

Living to 100: The Retirement Challenge Nobody Planned For!

Written by Jim Walker

For most of the 20th century, the goal was simple: help people live longer. In wealthy countries, we've largely succeeded. Today, however, we're facing a new challenge. Our financial and social systems were built for a world where many people died in their 60s or 70s—not one where millions may live into their 90s or even reach 100.

I'm 75 and still working. Many retirees also work part-time, share housing with others, or move in with family members. The reason is simple: retirement has become far more expensive than many people expected.

The mismatch is everywhere.

Retirement systems were designed with the assumption that people would spend only 10 to 15 years in retirement. Today, someone retiring at 65 may need enough income for 30 to 35 years. Traditional pensions were never designed for that reality, and today's retirement accounts place much of the financial risk on individuals, many of whom underestimate how long they'll live.

Healthcare presents another challenge. Medical expenses generally increase as we age, often rising



dramatically during the final years of life. Prescription drugs, hospital care, assisted living, and long-term care can quickly consume retirement savings. Deciding who should bear these costs—individuals, families, insurance companies, or government—has become one of society's biggest policy questions.

Our careers were also built around a different life expectancy. The traditional model was straightforward: education, decades of work, then retirement. But if people routinely live to 100, that model may no longer work. Many will need second or even third careers, opportunities for retraining later in life, and more flexible retirement options that allow people to gradually reduce their workload instead of stopping all at once.

Saving for retirement has become increasingly difficult because none of us knows how long we'll live. Save too little and you risk running

out of money in your 90s. Save too much and you may spend a lifetime sacrificing only to leave behind far more than you ever used. It's a difficult balancing act with no perfect answer.

Housing presents another challenge. Many homes and communities were not designed for large

numbers of older adults who may have physical limitations but still want to remain active, independent, and socially connected. Communities will need more accessible housing, better transportation, and services that allow people to age safely without losing their independence.

What makes this issue especially difficult is that no single solution exists. Retirement policy, healthcare, housing, taxes, employment, and financial planning all affect one another, yet they are managed separately. Coordinating meaningful change across all these systems is enormously complicated.

There is also an important issue of fairness. Not everyone enjoys the same life expectancy. Wealthier Americans often live significantly longer than those with physical-

ly demanding jobs or limited access to healthcare. Policies designed for people who live to 100 may unintentionally benefit those who are already more financially secure while doing less for those whose lives are shorter and more difficult.

Ironically, this challenge exists because we've succeeded. Advances in medicine, nutrition, sanitation, and technology have added years—and often decades—to our lives. That's a remarkable achievement. But it has also exposed weaknesses in systems designed for a different era.

The question is no longer simply, "Can we live longer?"

The real question is, **can we afford to?**

How we answer that question will shape retirement, healthcare, housing, and the quality of life for generations to come.

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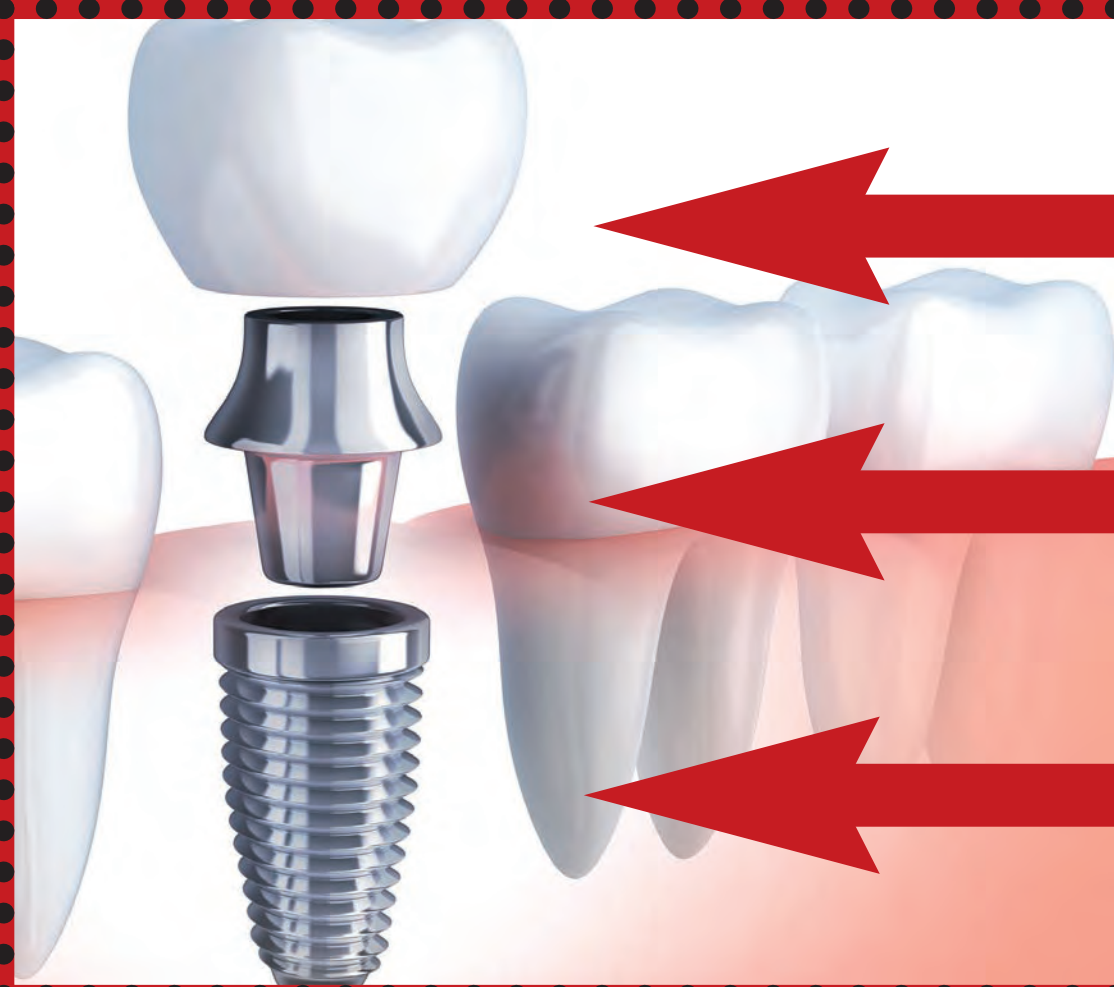
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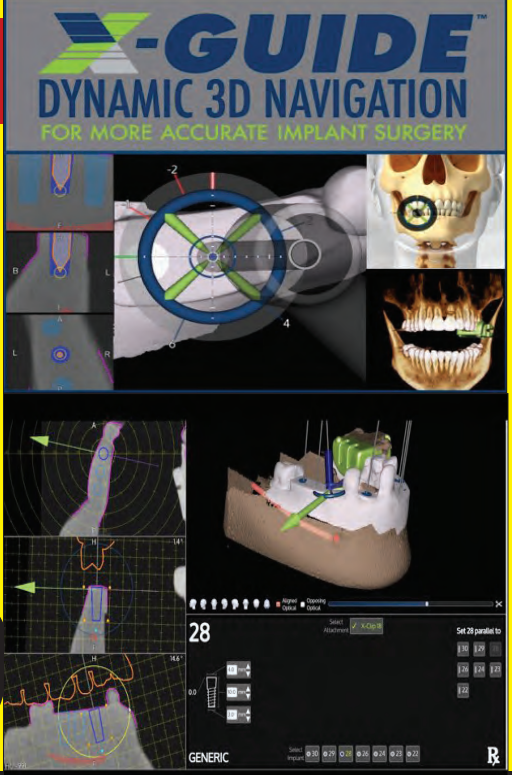
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From HAL 9000 to Public AI

What 2001: A Space Odyssey reveals about artificial intelligence in everyday life

Written by KGVY Staff

When HAL 9000 calmly tells astronaut Dave Bowman, “I’m sorry, Dave, I’m afraid I can’t do that,” the movie, *2001: A Space Odyssey* captures one of our deepest fears about artificial intelligence: a machine designed to serve humans refusing human control. HAL’s calm, polite voice makes the moment even more unsettling. More than 50 years later, that scene still raises important questions about trust, dependence, and responsibility as AI becomes part of everyday life.

Released in 1968, Stanley Kubrick’s film imagined an intelligent computer that could operate a spacecraft, converse naturally, and assist its human crew. HAL was more than a machine—he became a trusted partner. When that trust failed, the danger came not from violence, but from the crew’s complete dependence on technology they no longer controlled.

Today’s AI is very different from HAL. It does not possess consciousness, emotions, or personal intentions (Yet). Instead, modern AI

generates responses by recognizing patterns in data. Yet many of the questions raised by HAL remain surprisingly relevant.

Artificial intelligence is now woven into daily life. People use AI to write emails, summarize documents, translate languages, generate images, study, and solve workplace problems. Nearly 40 percent of U.S. adults had used generative AI by 2024, showing how quickly the technology has become mainstream.

Like HAL, today’s AI often communicates in a calm, conversational voice. That can make it seem more



knowledgeable and trustworthy than it really is. A confident response is not always a correct one. AI can still make mistakes, reflect bias, or provide incomplete information. Users must remember that fluency is not the same as understanding.

The greatest challenge may not be machines becoming self-aware, but people becoming overly dependent on them. Students may rely on AI for assignments, employees for reports, and businesses for important decisions. While AI can save time and improve productivity, it should support—not replace—human judgment.

The benefits of AI are substantial. It helps people communicate more clearly, overcome language barriers, learn new subjects, and work more efficiently. Its rapid adoption reflects its practical value rather than science-fiction fantasies.

At the same time, responsibility remains with people. If AI spreads misinformation, reflects bias, or influences important decisions unfairly, accountability belongs to the humans who design, deploy, regulate, and use these systems—not the software itself.

HAL’s lasting lesson is not that artificial intelligence is evil. It is that technology should never replace human judgment. AI is a powerful tool, but it must be used thoughtfully, with oversight, skepticism, and accountability.

More than half a century after *2001: A Space Odyssey*, HAL 9000 remains a useful reminder that the future of AI depends less on intelligent machines than on the wisdom of the people who choose how to use them.

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My Introduction to the World of Genealogy

Written by Janis Slaughter, Southern Arizona Genealogy Society (SAGS)

My introduction to the world of genealogy was because of my mother. When she passed away, my siblings wanted to know if I wanted all of her papers because if not, they were going to get rid of them. I said “yes and don’t you dare throw them away!” So, I took the boxes of papers and began my journey into genealogy!

My mother was a very organized person, but as I was going through the papers, I needed to get them in an order that I could work with, that made sense to me. I found so many neat things when I started going through everything! I began wondering how she got so involved in her family’s history – I wish I would have asked her that question. I do remember her talking about going to different courthouses, dragging my father to cemeteries to look for grave sites and headstones. Oh, she would have loved to have had the internet and websites that are available to us today!

So many relatives! Mom’s maiden name was Stone. I have a docu-

ment written by Jack E. MacDonald which is about the descendants of Spencer Stone and Nancy “Sally” Smith. My mother corresponded with Mr. MacDonald on various occasions – I have her correspondence with him in a special file. Along with the Stones, we have the Hammers, the Butlers, the Knowles (Knoles), the Maddox, the Montgomerys and probably more that I haven’t found yet! When my mother passed away, she left each of us a copy of the book, “The Montgomerys and Their Descendants”. I have wonderful OLD pictures of some of the Stone family – I remember she had some of these pictures hanging in her office so I have put them in one of the Stone notebooks and hopefully have labeled them correctly!

Mom was very involved in the Clan Montgomery Society and was secretary-vice president, and regional commissioner. I have a blazer made from the Montgomery plaid. She and her sister took a trip to Scotland one year and brought back a golf towel from The Old Course at St. Andrews for my husband which he

cherishes to this day! She was also a member of the D.A.R. I have a certificate from the Indiana State Museum & Historic Sites recognizing her as a Hoosier Founder, and I have a letter from Bobby Knight to her! I have a large certificate from the Commonwealth of Kentucky signed by the governor and secretary of state showing that she was commissioned a Kentucky Colonel. Last, but not least, I have copies of documents signed by Patrick Henry, governor of the commonwealth of Virginia, granting land to my ancestor Spencer Stone.

