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Why You (and Your Joints) Age, and Why They Don't Have To

Written by Dr. John Tait, D.O., Chief Health Strategist, ORIGEN Orthopedics + Optimal Health

Fill in the blank after the phrase “middle age”. Many will say - crisis! Then if you ask if the middle/golden years of life are feeling golden, many will say – with a hearty laugh – no!

This creates a profound gap in life, especially “middle, older” life. Imagining a life of more, yet not feeling it day to day.

Multiple joints aching. Energy tapped out by late afternoon. Sagging waistlines. Pantry full of medications or supplements. Calendars filled with doctor’s appointments. Wondering – is this as good as it gets? Am I already past my prime?

If any of that feels too familiar to you, let’s change this perception around the “norm” or aging. Because as Dr. David Sinclair, PhD shared in his book *Lifespan: Why We Age – and Why We Don't Have To* – **We. Don't. Have. To.**

As you age, you need to clearly understand what is going to kill you, shorten your life, or rob quality years. What another colleague of mine, Dr. Peter Attia, refers to as the 4 horsemen in his book, *Outlive*: Heart or vascular disease (and complications such as heart attack or strokes), diabetes or other metabolic diseases, cancer, and neurodegenerative diseases (such as dementia and Parkinson’s disease).

Then if you know what is most likely to erode your quality of life, my responsibility to you as a patient is to make sure you have a better strategy, clear tactics, and daily actions to work towards avoiding those things.

Because what my patients seek is health

span – the desire is to maintain vitality, i.e. feeling healthy, strong, happy and fulfilled - not just more years of life (lifespan). More simply, to feel young again!

When your joints or back are creaking and aching you feel anything but young, healthy, and happy! Instead, you feel like a ticking time-bomb, waiting for things to get worse.

So, let’s go deeper on that point. Because that is where I have expert knowledge as a non-surgical Orthopedic specialist with more than a decade of experience helping patients turn this around – and fast.

First, here’s a stat that will knock those smartwool socks right off your feet:

The #1 most likely cause of disability, mobility, and lost quality of life as you age are none of the diseases mentioned above. According to research by the Osteoarthritis Initiative (OAI), **the risk of persons age 65 and older becoming immobile due to knee osteoarthritis is greater than any other condition.**

That is why you must act now, to slow the rate of aging of your joints. FYI: That is possible with precise daily actions, and modern advancements in the treatment of osteoarthritis.

The “old way” of “treating” osteoarthritis does not actually treat the underlying problem. Anti-inflammatory medications, such as ibuprofen or naprosyn, merely manage symptoms. Cortisone



Dr. John Tait, D.O. ~ ORIGEN Orthopedics + Optimal Health

shots squash pain and symptoms, yet a 2015 study performed at Stanford University proved this treatment to be “toxic” to cartilage. Meaning each time you are injected you are likely killing the cartilage left in your joint, not sparing it!

Now, there is a light at the end of your pain management tunnel. If you’re tired of the treatments above not working as well as you need. And/or you’re looking for other options other than surgery.

The “new way” we are treating degenerative arthritis is with Orthobiologics. These treatments involve using cells from the patient, or possibly from donor sources, to target pain at the source and stimulate healing of injured tissue.

The result for many is a dramatic reduc-

tion in pain, with extended longevity of their factory installed equipment! Instead of the accepted norm of years of decline before ultimately deciding to surgically replace a failed joint.

Now, two things you must know if you are looking into these treatments.

One, you must find a reputable clinic with a medical staff having the requisite training, leading edge technology, and years of technique refinement and experience to deliver the highest standard of treatment.

Two, they must also possess the knowledge to know where these treatments work best, or where you may be best served by seeking a surgical consultation for the definitive treatment.

That is what I’ve done for more than a decade. I would be happy to help be your guide, to help you decide if these treatments may be right for you.

So that you can pain less and live more.

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

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

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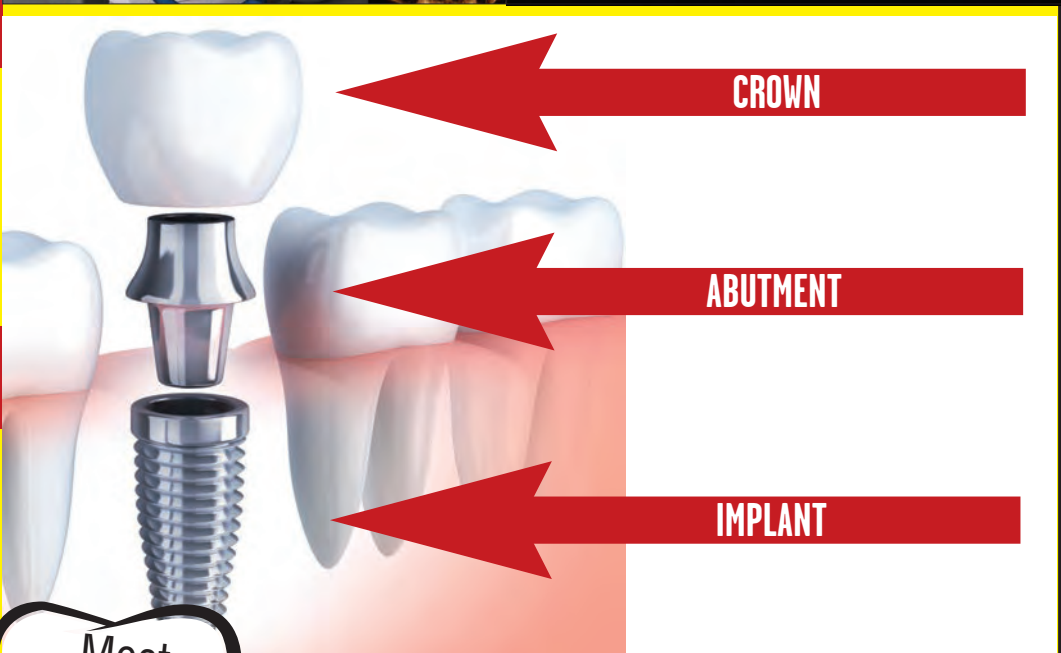
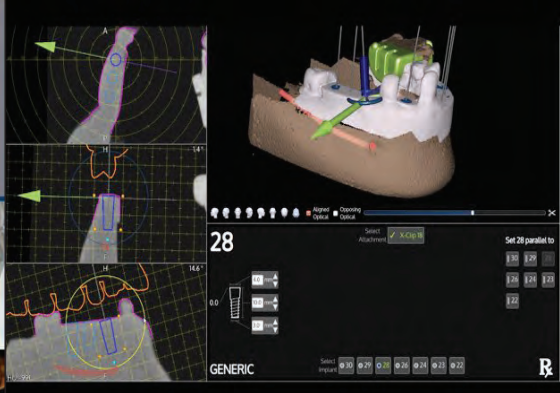
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Green Valley Celebrates 60 Years!

Written by Amy Millet

Have you ever wondered which came first, Continental, Green Valley or Sahuarita? The short answer is that Sahuarita had postal service beginning in 1882, Continental in 1917 and Green Valley in 1964. Green Valley grew the fastest with the population numbers in the 17,000s in 2000, and Sahuarita only in the 3,000s. The census numbers were both in the 20,000s, in 2010. Now Sahuarita is growing faster and has reached 34,000 while Green Valley tipped 22,000 in 2020. At times, discussions were intense when talking about their shared border, but in reality the two towns have helped each other economically all along the way. Sahuarita has the younger workforce and Green Valley has the retirees with their golf courses, restaurants and other services to put the younger generation in Sahuarita to work.

Before Green Valley was here, settlers came to make a living in Sahuarita and Continental by ranching, railroading, mining or farming. In 1916, Continental Farm began as a rubber plantation. This wasn't necessary after WWI, so the farmland was leased to many local farmers through the years including James Bull, who started farming in 1930, where present day Quail Creek is now. The main crop was cotton, but Bull rotated growing peanuts, vegetables, grain and alfalfa to improve the soil. He sold all of his land 39 years later to Anaconda Mining Co. for its water rights.

Keith Walden, owner of Farmers Investment Co. (FICO), bought Continental Farm in 1949, after years of the local farmers leasing it. He continued purchasing land and bought the Sahuarita Farm to the north and some of Canoa Ranch to the south. In Sahuarita, the ranches, farms and mines had thrived since the 1860s, because of the Santa Cruz River and the Railroad that could ship products out. Walden grew vegetables and cotton on the farm until a fungus started and new synthetic fibers threatened cotton revenues. In 1965, Walden began planting the pecan trees that are here today. Oscar Gomez, who grew up in Sahuarita working and playing on the farms, remembers overseeing a crew of 50 men, six days a week and planting 3,000 pecan trees a day in the holes that had been dug previously for them. The pecan trees have helped the valley stay green to this day.



Dick Walden and father Keith Walden



Mr. & Mrs. Bull 1950s Inspecting Cotton

Retirement communities with age restrictions and leisure and recreational activities were just becoming popular in the country and being developed in sunny Arizona. The first retirement community was in Youngtown, in 1954 and then Sun City, in 1960, both were located within a few hours of Green Valley. In 1960, developer Don Maxon moved west from Illinois to Tucson with his brother Norman, an architect and construction manager, to build an active retirement community on the land 20 minutes south of Tucson. With I-19 still not constructed up to Tucson, Don took investors out by horseback to look at the land with the Santa Rita Mountains flanked on the east, the Sierrita Mountains on the west and the beautiful green Sahuarita farms tucked in between.

Don Maxon was sensitive to the environment and culture and well before his time in creating multi-unit apartments that were affordable to the average American. Don gained



Mary and Don Maxon



Norman Maxon

experience working with his hands in construction after high school and enlisted in the United States Naval Construction Battalion, or CB. He helped the "Seabees" construct the town of Dutch Harbor with an airbase in the Aleutian Islands. Norman volunteered with the "Fighting Seabees" and served in many South Pacific invasions. After WWII, Don saw a need for quick construction as the GI's came home and there was a shortage of housing. He started Maxon Construction Company and subdivided larger land tracts to build hundreds of houses on them. He began using the new product called gypsum board, or sheetrock in his construction. Some claimed his village northwest of Chicago was made of cardboard, but others loved the new affordable homes and he sold 180 on the opening day. Maxon Construction Co. was well known in the Chicago area after many successful years of developing communities there like Brigadoon, Trout Valley and the town of Streamwood.

