

Community Quarterly

Welcome Back Winter Friends!

Winter 2023

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Volume 14, Issue 1



Tom Keller: Been There, Done That

Written by Guy Atchley

Tom Keller was a photographer for the U.S. Army in Vietnam, but his year in Vietnam was just one aspect of an abundant life. His occupations and interests have ranged from mountaineer to sport parachutist to special-education teacher, realtor, road manager for a rock band, harmonica player, billiards enthusiast and mushroom hunter (no, not that kind).

Keller grew up in England near Liverpool. And, in case you're wondering, yes, he was watching the Beatles perform live before they became famous.

He remembers, "I lived about 10 miles from Liverpool, and I saw the Beatles the first time at a dance that I went to. It cost a dollar to get in. I was 16 going on 17. It was '63. Then after they became famous, I saw them in '65 in Southport, England."

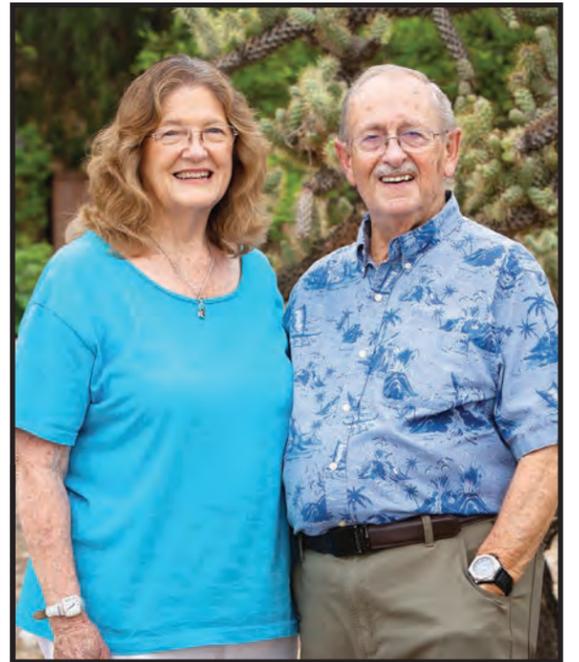
Keller later became a road manager for — not the Beatles — but for a group called The Monos who played weekly at The Cavern. The Monos never became famous, but they brought him into contact with other artists who did, including

The Kinks, The Hollies, Manfred Mann, James Brown and Wilson Pickett.

What was Keller doing in England in the first place? His father was career military, a veteran of Normandy, the Battle of the Bulge and later Korea.

were married two months later, and stayed married for 60 years."

In fact, when he came back from Korea, Keller's father brought with him a Rolleiflex, which he gave to his son. That's how Keller became a photographer. At first, it was a hobby. But when he joined the army, photography be-



Karen and Tom Keller

came his job, albeit in a war zone. When he joined the U.S. Army in London in '65, Vietnam was heating up, but, "I figured I may as well join the army as be drafted. In fact, the recruiting sergeant said if I joined the army here, they could get me into Officer Candidate School, so I said great. Well, I had orders to go to OCS, but there was such a backlog by that time, the middle of '66, all I was doing every day was KP, mowing grass, washing windows,

continued on page 4

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Winter Arizonans Love Green Valley

Article and Photos by Guy Atchley

In the Green Valley/Sahuarita Chamber of Commerce Visitors Center, President Randy Graf keeps an eye on the log. He finds the majority of visitors (55%) are from the Midwest, 22% are from the West Coast, 8% from the East Coast, 6% from Colorado, and 9% are from another country. Of course, not all of these could be classified as winter visitors, that is, people who live here part of the year. We went looking for Winter Arizonans and found, to no one's surprise, a whole lot of them hail from the northern states. We talked to some of them.

Chris Wachtendonk



We come from Neillsville, Wisconsin. We've been making the trip since 2014. Why Green Valley? Well, my mom and her husband were down here, and after we retired, we started to visit, and we got to thinking this could be a good gig. There are so many opportunities for continuing education, using your brain, and exercising. We've made some wonderful friends who actually have traveled to Wisconsin to visit us there. It's fabulous here. Of course, the other aspect is no snow, no ice. In Wisconsin, it was snowing by October.

Jennifer Mills



We come from Spokane, Washington. I've visited Arizona lots of times, but not for the whole winter. This is my first whole winter. I'm here to get out of the cold. I'm disabled and the cold is troublesome for my muscles. It can even cause seizures because I have myasthenia gravis. Other than that, I like the small-town feel. You can go shopping when you want to, but it's not a big city. It's easy to get around. My husband and I have rented a casita. He's a general contractor. He loves older people. We both do. We used to be caregivers, so this is a good place for him to work because that's his favorite thing is to help older people.

Keith Kackman



We're from Grand Rapids, Minnesota. Got here in mid-October. We'll stay until the snow leaves Minnesota. We started coming to Green Valley the winter of 2016-17. My wife retired from teaching and we took a three-week road trip, just hitting different spots. We looked at Florida. I don't like Florida. We've been to Texas, and we didn't like that. And so this is one of the places we agreed on.

What makes Arizona better? Florida is super expensive and Texas didn't have good views. Green Valley is an active community with a good bang for the buck. And if you're bored here, it's your own fault.

I'm the director of the American Legion Riders at Post 131. I ride motorcycles a lot. I can ride in Minnesota for six months, then come down here and continue. My wife loves to quilt. She volunteers at the Legion. We're both very active in the Legion.

Green Valley is a nice community. It's quiet, I can play golf, and it's wonderful weather. No snow to shovel.

Shari and Doug MacGregor



Doug: I'd been in Alaska for 47 years. I met Shari in 1994. We eventually went to South Florida for a few years, then went back to Alaska. And now here we are in Southern Arizona. We find the people of Green Valley really friendly, and we enjoy the sunshine on dry ground. No more 40 below zero.

Rose and Mike Hanson



Rose: We're from Duluth, Minnesota. Got here in October and we'll stay till April. We've been doing

this for ten years. He loves the wood shop at the West Center.

Mike: We own our house — us and the bank. How long will we stay here? It depends on which one of us goes first.

Rose: That's the truth. If he goes first, I'll stay here. And if I go first, he'll head for Minnesota.

Paula Henry and Greg Ruud



Paula: We're from Minneapolis, Minnesota. We get here a little after the election, or if it's not an election year, we get here a bit earlier. We canvas and make phone calls for our party there.

I had several friends and acquaintances who'd been coming to Southern Arizona, so that's how the connection happened with Green Valley. What we find appealing about Green Valley is it's much warmer than Minneapolis and there's more sunshine.

I was told how good the recreation program is here. We enjoy GVR. I lap swim while he hot tubs, and now we're taking square dance lessons. That's really fun, and we're meeting really great people.

Don and Cheryl Fish



Cheryl: We're from Decorah, Iowa.

Don: My parents started coming down here in the 80s, and I visited them a bunch of times. Also, I have a sister who lives here now, and we've been coming to visit for about six years. We usually arrive early November and go back the second week of April.

Cheryl: Green Valley is good because it's not as populated and not as much traffic. We got in at the RV park here.

Don: There's a lot of activities here, and we do enjoy that. We do a lot of square dancing. I have a writing class, and she does quilting. There's

a lot of things we like. I like the mountains nearby and the desert is really interesting. It's all good.

Cheryl: And we like to go hiking.

Shirley Kastein



I come from Central Michigan, a village called Neshkoro. My husband and I bought a place here in 2019. I had a brother who bought property here. We had been traveling to San Diego, but finally thought we should be here where the activity is, instead of just walking the beachfront all the time. I enjoy square dancing, water aerobics, and pickleball. It's also a place where you meet people who are genuinely kind. I, unfortunately, lost my husband a year and a half ago and was hesitant about whether to keep the property. But without a doubt, as long as I'm healthy, I'll definitely stay in Green Valley for half of the year.

Arline Nell



Milwaukee, Wisconsin is my home state. Carl and I divide our time evenly between there and Green Valley. We've been doing this for 18 years.

We had been spending winters in Florida, but then we visited friends here and decided on Green Valley. I'm 88 now, and we'll do this as long as we can. I enjoy GVR, mah-jong, and several card games. Plus, I'm in the Amigas Book Club.

AROUND TOWN

February 4th
Green Valley/
Sahuarita Chamber
Business Expo
Desert Diamond
Center
9AM-Noon

Vietnam Photographer continued from page 1

you know, the crap jobs. After six weeks I said, 'Get me out of here. I don't care where you send me.'

It was April 12, 1967 when Keller arrived in Vietnam. He carried a press card that allowed him to go anywhere in the country. He spent a lot of time with the 25th Infantry, in particular the 554th Engineer Battalion who were building roads, runways and bridges. He says, "We had

times had to use, especially during the Tet Offensive of 1968. He remembers, "The Viet Cong knocked out our first vehicle and they knocked out our back vehicle. We were stuck outside of this village, which turned out to be a base camp for North Vietnamese soldiers. They were posing as villagers, so they attacked as well. The whole village was riddled with tunnels. They all lived underground. And what you see in one picture that I took is a tunnel rat. That's a guy who took a 45 and a flashlight and crawled into the



a reason. You know, in other words, our government had us there. As it turned out, I think we were there as a country way too long. What was our mood like? For the most part, it was up because when we weren't out in the field, we knew we'd get to go back to base camp, and have hot showers and meals and all that, but that was only when you were back at base."

One of the few bright spots during his year in Vietnam was seeing Bob Hope and his crew of entertainers,

which included Raquel Welch. There were plenty of pictures on that day. And a lot of jealousy for the lucky stiff who drove Welch around in a jeep.

Besides getting up close and personal with the stars, Keller also enjoyed another perk from his job. He was the only one who had air conditioning. It was necessary for the processing of the film he shot. He explains, "I shot all black and white, except for later on when I learned how to process Ektachrome. Kodachrome I'd have

a newspaper in country called Tropic Lightning News. It was just for the 25th Infantry. But a lot of the pictures that we did were also released stateside in the Army Times." Rarely did the photographs carry his name even though Keller sometimes risked his life to get them. Instead, the credit would simply read: Courtesy U.S. Army.

tunnels to root out any Viet Cong."

Did Keller have any restrictions from the army on what he could photograph? He answers, "They didn't really put any restrictions on us. It was pretty much my own discretion. In fact, in that same picture, you can see the head of a Viet Cong."

When asked how he felt about his time in Vietnam, Keller responds, "None of us really wanted to be there, but we felt we were there for



to send away, and it took forever to get back."

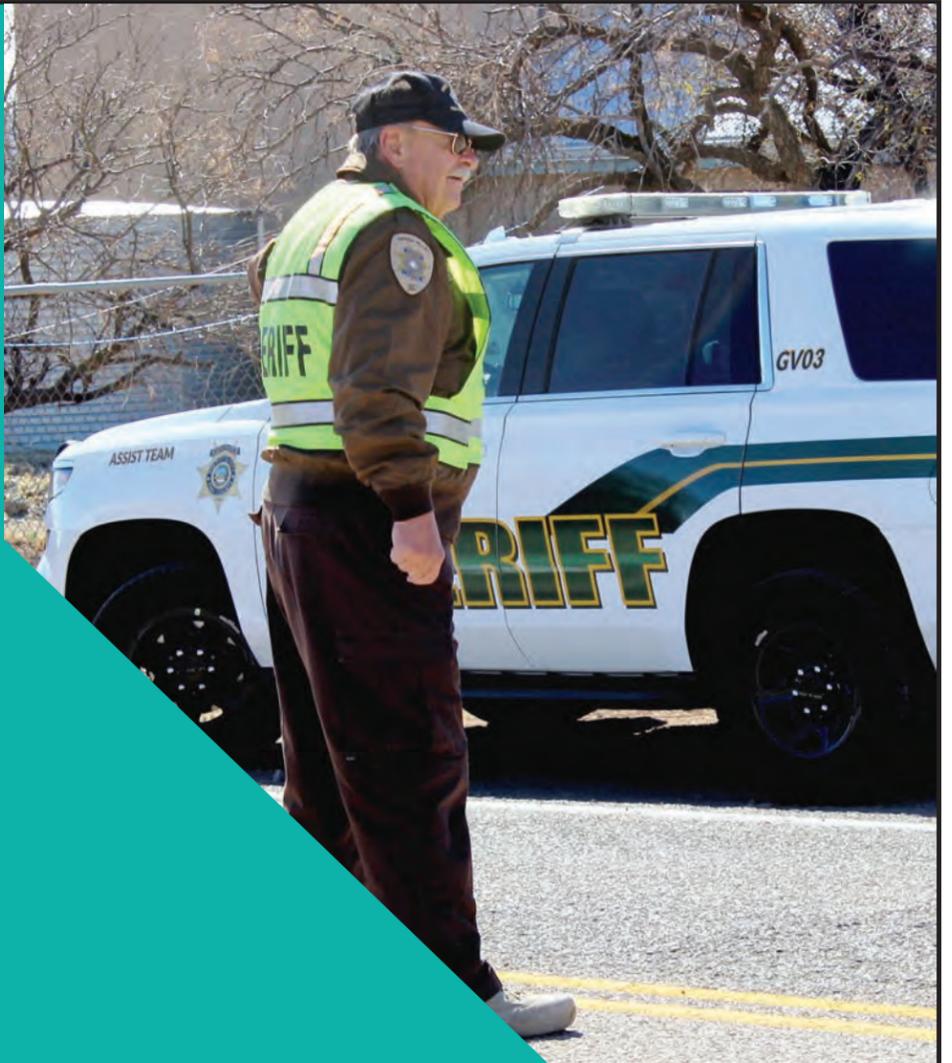
While some of his photos involved battle scenes, Keller spent a lot of time taking pictures of the engineers' handiwork. He says, "The Viet Cong would blow up a bridge that had allowed us to get from one side to the other. The water was full of leeches, so that wasn't fun. We had to come in, put in pontoons and build a bridge. And eventually we would build a permanent bridge."