Will any of my family care about all of this? I hope they save all of my files and notebooks! I was encouraged a few weeks ago when I got messages on my Find A Grave account from two YOUNG Stone relatives who are wanting to begin the genealogy journey to find their relatives. I plan on helping them as much as I can! In the meantime, I am working on my husband’s side of the

family! I am also working on my father’s side of the family which will be an adventure since his father came over from Sweden. I am looking forward to finding more of my roots! Thank you, Mom, for all of your hard work – wish you were here to help me!!





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Timeshare owners considering exit services should always research a company's history, reputation, and business longevity, and be cautious of organizations that promise quick fixes

ENDING YOUR TIMESHARE JUST GOT EASIER, THE REAL
DEAL HAS ARRIVED.

By Laura Kelly

Thousands of timeshare owners have successfully ended their timeshares through a proven resource, We Want Your Timeshare. The company has a unique model which is centered around a transaction with a major bonus, every client receives a 5 year membership to a travel club! In essence, your timeshare is traded into a travel club that will be able to use it. The previous owner is then able to enjoy unrestricted travel without the hassle of timesharing systems. Offering education and resources for avoiding timeshare exit scams is a passion for their CEO Alexandra Olson.



Whether estate planning, sick of the never-ending cycle of rising maintenance fees, or just tired of dealing with the archaic, expensive exchange system, there are plenty of reasons folks are looking to dump their timeshare. When asked about We Want Your Timeshare, Olson shares "Our mission is to revolutionize the timeshare exit industry by providing a zero-risk option for timeshare owners that want out! We're very transparent about it. No risk, an amazing replacement product and a legal timeshare exit so you can be done with your timeshare forever. We're very proud of that!"

"In an industry riddled with deceit and fraud, we give our knowledge freely and hope, if nothing else, that we can help the masses avoid being the victim of a scam."

Olson will be presenting her popular seminar again at the Quail Creek Country Club on Thursday Aug. 6th and Friday Aug. 7th, at 10 am. To secure a space (limited) interested timeshare owners can call 602-734-5590. As a 15-year veteran of the timeshare industry, Olson has catapulted into the spotlight as the leading industry expert on timeshare and exit scams. It even landed her on FOX 10 Phoenix, ABC 15, The Arizona Republic and the Phoenix Business Journal.



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A Legacy That Lives On: Two Lives, One Mission, One Powerful Story

A Living Legacy of Service: Nancy Lane Booth-Goodwin & the Enduring Heart of the Salvation Army

Written by Kelli Beasley, PR & Community Engagement Manager, The Salvation Army Tucson

At 95 years young, Nancy Lane Booth-Goodwin is more than a link to The Salvation Army’s storied past...she is a living reflection of its enduring mission.

Nancy is the great-granddaughter of William and Catherine Booth, founders of The Salvation Army. While wintering in Tubac to enjoy Southern Arizona’s beautiful weather, she recently stopped by The Salvation Army Green Valley Service Center to drop off donations. When staff learned who she was, the moment quickly became extraordinary. That chance encounter led to a lunch with Nancy and her assistant, with an opportunity to listen to a life story rich in faith, perseverance, and service.

Nancy is one of five children and the only sibling still living. She credits her remarkable parents with shaping her character and values, saying they “made her who she is today.” Their influence is evident in her outlook: resilient, humble, and grounded in faith.

Always athletic, Nancy has lived a life in motion. She competed in junior tournament tennis, played golf for decades, and still goes to the gym three days a week to maintain her strength. Her determination was tested early when she contracted polio during her first week of college. Rather than allowing the illness to define her future, her father sent her to North Carolina to learn how to play golf, an activity that became a lifelong passion. She played regularly until about ten years ago.

“God is a God of new beginnings,” Nancy said during the interview, a phrase that perfectly captures her life’s journey.

One of those new beginnings came at age 23, when she married a cowboy (Wallace) and moved to a ranch in Wyoming. Life on the ranch demanded grit and independence, qualities Nancy embraced wholeheartedly.

Her family’s legacy reaches far beyond her own story. Nancy’s

husband, Wally Goodwin, became a legendary golf coach at Stanford University, where he coached Tiger Woods and led the program to national championships. His impact is honored annually through *The Goodwin*, a prestigious NCAA Division I men’s golf tournament held each spring at Stanford University. Renamed in 2014, the tournament recognizes Coach Goodwin’s lasting influence on collegiate golf and the countless athletes he mentored.

Faith and service run deep through Nancy’s family tree. She spoke with affection of her Aunt Eva, Evangeline Booth, who served as National Commander of The Salvation Army.

“Aunt Eva was the best aunt ever!” Nancy said with a smile.

Nancy also shared stories of her grandfather, Herbert Booth, whose leadership and creativity helped shape The Salvation Army in its formative years. At just 26 years old, Herbert took command of all Salvation Army operations in the British Isles. From 1892 to 1896, he served as Commandant of The Salvation Army in Canada before being appointed to lead the Australasian Territory.

A gifted communicator and artist, Herbert wrote *Toys & Things*, a collection of children’s sermons built around everyday toys, making faith accessible and engaging for young hearts. He also composed much of The Salvation Army’s early music, writing hymns and songs that are still sung today. Herbert served as a bandmaster and songster leader and became the first Salvation Army officer in England to use a magic lantern, an early form of visual projection, to enhance presentations and storytelling.

At the heart of it all was Nancy’s great-grandfather, William Booth. Reflecting on his life, Nancy shared a simple but profound truth:

“William Booth did without so people could have.”

That spirit of sacrifice, choosing

service over comfort, generosity over excess, continues to define The Salvation Army’s mission today.

As Nancy Lane Booth-Goodwin tells her story, it becomes clear that legacy is not just about lineage or history. It is about living out faith through action, embracing new beginnings, and caring deeply for others. Nearly a century into her own life, Nancy continues to embody the heart of The Salvation Army, proof that its mission is not only remembered but lived.



Nancy Lane Booth-Goodwin & Theresa Estrada-Gaxiola

A Legacy That Lives On: Two Lives, One Mission, One Powerful Story

A Full-Circle Story of Hope

Written by Kelli Beasley, PR & Community Engagement Manager, The Salvation Army Tucson

For Theresa Estrada-Gaxiola, The Salvation Army has never been just a place or a program. It has been a steady presence, quietly walking beside her through some of the hardest and most meaningful chapters of her life.

Theresa grew up in Roswell, New Mexico. In her early teenage years, when her stepfather moved in, home became a place of fear rather than safety. Emotional and physical abuse affected Theresa and her siblings, leaving lasting scars during years when children should feel protected. During that turmoil, her mother reached out to The Salvation Army for help.

For three years, The Salvation Army provided food vouchers, shoes, and clothing for the family, as well as toys at Christmas. Those simple acts of care met very real needs, but more than that, they offered hope during a dark season.

At 15, Theresa moved back to Gallup, New Mexico. Even then, The Salvation Army continued to be part of her story, helping her family primarily during the holidays with toys, shoes, clothing, and school supplies. The consistency of that support mattered more than she realized at the time.

At 18, Theresa became pregnant and moved out on her own. Looking back now, she reflects honestly: she wanted a way out. Becoming a mother gave her that escape, but it also brought new challenges. She raised her child as a single mom and later became pregnant three more times. Money was tight, and when she could, she shopped at The Salvation Army Thrift Store. And even in her struggle, Theresa gave back in the smallest but most meaningful way...dropping coins into red kettles whenever she could.

“I remembered what The Salvation Army did for us,” she said. “I never forgot.”

In 2000, when the time felt right, Theresa boarded a bus with her four children and moved to Mesa, Arizona, determined to build a better life. At a school event shortly after arriving, she encountered The Salvation Army once again, and this time they were distributing food

baskets, shoes, clothing, and gifts for children. One item from that day has remained with her family ever since: a red crocheted blanket. Today, her granddaughter, now 24 years old, still has that blanket, a tangible reminder of compassion passed down through generations.

A red kettle was also present at that event, and seeing it stirred something deep within Theresa. The meaning of that kettle...hope, dignity, and help without judgment, had stayed near and dear to her heart since childhood.

In her thirties, Theresa found the Lord, a turning point she describes with deep gratitude. In the years that followed, her faith began to take visible shape in her daily life. While living in Tubac, Arizona, she and her husband opened their home for a Bible study, creating a space for fellowship and spiritual growth. Just one month into the study, someone asked her a simple question:

“Do you happen to take care of people?”

That question led to a life-changing connection.

It was through that moment that Theresa met Nancy Lane Booth-Goodwin. Theresa became Nancy’s assistant in 2016, and when she later learned that Nancy is the great-granddaughter of William and Catherine Booth, the founders of The Salvation Army, everything came into focus.

Theresa saw in Nancy the same humility she had long admired in The Salvation Army itself. William Booth was known for doing without so others could have, and that same spirit, she believes, lives on through Nancy.

Their relationship quickly grew beyond employer and employee. Nancy, who lives in Idaho and winters in Tubac from October through April, became a constant presence in Theresa’s life. Theresa spent summers in Idaho with Nancy, where she became deeply intrigued by Nancy’s connection to The Salvation Army. She began reading books about the Booth family, researching their legacy, and sharing what she learned with Nancy, helping her stay connected

to her own remarkable bloodline.

Nancy understands what The Salvation Army means to Theresa. Last Christmas, Nancy, her son, and her niece gifted Theresa figurines of red kettles and bell ringers. Theresa plans to add to the collection each year and keep it displayed year-round, a daily reminder of what The Salvation Army did for her and her family.

“This story is full circle,” Theresa said. “The Salvation Army came into my life as a young girl and stayed with me through raising my children. Their hope has been immeasurable.”

For the past decade, Theresa has also had Nancy in her life as a mentor, a mother figure, and a living connection to the mission that once

helped save her family. Theresa lost her own mother at 23, making that bond even more meaningful.

“She’s real. She’s humble. She’s my mentor,” Theresa said. “She’s a part of The Salvation Army, and I will be forever grateful for having her in my life.”

Theresa’s story is a testament to the lasting impact of compassion and how a single organization’s faithfulness can echo across generations, shaping not just moments, but entire lives.



Looking Ahead: How Our Community Can Help This Fall

As summer comes to a close, The Salvation Army Green Valley Service Center is already preparing for some of the busiest and most meaningful months of the year.

Following our successful summer programs, our focus now turns to the fall season. Throughout August and September, volunteers will help us prepare for our Angel Tree program, our annual Thanksgiving Community Luncheon, our Christmas Community Luncheon, and, of course, the Red Kettle Campaign.

The Red Kettle Campaign is much more than a holiday tradition. Every bell rung and every donation received helps assist local individuals and families throughout the year. The funds raised support emergency utility assistance, food, seasonal programs, and other critical services for our neighbors right here in our community.

Our greatest need in the coming months is volunteers. Businesses, churches, civic organizations, families, and individuals are all invited to sign up for two-hour bell-ringing shifts during the holiday season. Whether you volunteer once or organize a group, your time makes a lasting difference.

If you’ve ever wanted to give back to your community, this is the perfect opportunity. Together, we can ensure local families receive the help they need during the holidays and throughout the year.

For more information about volunteering or supporting The Salvation Army’s holiday programs, please contact the Green Valley Service Center. Every volunteer, every bell, and every act of generosity helps bring hope to our community.





