already cancelled for that evening. Luis persisted and

said, "Damian wants to show you something in his new room." Tandie could never say no to her sweet, young stepson, so she hurried over.

Upon arrival, Tandie noticed the door was cracked open. She walked into the foyer and jokingly said, "Honey, I'm home!" It was then, that Luis stepped out, holding a beautiful bouquet of red roses, with a great big smile on his face. Luis told her, "I don't want to purchase this home without you being my wife, but we come as a package." At that moment, Damian walked out of his room holding two ceramic plates that held the couple's rings. Luis got down on his knee and proposed. Tandie smiles as she recalls, "Of

course, I started to cry and said yes! He purposely proposed at the foyer to remind me every time I walk into our house that this is where he professed his love for me. We both have finally found our true love, being able to purchase this dream home will allow our blended family to build great memories."

The happy couple got married on February 17th, 2021 and closed on their new home in March. Dreams really do come true for those that believe and this is a story of one such couple that most certainly deserves their happily ever after.



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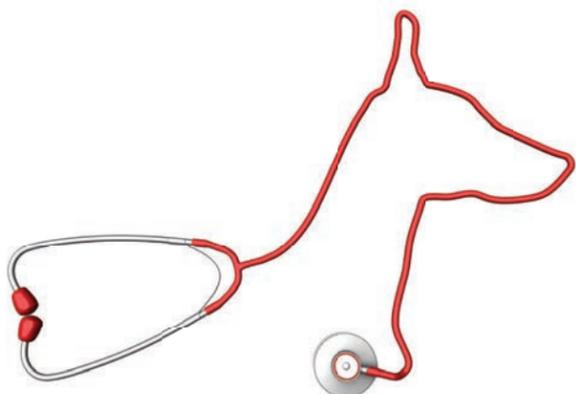
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Here at the Animal Care Center, we want to ensure that you keep your pets safe from the summer heat. One of the most overlooked risks is heatstroke, which is an acute, progressive, life-threatening emergency characterized by an increase in body temperature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

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

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

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

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

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



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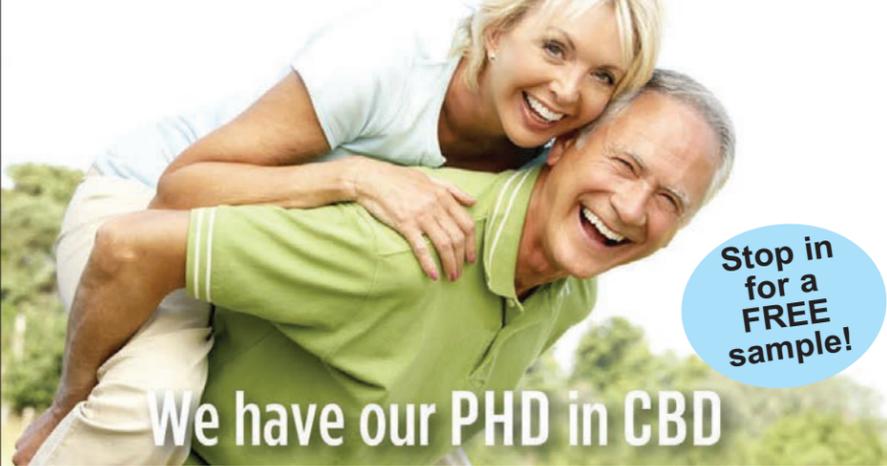
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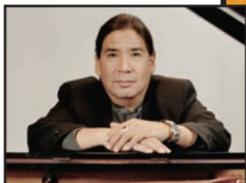
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# TuSimple – The Cutting Edge in Driverless Trucks

Written by Guy Atchley

Some time in the coming year as you're driving on I-19 and I-10, it's entirely possible that you'll look over at the semi-truck in the lane next to you and come to the shocking realization — there is no driver. Even now you may see a semi-truck with a person behind the wheel, and not know the truck is actually driving itself. That person is there as a safety driver, and another guy in the passenger seat is an engineer to make sure all is well. If the truck has the name TuSimple on its side, you can be certain you're looking at history being made.

It is now a forgone conclusion that driverless vehicles are the future, and TuSimple is on the cutting edge when it comes to driverless semi-trucks. To be clear, TuSimple does not build trucks. What it does is equip trucks with the technology to make the 18-wheelers autonomous. The company that will eventually build the trucks equipped with TuSimple technology is Navistar. The goal for production to begin is 2024. In the meantime, round-the-clock testing continues.

Although the company is based in San Diego, its new plant in the Tucson suburb of Vail is where the trucks originate for their test runs. Robert Brown, Senior Director of External Affairs for TuSimple, says California law currently precludes driverless trucks, so the company's highway tests are in several states that welcome the technology, including Arizona, New Mexico and Texas. TuSimple also has several partners so the trucks actually have cargo. UPS, McLane Company, Inc. (a Berkshire Hathaway company), and U.S. Xpress are among them. Brown says, "We're working very closely with our partners on the technology that we're developing for the 2024 factory-built truck by Navistar. When it rolls off the factory line, it can scale seamlessly within our partners' network. Our current fleet of 50 trucks is retrofitted Class A trucks that you see every day on the road."

Brown says he wants to be crystal clear that the company takes safety very seriously. He says each operator goes through six months of training before getting behind the wheel. And then the safety engineer adds another set of eyes as well as technical expertise. TuSimple also works closely with DPS and ADOT. The company hired a retired DPS officer, Gary McCarthy, to help monitor the testing phase.

Brown says, "TuSimple trucks are



equipped with a powerful perception system comprised of HD cameras, radar and something called Lidar. Lidar is a survey method measuring distance to a target by illuminating the target with invisible laser lights. Meanwhile, the radar comes in handy during bad weather, such as dense fog, sandstorms and heavy rain. But the HD cameras are the backbone of the technology. A multitude of cameras provide a 360-degree awareness around the entire vehicle, allowing the virtual driver to plan 30 seconds ahead and keep the vehicle away from danger."

The system is redundant so that the truck's perception is not totally dependent on any one technology. Lidar has its strengths, but it also has its weaknesses. It's efficiency recently came into question when a self-driving Uber vehicle struck and killed a bicyclist in Tempe.

Even so, autonomous technology never drinks, never texts and never gets tired. And TuSimple says it has developed a level 4 autonomous system that can see more, process more and react faster than any human. TuSimple says the virtual driver reacts 15 times faster than a human driver. A human takes 1.5 seconds to see a problem, understand the situation and react to it. On the other hand, the virtual driver can see, identify and react in as little as 0.1 second, day or night, rain or shine.

The perception system also remains alert for dangerous drivers with behaviors we've all witnessed. The

driver who might cut across two or three lanes in front of the truck. Motorcyclists who might speed in between the truck and the car in the next lane. The truck is trained not to simply slam on the brakes. The truck also detects railroad tracks, paying attention to the lights and whether a train is approaching.

The company does want their virtual driver to be humanlike in one way. And that is politeness. Brown says, "You know our truck is polite. It changes lanes or slows down when there's an emergency car or disabled vehicle in the breakdown lane. It merges. It drives surface streets, so it really has progressed over the last few years."

How important are trucks? They represent an 800-billion dollar industry. There's a saying: If you bought it, a truck brought it. And with the advent of Amazon, the need is growing even greater.

However, this comes at a time when the U.S. is facing an estimated shortage of 50,000 truck drivers that could balloon to 200,000 in the next few years. Covid-19 certainly has increased the strain, but more stringent government regulations on drug abuse has led to a lower number of drivers. Plus, many older drivers are simply leaving the industry. Trucking companies have found it more difficult to recruit young drivers who really don't want to

sacrifice family time for long hauls. The virtual driver solves this problem while cutting labor costs.

TuSimple CEO Cheng Lu says labor represents about 40 percent of the costs in trucking, which is a low-margin business. Fuel costs come in at 30 percent. According to Lu, autonomous trucks could allow for a profit margin of up to 50 percent. With a human at the wheel, a cross-country trip might take five days. But with 24/7 technology, an autonomous truck can make the trip in two days.

Mo Fitzgerald, a test driver for TuSimple, says, "This is going to take the boring, monotonous driving out of the trucking equation." Technology will get the truck from hub to hub, but then a local human driver will take over and get that truck and its cargo the final mile into the city. "This truck never gets tired, never has to go to the bathroom. It just drives straight down the road and ends up right where you want it to go. And it does it 15 times safer than any human can do it. This is the wave of the future."

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# Better Brain...Better Life

Written by Bill McCreery and Regina Ford, Posada Life Services

We all want to be happy and feel good as we grow older. Besides a healthy body, maintaining a healthy brain should be on the top of our bucket list of things to do to remain vibrant and active mentally and physically as we age.

Although it's normal for brainpower to decline as people age, studies show that it's not inevitable. Some people remain cognitively sharp into their 80s, 90s, and beyond, defying the common assumption that cognitive decline is a natural part of aging.

Take singer Willie Nelson, for example. This 87-year-old, famous for writing "Crazy," and recording a duet, "To All the Girls I've Loved Before," with Julio Iglesias, is still sharp and witty. According to his agent, Willie continues writing lyrics over text messaging.

Dancer, singer, and Oscar winner Rita Moreno, 89, will be in the *West Side Story* remake in 2021 and starring in a role created just for her.

Composer John Williams, 88, who wrote movie themes for blockbusters like *Star Wars*, *Jaws*, *Raiders of the Lost Ark*, *E.T.*, *Jurassic Park*, *Superman*, and others, continues to write music. He won the 2020 Grammy Award for "Best Instrumental Composition" for *Star Wars: Galaxy's Edge Symphonic Suite* and his 52<sup>nd</sup> Oscar nomination for "Best Original Score."

We may not be winning Oscars or dancing in front of Broadway crowds, but our lifestyle has a profound impact on our brain health. What you eat and drink, how much you exercise, how well you sleep, the way you socialize, and how you manage stress are all critically important to your brain health.

"You can fight off memory loss and



your memory can remain strong and even more robust as you age, if you live a brain-healthy lifestyle," says Dr. Paul E. Bendheim, author of "The Brain Training Revolution."