Keller was able to capture moments when American troops went out of their way to help

continued on page 6

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Vietnam Photographer continued from page 4

the South Vietnamese. He says, “We did what they called medical civil aid programs. One of my photos shows a young girl who had burned her leg, so we went out and treated her. I would go along with the doctor and get the pictures to show goodwill.”

Finally, Keller approached the end of his tour.

He remembers, “You had a short-timer calendar and you were counting the days, the minutes, the hours. And yeah, I just remember when we got

on that plane heading to Honolulu. You’re just so glad to get out of there.”

Eventually Keller wound up back in the United States. During a stop in San Diego, he and a friend were out celebrating St. Patrick’s Day when they ran into a couple of young women who had decided to experience green beer for the first time. A conversation ensued, and in no time, Keller found that one of the young women, Karen, had all the same interests that he had — hiking, swimming, fishing, scuba diving and they were both members of the Sierra Club. The girls had one drink, and

they had to leave. But as they did, Karen turned to her friend and said, “I’m going to marry him.” Within a year, they were engaged on Valentine’s Day and married on Mother’s Day. In 2022, they celebrated their 40th anniversary at the little Green Valley home they call Casa Keller.

As our interview wound down, Karen added, “I just knew. There was something about him.”

“And you still feel the same way,” I said.

Karen smiled, “Yeah, yeah. He’s a keeper.”

Meanwhile, the man who’s led such a

full life, didn’t have to say anything. The look on his face said it all — that regardless of where he’s been or what he’s done, the best thing that’s ever happened to him was seated right next to him.

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The Art of Creative Retirement



Article and Photos by Guy Atchley

You could call David Midel (mē-‘del) a late bloomer in the world of art. At the age of 64, he’s planning on a second act that could take him well into his 80s. But first, a bit of his history. Midel says, “I was always interested in art during school, and then I attended a really good drafting program at Sierra Community College near Sacramento. I became an architectural draftsman and an architectural illustrator for a few years for a construction company.” Eventually, Midel heeded a family calling—the military. In his case, it was the Air Force. But even then, art was still on his mind. He says, “When I joined the Air Force for a lot of years, I did sell some paintings in the 80s and did some commercial work for construction companies when they were doing remodels for homes, but I wasn’t mature at that point. I didn’t have the work ethic that the military drills into you after 20 years.”

When he retired from the Air Force, Midel went to Pima College.

It was one of the best moves he ever made. He says, “Pima is like a hidden gem. It’s the art instructors, and the program is phenomenal for a two-year school.”

Of course, there was also a history of art in his family. Midel says, “My mother was a painter. She loved Bob

Ross and doing landscapes, barns, roses and poppies, and things like that. Then my grandfather did old, American heritage-type paintings. He was a plumber and a carpenter who built houses. He enjoyed painting that vintage American look.”

Just as you would mix colors, Midel’s mix of experiences and history have come together to create his own eclectic style. For example, he loved comic books from the 60s. You’ll see that in his artwork. Midel points out, “It’s got a lot of comic influence, but I also mix in Renaissance work. And you’ll see a lot of the historic Hispanic influence, like All Souls Day.” Put it all together and you’ll know Midel’s work when you see it.

Midel constantly mentions his Pima College art instructors who helped him along the way, people like Danny Martin. Midel says, “Danny’s really sharp about how to display and how to promote yourself. He’s one of Tucson’s top local artists, and he’s my mentor. You’ll see his murals in Downtown Tucson.”

Another way to describe Midel’s artwork is modernistic. He says, “Yeah, I love everything from the 50s and 60s. I love the typewriters, the cameras, the Airstream trailers, the Cadillacs with wings, the fighter planes, and the jet bombers. And I love all the old space art as you’d see in the old science-fiction movies. I grew up in the 60s and watch all those 50s science-fiction movies, especially the old black-and-white ones. They were real corny and you

could actually see the spaceships on strings.”

There’s something else you’ll see in a lot of David Midel paintings—word bubbles. He smiles, “It comes from the comics. There are words and actions. If you go into old libraries or antique stores, you’ll find



large project at Crave Coffee Shop in Tucson where he painted a mural on one of the walls. His artwork also adorns most of the other walls in the shop. That led to another job. Midel explains, “One of his patrons is the pastor of the Mission Church along the Sunshine Mile. He wants me to do the inside of the church because it’s a modern, nondenominational church, and Sunshine Mile has a lot of modernistic influences.” And after that project, he’ll be working on a mural, which will grace the side of a Tucson home.

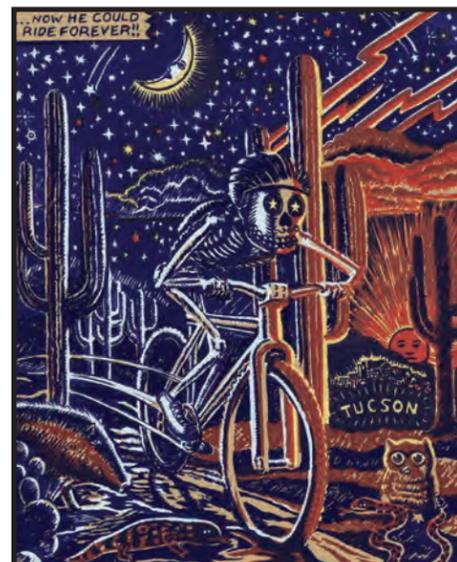
Whatever form his artwork takes — and wherever it takes him — David Midel is in it for the pure joy it brings not only to him but also to others. Midel is realistic about his work and how successful it may be, however, his instructors at Pima Community College encouraged him to continually push his abilities and goals in a vocation where only one percent of one percent of one percent ever make it really big in fine art. Midel is okay with that. After all, he’s supposed to be retired, but what a way to spend it—his way.

You can see Midel’s work at Crave Coffee Shop at Broadway and Swan in Tucson, on Instagram at david_midel_art and if you’re interested in commissioning a painting, his email is dmidel.art@gmail.com.

ads from the 50s for cigarettes and kitchen appliances. You’ll see the housewife. They would use word bubbles so the housewife would talk to you about her favorite detergent or her brand new dishwasher and things like that.”

Put all those elements together in bold colors or black-and-white and you have the Midel touch. But also look for the nuances. Midel acknowledges, “You’ll start seeing things from Southwestern art, or from landscape art, or from Renaissance art.”

Some of Midel’s projects are quite large. He’s still wrapping up a





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SEATED, LEFT TO RIGHT: David Vonk, MD – Radiation Oncology; Karen J. Hendershott, MD, FACS – Breast Surgical Oncology



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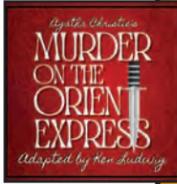
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Sahuarita Parks and Rec Update

Submitted by Sahuarita Parks, Recreation, and Community Service.

On December 17th, we celebrated Winterfest, which was undoubtedly an event to remember, all thanks to outstanding support from sponsors, vendors, volunteers, community members, and everyone in attendance! The parade participation alone was phenomenal! We hosted a variety of vendors in our Winterfest Market, ice sculptors, face painting and balloon artists, an incredible mariachi band, a Winter Lights Parade, tree lighting, a visit from Santa himself, and an unforgettable fireworks show. We're already gearing up for Fiesta Sahuarita in April, an event where we really get to showcase our magnificent community and all it has to offer!

The Town of Sahuarita has experienced incredible growth in the last few years, and we are working to grow with it! Parque Los Arroyos

ly skilled and creative recreation staff. Winter Break Camp kids had a blast! Our next camps are Rodeo Break Camp and our summer break camp, Camp Sahuarita. While all of our camps are a great way to stay



moving and learning during school break, Camp Sahuarita is one for which we really pull out the stops. Field trips, swim days, STEM projects, cooking rotations, crafts, group games, and outside play make it a great way to keep children active and having fun.

The Town of Sahuarita Parks, Recreation, and Community Services

department works diligently to serve Sahuarita and the surrounding areas by providing Signature Events, parks, facilities, and community programs. We can't take all of the credit though. Sponsors, like KGVY, are a key component in the growth and de-



velopment of the Town of Sahuarita and the execution of free community events and affordable community programs. Sponsors help build community partnerships and create incredible opportunities we may otherwise miss. We are thankful for each of our sponsors.

We are so grateful for the marvelous sports organizations here in Sahuarita, and we would like to thank Copper Hills Little League in particular. Copper Hills Little League has graciously provided us with electronic scoreboards at Anamax Park that will be installed in January.

Anamax Recreation Center is home to a variety of community programs. We run five camps throughout the year with our astonishing-



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I am very happy to give a glowing testimony to the Nature Cure Clinic. When I started at this clinic in January 2022, and was beginning to climb from the pre-diabetes range to the cusp of the diabetes range and I had many neuropathy issues affecting my feet. As of March 22, 2022 I have seen miraculous changes from the Diabetes Relief treatment, making some dietary changes, and the Sanexes treatment for my neuropathy. My A1C number is decreasing rather than increasing. I am a lot less insulin resistant and more insulin sensitive. My total cholesterol level has decreased and my kidney functioning has significantly improved in terms of the neuropathy treatment I have improved sensation in my toes and the ball of my feet which has led to improved circulation and balance. I am elated about all the positive changes I have experienced over a 3 months period. Thank you so much Nature Cure Clinic team! **Barbara C. - H. Patient**

Before seeing Dr. McConnell for menopausal symptoms, I was exhausted, irritable and gaining weight. Dr. McConnell explained the importance of hormone balance in protecting the health of my bones, heart, breast and brain. I finally found a doctor who listens and was willing to work with my primary. I feel like I've been given my life back and I'm sleeping better, have more energy and the hot flashes and night sweats are GONE! Thank you Dr. McConnell and Nature Cure Clinic. Oh yes, my husband is very happy to have his wife back too! **P.B. - Patient**

Dr. Bryan McConnell and his wife Teresa are truly gifted in the profession of natural healing. Their approach is highly effective blend of aged well proven protocols and the "state of the art" techniques. Through their skillful approach I was cured of fibromyalgia. Conventional doctors only wanted to treat the symptoms with steroids for the rest of my life. Eighteen years later, I am still free from that malady. It is with eternal gratitude that I pen this testimony. **Joseph F. - Patient.**



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- Less Kidney Disease
- Improved A1C
- Better Energy

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.

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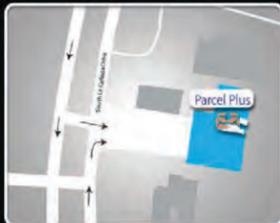
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The Savvy Services of SAV – You Can Help Our Community by Volunteering

Written by Susan Stein Kregar

Last winter we profiled the Pima County Green Valley-Sheriff's Auxiliary Volunteers (GVSAV). One year later, what are the volunteers of the Auxiliary up to? What new services are they providing, what has changed, and how can you serve the community?

What is the Auxiliary?

First, what is the difference between The Sheriff's Department and the Sheriff's Auxiliary? The Sheriff's Department is a law enforcement agency. They can arrest individuals and carry firearms. The Pima County Sheriff's Department Auxiliary Volunteers is the "assist team." They cannot place anyone under arrest and do not carry firearms; nor do they get in the middle of altercations.

"We are crime prevention and educators," says Commander Doug Kenyon. "That is the big difference. We don't go after bad guys or carry guns, but we do all the other stuff."

GVSAV primarily serves the area from Pima Mine Road to Santa Cruz County, to Arivaca and east to Houghton Road. They respond to road closures, fires, and floods.

What do they do?

Since its inception in 1982, The Green Valley Sheriff's Auxiliary Volunteers has grown from a band of CB radio enthusiasts who assisted the Sheriff's Department with search operations and home visits into a group of highly trained and dedicated volunteers who assist the Pima County Sheriff's Department with a wide range of services throughout Green Valley such as responding to road closures, fires, and floods.