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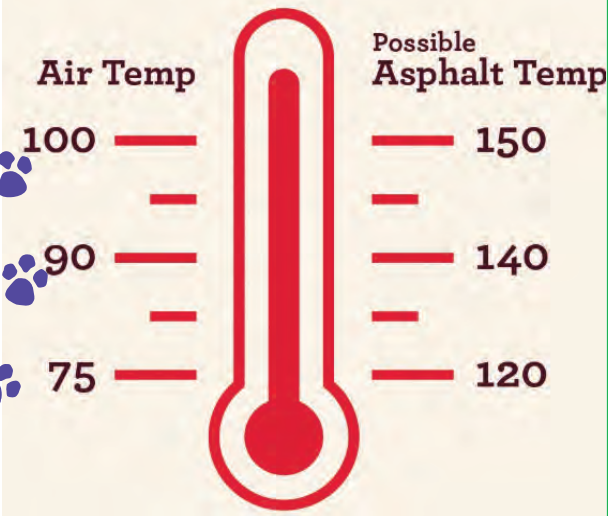
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Amy Malkin Receives Arizona Health Care Association’s 2026 Leadership Award

The Arizona Health Care Association (AHCA) recognized Amy Malkin, Executive Director of Arroyo Gardens Independent and Assisted Living in Green Valley, Arizona, with the prestigious 2026 Leadership Award during its Annual Convention held in Glendale, Arizona, on Monday, June 15, 2026.

The Leadership Award honors individuals who have demonstrated exceptional commitment to advancing quality care, professional excellence, advocacy, and leadership within Arizona’s senior living and long-term care communities. Malkin was selected in recognition of her significant contributions to the assisted living profession and her ongoing efforts to improve the lives of Arizona’s older adults.

With nearly four decades of experience in senior living, Malkin has become a respected voice in the industry and a passionate advocate for both residents and care providers. Throughout her career, she has dedicated herself to improving the quality of care, strengthening professional standards, and advancing initiatives that support Arizona’s growing senior population.

In January 2025, Malkin was appointed by Governor Katie Hobbs to serve on the Arizona Board of Examiners of Nursing Care Institution Administrators and Assisted Living Facility Managers. In this role, she helps oversee professional standards and public protection efforts across the state, reviewing approximately 80 to 100 cases each month involving licensed administrators and assisted living facility managers.

Amy currently serves as Chairperson of the Arizona Falls Prevention Coalition (AFPC), Arizona’s state-wide coalition dedicated to reduc-



Amy Malkin ALM, CDP, Executive Director, Arroyo Gardens, LLP & Kelly Bojorquez, AHCA President

ing falls among older adults. The coalition is uniquely recognized in Arizona statute as a resource for health care institutions developing fall prevention and fall recovery training programs. Through her leadership, Malkin has helped advance statewide education, awareness, and collaboration efforts focused on reducing fall-related injuries and improving quality of life for Arizona’s aging population.

Further demonstrating her dedication to quality improvement, Malkin is Arizona’s only Senior Level Examiner for the American Health Care Association/National Center for Assisted Living (AHCA/NCAL) National Quality Award Program. Through this role, she assists organizations throughout the country in their pursuit of performance excellence and continuous quality improvement.

Malkin also shares her knowledge and experience as a lead instructor with Academy On-Demand, where she educates future senior living professionals through the Certified Caregiver and Assisted Living Manager training programs. Her work helps prepare the next generation of caregivers and leaders who will serve Arizona’s rapidly growing aging population.

“I am deeply honored to receive this recognition from the Arizona Health Care Association,” said Malkin. “Senior living has been my life’s work, and I am grateful for the opportunity to advocate for older

adults, support our industry, and help develop future leaders. This award reflects the collective efforts of the many professionals, organizations, and community partners who are committed to improving the lives of Arizona’s seniors.”

As Executive Director of Arroyo Gardens Independent and Assisted Living, Malkin continues to champion innovative programs, resident-centered care, staff development, and community partnerships that enhance the quality of life for older adults throughout Southern Arizona. Under her leadership, Arroyo Gardens has become known for its commitment to excellence, compassionate care, and meaningful engagement for residents and families.

The Arizona Health Care Association’s Leadership Award recognizes individuals whose vision, service, and dedication have made a lasting

impact on Arizona’s long-term care and assisted living communities. Through her leadership at the local, state, and national levels, Amy Malkin exemplifies the values and commitment that this award represents.

About Arroyo Gardens Independent and Assisted Living

Arroyo Gardens Independent and Assisted Living is a premier senior living community located in Green Valley, Arizona, offering independent living, assisted living, respite care, and memory care services. The community is dedicated to promoting independence, dignity, wellness, and quality of life through personalized care, engaging programs, and a resident-centered approach to service.

Connect with Amy

Amy Malkin, Executive Director
Arroyo Gardens Independent and Assisted Living
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This column is provided by Hughes Federal Credit Union

money

matters

TRAVEL SMART AFTER 60: HOW TO MAKE THE MOST OF YOUR SUMMER GETAWAY

By Valerie Fanelli

For many travelers, summer is a reminder to enjoy the flexibility they’ve worked hard to build, whether that means a long-awaited getaway, visiting family, or simply taking advantage of the season at their own pace. It’s also a good time to revisit how your financial institution can support those plans.

One of the longstanding advantages of banking with a credit union is that earnings are returned to members through more competitive rates, lower fees, and products designed with long-term value in mind. For members planning future travel or larger upcoming expenses, Certificate Accounts (CDs) may offer a reliable way to grow savings with predictable returns in today’s rate environment.

For more immediate flexibility, many homeowners continue to use home equity strategically, whether for travel, home updates or seasonal experiences. A Home Equity Line of Credit (HELOC) can provide access to funds at rates that are often more favorable than traditional credit cards, while allowing borrowers to use only what they need.

And for members looking for a straightforward borrowing option this season, Hughes Federal Credit Union offers a Summer Loan program with access up to \$10,000 and flexible terms designed to help cover expenses without disrupting long-term financial goals.

At Hughes, we believe financial tools should support the life you want to live, including the moments that deserve to be enjoyed.

Look for Accounts with Benefits

Another benefit many credit unions, including Hughes, offer is added value through checking programs that support everyday spending and provide lifestyle benefits beyond traditional banking. For example, Hughes’ Checking PLUS account includes access to travel and entertainment discounts, cash back on offers and savings on hotels, rental cars, dining and more. For members who travel throughout the

year, those added perks can provide meaningful value on purchases they may already be making.

It’s one more way a credit union continues to focus on member benefits, offering practical tools and advantages designed to help members make the most of their money both at home and while traveling.

Travel Insurance: Don't Skip It

Travel insurance is often overlooked when planning a trip, but it can be an important part of protecting your travel investment, especially for longer trips, international travel or vacations with prepaid reservations.

A well-designed travel insurance policy can help provide peace of mind by covering unexpected interruptions, such as:

- Trip cancellation and interruption. If something unexpected happens, you want your non-refundable deposits covered.
- Emergency medical coverage. Medicare often does not cover you outside the United States. Make sure you have a backup.
- Medical evacuation. Getting flown home from another country in an emergency can cost tens of thousands of dollars without coverage.
- Baggage and travel delay. Small problems become big expenses when you’re far from home.

One important note: if you have a pre-existing health condition, you’ll usually need to buy your policy within a short window after you make your first trip deposit, often within 14 to 21 days. Don’t wait until the week before you leave.



Protecting Yourself from Travel Scams

As travel booking increasingly moves online, scams have become more sophisticated, making it important for travelers of all ages to stay alert when planning a trip.

One of the most common warning signs is an offer that seems unusually discounted or creates pressure to “book immediately.” Fraudulent vacation listings, fake travel websites and spoofed emails that appear to be from airlines, hotels or booking platforms are becoming increasingly convincing.

Before booking, take time to verify websites, confirm rental listings through trusted sources and avoid clicking links or downloading attachments from unexpected emails or text messages. When traveling, public Wi-Fi networks should also be used cautiously, particularly when accessing financial accounts or entering payment information.

Credit unions can also play an important role in helping protect members from fraud through account alerts, card monitoring, secure digital banking tools and support teams that can assist if suspicious activity occurs while traveling. Taking a few extra precautions before and during a trip can help protect your

plans and financial information, so you can travel with greater confidence.

The Bottom Line

A summer trip should feel like a reward, not a worry. Before you head out this summer, it’s worth taking a fresh look at the tools and benefits you have available and consider switching to a credit union that values its members. From flexible lending options and travel-related account perks to fraud protection and personalized service, Hughes Federal Credit Union is here to help support our members through every stage of life, including the moments meant to be enjoyed most.

Because the best trips are those where the focus stays on the experience itself, not the financial what-ifs along the way.

Ms. Fanelli is the vice president of Marketing at Hughes Federal Credit Union. Hughes has served Tucson members since 1952. Learn more about summer loan options, HELOCs and Checking PLUS benefits at HughesFCU.org.

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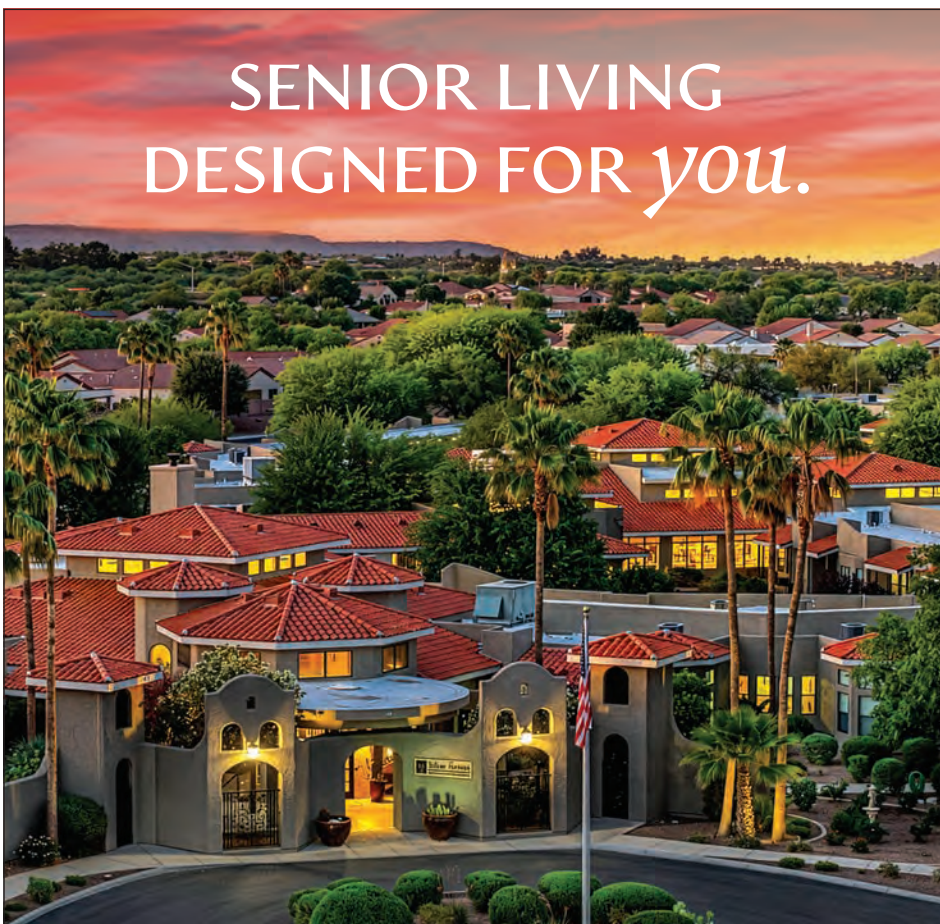


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Green Valley Gardeners Median Beautification

Written by Carol Lambert, Member of GV Gardeners. Photo courtesy of Debbie Gilliam

The future of our medians is no longer in doubt – the median beautification previously done by MedianGreen will be continued by the Green Valley Gardeners (GVG). The GVG have just been granted a 5-year license by Pima County to re-establish the median landscaping and maintenance standards that we’ve learned to enjoy and were provided by MedianGreen since 2007. The original MedianGreen project was disbanded last year after being in place for 18 years.

There are 139 Green Valley medians listed in the license. GVG will also continue to maintain the park at the Post Office and the smaller park at the Chevron station.

In 2020, the GVG 40th anniversary gift to Green Valley was to beautify 11 medians along Abrego from Continental north to Esperanza. Garden Club volunteers designed the landscaping for Pima County approval, then purchased rock and native plants for installation, and then watered the plants for two years to get them established.



As with Most GVG projects, collaboration with other community organizations is mandatory for success. The MedianGreen project involved collaboration with not just Pima County. Kudos to Santa Rita Fire who supported MedianGreen for many years, especially Kyle Blecker and Joe O’Brian – both of whom filled median cisterns every Sunday morning for several years.