When planning their active retirement community here in Arizona, the Maxon brothers visited Mexico and took note of the beautiful arches, stucco exteriors, tile floors,

red tile roofs, heavy beams, wrought iron windows and beehive fireplaces. In 1963, they began building modernized Spanish Colonial Style homes with wheelchair access on land purchased from FICO that was once part of Canoa Ranch. Don's wife, Mary, courted congress and received the first funding to subsidize a housing development for the elderly with a community center, shopping center and medical offices. They used the Federal Housing Administration (FHA) Housing Act of 1959, the University of Arizona Foundation, and the New York State Teachers Retirement Fund sponsored by Maxon's non-profit University Retirement Corporation to sponsor the project. The Act required them to supply a certain number of housing units that were rentable to the low-income elderly with supportive services. The name of their community came about when Don and Mary, brainstormed with Charlie French, a vice president of the company. Charlie commented on what a beautiful green valley it was, and Mary agreed with him suggesting they should call it "Tucson Green Valley." The shortened version of just "Green Valley" was later used. Don's daughter, Anne, remembers her father teach-

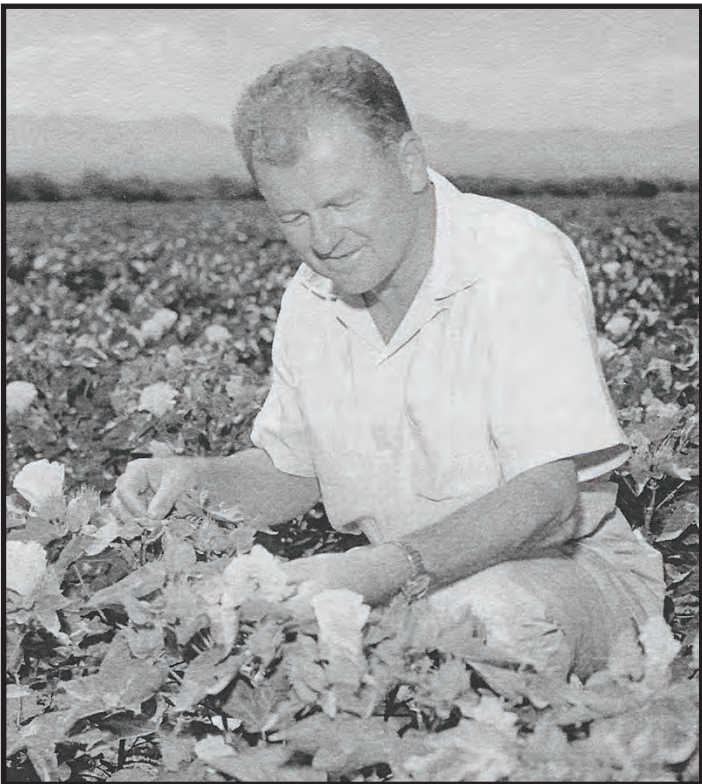
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Green Valley History
continued from page 3

ing his 3 sons and 2 daughters to work by having the girls in the office and the boys out working construction. With no trees planted yet, the brothers took their lunch with the work crew finding shade under the construction vehicles.

Maxon Construction Co. enlisted the help of architect James Smith and Hunkin Conkey Construction Co. to build 15 low rent apartments, or casitas, a day until they had over a thousand finished in one year. Their master landscaper, Mason Toles, was a pioneer in desert landscaping for that time. Green Valley was going up fast, but people were not buying them quickly enough. In 1966, the FHA foreclosed on over a thousand apartments, along with the shopping center, medical offices, 18 hole golf

course and recreation center. They reorganized Maxon Construction Co. into Green Valley Development Co. and continued building the next year. The Maxon brothers sold their interest in the company in 1967, and moved on to other projects including Norman reconstructing the London bridge on Lake Havasu.



Keith Walden

It is an honor to have such exceptional individuals as Don and Norman Maxon as the founding fathers of Green Valley. They took person-

al care and focused on integrity and quality in their sound architecture, conservation of the desert environment and Spanish Colonial influences in their designs. They were forward thinking to provide wheelchair access in their doorways and ingenious to get the FHA on board with funding the project. Green Valley owes much of its success, beauty and quality to the Maxon Brothers.

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“Buddy, Can You Spare a Kidney?”

Written by KGVY Staff

The U.S. recently passed the one million transplant mark since the beginning of transplanting organs. Transplanted organs were provided by living donors, deceased donors, and some from experimental animals such as pig organs (xenotransplantation). The first transplant of a human organ was in 1954 with the successful transplant of a kidney, the easiest organ to transplant.

Dialysis is a common treatment for people whose kidneys are functioning poorly. Taking over the work of the failing kidneys, a dialysis machine filters out toxins from the blood in people who have end-stage renal or kidney disease.

“Once the diagnosis of end-stage renal disease is reached, the option of dialysis should be discussed,” says Kristine Clodfelter Orion, MD, a Yale Medicine vascular surgeon and assistant professor of surgery at Yale School of Medicine. “The longest-lasting and best type of dialysis access is an arteriovenous fistula, or AV fistula.”

To undergo dialysis, a patient must first have a surgical procedure to create an access point for the machine. This is typically done in the arm or the wrist, most often by connecting an artery and a vein. The procedure is performed by a vascular surgeon who specializes in treating the circulatory (vascular) system.

Bob Kale, KGVY’S On-Air Talent since 2007 unfortunately knows all about this topic. The past three years have been the biggest challenge of his life. Bob has been on dialysis for two years. He was in need of dialysis sooner but due to COVID and the extended wait time for appointments, test and procedures he was in very poor medical condition by the time he received his first dialysis treatment. While enduring a series of tests to determine his physical health they found that he needed stents in his heart, which prolonged his first treatment even further. After a year of appointments, testing and procedures, he finally received dialysis. Bob has been on the National waiting list for three years but officially approved as a candidate with annual good health check ups for a

transplant since July of 2023.

Bob’s siblings would not be a good match for him due to their own medical conditions. His children would be the next level of acceptable donors, which the family is discussing.

If you would like to help by becoming a living donor you can contact Bob’s Living Donor Coordinator at (520) 694-7171.

When receiving any organ for transplant both the health of the donor and the patient are screened. The organ must be up to standards for a successful procedure. The health of the patient must be able to survive and thrive, so the organ is not wasted. Bob’s health has been determined to be good. Please keep your fingers crossed, send some prayers and we will provide quarterly updates.

A little about Bob:

Bob Kale grew up in Chicago. The



Bob Kale and Kennedy, one of four granddaughters

benefits of the great Chicago dogs and pizza from the windy city lost out over the sunshine of southern Arizona. Giving Bob a break from putting snow tires on at the end of August, Bob moved to Nogales, Arizona in the mid 80’s, and started his broadcast journey in Nogales and Tucson.

Bob, and his family have moved around the West, with gigs in Colorado, Wyoming, Oregon, then the Great Northwest in Washington before joining KGVY Familiar Favorites in 2007. He is a huge fan of Baseball and can be found rooting for his favorite teams when he’s not on the air or playing with his grandchildren.

Celebrating 60 years!

How Bill's Home Service Company Came to Be

For Bill Bennett it started out of necessity after farming in Amado was proving to be tough, but 60 years and two generations later, Bill's Home Service Company is one of Green Valley's oldest businesses and one of the oldest pest control companies in Southern Arizona.

"When I started out in 1964, after going broke as a farmer with three kids to feed, I began doing yard and pool service, pest control, garage pickup, and even soft water and swamp cooler service," Bill said when the company celebrated their 50th anniversary in 2014. "I did just about anything to make sure I could put some beans on the table at the end of the day. That's how I came up with Home Service Company as the name!"

Bill's son, Will, remembers those early days well. He and his younger brother, Ted, often found themselves helping their dad making runs to the dump or holding flashlights while Bill worked on a swamp cooler. "At



the time, we had a party phone line for our house and when customers would call they'd get passed down the line until dad was able to answer," Will recalls. "Eventually the business started getting so busy it became necessary to open an office and hire an assistant. In fact, the first assistant ended up being one of our neighbors who was part of the party line!"

Bill's hard work and friendly demeanor continued to grow the business. He started hiring employees and making decisions to sell various service lines to focus on expanding other divisions. By the mid 1990's, the company focused on pest and ter-

mite control services.

As Bill built the business, Will moved to Boise, ID and earned his degree in Business Administration from Boise State University and began a successful commercial banking career focused on commercial agriculture lending throughout Idaho. However, when Bill began to contemplate retirement in 1990,

Will jumped at the opportunity to return to southern Arizona with his wife, Lorie, and four sons to continue the family business.

On April 1, 1997, exactly 33 years after founding the company, Bill officially retired and passed the torch to Will. At his retirement, Bill reflected that he was excited to see where Will would take the business because he knew Will had a business plan whereas his business plan had always been "to go to work and hope I had enough money to buy a bag of beans to feed my family."

Will's business background and leadership guided the company to sustained growth in Green Valley and Sahuarita as well as significant expansion in the Tucson metro area. However, one thing stayed consistent and that was the company's approach to service. "Dad taught me the value of building great relationships with our staff and customers," Will says. "Our great team is dedicated to taking care of our customers which leads to our success."

Will's four sons also had the opportunity to work in the family business growing up just like their dad had with their grandfather. "Bill's Home Service has always been part of my life," Will's oldest son Bill explains. "I can remember coming to work with dad when I was young and cleaning swimming pools or patching drill holes during termite treatments." Bill's younger brother, Ryan, recalls that it didn't really matter what task they would work on, "there was just something special about being part of the family legacy."

In 2007, Will recognized an opportunity to build on the strong Bill's Home Service brand and founded Bill's Home Inspection Services to provide home inspection and home watch services. "2008 and 2009 were challenging years to be trying to establish a home inspection business," Will reflects. "But our focus on providing a quality service in a professional and friendly way once again

led to success." Today, Bill's home inspectors continue to be a favorite referral for Realtors throughout southern Arizona.