The SAV members have provided more than one million hours of service to the community in the following beats:

- Security at the White Elephant "That's the big one," says Commander Kenyon.
- Bike Patrol
- Business ID
- Community Lock Boxes
- Crime Prevention Education
- ERT Emergency Response Team
- Farmers' Market
- Fingerprinting
- General Patrol

- HOA Patrol
- Home Security Checks
- Home Security Presentations
- Neighborhood Watch
- Parks Patrols: Walking & Golf Cart
- PCSD Front Desk
- Scam Squad
- SAV Front Desk
- SAV Training
- Special Events
- Telecare
- Traffic Control
- Vehicle Etching

Because a significant portion of Green Valley's residents spend part of the year away from their winter home, GVSAV provides Home Security Checks, one of their most popular services. They check vacant residences on a routine basis to ensure the house remains in good con-



Liz Blair, Bike Patrol & Recruiting Officer

dition and its contents secure while residents are away. They can also locate an issue before it becomes a big problem, such as a leaking water heater, bees, or broken window.

"We do 1,200 to 1,500 vacation home checks a season," says Commander Kenyon.

If you are a seasonal resident, schedule your free home inspections. You may accidentally leave a door open. They will check each property two to three times a month.

The Road Patrol assists deputies. The bike and park patrols are more active during the winter when the seasonal residents are in town.



Sylvia Bencomo giving a Scam Squad presentation

Telecare volunteers call 80 people every day to make sure they are okay. When no one answers, an in-person wellness check is provided. Note: If you receive a daily call and plan to be away from home, call GVSAV and let them know so they don't drive over, find no one home, and call the Sheriff.

GVSAV spends a lot of time fingerprinting. They average 100 fingerprints a month, which is up from 80 a month last year. The increase can be attributed to companies that now require them for their employees. Commander Kenyon noted that many churches require fingerprinting for people working in the church. Schools require fingerprinting for teachers and assistants. "We don't ask why someone is getting fingerprinted. We just do it," he says.

As for non-employment reasons, they fingerprint many people

for concealed weapon permits.

It's a Scam!

The Scam Squad is busy seven days a week. Whether online, by phone, mail, or in-person, scams are ever-evolving, and scammers tend to target older people.

"We had that major storm in the summer. The 'contractors' came out of the woodwork," says the commander. "We advise everyone

to look up contractors through the Arizona Registrar of Contractors (AZROC). Make sure they are licensed, bonded, and insured, and get references. Be sure the contractor is who they say they are. Be very cautious about putting money down on a project. We see two to three people a month who gave money and the 'contractor' never came back."

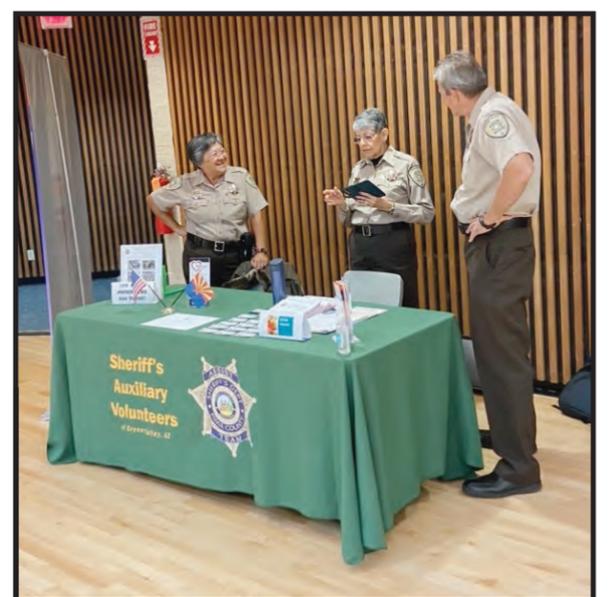
There has been an uptick in traveling contractors who like to cash in on hailstorms and flooding.

Traveling contractors go from town to town trying to pick up work. There are good, honest folks, but for every good one, there are plenty who are not. Plus, traveling contractors tend to not be licensed by the ROC. But that's a story for another day.

Calls from the "IRS" remain popular. The scammer claims to be from the IRS and will request Walmart and iTunes gift cards as payment for a tax debt. Doesn't make sense to pay that way, but enough people fall for it, so it remains a common occurrence.

Social Security payments are set to increase in January. Be ready for the scammer free-for-all! They will call and pretend to be from your bank and ask you to confirm your banking information. DO NOT give out any information. Hang up. The bank, IRS, and Social Security Administration will NEVER call you to "confirm" your information.

Because scams are so prevalent, nine volunteers work the SAV Scam Squad. They also have their own website, www.scamsquadsav.org.



Recruiting and Information table

SAV continued from page 13

So, how does the squad keep track of the latest scams?

“I track everything that is happening in The Villages in Florida. It’s like 10 times bigger than Green Valley. It’s a good place to look at what is trending there,” says Commander Kenyon.

GVSAV Wants You!

Kenyon is approaching his 11th anniversary in the Auxiliary while another volunteer is ending his service after 35 years!

GVSAV is operating with 97 active members, which is down from 130 last year. Fortunately, they did not lose anyone to COVID, but a lot of volunteers moved back to their hometowns to be with their families.

“We need people to support our community. That is our main goal,” Commander Kenyon states.

Despite the decrease in volunteers, they were able to put in 4,291 man-hours this past November, a 194-hour increase over the previous year. They completed 55,000+ man-hours for the year. The General Patrol logged 80,000 miles by the end of 2022. That’s a lot of driving for a community the size of Green Valley! However, in 2021 they logged

88,000 and year before 100,000 miles. The numbers are down because there are not as many volunteers to work the patrol beat.

To replenish their numbers, GVSAV is actively recruiting new members through individual presentations to HOAs. There will be a recruitment event on January 14, 2023, from 9:00 a.m. to 2:00 p.m. during Green Valley’s First Responders Fair at Historic Canoa Ranch.

The Commander’s goal is to get 20 people in the training classes beginning January 10 and February 21, 2023. If they recruit more people, a class will be added. Eight people have signed up as of press time.

Approved applicants must attend a four-week academy plus two weeks of on-the-job training, totaling 96 hours of classroom and field instruction. Academy sessions occur twice per year, generally in winter and fall. Classes meet Tuesday through Friday, 8:00 a.m. - noon. Classroom topics include SAV organization and functions; crime prevention, traffic control; emergency management;

CPR/AED; defensive driving; patrol procedures; interviews and report writing, and communications. Over the six weeks, students incrementally learn the system of law enforcement radio codes and procedures. Upon graduation, SAV members

The average Auxiliary volunteer is 62 years old, and the average term of service is 10 years. “We are seeing younger people, or at least they look younger,” says Commander Kenyon.

In his opinion, today’s retirees are not interested in volunteering. They are more interested in playing golf or pickleball. “The people we have now have always volunteered, even if they worked.”

He noted that GVSAV used to have snowbird volunteers. Commander Kenyon would love to have them volunteer because, at some point, they will become full-time residents.

GVSAV is a Business.

GVSAV owns and maintains its building, cars, and equipment. Funding is needed to cover their operating fund, which is strictly achieved through their own fundraising efforts.

To learn more about becoming a GVSAV, supporting their fundraising efforts, or requesting a service, visit www.gvsav.org, call (520) 351-6744, email gvsav@gvsav.org or drop by at 601 N. La Cañada Drive in Green Valley.



Receiving 40 year service plaque from Pima County Sheriff

work with field training officers in “on-the-job” training sessions to gain experience with patrol procedures.

According to Kenyon, the ideal SAV candidate is “someone who wants to give back to the community, give back to law enforcement, and is looking to make friends.”

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For caregivers, it provides respite, a free support group that meets twice a month and periodic freedom. Several sources of financial assistance are available to the community.

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*Pre-enrollment assessment and program approval required

Bikes Needed – Matching Young People With Bikes

Written by Thomas Wilsted

Do you have an unused bike sitting in your garage or carport? Have you either stopped riding or bought a new, bright and shiny replacement for that old bike? If so, we can help you find that bike a new home. We welcome bikes of any size or condition as well as bike related items including clothing, helmets, tools, or equipment like bike carriers.

The area bike clubs (Cyclists of Quail Creek, GVR Cycling Club, Posada Pedalers and Santa Cruz Valley Bicycle Advocates) are holding a bike drive on February 25th and February 26th. Bikes can be dropped off on those two days at La Posada in Green Valley, 675 S. Park Centre Avenue, from 9 a.m. until 1:00 p.m. There will be signs at La Posada's main entrance with directions. Tax receipts are available and each donor will

receive a \$5.00 gift certificate to Posada Java.

The bikes will go to three groups that support young riders: Bicas (Tucson) - <https://bicas.org/>, Continental School District and OsC Movement (Nogales) - <https://www.0s3movement.org/>. Bicas offers riding clubs for young riders as well as bicycle maintenance classes and a build-a-bike program where participants receive a restored bike. Con-



tinental School has a mountain bike club and they are in need of adult size mountain bikes.

Os3Movement offers a variety of riding opportunities for children and youth in Nogales including training for cycling competition.

If you have questions about the bike drive or have a bike and cannot donate it on those days, contact Tom Wilst-

ed, 860-214-2822 or tom.wilsted@uconn.edu.



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You Don't Need To Be Koi, Roy These Fish Really Are That Beautiful



Written by Guy Atchley

David Lin was only 14 years old when he set foot on US soil from China. He is now 28, so he's spent half his life in America and never looked back. To say Lin is a hard worker would be an understatement. After working his way up in the restaurant business, he is the owner of Panda House in Continental Plaza in Green Valley. He works there ten hours a day, seven days a week. But you'd be wrong if you think that's his only job. You see, Lin has a thing for fish, koi to be precise. Koi is a kind of carp that came from Asia. Early in the 19th century, the Japanese began breeding koi for ornamental purposes. Fast forward a few generations, and you see them decorating many American homes and businesses. Of course, the koi need something to swim around in, and that's where Lin comes in.

During the pandemic, when a lot of us were spending much more time at home, Lin decided to start a new business to give people something to do in their backyards. That's how Lin's Pond Design got started.

What's a typical day for Lin? He says, "I usually wake up about 6:00 or 6:30 so I can leave my client's house about 9:40. I work on the water project for about three-and-a-half hours, and then head for the restaurant. In all, it's about 14 hours a day. I've been doing this for about two years now. My goal is to become a registered contractor so I'll be able to hire a manager to oversee a team of workers. Right now I'm not taking on large projects because I just don't have time for them. But that will change when I become a registered contractor."

All those white, black, red, orange, yellow, blue, brown, cream, metallic gold, and platinum fish are already turning into another color for Lin—green. Koi can be quite expensive, up to \$800 or more for a fish, depending on its beauty. Lin breeds koi and he says, "Out of a thousand fish you may get a handful — perhaps up to 20 — which could be in that range." It's certainly an investment, but if you take care of them, koi will live from 15 to 30 years. He says, "If you get an outdoor koi pond that's about 15-by-20 feet, they will grow to their maximum length of two-to-three feet." Lin certainly takes care of his koi, feeding them only the best food,



which in itself is quite expensive. He says, "I feed them high-protein premium and color enhancer koi fish food. So they grow bigger and enhance the color of koi, as well as improve their immune system. People like big and healthy fish with beautiful color patterns." Lin says the size of a koi's swim space will decide just how large the fish will



grow. Forty-four pounds of premium koi fish food can cost \$300. He says, "That's another reason they can be in a higher price range because of what I put into them and take care of them. I make sure the fish are healthy with good immune systems." In Lin's backyard, he has a pond, which contains about 400 koi. After he builds a pond for a client, the client can pick out from Lin's pond the koi they want to purchase.

