

Community Quarterly

Spring has Sprung in Southern Arizona

Spring 2022

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Volume 13, Issue 2



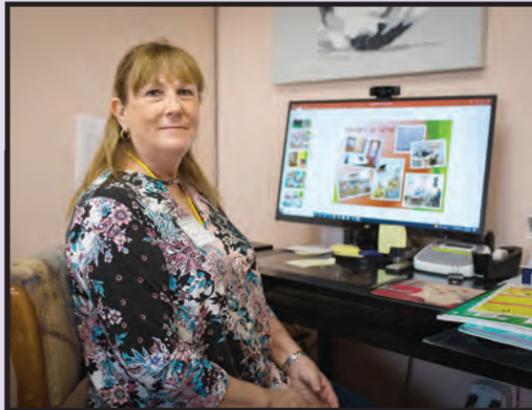
COMMUNITY VOLUNTEERS

Thank you for giving of yourself to help others!!



Photos and Article by Guy Atchley

Green Valley is known as a retirement community, but there's a spirit here, which will never grow old — the spirit of volunteerism. Aging brings with it any number of challenges, and it's the countless volunteers who help seniors overcome those challenges with grace and dignity. It's the people at Friends in Deed who loan medical equipment free-of-charge, the folks at Green Valley Fire Corps who make sure seniors are safe in their own homes, the Sheriff's Auxiliary Volunteers who save citizens millions of dollars every year, and the volunteers at the White Elephant who sell used items just so they can give the money away to so many deserving community groups. The list goes on and on and on. You'll see more of the volunteer organizations represented by the people whose pictures you'll see on these pages. You'll notice so many of them are smiling, because they love what they do. And our community loves them in return. To give is to receive. It's a beautiful circle that we have in this place we call Green Valley.



Animal League Volunteer Sandra Lujan



PAWS Patrol Volunteer loves on Mercedes while Pita looks on from behind



Mary Greve - White Elephant Volunteer



Volunteer driver Gary Alkire displays the Friends in Deed van that can take a dozen people to places like the Tucson Mall



Fire Corps Volunteer Amy Rosenberg is constantly on the phone scheduling fire-alarm safety checks for Green Valley residents



Rosemarie Scheuer – SAV Volunteer

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Green Valley Recreation: Not Just a Sports Club



Photos and Article by Guy Atchley

If you spend much time at all in Green Valley, you'll hear this phrase: aging in place. What exactly does that mean? The U.S. Centers for Disease Control and Prevention defines aging in place as "the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level". At Green Valley Recreation, Communications Director Natalie Whitman boils it down even further, "I think that aging in place just means that you're in the home that you want to be in with your belongings and your routine, where you have autonomy. You're calling the shots. This is my kitchen. I go into it whenever I want and have something to eat, the things I like to eat. And I'll watch my show on TV, sitting in my chair, maybe with my dog. To me that's what it means."

Those who study the lives of senior citizens keep coming back to the importance of the physical and social environment. And if you talk to people who have moved to Green Valley to spend their later years, they will often tell you how Green Valley Recreation was key in their decision to move here. The vast array of social and exercise possibilities in GVR called to them. Little wonder that the majority of older people say they want to age in place in the home they choose as long as possible. And with all that GVR offers, it allows aging residents to remain in the best shape they can



A good hand in bridge makes her smile



Susan Goetz enjoying the challenges of ceramics



Yoga instructor Rich Roth helping his students relax their backs at the GVR Las Campanas Center



An afternoon of bridge at the GVR Desert Hills Center

as long as they can. Then it provides numerous social opportunities for those transitioning to a less-active lifestyle.

Sometimes that transition comes with questions. Whitman says, "My first week in Green Valley I was standing in a lobby at GVR center waiting to get into an event, and another member complains to me that he shouldn't have to pay his dues anymore because he can't use GVR. That really struck me. This person was standing in a GVR facility complaining about not being able to use GVR anymore. When people are concerned about not being able to take advantage of what GVR offers, I think they're thinking

of perhaps the activity level they had when they first arrived. Maybe when they showed up here, they were 68- or 70-years-old. They were playing a lot of tennis, swimming a lot of laps. Maybe at 85 they can't do that much anymore, but they're playing cards and complaining that they can't use GVR. So I think it's really a matter of reframing their initial notions of what Green Valley Recreation



Karen Brewer making her mark in a GVR ceramics workshop

offers. It's not just a sports club by any means. The majority of our members are not athletes, and they're enjoying GVR every day."

Researchers find four factors encourage the best outcomes for aging in place: communication and engagement, health and wellness, learning and contribution, and safety and security. When it comes to communication and engagement, you need only look at the pamphlets for GVR programs to see the many choices Green Valley members enjoy. GVR centers are strategically located to the east, west, north and south in Green Valley to assure their easy access. Many members are able to walk to the center near



Chuck Bauer enjoys the billiards room at the GVR East Center



Bob Lancaster works in the Clay Studio at the GVR Santa Rita Springs Center

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GVR continued from page 4

year to join the forum club, and they have an incredibly interesting roster of speakers. I think that battling loneliness and social isolation is something that we should probably be paying as much attention to as blood-sugar levels and cholesterol levels and blood pressure.”

Health and wellness are always priorities in Green Valley where demographics show the average age is approximately 72. Here again, GVR offers a host of opportunities for people who can't be as active as they used to be.

We're talking about such things as doing yoga while seated in a chair to such activities as playing cards and learning to create ceramics. Regarding wellness, any number of classes and speakers provide the latest information on keeping life in balance.

The chances for learning and contribution seem to be endless for GVR members. A quick check of the calendar at gvrec.org will give you a good idea of what's to come, such as a lecture from the



Pat Carlin spends three hours a day working on sculptures in the Clay Studio at the GVR Santa Rita Springs Center. She produces about one per week

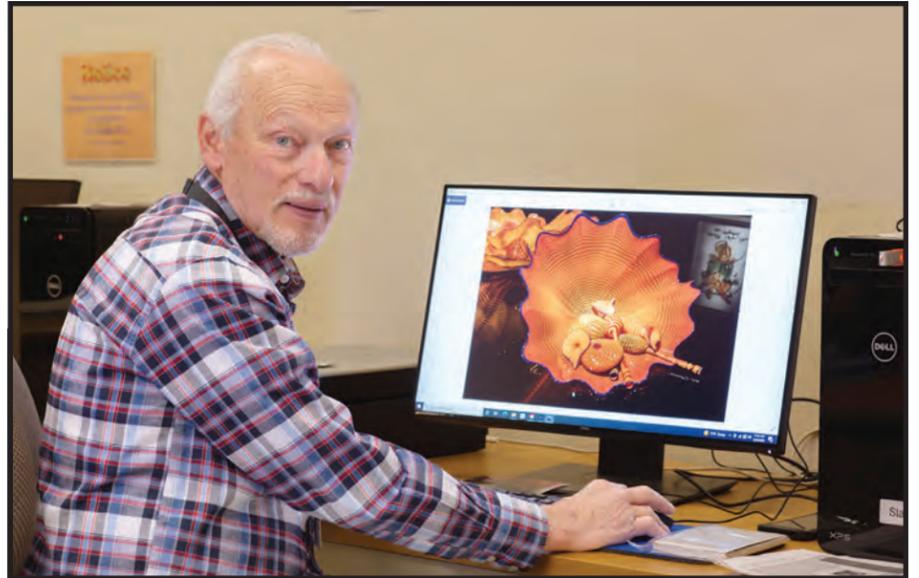
them. Others may choose to drive a short distance to another center to take part in a certain activity offered only there. Regardless of where people go, there is a sense of camaraderie. They form friendships that will last for the rest of their lives. And in doing so, form the bonds of support that will carry them through the challenges that aging may bring. Something as simple as being from the same state can be immensely gratifying. As a result you'll find a number of clubs for Wisconsinites, Michiganders and other northerners who chose to escape from the snow and cold. When you're older, maintaining social contact is a huge part of the health equation. Whitman says, "Because of the pandemic, I've read a lot about the impact of loneliness and how crucial social connection is. If GVR can't provide another single thing for a person, we can provide that opportunity. There are so many opportunities to sit down and play a game of cards with somebody, to sit on the sidelines and tap your foot while you watch the dance group and interact with folks. To hang out on the pool deck even if you don't want to swim anymore. Go to our concerts, go to free lectures, go to the forum club. It's two dollars a



Mary Hubbard showing her artistic talents in a GVR ceramics workshop



Left to right-Bert Rotter, Sharon Malanczuk, Linda Van Koevering, Barb Pociatek and instructor Susan Morris who is showing them her work.



Gayland Bender enjoys access to computers and Photoshop in the GVR Camera Club at the Santa Rita Springs Center

Green Valley Gardeners and a dance with the Jukebox Junquies. Other events have included movie night, a Parkinson's Group lecture, an Amigos Men's Club Meet-and-

Greet, and numerous opportunities for concerts by such groups as the Encore Sax Quartet, the African singing group Nobuntu and the Mexican troubadours known as Jarabe Mexicano.

Everything adds up to what Whitman calls global health. She says, "It all hinges on health. The healthier you are the longer you can remain in your home, and the longer you can have some level of independence. Physical health, emotional health, mental health, all of those things come together to create a package of resilience and relative independence. GVR offers many ways to promote that stability and that overall global health that allows people to get older and older in their own homes rather than having to move into supported living or assisted living or even nursing care in their late 70s and early 80s. They can do that in their mid 90s, in their late 90s, or maybe not at all."

The purpose of GVR is quite clear when it comes to aging in place, says Whitman, "GVR's role in helping people age in place is to offer a wide variety of opportunities to stay healthy enough to continue to conduct their life."



Instructor Daryl Cassidy helps Shawneen Schmitt with her ceramics project



Heidi Wilson leads a Tai Chi class at the GVR East Center

Free Light Classic and Pops Concert in Green Valley

Submitted by Civic Orchestra of Tucson

On April 30, the Civic Orchestra of Tucson (COT) returns to Green Valley with a free pops and light classics concert, that will feature audience favorites from movies, TV, and Broadway. The performance which will be held at Valley Presbyterian Church at 3:00 pm. It will also showcase the 18-year-old winner of the COT's Young Artists' Competition, Senior Piano Division, Jisue Choi, who will perform the first movement of Prokofiev's Concerto No. 3 with the orchestra.

Every year, the nonprofit 75-member, COT performs free concerts throughout the Tucson area and southern Arizona, including Green Valley. Several members of the orchestra live in Green Valley and the Sahuarita area. COT will also be playing a similar program outdoors at DeMeester Outdoor Performance Center, in Tucson's Reid Park, on May 1, at 7:00 p.m.

Jisue Choi, a high school senior at University High School, Tucson, has studied piano since age 5, with her



father, Dr. Kyungsun Choi. Jisue has won numerous competitions including the Young Artists' Competition Senior Piano Division in 2020 and 2022. Next year she is planning to double major in psychology and music at the university level.