AARP's Global Council on Brain Health recommends following their five pillars of brain health: move (exercise), relax (sleep enough and avoid stress), nourish (eat well), discover (think and learn) and connect (socialize).

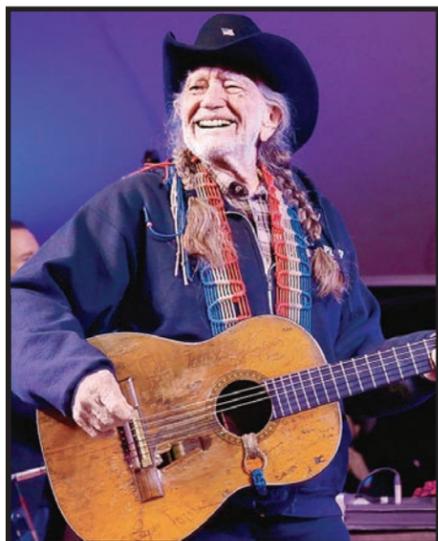
- **Start moving:** One of the best ways to protect your thinking skills is to exercise. Stamina-building activities like walking, swimming, cycling, hiking, and fitness center-based activities such as dance, pilates, pickleball, and water aerobics all benefit your brain, heart, muscles, and mood.
- **Eat well with a healthier diet:** The best diet for your brain is the one that's good for your heart and blood vessels. That means eating lots of fruits (especially blueber-

ries and strawberries), vegetables and legumes (including dark leafy greens like spinach and kale), and whole grains; getting protein from fish with omega-3 fatty acids; and choosing healthy unsaturated fats (olive oil, canola) over saturated fats (butter).

- **Get more sleep and manage stress.** Medical research shows that people who sleep less than seven hours a night have a higher risk for dementia. During sleep, the brain clears out waste material, including excess amyloid protein, which contributes to Alzheimer's disease. Seek medical help or counseling for unmanaged or prolonged stress which may contribute to many health problems, such as high blood pressure, heart disease, obesity and diabetes.
- **Socializing:** Engaging with others has important brain benefits. Research shows that people who report having more companion-

ship and more emotional support have a lower risk for dementia and stroke. A Mayo Clinic study reports that "socializing not only staves off feelings of loneliness, but also it helps sharpen memory and cognitive skills, increases your sense of happiness and well-being, and may even help you live longer."

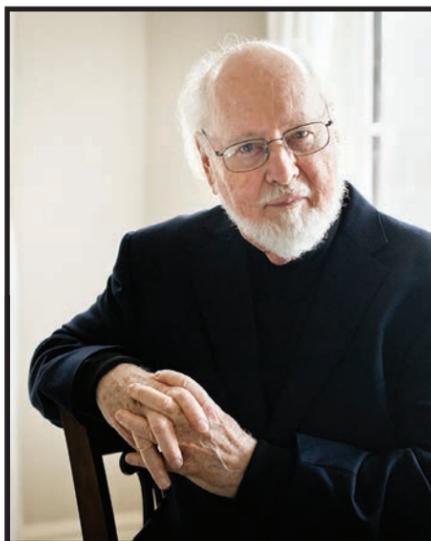
- **Learning and discovering:** Adults need to keep their minds active, especially as they grow older. In fact, learning is a mentally demanding skill that can improve cognitive functioning and slow down aging. Learning in later life promotes 'neuroplasticity' (the brain's ability to develop new neural pathways). Classes are great ways to do this. They engage cognitive skills, such as visual comprehension, short- and long-term memory, attention to detail, and even math and calculations which goes a long way in improving your brain health. Spending time on something creative – whether learning to play an instrument or learning another language has threefold benefits. It acts as a distraction from stress; it allows you the headspace to reassess your problems; and it builds up self-esteem and confidence when you meet and overcome your challenges, increasing your mental wellbeing and happiness.



Willie Nelson



Rita Moreno



John Williams



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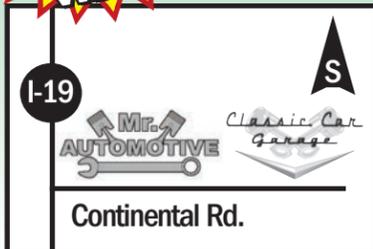
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# The History of Radiology Ltd.

Have you ever wondered “what is radiology”? Maybe not until just now, or perhaps when you first received a referral from your doctor. In short, radiology utilizes various sophisticated machinery to get a clear picture of what is going on with you, your organs, your joints, or any part of you that may have something going on and is not easily seen with the naked eye. Radiology allows doctors to diagnose and even treat a myriad of conditions.

It all started in 1895 thanks to a man named Wilhelm Roentgen. After experimenting with passing electric currents through glass, an incandescent green light emerged. That green light passed through most substances but left shadows of solid objects. In the beginning, the X in X-ray stood for “unknown” because Wilhelm Roentgen did not know what the rays were. Eventually he practiced this new ray on human tissue, the most famous X-ray on record is an image of his wife Bertha’s hand. News of this discovery spread quickly worldwide, and many more inquisitive researchers started investigations of their own. By the 1930s radiologic treatments had begun, and as the years continued more and more medical imaging advancements were achieved.

The exact start date of Radiology Ltd. can vary when we dig deep into our archives. Perhaps that is an appropriate marker of our history, always moving, shifting, and going forward. Our best collective efforts point to 1933 when Dr. Edward Hayden began his own radiology practice in Tucson. He had spent many years being primarily responsible for the X-ray department at the Desert Sanatorium (now known as Tucson Medical Center). In 1946, Dr. Arthur Present joined forces with Dr. Hayden and the two built an imaging facility of their own. By 1959 they had expanded to eight radiologists and had outgrown their original facility.

In the 1960s radiology was rapidly expanding, and a brand new medical specialty had emerged: Interventional Radiology. Interventional Radiology allows doctors to use

medical imaging to guide minimally invasive surgical procedures. Then called Special Procedures, the bustling practice recruited multiple graduates trained to provide these services. At the dawn of the 1970s, developments in radiological technology were in full swing. It was during this decade that the group officially became known as Radiology Ltd., and continued to expand to keep pace with the growing Tucson community. In 1975, Tucson Medical Center acquired the first CT Scanner in Southern Arizona. CT, which stands for Computerized Tomography, combines a series of X-ray images taken from different angles around the body by using



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computer processing. This process creates cross-sectional images and provides more detailed imaging when an X-ray alone may not be enough. Those first CT scans in Tucson were read exclusively by Radiology Ltd. radiologists. In 1976, Radiology Ltd. began to perform diagnostic ultrasound. Also known as sonography, ultrasound utilizes sound waves to produce images of structures within the body. Once again, Radiology Ltd. was on the cutting-edge of medical technology advancement.



In the 1980s Magnetic Resonance Imaging, or MRI, was the next advancement in radiology. An MRI uses powerful magnets, radio waves, and computing to generate detailed images. Radiology Ltd. helped bring the new technology to Tucson. In

1999 the first “Open” MRI was installed at a Radiology Ltd. facility. Open MRI offers the same imaging as an enclosed capsule, but uses a magnet at the top and bottom to allow more space around the patient receiving the scan. In 1999, Radiology Ltd. became the first practice in Tucson to provide interventional neuroradiology services. These procedures offer minimally invasive techniques and treatment for the brain and spine. Conditions treated by interventional

neuroradiology include stroke and aneurysms. By the early 2000s Radiology Ltd. had expanded to operating multiple facilities in Tucson and made way for fully digital imaging.

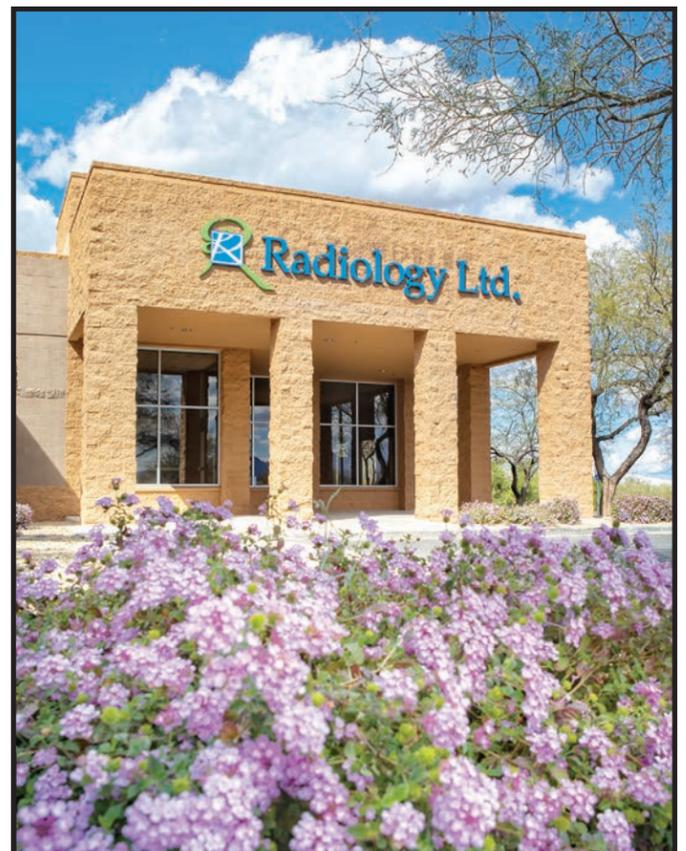
In 2019 we opened our Green Valley location on Continental Rd. This new center gave us the opportunity to provide Green

Valley patients with Radiology Ltd. services while eliminating the extra step of traveling to Tucson. Now in 2021 we are excited to announce that our services in Green Valley are expanding. Radiology Ltd. has a new, second Green Valley imaging center, located at 400 W. Camino Casa Verde.

The practice of radiology and medical imaging continues to get more sophisticated. Radiology Ltd. prides itself on staying at the forefront of this rapid advancement, and is dedicated to providing superior imaging services for everyone in Southern Arizona.