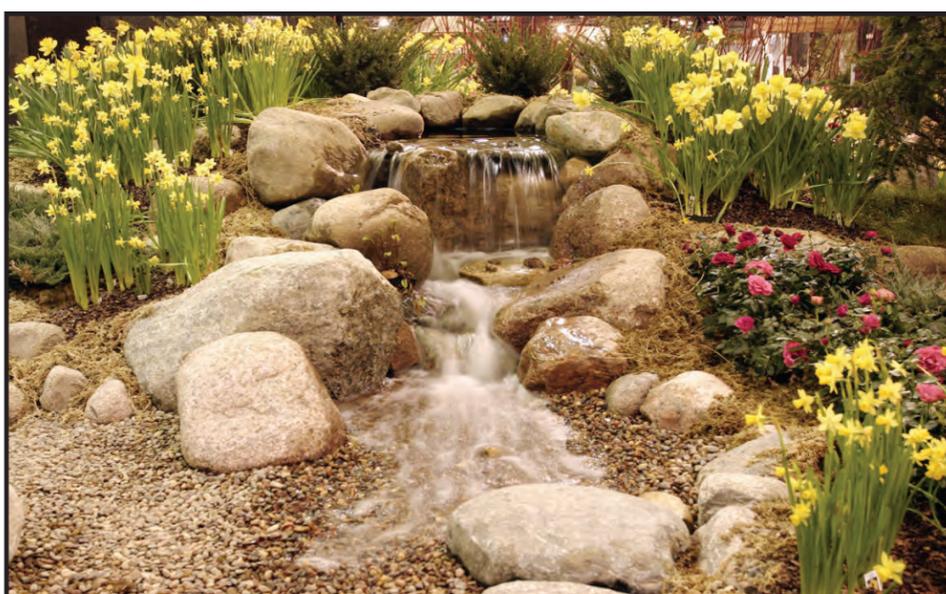
People love various water features, everything from waterfalls to fountains to Ecosystems ponds. Unfortunately, some people try to build it on their own or hire inexperienced pond builders using traditional concrete methods, and over time it causes leaks or cracks. Lin says, "I usually go help them fix it with a concrete bonding agent or concrete caulk, but I warn them it'll leak again because the sun will cause more cracks."

When asked why water features and koi are so popular, Lin responds, "With outdoor water features, you can get the sounds of nature at your doorstep. Imagine coming home from a long day at work, dropping off your car keys on the table, and wandering to the patio sitting near to your outdoor landscape water feature or a pond watching your fish and feeding them. The stress of

the day will melt away as you listen to the water cascade down the fountain, waterfalls, or other types of water features. People are attracted to water. If you install a water feature in the backyard it'll attract your family and friends to gather around more and you'll be able to enjoy some quality time outdoors. One of the reasons why Koi are so popular is that koi are bound to attract fortune and good luck, fishes belong to the water element, and in Chinese belief, water also symbolizes wealth and prosperity. Chinese often use many fishes as Feng Shui wealth enhancers, but the most popular ones are the Arowana (dragon fish), koi (carp), and the goldfish."

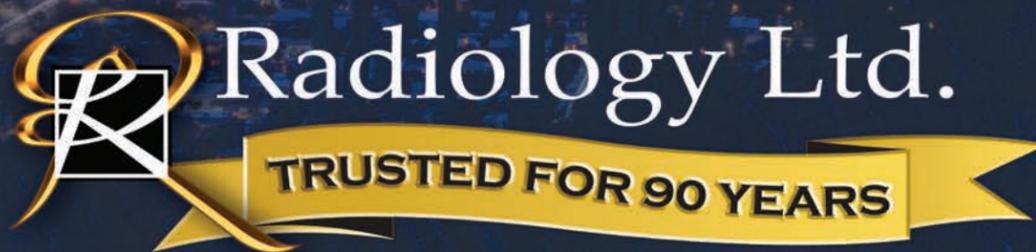
The fish are beautiful, but the environment that Lin builds for them is, too. In Lin's projects, he lets the customer buy the materials. The only thing they pay him for is the labor. Sometimes people don't want fish; they just want a fountain. Lin says, "I can do a fountain in four hours." However, Lin also can put together an elaborate setup of backyard water features surrounded by rocks and shrubs, all meticulously created. If you see his work, you might say Lin is an artist. The finished product is that good.

You can call Lin's Pond Design at 520 262 5980, or email him at linponddesign@gmail.com.



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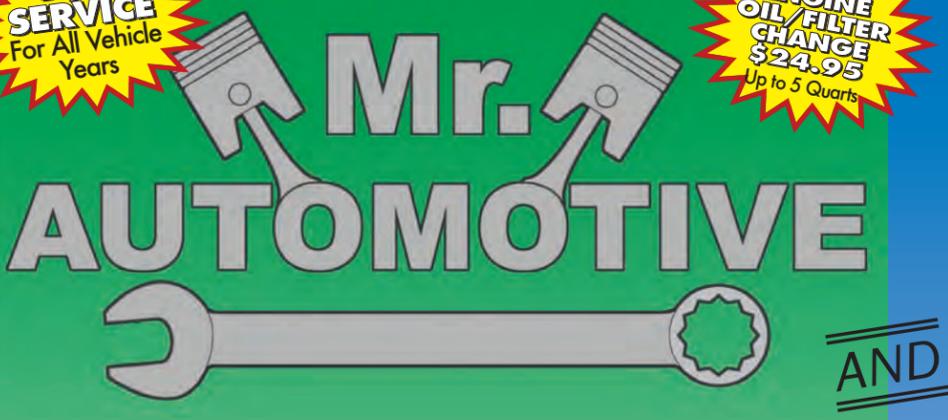
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Pima County Health Department Advises on COVID-19 Vaccinations

Submitted by Pima County Health Department.

Those 65 years and older are most at risk from a COVID-19 infection.

“We’ve known from the start of the pandemic that age has always been a risk factor,” said Pima County Health Department Director Dr. Theresa Cullen. “But the data we’re seeing now indicates that age is the most important risk factor for significant illness and death.”

The best thing for seniors to do: Get boosted.

Pima County seniors responded to the call to get vaccinated with their primary series – 95 percent of those 65 and older did two shots of Pfizer or Moderna. But the regular vaccine series is not enough.

Declining immunity over time means those seniors – anyone, really – have not maximized their protection until they get the bivalent booster that became available Sept. 1. This booster re-charges your immune system to fight off the original strain of COVID-19 as well as the omicron variants that are circulating in our community.

The bivalent booster is recommended for anyone 6 months and older if it has been at least two months since they completed their primary series.

But less than half of the eligible Pima County residents in the 65-and-over age group had gotten their bivalent booster by late December.

There’s no need to delay.

“We strongly encourage people to get the booster,” Cullen said.

Some numbers show the escalating risk for seniors.

From Sept. 1 through mid-December, adults 65 and older in Pima County accounted for:

- 27 percent of COVID-19 cases
- 55 percent of COVID-19 hospitalizations
- 87 percent of COVID-19 deaths

Across the state, in every week and across all age groups, people who were unvaccinated had a greater risk



of hospitalization from COVID-19 and a greater risk of dying from COVID-19 than people who were vaccinated. What already-vaccinated seniors should know is that the most protected group, by far, is the one that has received the bivalent booster.

COVID-19 vaccines and flu shots are available for free at Pima County Health Department clinics, the Abrams Public Health Center and pop-up events. And be sure to check local pharmacies and health care providers. More information on locations is at pima.gov/covid19vaccine.

Age is a significant risk factor in COVID-19 hospitalizations and deaths because immune systems weaken as we age and seniors potentially have amassed more underlying medical conditions, such as chronic heart and lung conditions, and diabetes.

That makes boosters and other COVID-19 risk-mitigation measures – such as wearing a mask and avoiding crowds -- especially helpful for the older age groups. The Health Department recommends that individuals consider wearing a well-fitting mask in public indoor spaces. Doing so also provides protection against other respiratory illnesses, including the flu, which was at historically high levels in December across the state.

“And if you’re caring for older adults, please wash your hands frequently, consider wearing a mask around them for their protection, and stay away if you’re sick,” Cullen said.

People also can take advantage of the fact that Pima County is one of the few counties in the United States that provides access to free oral medication if you do test positive for COVID-19 (no insurance needed).

You can call for an evaluation at 520-724-7895 (Monday through Friday, 8 a.m. to 5 p.m.). Visit pima.gov/covid19treatment for more information about Paxlovid, which can help prevent serious illness if started within five days of infection.

You can pick up free COVID-19 at-home test kits at every open Pima County Public Library location through a collaboration between the libraries and the Pima County Health Department.

Visit pima.gov/covid19testing to find library locations and other testing options.

“Ensuring that these tests remain free and conveniently available throughout the winter months is crucial in our effort to mitigate the spread of the virus in our community,” said Eddie Diaz, the Health Department’s health disparities program manager.

The County, which began distributing at-home test kits at 12 library locations in September, expanded the program in December.

The Health Department recommends getting two tests for each family member. The test kits will be available at tables inside each library or by request at the service desk.



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José Luis Gomez, Music Director

TUCSON SYMPHONY ORCHESTRA

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April 11, 2023 at 7:30 pm



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March 2, 2023 at 7 pm

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FINNEGAN BLUE

March 16, 2023 at 7 pm

The band leapfrogs through a mix of their own toe-tapping originals and traditional Irish and Bluegrass covers—all hot-wired by Finnegan Blue's high-energy.



IN TANDEM

March 21, 2023 at 7 pm

Kenny and Jordan redefine acoustic covers by melding their electric musical styles spanning multiple genres.



HEARTBEAT—Rock Oldies Band

April 7, 2023 at 7 pm

HEARTBEAT plays top 40 classic rock oldies from the 50s to the 90s by great artists of the eras.

TICKET INFORMATION

Tickets for the 2023 Performing Arts season are available at GVREC.org, at the West Center box office, or by calling 520-625-0288

For more details, pick up an GVRLive! 2022–23 from any center or go to the website at GVREC.org for the online edition.





#forGVRmembers

Preliminary results of the 2022 GVR Member Survey reveal a key take-away: members want GVR’s top priority to be improved efficiency to control costs. This is hardly surprising considering the current cost of eggs and everything else. It does present a challenge as staff also often receive requests for improved or expanded services. So we have our marching orders: balance the two expectations.

Staff were prepared for this outcome, and have gotten a head start with a number of actions or future plans:

- Reorganize club spaces vs. building all new
- NEW! Recreation gift certificates!
- Reorganize administrative staff to reduce redundancies and cover gaps.
- Improve communication so members can find information without having to find a staff member to ask: Drop-Ins Catalog, Clubs Catalog, and consolidated Aid Stations in centers
- Increase access to drop-in table tennis in response to increased member demand
- Create an expanded, yet simpler holiday schedule
- Increase availability of rooms. GVR’s reservations policies will see a bit of an overhaul in 2023. The first step is already underway: most rooms (and picnic areas) are now available for casual use between reservations on a “leave no trace” basis.
- In 2023, look for a new, clean, easy-to-navigate website; new member orientation events; more economical approaches to publications, and more.

Watch the GVR Update (AKA eBlast) for announcements throughout the year. We’ll mark them **#forGVRmembers** so you can’t miss the updates on our efficiency/improved services initiatives.

WELCOME TO THE SHOWCASE AT LAS CAMPANAS!

JANUARY 26, 9 am–4 pm GVR Las Campanas Center · 565 W Belltower Drive

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Stage presentations all day!

Community non-profits will be on-hand to share resources and volunteer opportunities.

★ Frausto’s Street Tacos! 11 am–2 pm ★

Presentation Schedule

INDOORS

- 9 am New Member Orientation and Tour
- 10 am Sky Islands Biodiversity with Vincent Pinto
- 11:45 am How to Make a Documentary Primer by GVR Camera Club
- 1 pm Weird, Wacky, & Wonderful Wildlife Behavior with Vincent Pinto
- 2:45 pm GVR Line Dancers’ Club Demonstration
- 3:30 pm GVR Square & Round Club Demonstration

OUTDOORS

- 12:30 pm GVR Camera Club: Unmanned Aerial Photography Demonstration – South Parking Lot
- 10 am–2 pm GVR Pickleball Club – East Tennis Court

Native Gardens – A Family Affair

Written by Ellen March

After several years working in retail sales in southern Arizona, Harry March spent two years in the mountains of Central Mexico, working with Huichol Indians and arranging to represent their bead and yarn art to museum stores and gift shops all over the U.S.

Upon his return, he and his wife, Ellen, ran two retail shops in Green Valley Village but he really wanted to expand into native plant sales for the area.

They sold the wholesale business in 2007 and continued with retail gift sales until 2012 when they opened a plant nursery on La Cañada just north of Esperanza Blvd.

As the years progressed, Native Gardens continued to expand on the property until in 2021, the business occupied the entire storefront of the former Circle K in addition to the nursery on the north.

Ellen became the director of the community center on the La Posada campus in 2008 and Harry was joined by youngest daughter, Stephanie Peterson, as the plant/gift business grew. Stephanie had a great deal of experience working for Tres Amigos stores in Tucson, Phoenix and Scottsdale, experience, that she brought with her to help manage Native Gardens.

Part nursery, part gift shop and part museum, Native Garden's mission is to provide information about the background of the artisans they represent. Primarily dealing in fair trade items, a wide range of goods from all over the world are on display. The owners continually strive to expose the customers and guests to the wonder and talents of these mostly indigenous people.