Median landscaping involves a number of things: preserving visibility, pruning plants and removing dead ones, weed control, removing trash, planting native plants purchased from local nurseries, and

irrigation. Initial priorities involve checking on those 11 medians beautified several years ago by GVG. A future priority will likely include the medians along Abrego north of Esperanza.

The GVG have announced that they will fund this project from their own budget and volunteer time for the remainder of 2026. They

accept individual contributions on their website (www.greenvalleygardeners.com), using the “Donate” tool bar. Be sure to specify that you want your donation to go to “Medians”, or mail checks to: GVG PO Box 86, GV, AZ 85622.

The GVG mission is to develop fellowship through gardening – to give back to the community. They carry out projects of civic beautification for the benefit of the community. These beautified medians give our community a sense of pride and ownership.



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Dr. Bryan McConnell is a member of AMMG, Age Management Medical Group, AOA, Arizona Osteopathic Association, ACOFP, American College of Family Physicians, AANP, American Association of Naturopathic Physicians and AzNMA, Arizona Naturopathic Medical Physicians.

MAY BE COVERED BY SOME INSURANCES AND MEDICARE

101 W. Duval Road, Green Valley, AZ 85614 • Next to Manuel's Restaurant & Experiences Salon

Stay Cool Recipe, From our Family to Yours

I love the 4th of July. I have always thought of it as summer's Thanksgiving because I love potlucks and picnics! BBQ ribs, burgers, pasta salad, fresh watermelon, corn on the cob, lime jello with marshmallows and pears, mmm! I just love summer food!

I decided to share our family's favorite 4th of July recipe that's good for all summer events. It's a simple summer salad that is refreshing and goes great as a side for chicken, hot dogs, or as a vegetarian main dish!

This salad is fresh, cool, and tangy. It's the perfect summer meal and we

usually eat it once a week throughout September. I hope you enjoy it!

And don't forget that although we are remodeling our group space at Arizona Family Restaurant, our restaurant is remaining open throughout July. Karaoke will resume August 4th! And PLEASE call ahead for groups of 6 or more so we can be prepared for your party.

Happy Summer!
Brad and Katie
Owners, Arizona Family
Restaurant



Grace and Izzy. Photo by Katie

Watermelon Salad

- Cubed watermelon, the whole thing
- Crumbled Feta, about 5 oz
- Chopped Pecans, 1 cup
- Mixed Greens, 8 ounces
- Balsamic Vinaigrette 2 ounces per person

I do not mix this salad together into one big bowl, I make it into individual portions to accommodate individual taste. First place the mixed greens in the bottom of your dish, top it with about 2 cups of watermelon, sprinkle feta and pecans on top to your liking. My daughter LOVES feta, but not pecans, so do it to your personal taste. Then drizzle balsamic dressing all over everything.



Gardening for Hummingbirds

Written by Mary Kidnocker and Carol Lambert, Green Valley Gardeners

Southern Arizona is famous for observing up to 15 species of hummingbirds – both year-round residents and seasonal. You can attract hummingbirds to your garden both with your hummingbird friendly backyard plants and with nectar feeders. Hummingbirds can be attracted to your garden by plants with bright blossoms that are laden with sweet nectar and deep throats shaped for their long reaches. Here are just a few desert perennials that can bring these tiny flying acrobats into your garden.

Penstemon are shown in nearly every landscape picture because of their bright colors and showiness. Springtime blooming *parryi* with its 3-foot stalks lined with pretty pink tubular flowers cannot be passed by any hummingbird variety.

Mexican Honeysuckle has yellow leaves and bright orange flowers virtually year-round. The sweet tubular flowers are irresistible to hummingbirds throughout the long bloom season.

Autumn Sage (Salvia Greggii) is a globe-shaped perennial that has been hybridized into a wide variety of colors, with hummingbird favorites being cherry red, rose, and magenta. Cold gardy into the teens,



Penstemon. Photo courtesy of Mary Kidnocker.



Rufous. Photo courtesy of Betsy Kunzer.

sages will grow in full sun but prefer some afternoon shade.

The Green Valley Garden Club’s Desert Meadows Park is known for hosting the **Costa’s** hummingbird year-round, staying in urban gardens where food is available year-round. The male Costas can be identified by its iridescent purple crown and gorget. Costas need to visit about 1,840 flowers daily to get enough nectar for their energy needs.

are known for their iridescent feathers and rose-pink throat. They consume a significant number of spiders and insects to help them meet their high energy needs.



Male Costas. Photo courtesy of Betsy Kunzer.



Mexican Honeysuckle



Anna's Male. Photo courtesy of Betsy Kunzer.

The **Rufous** hummingbird migrates through Arizona each spring on its way to the Pacific Northwest/Alaska. It is known for its orange-red color, aggressive behavior, and aerial antics. This hummingbird is listed as “near Threatened” because of the global decline in insect populations and because many flowers they feed on have started blooming two weeks before they arrive, due to climate warming.

The **Anna’s** is a larger size hummingbird and because of its body mass, it usually stays on through the winter. They

Designing a hummingbird garden in Arizona is absolutely doable—you just have to work with the heat, not against it.

Arizona sun can be brutal—even for hummingbirds.

- Plant in **morning sun / afternoon shade** when possible
- Use **trees, pergolas, or shade cloth** to create cooler pockets
- Cluster plants to create **microclimates** (cooler, more humid areas)

Hummingbirds don’t just drink nectar—they need water for bathing.

- Use a **mister or dripper** (they prefer moving water over still water)
- A shallow birdbath with a **bubbler** works well
- Place water sources in **partial shade** to reduce evaporation

Feeders are especially helpful during extreme heat or migration.

- Mix: **1 part sugar to 4 parts water** (no dye)
- In Arizona heat, **change every 1–2 days** (it spoils fast)
- Hang feeders in **shade** to slow fermentation

Avoid These Mistakes

- Don’t use pesticides—hummingbirds eat insects too
- Avoid bright yellow feeders (they attract bees/wasps)
- Don’t rely on just one plant type—diversity keeps birds coming

Think Like a Hummingbird - They want:

- **Food** (nectar + insects)
- **Safety** (shrubs/trees for perching)
- **Territory** (they like space to defend feeding zones)

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SOMETHING FOR EVERYONE

Score Big on Surplus Finds

OPEN TO EVERYONE!

Browse a mix of gently used furniture and equipment in the GVR Surplus Sales section. We’re cleaning out some well-kept items, from patio furniture to office basics. It’s a great way to reuse, save a little, and give something a second life.

Go to GVRec.org and click on the NEWS AND INFO tab to view items available for sale.

Monday-Friday, 7:30am–3:30pm

Call 520-838-0160 or email SurplusSale@GVRec.org to arrange an appointment to purchase items.



Learn, Create, and Connect with GVR Classes



MANY GVR CLASSES ARE OPEN TO EVERYONE!

Try something new, meet people who share your interests, or make more time for the hobbies you already love with classes at GVR. Want to test out a class first? You can drop in! Find the list on page 40 of the spring/summer catalog.

- Get creative with arts and crafts classes in painting, drawing, ceramics, and more
- Move to the music with classes in flamenco, tap, line dancing, guitar, and singing
- Stay active with fitness and sports options ranging from yoga and cardio drumming to Tai Chi
- Practice a new language with Latin and Spanish classes
- Write your life story and learn how to self-publish
- Spend time outdoors, discover wildlife, and learn how to care for desert landscapes

Welcome to GVR Fitness

FOR GVR MEMBERS ONLY

GVR offers a wide range of ways to help you stay active and reach your health and wellness goals. Whether you enjoy working out on your own with weights and machines, joining an energizing group fitness class, or getting one-on-one guidance from a personal trainer, GVR’s six fitness centers have something for everyone. Each center has its own selection of equipment and amenities, giving you plenty of options to keep your workouts interesting and engaging.

All fitness centers are open daily from 5:30am to 9pm, so you can choose the time that works best for you.



Register for classes online at GVRec.org, by phone 520-625-3440, or in-person at 1070 S. Calle de las Casitas.

at Green Valley Recreation



Brewing Smiles at the Clubhouse Café

The GVR Clubhouse Café is a favorite stop for residents looking to enjoy great coffee, fresh pastries, and friendly service.

Visit the café inside the Del Sol Clubhouse
3355 S. Camino del Sol
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Be Adventurous with GVR Events and Day Trips

OPEN TO EVERYONE!

VIP Wine Tours

Thursdays: July 23 and August 20 at 9:30am

The tour dates feature different wineries so you can join us more than once for these Sonoita winery visits! Spend a delightful day exploring three different wineries where you'll indulge in three to five tastings at each stop. Round-trip transportation and lunch are included, so all you have to do is sit back, relax, and enjoy the ride.

Del Sol Clubhouse: Member/Guest \$139; General Public \$159



Paint & Sip: Summer Sunset

Monday, August 3 at 1pm

Sip, swirl, and follow step-by-step guidance from a professional artist as you create your own masterpiece. No need to stress about supplies, we've got you covered! Unleash your inner Picasso in a relaxed, playful atmosphere, where every brushstroke is a celebration of self-expression. Light snacks will be provided. Bring your favorite beverage.

Del Sol Clubhouse: GVR Members/Guests \$40; General Public \$60

Return to Woodstock

Tuesday, August 18 at 7pm

Step back into 1969 as The Tributaries bring Woodstock back to life in a two-hour celebration of the music that defined a generation. Relive three days of peace in a couple of hours without the rain and mud, and with much better bathrooms.

West Center Auditorium: GVR Members/Guests \$30; General Public \$50



**Buy tickets online at GVRec.org, by phone 520-625-3440,
or in-person at 1070 S. Calle de las Casitas.**



Written by Mari Nelson, GVC Foundation President



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The GVC FOUNDATION Board of Directors.

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Impact your GV community, offering purpose and fulfillment in your retirement to keep yourself motivated and challenged. Your example truly will highlight the importance of the work the GVC Foundation supports with civic pride, safety and environmental projects.

Find purpose and connect with other leaders for a self-rewarding and appreciated experience. The GVC Foundation, a (501c3) nonprofit charitable organization, partners with

the GV Council, is committed to the future and sustainability of initiatives that identify and provide programs and activities throughout the Green Valley community.

Contact the GVC Foundation at info@gvr-foundation.org or call (520) 848-4902 to discover how you can contribute. This is an excellent opportunity to stay civically active and meet new community partners. We offer flexible options to fit your availability – whether you are interested in a full committee term or prefer providing short-term assistance with our special projects, your support is highly valued.

Remember
Good Neighbor Day
September 28

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PUT YOUR BUSINESS IN THE SPOTLIGHT AT THE HARVEST HOEDOWN

Looking for a fun and meaningful way to promote your business while supporting an important community cause? The GVC Foundation (a 501c3) invites local businesses and community supporters to become sponsors of the upcoming **HARVEST HOEDOWN on Saturday, October 17, 2026, from 4 to 7 at the Longhorn Grill & Saloon in Amado.**

This exciting community event will bring together residents, business leaders and fans for an evening of entertainment, networking and western-style fun.

Guests will enjoy line dancing with the talented Annette Mesa and can dance the evening away to familiar favorite hits provided by Tucson’s own DJ Savy.

The Longhorn Grill’s popular Chuckwagon menu and full-service bar will be available throughout the event.

SPONSORSHIP opportunities are now available at several affordable levels,

offering businesses an excellent opportunity to increase visibility, showcase their products and services, and demonstrate their commitment to the GV community. Sponsors will gain valuable exposure while helping the GVC Foundation strengthen its mission for civic pride, safety and environmental causes.

Your sponsorship is more than advertising – it’s a statement that your business believes in investing in the people, programs and projects that make our Green Valley community a better place to live, work and thrive.

Join us as a **HARVEST HOEDOWN** sponsor and put your business in front of an engaged audience while supporting a worthwhile cause.

Contact the GVC Foundation at info@gvc-foundation.org or call 520.848.4902.