The COT has sponsored the Young Artists' Competition in Tucson for 37 years. Each winter school-age musicians compete for cash awards and recognition. Two winners from the Senior Division are invited to perform their solos with the orchestra. At the May 1 concert in Reid Park, Senior Strings Division Competition winner, Molly Urbon-Bonine will play *Élégie* by Gabriel Fauré. Molly has studied for 6 years with well-known coach, Mary Beth Tyndall.

These two concerts will be the

last for COT with Music Director, Charles Bontrager. He will be retiring in June. When Maestro Bontrager joined the organization 4 ½ years ago, he had recently retired from his position as the Assistant Director of Orchestra Activities at the University of Arizona where he taught graduate level conducting. The orchestra has developed significantly under the tutelage of Maestro Bontrager. His choice of repertoire, and his leadership and musicality during rehearsals have brought the orchestra to new levels in performance.

After a year-long search COT recently appointed Dr. Keun Oh as Conductor Designate, commencing with the 2022-23 season. He is an experienced and passionate young conductor who began his musical career in Korea. Dr. Oh received his Masters' Degree

in Orchestral Conducting at Carnegie Mellon University, and his Doctoral Degree in Orchestral and Opera Conducting from the University

of Arizona. He has been the Assistant Conductor at Carnegie Mellon, and for Maestro Thomas Cockrell, at the U of A.

No tickets are required for the concerts. For information visit COTmusic.org or call 520-730-3371.

Concerts will be held on:
Saturday, April 30 at 3:00 pm
 Valley Presbyterian Church, 2800 S. Camino del Sol, Green Valley
Sunday, May 1 at 7:00 pm
 DeMeester Outdoor Performance Center, Reid Park, 800 S. Concert Pl., Tucson

The Civic Orchestra of Tucson is a not-for-profit, 501(c) (3) organization.

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Camelot Flowers More Than Just Flowers

Written and Photos by Ramona Scheopner

There is a Chinese proverb that says, “Happiness is to hold flowers in both hands.” And it is very true. There is just something about flowers that awakens our senses and lights up our soul. They bring peace in times of sorrow, happiness in times of celebration and are a symbol of love. To have flowers in both hands is to live life fully and bring joy and comfort to others.

Mary Schmidt, owner of Camelot flowers in Green Valley, and her employees have been “holding flowers in both hands” for over twenty-two years. She and her husband David moved to Green Valley from Scottsdale, AZ after they had to close their restaurant because the city claimed the land. Not knowing what to do next, Mary’s father suggested a flower shop in Green Valley that was going to be available. Mary said, “without even really thinking about it we packed up our family and moved to Green Valley where our flower journey began.”

It is clear when you meet Mary and her husband that they are a part of the community. “It’s not just about the flowers,” Mary said. “Our shop has been a place for the community to meet and come together.” She reminisced about when their shop was located at the Green Valley Mall and it was used to help Continental School get ready for the White Elephant Parade. It was fun to have everyone getting ready

for the parade and helping in any way we could. That’s what it’s about.” Mary shared. Now customers and friends come in and out of the shop shouting a quick “Hi!” to Mary or to the other employees, who are all equally as friendly and welcoming.

Both Mary and David help manage the flower shop. Mary oversees the processing of the flowers when they arrive at the store, helps as a designer, and manages the employees while her husband is in charge of obtaining the supplies. David drives to California weekly and depending on the season, a few times a week if a holiday is approaching, to receive their floral orders from the growers in California. By picking up their own flowers, it ensures that the flowers will be in a cool van the entire trip and arrive safely. This past Valentine’s holiday was a little stressful as David had a hard time obtaining all of the supplies they needed to fill their orders, but he was able to make it happen. With the recent flower shortage, it has made things a little more difficult but David makes sure the flowers Camelot needs are delivered.

One of Mary’s full time employees, Alichia Piper, moved to Amado where her childhood home was built when she was two years old. She has stayed in the area ever since, and has worked for Mary for more than twenty years. “We go way back and are like family,” Alichia said. Mary recalled when her and Alichia’s children would ride the bus home after school getting dropped off by the old shop location. The kids would do their homework to-



All were given a warm welcome by the fulltimers and taken right in.

Whether the employees are full time, part time, or seasonal workers Mary has created an environment where all are welcome. She truly wants to know how they are doing, how their families are and how their lives are going. She is quick to remind them to stay home and take care of themselves or a family member if need be. “One way or another it always gets done. I learned a long time ago that worrying didn’t solve anything. There are more important things.” Mary conveyed. Camelot is about more than its floral arrangements. It’s a support and genuine care for their employees and community that you don’t see often in today’s world of big business.

Supporting local businesses is more important now than ever. With the pandemic, many have

gather in the back or even take the towels to the laundromat for the shop. The kids, now young adults, still come in and work at the shop from time to time when the help is needed. Their relationship goes beyond a simple working bond, and Alichia is not the only one.

Carmen Beatty is a full time floral designer at the shop with a beautiful gift for arranging flowers. Carmen began working at a flower shop in Tucson when she was in high school. She had worked for Mary for several years, moved to the medical field as a nurse, and then became a paralegal. She returned to Camelot last year picking up right where she left off and was welcomed right back home. It is clear that Carmen loves working with the flowers whatever the occasion might be. She simply wants to bring beauty, joy, peace, and happiness to her customers.

There are several other employees that work for Camelot, especially during the holidays. Over Christmas and Valentine’s Day several women came in to help prepare the roses and flowers that would deliver messages of love and friendship.



had to close their doors. Luckily, Camelot Flowers has been able to come through these difficult times. They continue to bring beautiful arrangements to people throughout our little part of southwest Arizona. Camelot FLOWERS is open Monday thru Friday 8am-3pm, and Saturday 8am to 12pm and is located at 1451 S. La Cañada Suit 5 or call (520) 625-1199. For more detailed information please visit their website at www.camilotflowers.com.



Photos by Guy Atchley



Volunteer Trainer Mikie Smith holding Colleen at the Animal League



COMMUNITY VOLUNTEERS

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Trish Gregston - Posada Java Volunteer



Animal League Volunteer VP Rose Welliver



Volunteer Trainer Mike Barkman with his friend Stewie at the Animal League



GVC Board Members (L to R) Jerry Melton, Floanne Morgan, Bonnie Klahr, Dick Roberts, Sue Tinnin, Debbie Kenyon, and David McAllister



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Sahuarita: Growth with a Capital G



Photos and Article by Guy Atchley

Everywhere you look in Sahuarita, you see it — that thing called growth. It's been synonymous with Sahuarita from the beginning, and nobody knows that better than Mayor Tom Murphy who arrived on the scene early on during the juggernaut. Murphy remembers, "My family and I moved here in 2003. So we were really at the beginning of the rapid growth. My wife was still on active duty. We were stationed up in Offutt Air Force Base in Nebraska and were reassigned to Davis Monthan AFB in 2003, so we were one of the first military families in Rancho Sahuarita."

Today Rancho Sahuarita represents about half of Sahuarita's population of about 35,000. The mayor has witnessed the growth, "In 1994 the town was incorporated with around 1,800 residents. Once Rancho Sahuarita got going, that sort of created a lot of momentum, and when Quail Creek and Madera Highlands got going, I think it really put us on the map."

On the map, Sahuarita is a mere 20-minute drive from Tucson, which is a draw and also a problem for a



A closer look at the soon-to-be offices of Arizona Oral & Maxillofacial Surgeons that is just to the north of the new Banner offices

small town needing tax revenue. Murphy says, "We did a study and found that we had about 70% tax leakage out of our town. We needed to have more things available locally to keep as many of those people staying and shopping here, because we're second only to the Catalina Foothills, both in education and in family income. To get the jobs in healthcare, technology, the military or border patrol, they had to leave our town to be employed. That took us on that journey to try to bring

more resources here locally."

It could be argued the Southwest anchor of Pima County is the intersection of Sahuarita Road and I-19. Stand there today and you'll see the journey continues. On the northeast corner of Sahuarita Road and Rancho Sahuarita Boulevard, workers are putting the finishing touches on a bevy of buildings. Right at the corner Banner Health will move in with an as yet not released number of services. In between Banner and Panda Express, Apex Physical Therapy will soon be serving local residents. And then just to the north of Banner, Arizona Oral & Maxillofacial Surgeons, or AZOMS, is taking shape.

At the same intersection, look to the southwest, and you'll see workmen with their hammers and bulldozers forming the new Mister Car Wash. Just to the south of Mister Car Wash is the recently completed Northwest Hospital-Sahuarita. That's not to mention the northwest corner of Sahuarita Road and Rancho Sahuarita Boulevard where building pads are waiting for the next flurry of construction. The mayor says it's not lost on these companies that they're actually locating in an area with two communities, "They're looking at about 30,000 residents with the Green Valley ZIP Code and our 35,000 residents, a trade area of about 65,000 people, which makes us much more attractive to these businesses. They all have these trigger points; that is, the number of rooftops. It's always rooftops that bring retail, and then

retail brings rooftops."

Right now the number of rooftops is once again surging to the north and south of Sahuarita Road just to the east of I-19 as Rancho Sahuarita continues to build out. A little further east in Sahuarita, Quail Creek, Stone House and Madera Highlands are building rapidly as well. If you drive through the construction areas, you'll notice that a number of homes already have sold signs in front before they're even built. The mayor says Sahuarita is seeing an influx of new residents from the West Coast, especially from California where many people have had it with tax increases and government regulations. Murphy says, "People have been relocating from California and paying cash for their homes. They're sometimes waiving appraisals, and inspections."

This creates another issue. What about local people wanting homes? The mayor says, "I saw a post of a realtor working with a military family, and they just couldn't find a house because every time they started the process to purchase, somebody would come in from out of state — Washington, California, Oregon — and write a check for more than the asking price."

This demand is driving up home prices. About one year ago, the mayor and his family decided to move out of a two-story home and into a single story. Once again, they chose Rancho Sahuarita. The mayor says, "We paid \$289,000 a little over one year ago, and it's already gone up \$100,000."

Regardless of the prices, if you build it, they will come. And that includes companies with jobs to offer. The Town of Sahuarita recently built SAMTEC, also known as the Sahuarita Advanced Manufacturing Technology Center. Murphy says, "We recently signed a lease with Power Photonics. They're out of Edinburgh, Scotland, and they work with the defense industry. They design and manufacture a precision wafer scale micro optics. They do a lot of work with Raytheon and other defense industries in our area. They'll start with five jobs ramping it up to probably 25 by the end of next year and their average salary is



Construction on the northeast corner of Sahuarita Road and Rancho Sahuarita Boulevard



Mayor Tom Murphy says construction at the northeast corner of Sahuarita Boulevard and Rancho Sahuarita Way should be completed by mid-summer

Sahuarita continued from page 10

\$92,000 for these employees.”

And that’s not all says the mayor, “We just signed another lease for the SAMTEC facility with Steel Jupiter for 13,000 square feet. They will establish an FXI coating facility for masks, respirators, and air filtration materials. The facility will serve as Steel Jupiter’s sole U.S. based operations.”