For 2023, the store is introducing and expanding these lines:

- Hand carved benches with tropical themes
- New Talavera pottery styles with colored dots on white backgrounds – kitchen and serving items as well as outdoor pots
- Italian-inspired painted pottery with flower, fruit and butterfly themes
- Indoor and outdoor fountains
- New detailed horse head metal wall hangings – this artisan is a true artist with his medium each horse seems alive
- Equipale and railroad tie furniture – very well suited to the local lifestyle in southern

Arizona

- A wide range of jewelry – from beads from Guatemala to Peruvian inlay, butterfly wings and mosaics
- Handmade clothing and handbags – new clothing arrives weekly. Handbags include hand tooled leather and bead accented bags
- Detailed carved and painted Oaxacan animals and a variety of southwestern books decorate the center room and serve as an accompaniment to the statuesque three, tall, beaded Huichol Indian carvings

New in the plant nursery in 2023, besides seasonal flowering plants, a line of shrubs that can stand alone or be fashioned into hedges or trees – mock orange, three to four varieties of Indian Hawthorn, Photinias, Purple and Green Hopseed, Nandina (Heavenly Bamboo) and Pineapple Guava (edible) – also a variety of vines for trellises.

For part-time residents looking for items to take back to their summer homes, the store offers boxed cactus gardens (which make a lovely gift) and are already packed and travel very well.

Gifts of all sizes, prices and styles are available at Native Gardens – along with knowledgeable staff to assist in the selection process. Native Gardens, 20 North La Cañada Drive, Green Valley. Phone (520) 780-3396.





S.A.V.

SHERIFF'S AUXILIARY VOLUNTEERS GREEN VALLEY

Sheriff's Auxiliary Volunteers

Neighbors helping Neighbors, that is who we are

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

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

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



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<p>2875 E. Sahuarita Rd. Sahuarita, AZ 85629 520-576-5770</p>	<p>1260 S. Campbell Rd. Bldg #1 Green Valley, AZ 85614 520-407-5900</p>

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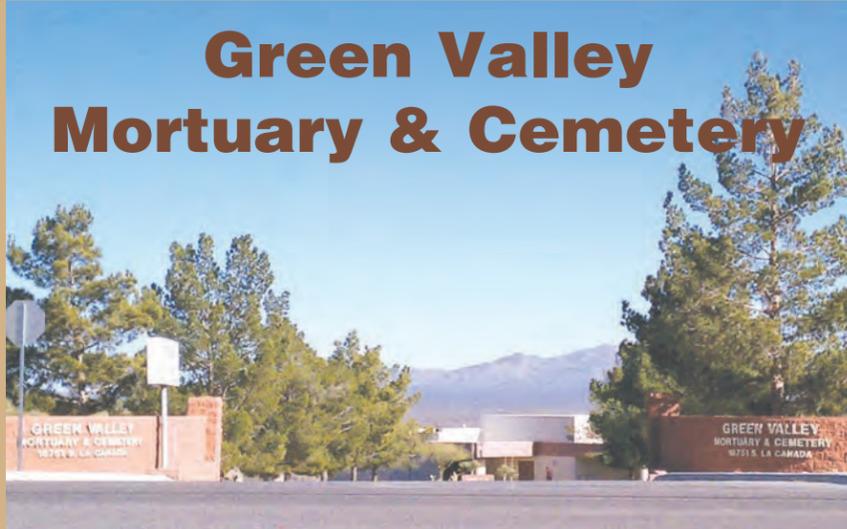
Tickets can be purchased at the box office at 1111 S. GVR DRIVE, over the phone at 520-625-0288, or online at GVREC.org via **ACTIVENET!**

More details available in our current brochure

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The Green Valley Sahuarita Chamber of Commerce is Your Resource

The Green Valley Sahuarita Chamber of Commerce & Visitor Center, and our 400+ members, are proud to be serving this wonderful community! The Chamber's Mission Statement, "Champion opportunities for business and our community to prosper" drives our organization. A strong community, as it grows needs a strong business community to grow with it.

It was great to get back to normal in 2022. The Chamber held its Business Expo and Taste of the Valley in February, we had our Annual Membership Dinner/Business Meeting in April, hosted our Golf Event in July and put on a very successful Sahuarita State of the Town Luncheon in September. The challenges of the past couple years were firmly in the rearview mirror!

As a matter of fact, we brought on 60 new members in 2022. These new members encompass retail, services, non-profits, healthcare, sports entities, restaurants, and more. They all understand that supporting the Chamber not only ben-



GREEN VALLEY SAHUARITA CHAMBER OF COMMERCE & VISITOR CENTER

efits their organization but supports this community!

We are fortunate to have a great mix of businesses here in the Green Valley/Sahuarita area. Small home-based businesses, brick & mortar operations, service providers, non-profits and Fortune 500 companies make up our Chamber of Commerce.

As a Chamber, we support our members in a number of ways:

1. We are an advocate for the business community with our elected officials. We encourage balanced regulatory and fiscal policies that support business growth.
2. We offer networking opportunities for members to get to know each other

3. We are a resource for business education, mentoring, and collaboration among business owners
4. We support increased commerce through various marketing tools available to our members.

Partnerships with the Town of Sahuarita and Visit Tucson support our mission and support our efforts as a community resource. Investors in the Chamber at our Influencer, Leader and Champion levels support the Chamber at an elevated level. Their commitment to the Chamber assists us in supporting the many small businesses in our area.

But we don't do it alone. The residents who "Shop Local" are what keeps our local small businesses

in operation. We encourage all to patronize the local small business when ever possible. Many of these businesses can be found in the member directory on our website at GreenValleySahuarita.com. You can also find our Green Valley Sahuarita Marketplace on the website. This will give you a simple search engine to find local businesses who offer what you are looking for. Consider this a "local" search before going to Google or Amazon.

Chamber of Commerce and Visitor Center
 275 W. Continental Rd.,
 Suite 123
 Green Valley, AZ
 (520) 625-7575

Scammers Are Up to Their Same Tricks This Tax Season

Written by Brian Watson, Special Agent, IRS Criminal Investigation

The convenience of technology is amazing, but always keep in mind that your smart phone and computer are portals in which scammers can get your personal information and ultimately your money. Near the end of 2022, the Internal Revenue Service warned taxpayers of a recent increase in IRS-themed texting scams aimed at stealing personal and financial information. The IRS has identified thousands of fraudulent domains tied to multiple MMS/SMS/text scams (known as smishing) targeting taxpayers. Smishing campaigns target mobile phone users, and the scam messages often look like they're coming from the IRS, offering lures like fake COVID relief, tax credits or help setting up an IRS online account.

Smishing schemes are 100% preventable in that it takes action by the victim to fall prey. Don't respond to any suspicious text messages or emails on your smart phone. Because phone screens are so small, it is easy to get fooled. By reading emails on a larger screen at home, you can see if the email is coming

from a scammer. For example, if you hover your mouse over email hyperlinks, you will see the scammers are trying to get you to go to a very obscure website. Please remember that the IRS does not communicate with taxpayers via email or text message.

The IRS Impersonation Scam, a phone scam in which callers pretend to be from the IRS, has been going on for almost 10 years now. If you get a call from someone claiming to be from the IRS and demanding immediate payment, hang up the phone. If the IRS has a question about your taxes, you will receive a letter in the mail. The IRS does not call people with threats of jail or lawsuits, nor does it demand tax payments on gift cards.

More than half of American taxpayers utilize the services of an income tax return preparer. The IRS recognizes that the majority of return preparers are honest, ethical, and provide excellent service to their clients. Unfortunately, there will always be those preparers who intentionally file false tax returns on behalf of their clients. The IRS is

seeing a huge uptick in preparers committing Schedule C fraud. They create a fake business with the intent of reporting losses, which offset other income.

Why would return preparers put fake information and risk going to prison? Most of these shady preparers do so to get more clients in the door by word of mouth and to make money by having a higher volume of clients. Some preparers think they are helping their clients by getting them bigger refunds, but getting them audited by the IRS or the Arizona Department of Revenue is not helping them one bit. Even if you go to a paid preparer, you are ultimately responsible for everything on your return. A good tax preparer will review your return with you line by line and explain everything on your returns.

Lastly, I want to highlight two recent additions to the IRS' annual "Dirty Dozen" list of scams: Offer in Compromise Mills and unemployment fraud. OIC "mills," make outlandish claims, usually in local advertising, about how they can settle a person's



Brian Watson

tax debt for pennies on the dollar. Often, the reality is that taxpayers pay the OIC mill a fee to get the same deal they could have gotten on their own by working directly with the IRS.

Because of the COVID-19 pandemic, many taxpayers lost their jobs and received unemployment compensation from their state. However, scammers also took advantage of the pandemic by filing fraudulent claims for unemployment compensation using stolen personal information of individuals who had not filed claims. Payments made on these fraudulent claims went to the identity thieves. If you receive a Form 1099-G reporting unemployment compensation that you didn't receive, contact your state agency for a corrected form.



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The Artisans and Farmers Market at La Posada



Article and Photos by Guy Atchley

If you're looking for a good way to start your week, the Artisans and Farmers Market at La Posada might be just your cup of tea, or vegetable, or art. The market happens every Monday from 10 am to 1 pm in the courtyard of Posada Java, located at the intersection of Continental Road and Park Centre Avenue in Green Valley. You'll find at least two dozen vendors, some of whom you're about to meet.

The woman who heads everything up is Posada Java Manager Holly Doyle who says, "It's just a happy place to be. You see items that people have put their heart and soul into. Whether it's making jewelry or sewing items or woodwork, it's like their soul coming out into their artwork. And the edibles you'll find are so good. Plus you'll find something different every week because some vendors rotate in and out."

The weekly market will continue through at least March. After that, a decision will be made as to whether vendors want to continue as the weather heats up.

By the way, Holly says they always have room for more vendors. If you're interested, give Holly a jingle. Office phone: 520-648-7874. Email: hollydo@laposadagv.com.

Now, let's hear from some of the vendors you'll find at the Artisans and Farmers Market at La Posada.

Penny Ackerman, Cactus Crafts

I sell sun catchers and wall hangings. I get the horseshoes from our local ranchers. I also sell beaded magnets. I'm kind of self-taught. I started about four or five years ago when I moved here to get out of the house and meet people, and it just took off from there. I do custom work if you need certain colors or anything like that. Just let me know where it's going. I do memorial charms when you lose a pet, which is pretty special, and I'll do anything they need me to do. I'm pretty flexible.

I have worked in this market before and I do like it. Email: PA4854@gmail.com

Rosemary Smith, Nonni and Girls

Nonni is Italian for grandma, and I have nine kids; hence, Nonni and Girls. I sell anything made with fabric. That would include things to play cards with, adult bibs, bags you can take on a cruise, jar openers, aprons, phone and glass holders, table runners, and cozies. I started the business to supplement my income seven years ago when I moved here from California. I mostly do retirement homes inside. This is my first outside show, so we'll see how it works. Email: jmsnutmeg@yahoo.com

Phoebe Waybright, Prancing Pet Bakery

We make all human-grade ingredient pet treats, for both dogs and cats. We started the business because my daughters wanted horses while they were taking riding lessons, and now the business supports the horses. They've each got their own horse through the business. People want to know whether we have treats that meet their dogs' dietary needs. Some dogs have allergies. Some dogs need softer treats. Some dogs like a bone to just crunch on for



Rosemary Smith



Phoebe Waybright

Some you'll never have seen before, flavors like caramel, pineapple, and blackberry walnut. We have zucchini and banana, which are sort of boring. But then we get into pistachio and chocolate with sprinkles and during the summer we do Key lime pie. My father is a baker, and he should tell you about how it got started.

Wes: Well, not by trade. My family grew up in the restaurant business, so I learned to do it there and learned how to make banana bread. Somebody suggested we come down here and try to sell it, so we've been doing it ever since 2014.

I guess we wouldn't be doing it if we didn't enjoy it. I'm 90 years old, so it's just my retirement fun time. My wife lets me do it. We've never had one complaint



Penny Ackerman



Wendi Solinger and her father Wes Solinger

a while. If they have sensitive stomachs, that sort of thing. So we have pumpkin oats for those, which are really good for a sensitive stomach. We just strive to keep new items coming out. We like to play with recipes and have seasonal items. For example, we have seasonal apple cinnamon dog treats that are made with homemade applesauce. For those who want to order from us, we have a website: prancingpetbakery.com. Email: prancingpetbakery@yahoo.com

Wendi Solinger and her father, Wes Solinger

Wendi: We make what we call dessert breads or tea breads with lots of different flavors.