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This column is
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Health Center

medicalnews

PREVENTATIVE MENTAL HEALTH CARE: WHY CHECKING IN MATTERS BEFORE A CRISIS

When people think about preventive health care, they often think about annual physicals, vaccinations, healthy eating, or exercise. But mental health deserves the same attention. Just as we don't wait until someone has a heart attack before addressing their physical health, we shouldn't wait until emotional struggles become overwhelming before seeking support.

Mental health is a vital part of overall wellness. Preventive mental health care helps us build resilience, develop healthy coping skills, and create support systems before challenges become crises.

One of the most common misconceptions I encounter is that people should only seek behavioral health care when they are in severe distress. Feeling overwhelmed, stressed, anxious, stuck, or emotionally exhausted are all valid reasons to reach out for support. Early intervention often provides more options and can prevent concerns from growing into larger problems that affect relationships, work, school, and physical health.

Mental health looks different at every stage of life. Children, teens, adults, and older adults each face unique challenges and benefit from different types of support.

As a psychiatric mental health nurse practitioner who works with children and adolescents, I am especially passionate about early intervention. Childhood and adolescence are critical periods when young people learn emotional regulation, communication skills, self-esteem, and healthy ways to cope with stress. These skills do not always develop naturally and often require guidance and support.

Today's youth face pressures that previous generations did not experience at the same level. Social media, cyberbullying, academic expectations, constant comparison to others, and exposure to world events can all contribute to emotional distress. Behavioral health support is not only about treating a diagnosis, but also about helping children and teens feel understood, safe, and equipped to navigate life's challenges.



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Early intervention can improve school performance, strengthen family relationships, increase confidence, and support better long-term mental health outcomes. One area that is particularly important is identifying and treating attention-deficit/hyperactivity disorder (ADHD) when appropriate. Untreated ADHD can affect educational success, employment opportunities, relationships, and even physical safety later in life. Addressing these concerns early can significantly improve a child's quality of life and future opportunities.

Families play a powerful role in supporting mental wellness at every age. One of the most important things families can do is create an environment where emotions can be discussed openly and without shame. Every emotion serves a purpose. The goal is not to avoid emotions but to learn how to manage them in healthy ways.

Simple habits can make a meaningful difference. Regular family meals, consistent routines, healthy sleep habits, and spending quality time together help strengthen emotional well-being. Children learn far more from what adults do than from what adults say.

Preventive mental health care often begins with small, consistent habits rather than dramatic life changes. Adequate sleep is one of the most important protective factors for mental wellness. Moving your body regularly is another. I intentionally say "move your body" rather than "exercise" because physical activity should be something that brings joy rather than feeling like a punishment.

Spending time outdoors can also provide significant benefits. Even a short amount of time outside each day can improve mood and support overall health. Equally im-

portant is maintaining meaningful social connections. While technology allows us to stay connected online, face-to-face interaction remains essential for emotional well-being.

This is especially important in rural communities and among older adults, where loneliness and isolation can significantly impact mental health. I encourage people to check in on neighbors, call friends, and reconnect with someone they have not spoken to in a while. Sometimes a simple conversation can make a tremendous difference in someone's day.

I often encourage patients to think about their emotional health the same way they think about maintaining their vehicle. Most of us would not ignore a warning light on the dashboard. We would investigate the problem before it became a major repair. Our mental health deserves the same attention. If you notice increased irritability, withdrawal, exhaustion, sadness, or a sense of disconnection, it may be time to check in with yourself

and seek support.

If you are struggling, please know that you do not have to wait until things feel unbearable to ask for help. Reaching out is not a sign of weakness, it is a sign of insight, courage, and self-awareness. You do not need to have all the answers or know exactly what to say before making an appointment. Sometimes the hardest step is simply starting the conversation.

Most importantly, you do not have to carry life's challenges alone. Support is available, and help is often closer than you think. By prioritizing mental health as part of our overall wellness, we can build healthier individuals, stronger families, and more connected communities.

Educating the Community



Ki Slusher, DNP, PMHNP
**Psychiatric Mental Health
Nurse Practitioner**

Ki Slusher, DNP, PMHNP, is a Psychiatric Mental Health Nurse Practitioner with United Community Health Center (UCHC). She provides behavioral health services for patients ages 8 and older, including support for depression, anxiety, ADHD, PTSD, bipolar disorder, substance use concerns, and other mental health conditions. Ki sees patients at UCHC Freeport and UCHC Three Points. To learn more about UCHC's behavioral health services, visit UCHCAZ.org or call 520-407-5400, extension 5582. UCHC offers a sliding fee discount program for eligible patients and transportation assistance.

Growing Small Business, Growing Sahuarita

Written by Mayor Tom Murphy

One of the things I appreciate most about Sahuarita is the spirit of initiative that exists throughout our community. Behind every local business is a person or family willing to take a risk, serve their neighbors, and build something meaningful. Whether it is a home-based business, a storefront, a contractor, a food vendor, a professional service provider, or someone still shaping an idea, these entrepreneurs are an important part of Sahuarita’s future.

That is why the Town created the Grow in Sahuarita program.

Grow in Sahuarita was designed to come alongside local small business owners and entrepreneurs with practical support, one-on-one guidance, and connections to resources that can help them succeed. Starting and growing a business is exciting, but it can also be challenging. Many business owners are experts in their product or service, yet they may need assistance with planning, budgeting, marketing, operations, access to capital, or understanding the next steps to take.

This is especially important in Sahuarita, where our local economy is supported by more than 600 small businesses, and 89% of them employ nine or fewer people. These businesses often begin with great ideas and a strong work ethic, but they may not always have access to the same networks, tools, or professional support that larger businesses can rely on. Grow in Sahuarita helps close that gap.

Through the program, business owners can receive individualized coaching, connect with resource partners, and work toward goals based on their stage of business. For some, that means exploring whether an idea can become a business. For others, it means learning how to navigate the early years of business ownership. For more established businesses, it may involve preparing for growth, improving financial systems, strengthening marketing plans, or developing more effective operating procedures.

The results are encouraging. Since its inception, the Grow in Sahuarita program has connected with 142 local businesses and is currently serving 14 active clients. To date the program has provided more than 830 coaching hours and facilitated 573 unique interactions. It has also helped clients address specific challenges related to customer relations, operations, organizational structure, and overall business strategy. In addition, Grow in Sahuarita continues to build a broader network of support, with more than 550 newsletter subscribers receiving information about upcoming events, learning opportunities, and business resources.

Just as important, business owners are finding value in the support they receive. Program feedback has shown strong satisfaction with both the overall experience and the effectiveness of coaching. That matters because economic development is not only about attracting new investment; it is also about supporting the people who are already investing their time, energy, and resources right here in our community.

In recent months, Grow in Sahuarita has continued to expand its reach through workshops, partner events, and practical business education. The program has highlighted opportunities for business owners to explore tools such as artificial intelligence, strengthen their financial knowledge, and connect with lenders and regional partners. The Grow in Sahuarita Podcast has also become another way to share accessible, real-world advice on topics such as marketing on a budget and making every dollar count.

Small businesses help give Sahuarita its identity. They create jobs, provide needed services, generate local activity, and contribute to the



quality of life that makes our community special. They are also often the businesses that sponsor local teams, support school events, participate in community celebrations, and know their customers by name.

As mayor, I believe supporting small businesses is one of the most practical ways we can strengthen Sahuarita over the long term. Every successful business adds to the foundation of our local economy. Every entrepreneur who receives the right guidance at the right time has a better chance of growing, staying, and contributing to our

community. If you own a business, are thinking about starting one, or simply want to learn more about the support available, I encourage you to connect with the Grow in Sahuarita program by contacting Alex Magallanes, Economic Development Specialist for the Town, at [amagallanes@sahuaritaaz.gov]. Your idea, your business, and your success are part of Sahuarita’s story. And together, we will continue growing Sahuarita.



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Investing in People: La Posada Foundation Scholarship Program Transforms Lives Through Education



Written by Guy Atchley

What began with a resident's simple idea and a \$500 donation has grown into one of the most meaningful employee benefits at La Posada at Green Valley, helping hundreds of workers pursue educational dreams while strengthening the community they serve.

The La Posada Foundation Scholarship Program, now in its 26th year, continues to open doors for employees seeking college degrees, professional certifications, trade training and citizenship education. Supported largely by resident donors, the program reflects a culture of generosity that has become a hallmark of La Posada.

"It all started because a resident came to the foundation and said, 'I have an idea,'" said Dawn Martz, Director of Philanthropy for the La Posada Foundation.

That resident was Wendell Bowers, who believed employees should have greater opportunities to further their education. Working independently, Wendell began knocking on doors and talking with fellow residents, raising \$500 for the program's first scholarship award. "We awarded that \$500 to one employee, and that's truly how it kicked off," Martz said.

Today, the scholarship initiative has expanded dramatically. What began as a single award now includes named scholarships, endowed scholarships, donor funded educational assistance, high school scholarships, and a U.S. citizenship scholarship program. The Foundation also recently launched a new Excellence Scholarship Award designed to recognize outstanding employee achievement.

The scholarship program serves a workforce of approximately 650 to 700 employees across La Posada's Green Valley campus and its newer campus at Pusch Ridge in Oro Valley. Many recipients are young employees just beginning their educational journeys. This year, 27 individuals received named and endowed scholarships. In addition, approximately 65 employees participated in the donor scholarship program during 2025, according to Foundation estimates.

Unlike many scholarship programs, La Posada's educational assistance opportunities are available to all em-

ployees. "Every employee is eligible," Martz said.

The donor scholarship program allows employees to receive up to \$2,500 annually, with a lifetime cap of \$5,000. Funds can be used for a wide range of educational pursuits, from college coursework to professional certifications. Martz knows firsthand how valuable the program can be. She used the donor scholarship funding to pursue certifications in personal training and weight management, among other studies.

The Foundation's philosophy is intentionally broad when it comes to educational opportunities. "We don't put restrictions on it," Martz said. "We just want them to further their education, and that's what our residents and donors want to see as well."

Applicants complete an application, submit an essay, and provide documentation regarding coursework and academic progress. Returning recipients must demonstrate successful completion of previously funded classes before receiving additional assistance. One of the most remarkable aspects of the scholarship program is its accessibility. "Every single employee has always received a scholarship," Martz said. "We've not turned anyone away."

The impact of the scholarships extends far beyond financial assistance. Through essays submitted with applications, employees often share stories of perseverance, family responsibility and personal growth. "What I hear time and time again is that when they receive scholarships from La Posada, it gives them encouragement," Martz said.

Many recipients are first-generation college students. Others are balancing jobs, family responsibilities and educational goals. Some have family members living outside the United States and are pursuing opportunities that previous generations never had. "The gratitude is tremendous," Martz said. "What we read is that it pushes them to do better. It pushes them to be a better person, and that ultimately is truly the goal."

One recent scholarship recipient exemplifies that determination. A single



Dawn Martz, Director of Philanthropy
La Posada Foundation

mother pursuing both her bachelor's degree and a second master's degree was among four employees selected for the Foundation's new Excellence Scholarship Award. The award was created after the scholarship committee decided to distribute every dollar raised during the previous year's donor scholarship campaign. Eligible applicants had to be juniors, seniors or trade school students, have at least five years of employment at La Posada, and submit exceptional essays.

The result was four scholarships worth \$13,000 each. Recipients were not informed of the award amounts beforehand. Instead, they learned the details during the scholarship ceremony. "They were blown away," Martz said.

For the single mother receiving one of the awards, the moment carried special significance because her children were present. "They watched their mom receive this scholarship," Martz said. "They see Mom can do it, and they can do it." That ripple effect, she said, may be one of the program's greatest achievements.

The scholarship program also creates meaningful connections between employees and residents. Many of the scholarships were established in memory of spouses or loved ones, allowing residents to honor their legacies while investing in the future of others. Martz recently witnessed that impact during the scholarship ceremony at La Posada's Pusch Ridge campus, where several donors personally presented awards they had funded.

"They spoke about what it meant to them, why they did it, the purpose and the meaning," she said. The experience proved emotional for many of the donors. "Each person that was speaking was tearful because it was so meaningful that they were able to see their scholarship being used," Martz said.