These companies and the people who come with them will be looking for good schools for their children. Not to worry says the mayor, “The Schools Facilities Board has approved a third high



Northwest Medical Center at Sahuarita Road and I-19 is part of the latest growth surge

school for the Sahuarita Unified School District and allocated \$18 million to its construction.”

Incoming residents also want to make sure their families are safe. There again, the mayor says the

town has them covered, “We’re always in the top five in the state of Arizona for safe communities. Public safety, the police, is always our highest line-item. Infrastructure is next, pretty much tied with park and rec.”

Speaking of recreation, the Town of Sahuarita has become known for its community-wide signature events: Spooktacular, WinterFest, the Fourth of July Celebration and the upcoming Fiesta Sahuarita, which will be held at Anamax Park on April 23rd. As always it will celebrate the town’s birthday and its history. If Sahuarita’s future is anything like its past, residents should fasten their seatbelts. It promises to be a fast and exciting ride.



SAMTEC



The SOLD sign in front of the two-story home that’s not even constructed

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Friends in Deed – They Have What You Need For Free



Photos and Article by Guy Atchley

Half a century ago in a Green Valley home a group of women quietly met to talk about an idea. Even they would be shocked to see how this idea evolved. It began simply. The Lion's Club had donated several wheelchairs, a couple of walkers, some crutches and a cane. From this modest inception sprang a service that decades later has helped untold numbers of senior citizens. The original number of friends, a total of 12, also increased exponentially. And so has their work space. After starting in a home, the friends eventually rented a villa, which the budding nonprofit quickly outgrew. What followed was a series of moves, always to larger spaces to accommodate phenomenal growth until today the friends' home is a large building on the southwest corner of La Cañada and Camino Casa Verde. The friends, and their deeds, have outdone themselves.

When you walk into the front office of Friends in Deed, you're immediately struck by, well, the friendliness. The volunteers love what they do, which is quite simply helping others. And they do it in ways that few others can. On top of that, it's all free. The key words there: free and volunteers. Everyone in the building is a volunteer, which allows Friends in Deed to do what

they do absolutely free of charge.

Who are they? And what exactly do they do? Chuck Dorr is President of the Friends in Deed Board of Directors, and he says, "We're a non-profit organization, and we've been in Green Valley for over 50 years. We're very proud that we run totally on volunteer assistance and we get all of our funding through donations. We don't accept any government money, and so everything's done on the basis of donations."

Jan Morgan is the Operations Manager for Friends in Deed, and she says, "We loan durable medical equipment for 60 to 90 days. We have people come in from other states and they tell us all the time that there's nothing else out there like what we do here in Green Valley. We are a stand-alone organization, so we're not a franchise, and nobody seems to have captured that kind of market in other cities or locations like ours." She goes on, "We loan out aluminum walkers, the standard walkers, also freedom walkers which are the four-wheel walkers with a seat. We have bed rails, toilet risers, commodes, and standard wheelchairs. We have the transport chairs which are the lighter-weight ones, bath chairs and benches for show-



Carole McDonald-Friends in Deed Volunteer



Volunteer Nurse Corinne Pollak providing a free blood-pressure check at Friends in Deed



Denise Kirkpatrick-Webmaster Volunteer



The Hula Sisters of Green Valley perform during the Friday Social at Friends in Deed



Volunteer driver Gary Alkire displays the Friends in Deed van that can take a dozen people to places like the Tucson Mall



Jan Morgan-Friends in Deed Operations Manager Volunteer



Kerry Amundson-Front Desk Monitor Volunteer



Friends in Deed Board President, Chuck Dorr shows how they can provide transportation for people who use wheelchairs

continued on page 14

It's Time to Bring the Community Together Again!



The Community Center is home to many local groups in addition to the Senior Lunch Program – Arizona Scrapbookers, Great Decisions, GV Meditations Group, MADD, Matters of Balance, PEO, TOPS, Ukulele Club, Westerners Club, Caregiver Support Group, Bunco, Casa Coffee House, Readers Theater, Victory Volunteers and Memory Café. There truly is something for everyone.

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

Meeting and classroom space are also available for your use.



Don't Eat Lunch Alone!



Chicken Tetrazzini, German Meatballs, Meatloaf, Roast Turkey, and Chili.

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

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

A Community Center for all, serving greater Green Valley

See our lunch menu, calendar of events and our video on our web site: PosadaLife.org. Call **520-393-6840** to learn more.
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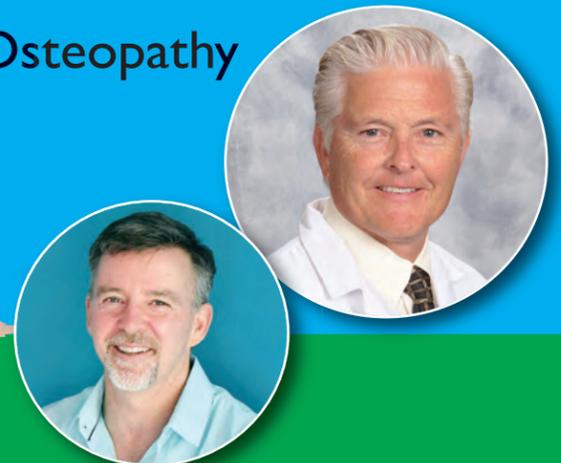
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Friends in Deed
continued from page 12



Friends in Deed volunteer Tom Herder helps make sure every piece of medical equipment is spotlessly steam cleaned and sanitized



Friends in Deed front-office volunteer Penny Jansmann will make your day with her positive attitude

ers and tubs, crutches and canes. It's quite a variety. Mostly we loan walkers and wheelchairs. We also steam clean every piece of equip-

ment. Once it's been loaned out, it gets sanitized and steam cleaned before it gets loaned out again. And all of this equipment has been donated to us."

There's another big reason that people call upon the services of Friends in Deed — transportation. Dorr is not only board president, he also volunteers as a dispatcher. Dorr says, "We have approximately 40 drivers who drive their own cars. We pick up clients from their homes, take them to an appointment — whether it's in Tucson or Green Valley. We wait during their appointment, and then we take them back home. It's door-to-door service at no cost to the clients. We also have two late-model wheelchair vans, so we can take people who use a wheelchair to their appointments. And, at this time of the year, we offer help for people needing to get to legal or tax appoint-

ments."

Morgan adds, "Recently we had a donor who was so committed to Friends in Deed that he supported us with the funds to purchase a brand new transportation vehicle." Friends in Deed is making good use of their transportation vehicles, says Dorr, "We also have a transit van where we can haul 12 people, and we do a couple of mall trips each month. We take people to the Tucson Mall and Trader Joe's once a week. And we're adding on a trip to Costco. It's always on a first come-first served basis. You sign up for it. You meet the van at Friends in Deed. They take off at a specific hour, they're up there for several hours, and then they come back." Friends in Deed also offers special trips to places such as the Fourth Avenue Street Fair, the Tubac Arts Festival and Tumacacori on Christmas Eve.

Need another reason to visit Friends in Deed? How about getting your blood-pressure checked? Morgan says, "We provide blood-pressure clinics on Tuesdays and Fridays from 9am to 10:30am. People receive a little card so they can track their blood pressure in case they want to come in on a regular basis."

The Friends in Deed building is also a meeting place. Morgan says, "We loan out three meeting rooms to nonprofit organizations or community groups in Green Valley. They range from a wood-carver group to stamp-and-coin collectors to HOAs. There is no charge, but if they insist on providing something, we will welcome donations."

One excellent way to see what Friends in Deed does happens once a week. Morgan says, "We have a Friday Social, which is very popular. Every Friday morning beginning at 8:30am we have a social gathering with short entertainment and light refreshments. And the last Friday of each month we celebrate the birthdays of that month."

If you can't come to their meeting, Friends in Deed will come to yours, says Dorr, "We actually have a speakers bureau. Five or six of us go out to HOA meetings, club meetings — things like that — and do a talk on Friends in Deed, volunteerism and donations."

Like many organizations, Friends in Deed was hit hard by the pandemic. They lost both volunteers and clients. But now, as the pandemic wanes, people are coming back.

If you need medical equipment or transportation, Friends in Deed is located at 301 West Camino Casa Verde. If you'd like to volunteer or donate, check out the Friends in Deed web site: fid-gv.org or call (520) 625-1150.

The President of the Board, Chuck Dorr says it best, "I just can't imagine another organization that does more for the community than what Friends in Deed does for Green Valley and the seniors of Sahuarita."

History of Friends in Deed

Submitted by Friends in Deed

Friends In Deed (FID) began in July 1971, when 12 women joined together to offer help to their Green Valley neighbors free of charge. They started in Jackie Wight's private home with 3 wheelchairs, 2 walkers, 4 pairs of crutches and a cane, all donated by the local Lion's Club. From this time forward, there has never been a need to purchase equipment — everything has been donated!

In 1974 they rented a villa to work from. Also in 1974 a few local nurses began the blood pressure clinic on Fridays.

The continued growth of FID services has required a number of moves to larger spaces. First in 1978, Haven Management President, Carl Bossy, offered FID some space at East Social Center. Although helpful, FID outgrew this space and in 1982 George Baldwin put together a committee known as "Friends of Friends In Deed" and raised \$55,000 to build an even larger addition onto the end of East Social Center for Friends In Deed.

The FID Transportation Department which was started in 1978 by Louise Gordon, transported individuals to appointments in Green Valley and Tucson using volunteer drivers in their own vehicles, for which small stipends were given for gas. FID also has four vans — two wheelchair vans for

medical appointments; and an 11-passenger van and a 6-passenger van to provide group shopping trips and other special recreational opportunities.

The Blood Pressure Clinic, which was started in 1983 by then FID President, Bettie Thayer, continues to offer blood pressure checks every Tuesday and Friday mornings from 9:00-10:30 a.m. This service has, at times, been a real "life saver." Occasionally, individuals have been referred directly to their doctor, urgent care or the hospital due to extremely elevated or extremely low readings.

By 1991, Friends In Deed had outgrown that space and a "post card campaign" was started to generate financial support for the construction of a building on Continental Road (now occupied by Radiology LTD). It didn't take long for FID to realize that the 49 parking spaces at that location were not enough.

In 1997 funds were raised to design and build a building for FID at its current location at 301 W. Camino Casa Verde. The building was built economically in order to have no mortgage and costs were kept down, but there was much more room and 159 parking spaces. This building has allowed for additional services to be offered, including 3 meeting rooms which are used free

of charge, by approximately 65 other non-profit groups in the area.

Proudly, Friends in Deed is a member driven organization that continues without any paid employees, utilizing an all-volunteer workforce and requires no charges for any services. Donations are the only source of revenue. The most visible FID volunteers are probably the Front Desk Monitors, who assist individuals in need of durable medical equipment and work in teams of 2 for 3 hour shifts Monday through Friday.

Over the years, the amount and scope of equipment has grown to address the needs of Green Valley and Sahuarita residents. The Equipment Room now offers among other pieces of equipment, standard wheelchairs, transport chairs, aluminum walkers, freedom walkers, knee walkers, toilet risers, bedside commodes, bed rails, toilet rails, transfer benches, canes and crutches. Equipment donated beyond our need, are donated to other organizations in surrounding communities.