As Will continued to pursue growth for the companies, his sons all moved away to pursue higher education and start families of their own. Bill received multiple degrees from Arizona State University then held leadership roles in a couple fortune 500 companies, and started a family with his wife, Regina. Ryan moved to California where he received a business degree from Westmont College and began working in non-profit fundraising while starting a family with his wife, Jessica. After a few years of planning, Will began his transition to the next generation in 2013, with both Bill and Ryan returning with their families to southern Arizona to join the company.

Over the next seven years, Bill and Ryan worked at all the levels of the company learning how the business operated and, most importantly, understanding the culture of service that their grandfather had founded the company on. "It was important to me that the boys understood not just the business and operations side of things," Will says, "but also our fundamental principle of caring for people, and how important that is to who we are."

After nearly 30 years, Will retired at the beginning of 2020 and proudly passed the reins to Bill and Ryan. "To be the third-generation owners of a company with such a strong reputation is truly an honor," Ryan says. "It's a huge responsibility, but the foundation that our grandfather and father built over the years will guide us for another 30 plus years."

On the 60th anniversary of its founding, the family business has grown to include more than 25 team members that provide superior service to more than 8,000 termite and pest control, weed control, home inspection, and home watch customers every year throughout southern Arizona.

"Right before my grandfather passed away, he told my brother and me that being successful in business was pretty simple," Ryan reflects. "With a simple smile on his face, he looked at us and said, 'Just take care of people and do the right thing. Everything else will take care of itself if that's what you stay focused on.' That's what made him successful starting from nothing and that's how we continue to run the business today – our team simply goes out and takes great care of people."

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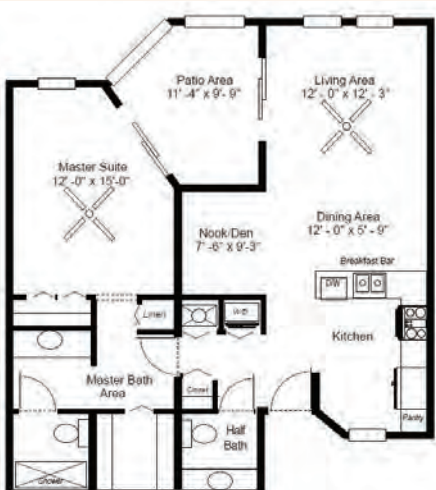


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# Curiosity Never Retires

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This column is provided by Westgate Garden Design 829-0399

# gardening tips

By Charlene Westgate, Permaculture Landscape Designer

## THE HEALING POWERS OF A GARDEN

*“Never underestimate the healing power of a quiet moment in the garden.”*  
– Nature Hills Nursery.

Gardening can be good for your body, mind, and soul.

Did you know that the study of therapeutic gardening dates back to the 1700s? Benjamin Rush, a physician and signer of the Declaration of Independence, discovered that gardens and gardening helped the recovery of his patients. Numerous studies since then have demonstrated that gardening is good for physical, mental, and emotional health. So, what are the advantages, and how can you take advantage of them?

**Sunlight.** Being outdoors in the garden provides sunlight. Sunlight produces vitamin D, which strengthens bones and improves immune function. It also boosts serotonin levels, creating well-being and reducing stress, lowering blood pressure. Sunlight helps set the body’s internal clock, delivering more energy and alertness during the day and better sleep at night.

**Soil.** Remember the fun of making mud pies or digging in the soil when you were young? Those good feelings are not a coincidence. *Mycobacterium vaccae*, a bacterium in the soil, boosts serotonin levels, which elevates a sense of happiness. This harmless microorganism also eases allergies.

**Exercise.** Working in a garden can burn as many calories as a workout at the gym. Digging, raking, planting, and weeding build



Enjoy a walk in one of the Green Valley’s parks or common areas. Shown: Desert Meadows Park, photo by BoomPix Media.

strength, flexibility, and balance and deliver aerobic exercise. A brisk walk in a garden or park also gives a cardio workout.

**Health Food.** You benefit from eating healthy, homegrown food if you grow vegetables or herbs. A vegetable or herb garden can be as simple as a pot or two. Herbs and winter vegetables such as lettuce, kale, broccoli, and cauliflower are fun and easy to grow.

**Recovery.** Interacting with nature has proven to be dramatically beneficial for recovery from surgery and illness. Patients with views of trees from their hospital windows had shortened hospital stays and fewer complications and needed fewer pain medications.

**Sense of Well-being.** Along with the impact of sunlight and exercise on well-being, plant care is also valuable for our spirits. In a study of residents of an assisted-living facility, those allowed to care for even a single plant reported higher levels of happiness, wellness, and quality of life than the non-gardening residents. Gardening or spending time in a garden lowers cortisol levels, which helps reduce stress and tension. Even care of a single living plant can make a difference.

**Community.** Walking in a garden setting or participating in a community

garden where we encounter other people invites a sense of community. Social interaction is vital to our well-being, teaching tolerance and teamwork and reducing depression and feelings of social isolation. If you’re new to gardening, participating in a community garden or volunteering at a local park is a great way to learn.

### What You Can Do

Okay, I hear you. You say gardening takes too much time and effort. In fact, one plant and a few minutes of your time are all you need to get the healing benefits of gardening. Here are some simple things you can do to take advantage of the curative benefits of a garden.



“Gardening is cheaper than therapy...and you get tomatoes!” ~ Author unknown

The most straightforward idea that requires no gardening skill is to take regular walks in nature. Whether hiking Madera Canyon, walking in Desert Meadows Park, Canoa Hills Trails, Historic Canoa Ranch, or a beautiful spot in your neighborhood, you can feel immediate effects on your mental and heart health.

Another easy option is to add a house plant. Even if you have no “green thumb,” there are a variety of easy-to-grow house plants and herbs. Talk to someone at one of our Green Valley nurseries to help select a plant you’ll enjoy and will require minimal care. Find a spot for your plant where it will get

sufficient light and where you’ll see it to remember to water it. To avoid the tendency to over-or underwater, purchase an inexpensive moisture meter at a local hardware store. The meter will help you know precisely when the plant needs to be watered.

Grow an outdoor kitchen garden. A kitchen garden should be located for easy access when cooking. But the garden also needs at least six hours of sun. Pots on wheels are convenient if you need to move the pots to get optimal sun and shade based on the time of year. Herbs, greens, and tomatoes can grow in pots and make a fun addition to any kitchen garden.

Weed your garden. Hand-weeding can be meditative and give you exercise while keeping your yard looking fantastic. You can also eliminate herbicides that can contaminate your soil and kill unintended plants along with the weeds. Various weeding tools can help, including gardening gloves,

cultivators, digging knives, and a kneeling bench if you’re on the ground when weeding. If bending is too difficult, a Dutch hoe or other cultivator with a long handle will allow you to stand upright when weeding. Weed for short periods,

in the cool of the morning or late afternoon, to avoid becoming overheated when working.

Learn to prune. Hand pruning is more attractive and healthier for plants than shearing a shrub with electric trimmers and can be a meditative practice. The clippings can be chopped and spread around the plant as free mulch. Talk to the Green Valley Master Gardeners office for tips on proper pruning.

Whichever practice you choose, enjoy the healing benefits of a garden this winter!



Community gardens are a fun way to get exercise and socialize

# Upcoming Programs and Events in 2024 for Sahuarita Parks

Get ready to mark your calendars as we unfold a year brimming with engaging community events and outdoor adventures! Our upcoming lineup is set to turn your 2024 into a checklist of can't-miss experiences. So, whether you're seeking cultural enrichment, family-friendly fun, or a dash of outdoor adrenaline, Sahuarita is the place to be. The countdown to an unforgettable 2024 begins now!

## JANUARY:

**Jan 10th – March 20th: Adult Kickball League Season 1**  
Relive your favorite childhood playground game!

**Jan 12th: Game & Sip 6:30 PM – 9:00 PM**  
Come join us for a fun and relaxing evening of board games and finger foods! 21+

**Jan 13th: SAACA Art on the Lake 10 AM – 4 PM**  
Browse local artwork for sale, street painting, interactive art activities, performances, community chalk mural competition, food trucks, live music, and more!

**Jan 27th: Sahuarita Classics Car Show 10 AM – 3 PM**  
Come out and enjoy the classic cars, have a bite to eat from a local food truck, and enjoy fun for the whole family.



## FEBRUARY:

**Feb 2nd: Craft & Sip 6:30 PM – 8:30 PM**

**Feb 17th: Let's Fly 9 AM – 11 AM**  
Soar to new heights at Let's Fly! Join us as we decorate kites and learn from local groups about different ways to take flight in the skies!

**Feb 22- 23rd: Rodeo Break Camp 8 AM – 4 PM**  
Enjoy indoor/outdoor games, STEM projects, arts & crafts, cooking lessons, guest speakers and more!

## MARCH:

**Mar 8th: Sunset Market 5 PM – 8 PM**  
Shop local vendors and enjoy live music at Sahuarita Lake Park!

**Mar 11 – 15th: Spring Break Camp**  
Fill your week with fun activities such as indoor/outdoor games, STEM projects, arts & crafts, guest speakers and so much more!

**Mar 30th: Bunny Bonanza 9 AM – 11:30 AM**  
Collect prize-filled eggs, take pictures with the Easter bunny, and have fun with your whole family!

## APRIL:

**Apr 6th: Fiesta Sahuarita 2 PM – 8 PM**  
Get ready for the largest Fiesta in the desert! Come out and enjoy over 100 vendors, food trucks, live music, an epic kids zone, and so much more!

**Apr 12th: Sunset Market 5 PM – 8 PM**

## MAY:

**May 1st – July 10th: Adult Kickball League Season 2**

**May 10th Sunset Market 5 PM – 8 PM**  
Shop local vendors and enjoy live music at Sahuarita Lake Park!

**May 15th: Ride of Silence**  
Join cyclists worldwide in a silent slow-paced ride in honor of those who have been injured or killed while cycling on public roadways.

**May 24th: Star Dazzle 7 PM – 9 PM**  
Come explore the stars, send a postcard to space, and more!



## JUNE:

**June – July: Camp Sahuarita**  
Enjoy a summer break full of fun adventure including weekly field trips and swim days, creating crafts, STEM projects, and having some outdoor fun!



**June 14th: Sunset Market 5:00 PM – 8:00 PM**  
Shop local vendors and enjoy live music at Sahuarita Lake Park!

## JULY:

**July 4th: Sahuarita Stars & Stripes 5 PM – 9 PM**  
Celebrate US Independence with vendors, food trucks, live music, free squirt guns, a kids' water zone, and fireworks, of course!