Beré Goldstien

about our bread. People keep coming back, so we have a good following here. Call us for special orders. We deliver. Email: wessassoc@aol.com Cell for texts: 520-235-2847

Beré Goldstien, Beré's Art

When I was growing up, I never even tried art. My husband and sister got me a two-week course on draw-

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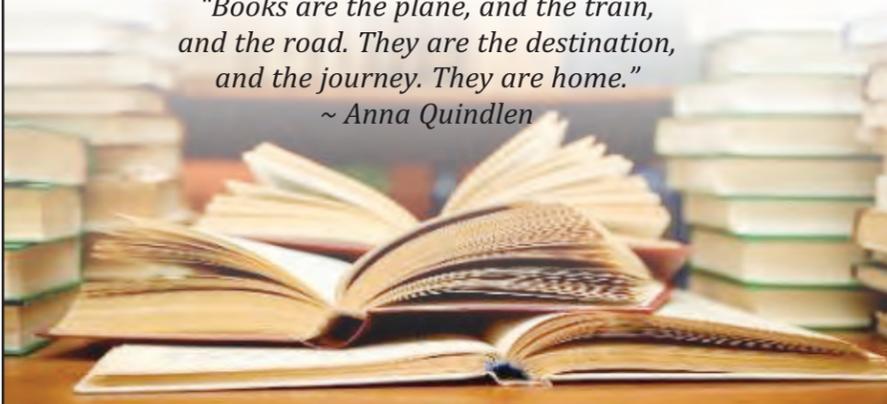
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La Posada
continued from page 26

ing taught by a policeman. When I was finished with that two-week course, I had a beautiful portrait of my grandchildren that I did, and it blew me away. What he did was unlock my brain. Made me realize I can do it. My style is called acrylic pouring. You take acrylic paints, mix them with certain mediums, and you layer them. Then you pour it and see what happens. I like to embellish it with a paintbrush. I've been painting for 20 years, and acrylic pouring for about four. I do commission paintings. You know, in a world that is so topsy-turvy and in chaos, I like to get my paintbrushes and my paints out, and it just relaxes me. It really does. Email: bere777@gmail.com

Therese Leach

I sell the jewelry, and my husband makes it. We go out and get the rocks, the majority of which are from Oregon. The rocks look average, but when you cut into them and polish them, they show their beauty and color. The turquoise comes from Arizona. We've been here five years, and it's been fun. Email: there-sel856@gmail.com

Diane Stanard, Paparazzi Accessories Jewelry

I sell Paparazzi Accessories Jewelry, all lead-and-nickel-free and \$5 each.

I'm an independent rep for the Paparazzi company. They're based in Utah.

We have necklaces, bracelets, earrings, rings, and some children's jewelry.

Everything is \$5 each. And the necklaces include matching earrings. It just kind of sells itself. We love working at the La Posada market. It gets me a lot of wonderful people, and it's a beautiful place to be outside in gorgeous Green Valley, Ari-



Therese Leach



Diane Stanard



Sandra Haremza



Irene Miller

zona. Email: dmfcchef@cox.net Cell: 520-247-6527

Sandra Haremza, Avon

I sell Avon products which include body lotions, creams, shampoos, jewelry, makeup, and perfume. It's a one-stop shop. I started five-and-a-half years ago because I moved here from New Jersey and I didn't want to retire. I wanted to have something.

And now, because of this, I've met a lot of very nice people, and a lot of wonderful customers who became my friends. It's been a great experience for me. I love the farmers market at Posada Java. I got my start here. This is where I actually started my vendor shows, and I really enjoy coming here. I've grown my business because of La Posada. Email: memehah51@gmail.com

Irene Miller

How'd this begin? I wanted a mask for my living room so I bought a mask and I took a course and the next thing you know is you buy the equipment that paints the gourds, and then you see other people's work and you think oh I'll try it. There's a lovely group here called The Gourd Patch. You exchange ideas and keep doing it. I've been doing this for 14 years. We came here 14 years ago, and now I'm 89. I've expanded. I now paint on wood as well. And I still do silver-smithing. I love La Posada. You feel safe here with great neighbors, and the workers are the best. Email: irene.miller@gmail.com

Carol Jordan

My name is Carol Jordan, and I make Day of the Dead masks. I have a variety that I take to craft shows that I have at a single price of \$25 each. And then I advertise and sell on Etsy a higher-quality mask and a higher-quality brand of flowers. And that is called Day of the Dead Masks by CJ on Etsy. I've been doing this for about a year and a half now. I got

bored during COVID and I needed to find something to do. So I practiced on a Dollar Tree mask, and it looked horrible. But I continued, and I think they're all pretty now. Was I an artist before? No. I worked in HR for a big aircraft company in Wichita, Kansas. When I first started making them, I thought they'd be wall decorations, but I have found more and more people want ties on them so they can put them on their faces. I sold several thousand dollars worth of masks in September alone on Etsy because they are so popular on November 1 and 2, which is the Day of the Dead.

If people want a mask, they can either text me at 316-644-2182 or find me here at the Posada Java Farmers Market every Monday morning. Email: jordan6926@comcast.net



Peggy Terlisner & Karen Rans

Peggy Terlisner and Karen Rans

Peggy: We do stained glass. I've been doing it for about 22 years now. Karen about seven. I always liked it. Just love the colors that it emits when the sun hits it. We come every week. Our work is quality, and I can also do custom windows. For example, we do sidelight windows for your front doors and bathroom windows. Email: mmterl@msn.com Cell: 520-444-4683



Carol Jordan





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CHAMBER OF COMMERCE & VISITOR CENTER

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Arizona Family Restaurant

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January 23: Bunco 5-7PM ~ \$10	February 22: Trivia 2-4PM	March 17: St. Patrick's Day Corned Beef & Cabbage
February 8: Paint & Wine 5-7PM ~ \$40	February 27: Bunco 5-7PM ~ \$10	
	March 1: Bingo 2-3:30PM ~ \$10	

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KGVY C01

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Friends of the Library Encourages Reading

Written by Regina Collins. Photos by Pat Brandon

The Friends of the Joyner-Green Valley and Sahuarita Libraries (The Friends), believe a good library encourages men, women and children of all ages to read and learn more about our world and to participate in educational endeavors in Green Valley and Sahuarita. The Friends, an all-volunteer organization, has supported the Joyner-Green Valley Library since 1976 and the Sahuarita Library since 2009.

Grand Opening of New Bookstore

On December 27, The Friends announced the opening of a new bookstore located in Suite 15 in the Green Valley Village shopping mall at 101 S La Canada Dr. Located on the south-side of the mall, the new bookstore is larger than our previous store, is user friendly, and allows The Friends to serve our growing communities and meet the needs of our patrons! With this new opening, we continue to serve the community with two bookstores, the existing Green Valley Library store and the newly opened bookstore at Green Valley Village shopping mall. The new location replaces both the old Annex and Warehouse bookstores.

This move was made possible by support from members and our book buying supporters. The Library Bookstore is not moving and will continue to serve Green Valley Library visitors.

Book Donations from the Community are Essential

Large Print Books, Hardcover and Paperback Fiction, Non-Fiction such as history, politics, autobiography, biography, nature, cooking and travel books are always accepted. The bookstores also accept CD's, DVD's, audio-books and magazines that are reasonably new.

We cannot accept sets of Encyclopedia, Time-Life Great Books, Cooking Volume's and multibook Histories as well as text books and technical books. We ask that donations be dropped off during business hours. We have a pickup service for people who do not have a means to deliver.

Library Science Scholarships

Continuing a tradition established in 1993, The Friends have provided scholarships to more than 45 Pima County Public Library (PCPL) employees working to complete their master's degree at the University of Arizona. A past recipient of our scholarship program is Amber Mathewson, current Executive Director of PCPL. In addition, two of her most senior assistants as well as several employees who have worked at the Joyner-Green Valley Library, are also past recipients of scholarships through this program.

This year, the Friends were able to honor four students with scholarships. We are the only Pima County Friends'-group that provides scholarship assistance to library staff seeking post-graduate education. Scholarships are offered annually through the Friends organization via funds raised through dues and bookstore sales.

Supporting our community

The Friends of the Joyner-Green Valley and Sahuarita Libraries is fully funded by membership dues, donations and sales from our bookstores. With these resources, Pima County receives financial support to purchase e-books, materials for children, youth and adult classes, electronic educational equipment and free books for children of all ages at the Sahuarita, Green Valley and Amado Food Banks.

Looking for a Volunteer Opportunity?

The Friends of the Green Valley and Sahuarita Libraries is an all-volunteer organization. We carry out a variety of activities in support of the local libraries. The activities include serving in our bookstores, serving on the board, or serving on short-term committees helping with specific projects or tasks. If you are interested in volunteering for the Friends or as a bookstore volunteer, applications are available at gvlibraryfriends.org.

The Friends need volunteers to help with occasional transporting of do-

nated books in Green Valley and Tucson. Volunteers must have their own transportation and be strong enough to lift boxes of books. If you have time to give and would like to volunteer to help move books, you can learn more by emailing info@gvlibraryfriends.org.

The Friends' organization is looking for a social media coordinator and a person with skills in graphic design. We continue our efforts to enhance our presence on social media platforms and our website. If you have the skills and want to help us with sharing information about the libraries and the Friends' activities to all community members, please visit gvlibraryfriends.org.

With your help we can do more in our community! If you like what we do, become a member of The Friends of the Library so we can continue to support the PCPL, as well as provide new library programs and services in our communities! By helping us today, you help our community to flourish.



The Friends organization make it possible for children to have a book and place to read at the Sahuarita Food Bank.



Books from A to Z at the Friends Library Bookstore in the Joyner-Green Valley Library

We are proud to have this tradition and The Friends continue to support higher education for University of Arizona students entering the Library Science Master's program. This long-standing program will continue with the ongoing support of our community.

Art and Music Return to Green Valley

The Friends are pleased that popular programs we helped support are back in Green Valley and Sahuarita libraries. Two of these programs are Music at the Library and Mindfulness and Meditation classes, offered weekly. Also, the popular Art Talks offered by The Tucson Museum of Art Docents have resumed twice a month. And, the much-appreciated children's programming is now ongoing throughout the month in both libraries.



Volunteer Irene People getting the newly donated books out for customers.

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FEAR-FREE INITIATIVES

The Fear Free initiative is an innovative movement developed by "America's Veterinarian" Dr. Marty Becker to, in his words, "take the pet out of petrified and get pets back into practices."

Animal Care Center of Green Valley (ACCGV) is implementing the Fear Free practices in stages to make the new standards most effective. So far, we've implemented calming music into exam rooms and we utilize a calming pheromone spray on bedding or blankets, so our patients will relax and make themselves at home. For cats, we place warming pads under the blankets, and for those that travel in a carrier with removeable top, we let them stay in the bottom section if they prefer it.

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Accreditation by AAHA means that an animal hospital has been evaluated on approximately 900 standards of veterinary excellence. To maintain this status, we undergo a rigorous and time-consuming review by veterinary experts every three years. While state regulations can vary widely, AAHA accreditation does not vary between states and is considered the standard for veterinary excellence. This stringent assessment is completely voluntary. Nearly 60 percent of pet owners believe that their pet's veterinary hospital is accredited when often, it is not. In actuality, only 15% of animal hospitals have gone through this process.

We are happy to hold ourselves to this higher standard! Pets are our passion and keeping them healthy is our #1 priority. Here at Animal Care Center of Green Valley, we strive to deliver excellent care to your pets because they deserve the best. Learn more about AAHA accreditation and why our accreditation is important to you and your pet. (Visit aaha.org/petowner.)



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Hunting for an Experience? One GVR Club May Have Just What You're Hunting For



Written and Photos by Guy Atchley

Guy Atchley sat down for a Q & A session with Don Brown, Secretary of the GVR Hunting and Fishing Club.

GA: "How could members of GVR benefit from becoming a member of the GVR Hunting and Fishing Club?"

DB: "The main thing is to share where people can hunt and fish here locally, because many of our members come from up north. They're in a new territory and may ask, 'I'd like to go fly fishing; do you know where I can do that?' We have a number of members who have tremendous experience with Game and Fish, the Forest Service and the Bureau of Land Management. Also, the club has a social aspect because we like to share our experiences. Plus, we bring in speakers who talk about opportunities, such as different programs the Forest Service may have at their sites."

GA: "What are the most popular forms of hunting in Arizona?"

DB: "Well, we have quite a variety of species here in Arizona, especially in the northern part of the state with the elk hunting that takes place and the deer. The club has a number of people who are very active with quail hunting. Others like to shoot trap and skeet. You know there's a trap and skeet range in Tucson. Also, there's javelina hunting. Antelope is a very big one here in Arizona along with the desert bighorn sheep."

GA: "What are the stages of being a hunter?"

DB: "There are five stages. The University of Wisconsin-Lacrosse interviewed more than 1,000 hunters, and they found number one is the shooting stage. A hunter might say, 'I shot four boxes of shells. I really didn't get very many birds. The ducks were way too high, but I really enjoyed this gun.'

The next is the limiting-out stage. That's based on how successful the hunter is, whether he gets his limit. So whether the hunter gets his limit decides whether he had an enjoyable day.

The next stage is based on whether a hunter gets a trophy. He might say, 'I got the biggest fish.'

I got the biggest deer, I got the elk with the most points and so forth.'