Each Friday there is a "Friday Social," beginning at 8:30 a.m. which affords individuals a chance to mingle and meet new friends, enjoy refreshments, see an exhibit, hear a special presentation or hear a musical program.



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–Dr. Dawnie Kildoo



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Known for her caring touch, Dr. Dawnie Kildoo has over 35 years of experience and strongly believes in helping her patients achieve and maintain healthy teeth for life. The reason? With good oral health, studies indicate a 10-15% increase in life expectancy—the proverbial “Fountain of Youth.”

Studies have also shown a direct correlation between poor oral health and the development of cardiovascular disease, stroke, diabetes, arthritis, and even dementia. Dr. Kildoo and her team practice **Complete Dentistry**, helping treat and educate patients whose oral health is at risk.

A graduate of the Georgetown University School of Dentistry, Dr. Kildoo has been awarded the prestigious **Master of the Academy of General Dentistry (MAGD)** designation, which is given to only one percent of the AGD's 35,000+ dentists.

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GRM Helps the Homeless to Become Successful and Self-Sufficient

Submitted by Gospel Rescue Mission

In 1953, to serve the homeless in Tucson, Ray and Alice Chastain founded Gospel Rescue Mission (GRM) in a converted downtown Tucson storefront. GRM offered meals, clothing, showers, a laundry facility, and the Gospel to local homeless men. Over the next few years, GRM expanded its facilities and services to meet the growing needs of the hungry and hurting, and for most of its history consisted of the Men's Center in South Tucson, with shelter beds for up to 65 men, plus an addiction recovery program.

In 1990, law enforcement began bringing abused women and their children to the Men's Center, so GRM converted some office space to accommodate them. However, the need grew too great to accommodate at that location, so in 1992 GRM opened Bethany House—a dedicated shelter on Miracle Mile with beds for 38 women and children.

Tucson has a large percentage of people living at or below the poverty line, so to assist those living on the brink of homelessness, GRM purchased property down the street from the Men's Center and opened its Community Ministries department. It acquired vehicles to collect material items from the community, and an office from which to distribute them. Since then, GRM has been using what it can at its two current locations, furnishing homes for its guests when they leave, and distributing the remainder for free to the local working poor community. At this time, GRM also began its vitally important volunteer department.

GRM continued to adapt to the community's needs, so in 2004, it expanded its Men's Center to 110 beds. Bethany House was regularly full, so GRM began a capital



campaign and purchased the former Wayward Winds Lodge in 2009, a few blocks east of Bethany House, and converted it into a shelter with 100 beds. Known as the Women and Children's Center, this shelter opened in 2011. GRM then offered more than meals and shelter; it started an addiction recovery program, and also provided walk-up meals to those who were still living on the streets.

In 2017, a fire code review by the City of South Tucson forced a reduction in the capacity at the Men's Center from 110 to 55. GRM's executive leadership then began a search for a new home for the Men's Center, and in 2019 GRM opened the H.S. Lopez Family Foundation Center of Opportunity



at the former Holiday Inn Holidome located at 4550 South Palo Verde Road.

GRM is the managing partner of this collaborative campus, which provides, free of charge and at one single location, all the services the homeless need to become successful and self-sufficient. GRM continues to offer shelter, food, and clothing, as well as its transformative addiction recovery program, but now offers employment and housing programs as well. Furthermore, in partnership with 30 other social service organizations, GRM provides on-site access to medical, dental, and mental health care; government benefits; and much more.

Since 2019, four new buildings have been added. Funded and constructed by the H.S. Lopez Family Foundation, these buildings have expanded the services and beautified the campus at the Center of Opportunity. Guests are greeted at the brand-new Welcome Center, which is next to the state Department of Economic Security (office for government benefits). Nearby is the new El Rio clinic, offering full medical and dental care, and the new job training center. The new Courtyard Building has opened and

provides office space for partner social service organizations. It also includes the Wellness Center (full workout gym, exercise room) and a library. GRM also added a new Donation Center to process and distribute the material

donations it still picks up from the community. La Frontera is currently remodeling the six-story building of 200 former hotel rooms into 100 permanent low-income apartments, which will open later this year.

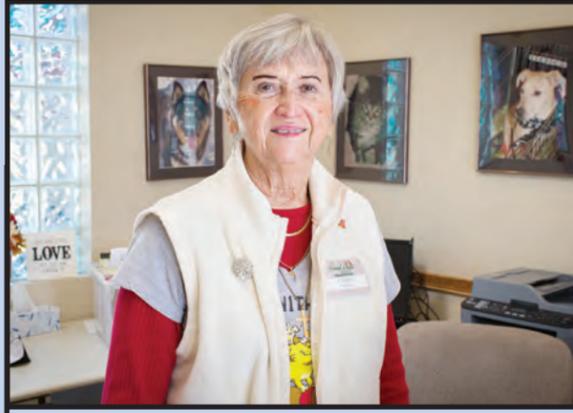
At GRM, everyone is treated with the love, grace, dignity, and respect with which Christ treated others. The spiritual aspect of everything that GRM does is a major part of everything it does, and is especially vital to the success of its recovery program. To keep that spiritual connection unchanged by outside influences, GRM accepts no government funding; it relies completely on the generosity of the local community. To support the work it does, GRM accepts private financial contributions, as well as donations of volunteer hours and in-kind donations (such as nonperishable food, clothing, furniture, appliances, and other household items).

Gospel Rescue Mission's mission statement is "Hope. Shelter. Transformation." GRM helps its guests become successful and self-sufficient so they can move from homeless to wholeness.





Animal League Volunteer Kathi Bobillot & Napoleon



Cheryl Ponzo - Animal League Volunteer



Animal League Volunteer Ronni Pine



COMMUNITY VOLUNTEERS
Thank you for giving of yourself to help others!!



Photos by Guy Atchley



Alice Verpoorten - White Elephant Volunteer



Sally Erlendson is a volunteer monitor in the Clay Studio at the GVR Santa Rita Springs Center



Volunteer Nurse Corinne Pollak providing a free blood-pressure check at Friends in Deed

Green Valley's "Simply Feet" Corrects More Than Foot Pain

Written by Anthony Allen

“Getting older is not for the weak, or for sissies!” is something that is said to me at least once a month during my evaluations with my patients here in Green Valley. Everybody out here knows that as we get age, we might feel the onset of arthritis, become unstable and lose balance and start having pain and problems that just seem to creep up on you. There are many reasons to develop problems such as having injuries or accidents and being born with congenital defects. But it turns out that just living long enough is sometimes the reason we have issues. Nothing lasts forever, especially our bodies and the strength of the connective tissues such as ligaments, tendons, muscles and other structures that support your whole body, keeping it together. Everybody is born a little differently and because of that, as we age, we all feel different aches and pains as our body's break

down. The one thing we have in common is that our bodies change, and not for the better as time passes. Our feet don't last forever, they break down differently for everybody based on genetics. Some people are born with extra flexibility and ligament laxity, and as your feet spread out, this makes your joints go out of alignment and create uneven wear and tear resulting in arthritis or worse, damaged joints, muscle and tendon problems or unstable walking patterns that make the weight go through the wrong part of your feet causing uncomfortable

hot spots and callous build ups. As a Certified Pedorthist, I recommend orthotics for a lot of foot and foot related problems that affect the ankles, knees hips and back. By supporting your feet properly, it helps realign your skeletal structures and helps in restoring proper biomechanics and taking stress off the worn and damaged areas of your body. If you can restore things back to a point that they used to be in when you were younger, you're giving your body a chance to heal and by wearing the right shoes and supports, stay healed.

Here is a testimonial from a patient who was wearing orthotics for heel pain, probably the most common problem people come to me for along with a small explanation.

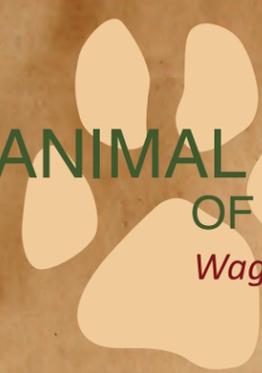
“I have been plagued with severe pain in my left heel, like there was a burning nail in the heel of my



My Name is Anthony Allen, I am a Certified Pedorthist and Certified CAD/CAM in Fabricating Foot Orthoses (Orthotics). I have just shy of 20 years of experience helping thousands of customers like you alleviate your foot pain and find the precise comfort you are looking for. For information call (520) 399-1365

left foot...a pair of custom-made orthotics and the pain was 100% gone and I'm pleased to say that after a few months it has never come back.” – E. Martinez

This patient was diagnosed with Plantar Fasciitis. He felt pain while walking for extended periods of time and taking his first few steps after resting or sleeping. This condition is caused by your arches spreading out and causing tension on a weak connection point of the fascia on the inside of your heel bone underneath your foot. This creates micro tears every time he takes a step and over-pronates, spreading out further than your foot should spread and creating the damage. Orthotics hold the arches up and together to minimize the arch spreading and help aid in the healing process and preventing the problem from coming back.



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Provide outstanding patient care, client satisfaction, and the highest level of medicine to maintain practice health and status in the community.

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Advocate for our patients and their families with empathy.

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OUR VETERINARIAN TEAM

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

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

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

Jean Huang, DVM - Ask Dr. Huang what is most on her mind when she treats pets and she will reply, "pain management and implementation of Fear Free practices." Making sure pain and stress are minimized before, during, and following procedures, and throughout their lifetimes, is not only her responsibility as a veterinarian, but is essential to each pet's recovery, health, well-being, and quality of life.

Jennifer Martin, DVM - Dr. Jennifer Martin grew up surrounded by dogs and cats, and never forgot the deep comfort and love she felt from those childhood pets. Working in veterinary medicine simply made sense—Dr. Martin has never wanted to do anything else! She has enjoyed many wonderful years helping pets and their families live happier healthier lives. Dr. Martin grew up in Southern California and attended the University of California at Davis. She has had the opportunity to practice in many areas on the West Coast, and has owned clinics in Oregon and the San Francisco Bay area.

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GVR FITNESS FAC

It's official

GVR members love to exercise in fitness centers. In 2021, attendance readers at GVR's six fitness centers registered 115,402 visits. That's a daily average of 52.6 workout sessions per center. Only pools are more popular. The twelve pools logged 168,536 visits in 2021; an average 38.5 daily uses per pool. In the year before Covid, fitness center readers were each swiped an average of 94 times per day and pool readers were each swiped an average of 56 times per day.

In 2016, WSM Architects produced an extensive set of recommendations to improve GVR facilities for current and future members. During the assessment phase, they conducted a number of forums, staffed information stations, and met with clubs and other stakeholders. They also completed a benchmark study comparing GVR's amenities to those of similar organizations. WSM identified fitness facilities as an area where GVR falls well behind health and recreation trends and member expectations. This was reflected in feedback provided in member surveys in 2018 and 2021. Eighty percent of 2021 survey respondents were fitness room users!