## AUGUST:

**Aug 9th: Sunset Market 5:00 PM – 9:00 PM**

**Aug 28th – Nov 6th: Adult Kickball League Season 3**

## SEPTEMBER:

**Sept 13th: Sunset Market 5:00 PM – 8:00 PM**

**Sept 14th: Barkarama 8:00 AM – 11:00 AM**  
Bring your dogs for a fun morning with pet-centered vendors and organizations, free treats, and more.

## OCTOBER:

**Oct 5th: Zombie Run 5:00 PM – 8:00 PM**  
Think you could survive a zombie outbreak? Come test your skills in a run around Sahuarita Lake!

**Oct: Fall Break Camp**  
Fill your week with fun activities such as indoor/outdoor games, STEM projects, arts & crafts, guest speakers and so much more!

**Oct 11th: Sunset Market 5:00 PM – 8:00 PM**

**Oct 26th: Spooktacular 6:00 PM – 8:00 PM**  
It's time for another Halloween celebration in Sahuarita featuring a live DJ, food trucks, an interactive kids' zone, and a community trunk-or-treat.

## NOVEMBER:

**Nov 8th: Sunset Market 5:00 PM – 8:00 PM**

**Nov 9th: Veterans Day Celebration 9:00 AM – 11:00 AM**  
Enjoy a laid-back morning outdoors with friends and family, while honoring military service past and present.

## DECEMBER:

**Dec 7th: Winterfest 3:00 PM – 8:00 PM**  
Shop with local vendors for the perfect gifts, grab a warm meal from a food truck, watch live ice sculpting demos and entertainment, enjoy the dazzling lights of the parade and tree-lighting, and more!

**Dec 14th: Egg Nog Jog 8:00 AM – 11:00 AM**  
Exercise while spreading holiday cheer and supporting a good cause. Register for the 1-mile or 5k run for free, with optional donations accepted!



These are just some of the programs and events we have in the work for the year that we know you won't want to miss! For more information on our programs and events, visit our website at [SahuaritaParksandRec.org](http://SahuaritaParksandRec.org). Be sure to sign up for our monthly newsletter while you're there, to stay in the loop about the latest happenings in Sahuarita. Get ready to make 2024 a year filled with laughter, connection, and a whole lot of fun right here in our vibrant community!

Please sign-up for our newsletter.  
Learn about upcoming events, staff  
and new services

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

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# Happy New Year!



From our house to yours  
May Peace & Happiness  
fill your home in 2024  
Maybe a new furry  
friend to start the year?



Kehlani



Puma



Mortar



Mona



**The Animal League**  
of GREEN VALLEY

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(520) 625-3170

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**GREEN VALLEY SAHUARITA**  
CHAMBER OF COMMERCE & VISITOR CENTER

## 2024 Business Expo & Taste of the Valley

Saturday, February 10, 2024  
10:00 AM - 1:00 PM

Desert Diamond Casino Diamond Center  
1100 W. Pima Mine Rd.  
Sahuarita, AZ 85629

### Free to the Public!

- A spectacular showcase of the finest businesses, services, and non-profits in the region!
- \$2.00 tickets will indulge your taste buds with delectable samples from the area's top restaurants!
- Sahuarita Parks & Rec Kid's Zone: Keep the little ones entertained with a special zone curated just for them, ensuring a day of family fun!

Is your organization looking to showcase your products or services?  
Reserve your spot now by registering at [www.GreenValleySahuarita.com](http://www.GreenValleySahuarita.com)

## Community Performance and Art Center

|                                                                             |                                                                                                 |                                                                                       |
|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <b>JANUARY 19</b><br>3PM & 7PM                                              | BROADWAY, BABY!<br>Khris Dodge Entertainment                                                    |    |
| <b>JANUARY 20</b><br>4PM & 7PM                                              | UNSCREWED<br>IMPROV COMEDY                                                                      |    |
| <b>JANUARY 25-27</b><br><b>FEBRUARY 1-2</b><br>7PM, JAN 28 &<br>FEB 3-4 3PM | THE IMPORTANCE<br>OF BEING EARNEST<br>A Play by Oscar Wilde<br>Santa Cruz Shoestring<br>Players |    |
| <b>FEBRUARY 5</b><br>7PM                                                    | BLUES CHAMPION<br>ERIC RAMSEY                                                                   |   |
| <b>FEBRUARY 6</b><br>7PM                                                    | WESTERN<br>ENTERTAINER<br>JONI HARMES                                                           |  |
| <b>FEBRUARY 9</b><br>3PM & 7PM                                              | THE LIFE AND TIMES<br>OF EINSTEIN<br>A Play by Kres Mersky                                      |  |
| <b>FEBRUARY 12</b><br>7PM                                                   | SAHUARITA<br>HIGH<br>SCHOOL<br>STAGE BAND                                                       |  |
| <b>FEBRUARY 21</b><br>7PM                                                   | TRAVELER                                                                                        |  |
| <b>FEBRUARY 22</b><br>7PM                                                   | JAZZ WITH<br>SARAH TOLAR                                                                        |  |
| <b>FEBRUARY 25</b><br>3PM & 7PM                                             | DAVE STAMEY                                                                                     |  |
| <b>MARCH 1</b><br>3PM & 7PM                                                 | SAX GORDON<br>BEADLE                                                                            |  |
| <b>MARCH 5</b><br>7PM                                                       | TAKE 3                                                                                          |  |
| <b>MARCH 9</b><br>7PM                                                       | TRAVIS<br>ANDERSON TRIO                                                                         |  |

Buy Tickets Online at [www.performingartscenter.org](http://www.performingartscenter.org)



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# The Green Valley Sahuarita Chamber of Commerce: A 3 C's Chamber

Submitted by Randy Graf, President & CEO

In today's rapidly evolving business landscape, chambers of commerce play a pivotal role in fostering economic development and strengthening community bonds. The Green Valley Sahuarita Chamber of Commerce stands out as a prime example of a "3 C's Chamber" – a Convener, Catalyst, and Champion for its community. With a commitment to progress, collaboration, and advocacy, this chamber epitomizes the essence of modern chambers.

1. Convener: One of the core roles of the Green Valley Sahuarita Chamber is to serve as a convener. It brings together diverse stakeholders from the local business community, government, nonprofits, and beyond. By facilitating regular networking

events, workshops, and forums, the chamber provides a platform where ideas are exchanged, partnerships are forged, and businesses connect. This role as a convener promotes collaboration and synergy, ensuring that the community thrives through shared knowledge and collective efforts.

2. Catalyst: The chamber serves as a catalyst for economic growth, inspiring innovation and entrepreneurship within its region. Through initiatives such as business development programs, mentorship opportunities, and advocacy for favorable business policies, it empowers businesses to flourish. By supporting startups, fostering job creation, and attracting investments, the chamber drives economic prosperity and

ensures the community remains vibrant and sustainable.

3. Champion: The Green Valley Sahuarita Chamber is a staunch champion for its community. It advocates for policies and projects that enhance the quality of life for residents and businesses alike. Whether it's promoting local tourism, advocating for infrastructure improvements, or championing environmental sustainability, the chamber takes a proactive stance in addressing the unique needs of its community. It amplifies the voices of its members and ensures their concerns are heard at all levels of government.

The 3 P's of the past (Parades, Pageants and Parties) has given way to

the 3 C's. Green Valley Sahuarita Chamber of Commerce is not just a traditional business association; it is a dynamic 3 C's Chamber. As a Convener, it fosters collaboration and knowledge sharing; as a Catalyst, it propels economic growth and innovation, and as a Champion, it tirelessly advocates for the betterment of its community. In an ever-changing business landscape, the chamber's commitment to these three core roles ensures that it remains a driving force behind the prosperity and well-being of the Green Valley Sahuarita region. It serves as a shining example of what a modern chamber of commerce can achieve when it embodies the 3 C's – Convener, Catalyst, and Champion.



For over 50 years the Green Valley Council, an Arizona nonprofit corporation, has served as the civic voice for Green Valley. The Council advocates for the community's best interests, represents the community at all governmental levels, and serves as the direct liaison with Pima County. The Green Valley Council is contracted by Pima County to assist in providing county services to individuals, HOAs, and businesses, and to address community issues.

The Green Valley Council is a volunteer organization that works through a Board of Representatives, an Executive Committee, and 8 Standing Committees. The Executive and Standing Committees work directly with the Pima County District 4 Board of Supervisor's office, the County Administrator's office, and the Pima County Departments: Community Services, Environmental Quality, Public Health, Natural Resources Parks and Recreation, Regional Flood Control District, Regional Wastewater, Pima County Sheriff, Transportation, and more.

The Green Valley Council provides informational forums such as "Living with Urban Wildlife", "Road Remediation", and "Building Kind Communities". The Council presents governmental forums such as "Air Quality/West Nile Virus", "Pima County Assessor/Property Taxes", and "Water Quality and Reclamation". The Green Valley Council also hosts two large annual events: The Annual First Responders Fair and the Monsoon Madness Preparedness Fair. Join us on March 23<sup>rd</sup>, 2024 for the Second Annual First Responders Fair at Historic Canoa Ranch for a day to honor and thank all those who serve and protect us. This year will be bigger than last year, with more demonstrations, exhibits, food trucks, and much more. The Green Valley Council also invites you to join us for the Second Annual Monsoon Madness Forum on June 6<sup>th</sup>, 2024 at the Community Performance & Art Center (CPAC) in Green Valley. Learn all about the monsoon and how to prepare yourself and your home for before, during, and after monsoon.

# Come Celebrate the White Elephant's 60th Anniversary!!!

A 60<sup>th</sup> Anniversary Year Special Thank You from The White Elephant

What an honor it is for me to sit down and write a message to the community to say thank you during this very special 60<sup>th</sup> Anniversary Year here at the White Elephant! Each January as we kick off the start of a new year, everyone here at the Country Fair White Elephant kicks into high gear to get the store up and running after our annual holiday closure. This year will be very special as our 60<sup>th</sup> Anniversary Chair, Judy Oestreich along with our many volunteers, plan for a 60<sup>th</sup> Anniversary Special Event which will take place on Saturday, February 3, 2024 during regular store hours.