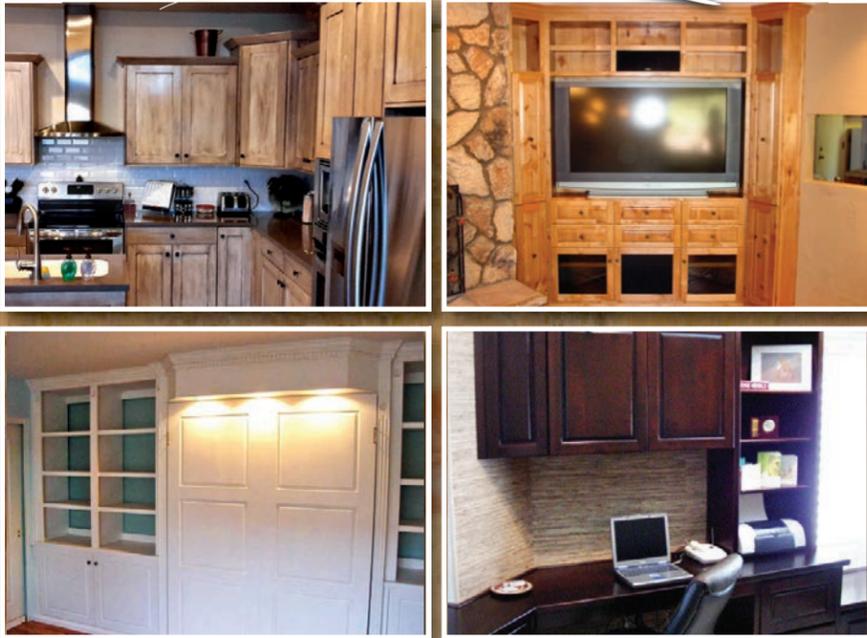
As we look to the future, we recognize our doctors and staff who have allowed us to come this far. At Radiology Ltd., we show compassion and respect for every patient, and we strive for excellence in everything we do. We are grateful to our Southern Arizona community for the many decades of trust they have placed in us to be their radiology and medical imaging provider of choice.

If you would like to learn more, visit our website at [www.radltd.com](http://www.radltd.com)



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# “Oh, the places you’ll go...” Pima JTED Offers New Pathways for Local High School Students

Written by Ramona Scheopner



The new JTED campus is nearing completion.

“Oh, the places you’ll go...” is a famous saying in the beloved Dr. Suess book. This quote has been used many times over in high school graduation speeches across the country. Many families in the community this year are helping their students’ make plans for their future. One path many students have chosen is through Pima Joint Education District or Pima JTED.

The concept of developing a program to help young adults gain early education obtain much needed jobs in the Career and Technical Education (CTE) field was approved by voters in 2007. Pima JTED offers another avenue other than enrolling immediately into a college or university. This program is designed as a pathway for graduating students to experience and discover more about their field as they get ready to pursue their goals and further their education. Pima JTED pairs with educators and businesses, offering CTE programs in certain areas. This joint program has not only grown in graduates and helped to guide them in their field, but has been successful in contributing to the economic market as well.

JTED currently has CTE programs in Health Science, Hospitality Education and Human Services, Industrial Technologies, Public Service, and Science and Engineering. Within each of these areas are specific programs. Overall, Pima JTED currently has 48 tuition free programs that current high school sophomores, juniors, and seniors may enroll in. Pima JTED offers guidance counseling beyond the local district’s high school counselors that help each of its students in their successes. Don Ruedy, who is a

member of the Business and Industry Committee (BIC) and part of the AZ Tech Council, shared his thoughts on their guidance counseling. Ruedy said, “Many high schools either don’t have or are unable to meet the needs of the high school population. One thing that sets JTED apart is their strong guidance counseling and staff.” Ruedy went on to explain, “I like to think of CTE as an option to either checkout or pursue a career, plus be able to earn a living should you decide to pursue a degree. JTED has changed so many lives and given kids a purpose, with many deciding to continue their education.” This support has helped the growth of the individual student to become a success.

As the Pima JTED program grew over the years, so did their campuses and the availability to communities and students. Currently, Students can attend central campuses throughout Pima County, or satellite locations, which are located at all public high schools in Pima County, Santa Cruz Valley, Nogales, and Mammoth San Manuel.

Pima JTED took it’s concepts for stu-

dents, the working force, and education one step further in its newest site called, Innovation Tech High School, located at 3300 S. Park Avenue in Tucson. This site is one of a kind, partnering with TUSD to create a high school/Pima JTED hybrid. Students who attend this site not only enroll in the courses they need for their JTED program, but they also attend the core classes they would normally take at another high school site, contextualizing their learning. The core subjects they attend at Innovation Tech High will correlate with whatever CTE program they are enrolled in, therefore enriching their education in that field even further.

Preparing our young adults to have the opportunity to engage in their future at younger ages has immeasurable benefits. One such example is Sahuarita High School Junior Catie Rupp, class of 2022. Catie is currently enrolled in the Veterinary Technician Program offered through Pima JTED. Catie said, “I knew early on I wanted to do something with animals but also knew I wasn’t sure about studying to become a veterinarian.” In Catie’s freshman year, she volunteered at Equine Voices, a home to help rehabilitate horses

and burros who have been abandoned, abused, and/or neglected. In her sophomore year, she had the opportunity to volunteer at Green Valley Animal League, a local no kill animal shelter that adopts to families. Their organization is run primarily through a volunteer base that walks, cleans, and takes care of the animals. Equine Voices and GVAL helped Catie to see that her career was definitely with animals and Pima JTED has offered a tuition free pathway to obtain her goals. When Catie graduates in May of 2022, she will be able to apply for positions in her field, or be able to work, earning a salary, and pursue further education.

Pima JTED has offered motivated young people a bridge to connect their high school learning with an immediate career or area of study upon graduation. This year Pima JTED will be celebrating its 100,000th graduate. It is nice to see a voter approved program that values education, local business, jobs, and the successes of our future generation. As to the future class of 2021, “Oh, the places you’ll go!”

For detailed information on Pima JTED go to [pimajted.org](http://pimajted.org)



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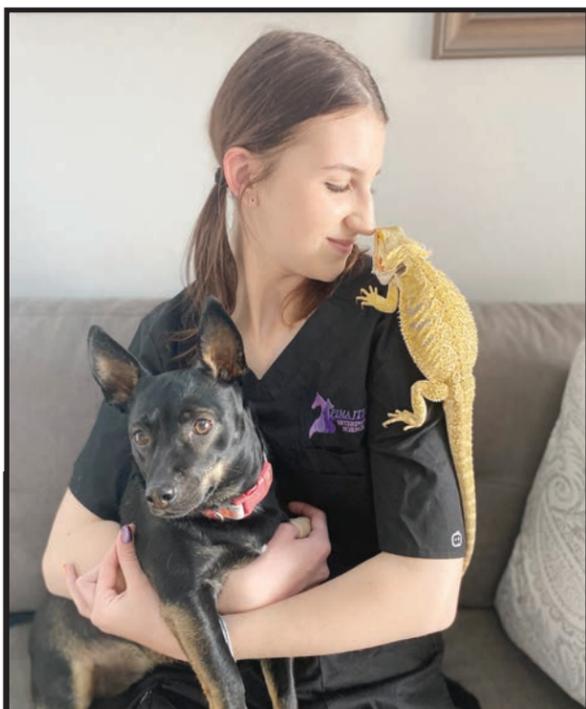
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Catie Rupp, with her bearded dragon Sherlock, and her dog Daisy.

# Where to go NEXT

Written by Bon Voyage Travel

# Bon Voyage Travel

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With so many unique destinations to discover around the globe, let us help you craft your ultimate travel wish list. Here are our favorites.

## PERU

Peru is a land filled with vibrant indigenous culture and ancient Incan wonders. Step back in time through the country's fascinating history with a visit to Cusco, Machu Picchu, or dive deeper with a trip to remote villages. **NOT-TO-MISS EXPERIENCE:** To truly appreciate the vast collection of cultures that have shaped Peru, visit Lake Titicaca. Sail to the man-made Uros islands, created from the buoyant totora reeds that grow on the shores of the lake. The islands are home to indigenous peoples with unique customs and traditions. Immerse yourself in these floating settlements and learn about island life from its resourceful residents.

## ZAMBIA

Zambia is filled to the brim with unbelievable scenery and incredible wildlife. Go on a life-changing safari, spotting lions, giraffes, rhinos, and so much more. **NOT-TO-MISS EXPERIENCE:** If you're passionate about conservation, volunteer at Kafue National Park to help research and protect orphaned elephants. After visiting an Elephant Nursery for an introduction to the program, you'll set off with a team to monitor elephants, track wildlife and help collect data. You can even stay in the park overnight, where curious elephants might say hello!

## WESTERN AUSTRALIA

In Perth, you can swim with dolphins, stroll around Queens Gardens and Kings Park, or take a ferry ride over to Rottnest Island. In Albany, go on a sightseeing flight for a birds' eye view or climb Bluff Knoll in Stirling Range National Park. Everywhere you look, there's more to uncover. **NOT-TO-MISS EXPERIENCE:** Sip world-renowned wine at famous wineries and exclusive estates along the Margaret River. Go behind the scenes to learn about the process, from growing grapes to pouring a glass. Cheers to new beginnings and celebrate your indulgent adventure in Australia.

## ANTARCTICA

Venture to the edge of the Earth with a trip to Antarctica, coldest and most re-

mote of all continents. Marvel at amazing icebergs, abundant marine wildlife, and stunning wonderlands at ever turn. **NOT-TO-MISS EXPERIENCE:** To truly experience this frozen world firsthand, go on a one-of-a-kind adventure with Quark Expeditions and camp overnight in the snow. Expert guides will show you how to find wildlife, each with their own way to survive some of the most extreme conditions on the planet

## SICILY

From awe-inspiring architecture to bustling markets and nightlife, Sicily is a paradise for both history buffs and modern explorers. Try handcrafted pasta and pastries as you discover towns full of vibrant people and culture. **NOT-TO-MISS EXPERIENCE:** Explore Taormina, aptly nicknamed the "Pearl of Sicily". Perched on a hilltop on the east coast of Sicily, Taormina has gorgeous cliffs, coves, and sandy beaches. Discover the unique history of the city at the Teatro Antico di Taormina, an ancient Greco-Roman theater still in use today, and sit where audiences have been entertained for thousands of years.