In December of 2021, the Planning and Evaluation Committee recommended that the GVR Board of Directors take up an expanded fitness center project. The Board directed staff to pursue Phase 1 design services to convert 5,000



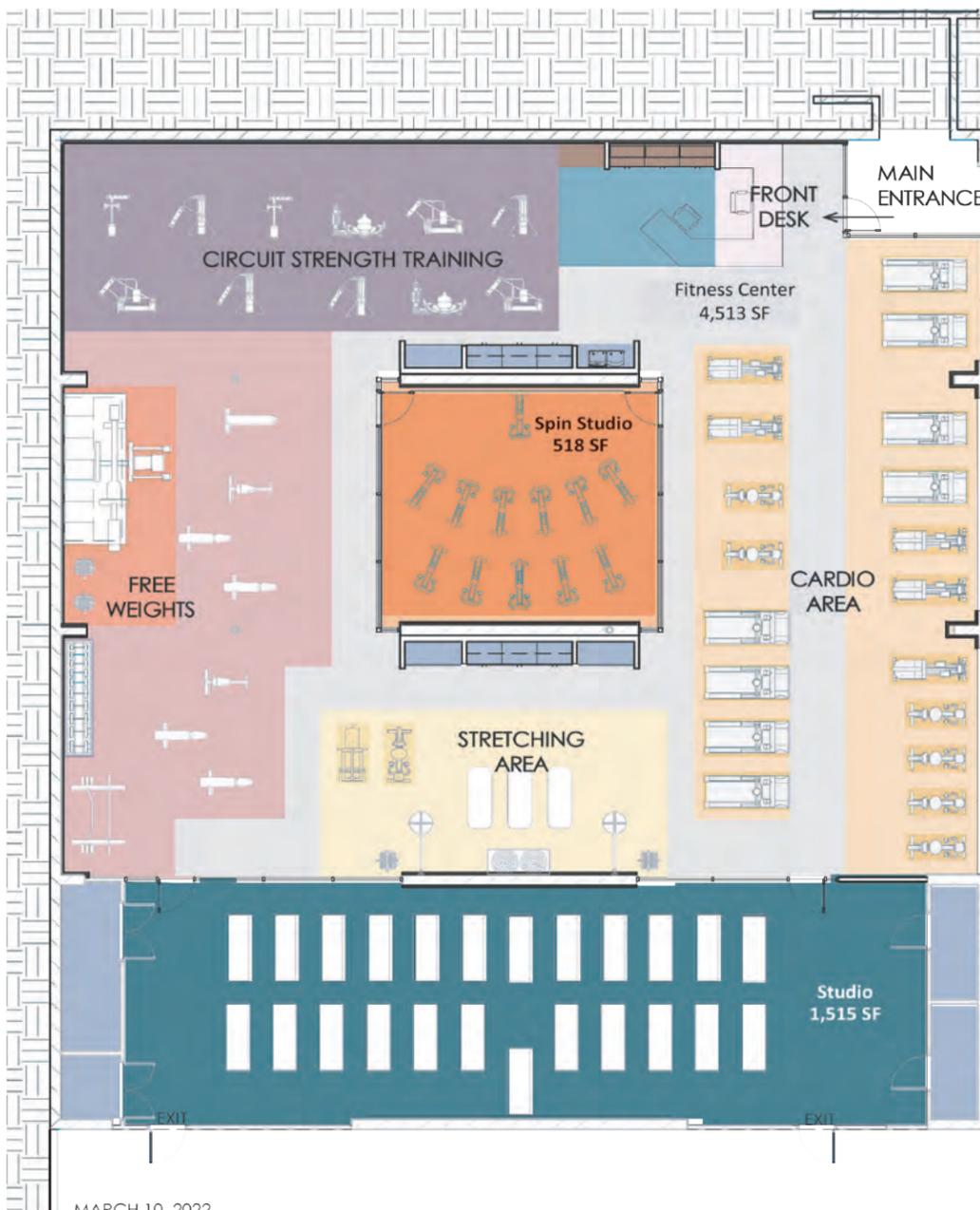
Desert Hills Fitness Center lobby



Spin studio



Cardio view to the pool



MARCH 10, 2022



ILITY EXPANSION



Existing shuffle board space

square feet of long-defunct shuffleboard courts at Desert Hills. The designs pictured here were discussed in a Board work session on March 16. At the time of this writing a vote of the Board was scheduled for March 23.

Why Desert Hills?

The existing shuffleboard courts are enclosed on three sides and overhead by the second floor, making this a very cost-effective option.

This plan will create more useable space as the current Desert Hills fitness center would be vacated and repurposed.

The current fitness center at Desert Hills is quite small. While popular with a group of regular users, it is not well-attended. A mile away, the Canoa Hills fitness center is crowded with equipment, offers no space for stretching or floor exercise, and has few windows. An expanded fitness center at Desert Hills would be a boon to both user groups, and serve nearby members who currently travel to Las Campanas or Canoa Ranch for better facilities.

Cost?

Cost estimates for this project are still pending. The money would come from GVR's Initiatives Fund which is mainly funded by fees associated with new home sales.

What about the Billiards Room?

The studio pictured in dark blue on the floorplan is currently a billiards room that was built on one of the shuffleboard bays. It was first built to house the Computer Club in 1992. Billiards would move, either to a location at Desert Hills, or to the nearby Canoa Hills Clubhouse. In either case, they are guaranteed to have a space as good as, if not better than the one they currently have.

Fitness Center Square Footage

- Canoa Hills: 1980
- Canoa Ranch: 2581
- Desert Hills: 1329
- East Center: 1890
- Las Campanas: 2478
- Santa Rita Springs: 1882

2021 Average Daily Visits

- Canoa Hills: 50
- Canoa Ranch: 64
- Desert Hills: 26
- East Center: 57
- Las Campanas: 107
- Santa Rita Springs: 40



View through the spin studio



Stretching and storage



Multipurpose studio

For more information, please visit gvrec.org



Taekwondo Builds Self Discipline

Written by Tabitha Yates

When one thinks of martial arts, often the word “disciplined” comes to mind. While it’s true that a tenet of Taekwondo is Self-Discipline, the thought of starting a very strict martial arts program can be intimidating, particularly for young students. Master Cruz hopes to shift students’ hesitation into a motivation to pursue learning Taekwondo, by instilling a love of the sport in them early.

When you step into Mr. Cruz’s Taekwondo and Self Defense Studio, you’re immediately put at ease with a smile a mile wide from owner and 6th Degree Black Belt, Ken Cruz. Originally from Guam, you’ll find his unique island style creates just the right blend of structure, humor, and a sense of belonging among the students. Master Cruz shares, “In my culture, we love to bring joy to the world. I bring this mindset to my studio through my teaching, and encourage laughter and optimism within the classes here at Mr. Cruz’s Taekwondo and Self Defense.”

As a child as young as seven, Ken was bullied at school, which prompted his mother to encourage him to take up karate, to be better able to defend himself, if need be. Master Cruz explains, “I learned how to stand up for myself. However, in the long run, I realized as I matured that I wasn’t taking martial arts to get revenge on the student who was bullying me. I gained so much more. It gave me confidence. It brought me joy. It was a good discipline. I got my first black belt when I was 12 years old. Now, I have been involved in martial arts for over 40 years.”

Cruz’s wife, Shelly, was active-duty military and together, they share six children. Every *single one* of their children is now also serving in the military and all of them have earned their black belts in Taekwondo. What a legacy! At the point that Ken left Guam, he was a 1st Degree Black Belt. However, he continued his pursuit of Taekwondo in the various locations where the family was stationed, which resulted in him working his way up to his 6th DAN and opening up Taekwondo schools internationally. He has owned a school in Portugal, Japan, Tucson and now, Green Valley. He is now waiting to test for his 7th degree black belt, but says there is no rush. He is simply enjoying the journey.

Mr. Cruz’s Taekwondo and Self

Defense Studio offers a variety of classes for ages ranging from 4 and up. Currently, his oldest student is in his 60’s. Master Cruz also integrates special needs students into his children and adult classes. During the day, he works for the local school district, training school bus drivers and one particular summer, he was transporting autistic students for a day program in Green Valley. He was approached about offering a one-week long program for these young adults. Following the week’s end, he started having some of the special needs students coming and trying out his Taekwondo classes and they liked it! That was three years ago and some of them have almost attained their black belt under Mr. Cruz’s training. Their families report increased confidence, social skills gained, and new friends.

Ken says, “I love teaching students of all ages with various backgrounds and abilities. My number one rule is to respect your fellow students. I want to show my classes that we are all equal. Anybody can do Taekwondo. It doesn’t matter your age. I can work with you and modify techniques so that no one will be left behind. I want to teach my students that they can be whatever they want to be and achieve any goal. I love seeing them progress in their belt ranks and watching what they go out and become in the world. It’s great to be a part of building the future.”

At the end of the day, Master Cruz teaches martial arts to share the passion he has for Taekwondo, in hopes of giving others the opportunity to gain the same self-confidence, awareness, and increased physical and mental strength that he has found in it. He is excited to see the ways the studio will expand and one day, witness his students opening up their own martial arts schools.

Mr. Cruz’s Taekwondo and Self Defense will have a booth at Fiesta Sahuarita and the community will get a chance to meet some of his students, discuss his passion for the sport, and maybe hear him crack a joke or two. He is currently taking new students and you can find out more about his studio and class schedule at www.mrcruztkdsoaz.com.



The Studio’s Flags



Master Ken Cruz is a 6th degree black belt in Taekwondo and has been practicing martial arts for over 40 years



A student from the adults class with special needs has earned her brown belt after much hard work.



Warmups at the beginning of class



Students work together and learn through their training.



Master Cruz works with a student in the beginner’s/intermediate class



Master Cruz adapts his program to fit students of all abilities. Anyone can do Taekwondo!

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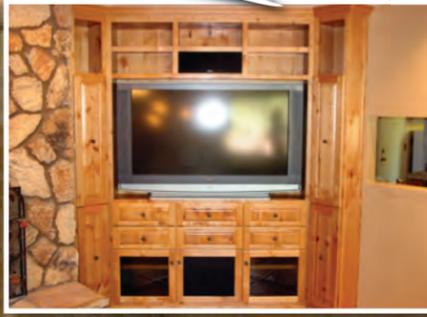
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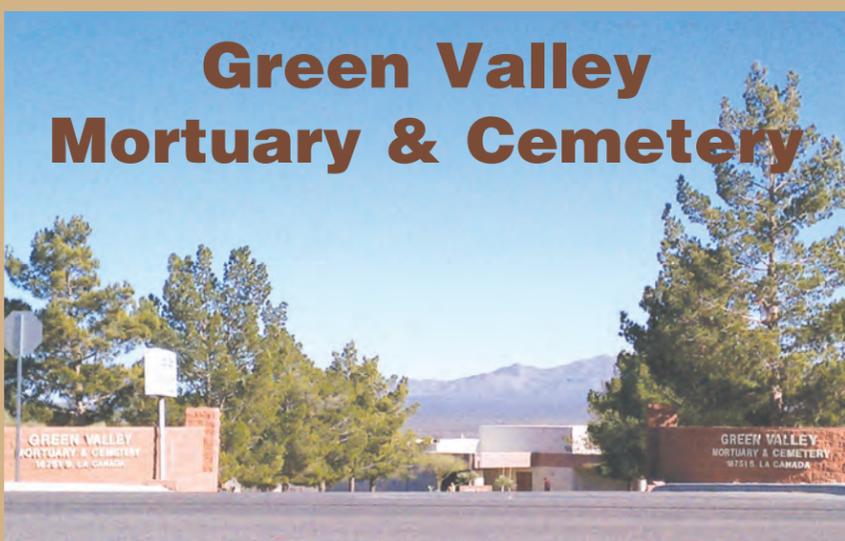
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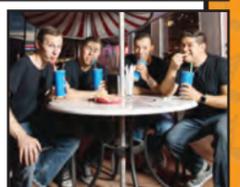
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Continental School District: Where the Music Finds a Way



Photos and Article by Guy Atchley

Joe Ferguson is a music teacher, and a thankful one at that. He's thankful to work in the Continental School District where in his words, "They are willing to do something out of the box." In this case, they're taking music class out of the building and onto the school grounds.