Our "Celebrating 60 Years of Giving" kick-off event will feature special fashions, jewelry, collectibles and items throughout the store that have been specially selected and set out for purchase during the 3-hour event from 9am to 12noon. In addition, our local Green Valley – Sahuarita Optimist Club will be set up outside the entrance of the store selling their famous Optimist sausage sandwiches, hot dogs, and hamburgers. The entire community is invited to attend! Mark your calendar for Saturday, February 3<sup>rd</sup> from 9 to noon and come on out and join in the fun!

The White Elephant is proud to be celebrating this huge milestone. It is a perfect time to extend a huge "THANK YOU!" to the entire community of donors, volunteers and shoppers who make it possible for the White Elephant organization to give back to the community in such a grand way. \$2,202,307.42 in revenue was generated last year and \$1,815,000.00 went back directly to community organizations who are recipients of White Elephant grants and to our local students who are recipients of a scholarship through our Country Fair White Elephant Educational Scholarship Foundation. The White Elephant is proud to be able to grant money right back to our local communities through our granting process.

So whether you are a volunteer, a donor, or a shopper, your contributions to the White Elephant are so appreciated by this organization. From all of us here at the White Elephant, thank you for your continued support. Enjoy our 60<sup>th</sup> Anniversary celebration throughout 2024!

*Karen Lavo, General Manager*



## Celebrating 60 Years of Giving Kick-Off Event

**Saturday  
February 3, 2024  
9AM-Noon**

**Open to the public**

**From the Sahuarita Schools; you are invited to the White Elephant Appreciation Show!**

**A variety show of current student productions and talents to show their appreciation to the White Elephant Volunteers!**

**Sahuarita Unified District Auditorium  
Tuesday, February 6, 2024  
6:00pm**

**Specially selected fashions, jewelry, collectibles and items throughout the store**

**Local Green Valley - Sahuarita Optimist Club will be selling their famous Optimist sausage sandwiches, hot dogs and hamburgers**

**Come on out and join in the fun!**



## White Elephant Coupon



### 20% OFF

**\*\* One Regularly Priced Item Only \*\***

Original coupon must be presented at time of purchase.  
(no copies accepted)

Limit one coupon per purchase. Coupon valid 2/3/2024 – 6/30/24



WHITE ELEPHANT GRANTS FOR 2023

PUBLIC SCHOOLS

|                                  |        |
|----------------------------------|--------|
| CONTINENTAL SCHOOL DIST          | 14,500 |
| CONTINENTAL SCHOOL (PTC)         | 4,000  |
| CONTINENTAL SCHOOL DIST ED FOUND | 7,000  |
| NOGALES SCHOOL DISTRICT          | 17,000 |
| NOGALES HIGH SCH                 | 25,000 |
| PIERSON VOC HIGH SCH             | 15,000 |
| DESERT SHADOWS MIDDLE SCH        | 14,500 |
| WADE CARPENTER MIDDLE SCH        | 14,000 |
| MARY WELTY ELEM SCH              | 14,000 |
| CORONADO ELEM SCH                | 20,000 |
| CHALLENGER ELEM SCH              | 17,000 |
| LINCOLN ELEM SCH                 | 19,000 |
| RM BRACKER ELEM SCH              | 15,000 |
| AJ MITCHELL ELEM SCH             | 15,000 |

|                               |        |
|-------------------------------|--------|
| SANTA CRUZ VALLEY SCHOOL DIST |        |
| RIO RICO HIGH SCH             | 19,000 |
| CALABASAS MIDDLE SCH          | 21,000 |
| COATIMUNDI MIDDLE SCH         | 12,000 |
| MOUNTAIN VIEW ELEM SCH        | 19,000 |
| SAN CAYETANO ELEM SCH         | 15,000 |

|                                |        |
|--------------------------------|--------|
| SAHUARITA SCHOOL DISTR         |        |
| WRIGHTSON RIDGE K-8            | 20,000 |
| SAHUARITA EDUCATION FOUNDATION | 17,000 |
| SAHUARITA HIGH SCH             | 22,000 |
| WALDEN GROVE HIGH SCH          | 20,000 |
| SAHUARITA INTERMEDIATE SCH     | 18,000 |
| SAHUARITA MIDDLE SCH           | 20,000 |
| ANZA TRAIL SCH                 | 32,000 |
| SAHUARITA PRIMARY SCH          | 24,000 |
| SOPORI ELEM SCH                | 16,000 |
| COPPER VIEW ELEM SCH           | 15,000 |
| SUSD EARLY CHILDHOOD CNTR      | 6,500  |
| LINK PROGRAM                   | 12,000 |
| SAHUARITA DIGITAL              |        |
| PATHWAY ACADEMY                | 4,500  |

TOTAL PUBLIC SCHOOLS 524,000

PRIVATE SCHOOLS

|                            |        |
|----------------------------|--------|
| MONTESSORI DE SANTA CRUZ   | 5,000  |
| LOS NINOS DE VALLE PRE SCH | 11,000 |
| ST ANDREWS PRE SCH         | 7,000  |
| WINGS ON WORDS             | 6,500  |

TOTAL PRIVATE SCHOOLS 29,500

TOTAL SCHOOLS 553,500

YOUTH ORGANIZATIONS

|                                  |        |
|----------------------------------|--------|
| BALLET CONTINENTAL               | 22,000 |
| BOYS & GIRLS CLUB - SANTA CRUZ   | 36,000 |
| BOYS SCOUTS OF AMERICA CANTALINA | 5,000  |

|                                 |        |
|---------------------------------|--------|
| COPPER HILLS LITTLE LEAGUE      | 10,000 |
| FUNHOUSE MOVEMENT THEATRE       | 3,000  |
| SAHUARITA MUSIC BOOSTERS        | 9,000  |
| WRIGHT FLIGHT                   | 21,000 |
| GIRL SCOUT OF S ARZIONA         | 5,000  |
| LPGA/USGA GIRLS GOLF            |        |
| OF GREEN VALLEY                 | 4,500  |
| SAHUARITA STINGRAYS SWIM TEAM   | 4,900  |
| SANTA CRUZ CARDINALS            | 9,000  |
| RICH RIVER ATHLETIC CLUB        | 3,500  |
| WISDOM SPORTS & SCHOLARS        | 18,000 |
| RED WOLVES MUSIC BOOSTERS       | 5,000  |
| SAHUARITA GV 49ERS FB AND CHEER | 9,000  |
| SAHUARITA COMMUNITY 4H          | 7,000  |

TOTAL YOUTH ORGANIZATIONS 171,900

NATIONAL DISEASE

|                       |       |
|-----------------------|-------|
| AMERICAN CANCER ASSOC | 5,000 |
|-----------------------|-------|

TOTAL NATIONAL DISEASE 5,000

ADULT/CHILD ASSISTANCE

|                                     |        |
|-------------------------------------|--------|
| AMADO COMMUNITY FOOD BANK           | 30,000 |
| UNITED WAY OF SANTA CRUZ            | 5,000  |
| PARKINSON'S SUPPORT GROUP           | 18,000 |
| MILITARY OFFICERS OF AMERICA        | 2,500  |
| BIG BROTHERS AND SISTERS OF TUCSON  | 750    |
| ARIVACA HUMAN RESOURCES             | 26,000 |
| ARIZONA CHILDRENS ASSOC             | 5,000  |
| BORDERLANDS FOODBANK                | 60,000 |
| LA POSADA LIFE - ADULT              | 20,000 |
| LA POSADA LIFE - BEHAVIOR           | 9,000  |
| LA POSADA LIFE COMMUNITY CENTER     | 17,000 |
| CROSSROADS NOGALES MISSION          | 40,000 |
| GREEN VALLEY GOT TALENT             | 3,000  |
| VALLEY ASSIST SERVICES              | 58,700 |
| GREEN VALLEY CERT COUNCIL           | 1,250  |
| GV COMMUNITY FOOD BANK              | 35,000 |
| GVR COMMUNITY FOUNDATION            | 7,000  |
| ANGEL HEART PAJAMA PROJECT          | 5,000  |
| ARIZONA RANGERS MADERA COMPANY      | 9,000  |
| ARIVACA COMM CNTR - FACILITIES      | 5,000  |
| ARIVACA COMM CNTR - PARK & REC      | 4,000  |
| REBUILDING TOGETHER                 | 18,000 |
| BEN'S BELL                          | 5,000  |
| BORDER COMMUNITY ALLIANCE           | 4,000  |
| ST ANDREWS CLINIC                   | 25,000 |
| SANTA CRUZ SHERIFF DARE             | 10,000 |
| SANTA CRUZ SEARCH AND RESCUE        | 10,000 |
| SAV                                 | 45,000 |
| SUN SOUNDS OF ARIZONA               | 10,000 |
| TEEN CHALLENGE                      | 4,000  |
| THE SALVATION ARMY                  | 50,000 |
| TU NIDITA CHILDRENS & FAMILY CLINIC | 2,500  |
| TUCSON CHILDRENS MUSEUM             | 10,000 |

|                                  |        |
|----------------------------------|--------|
| YOUTH ON THEIR OWN               | 10,000 |
| BAG IT                           | 8,000  |
| NOGALES COMMUNITY FOOD BANK      | 35,000 |
| PIMA COUNCIL ON AGING            | 6,000  |
| ARIVACA ACTION CENTER            | 3,000  |
| SAHAURTA POLICE DEPARTMENT       | 8,000  |
| FRIENDS IN DEED                  | 11,000 |
| SAHAURITA FOOD BANK              | 90,000 |
| MILITARY ORDER OF WWS            | 3,500  |
| ARIVACA HELPING HEARTS           | 8,000  |
| RIO RICO HISTORICAL SOCIETY      | 10,000 |
| RESIDENTS OF RIO RICO - RORR NEW | 5,000  |
| NOGALES POLICE DARE PROGRAM      | 5,000  |
| PRIMERIA ALTA HISTORICAL SOCIETY | 3,000  |
| GVC FOUNDATION [GDDT]            | 10,000 |