## NORWAY

With their Viking heritage, farm-to-table delicacies, and wild beauty around every corner, Norway is one of the most striking destinations in the world. With professional guides leading the way, you can explore epic waterfalls, stunning cliffs, and majestic mountain peaks all in one day. **NOT-TO-MISS EXPERIENCE:** Go on a panoramic helicopter tour in Lysefjord for once-in-a-lifetime views of Norway's natural wonders, like Månefossen, one of the largest waterfalls in the country. Land in the mountains to hike up to Kjerag, the Majesty of Lysefjord, and if you're brave enough, you can venture out to famous Kjeragbolten, a boulder wedged in a mountain crevice 1084 meters above the ground. From the helicopter ride to the breathtaking views, you'll always remember this heart-racing adventure.

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# Are You Getting Enough Fiber (Optics)?

Written by Susan Stein Kregar

Just like your digestive system runs best on plenty of fiber, so does your internet. Of course, I'm not talking about feeding your computer a bowl of Raisin Bran, but complementing it with fiber optic internet technology.

So what is fiber optic internet technology?

Now known simply as "fiber," in terms of technology, it is a broadband connection that can reach the speed of light at approximately 186,000 miles per second. Fiber networks carry laser light information signals from hundreds of hair-like strands of glass to send pulses of light to carry data directly into a home internet-enabled device. As the laser-generated pulses of light reach the subscriber's home. The light signal is then converted to copper cable which connects to devices in the home.

Whereas, as HighSpeedInternet.com explains, "cable internet is delivered using copper coaxial cables—the same cables that deliver cable TV. These cables are made of a copper core, an insulating sheath, aluminum and copper shields, and an outer plastic layer. The copper core carries data in the form of binary electrical signals.

The way these copper cables are deployed means that several homes or a whole neighborhood could be using the same cables for internet and TV access. Basically, they all share bandwidth. That can lead to internet slowdowns and network congestion when several connections are in use at the same time."

Cox Communications uses a hybrid network which utilizes both fiber and coaxial cable. They note that regardless of fiber or coaxial based networks, they share common circuits at some point in the neighborhood, unless you have a dedicated fiber circuit which is typically used for businesses with high usage needs. Additionally, networks can say fiber is used throughout the network, but coax is used up to the home (typical with many other providers) therefore "hybrid" to deliver internet services.

Fiber-optic is not new technology, It was first used in telecommunications in the 1970s. In 1988, fiber-optic cables were laid beneath the ocean, connecting the U.S. to Europe. As more lines were laid around the globe, a huge network of fiber-optic cables was formed allowing high-speed and reliable transmission of data. As technology advanced, it became more cost-effective to install fiber lines than traditional copper lines.

Fiber optic networks are expanding rapidly across the world and directly into homes.

"Cox's 18,500-mile hybrid fiber network throughout Phoenix and Southern Arizona provides homes and businesses with digital television, high speed Internet-including GIG speeds, home networking, telephone service over its own nationwide network," said Lisa Lovallo, Southern Arizona Market Vice President, Cox Communications. "The Cox network provides valuable services to Sahuarita and Green Valley, as well as throughout Southern Arizona, that keep our neighbors connected to family, school and work."

Fiber is ideal for multiple users to connect several devices at once. Because of fiber's faster speeds, buffering, which refers to the loading time that occurs when a video pauses and has to catch up, is significantly minimized compared to a purely copper network.

Especially over the past year, households have had more people in them at one time for longer periods. They are surfing the internet, gaming, video chatting, and streaming music and video at the same time. Therefore, improved bandwidth and speed are critical.

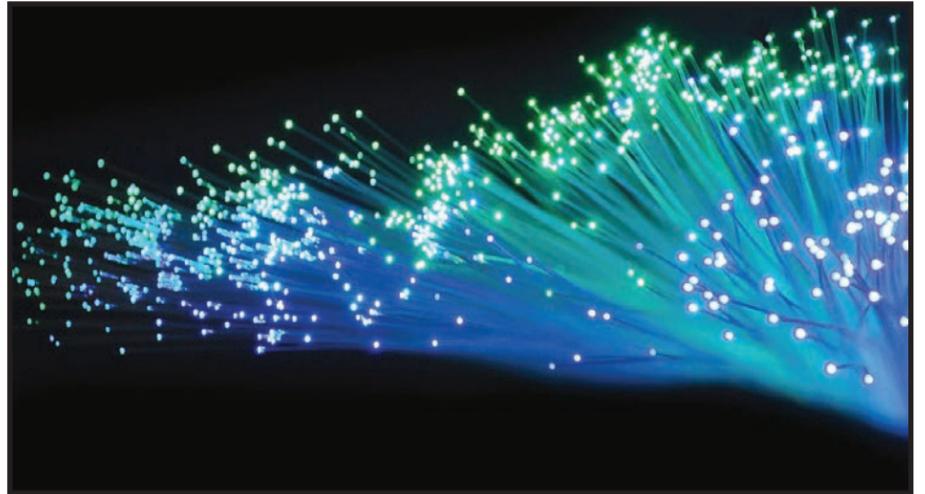
Benefits of fiber include:

- Uploading and downloading files and media quickly.
- A smoother online gaming and video chatting experience.
- Backing up an entire hard drive to the cloud, including large photos and videos takes minutes instead of hours.
- Fiber-optic cables are not as susceptible to severe weather conditions. They also resist electrical interference more effectively, resulting in less outages.

Remember the dial-up internet days? Can you hear the humming of the phone line? You could drive to work, work a full day, and drive home in the time it took to download the homepage of *People* magazine. CenturyLink estimates out how long it would take, on average, to download a 6.5 GB media file by Internet type:

- Dial-up 11 days
- DSL 1 - 14 hours
- Cable 1 minute - 14 hours
- Fiber or 1 GIG internet - about 1 minute.

Thank goodness dial-up is dead (at least in most areas).



Fiber optic strands. Photo Credit: Visor6g at Pixabay

So, how do you know if you need more speed?

- Multiple people are using devices to stream TV, game, and video chat at the same time.
- There are multiple smart devices running such as smart TVs, a thermostat, appliances or a security system.
- You think two minutes is too long to wait for a download.

... then you just may need fiber (GIG service) to get the speed you are looking for.

Cox Communications reports there are approximately 400,000 prod-

uct subscribers, with residential and business digital television, 1G high speed Internet, security systems and digital telephone service over its own nationwide IP network in Southern Arizona. If fiber internet is not available in your neighborhood yet, it will be soon.

Their internet service starts at \$29.99 a month. Select from a variety of levels of internet speeds to fit your needs.

Bottom line, fiber delivers the fastest speeds, and is less susceptible to high-traffic slowdowns than cable. If fiber is available for your home, pair it with your high-fiber cereal at breakfast and get off to a lightning fast start each day.

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# Mia Hansen: A Woman on a Roll

Written and Photography by Guy Atchley

Perhaps the first thing you notice about Mia Hansen is her sass, and I mean that in a good way -- what Merriam-Webster describes as an appealingly exciting, lively, or spirited quality. She is all of the above, and it must be because her life is all about helping other people. Specifically, people who need wheelchairs. One of those people just happens to be her brother.

“My brother Mark was injured when he was 21 years old and I was 18. He dove into a river and unfortunately hit a log. He broke his cervical five and six vertebrae, which severed his spinal cord so he instantly became a quadriplegic at the C 5-6 level. That’s 43 years ago.”

Today brother and sister work side-by-side to make sure people who need wheelchairs have wheelchairs. They do a lot of this while working in an organization called Southern Arizona Adaptive Sports, also known as SAAS, or phonetically speaking sass. You see what I did there.

SAAS is a small, nonprofit organization based in Tucson, but serving all of Southern Arizona. Mia says,

“We provide opportunities for people to get involved in adaptive sport. And that means any kind of a sport that might take a little bit of changing or adapting for someone, maybe with limited mobility. People who are wheelchair users or people who have limb loss or might use a prosthetic leg.”

“We also have adaptive cycling so we have a collection of handcycles and recumbent trikes which we loan out to people so adaptive sports is really our main focus, but along with sports we also do a whole lot of other stuff like services and outreach. We have a collection here of donated wheelchairs so you can see everything from manual folding hospital chairs to some really beautiful heavy duty power chairs that have been donated to us through our networks. They come from families who no longer need the items or through people who are wheelchair users who



have an extra two or three or four sitting in the garage.”

All of this got started because Mia and her brother sensed a real need in the community. People were looking for outlets to get out and recreate, but the question for people with limited mobility was how? Mia says, “We have actually started to identify people in Green Valley and the surrounding communities that didn’t know we existed and they’re very happy to have a chance to try the equipment.”

Mia says, “One of our best wheelchair tennis and softball players is George Norton from the Green Valley area. He’s retired now, probably due to shoulder injuries, more than anything else. I think he’s up in his upper 70s, but a great, great athlete. George has been so wonderful to our program. He’s donated a lot of his old equipment to our program. George is a veteran. And many of our athletes are also military veterans, and so he has participated in the Veterans Wheelchair Games for I think 20 years. So, I want to give a shout out to George and Winnie.”

“We have a gentleman named Steve O’Brien who’s also a veteran, a Marine Core vet. He’s got a complete spinal cord injury, so he’s paraplegic. He has a unique golf cart that is built as real-

up-and-play golf cart. He can drive it up on the greens all over the golf course, and then he presses a couple of buttons and it stands him up with some braces and belts. Of course, in this standing position, he can drive or chip or putt. He’s really an incredible golfer, and we’re giving lessons to people who would like to try golfing from a machine like that.”

Mia says it all comes back to the equipment and being able to adapt. In her words, “You can adapt to anything. It takes equipment, and it takes not having any fear, not being afraid of trying. I think that’s kind of key, so in our organization we try to remove the barriers. First, we get rid of the equipment issue. Hey, here’s the equipment. Now what’s your excuse? If you say you can’t get there because you don’t have transportation, we’ll come and pick you up. We just happen to have two vans, which were donated to us for that purpose. So, the question remains: what’s your excuse?”



Oh, there is one other question: how can you help? Mia says, “If anybody out there has wheelchair in their garage that’s gathering dust, or a walker, or canes, crutches, or a box full of medical supplies, we can put them to good use.”