The new outdoor musical class boasts a total of 17 instruments. Ferguson says, "We have some drums and some tubular bells, chimes and some vibraphones,

but they're mostly pentatonic instruments. And we have two other locations on campus with instruments installed."

Ferguson is quick to sing the praises of the community groups who have made this possible. They include the Continental School District Educational Foundation, the Valle Verde Rotary Club, The Optimist Club of Green Valley and Green Valley's Got Talent as well as the tax-credit donors of Green Valley. Ferguson says, "I



Continental School Music Teacher Joe Ferguson is proud of his students and their new instruments



Continental School Students (L to R) Oscar Ramirez, Blaise Hunter, Kael Oesterle, Osvaldo Bucaoto, Kegan Forehand



Continental School Students (L to R) Alesandra Meranza, Olivia Sorensen, Kael Oesterle, Daniel Encinas, Logan Zeller, Avayah Ramos, Viviana Holguin, Chloe Cuevas

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haven't seen very many schools with this type of resource. This is uncommon because it's expensive, and most school districts' music programs have a hard enough time just getting saxophones, trumpets and violins. Continental is in a unique situation where we have Green Valley residents who are generous to the extreme. They're always giving, so we have those instruments donated to us. And we have enough funding to go out and buy the instruments that we need. But then we also have organizations like the Continental School District Educational Foundation, the Valle Verde Rotary Club the Optimist Club of Green Valley, and Green Valley's Got Talent."

All of this altruism allows Ferguson and Cynthia Belletti, Continental's

elementary music and middle school orchestra teacher, to provide certain teaching methods for their students. Ferguson says, "I actually used it this morning to teach a Kodaly lesson. That's a pedagogical method that focuses on folk songs and games that correspond to those folk songs. We could have roughly half a class of 30 students playing instruments and the other half playing the corresponding dances or games that go with those folk songs. I also use the outdoor instruments to teach the Orff method, which is common in school. Both Orff and Kodaly are named for their creators."

The latest outdoor musical classroom represents phase 2 of the current project with phase 3 yet to come. And with that tease, we leave you on a high note.

KG VY

1080/101.5 GREEN VALLEY SAHUARITA

FAMILIAR FAVORITES

ERRATA

The article in the Winter Community Quarterly contained a few inaccuracies. The Sahuartia Library does not have food and drinks for the children's area. The library is not a drop off site for Casa Alita or the Community Food Bank. Our apologies for any confusion this may have created.

Bettie Thayer — Ambassador of Volunteerism

Green Valley has always been a home to volunteerism. And no one portrays it better than Bettie Thayer.

Bettie and her husband, Al moved to Green Valley in 1986. The previous fifteen years they were very active with the Red Cross in Denver Colorado. Since the closest Red Cross office is located in Tucson, they chose to look for a charitable organization closer to home. Thank goodness they discovered Friends In Deed.

For the past 36 years Bettie has been involved in many aspects of Friends In Deed. She started as a monitor at the front desk, greeting people and assisting them with their needs. Much of the time this entailed describing the medical equipment that was available to be loaned. She served four years as president of the board. She took a hiatus from Friends In Deed as her husband became ill and was needed at home. Once again, Bettie is serving on the board of directors of Friends In Deed.

Bettie has been involved signifi-

cantly in providing a location from which Friends In Deed to operate. When she first became involved Friends In Deed had a small space in the GVR East Center. Thankful to GVR for the space, the board of Friends In Deed with Bettie as president had a vision of their own space. The room in the East Center was much too small for what Friends In Deed was offering the community. People would be lined up to the street in order to get a simple blood pressure check. She envisioned an expanded space where blood pressure clinics, social programs and lectures on health could be conducted. Bettie organized a fundraising effort in which postcards were sent to all Green Valley residence asking for donations. Volunteers would meet on Saturdays to address postcards and send them out on Mondays. The response from the community was amazing. At the same time Friends In Deed received generous bequeath from a Friends In Deed client. With this funding, a search for a new location commenced. A lot next to Bank of America on Continental was cho-

sen, an architect was hired, and the project was underway. The opening of the new Friends In Deed was celebrated by having an open house with a band, refreshments and tours of the building. This building was much more spacious however the parking was inadequate. In 1997 Friends In Deed moved into a new building at its current location at the corner of Camino Casa Verde and La Canada.

Of all of the wonderful things that Bettie Thayer has done, she has the greatest passion for the Friday Socials. One of the early programs she was involved with was setting up the hospitality and socialization committee. Its goal was to provide education and social opportunities for the residents of Green Valley. She was particularly concerned with those who were homebound or had little contact with others. Bettie

is currently involved in the planning of the entertainment and informational programs offered every week at the Friends In Deed building. These weekly events start at 8:30 am. All residents of the Green Valley community are welcomed each Friday.

If all these accomplishments were not special enough, Bettie has achieved another milestone. On September 6, 2020, she turned 100 years old. Bettie had hoped to help celebrate the 50 year anniversary of her beloved Friends In Deed last year, however the COVID pandemic changed those plans.



Bettie Thayer



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STAY AHEAD OF AGING WITH DR. GROSS

An important part of good health starts with the preservation of our bodies. Part of this act of preservation includes taking care of the muscles. Some people lift weights, others do aerobic exercise, or walk to maintain their physical strength. Caring for your body and muscles also means eating enough protein and maintaining good dietary habits. These are just some of the important healthy habits to keep you strong and agile.

Sometimes, when these habits change or as we age it can be harder to maintain that good health. As a person ages or as their level of activity declines, muscles begin to decrease in mass and in strength. This process is called sarcopenia.

Sarcopenia is a type of muscle loss or muscle atrophy that occurs with aging and a lack of mobility. It is recognized by a loss of muscle mass, muscle quality and strength. The rate of muscle loss is dependent on exercise level, nutrition, and other factors.

The National Institutes of Health has estimated between 2-13% of adults ages 60-70 can be affected by sarcopenia. Sarcopenia increases as we age, sometimes as high as 50% in people 80 and above.

Now that we know what sarcopenia is, how do we prevent it or at least reduce the risk.

Here are my suggestions on staying strong and healthy.

1. Stay active, by choosing to do some type of exercise daily – of course, approved by your doctor.
2. Good dietary habits, making sure to eat enough calories and protein to meet the demand of your lifestyle – such as eggs, nuts, beans, seafood and lean meats. Don't forget the fruits and vegetables!
3. Good dietary choices, eating enough calories is great but making the best choices will improve muscle/bone function. Avoid empty calories like chips, candy, cake, etc. vs. nutritional calories like fruits, veggies, and chicken.
4. Stay within your limits to avoid injury, if you're not regularly exercising now, don't start running/walking 5 miles a day or lifting weights for 3 hours a day. Gradually increase your activity over a 6–12-week period.
5. Ask for help or find an exercise buddy. Exercising with someone will help prevent injury and/or make you more likely to keep to a regimen.

If you have already been diagnosed with sarcopenia, what should you do? The best treatment for sarcopenia is exercise, specifically resistance training or strength training. These activities increase muscle strength and endurance using weights or resistance bands. But remember, always check with your physician on what is best for you.

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Dr. G's 10 Tips on Exercise and Health

1. Increase new exercise gradually – or you'll likely come to see me with some sort of injury.
2. Hydrate well, especially here in Arizona. If you increase exercise and don't hydrate well, it can cause a whole host of issues.
3. Warm up for 5 to 10 minutes before exercise. Be an equal opportunity stretcher! Stretch your entire body.
4. A good diet provides optimal fuel for your body and helps to increase your exercise capacity.
5. Take the correct safety measures for the activity. For example, cyclists, please wear a helmet -- on your head – that fits properly and securely.
6. After exercise, stretch the main muscle group that you used. When done playing pickleball, stretch out your forearms.
7. Wear sunscreen with a Sun Protection Factor (SPF) of at least 50. The darker the complexion, the higher the number of SPF to provide UV protection.
8. Wear proper clothing and shoes.
9. Recovery time is important to any exercise regime, so get a good night's sleep versus a short nap during the day.
10. It's important to do both resistance training and cardio. Rule of thumb is 210 minutes of cardio a week and weight/resistance training 2 to 3 days a week.

Educating the Community



Dr. Anthony Gross

Anthony Gross is a Doctor of Osteopathic Medicine and practices Family and Sports Medicine at Santa Cruz Valley Regional Hospital. He concentrates on preventative and function care – working with patients to develop a treatment plan.

Dr. Gross is certified by the American Osteopathic Association Board of Family Physicians in both, Family Practice and Osteopathic Manipulative Medicine, and Sports Medicine. He earned a masters and graduated medical school from Touro University Nevada College, followed by a fellowship in Primary Care Sports Medicine.

According to Dr. Gross, sports have been an important part of his life and shaped his path to Family and Sports Medicine. “I grew up playing football, wrestling, and baseball. I always enjoyed playing and watching sports. I practice what I preach and understand the benefits of exercise, good health and hands-on-care.”

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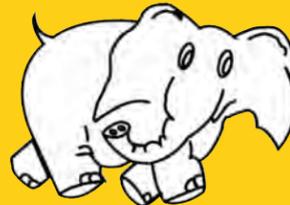
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Taking Spring's Holiday Celebrations Outside

Written by Rosie Romero, Rosie on the House

Spring is here. With it comes Easter, Passover, and the best weather of the year.

Take the holiday activities outside and enjoy all that Southern Arizona's weather offers. Whether it's a quiet holiday for one or a houseful of guests, try these ideas to bring the festivities outside.

Creating An Oasis

Furniture

Look for durable, well-made frames. Powder-coated iron or aluminum are the most long-lasting choices for our climate. Don't buy wood for Arizona outdoor use. If you want wicker, go for synthetic, not natural materials.

Outdoor tables are available in many shapes and sizes and can be topped with onyx, travertine, honed slate, or even concrete.

If you can't buy a table to seat everyone, buy a few small tables. Add a sofa, love seat, or chairs.