The fourth stage has to do with technique or method, such as using a bow, muzzle-loader, fly rod or handgun. Example, it's more important how you laid out your decoys and the things you did in the whole operation.



In the final, sportsman stage — also known as the put-back stage — the hunter is more concerned with the overall experience. He might say, 'What a sunrise! It was fantastic just waiting for the ducks to come in.' Another might say, 'It was great being here with my grandkids by my side.'

Most of our members are older and in that final stage. That's why we're involved with supporting the youth activities and scholarships for wildlife management, et cetera."

GA: "So, when your club gives back to the community, you focus on youth."

DB: "Yes, we try to impress on young people the importance of firearm safety and following rules and regulations. Of course, that can be a challenge because young people can be more interested in two-legged animals than they are in four-legged animals. We also focus on stewardship and the importance of realizing you have to put back."

GA: "Is education a part of the club?"

DB: "Yes. The Arizona Game and Fish Department's websites are available today as far as following up and going through seasons and regulations for hunting-and-fishing opportunities, just making it much easier. You can get your hunting license and your fishing license all online. For a trip to Alaska, I got my fishing license off the internet. I was all ready to go once I got there. Now other states are doing the same thing along with offering hunter-education courses online with a one-day field experience at a shooting range."

GA: "Tell us about the scholarships the club provides for young people."

DB: "The club has provided \$16,800 to date toward scholarships available to graduating seniors within the Sahuarita Unified School District."

One example is a four-year scholarship of \$2,000-a-year that we provided for a young woman who is now in her junior year at Northern Arizona University in Flagstaff. Sienna Whalen is majoring in forestry.

In 2022 we gave a \$4,200 scholarship to a young man, Milo Rushford, who was valedictorian at Walden Grove and planned to attend New Mexico

State University. Then something happened. He was drafted by a major league baseball team. So, since the money is reserved for a student going to college, we're now planning to give out that scholarship money in 2023.

The GVR Hunting and Fishing Club also has given a grant of \$1,000 to Navy Junior ROTC students to cover travel expenses to

various competitive events and \$2,500 for a left-handed Olympic pellet gun used in competition shooting matches. The students have helped us at various events.

We've also sent teachers to Jackson Hole, Wyoming for weeklong conferences where they learn all sorts of things. One teacher came back and started an Environmental Education Club and hosted the Trout-in-the-Classroom Program. The club also donated \$1,650 to the Old Pueblo Chapter of Trout Unlimited in Tucson that covered the expenses of an aquarium, filter and water chiller."

GA: "What do you enjoy about hunting?"

DB: "I enjoy being able to identify the birds that come in, and the wildlife that goes by and things like that, which are just as valid to me as to whether a big buck might show up. I'm more interested in having the grandkids maybe harvest something. And that's probably similar to most of our members who have more guns than you can think of, but they are looking for an experience with their grandchildren."

GA: "Is there anything that amazes you regarding people and wildlife?"

DB: "The biggest problem they have in Yellowstone is the bison. People think they are tame cows. They're not tame. They're not domesticated. They'll come after you. And if you get between them and a calf — or they're just having a bad day — anything could happen. And it's probably not going to be good."

GA: "Where do people go for more information?"

DB: "Our website is: gvrhuntingandfishingclub.com

Or you can call me, Don Brown. My cellphone is: 520-405-6088."




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G+C=I²: Glass Plus Class Equals Inspiration



Article and Photos by Guy Atchley

Glass has an interaction with light that makes it unique as a tool for expression. And so, we glass artists overlook and learn to live with its “personality quirks” for the sake of its uniqueness. And, when we get it right, make something very fine indeed.”

Lou Copper

Green Valley Recreation’s glass artists go about their work quietly in a tiny space — an approximately 640-square-foot room in the Abrego North Center. But that is about to change. GVR’s estimated 133 glass artists will soon have a new space in the Santa Rita Springs Center. They’ll eventually take over the rooms now held by the SRS Computer Club, which has moved into another area in the complex.

Glass artists love what they do, and that is creating colorful pieces. Club President Jayne Becker is one of the many volunteer instructors. She says, “I love the fact that glass can be used to make many different things. You could make two-dimensional things like wind chimes, or you can make three-dimensional bowls and platters and trees that stand up. It’s a limitless kind of thing. And that’s just fused glass. Other people in the club make mosaics, and they make stained glass. There’s just a lot of variety of things that you can learn to do, and things that you can make.”

Past Club President Linda Touzeau says, “I would encourage anyone who might be curious about how to make something completely unique with glass, even with zero art experience, to consider joining the GVR Glass Artists Club. This is an exciting art form offered by our club. You can take workshops taught by volunteer members who are very enthusiastic and dedicated to bringing



newcomers along at their own pace. We offer workshops in mosaics, fused glass and stained glass. There are so many different items you can create for your home or as gifts, and the unexpected benefit of the fun and fellowship, I think you’ll discover, is priceless.”

Some of the works of art require fusing (melting) in a kiln, which the club provides. Other works don’t require kilns. Mosaics would fall into that group. Touzeau explains, “With mosaics, members take glass and cut

ects where they copper foil and solder glass together which doesn’t require a kiln either. Touzeau explains, “A growing number of people are getting into stained glass as we now have a dedicated stained glass instructor, Martha Nicholas. Most everyone starts out with glass fusing and then they take



a workshop in stained glass and get hooked. Or they take a workshop in mosaics and get hooked.”

President Jayne Becker is really looking forward to the club’s move to a larger space. She says, “When construction is completed at our dedicated space at

Santa Rita Springs, we’ll be able to bring all these things together. We’ll be able to do stained glass in a special room. The fusing kilns will be there, so we’ll be able to do workshops and take the projects right



it into shapes and install it onto a surface and grout it in place. People have made bird baths; a couple of people are really into bringing in a rock or a piece of sandstone and putting mosaics on them for a decoration in their yard.”

The stained glass artists create proj-



over to the kilns. We’ll also have an open studio where people can drop in and work on their own projects. Right now, if there is a workshop, members can’t use the studio space. You know the studio should be big enough to accommodate both workshops and open time for independent work. And we’ll soon have that.”

If you want to get into glass art yourself, just sign up for the next “Introduction to the Glass Art Club class offered through the GVR catalog.” The classes last four weeks, and there’s one every month. You can find more information at: gvrglas-artists.com.



AROUND TOWN

Empty Bowls
Walk-Thru
February 18th
Valley Presbyterian
Church
10AM-1:30PM

This column is provided by Westgate Garden Design 829-0399

gardening *tips*

By Charlene Westgate, Permaculture Landscape Designer

WINTER TASKS IN THE GARDEN

Winter in the garden is a time of rejuvenation, with many plants lying dormant in anticipation of spring. Garden tasks during the winter protect our plants, prepare them for spring growth, and allow us to grow vegetables or add winter color.

Frost Protection

Since Southern Arizona has already reached freezing temperatures, if you have not already, now is the time to pick exposed lemons and limes. It's also essential to protect frost-sensitive plants. You can use frost cloth purchased at the Master Gardeners' office or a local hardware store or use old sheets, towels, or blankets. Cactus that do not tolerate freezing temperatures become permanently scarred by frost damage. So, protect these cacti using Styrofoam cups or paper grocery bags, or dress them for the season with Santa hats.

Be prepared to cover plants through the end of the season. March 15 is the average last day of frost.

Irrigation

Plants do not need as much irrigation with cooler temperatures and winter rains. Adjust your irrigation schedule to the December–February frequencies recommended by the Arizona Department of Water and the University of Arizona Cooperative Extension. This includes the following:

- Cacti, agave, and yucca: No Irrigation
- Desert trees and shrubs: No Irrigation
- Ground covers and perennials: Every 14–21 days to a depth of 12"–18" inches
- Non-desert trees and shrubs, palms, and citrus: Every 14–21 days to a depth of 24"–36" inches
- Non-desert ground covers and vines: Every 10–14 days to a depth of 12"–18" inches

For a copy of the Cooperative

Extensions' entire Watering Schedule, contact the Master Gardeners' office at uacemg@gmail.com or (520) 648-0808.

Pruning

Now through February is the time to prune deciduous trees and shrubs while they are dormant. Desert trees include mesquites, palo verdes, and desert willows, to name a few. Remove broken, dead, or crossing branches, but never prune more than one-quarter of the tree. Do not entrust tree trimming to a landscape maintenance crew. Most landscapers do not receive training



Columnar cactus dressed up for the holidays and protected from frost. Photo courtesy of iStockphoto.com

in proper pruning techniques, and they may do more harm than good for your trees. Instead, hire an arborist who specializes in tree health and tree trimming. Find local arborists at the International Society of Arboriculture website at www.isa-arbor.com.

Prune roses mid-February, cutting back the canes by one-third to one-half. Do NOT prune frost-sensitive or frost-damaged plants now, as they need the top growth to protect



Prune deciduous trees and shrubs in winter while dormant. Photo courtesy of iStockphoto.com

their roots. Some sensitive plants that should not be pruned in winter include bird of paradise, lantana, and bougainvillea. Instead, wait until you see the first signs of new growth in the spring. Also, avoid pruning spring flowering plants until they finish blooming.

Fertilizing

Winter is also the time to fertilize citrus. Apply the first of three annual feedings for oranges, tangerines, grapefruit, lemons, and limes in January–February, using one-third of the yearly requirement. The application instructions on fertilizer containers are often incorrect and lead to over-fertilization and thick rinds. Instead, download the free Citrus Fertilization Chart for Arizona (Publication 1671 – extension.arizona.edu/pubs) from the University of Arizona Cooperative Extension and avoid the guesswork.

Winter Vegetables

Vegetables can be grown in Arizona throughout the year, and winter vegetables are the easiest to grow. If you would like to get your feet wet with vegetable gardening in Arizona, start small by planting in a large container. Use soil amended with an organic fertilizer such as blood meal, bat guano, fish emulsion, or worm castings. Winter vegetables that do well here are

cruciferous vegetables and greens, such as broccoli, cauliflower, cabbage, arugula, collards, kale, and lettuce. Herbs that can be planted in winter include cilantro, dill, and fennel. Try bulb onions or potatoes if you want to be more adventurous and have more space.

The Tucson Organic Gardeners' website has some of the best information for vegetable gardening in Southern Arizona. Visit them at tucsonorganicgardeners.org for free downloads and tutorials.

Color in the Garden

Early winter is great for planting potted annuals to add winter color to your garden. Local nurseries usually carry a nice assortment of petunias, snapdragons, geraniums, and other colorful additions to any patio. Although still offered at nurseries, avoid vinca, which can be invasive.



The colorful red blooms of chuparosa are a hummingbird favorite. Photo courtesy of iStockphoto.com

The October–December window for planting spring wildflower seeds has closed. However, it's still not too late to plant seeds for native gaillardia, Mexican sunflower, and primrose in February and native marigolds and zinnias in March. Perennials such as autumn sage, chuparosa, damianita, desert mallow, desert milkweed, and pineleaf milkweed can be planted in February. In March, plant angelita daisy, blackfoot daisy, California fuchsia, chocolate flower, golden dyssodia, native zinnias, salvias, and primrose.

Winter can be a wonderful place in the garden, so have fun!



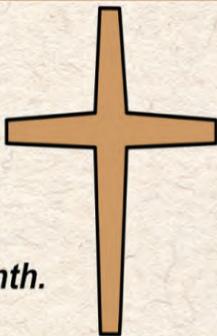
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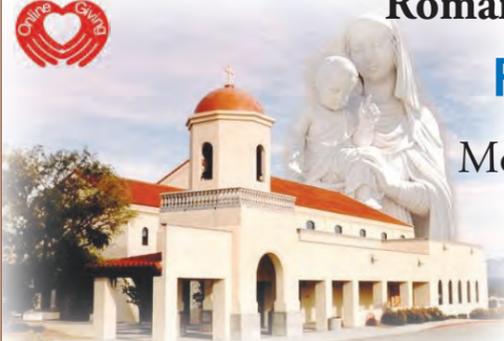
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Wildlife Refuge Hosts First Fundraiser

Written by Bonnie Swarbrick, President of Friends of Buenos Aires NWR

Buenos Aires National Wildlife Refuge hosts its first annual fundraiser on January 21st! This fun and festive event is sponsored by the Friends of Buenos Aires NWR. There will be a delicious luncheon, door prizes, a silent auction, and a continuous photo montage of the refuge. Presenting the keynote address is Pinau Merlin -- author, lecturer, and naturalist -- who will speak on "Reading Nature's Clues," accompanied by beautiful images of our natural environment. Ticket sales closed on January 13, but there are plans for this event a year from now, even bigger and better!

Doors open at 11:30 for socializing and browsing the intriguing offerings at the silent auction. The delicious catered luncheon is at noon, along with presentations about how the Friends of Buenos Aires NWR help the refuge and its wildlife, and how you can join these efforts.