Mia Hansen is always available by phone: 520 370 0588. Her email: miajhansen08@gmail.com. The web site is: sozadaptivesports.org

**Be on the lookout for the GVR Course Catalog and the GVR Summer Arts & Entertainment Online Brochure!**

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Please visit [www.gvrec.org/classes](http://www.gvrec.org/classes) for updated registration procedures.

# Cool Your Jets, Mister

Written by Rosie Romero, Rosie on the House

Spring is the time when Arizona homeowners need to prepare for summer. Whether it's a new barbecue, patio furniture, or cushions for the chairs, consider adding something to keep you cooler so you can enjoy those things year-round. A misting system is a great solution for Arizona's dry climate.

## How does a misting system work?

Water is pumped by a motor at very high pressure through stainless steel tubing. That water then comes out of specially designed nozzles that release the water in a micro-fine mist. As the water evaporates, you feel dramatically cooler. The evaporation can also remove odors, pollen, dust, and fungus from the air.

Misters can cool an outdoor living space by 30 degrees. That makes grilling, dining, watching TV, or socializing in the summer more bearable – even enjoyable.

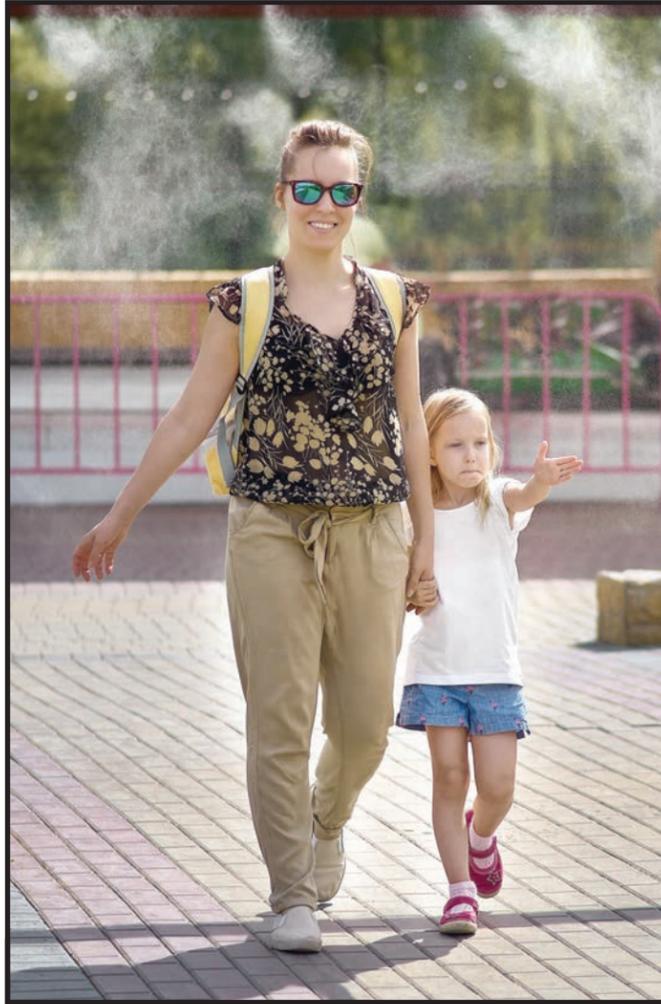
## When shopping for a system:

- Look closely at the quality of misting systems before purchasing. Inexpensive residential systems are generally made of cheaper products like PVC. The water is not atomized, thus resulting in water soaking all nearby surfaces. A commercial quality system will leave your porch cooled evenly, with no wet surfaces.
- Look for a pump that will push the water through the tubes at 1,250 pounds per square inch (PSI). The high pressure produces the finest mist and the finer the mist, the cooler the air. Lower pressure will not atomize the water and result in wet surfaces.
- Choose industrial-grade pumps and motors with low revolutions per minute (RPM) as they are cheaper to run.
- Make sure the distribution lines are made of stainless steel and the nozzles are made of ceramic. PVC and

copper are not good choices.

- Check out the warranty and guarantee carefully. A well-maintained, high-quality system should last many years.
- Perform regular maintenance such as cleaning nozzles by them soaking in vinegar regularly. On a system with filters cleaned or replaced annually and using softened water, an annual cleaning in early spring is enough. Professional maintenance on the motorized part of the system will increase the life of the system. **Note:** your system will also last longer if you use softened water for misting.

- The cost of the pumping plus the water for one hour of use on a medium-size patio should be much less than running your central air conditioner for one hour in your house.
- Overhead misting fans can be added to the system as well. They should deliver mist in a 360-degree pattern.



Misting systems make spending time outside in the heat more comfortable. Photo courtesy of Shutterstock

Be creative! Use a mister to add drama and comfort beyond the patio. Here are some ideas:

1. Add a fogger. If you already have a mister, you can add a \$250 feature that pumps fog over your pool or around a backyard waterfall, pond, or fountain. You can rig the device so the fog looks like it's cascading down the waterfall. *A bonus:* The fog helps cool the air over a pool. For

extra drama, add colored lights near the foggy area.

2. Direct your mist upward. Most patio misters cool from the top down. But, if you want to stay cool in a lawn chair under an umbrella in a grassy area away from the patio, have them installed in the ground so they send the cool air upward. Misting systems can be designed to work from any angle.

3. Cool the pool. Insert misters around the pool deck so they spray into the pool, which helps cool off swimmers on the hottest summer days. Or install them around the pool deck near your favorite lounge chairs.

4. Remember your animals. You can put misters around stables, dog kennels, and dog runs to keep your horses and pets cool on hot days. Select a model with a remote control or timer so the nozzles operate only during the hottest times of the day.

5. Keep down the dust. A backyard with a sandy volleyball court is a nicer playground when a mister is doing double-duty to control the dust. Ground-installed misters also work to control construction dust during a home remodel.

6. Build it in. If you're building a new home, have your misting system installed during construction rather than after the house is finished. That way, you can hide the lines inside the walls.



A misting system can lower the temperature under the patio by 30 degrees. Photo courtesy of Shutterstock

The cost of a misting system varies greatly. The materials, compressor, pipes, and spray heads, plus labor costs, will run around \$2,500. A misting system is an investment -- one that will last much longer than a week-long, out-of-town vacation.

For more do-it-yourself tips, go to [rosieonthehouse.com](http://rosieonthehouse.com). An Arizona home building and remodeling industry expert for 35 years, Rosie Romero is the host of the Rosie on the House radio program from 8 a.m. to 11 a.m. Saturdays on KGVY 1080AM 101.5FM.

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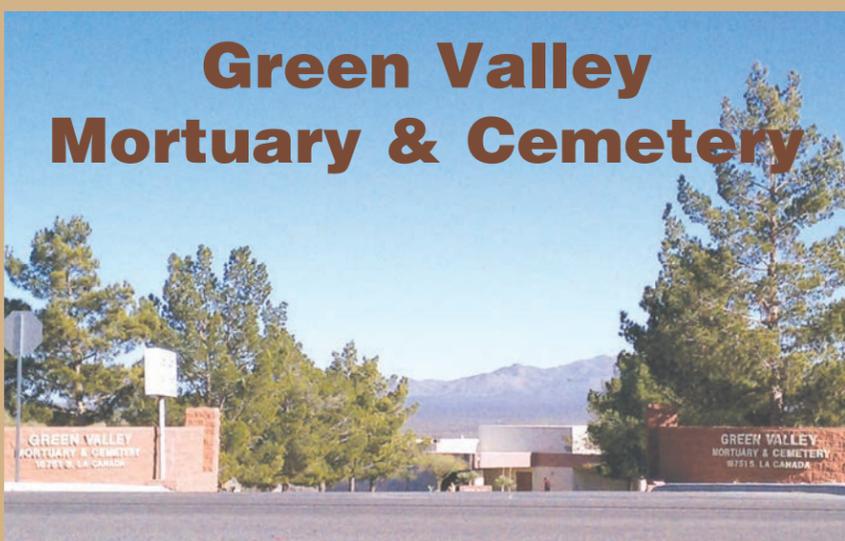
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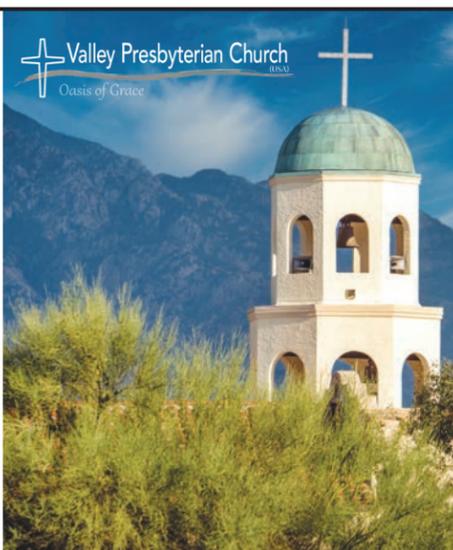
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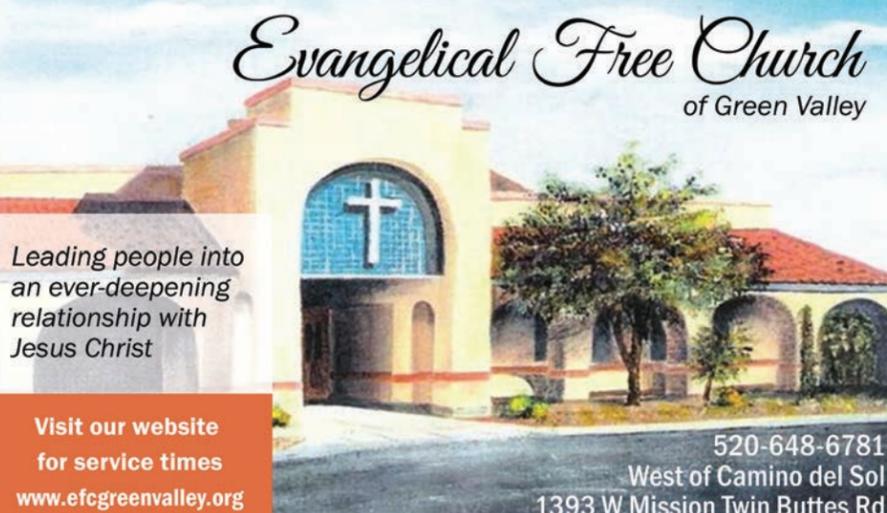

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This column is provided by Westgate Garden Design 829-0399

# gardening tips

By Charlene Westgate, Permaculture Landscape Designer

## DRY YEAR? THEN, PLANT THE RAIN

When I mention rain gardens, people often ask, “What if there is no rain like this year?” This reaction may not be surprising given that the past 12-month period was the driest on record with a measly 3.58 inches of annual rainfall. The average is 12 inches per year. My response is that when more than half of residential water is used outdoors, every drop we can save through captured rain helps protect our groundwater.