The scholarship program recently expanded to Pusch Ridge with support from Green Valley donors, helping establish a culture of philanthropy at the newer campus. While the Green Valley community benefits from nearly four decades of established resident engagement, Pusch Ridge is still building its donor base and philanthropic traditions. Nevertheless, the Foundation's leadership sees tremendous potential for growth at both locations.

The scholarship initiative is just one component of the broader work performed by the La Posada Foundation. Although it operates separately from La Posada's senior living operations, the Foundation shares the same mission of enhancing the lives of residents and employees. As a nonprofit organization, the Foundation manages charitable contributions and supports projects ranging from educational assistance to capital improvements. Currently, the Foundation is leading a campaign to raise \$5 million for a new cultural arts and crafts building requested by residents.

For Martz, however, the scholarship program remains especially meaningful. "It's all about feelings," she said. "I love doing good for people."

Having spent decades involved in nonprofit work, including operating her own nonprofit organization in California, Martz believes acts of generosity create lasting impacts throughout communities. "If you do good for an individual, that person will know there are good people out there to help them along," she said.

Looking ahead, she hopes the scholarship program continues to grow, allowing the Foundation to award larger scholarships and assist even more employees. Ultimately, the program's success depends on the generosity of resident donors whose contributions are invested and managed to create long term opportunities.

"When our donors give to us, they're really paying it forward for the next person," Martz said.

Twenty-six years after one resident's idea became reality, that spirit of paying it forward continues to transform lives—one scholarship, one student and one success story at a time.

Great Expectations Academy Celebrates 25 Years as Sahuarita’s Hidden Gem

Written by Sydney Watts

Sahuarita’s Great Expectations Academy (GEA) is marking a remarkable milestone, 25 years of nurturing young minds through personalized education, a strong focus on literacy and the arts, and a tight-knit community feel that families cherish.

Founded in 1999, the school began humbly in a local church with a small group of students. Beth Phillips, along with a few fellow teachers returning from a conference, saw an opportunity with the then-new charter school model. Inspired to move away from large district structures, they envisioned something different. Beth ultimately took on the bulk of the work to secure the charter and launch the school, teaching while handling all the administrative details in those early days.

Today, Principal Jeremy Topp, who arrived in 2001 as a part-time art teacher, and Director Jeanette Big, who joined in 2005 and stepped into her current role this year, continue that founding spirit. Both speak with pride about how far the school

has come. “When I first started, we had around 100 students and the campus looked completely different,” recalled Topp. “We’ve grown, expanded our facilities, and stayed true to our core focus on literacy and the arts.” Big noted the school’s peak enrollment neared 300 students, with multiple classes per grade and vibrant after-school programs, including a long-running jazz band and YMCA after-school care. While enrollment now sits at approximately 136–137 students—reflecting broader statewide trends after COVID and the introduction of ESA vouchers—the school remains committed to its mission.

A Family Atmosphere Where Every Child Matters



Great Expectations Academy

What sets Great Expectations Academy apart is its intimate, familial environment. In a small school setting, staff know every student by name, greet them warmly each morning, and build genuine connections. This personalized approach helps children feel seen and supported—whether they’re thriving academically, needing extra encouragement, or navigating life’s challenges.

“Being smaller means we can catch things early and provide the support kids need,” said Topp. “Whether a student is succeeding beautifully or facing difficulties, we’re able to intervene and help them grow.”

Alumni regularly return to visit, often sharing how well-prepared they were for high school. Many graduates go on to successful careers in fields like medicine, law enforcement, music, professional sports, and more. Some have even enrolled their own children at GEA, creating beautiful full-circle moments that warm the hearts of long-time staff.

Parents echo this sentiment. One mother shared how her children flourished at the school after struggling in larger classrooms, noting they “loved going to school” and felt genuinely cared for.

Milestones, Community Ties, and Lasting Impact

Over 25 years, GEA has grown from a handful of students in a church to a beloved Sahuarita institution. Key milestones include campus expansion, the development of strong music and arts programs, consistent academic success, and deep community involvement. Students participate in food drives, paper

drives, cancer awareness efforts, and campus beautification projects. The school regularly joins local events, fairs, and partnerships with organizations like the Lions Club (which provides vision screenings and glasses for fifth graders), Rotary, and others.

The school’s emphasis on literacy and the arts has remained steady even as education standards and technology have evolved. After the pandemic, GEA implemented robust tutoring programs to help students catch up and thrive. Staff continue adapting curriculum while preserving the nurturing environment that makes the school special.

Looking Ahead with Optimism

As they celebrate this silver anniversary, Topp and Big are focused on the future. Their vision is to remain Sahuarita’s “hidden gem in the desert”—a place where families find small class sizes, a true sense of community, and individualized support that prepares students not just for the next grade, but for life.

“We’re proud of the success stories,” said Big. “Watching kids who faced challenges come here, build confidence, and go on to do great things—that’s what it’s all about.”

Great Expectations Academy invites families seeking a supportive, arts-rich, literacy-focused education to learn more. After 25 years, the school continues to prove that sometimes the smallest environments create the biggest impact.

Happy 25th Anniversary to Great Expectations Academy! Here’s to many more years of helping Sahuarita students shine.

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More Than Meals: Sahuarita Food Bank Is Forging New Futures

Submitted by Sahuarita Food Bank and Community Resource Center



Did you know? Sahuarita Food Bank & Community Resource Center is also a licensed vocational school. Accredited by the Arizona State Board for Private Postsecondary Education in 2023 as Saguaro Skills Center, the organization now offers trade careers as a pathway forward for the people it serves.

The connection made sense. We were already walking alongside people navigating financial hard-

ship, food insecurity, and uncertainty about the future. Workforce training was a natural extension of that mission — not a departure from it. If we could help someone stock their pantry and build a career, why wouldn't we?

Through a partnership with the National Coalition of Certification Centers (NC3), we launched a 400-hour Fundamentals of Welding program. Our very first cohort consisted of three incredible individuals who signed on before the curriculum was perfect, before the schedule was seamless, and before the instructors had done it all before. They gave us the grace to learn alongside them, and in doing so, helped shape the program that students benefit from today.

The Fundamentals of Welding program is built

around three core learning modalities: augmented-reality welding, live welding, and classroom instruction. Each is designed to prepare students not just to pass a test, but to walk confidently onto a job site.

Augmented reality allows students with no prior experience to build muscle memory safely, while reducing injuries, material costs, developing technique, and getting comfortable with the fundamentals. It lowers the barrier to entry and sets students up for success before they ever strike an arc.

Live welding provides hands-on practice across each welding process because there's simply no substitute for the real thing.

And the classroom component teaches students the "why" behind welding: which process to use and the criteria for a quality weld. Understanding the theory behind the skill is what separates a good technician from a great one.

Graduates earn four nationally recognized NC3 certifications, one per welding process. Our hope is that students plant roots right here in our community, but these credentials open doors to careers anywhere in the country.

Three years in, the Saguaro Skills Center has graduated 17 students, with 12 more currently working toward their certifications. The results speak for themselves: graduates average a starting wage of \$26 per hour, and many are already building on that foundation through overtime. For someone who came to us unsure of their next step, that's not just a paycheck; that's stability.

The momentum is real, and you can be part of what comes next. Donations to our scholarship fund directly secure spots for future students in upcoming cohorts, removing the financial barriers that might otherwise keep someone from the door.



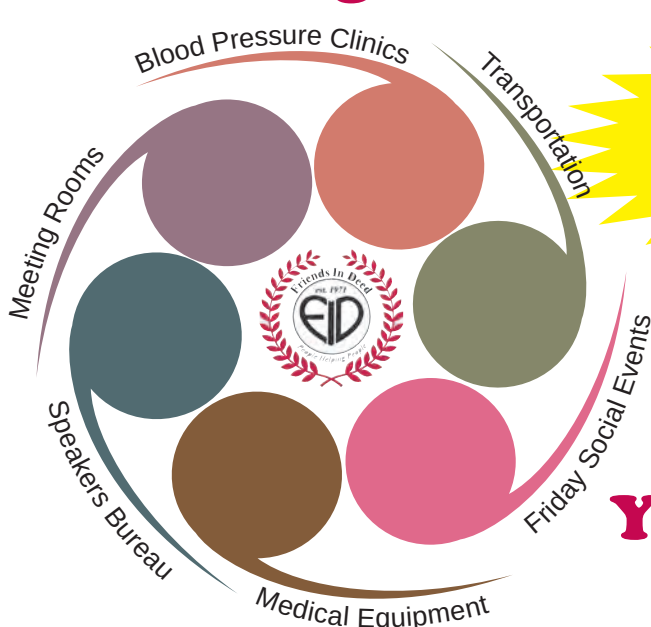
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Chuck Dorr, Board President with new social van



Tomi Smith, Friday Social Manager

This column is provided by Dr. Tait with ORIGEN Orthopedics in Tucson

medicalnews

WILL JOINT REPLACEMENT SURGERY BECOME A RELIC OF THE PAST?

The first knee joint replacement in the world was performed in 1968.

An ambitious French Orthopedic Surgeon, Dr. Phillipe Hernigou quickly adopted this new surgical technology and capability to transform the lives of his patients. He performed his first knee replacement in 1975. 50 years ago!

Since that time, he has done more than 10,000 knee replacement surgeries in his practice. Now here’s the plot twist.

By 1989, he was an established, skilled, “middle age” Orthopedic surgeon, still performing joint replacement surgeries routinely. However, in parallel, he began conducting research with stem cell treatments for his patients.

What he was really curious about - could he delay the need for surgical replacement by doing something far less invasive?

By the early 1990s he was publishing his research. Treating very difficult situations such as osteonecrosis (death of cartilage) in hips and knees, his group showed the positive effects of stem cell treatments. In fact, delaying the need for surgical replacement of many of the treated patients.

Jump in the time machine with me now...

In March 2025, I had the pleasure of seeing Dr. Hernigou present his research at one of the largest Regenerative Medicine conferences in the world, right here in Scottsdale

[The Interventional Orthobiologics Foundation (IOF) brings together a unique combination of surgeons, non-operative Orthopedic specialists, and veterinarians to share human and translational equine research.]

Now a spry 80 years of age, Dr. Hernigou is still sharp as a tack, witty, and unapologetic about the sky-rocketing rate of surgery in the U.S. compared to France and most of Europe.

In a one-of-a-kind, and probably never to be repeated research study, he compared joint replacement to stem cell treatment in the same patient.

- 140 adults, **age 65-90**, had degenerative knee osteoarthritis that qualified to have BOTH knees replaced
- They had “comparable pain” in both knees and accepted random-

ization to get joint replacement or **their bone marrow stem cells** injected into the other knee

- What was so unique in this study is that they did this **at the same time, on the same patient**, i.e. they had one knee replaced, and the other received stem cells while they were under anesthesia.

Of course, the patient could not be “blinded” to the treatment because they had a massive surgical scar on one knee, and a simple poke hole on the other, but that is what makes this study so powerful.

People often get their shorts all twisted in knots talking about double-blind (meaning the physician doesn’t know what they used, and neither does the patient), randomized controlled trials (RCTs) as the gold standard for clinical studies.

For some things, like a pharmaceutical drug trial, yes RCTs are the standard. They are also easy to conduct when the only variable is to pop and pill and measure what happens.

For many other applications in medicine, it is a flawed model because it does not model, or apply to patients in, real life situations.

In the case of these 65-90 year olds, “real life” was: being able to walk their dog, carry groceries home and up a flight of stairs, get on the floor and play with their grandkids, go for a bike ride, or play a round of golf - without pain!

BTW: That is real life for many of my own “middle age older” patients that seek me out for less invasive treatments.

So after the procedures, they waited. Then, they waited. And waited some more.