A 45-minute drive west of Green Valley places you in a sweeping vista of rolling hills and grassland, flanked by majestic mountains, and featuring abundant bird life, deer, and pronghorn antelope. This is Buenos Aires National Wildlife Refuge, administered by the U.S. Fish and Wildlife Service

and part of a nationwide system of 567 refuges established for the preservation of wildlife and their habitats and for enjoyment by the American people.

In 1864 Pedro Aguirre brought cattle and horses from Sonora, naming his ranch Buenos Ayres or "good airs" for the breezes that wafted through the Altar Valley. The Aguirres were a pioneer family with roots in Spain and Mexico. With his brother Epifanio, Pedro started a stagecoach line carrying passengers and freight from Sonora through Sasabe at the border, onward to Tucson and to Arivaca, and as far as Willcox. The twisting road that stretches from the refuge, to Arivaca, and to Amado traces that historical route.

The ranch grew larger and went through five family ownerships from 1864 until 1985, when the ranch-

land was purchased by the U.S. Fish and Wildlife Service to become a national wildlife refuge. The purchase included lands beyond Aguirre's original ranch, and after its establishment, the refuge was expanded to include Arivaca Cienega, Arivaca Creek, land in between, and the 2,000-acre Brown Canyon acquisition in the Baboquivari Mountains. Today the refuge is comprised of 118,000 acres of semidesert grassland, mesquite woodland, riparian areas, and the pinyon pine-juniper ecosystem of Brown Canyon. Remnants and remembrances of past ranching days are evident in old ranch buildings, watering holes, and the mesquite corral at Refuge Headquarters. The

by the early 1900s, due to human-induced habitat change and drought. The only hope for the masked bandit quail in the wild is its reintroduction at Buenos Aires.

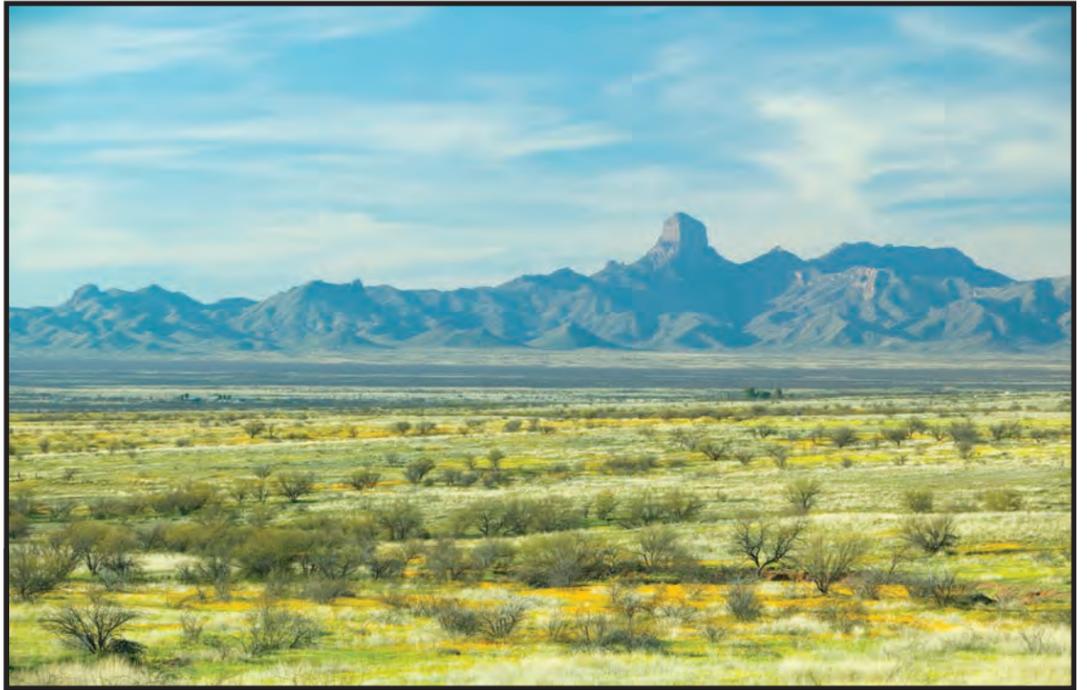
Another major conservation thrust at the refuge is the reintroduction of pronghorns, which were eliminated from southern Arizona by the 1930s. Today transplants from northern Arizona have established a herd of about 40 pronghorns. Pronghorns are not really antelope and are categorized scientifically in their own family. They evolved for speed, in open country, so fences can be deadly. Ongoing projects are removing barbed wire left from ranching days to create open space for these prairie runners.

People can visit the refuge and drive the miles of dirt roads, camp for free at designated campsites, enjoy hunting, birding, wildlife observation and photography, and view nature exhibits at the visitor center. They can walk the trails at Arivaca Cienega and Arivaca Creek, or visit Brown Canyon on guided hikes starting in the fall of 2023.

To reach the refuge from Green Valley, take I-19 south to Amado to the Arivaca Road exit. Turn west and then north at the Cow Palace and then immediately turn west onto

Arivaca Road. Take Arivaca Road west 25 miles on the twisting road to Arivaca. Arivaca Cienega features a trail just east of Arivaca, and the Arivaca Creek trail is two miles west of the town. To reach the grasslands of the refuge, continue west 12 miles to highway 286, south 4 miles, and at milepost 8 take at the entrance road to headquarters and the Visitor Center (520-823-4251)

The refuge awaits you. Come visit for hiking, birding, photography, or just driving through and enjoying the scenery!



Spring Landscape. Photo courtesy of USFWS.



Masked Bobwhite. Photo by artist Bonnie Swarbrick

Refuge Visitor Center, an attractive adobe/stucco ranch house, dates back to the 1880s and served as the Buenos Aires Ranch residence for a hundred years.

The refuge would not be here if it weren't for a certain bird. The grasslands of the Altar Valley were considered to be the last hope for saving the endangered Masked Bobwhite Quail. This is a beautiful subspecies of the Northern Bobwhite of the eastern U.S. The difference in appearance is that the Masked Bobwhite male has a rusty orange breast and a black face, leading to its Spanish name *la mascarita*, "the little masked one." The bird's range originally extended from the Altar Valley, which is east of the Baboquivari Mountains and west of Arivaca, deep into Sonora south of Mexico City. Today the bird may be extinct in Sonora. It also was driven to extinction in the U.S.



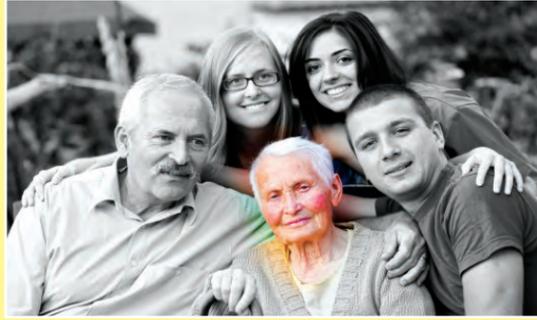
Fence Removal to help wildlife. Photo courtesy of USFWS.

Valley Assistance Services

Caring for Our Community



Stay Healthy with RN Support and Visits:
 Fall Prevention
 Post Hospital RN Advocacy
 Comprehensive Care Management
 Dementia/ Memory Loss Education
 Wrap Around Services
 Senior Peer Support
 Health Education



Stay Vibrant & Active:
 Transportation, Friendly
 Visits & Calls, Shopping, Errands
 Sahuarita/Green Valley/
 Tubac Regional Area
 Volunteer Opportunities



Stay Financially Independent:
 Emergency Rental Assistance
 Financial Literacy Classes
 Benefit Assistance, Job Search
 Workforce Training Center
 Computer Lab by Appointment
 Resume Writing/Career Building

Empty Bowls Event is February 18th , 2023, at Valley Presbyterian Church. Tickets are \$25, and are available at Nancy Pantz, Posada Java, Green Valley-Sahuarita Chamber of Commerce, Trendz and VAS



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

Tubac Office: 2221 I-19 E. Frontage Rd, F101 • Tubac, AZ 85646

Sahuarita Office: Located in the Sahuarita Food Bank-Community Resource Center

www.valleyassistanceservices.org

Green Valley Health Fair Coming Soon

Written by Ellen March

GREEN VALLEY HEALTH FAIR
MARCH 6, 2023
9:00 AM UNTIL 1:00 PM

The Greater Green Valley Health Education Association announces its 29th Health Fair in 30 years will take place on Monday, March 6, 2023.

Originally created as a means for Green Valley area residents to learn what resources are available to them, this event continues to bring testing and information to the community---all in one place on one morning.

The location is the Green Valley Recreation West Center at 1111 GVR Drive.

New this year will be the American Red Cross Bloodmobile. Appointments to donate blood at this event should be made in advance through the Red Cross with Chris Justesen at 520-240-1571.

The GGVHEA publishes the annual Green Valley Health Services Directory in conjunction with the Health

Fair. This informational publication will be available at the Fair and will provide detailed descriptions of various area providers by their specialty. The Directory is updated annually so the most current information is available.

The GGVHEA Board of Directors is an all-volunteer group. This year, it is comprised of Laura Peters, President; Audra Barney, Vice President; Dru Sanchez, Secretary, and Ellen March, Treasurer as well as Donna Campbell, Gail Rudsinski, Olivia Winkler, Sandy Wahl, Linda Martin and Cynthia Valencia. This hard-working group meets monthly year round to bring as many resources as possible to our local population.

There is no charge to attend the Fair nor for parking. We look forward to seeing you there!



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CROSSWORD

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61						62				63		

CROSSWORD PUZZLE MANIA



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Win \$250 for you and \$250 for a local non-profit!
 Entering is easy! Fill out the crossword puzzle and mail to KGVY, Attn: KGVY Puzzle Contest, P.O. Box 767, Green Valley, 85622. Must be postmarked by 3/17/2023

This edition's puzzle is YEAR-IN-REVIEW! Green up your bank account when you successfully fill out the KGVY crossword puzzle, and it is chosen as the winning entry from all the correct entries. Include your name, address, and phone number on our form, and mail it to KGVY, Attn: KGVY Puzzle Contest, P.O. Box 767, Green Valley, 85622. All puzzles must be post marked by March 17, 2023. If you win, KGVY will cut you a check for \$250 and a local non-profit of your choice will receive \$250. Here's some additional small print to test your reading glasses.

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

KGTV OFFICIAL ENTRY FORM

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YEAR-IN-REVIEW

ACROSS

1. Use a bayonet
5. *Late Saget
8. Greek salad staple
12. Meal in a shell
13. Lowest brass
14. Like daytime energy
15. *2022
16. Van Gogh's famous flower
17. Poodle minus d
18. *Late Queen
20. Volcano off Sicily coast
21. Leaves out
22. Elf's distinctive body part
23. *Olympic host
25. *Russia's target
29. Black sheep sound
30. Treat badly
33. Reason for Thanksgiving
34. Carl Jung's inner self
36. "But I heard him exclaim '____ he drove out of sight, "Merry Christmas..."
37. Pick on
38. Pro ____
39. Bank, usually
41. Driver's aid
42. Jalopy
44. Back of the neck, pl.
46. Finish line
47. Fur of the marten
49. Paul Bunyan story, e.g.
51. *Economic woe
55. Faultfinder
56. Tropical edible root
57. Soreness
58. Irretrievable loss
59. Gator's cousin

60. *Super Bowl winners
61. Undertaking
62. "For ____ a jolly good.."
63. Archaic form of do, second person singular

DOWN

1. Eyelid affliction
2. Asian weight unit
3. Smoothie bowl flavor
4. Russian hunting sighthound
5. Chemistry lab measuring device
6. Parting words
7. New Year's Eve get-together, e.g.
8. Running competition
9. *Twitter's new proprietor
10. Western Samoan money
11. "____ you ready?"
13. Relating to shinbone
14. Asparagus unit
19. Amnion, pl.
22. Barely obtain
23. Erie or Suez
24. Port-au-Prince country
25. Like something vintage, usually
26. About to explode
27. Olfactory organs
28. Athos' or Porthos' weapon
29. Throw up
31. Lecherous look
32. Funereal container
35. *Tom Cruise's callsign
37. "____-____-la"
39. Type of Christmas lights
40. All together
43. T-shirt style
45. Small bomb
47. Rabbit trap
48. 1970s big dos

49. "Musical" constellation
50. Dollar bills
51. 7-year affliction
52. International Civil Aviation Org.
53. Electrical resistance units

54. Egg holder
55. 100 lbs.



KGTV and La Posada congratulate Monica Forest from Green Valley on her October Community Quarterly puzzle winnings. Monica was congratulated at the KGVY Studio by Guy Atchley. Monica received \$250.00 and chose the Animal League of Green Valley as the \$250.00 local non-profit winner.

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