Besides, plants love this free, high quality water. And, even in a drought year, plants in a rain garden fare better than those planted without the benefit of these water harvesting basins. Just ask the volunteers at Desert Meadows Park (“Dry and drier: Gardeners make it work despite dismal year,” by Jorge Encinas, *Green Valley News*, March 7, 2021).

### Why a rain garden

Capturing rainwater in a tank is one valuable way of saving water, but this requires gutters and tanks, and often has HOA restrictions. Given that every 1,000 square feet of roof area produces more than 500 gallons of runoff for every inch of rain, sizable tanks would be needed to make a significant impact—which means that precious rainwater is still getting away.

Rain gardens, on the other hand, require only a shovel and some space to dig. The soil of a basin can hold an amazing amount of water.

So what is a rain garden? Local water harvesting guru, Brad Lancaster describes them as sponges created with basins and berms, mulch, and plants that act as “living pumps of vegetation” that draw the water into the soil and hold it there. These simple depressions can become a “watery oasis every time it rains” (Uncapher and Woelfle-Erskine, *Creating Rain Gardens*).

### Where to start

We often fail to notice the rainwater flowing off our landscapes. So, the first step in designing a rain garden is to observe where the rain is coming from and where it’s going. Most

runoff starts from the roof, either directly from a pitched roof, or from scuppers or downspouts. And, most lots are graded to direct water to the street. Look at the rock-filled drainage ditches in your yard for a clue to the water’s path. Almost always, there is an opportunity for water harvesting basins along that path from roof to street.

At this Green Valley home, the path of the drainage from a downspout on the side of the house originally lead directly to the street as shown with blue arrows. Now, a series of small basins along that path is slowing that runoff down so that it can soak into the soil. The soil from each basin is then used on the downslope sides of that basin to hold the water in the basin as long as possible before it overflows to the next.



Rainwater runoff that formerly went straight from the roof to the street (Before) is now captured in a series of gentle basins (After). Photo by Charlene Westgate.

In case you think that you need a larger property to create a rain garden, notice Ed and Jolene’s use of a small space to capture the rain in their townhouse backyard. The butterfly-shaped basin, shown right after a rain, is providing water for the cactus and succulents that surround it.

### Planting your rain garden

Now that you’ve chosen a spot and dug your basin, it’s time to select plants. The best plants for your rain garden are plants native to Arizona that are adapted to our soils and able to adapt to our monsoon rain conditions. Think about it. Is there anyone with a hose watering plants in nature? Of course not! So with thousands of beautiful, native plants to choose from, you’ll have plants that will thrive in your new rain garden.



Pecan shells add richness and retain moisture in this rain garden. Photo by Charlene Westgate.

Next, you need to understand rain garden zones to determine the best place to plant your new native plants.

**1. Bottom or Wet Zone.** The bottom of the basin, as you can see in Ed and Jolene’s picture, gets the most water. Plants that need moderate amounts of water do best at the bottom of your basin. Trees, native grasses and plants that are typically found growing in washes and wetter areas are great



A small backyard basin shows water captured right after a rain shower. Photo courtesy of Ed and Jolene Northup.

choices for the bottom zone of your rain garden.

- 2. Slope or Terrace Zone.** On the slopes of your basin or on a terrace that’s slightly higher than the basin bottom, plants that need less water are planted. These are usually accent plants.
- 3. Top or Dry Zone.** Just outside the basin is the driest zone, ideal for very low water use cactus, succulents and shrubs. This zone allows the plant roots to access the water without sitting in water.

The finishing touch for your new basin is organic mulch such as wood chips or pecan shells. These hold in moisture while providing nutrients to the soil and suppressing weeds. Where frowned on by HOA’s, gravel can

also be used in a front yard but is not as effective as organic mulch.

also be used in a front yard but is not as effective as organic mulch.

### So let’s get started

All you need is a little observation, a shovel, some native plants, and mulch. Your yard will look more beautiful with the gentle changes in elevation that add interest and with plants that thrive on the captured rain.

For more information, visit Brad Lancaster at [HarvestingRainwater.com](http://HarvestingRainwater.com), Watershed Management Group at [WatershedMG.org](http://WatershedMG.org), and the Rainwater Garden water harvesting demonstration area at Desert Meadows Park. Not all plants at area nurseries are native. Visit native plant nurseries like Desert Survivors and Spadefoot Nursery, or ask our local nurseries which of the plants they stock are native to the Sonoran Desert.

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

# Growing Needs at Valley Assistance Services

Submitted by Valley Assistance Services



The fifteen months since March 2020, have seen the world change. At that time, who would have thought a worldwide pandemic would develop and change everything about our lives? At Valley Assistance Services (VAS), we come face-to-face with the changes and challenges created by COVID-19, every day. We have seen a dramatic increase in the needs of our neighbors during the last year.

The MAP-A-Plan (MAP) program, VAS's rental and utility assistance program has grown more than 1000% in the last year. The MAP program is innovative in that it not only provides direct financial assistance to qualifying clients, but requires that they attend financial education courses about budgeting, personal finance, banking, credit use, and saving. A dedicated team of VAS staff members and volunteers offers this education to each client at no charge. A VAS Care Manager follows each case for a period of three to six months to assist clients in breaking the cycle of poverty over time. Pre-Pandemic, the average cost to stabilize a household was \$4,000.00, now it is almost \$8,000. Valley Assistance Services is a part of the Eviction Prevention program with Community Investment Corp. to address the eviction crisis that is looming when eviction moratoria end.

Our transportation program, Neighbors Helping Neighbors, helps seniors and disabled-persons, who no longer drive, get to their medical appointments, grocery shop, and get to other essential appointments. Trained volunteers drive clients locally, to Tucson, and to Nogales at no charge to the client. Additionally, the volunteers provide shopping services to clients who are not able to leave their home, either because of physical impairments or because they are at high-risk during the pandemic. This program has grown over 300% since the start of COVID.

Socialization programs have always been a part of VAS's services. At the start of the pandemic VAS realized that this would have to be approached in a new way as clients, staff, and volunteers could no longer meet in person due to social-distancing requirements. A new program, connectwithU, was developed in March, 2020, and now makes over 1300 friendly phone calls per month to engage and socialize clients in their homes.

This program continues to grow as the need to prevent social isolation continues. In March, 2021 the program was expanded to connect student volunteers with older clients, this expansion is called connectwithUgenerations.

Valley Assistance Services' office is located at 3950 S. Camino del Heroe, Green Valley, in the Springs HOA. VAS's office has become a community hub, with Dorn Homes,

low for expansion of office space in the building, and to update aging building components, was in place to start in March 2020. When COVID-19 began to impact the community, though, the Capital Campaign was put on hold to allow VAS to channel all available funds directly to client care. Because of the ongoing escalation of client needs, VAS have been unable to begin the Capital Campaign. The priority remains clear for VAS- to



Green Valley Sahuarita Volunteer Clearinghouse, Pima Council on Aging (PCOA), St. Andrew's Clinic, and Hacienda Home Health Care having offices there. During tax time, AARP tax volunteers prepare taxes for the community, for free, in the office.

As the community's needs have grown, office space has not and now VAS's building is being fully utilized. A Capital Campaign to al-

help persons in the community who need its programs, and to make those programs available to all. For continued growth, VAS must update its building. Particularly, more confidential office space, and an expanded workforce center, are needed to keep up with the community's needs. If you would like information on how to give to VAS to help grow the capabilities of the office, please contact the office at

door of the office or on the window frame.

As our website is being updated, please call if you would like to be added to VAS's weekly e-mail newsletter distribution list.



For more information on any of our programs, please call us at 520-625-5966.

Valley Assistance Services  
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# People Are Hungry in Our Backyard

Written by Tabitha Yates

Perhaps it goes without saying, but Covid-19 hit our surrounding community extremely hard. When one watches the news and observes hundreds of cars lined up to receive a food box, it can be tempting to feel a fleeting moment of sympathy and then disassociate yourself from the tragedy of so many going hungry, because you think it's not happening in your back yard. Except this year, it is. The frequent food bank visitors who rely on The Sahuarita Food Bank often hold lower-wage and /or part-time service jobs. Those with families, more often than not, cannot make ends meet even during normal times. Layoffs and reductions in hours have affected the jobs in the service/hospitality field disproportionately, with an estimated 34% being laid



off and 41% being forced to reduce their hours. However, the pandemic did not discriminate, as many individuals with well-paying jobs also found themselves in a position they had never known: Unemployed and Hungry. The unemployment rates

have skyrocketed. The impact on the Sahuarita Food Bank was significant and despite pandemic relief money, the number of hungry residents grew to double the previous year's weekly records.

Thankfully, the support of the community and funding sources was extraordinary, allowing the food bank to serve the ever-increasing numbers. They are also eternally grateful for the assistance of Air and Army National Guard members, who allowed Sahuarita Food Bank to stay open during a time when most of its senior volunteers

felt safest staying at home. President of the Board, Penny Pestle, gives some insight into the future of the food bank, "The impact of COVID-19 and the continued growth of the Sahuarita Food Bank from a 2-3 households a week in 2009 to more than 500 the week before last Thanksgiving has necessitated a new building. We broke ground on this 14,300 square foot facility on February 11th, with completion slated for no later than early 2022. Although a major mission of our independent non-profit is to feed those who are hungry, a second mission will be fulfilled by the new Community Resource Center. It will house family support, health/nutrition, and workforce

development coaching and programs to assure that households can become financially secure. In that way, over time, the numbers of seniors, children and adults needing food assistance will decline."