TOTAL ADULT / CHILD ASSISTANCE 770,200

COMMUNITY ARTS SUPPORT

|                                |        |
|--------------------------------|--------|
| GREEN VALLEY CONCERT BAND      | 5,000  |
| GREEN VALLEY STAGE BAND        | 2,000  |
| HILLTOP ART GALLERY            | 10,000 |
| TUBAC CENTER FOR THE ARTS      | 10,000 |
| COMMUNITY CNTR PERFORMING ARTS | 26,000 |
| BIG BAND SOUNDS OF GV          | 1,400  |

TOTAL COMMUNITY ARTS 54,400

AREA AND NATURE STUDY

|                           |        |
|---------------------------|--------|
| FRIENDS OF THE PRESIDIO   | 3,000  |
| TUBAC NATURE CENTER NEW   | 2,000  |
| SANTA CRUZ HUMANE SOCIETY | 21,000 |
| FRIENDS OF MADERA CANYON  | 3,000  |
| TUBAC HISTORICAL SOCIETY  | 5,000  |
| PAWS PATROL               | 1,000  |
| EQUINE VOICES             | 10,000 |

TOTAL AREA AND NATURE STUDY 45,000

FIRE DISTRICTS

|                         |        |
|-------------------------|--------|
| AFD AUXILIARY           | 20,000 |
| VOL HELMET PEAK /       |        |
| ELEPHANT HEAD FIRE DEPT | 80,000 |

TOTAL FIRE DISTRICTS 100,000

TOTAL OUTSIDE GRANTS 1,700,000

WHITE ELEPHANT SCHOLARSHIP FOUNDATION 115,000

TOTAL GRANTS 1,815,000

TOTAL 1,815,000

# FIND YOUR FUN *at Gr*

## 2024 SHOWCASE

Save the Date! Friday, March 1



Curious about GVR? Are you a tenant, a new member, or a member who is looking for something new to try? Mark your calendar for Friday, March 1. Learn about all GVR has to offer: chat with members of GVR clubs, watch course instructor demonstrations and presentations, get the scoop on *GVR Live!* events and entertainment, and learn about GVR membership. The Showcase is a popular, lively event—this year with music, refreshments, and prizes.



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For GVR  
Members  
Only

#### Resistance Band Training (Small Group)

Starts January 8  
Monday & Wednesday  
9–10am  
5 weeks \$150

#### Boxing Training (Small Group)

Starts January 9  
Tuesday & Thursday  
10–10:45am  
4 weeks \$120

To register for fitness programs, please  
contact Lee Smith: [LeeS@gvrec.org](mailto:LeeS@gvrec.org)



### There's something for everyone!

**GVR's leisure education classes** offer members and non-members an opportunity to meet new friends, achieve personal growth, and engage in learning. Choose from arts and crafts, writing and language, nature and gardening, fitness and sports, dance and music, and a selection of special-interest classes. To discover the full array of leisure education opportunities, pick up a winter recreation catalog at any GVR center or go to the bottom of the homepage at [GVRec.org](http://GVRec.org).

Many GVR  
classes are  
open to  
the general  
public



# Green Valley Recreation



## Check out these fabulous February events

GVR is offering seven sensational events this month that include dances, comedy, dinner and a show, performances, and the new Paint & Sip. All events are at the West Center auditorium except Paint & Sip which is in the newly renovated Canoa Hills lobby. For complete details, please pick up a winter catalog at any GVR center or go to the bottom of the homepage at GVRec.org.

For tickets, call 520-625-0288. To reserve a full table, call 520-838-0156.

For GVR members only

All of the members-only events include a catered meal and choice of three beverages.



FEB 6  
6pm

### PAINT & SIP BY HUES 'N' BOOZE

Paint a wine glass on an abstract background, eat a little, drink a little, and have a great time. Member/guest \$45

### GVR Live! Dinner and a Show CARO PIEROTTO

Experience an evening of music with the Brazilian flair of Caro Pierotto. Member/guest \$35

FEB 8  
6pm



FEB 20  
6pm

### GVR Live! Dinner and a Show JASON LOVE COMEDY NIGHT

What could be better than an evening of laughter? You will be tickled pink by not one, not two, but three professional comedians. Member/guest \$40

### GVR Live! Dinner and a Show ROBIN SPIELBERG

From the moment she walks in the room, Robin will win your heart with her compelling melodies and sensitive piano techniques. Member/guest \$35

FEB 22  
1pm



FEB 27  
6pm

### GVR Live! Dinner and a Show THE TRIBUTARIES—SUPER SONGS OF THE 60S

Hear renditions of the 60s most popular songs along with the background scoop about the bands who made the tunes famous. Member/guest \$35

Open to the public

FEBRUARY 14  
Watch for a pop-up  
Valentine's Day  
event!

### GVR Live! Dance SONÓROUS

Enjoy an evening of entertainment, friends, and dancing to your favorite hits. Member/guest \$15. General public \$25

FEB 2  
7pm



FEB 13  
7pm

### GVR Live! Performance RHINESTONE COWGIRL MELLY DUNN

This show includes hits from Patsy Cline, Tammy Wynette, Dolly Parton, Olivia Newton-John, and more. Member/guest \$30. General public \$40

# History of the White Elephant Thrift Store

- Green Valley was informally founded in 1962 when Maxon Brothers Construction Company bought 2,900 acres from FICO. The concrete foundations for the first apartment houses were poured in August of 1963 there were approximately 1,000 apartments on both sides of La Cañada Drive (now known as the Green Valley Villas).
- The Country Fair was organized in 1964 by a small group of local community leaders to promote good fellowship, provide an easy way for Green Valley residents to get better acquainted and provide a way to “give back” to the community. A white elephant sale was conducted and brought in \$146.20 in profit.
- The first recorded agency to receive funds from the sales was the GV Library, \$262.00 was awarded in 1965.
- A permanent organization was created in October 1965.
- In 1972, the Green Valley Country Fair (GVCF) was formally established as a non-profit organization with a 15-member Board of Directors.
- From 1964 through 1980 records indicate about \$35,000 was raised from the annual White Elephant sales and distributed back to the community.
- In 1980 the GVCF leased a parcel of land from Pima County and a 3000 sq. ft. building was erected. It was opened in June of 1981 and paid off in 1982.
- In 1983, the White Elephant bought their first truck.
- In 1984, a 1,200 square foot building expansion was completed. The shop had about 40 volunteers, and being its 20<sup>th</sup> Anniversary, awarded \$50,000.00 from sales!
- To keep up with the volume of donated merchandise, another 1,800 square foot addition was added in 1986, again paid for with funds from sales.
- In 1990, a scholarship program was initiated with \$10,000 provided for scholarships and another \$127,000 distributed to community non-profit organizations.
- In 1990, Pima County allocated additional land south of the White Elephant building for another expansion. The White Elephant now occupied a 9,800 square foot building.
- In 1994, its 30th anniversary, the Country Fair White Elephant gave \$450,000 to non-profit organizations and schools, with \$45,000 of this amount designated for scholarships. There were now more than 120 volunteers. Total sales for 1994 were \$571,950.
- Gaye Catalini was hired in July 1997, becoming the first paid employee.
- By 1998, planning began to build a 7,500 square foot addition on the west side of the building.
- In 1998, to honor past Board President Hollace Roberts, the scholarship program was ended, in its place, the Country Fair White Elephant Board of Directors established the Hollace G. Roberts Educational Foundation, Inc.
- In 2000, the major expansion project got underway. It was broken down into three phases; a new parking lot, a new addition and the CFWE called Phase III, “tenant improvement.” This was completed in July 2001 and became a 17,000 square foot store.
- December 2000, the White Elephant raised approximately \$5,000,000 and was operated by a crew of more than 250 volunteers. Total sales for 2000 were \$928,758.
- In the fall of 2001, the CFWE Board voted to hire General Manager Judy Oestreich from Burnsville, Minnesota. She assumed the position April 29, 2002. During distribution day December 12, 2002, a record \$1,000,000.00 was awarded.
- 2003 Distribution Day awarded a record \$1,300,000.00 to worthy organizations.
- The first Midnight Madness Green Valley Style was held in the store from 3:00-6:00 p.m. on October 28, 2004 raising \$8,507.40.
- Karen Morales was hired as General Manager starting March 1, 2007.
- February 2008, the board voted to hire Jim Fitzsimmons as Facility Manager.
- Fall of 2008, the Long-Range Planning Committee made yet another request for more square footage, an improvement in traffic flow and extended parking. Groundbreaking took place on February 26, 2009. A Grand Opening was held on October 7, 2009 and an Open House January 13, 2010 to showcase the new 34,400 square foot facility.
- In store sales for 2010 exceeded \$2,000,000 for the first time at \$2,092,698.
- In 2011, solar panels were installed on the roof that could generate about 60% of the electricity the White Elephant used.
- At Distribution Day on Thursday, December 12, 2013, a record \$1,500,000 was distributed and \$100,000 for the Scholarship Fund was awarded.
- January 31, 2014 a Kick-off event was held on the portico on the front of the building to begin the year-long celebration of the White Elephant’s 50<sup>th</sup> year.
- Total income for 2014 including Sales, eBay, Collectibles, ATM Fees, and Recycled Metal was \$2,123,190.
- April 2015, the SUSD (Sahuarita Unified School District) selected the White Elephant to be inducted into its District Hall of Fame.
- On June 17, 2016 the Board of Trustees of the Hollis G. Roberts Educational Foundation, Inc. voted to change the name to: Country Fair White Elephant Scholarship Foundation, Inc.
- Distribution Day on December 8, 2016 awarded \$1,600,000.
- Richard Cramer was hired as Facilities Manager. His first day of work was October 18, 2017.
- Daniel Hernandez, Representative Arizona Legislative District 2, nominated the White Elephant for the ARA Retailer of the Year in District 2. The award was presented at the Arizona Retailers Association Annual Awards Luncheon on November 17, 2017 at the East Valley Institute of Technology in Mesa, Arizona.
- In January of 2019, The Scholarship Foundation added change jars by all cash registers for donations to the Foundation and the month of January netted \$331.10.
- May 16, 2019 the Green Valley Salvation Army Service Center awarded the White Elephant a Civic Award “Other Award” which honors an individual or organization that exemplifies an extraordinary spirit of service to others.
- Record sales for 2019 were \$2,253,494.00.
- The first case of the COVID 19 virus was reported in Arizona on January 26, 2020. Many changes and store closure times were implemented per guidelines by Pima County.
- Due to the COVID shutdown in 2020 distribution day was canceled and checks in the amount of \$500,000.00 were mailed to organizations receiving grants and \$90,000.00 was awarded to the White Elephant Scholarship Foundation.
- The year 2021 started out with very high numbers of Covid cases in Pima County. The decision to close the store was made by the Board and General Manager Lavo.
- On August 21, 2021 Richard Cramer, Facilities Manager gave notice of his retirement effective November 1, 2021. Chris Cota was promoted from the Warehouse Assistant position.
- During the September 2021 Board meeting, it was decided that due to Pima County’s new Health Department regulations and higher cost, the annual parade would be canceled.
- Due to COVID restrictions in 2021, Grant checks were mailed in the amount of \$925,000.00 and \$25,000.00 was granted to the Scholarship Foundation.
- The 2022 Grant Distribution Day was again held at West Social Center where \$1,495,000.00 was presented in person to 112 organizations.
- Covid 19 restrictions required limited occupancy in the store. Tracking the number of shoppers was initiated during shopping hours. After these restrictions were lifted the counting continued and was documented. In 2022 our records show 218,124 people came in to shop.
- The Scholarship donation jars at the cash registers collected a total of \$3725.73 in 2019, \$2,031.35 in 2020, \$3,993.36 in 2021, \$6,094.15 in 2022, and \$7,409.13 in 2023!
- Distribution day was held on December 7, 2023 at the West Social Center. \$1,700,000.00 was awarded to 116 organizations and \$115,000.00 to the Scholarship Foundation.
- 2023 brought 219,718 people into the store to shop! Thank you, donors, shoppers, and volunteers for supporting the White Elephant.
- Total income for 2023 was \$2,202,307.42.