Choose strong materials that won't deteriorate or fade in summer sun and heat. Hundreds of colors, patterns, and textures that are UV-resistant are available. Make sure the cushion coverings can be removed and laundered gently in your washing machine or washed by hand. Select marine-grade, high-density foam that will resist mold and mildew.

Keeping it Cool in the Shade

If your patio isn't covered, buy an umbrella or two, a shade sail, or a patio awning. There are many umbrella choices including table-mounted and free-standing that can be tilted as the sun moves. They should be made with tough, sun-resistant fabric. The bigger, the better.

Here are some other shade options:

Freestanding gazebo or pergola.

Place a steel-frame gazebo with a cover made from the same acrylic fabric as an awning next to the pool. A gazebo can extend the pool area and create a shady spot for outdoor seating where you'll feel up to 20 degrees cooler than if you would out in the sun. A typical size is 10 x 10 feet, but you can get them as big as

14 x 20 feet. Choose a light color, which will reflect heat instead of absorbing it.

Shade canopy. You've seen shade canopies on school playgrounds. The same thing will work great in your backyard. The dome-shaped, freestanding structure has a steel frame with a shade screen on top.

The knitted screen blocks about 90 percent of the sun's harmful rays, but you can see through it, so some homeowners place them right over the top of the pool. A small one is 18 x 18 feet, and a large one is 30 x 30 feet.

Patio cover. If your patio is next to your house, cover it with a fabric awning or a see-through shade screen, either attached to the



A simple rolling awning can provide an abundance of shade.

house or installed as a freestanding structure. Choose an acrylic awning if you want one that won't let the rain through. Install it at a good pitch so water will flow off. If you're not worried about the rain, or your home is too low to create the necessary pitch, install a flat shade screen, and let water drip through. If your homeowner's association allows it, consider aluminum as a permanent cover for a patio or freestanding shade structure in your yard.

Ramada. Cover an outdoor kitchen or create a backyard gathering place with a permanent ramada, made from stone, tile, wood, metal, or masonry block with stucco painted to match your house. Choose an open or closed roof. Add electric lights and adorn your ramada with other custom touches.

Prices vary greatly for the sturdy, architectural structures, depending on the features and materials you choose.

If you're installing a misting system, make sure it's not right next to the TV screen or furniture. The mist could cause calcium build-up on the screen and sofa.



Create a backyard retreat with a swimming pool, spa, pavers, fireplace, turf, and a comfortable seating area.

Landscaping

Speaking of shade, it's a great time of year to plant a tree. It may be too small this year to provide shade, but if you're patient -- in a couple of years -- it will start cooling the party crowd and the house. A tree is less likely than an umbrella to get blown into the neighbor's yard or into your swimming pool.

Add artificial turf and provide space for pets and children to play and run. Use it as a putting green or for other games. Artificial turf is not as cool as real grass. It's made of plastic and when the intense sun shines on it, it can get hot. Water will cool it off. Don't use artificial turf around fire tables or fire pits. Don't put a glass table over it because the glass can magnify the sun's heat and damage the turf under the table.

Check with your HOA before installing artificial turf. Some insist on desert plants or real grass only.

Outdoor Kitchen

Even if you don't want to build an entire outdoor kitchen, you may want a built-in grill. The more counter space around the grill, the happier you'll be. Include a portable mini-refrigerator. Pick a cooking spot far enough away from the eating area so that heat and smoke won't upset diners. But keep the grill fairly close to the kitchen door so you don't have to run a giant cart full of food and

dishes way out to the other end of the yard.

Get Your Pool Swim-Ready

Inspect the equipment. Check the concrete pad under the pump for wet spots. If you find a leak, call a repair service.

You may need to drain and refill the pool if you haven't in a while. Have a pool technician test the water's chemistry first. The tech will tell you if it's time to drain and refill. NOTE: Don't drain your pool in the summer. The dry heat could crack the surface.

Add salt if your pool is salt-chlorinated.

"Shock" your pool by raising the chlorine level if your pool is chlorinated. You can do this yourself with an oxidizer from your pool dealer. Choose a product compatible with your filter system. The shock will oxidize "dead" material killed by chlorine, such as bacteria, algae, and skin cells.

Hire a licensed electrician to install ground fault circuit interrupters on all outlets that power outdoor electrical equipment. Check that the pool's wiring and installation are up to code.

Notching Up Pool Safety

Improve the fencing around the pool and install better locks on gates that will be too high for very young children to reach. Install alarms on sliding glass doors that lead from your house to the pool area. Inspect handrails, diving boards, ladders, and slides and secure anything that's shaky or damaged.

Replace The Pool Deck

Think about a lighter deck color so the deck won't burn your feet. Try concrete pavers that resist cracking caused by the sun, pool chemicals, or salt. Depending on the condition of your pool, acrylic surfaces and pavers can be laid over new or old concrete.

You are essentially creating an outdoor living room. So, consider inviting settings to encourage outdoor gatherings of family and friends.

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

The Ride of Silence is Back!

Written by Chuck Hill

After two years of celebrating the Ride of Silence in virtual mode only, we are back for real now! On the evening of May 18, the international Ride of Silence will be observed in close to 400 locations in the United States and in fifty international countries on seven continents. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways.

The Green Valley/Sahuarita event has been observed for the past seventeen years to honor those many cyclists. Beginning on May 17, 2006 twenty local cyclists rode from the GVR West Center to the south to honor the life of Fred Hettig who had lost his life while cycling on Nogales Highway. In May of 2019 more than 100 cyclists rode a seven mile loop from the GVR East Center to remember the life of Walden Grove High School freshman Mason Taylor.

Cyclists participating in the local Santa Cruz Valley Area Ride of Silence will gather at the GVR East Social center on Wednesday, May

18 at 5:30 PM and begin the ride at 6:00 PM. Riders will observe the world-wide guidelines for the Ride of Silence and ride at a slow and comfortable pace while conducting the ride in total silence. The ride will be led by local bicyclists and supported with assistance from the Pima County Sheriff's Department, the Sheriff's Auxiliary Volunteers, and the Green Valley Fire District.

Ghost Bikes are somber memorials for bicyclists who are killed or hit on a roadway. A bicycle is painted all white and located near the crash site, sometimes accompanied by a small plaque or flowers. They serve as reminders of the tragedy that took place and as a quiet statement in support of cyclists' right to safe travel.

In February of 2020, fifty cyclists and friends gathered near the entrance to the Coronado National Forest entrance on Madera Canyon Road to dedicate a ghost bike to the memory of George 'Fred' Dille-muth. Fred, a fifteen year resident in Rancho Sahuarita, was involved in a collision on the previous Labor Day while returning from a ride



Riders head north on La Cañada



The Ghost bike in memory of Fred Dille-muth

to the end of the canyon road. He passed away the next day. His family and friends will join cyclists on

May 18 at the Green Valley/Sahuarita Ride of Silence event to remember his active life.

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gardening *tips*

By Charlene Westgate, Permaculture Landscape Designer

THE LITTLE THINGS THAT RUN THE WORLD AND THE PLANTS THAT SUPPORT THEM

“It’s now within the power of individual gardeners to do something that we all dream of: make a difference.” (Doug Tallamy, *Bringing Nature Home*)

If you had to guess which species has the greatest impact on our Sonoran Desert ecosystem, what would you say?

You might guess plants—and you’d be close. The oxygen we breathe is made exclusively by plants. Plant roots filter rainwater on its way to the nearest waterway. Plants are the only organisms that can convert the sun’s energy into food. So, very little can live without plants.

Instead, it’s insects that ecologist E. O. Wilson calls “the little things that run the world.”

Many of us tend to have a negative attitude towards insects, and a garden without insects might sound appealing at first. Yet, for those animals that cannot eat plants, insects are their food source. For the remaining animals that don’t eat plants or insects, they eat the animals that eat insects. For example, roadrunners eat lizards who eat insects.

Speaking of birds, did you know that 96% of birds—**almost all birds**—consume insects at some time in their lives? Even those birds that eat other foods in adulthood feed their young with insects for healthy growth. In fact, pound for pound, insects have more protein than beef!

So, whereas insects are crucial to the food chain, native plants are crucial to insects. Insects have evolved with plants, and most cannot eat alien plant species. So, in order to have a healthy ecosystem with a diversity of wildlife, we need a diversity of native plants to provide food for a diversity of insects.

The Problem

There are simply not enough native plants in the wild any more to sustain native wildlife. Their habitat is rapidly disappearing. Millions of acres are lost each year to human use: development that clears away the native vegetation, taking wildlife habitat with it. So, it may not surprise you to know that *less than 5% of undisturbed habitat remains in the lower 48 states.*

The bigger issue is the fact that these developments are then replanted with alien plants—exotic plants from around the world—rather than with native plants. According to Doug Tallamy, author of *Bringing Nature Home*, “We can no longer relegate nature to our parks and preserves.” It’s time to welcome



A Lucy’s warbler feeds insects to her chicks. Photo courtesy of Paula Redinger

According to the Arizona Native Plant Society the Sonoran Desert has nearly 4,000 amazing plants, so there’s no lack of variety. In addition, native plants:

- Are adapted to our soil and monsoon conditions, requiring less water and maintenance to keep them looking their best.
- Attract birds and pollinators, and who doesn’t enjoy hearing them sing or watching them flit about the yard.
- Allow us to take pride in keeping the Sonoran Desert diverse.

nature into our yards.

What are native plants and what are their advantages?

A native plant is one that has evolved in an area over time giving it the ability to interact with the other organisms around it. It will take millennia for alien plants to interact with native organisms. We simply don’t have that much time. Thus, if we want to maintain the healthy, Sonoran Desert ecosystem that we love, it’s vital that we add native plants to our gardens.

For us, native plants are those from the Sonoran Desert, yet I find some confusion about this. People see plants growing in their neighbors’ yard, or at a local park or nursery, and assume they are native—right? In many cases, not. For example, did you know that the golden barrel is native to Mexico, the red bird of paradise and bougainvillea are from the Caribbean, lantana is from South and Central America, bottle brush is from Australia, and aloe and ice plants are from Africa, to name just a few. *So, don’t assume.* Check before you buy!

One example of native advantages are the velvet and honey mesquites, compared to the South American varieties. The deeper roots of our native mesquites withstand our high winds and don’t heave sidewalks like their South American counterparts with more shallow root systems. Our native mesquites can also support up to 35 times more insects than those alien trees!

And there is no need to worry about a garden overrun with insects. Nature has a built-in ability to create balance. So, you can celebrate each time you see an insect nibble on your plant leaves, knowing that that insect will likely become food for the birds and lizards in your yard.

How can I make a difference?

We help decide which plant and animal species will survive every time we decide what to plant in our gardens. You don’t have to redesign your entire landscape to have an impact. Replace alien plants with natives each time you lose one. Or, design one section with native plants, creating a lovely pollinator garden.

In addition, demand that our area nurseries have plentiful stock of native plants, and to label plants clearly as to their origin.

Remember, planting native lets you create a landscape that is BOTH vibrant and delightful, AND is a source of environmental change.



A greater roadrunner with dinner. Photo courtesy of iStockphoto.com



A vibrant landscape of native plants. (Design: Westgate Garden Design. Photo: Boom Pix Media.)