There are so many who are hungry in our area and as a community, we are so fortunate to have several programs to help feed our children, families, and seniors. In addition to all the food and aid already being provided, the food bank also supplies school-aged children with weekend food back packs during the 38 weeks of the school year. This ensures that

students will not go hungry over the weekend. They also bring food to two schools for distribution. Sahuarita Food Bank has even reached as far as offering programs at their Community Resource Center that help clients on their journeys to more stable and economically secure lives. These include parenting classes with little ones, resource referral, volunteer tax preparation and an early literacy program.

The Sahuarita Food Bank & Community Resource Center is incredibly excited to see their new build-



ing is well underway. They humbly request that our community members would consider supporting the construction of the new facility. Please go to [www.sahuaritafoodbank.org](http://www.sahuaritafoodbank.org) to donate online or write a check to Sahuarita Food Bank at 17750 S. La Cañada Drive, Sahuarita, AZ 85629. Remember that Arizona will provide a tax credit for individuals donating up to \$400.00 and couples donating up to \$800.00 to the Sahuarita Food Bank. Donations of these amounts will cost you nothing!

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# medicalnews

## MEET THE NEW SPECIALISTS AT SANTA CRUZ VALLEY HEALTHCARE



SANTA CRUZ VALLEY  
HEALTHCARE

When you need medical care, you want an experienced provider who is passionate about listening, providing quality care, and learning new techniques and technology. At Santa Cruz Valley Healthcare, we think of our patients first when bringing physicians onto our team – and into our community.

This commitment to patient care is clear with two new specialists: Dr. William Cho, urologist, and Dr. Enes Kanlic, orthopedic surgeon, both board-certified physicians. Each brings more than 30 years of hands-on patient experience, combined with a drive to apply the latest technology, as needed, to improve healing, comfort, and quality of life for patients.

“Adding Dr. Cho and Dr. Kanlic to the Physician Group, rounds out our local team of surgical, critical care coverage, podiatry, cardiology, primary care, and family care professionals,” said Stephen Harris, CEO of Santa Cruz Valley Healthcare.

During the past year – while responding to the public and social impacts of the pandemic – Santa Cruz Valley Healthcare has strategically opened more than four on-campus outpatient and specialty centers. According to Harris, Dr. Cho was tapped to lead the new Urology Center and Dr. Kanlic to lead the new Orthopedic Center/Mako Robotics. “Adding specialists, services and centers keeps quality healthcare local and minutes away – instead of a 50-minute drive,” said Harris.

### Dr. William Cho, Head of Urology Center

Born in Seoul, Korea, Dr. Cho came to the United States in his early years. He was educated in the Midwest, beginning with an undergraduate degree from Indiana University in 1977, followed by medical school at Indiana University.

With English as his second language, Dr. Cho worked hard to be fluent in English while also working up to 20 hours a day in his first year of medical school, so that by year two, he could begin clinical rotations.

According to Cho, “We saw a high number of patients with testicular cancer. Patients from all over the world. Back then if you had testicular cancer, young kids and even teenagers, would die. With the new treatment protocol we developed at Indiana University, patients were able to survive. Seeing that I could have this kind of positive impact on someone’s life



Dr. Enes Kanlic, Orthopedic Team Leader

made a big impression on me and was key in my decision to become a urologist.”

After graduating, he completed his residency at the Medical College of Wisconsin in 1986. He became a board-certified urologist with the American Board of Urology in 1990. He married his wife Heeyoun in 1995 and moved to Kansas to start a private practice. In 2017, he joined the Mercy Medical Group in Sacramento, California. After three years with the Sacramento group, he chose to come to the Santa Cruz Valley Physician Group in Green Valley.

Dr. Cho serves patients at the Urology Center on the medical campus adjacent to the hospital. From routine complaints to cancer, he diagnoses and treats patients with professionalism, honesty, and care. He specializes in the treatment of kidney and bladder stones, bladder control issues (incontinence, frequency, and overactive symptoms), enlarged prostate, chronic urinary tract infections, male reproductive issues, and prostate cancer. Dr. Cho applies minimally invasive techniques, such as Shock Wave Lithotripsy, laser, and microscopic surgery to speed healing and lower impact.

Dr. Cho applies minimally invasive techniques, such as Shock Wave Lithotripsy, laser, and microscopic surgery to speed healing and lower impact.

### Dr. Enes Kanlic, Orthopedic Team Leader

Dr. Kanlic has been practicing orthopedic surgery in the United States for 30 years in academic environments and at Level 1 Trauma Centers. Prior to joining Santa Cruz Valley Healthcare, he was the Director of Orthopedic Trauma at a Level 1 Trauma Center in Chandler, Arizona, and professor of orthopedic surgery at Texas Tech University Health Sciences Center in El Paso, Texas. He is also a Fellow of the American Academy of Orthopedic Surgeons (FAAOS).

Dr. Kanlic holds a Masters’ and Ph.D. Degree in Orthopedic Trauma Surgery from University Medical School Sarajevo, Bosnia, and Herzegovina, completing medical school at the University of Belgrade, Yugoslavia. He has completed specialty fellowships in Orthopedic Trauma and Joint Reconstruction in Germany, Austria, England, and the United States.

He has authored, edited, or contributed to more than 50 peer-reviewed publications and presentations.

His wife is an economist and teaches math at Challenger Middle School in Tucson. They have two adult sons, both living in Chicago. He models his passion for healthy and resilient joints by enjoying outdoor sports, including tennis, kayaking, and biking.

“I was attracted to the community and Santa Cruz Valley Healthcare for many reasons: the Arizona weather, the work-life balance, the great team, and the opportunity to use robotic technology to help patients,” said Kanlic.

Santa Cruz Valley Healthcare is the first facility in Green Valley and Sahuarita to invest in **Mako SmartRobotics™** for partial and total hip, knee, and joint replacement. It uses 3D CT-based planning software to map the target joint site and allows the physician to create a customized surgical plan for each patient.

According to Kanlic, “Mako technology is one of the first and best in the market. It’s a great addition to our toolbox. And its precision offers patients many benefits including reduced post-surgery pain, less blood loss, faster recovery, and less scarring.”



MAKO Total Hip System. Robotic assisted surgery for hip and knee replacement.

# Karen Lukacs: A Life by Design

Written and Photography by Guy Atchley

**K**aren Lukacs (LOO-kuss) is a maker. She makes jackets, pillows and purses, and each work of art is one-of-a-kind. It's what she does, what she was born to do. She can feel it in her bones. She can feel it when the material is in her hands. It's the joy of being creative, and it all begins in a thrift store. In Karen's words, "Nobody was repurposing garments out of the thrift store in what I considered a sophisticated fashion. I wanted to take the skill set I had in sewing, design and textiles, and I just wanted to see if I could do something different that wasn't being done at the time."

Karen has been building that skill set all of her life. As long as she can remember, she's been making things for other people. "I came from a family who made things. It was part of their lifestyle. I was in a recycling group in high school. For me reusing things and repurposing things is just something I grew up with. Making things out of textiles always resonated with me. I studied it in college. I embroidered people's blue jeans in college to make

extra money. I couldn't believe they'd pay me, but they did."

And now, all these years later, Karen's side hustle has come full circle. Much of the time Karen will accrue new customers because they see what she's wearing and they want to know where she got it.

Karen says, "I started making denim kimono jackets. I made them for myself, and people would ask me what I had on. And I would tell them the story about how this piece started out as three pairs of jeans. So my business has been organic in its expansion." She mentioned denim. And if you check out her designs at karenlukacs.com, you'll find that virtually all of her inventory is denim. Karen says there's a reason for that. "I have watched the evolution of fashion and the quality of textiles



go downhill. This whole concept of "fast fashion" that is in the conversation now. I watched it move into the thrift stores, and I started having difficulty finding quality fabrics. All these cheap garments, I don't want to even work with it. It doesn't feel right. Doesn't feel good against the skin. But at the same time, denim became popular in fashion. So I switched to denim because it was readily available quality fabric."

And when did this shift to "fast fashion" begin? Karen says it was the pandemic. "Covid definitely brought "fast fashion" to the forefront. The factories shut down. It brought down the fashion industry itself, when the fashion shows shut down because of Covid. The designers were not making six or seven collections a year, and having a fashion show and flying all over the country. Yes, Covid definitely brought the fashion world to a screeching halt, and resulted in some very focused self examination."

Under examination, the creations of Karen Lukacs stand up well. And that's by design. "As an artisan you pour your heart and soul into

it when you're making it, and my hands have touched every square inch of that fabric as I'm putting it together. From selecting it, to washing it, to tearing it apart and to re-assembling it. My customers also enjoy the story and appreciate that I have consciously kept these garments from going to the landfill, which is a big problem with fast fashion."

At an age when many women are retired, Karen keeps working because she's doing what she loves. She calls it her second act. "My goal always was to work hard, be frugal, save my money, and this was going to be my second chapter. And my goal was always to sustain myself by doing what makes my heart sing -- and that is working with fabric and textiles and putting things together."

You can follow Karen Lukacs on Facebook, Instagram and Pinterest. But perhaps the easiest way to see her creations is by going to her web site: karenlukacs.com.

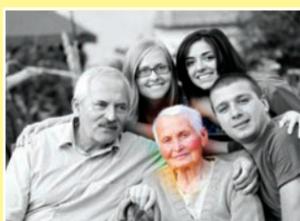
You can also call Karen to set up an appointment to view her work at her studio in East Tucson. The number is: 520 250 4260.