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# Green Valley Cooling and Heating Gives in Many Ways to the Community

Written by Guy Atchley

This is the season for helping others, but at Green Valley Cooling and Heating, it's that time all year round. The company has a program appropriately named Heating Hearts. Joanna Buglewicz is the President and Owner. She told us, "We started Green Valley Heating Hearts in 2016. For years, we had many organizations in our community helping people and many of those organizations relied on local money to continue their efforts. Each year, we would donate money and more non-profits would come along with other worthy causes to support those in our area. We have been in business for 55+ years, so it has been a lot of monetary giving over those years. There are so many organizations, but a few bad experiences led us to rethink our giving. We learned that not all of the funds we donated to certain non-profits, went to those it claimed to serve. We then had the idea to create an in-house foundation where we can direct our funds to help our community with heating and cooling needs. It was such a great decision and it feels really great to give back."

We also talked to Sales Manager Kyle Nicolls who said, "We have funds set aside to help people in financial need. Heating and cooling in this area is so crucial, and we can't imagine the emotions people go through if they can't keep their families safe, healthy, and comfortable inside their homes. So, anybody who's going through financial hardship might be able to qualify for this program. We've given free systems, component repairs, refrigerant add-ons or replacements. We've made various contributions to churches where we've replaced their systems. We're just giving back to the community in the best way that we can."

Heating Hearts has helped dozens of families. Buglewicz says, "In total, about 40 families in Southern Arizona. From Rio Rico, up to Sahuarita and out to Vail. We have helped 6-families this year. Our last was a full installation for a special needs family who were struggling financially back in September. Sahuarita School District recommended them to us."

Many of us don't go without cooling

and heating. If we do, we call a professional contractor to come out and do the repair or replace the equipment. What many people don't realize is that we have several families that don't have cooling and heating for long stretches of time, within our community. We had a Green Valley resident who was in her 90's and she lived without air conditioning for 5-years. She didn't believe in handouts and yet, couldn't af-



The furnace that was installed during the full system replacement for a special needs family in Sahuarita through our Green Valley Heating Hearts program in September, 2023.

ford to replace her system that was inoperable. Someone recommended her to our program and with a bit of nudging, we were able to help her. This was several years ago, but we have seen so many situations, some are heartbreaking." Nicolls adds, "If anybody knows somebody who is going through hard times, just recommend them to us and we'll consider them for the Heating Hearts program."

There is a process that the company goes through for selecting the families it will help. Buglewicz says, "We have an in-house committee made up of team members. A few of them are generally called out to identify the needs based on the recommendations we received, so they work directly with the homeowners."

And Nicolls says, "We give the committee the names and information,



Kyle Nicolls, Sales Manager and Terry Pignato, General Manager, loading up boxes for donations to the Sahuarita Food Bank and Community Resource Center, November, 2023.

then they go through it. They come together once a month to assess everything that's come in to see whether we might be able to help."

Names for nominees come from other sources as well, Nicolls says, "We also get ideas from our own techs. They'll tell us about a family having a down time in their lives, and the techs will ask whether there's anything we can do for them."

Buglewicz adds, "We have a page on our website that shares a bit about the program and offers a nomination form. We work with many organizations and schools over our many years, so we try and keep them abreast of the program if they come across a family in need." Buglewicz stresses that Heating Hearts spans the year, "It is most definitely year-round. We don't ever stop taking nominations or giving back."

Nicolls explains, "Recently we helped a man whose system needed certain components that we couldn't get. This was in the middle of the summer, so we just did a full system replacement."

Green Valley Cooling and Heating also just wrapped up a special effort this past Thanksgiving. Buglewicz says, "The Sahuarita Food Bank and Community Resource Center is such a great organization! They are feeding and providing a range of

services for families in our community. We not only want to be a resource for employment but can be a resource for cooling and heating needs. Partnering with them has been a full circle way for us to do our part and help in the community with those that need the most help. We did an in-house food drive and turkey donation to support them. Our partnership this past Thanksgiving was to ensure every family had a Thanksgiving meal."

By the way, if you're wondering what's the best way to keep your heating and cooling clicking along, Nicolls wants you to know, "The box is the least important when it comes to efficiency and reliability. It all starts with making sure the unit is sized properly to the home so it can deliver the air that it needs. Then there's the maintenance. It's really like your car maintenance. You have to change the oil, rotate the tires and make sure the filters are clean. The best way we can keep the system running is just having it serviced and cleaned and checked so it can breathe with proper filters."

The contact information for the Green Valley Cooling and Heating office is: 5 2 0- 6 2 5- 1 2 3 4. Nicolls stresses, "For the Heating Hearts program, everything is private. Nothing gets out to the public. The committee will assess, and we'll see how we can help. People can also go to our website: [greenvalleycooling.com](http://greenvalleycooling.com)."



Training in the technical training center, November 2023.



**January 25th “Right Sizing Seminar” 12:00**  
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# All Volunteer SAV – Keeps Green Valley Safe and Educated

Written by Susan Stein Kregar, Photos by Pima County Sheriff's Auxiliary of Green Valley



The past few winters, we have profiled the Pima County Sheriff's Auxiliary of Green Valley. This year is no exception. We recently checked in to find out what they are up to, what they need, and how you can serve.

## What is the Sheriff's Auxiliary?

The Green Valley Sheriff's Auxiliary (GVSAV) is not the Sheriff's Department. The Sheriff's Department, the law enforcement agency, can arrest individuals and carry firearms. The Pima County Sheriff's Department Auxiliary Volunteers is the "assist team." They cannot place anyone under arrest, do not carry firearms, or get involved in altercations.

"We are crime preventors and educators," says Commander, Doug Kenyon. "That is the big difference."

Technically, GVSAV serves all of Pima County. However, for regular day-to-day activities, they stick to Green Valley or Arivaca. They cover Pima Mine Road to Santa Cruz County to Arivaca and east to Houghton Road.

## What does GVSAV 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. They are often found on Sahuarita Road between I-19 and Houghton Road during the monsoon.

The SAV members have provided more than one million hours of service to the community.

Because a large population 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 condition 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.

They also provide free home inspections for year-round residents and will check a property two to three times a month.

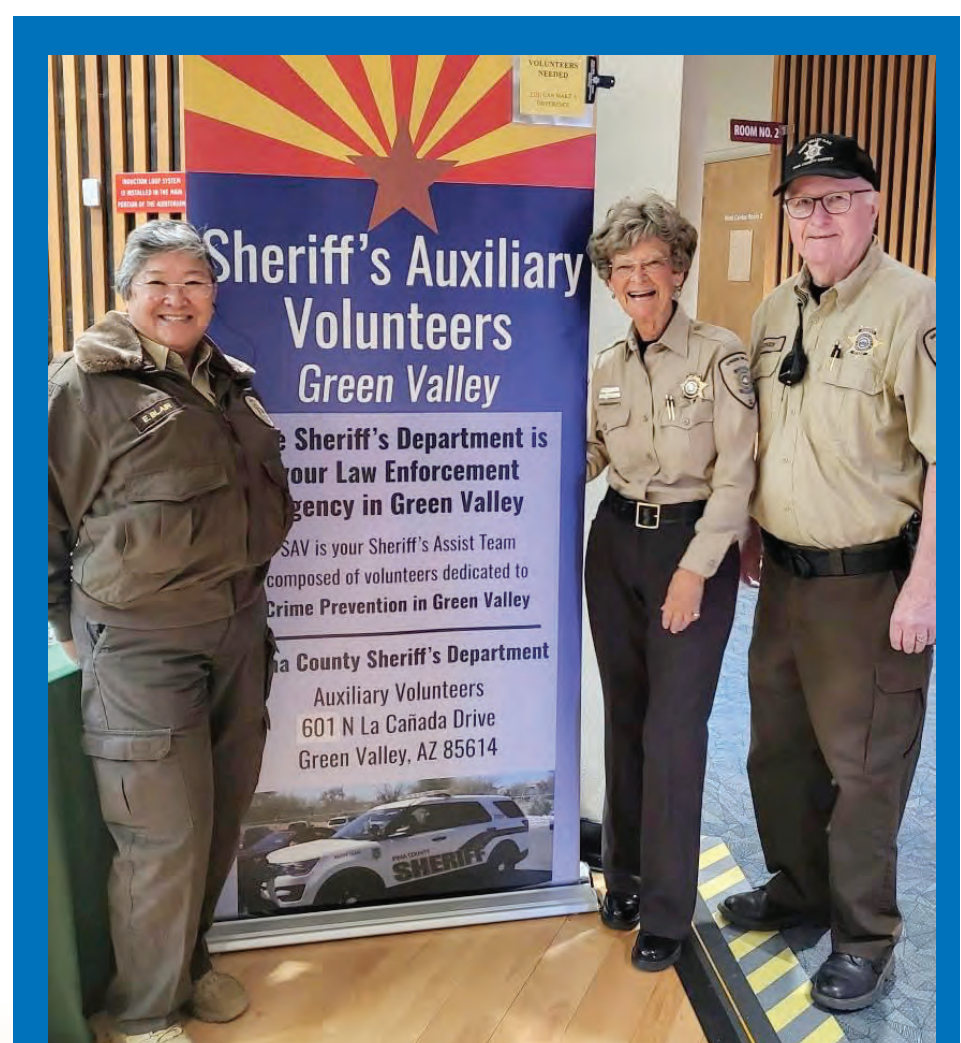
The Road Patrol assists deputies. The bike and park patrols are more active during the winter when the seasonal residents are in town.