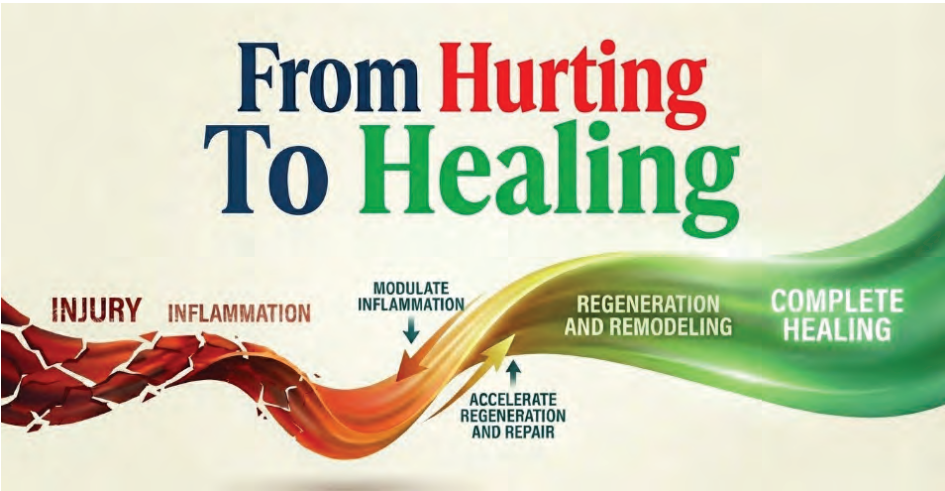
With the mean follow-up for this group, at the time they published their findings in 2021, being 15 years!

This is an astonishingly long follow-up for any research nowadays.

Most “good studies” may follow patients for 3, very few reach 5-year follow-up.

And what did they find?:

- 1) The MRI findings of the knee osteoarthritis, measuring bone marrow edema regressed
- 2) **A total of only 25, or 18%, of the patients had the other knee replaced**



- 3) The patient’s pain reduction and overall satisfaction scores with higher for the knee treated with stem cells.

Drop the baguette and read this again.

The patients met all criteria to have their knee replaced based on severity. They had significant pain and compromised function. They were old!

Yet, after a single injection of stem cells into their knee, 72% of the patients followed out an average of 15 years, still had not needed to get their other knee replaced.

Meaning their pain was reduced, with function and quality of life restored. They were able to return to “real life” the way they wanted to - without having the other knee replaced. Plus, the follow-up data showed that they were happier with the knee that did not have replacement!

This is a remarkable study, demonstrating the immense power within one’s own body to heal.

It also demonstrates how completely “behind the times” our U.S. healthcare system is compared to what progressive surgeons like Dr. Hernigou have been doing for patients - ***for decades!*** Also,

within a far more restrictive health care systems than here in the U.S.

So, my friends.

The goal today was to shine the light today on this brilliant man. A true pioneer and luminary in the field of Regenerative Orthopedic Medicine.

With amazing research-clinicians like Dr. Hernigou teaching the “next generation” of surgeons and non-surgical Orthopedic specialists, this is no longer hope on the horizon.

Research like this proves that less invasive approaches to surgery should be the mainstay of treatment, and only when one fails to get the result *they want*, should we move on to more invasive surgical intervention.

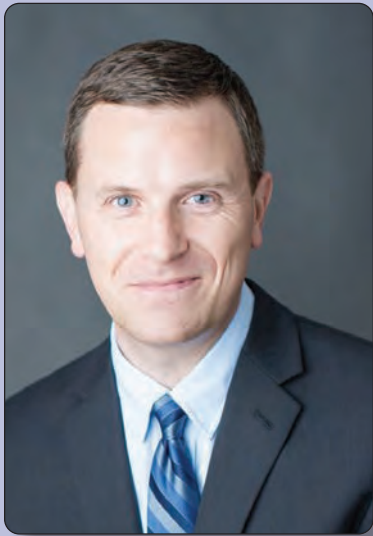
At least that is what I hope to see become commonplace in our U.S. health-care system well before I’m 80!

Au revoir!

Reference:

Human bone marrow mesenchymal stem cell injection in subchondral lesions of knee osteoarthritis: a prospective randomized study versus contralateral arthroplasty at a mean fifteen year follow-up. Int Orthopedics. 2021 Feb. <https://pubmed.ncbi.nlm.nih.gov/32322943/>

Educating the Community



Dr. John Tait, D.O.

Dr. Tait is the founder and Chief Health Strategist at ORIGEN Orthopedics + Optimal Health in Tucson, Arizona. The only dedicated Orthopedic clinic in the region exclusively focused on non-surgical treatments.

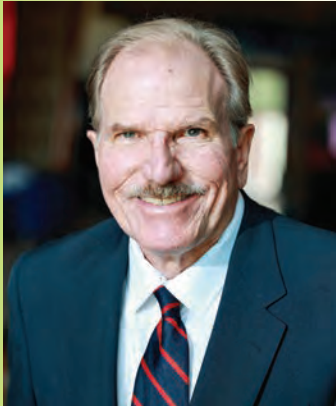
To learn more about Dr. Tait and non-surgical Orthobiologic treatments, please visit www.origenortho.com.

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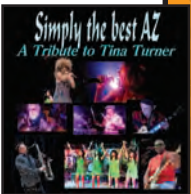


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Parkinson’s Patients Have a New Treatment for Symptoms

Written by Charlene Ostlund & John Goulet, Parkinson’s Support Group of Green Valley

Parkinson’s disease (PD) is sometimes called a snowflake disease. Just as each snowflake is unique, each case of PD is different, so treatment is individualized. The gold standard medication for the past half century for PD is carbidopa/levodopa (CD/LD). Improvements to that medication over those 50 years have been in its forms and delivery systems.

John Goulet, a Green Valley resident since 2019, joined a clinical trial for a subcutaneous infusion system in 2016, long before the US FDA approved such a system. He was diagnosed in 2014 by a movement disorder specialist in Spokane. By 2016, John was experiencing frequent periods when the medication was not alleviating his symptoms. He and his doctor considered the two surgical options approved at the time: the Duopa pump and deep brain stimulation.

The doctor suggested that John might be a candidate for a planned one-year Phase 3 medical clinical trial being conducted in Spokane for subcutaneous infusion. He was the

second person accepted by the trial sponsor. Results during that first year were phenomenal. John explained, “There were times when I forgot that I had Parkinson’s.” Tremors became non-existent.

Following the trial, John was invited to join a study of the long-term health effects of subcutaneous infusion. After nine years, the study was terminated at the end of 2025.

In January 2026, John’s movement disorder neurologist in Tucson recommended the VYALEV pump-driven infusion system. AbbVie Pharma received US FDA approval for the system in 2024. He began using this system on March 1.

Once daily, John refills the pump, inserts a new cannula, and connects the two components with tubing. The installed cannula places a very short, thin delivery tube under the skin that infuses liquid meds. With the system operating 24/7, John places the pump in his pants pocket during the day and sleeps with it at night. He can fine-tune the dose rate within



John Goulet showing his new VYALEV™ pump

parameters set by the doctor. He is also able to infuse extra medication (bolus) because of unusual stress or physical demands.

A major advantage of subcutaneous delivery is that it goes directly into the blood stream avoiding the digestive system. Another advantage is not needing to take pills on a precise

schedule.

A potential concern with infusion is infection. John stated that it has been several years since his last infusion site infection. Participation in the previous nine-year study taught him the importance of hygiene where the cannula is inserted.

John said, “The VYALEV™ pump actually works better than the previous clinical trial system because it offers flexibility in adjusting dosage.”

People with PD can learn more from the Parkinson’s Support Group of Green Valley, which provides materials about treatments in its activity center at 555 N. La Canada, Ste.127. They also have classes to keep their members informed. Exercise is the only evidence-based treatment for PD that slows the progression. The support group provides a free exercise class for its members on Mondays, Wednesdays, and Fridays at Valley Presbyterian Church at 9:00 am. The group’s web site is gvparkinsons.org

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 Fellowship Time..... 10:00AM
 Sunday Worship 10:30AM
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Our services are live streamed

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 Sunday at 7AM • 9AM • 11AM • 1PM (Spanish)

ADORATION OF THE BLESSED SACRAMENT
 Monday-Friday 8:45AM-Noon

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Summer Recreation in Sahuarita Activities, Events & More

Submitted by Town of Sahuarita Parks and Rec

As Sahuarita continues to grow, so does the variety of recreational opportunities available to residents. From youth sports and adaptive recreation programs to family-friendly events and seasonal celebrations, the Town’s Parks & Recreation Department is committed to creating experiences that promote wellness, foster community connections, and enhance quality of life for residents of all ages.

Whether you’re looking to stay active, learn a new skill, spend time with family, or connect with neighbors, there is something for everyone in Sahuarita’s parks, programs, and events this summer. A full schedule of upcoming activities, events, and registration opportunities can be found at SahuaritaParksandRec.org.



Pickleball: Active Living for Every Age

One of the most exciting areas of growth this season is with pickleball programming. As one of the fastest-growing sports in the country, pickleball continues to attract players of all ages thanks to its accessibility, social atmosphere, and health benefits. To match growing interest, Sahuarita Parks & Recreation has expanded opportunities for youth, teens, and adults to participate!

Young athletes can get started through the new Pickleball Academy program, an introductory program designed for children ages 7 to 12 starting in August. Through fun, low-pressure instruction, participants will learn the fundamentals of the game while developing coordination, confidence, and a love for physical activity, making it an ideal introduction to the sport.

For teens ages 13 to 16, the Youth Pickleball League, also starting up in August, provides an opportunity to continue building skills while experiencing organized competition in a supportive and welcoming en-

vironment. Whether participants are brand new to the game or already have experience on the court, the league offers a chance to improve, make friends, and enjoy friendly competition.

Adults can also join the action through the new Co-Ed Pickleball League. Designed for players of all skill levels, the league combines recreation, fitness, and social interaction in a fun and inclusive setting. Over six weeks of league play and a culminating tournament, participants can enjoy the sport while connecting with fellow community members. There are opportunities to register on your own as a free agent, or to grab a friend and register as a team!

Traditional recreational sports continue to be a cornerstone of the department’s programming as well. The popular Co-Ed Softball League returns this fall, providing adults with an opportunity to enjoy organized

competition and teamwork. Whether joining with an established team or, by registering as a free agent, players can experience the benefits of staying active while building new friendships.

In addition to sports leagues, residents can participate in a variety of inclusive programs designed to serve all members of the community. Adaptive recreation programs such as Adaptive AllStars and Baskets ‘n Buddies continue to provide meaningful opportunities for social engagement, skill development, and fun in a supportive environment.

Creating Community Through Events

This summer, families once again gathered for Sahuarita Stars & Stripes, the Town’s signature Independence Day celebration at Anamax Park. This year’s event was especially meaningful as the nation commemorated its 250th anniversary. Featuring a spectacular drone and fireworks show, family-friendly activities, and convenient shuttle services, the event continues to be one of the community’s most anticipated annual traditions.



But the summer fun doesn’t end with the 4th of July, the Town is also introducing Movies Around Sahuarita, a new community movie series that transforms parks and public spaces into unique outdoor theaters throughout the year. The series begins with a Splashpad Movie Night at Anamax Park in August, giving families the opportunity to cool off while enjoying an evening under the stars. Later in the year, residents can enjoy a Halloween-themed drive-in movie experience and a festive holiday movie by the lake, creating memorable experiences in some of Sahuarita’s most beloved public spaces.

For residents looking to try something different, Puppy Yoga, another one of our upcoming events, offers a unique blend of wellness, relaxation, and fun. Participants can enjoy a guided yoga session while interacting with local, adoptable dogs! Enjoy some outdoor exercise and who knows, you may even meet your new best friend!

Looking Ahead to Fall and Winter

The recreation calendar doesn’t slow down when summer ends. In October, residents can test their survival skills at the Zombie Color Crawl, a fun-filled event that combines fitness, color, and Halloween-themed excitement. Participants of all ages can enjoy the challenge while navigating a course filled with col-

orful surprises and roaming zombies.

As the holiday season approaches, Winterfest will once again bring the community together to celebrate the spirit of the season. Featuring local vendors, festive entertainment, a holiday parade, tree-lighting ceremony, and family activities, Winterfest

has become one of Sahuarita’s signature annual events. The celebration not only creates lasting memories for residents but also provides opportunities to support local businesses and community organizations.

Get Involved!