COMMUNITY VOLUNTEERS

Thank you for giving of yourself to help others!!



Photos and Article
by Guy Atchley



Animal League Volunteer Joey Sourant & Camille



PAWS Patrol Volunteer Kristen Moles always enjoys spending time with Rocky



Tom Parker is a volunteer at the GVR Camera Club in the Santa Rita Springs Center



John Gengler, Karlene Varley, Barbara Maxwell - SAV Volunteers



Eunice Hindes - White Elephant Volunteer

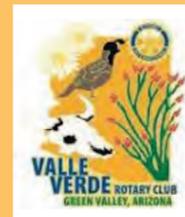


Fire Corps Volunteers Steve Bailey (Left) and Mike McConnell (Right) prepare for their rounds to make sure Green Valley residents are safe in their own homes

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April 2022

To All Our Family, Friends, & Supporters of Continental School

Our "Little School with a Big Heart" continues to thrive in the midst of the stress and delays the pandemic has caused for students, families, and staff. We are coming out of this time more upbeat than ever, and with our students once again thriving in school!

Winning Basketball Season & Spelling Bee Champ

Our student athletes are doing an exceptional job this year with our Girl's Basketball team going undefeated and winning the Southern Valley League Championship. 8th graders Lewis Harvey won the Pima County Spelling Bee and proudly represented Continental at the State Spelling Bee competition.

Jazz Band Receives "Excellent" at NAU Jazz Festival

The Continental Jazz Band once again participated in the yearly Jazz Festival in Flagstaff at NAU, receiving an "excellent" rating! And a special shout-out to Kelton Webb, our pianist, who received an outstanding performer award for his solo in "Alligator Boogaloo."

Saving Our Community Money

On April 14, 2022, the Continental Elementary School District will be closing on the refinancing of \$8,163,000 in bond indebtedness. This will save our taxpayers \$1,033,462 over the course of the repayment period that ends on 7/1/2031.

Job Fair—We are Hiring!

Special Announcement: Continental Job Fair Saturday April 9th. 9:00-12:00 p.m. Seeking certified and classified positions i.e., Elementary and Middle School teachers, Psychologist, Counselor, Paraprofessionals/Programmatic Asst., Food Service and Bus drivers. Hiring Substitutes for all positions as well. If you know anyone in the community that would like to work at the school, please contact us at 520-625-4581.

Our Guinness World Record for The World's Largest Envelope!

On March 21st, we held a school gathering to celebrate Continental receiving a Guinness World Record for the World's Largest Envelope. With the help of local author, Carew Papritz, Continental students helped create the World's Largest Handwritten Thank You Letter, Envelope, and Stamp to celebrate National Thank You Letter Day. Check it out at NationalThankYouLetterDay.com

Thanking our Volunteers!

We want to especially thank all our dedicated volunteers and community members for their continued outstanding support of all our Continental COLT endeavors. If you're interested in volunteering at the school, please contact us!

With great enthusiasm and appreciation,
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CROSSWORD

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This edition's puzzle is THE 1940'S! 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 11, 2022. If you win, KGVY will cut you a check for \$250 and a local non-profit of your choice will receive \$250. Here's some additional small print to test your reading glasses.

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

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THE 1940'S

ACROSS

- 1. Decree
- 6. *U.S./U.S.S.R.'s cold one
- 9. Harry Potter's mark
- 13. Syrup flavor
- 14. ____ Khan
- 15. Bird of prey's nest
- 16. Lieu
- 17. H+, e.g.
- 18. Bashful or Happy
- 19. *"1984" author George
- 21. *Best-selling pop artist Bing
- 23. Writer ____ Monk Kidd
- 24. Genghis or Kubla
- 25. Cranberry habitat
- 28. Not nice
- 30. Saddle holders
- 35. *Boris Karloff's movie "The ____," pl.
- 37. Actress Barrymore
- 39. Asian goat antelope
- 40. Supernatural life force
- 41. Seethes
- 43. South African antelope
- 44. Cook from above
- 46. Rotisserie part
- 47. Not odd
- 48. Italy in Italian
- 50. What snob puts on
- 52. .0000001 joule
- 53. Sound of a dropped tome
- 55. Beer acronym
- 57. * ____ Doctrine, U.S. foreign policy
- 60. *"How Green Was My ____"
- 63. Another word for nutria
- 64. Ciao in the U.S.
- 66. Trip guide
- 68. Surveyor's maps
- 69. Afflict
- 70. Will alternative

DOWN

- 71. Additionally
- 72. Nucleic acid
- 73. Term of endearment
- 1. Emergency acronym
- 2. *1949 international org.
- 3. Copycat
- 4. Chicken feet
- 5. Christian hymn (2 words)
- 6. Graveside sound
- 7. Gone by
- 8. TV's Yellowstone, e.g.
- 9. Uses a Singer
- 10. Underwater hermit
- 11. Ethereal
- 12. Gridiron official, for short
- 15. Apollo Creed's son
- 20. City in northern England
- 22. Old towel, e.g.
- 24. Rollerskater's protector (2 words)
- 25. *Disney's 1942 orphan
- 26. Abstractionism using optical illusion
- 27. Kind of salami
- 29. Crafts' companion
- 31. Network of nerves
- 32. Treasure collection
- 33. Dreamer?
- 34. *Popular music style
- 36. Ship canvas
- 38. *1939-1945
- 42. Parallel grooves
- 45. Acid turns it red
- 49. "Bingo!"
- 51. Daryl Hannah's 1984 movie
- 54. Open up
- 56. In spite of the fact, arch.
- 57. Church sound
- 58. Swedish shag rugs
- 59. Plotting

- 60. Velum, pl.
- 61. Zeal
- 62. New Haven University

- 63. IRS employee?
- 65. Yang's opposite
- 67. Canny



KGTV and La Posada congratulates Teresa Koslow of Sahuarita on her January Community Quarterly puzzle winnings. KGVY's Steve Wagner was happy to present Teresa with her \$250.00 check that she is donating to PCOA and she chose Friends In Deed to receive the Non-profit \$250.00 check

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

pettalk



How has covid impacted the veterinary industry?

The impact of covid-19 on the veterinary industry has been felt across the country by pet owners and veterinarians alike. Due to the pandemic and forced isolation, millions of new pets were adopted. The demand for pet care has grown so quickly and exponentially that it has exceeded the supply of veterinarians and available care. At the Animal Care Center, we are booking 2-3 weeks out for appointments, and many clinics are no longer accepting new clients. Veterinarians and their staff are working longer hours, often get very short or no lunch breaks, all in an attempt to accommodate the soaring need for pet care.

The other main factor is that since the pandemic, many people were and continue to work from home. They are able to focus on and notice things like lumps and bumps, lameness issues, and other maladies that they may not have noticed or would have left untreated before.

The demand for veterinary care has simply outpaced the supply despite the changes and adaptations clinics have put in place to accommodate as many patients as they can without compromising care.

Does the Animal Care Center see emergency cases?

We are not an emergency clinic. Given the circumstance described above, we are doing our very best to accommodate and see existing and established patients for urgent visits during regular hours. You should always be aware of the closest 24-hour veterinary facilities in case your pet needs care and we are not open or cannot take on more patients for the day. We recommend that you call first!

Is the Animal Care Center still providing curbside service?

At this time, we are providing curbside service, but owners are welcome into the building and into the exam rooms with their pets for the visit. If anything good has come out of the covid pandemic, it is the discovery of the convenience and reduced stress for owners to wait outside or in their cars for their appointments rather than in the lobby which can be chaotic and disruptive at times. It has been very nice to see owners and their faces again in the exam rooms!

Do I need to wear a mask at your facility?

At this time, it is personal preference for clients if they want to wear a mask or not. Unless the circumstances change with regard to the pandemic, not only are clients welcome into the exam rooms for their appointments, but it is also up to you whether you wear a mask or not. If you have health issues or concerns and you prefer our staff wear masks for you, just ask! We are aware that everyone's risk and concerns are different, and all viewpoints are respected.

What other services does the Animal Care Center provide?

Our day care facility is fully open for those of you who are no longer working from home, or if you need care for your pet while you enjoy your daily activities. Call ahead for more information, we would be happy to introduce your pet into the pack of great dogs at ACC day care!

What is laser therapy for pets?

Therapeutic laser therapy for pets is the use of photo biomodulation, or the use of non-ionizing electromagnetic energy to trigger photochemical changes within the cellular structures that lead to decreased inflammation, decreased edema or swelling, slowed nerve conduction, decreased peripheral pain perception, and an increase in the speed of wound healing. The therapy is delivered to people and pets with a small hand-held device using an appropriately sized delivery head. It looks much like an ultrasound probe and is about the same size. The delivery of the therapy is completely pain free and actually calming and soothing.

How long has laser treatment been used on pets?

Therapeutic lasers have been researched in Europe for over 30 years, however, the US FDA cleared low level laser therapy in 2002 and class 4 laser (hot laser) in 2003. Therapeutic laser is used in both human and veterinary medicine as an adjunct and primary mode to treat a variety of painful and chronic conditions.

Can laser be used on both cats and dogs? What diseases does laser therapy help?

Therapeutic laser therapy can be used on both dogs and cats for a variety of conditions. Most commonly, we use laser therapy as an adjunct or primary tool for treating acute and chronic orthopedic or painful neurological conditions. Such conditions include arthritis and sports injuries as well as herniated intervertebral disks. We use it post operatively in our orthopedic surgeries on cats and dogs, and we use it for swelling and edema secondary to snake bites.

What does laser therapy cost? Is the therapy covered by pet insurance?

Laser therapy at the Animal Care Center is \$55.00 for treatment of one site, and \$85.00 for treatment of multiple sites. After the initiation protocol which is three times weekly for one week, twice weekly the next week, and once the last week, it is generally needed anywhere from 1-2 times monthly, so it is a very cost-effective pain tool. Your pet's response to therapy as well as your veterinarian will determine how often the therapy should be used. There is no exam fee for each session, it is only the cost of the laser treatment as specified above by a certified technician that you will pay for. It may or may not be covered by your pet insurance company. That is dependent on the plan/package that you have purchased for your pet.

Do pets need to be sedated for laser therapy?

Pets do not need to be sedated at all for laser therapy. It is a quick, painless process that usually results in immediate relief and comfort for them. Along with a dedicated room, we have a dedicated massage table for those pets to lie on for their therapies.

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Learn more at PrestigeCare.com/GreenValley, and we hope to see you here at our fiesta!

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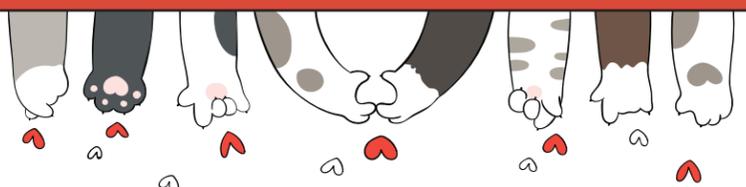




The Animal League

of GREEN VALLEY





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for all you do for the cats and dogs!