## Valley Assistance Services Caring for Our Community



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[www.valleyassistanceservices.org](http://www.valleyassistanceservices.org)

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

# pettalk



## Why is it important to keep my pet's rabies vaccination up to date?

It is important to keep your pet's rabies vaccine up to date because rabies is a very prevalent and deadly disease here in AZ. Keeping your pet up to date on this immunization not only keeps them safe, but also keeps you, your family, your community, and your veterinary staff safe as well. Every year, dog bites, cat fights, and escaped pets that may have had contact with wildlife are reported to our clinic. All of those incidents and many more have the potential for pet, and thus human exposure to the deadly virus. Even dead skunks, bats, and other wild animals can transmit rabies. If your pet is not up to date on its rabies vaccine and is involved in any situation with exposure to wildlife or unsolicited bites, rabies is always in question. If they are exposed to a rabid animal and not up to date or protected, death is likely. This also applies to your indoor cats! Every year we get reports of cats that have escaped outside, or of bats that have gotten into the house. Please take rabies seriously. Potential exposure is deadly and not a risk that is worth taking.

## Is Pet Insurance Necessary?

Pet insurance is a personal choice. Veterinarians and veterinary clinics are not involved with the insurance sales process and thus our care is not dictated by insurance companies. If you feel that your financial situation is one in which an emergency like a snake bite, or a long term care medical problem like diabetes is not something that you could pay for up front, then you should consider pet insurance for your fur babies. Every pet parent should have funds set aside for a pet emergency, especially if they do not have pet insurance. There are several companies and several plans that are available, and each family must decide for themselves if insurance is right for their pet. There are pre-existing condition exemptions, and certain breed related problems that are also exempt, so choose wisely and read the fine print. Several of our clients do have pet insurance and have been very happy with it as far as coverage and ease of reimbursement. There is a very helpful website called Pet insurance university. It helps compare the features of each insurance company in an organized and easy to read way. As usual, there is some homework involved and a cost benefit analysis, but it can and has been a saving grace for a lot of our clients.

## Can dogs get cataracts? How do I know? What should I do?

Yes, dogs and cats can and do get cataracts. In the advanced stages, their vision might be compromised. They may not catch or see their toys or treats as readily as they used to, or they may bump into things in an unfamiliar environment. Sometimes you can see that their eyes look cloudy, but other old-age changes can cause a cloudy eye appearance as well. If you have a concern with the quality of your pet's vision or if you think the eyes appear different in color or appear cloudy, your veterinarian can perform an ophthalmic exam and let you know if cataracts are present and if they are a concern.

## What are anal glands and their purpose? How often should my dog's anal glands be expressed?

Anal glands are small sacs located around the anus at about the 5 and 7 O'clock position. The sacs contain a fluid like substance that has pheromones in it. When dogs and cats defecate, the glands are expressed by the passing of the feces, and pheromones are deposited onto the stool. This is why dogs enjoy sniffing other dogs' feces. It is a way for them to communicate, doggie texting if you will!

Some dogs and cats never need their anal glands expressed, and others need them expressed every few weeks. If the small duct opening where the fluid comes out gets blocked or if the fluid gets too thick to exit the duct, the glands can obstruct or may need help in being expressed. Signs that your pet needs their glands expressed are excessive scooting (rubbing their hindquarters on the floor), excessive licking of the

rear end, or leaking of the fluid onto your furniture, lap, carpet, etc. The fluid has a foul, fish-like smell, so if your pets' glands are leaking, you will likely smell it. If you think your pet might have an issue, your veterinarian can easily perform a rectal exam and let you know the condition of the glands and if there is a concern. The glands can also get infected or impacted, and in a worst-case scenario can rupture if not dealt with appropriately.

## How often should I wash my dog? What is the best soap to use when I wash my dog?

There is no hard and fast rule as to how often a dog should be bathed. If you have an active dog that goes hiking or rolling around in the dirt, sometimes weekly baths are needed. If you have a small dog that never leaves your arms or never touches the ground, perhaps a bath once every few months is needed. You should always use dog specific shampoo to bathe your pet as they are the right pH for their skin. If you feel your dog has a skin problem whether the skin looks dry, flaky, or red, a visit with your veterinarian for medicated shampoo might be needed. If you have any concern with the health or appearance of your dog's or cat's skin, they should be evaluated by your veterinarian. Dogs and cats do get allergies and other skin conditions, and the sooner they are diagnosed, the easier it is to deal with them.

## Should a dog's teeth be brushed daily? How can I prevent my dog's breath from smelling bad?

If you can brush your dog's teeth daily and do it appropriately, yes, daily is best just like it is with us. Please talk with your veterinarian or veterinary technician about appropriate techniques and products to use. Tooth brushing in dogs is MUCH easier than you might think, and with the right guidance, you can do it successfully and prevent a lot of dental problems down the road. If you can prevent dental disease, you can prevent their breath from smelling bad.

Your dog's or cat's breath should not smell bad. If your pet has an odor from its mouth that is unpleasant to you, there is likely dental disease present that should be addressed. Bad odor can indicate infection, tumors or other problems that can usually be readily identified by your veterinarian. Please be aware that a lot of dental problems can hide below the gum line, so just because you do not see anything obvious does not mean there is not an issue. Bad odor from the mouth is and should always be a warning sign that something is wrong, please do not ignore it!

## Why should I get my dog heartworm tested if they are on preventative year-round?

The American Heartworm Society is an organization that is the leader in heartworm disease research and education for the veterinary community. We follow their guidelines for frequency of testing, treatment, and prevention of heart worm disease. They currently recommend yearly testing for any dog, even if on prevention medicine. The reason for that is there is currently concern, due to evidence, of possible resistance of heart worms to the commonly used preventatives. The only way to track possible resistance and ensure each pet is safe is by yearly testing. Another really good reason to have yearly testing is that the "heartworm" test that we use at Animal Care Center of Green Valley also tests for three of the very common tick-borne diseases that we see here in AZ. We look for Lyme disease, anaplasma, and tick fever. Every time your dog is tested for heartworm, we check for those diseases as well on the same test. Tick fever is particularly common here in AZ, and Lyme disease is common in the areas where most of our snow birds reside in the summer. These tick-borne diseases are very treatable especially if caught early. We do recommend year-round prevention and testing per the American Heartworm Society. We have certainly seen more cases of heartworm disease in the past few years, so the incidence is on the rise.

*Wag more, purr louder, live better.*

CROSSWORD														
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# CROSSWORD PUZZLE MANIA



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**Win \$250 for you and \$250 for a local non-profit!**  
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This edition's puzzle is FAMOUS LANDMARKS! Green up your bank account when you successfully fill out the KGVY crossword puzzle, and it is chosen as the winning entry from all the correct entries. Include your name, address, and phone number on our form, and mail it to KGVY, Attn: KGVY Puzzle Contest, P.O. Box 767, Green Valley, 85622. All puzzles must be post marked by June 10, 2021. If you win, KGVY will cut you a check for \$250 and a local non-profit of your choice will receive \$250. Here's some additional small print to test your reading glasses.

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

## KGTV OFFICIAL ENTRY FORM

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## IN THE GARDEN

### ACROSS

1. Great divide
6. World's oldest national broadcaster
9. Pasturelands
13. Chinese fruit
14. #9 Across, sing.
15. Clemency
16. One in advertising
17. "\_\_\_\_ the land of the free ..."
18. Characteristic of birds
19. \*Ongoing job in the garden
21. \*Without synthetic fertilizers
23. 2nd tallest bird
24. Theatrical production
25. Curiosity killed it?
28. Additionally
30. Capital of Poland
35. Passage into a mine
37. Prefix in levorotary
39. Mid-century modern, e.g.
40. Toothy wheel
41. \*Some are heirlooms
43. Make like a cat
44. Erasable programmable read only memory
46. Stanislavski's rifle, e.g.
47. Unwanted correspondence
48. Motionless
50. Catch-22
52. "Are you sure?" in a text
53. Freight horse cart
55. Opposite of don'ts
57. \*6 or more hours of sunshine
61. \*Radicchio or frisÈe
65. On foot
66. Negative vote
68. 2020 NFL MVP
69. Morrison's "The \_\_\_\_"
70. Hockey great Bobby
71. Respectable and quiet

### DOWN

72. Sports award
73. Affirmative response
74. Infernos
1. Old bathtub foot
2. Opposite of seek
3. Ne plus ultra
4. \*Opposite of #57 Across
5. Minimum, pl.
6. Influencer's journal
7. \*Stinging pollinator
8. Holiday song
9. Bulgarian money
10. Julia Roberts' Academy Award-winning role
11. Popular smoothie berry
12. Update an iPod
15. Inhabitant of Hungary
20. Nothing, pl.
22. Like sashimi
24. Lack of money
25. \*Tomato supports
26. Highly skilled
27. Miss America's headdress
29. Slowly leak
31. Moves at the gym
32. Monument to Buddha
33. Orderly arrangement
34. \*Wiggly plowers
36. Faster than a walk
38. \*Some plants and flowers emit a good one
42. \*Type of digger
45. Centers, old-fashioned
49. French vineyard
51. \*Last of 3 numbers on a bag of fertilizer
54. Be a pest
56. Washington, e.g.
57. Grow dim

58. Extraterrestrials' rides
59. Pilot's stunt
60. Type of parrot
61. "Musical" constellation

62. Russian mountain chain
63. \*Type of garden hose that saves space
64. Goes with "odds"
67. Am is to I as \_\_\_\_ is to we



**KGTV and La Posada congratulate Andra Dixon from Sahuarita on winning the January Community Quarterly puzzle. She requested her \$250.00 cash winning be donated to the Animal League of Green Valley and the other \$250.00 be donated to the Sahuarita Food Bank and Community Resource Center. She stated that she wants to give back to the community!**

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Did you know that the mission of the Sheriff's Auxiliary Volunteers (SAV) is to enhance the quality of life, safety, and security of Green Valley and surrounding communities? This is accomplished in partnership with the Pima County Sheriff's Department.

Although SAV patrols may be the most visible activity, members also provide other services including our every morning phone call to check on the welfare of elderly citizens who live alone, foot patrol at the White Elephant, Scam Squad services which work to stop scams and fraud, fingerprinting services, home security checks, emergency response team, and traffic control assistance for large events such as our recent vaccine distribution here in Green Valley.

While SAV members come from a wide variety of backgrounds, interests, and skill sets, they are united in their commitment to serve our community. If you are interested in learning about volunteer opportunities with SAV, please visit our website: [www.gvsav.org](http://www.gvsav.org). Or, you can call the recruiting office at 520-351-6746.



601 N. La Cañada Drive, Green Valley  
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