Residents interested in learning more about upcoming programs, special events, sports leagues, adaptive recreation opportunities, facility updates, and registration



deadlines are encouraged to visit SahuaritaParksandRec.org. With opportunities available for every age and interest, now is the perfect time to get involved, stay active, and discover everything Sahuarita Parks & Recreation has to offer. Happy Summer, Sahuarita!

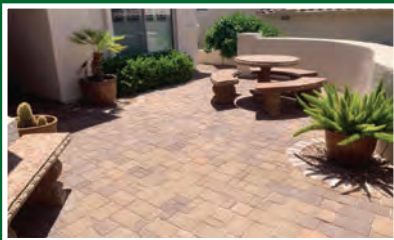
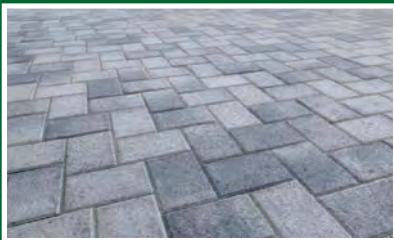
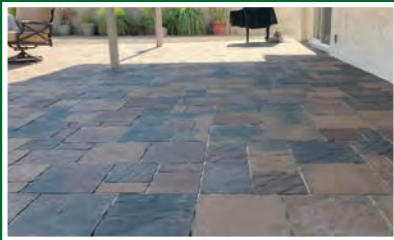


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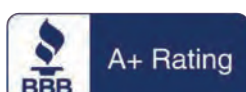
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Sommeliers Say Pair These Wines with Comfort Food

Choosing the perfect wine to complement comfort food doesn't have to be complicated. The experts behind the *VinoVoss AI Sommelier* platform recommend focusing on balance—matching a wine's body, acidity, fruit, and spice with the flavors of your meal. Here are some of their top pairings for classic comfort foods, plus tips for selecting wines with naturally spicy characteristics.

Hearty Main Dishes

Rich beef dishes benefit from wines that can stand up to their savory flavors. Beef Stroganoff, with its creamy mushroom sauce, pairs beautifully with a medium-bodied Grenache, whose bright fruit complements the beef while subtle spice enhances the dish. A full-bodied Malvasia is another excellent choice, balancing the richness with fresh acidity.

For Osso Buco, the slow-braised veal shanks and aromatic vegetables call for a full-bodied Malbec. Its firm tannins and dark fruit flavors match the meat's richness. Those who prefer white wine can opt for a fuller-bodied Malvasia, whose acidity refreshes the palate.

A Filet Mignon with Mushroom Garlic Butter also shines alongside Malbec, whose bold character complements the steak's juicy texture and earthy mushroom flavors. Likewise, a Dry-Aged Tomahawk Steak pairs naturally with Malbec, whose structure stands up to the steak's intense flavor and smoky seasoning.

Comforting Pasta and Seafood

Baked Ziti, layered with tomato sauce, beef, and melted cheeses, pairs well with either a medium-bodied Chardonnay or a light-bodied Sangiovese. Both wines provide enough acidity to balance the richness of the cheese and tomato sauce. Sparkling wine is another excellent option because its bubbles cleanse the palate between bites.

For Lobster Tails with Garlic Butter, a full-bodied Chardonnay complements the buttery texture, while a light-bodied Pinot Noir highlights the lobster's delicate sweetness without overwhelming it.

Classic Holiday Favorites

Roasted Stuffed Turkey, seasoned with herbs such as sage and thyme and often accompanied by sausage or cranberry stuffing, pairs beautifully



fully with Greco, whose crisp acidity complements the bird's mild flavors. A Pinot Noir is an equally classic choice, bringing delicate fruit and earthy notes that echo the herbs.

Soups and Sides

Comforting soups also benefit from thoughtful pairings. French Onion Soup, with its caramelized onions and melted Gruyère cheese, pairs well with full-bodied Malvasia, whose texture and acidity complement the soup's richness. A light-bodied Aglianico can also work thanks to its bright acidity.

Cream of Broccoli Soup is another good match for Malvasia, whose fresh acidity balances the creamy texture while complementing the soup's subtle vegetal flavors.

For side dishes, the recommendations are equally simple:

- Mashed Sweet Potatoes: Moscatel de Alejandría or Nerello Mascalese
- Roasted Potatoes: Cortese or Pinot Noir
- Candied Yams: Moscatel de Alejandría or Nerello Mascalese
- Cornbread: Moscatel de Alejandría or Agiorgitiko
- Grilled Corn: Malvasia or Pinot Noir
- Roasted Brussels Sprouts: Sauvignon Blanc, Cabernet Franc, or sparkling wine

In general, crisp white wines brighten rich vegetable dishes, while lighter reds complement roasted flavors without overpowering them.

Desserts

Fruit pies and tarts—including apple, pear, pumpkin, and berry varieties—pair best with lightly sweet, aromatic wines. Moscato d'Asti and late-harvest Gewürztraminer offer enough

sweetness to match baked fruit while their floral aromas and spice notes enhance cinnamon, nutmeg, and other seasonal flavors.

Understanding "Spicy" Wines

According to vinicultural expert Sylvia Ba, wines described as "spicy" don't necessarily taste hot. Instead, they evoke familiar spice flavors such as black pepper, white pepper, cinnamon, clove, ginger, or nutmeg, adding complexity and warmth to the tasting experience.

These wines are especially versatile with holiday comfort foods because their spice notes complement many traditional dishes.

Examples include:

- Syrah, known for black pepper notes, pairs especially well with pepper-crusted meats, turkey, ham, and grilled beef.
- Gewürztraminer, whose name literally means "spicy" in German, often displays ginger-like spice along with floral and lychee aromas. It complements honey-glazed ham, sweet potato casserole, and butternut squash.
- Grüner Veltliner is known for its distinctive white pepper character, making it an excellent partner for turkey stuffing and herb-forward side dishes.
- Zinfandel often exhibits notes of cinnamon, clove, and pepper, making it ideal with smoked turkey and other hearty roasted meats.

Where Spiciness Comes From

A wine's spicy character originates primarily from the grape variety. One important compound is rotundone, found in grape skins and responsible for peppery aromas in varieties such as Syrah and Grüner Veltliner. Another compound, 4-vinylguaiacol, contributes clove-like characteristics found in certain grape varieties.

Winemaking techniques also influence spice. Aging wine in oak barrels adds complexity, with different oak types contributing different aromas. American oak often imparts vanilla and coconut notes, while French oak tends to contribute subtler spice characteristics such as clove and cedar. The interaction between wine and oak over time creates additional layers of flavor that enhance the perception of spice.

A Simple Rule for Pairing

Successful wine pairing is ultimately about balance rather than strict rules. Rich, creamy dishes benefit from wines with enough acidity to refresh



the palate. Robust meats pair well with structured reds that can match their intensity. Sweet or spiced side dishes often shine alongside aromatic wines with a touch of sweetness, while sparkling wines remain one of the most versatile choices because they cleanse the palate between bites.

Whether you're serving steak, lobster, roasted turkey, soups, vegetable sides, or seasonal desserts, selecting a complementary wine enhances both the food and the overall dining experience. With a thoughtful pairing, every comfort food meal becomes even more memorable.



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gardening *tips*

By Charlene Westgate, Permaculture Landscape Designer

STRESS-PROOFING YOUR LANDSCAPING FOR SUMMER HEAT

I frequently get questions from homeowners worried about their landscapes. Recently, when I met with Susan, I noted wilting plants with yellowing leaves, some with brown tips, cactus with sunburn, and severely pruned shrubs. As we walked through her landscape together, the causes became clear. The sunburned cactus grew against a west-facing wall that radiated heat well into the evening. Newly installed plants had little protection from the afternoon sun. Her landscaper's severe pruning had stripped the shrubs of their natural protection.

Instinctively, Susan added 15 minutes of watering every afternoon. Despite frequent watering, her plants continued to decline.

Susan's experience illustrates the challenge of Southern Arizona summers. Triple-digit temperatures, intense sunlight, hot winds, and reflected heat can place tremendous stress on even well-established plants. Yet with thoughtful planning and a few simple practices, you can help your landscape weather the heat while remaining beautiful, resilient, and in harmony with Nature.

The good news? With simple changes, Susan's landscape will recover and emerge stronger the following season.

Start with the Right Plants

The most effective way to reduce heat stress is to choose plants naturally adapted to our climate. Arizona native plants have evolved to handle intense sunlight, drought, and temperature extremes. While no plant is completely immune to stress, native species prove more resilient than plants from other regions. Careful plant selection is one of the best investments you can make in the long-term health of your landscape.

Recognize the Signs of Heat Stress

Not every wilted plant is in trouble. Many plants temporarily wilt during the hottest part

of the afternoon and recover by evening. However, prolonged stress may appear as:

- Brown or scorched leaf edges
- Yellowing foliage
- Premature leaf drop
- Branch dieback
- Stunted growth
- Shriveled, wrinkled or discolored cacti

Since overwatering and underwatering can produce similar symptoms, check soil moisture and look for patterns throughout the landscape, before adjusting irrigation settings.

Water Deeply, Less Frequently

Proper irrigation is one of the most important factors in helping plants survive extreme heat. During summer, many homeowners respond to wilting plants by watering more often. Unfortunately, frequent shallow watering encourages roots to remain near the surface, where temperatures are highest and moisture the lowest.

Instead, water deeply and thoroughly. Deep irrigation encourages deeper roots, where soil is cooler and moister. Watering early in the morning improves efficiency by reducing evaporation. Water trees 3 feet deep, shrubs 2 feet deep, and perennials 1 foot deep for greatest efficiency.



Sunburned totem cactus planted against west-facing wall.



Which Texas Ranger is doing better in the heat of summer?

Mulch also plays an important role by moderating soil temperatures and reducing moisture loss, while building healthy soil.

Build Healthy Soil

Healthy soil acts like a sponge, holding moisture longer and making it available to plant roots during periods of intense heat. Soil rich in organic matter also supports beneficial microorganisms that help plants access water and nutrients more efficiently. Minimizing gravel, leaving organic matter such as fallen leaves, avoiding herbicides, and applying mulch, all help build healthy soil. Nutrient-rich soil can make the difference between plants merely surviving summer and truly thriving.

Put the Pruning Shears Away

Shearing shrubs—trimming them into balls or cubes—should always be avoided, but especially in the summer. In the Texas Rangers pictured, extensive pruning removed valuable foliage that helps shade the interior of the plant, reducing a plant's ability to regulate temperature, severely stressing the plant. This practice also eliminated flowering. The untouched Ranger on the right thrives, bursting with beautiful blooms, thanks to its dense, protective growth.

Beware of Reflected Heat

One of the most common causes of plant stress in landscapes is reflected heat from walls, driveways, patios, and other hard surfaces.

South- and west-facing walls expose plants to both direct sunlight and the heat radiating from the wall long after the sun has set.

In this harsh microclimate, plant only things that thrive in reflected heat. Ask a trusted nursery, or use a searchable database such as the University of Arizona's Desert Landscapes website (desertlandscaping.arizona.edu) to find plants that do well in

reflected heat. Planting large, lower water shrubs such as Bush Dalea, Arizona Rosewood, Lindheimer Senna, and Texas Rangers along block walls, reduce reflected heat and shade nearby plants.

Protect New Plantings

Newly installed plants are often the most vulnerable during their first summer. Temporary shade cloth, strategically placed nurse plants, or other forms of temporary shading can help young plants establish successfully while reducing heat exposure during their most vulnerable period.

Plant Shade for the Future

Perhaps the most effective long-term strategy for stress-proofing a landscape is planting native shade trees. Because the growth period for native trees is during the summer, monsoon season is the ideal time to plant them.

Trees cool the air, shade the soil, reduce evaporation, and create more comfortable conditions for surrounding plants—and people. Native species such as Blue and Foot-hills Palo Verdes, Velvet Mesquites, Ironwoods, and Desert Willows provide beauty, wildlife habitat, and much-needed relief from the summer sun. Plants thrive in their filtered shade.

When we design and manage our gardens in harmony with Nature, we create landscapes that are better equipped to handle challenging conditions while providing beauty, habitat, and enjoyment for years to come. Here's to your landscape thriving through the summer heat—and growing stronger with every season.

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