TeleCare is a vital service. TeleCare Service volunteers call approximately 91 people daily who live alone. Calls are placed between 7:30 a.m. and 9:00 a.m., 365 days a year. If a resident does not answer after several attempts, a GVSAV Patrol is sent to check on the person. For more information or to enroll in the program, please call the TeleCare answering system at (520) 351-6706 to leave a message. Your call will be returned within 24 hours.

Note: If you receive a daily call and plan to be away from home, call GVSAV and let them know so they don't visit, find no one home, and call the Sheriff.

In addition, they also provide these services:

- Bike Patrol
- Business ID
- Community Lock Boxes
- Crime Prevention Education
- ERT Emergency Response Team
- Farmers' Market
- Fingerprinting
- General Patrol
- HOA Patrol



Save the date Saturday, March 23 for the 2nd Annual First Responders Event at Canoa Ranch. SAV volunteers will be set up with equipment to view, answer your questions on their services and give you information on recruiting classes to become a SAV volunteer.

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

## 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.

The hottest scam that is not only in Green Valley but throughout the country is the Gift Card scam. You

purchase a gift card in a store and when the recipient you gave the card to tries to use the card, it is not any good. Scammers are scanning the bar codes before they are sold in the stores, and before they can be used by your recipient, the card has already been depleted of its worth.

Another popular scam tends to show up just after a big, damaging storm. "Contractors" come out of the woodwork and tell unsuspecting homeowners their homes have been damaged. They take a "deposit" for repair work and never come back.

GVSAV advises looking up contractors through the Arizona

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To donate, please visit [www.gvsav.org](http://www.gvsav.org), or you can mail a check to:  
**SAV: 601 North La Cañada Drive, Green Valley AZ 85614**  
SAV receives no tax payer funding, and your donation is tax deductible.

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/Rio Rico  
Volunteer Opportunities

*If you would like to volunteer in one of our programs or at one of our offices, please call Lynda 520-625-5966*



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



**Valley Assistance Services • 520-625-5966**  
3950 S. Camino del Heroe • Green Valley, AZ 85614  
[www.valleyassistanceservices.org](http://www.valleyassistanceservices.org)

**EPIC, health and wellness weekly classes, begin in January.**  
Please call for more information and/or to register.

**Upcoming Event: Join us at Empty Bowls, February 17, 2024. Tickets are \$25.00 and are available at Valley Assistance Services, Nancy Pantz, Green Valley-Sahuarita Chamber of Commerce and Posada Java**

SAV  
Continued from page 24

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. Commander Kenyon says they see two to three people per month lose money on this scam alone.

Calls from the “IRS” remain popular. The scammer claims to be from the IRS and will request gift cards as payment for a tax debt.

Social Security scammers 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 to “confirm” your information. They do not take gift cards as payment – ever!

Because scams are so prevalent, the department has its own website, [www.scamsquadsav.org](http://www.scamsquadsav.org), which is updated with the latest scams and how people can prevent becoming victims.

Old medication disposal.

If you have expired medications, don’t flush them away. Old

medications can be dropped into a receptacle at PCSD Green Valley District, 601 N. La Cañada Drive, in the pink buildings behind the GVSAV. As you enter the courtyard of those pink buildings, the PCSD Green Valley will be located to the right. The dispensaries are in the lobby. They will only accept pills, loose or blister-packed. They will NOT accept liquids, inhalers, or needles.

You can help!

GVSAV is actively recruiting new volunteers.

Approved applicants to GVSAV attend a four-week academy encompassing 96 hours of classroom and field instruction. Academy sessions occur twice per year, generally in winter and fall. Classes meet Tuesday through Friday from 8:00 a.m. to 12:00 p.m. Classroom topics include GVSAV organization and functions, crime prevention, traffic control, emergency management, CPR/AED, defensive driving, patrol procedures, interviews and report writing, and communications. During the four weeks, students incrementally learn the system of law enforcement radio codes and procedures. Upon graduation, SAV members work with field training officers in “on-

the-job” training sessions to gain experience with patrol procedures.

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

For volunteer information, contact [gvsavrecruiting@gmail.com](mailto:gvsavrecruiting@gmail.com) or call (520) 350-6746.

GVSAV is a Business.

GVSAV is a 501(c)3 non-profit corporation. It owns and maintains its building, cars, and equipment. It does not receive a single penny of tax-payer funding. A significant portion of its expenses are covered by donations from Southern Arizona residents. The funding is needed to cover the operating fund.

To support their fundraising efforts, or request a service, visit [www.gvsav.org](http://www.gvsav.org), call (520) 351-6744, email [gvsav@gvsav.org](mailto:gvsav@gvsav.org), or drop by at 601 N. La Cañada Drive in Green Valley.

Interesting Stats from 2023

- SAV is operating with 97 active volunteers, which has continued to decline over the last two years. “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 4,315 man hours in November.
- 52,000 man hours were logged with the Park Patrol logging another 225 man hours.
- Over 16,000 Home Inspections were completed.
- Every day calls were made to 91 TeleCare clients to check on their safety.
- The General Patrol logged 80,000 miles by the end of the year. That’s a lot of driving for a community the size of Green Valley! However, 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 next month in February.



COUNTRY FAIR



WHITE ELEPHANT, INC

# White Elephant Thrift Store

Green Valley, AZ

**HUGE Selection!** Where Used Goods Become Good Deeds

Since 1964, store sales have generated over **\$35 Million** which has been granted to organizations in Green Valley, Sahuarita and surrounding communities

## MANY GIFT IDEAS!

**SOMETHING FOR EVERYONE!**

**Thrft Store Located At:** 601 N. La Cañada Green Valley • (520) 625-4119

**Shopping Hours:** Mon-Sat 9AM - 12 NOON

**Donation Drop Off:** Tues, Wed, Thurs, & Sat 8AM - NOON (Donation drop off is not available during rainy weather)

**Customer Pickup:** Mon.-Sat. 8AM - 2PM

Volunteer Opportunities Available

**CLOTHING, JEWELRY, FURNITURE & MORE**



JAN 25 THURSDAY

FREE WEBINAR

# Nutrition for Older Adults

Join Prestige Senior Living for a free webinar on nutrition for older adults on **Thursday, January 25 at 2pm Pacific Time** featuring Alexandria Hardy, a registered dietician and nutritionist.

Learn how dietary needs change with age and how to put nutritional changes into practice for a healthy lifestyle.

**SIGN UP** for the free webinar at **PrestigeCanHelp.com**.

Learn more about our community, visit [prestigecare.com/greenvally](http://prestigecare.com/greenvally) or call us at (520) 648-5583.



Prestige Senior Living

**Prestige Assisted Living at Green Valley**  
1175 S Abrego Dr • Green Valley, AZ 85614

# Celebrating Over 50 Years



**Our Volunteers Make it Happen, Your Donations Make it Possible**

## Friends In Deed Serving Green Valley Areas

All services are free:

- Loan Medical Equipment
- Provide Transportation to Doctors, Dentists, Legal
- Meeting rooms for non-profits
- Blood pressure clinics
- Friday Socials – entertainment and light refreshments
- Speakers Bureau – presentations to organizations & HOA's

**Now recruiting dispatchers for Transportation.**  
Some computer skills required ~ 3 hours per week.

**We are a 100% volunteer organization and we need YOU to keep our mission alive!**

For more information call (520) 625-1150  
or visit us at 301 W. Camino Casa Verde, Green Valley  
Office hours: Monday-Friday 9AM-3PM

**You may donate online at [FID-GV.org](http://FID-GV.org)**



Durable Medical Equipment



Wheelchair Vans



Blood Pressure Clinics

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[www.offthewallfurniture.com](http://www.offthewallfurniture.com)

ROC#271411

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Continental Shopping Plaza

**(520) 648-7539**



SCAN ME

# Construction on New Playground, Splash Pad to Impact Anamax Park Partial Closure

Town of Sahuarita residents can expect two new amenities to begin construction in the coming days at Anamax Park, located at 17501 S Camino de las Quintas. The development of a state-of-the-art, shaded playground, and a community splash pad is expected to last from December 2023 to April 2024.

“We will hit the ground running with these projects, as we know the community is excited to have access to them,” said Dylan Pruitt, Parks and Facilities Manager for the Town of Sahuarita. “While we are under construction, we are asking for park patrons to be extra cautious while we work to improve these facilities.”

### Impacted Areas

The installation process will impact portions of the north parking lot and foot traffic directly adjacent to the construction zone. Public access to the park’s sports fields, skate park, fitness court, and recreation center is expected to remain unaffected. Parking in the Anamax Recreation Center’s parking lot and the park’s south parking lot will continue to be the best way to access those facilities.

While the existing playground shade canopies are to remain in place throughout construction, some trees were removed to accommodate both the expanded playground footprint, as well as the new splash pad and re-

stroom. Once both projects are complete, tree and shade needs will be reevaluated and, as recommended by the Arbor Day Foundation, the same number and species of trees will be replanted.

The initial intent was to attempt to save some of the smaller components of the playground for reuse elsewhere. However, after careful evaluation by Certified Playground Safety Inspectors, both on staff and contracted, the decision was made that all the equipment was past its useful life, and it would be a serious risk management and overall safety concern to attempt to re-purpose it elsewhere.

### New Amenities

The new Anamax playground will be 6,000 square feet and include:

- Rubberized surfacing to replace wood chips
- Accessible Ramp
- Play features for visitors of all abilities

The project is supported by a \$100,000 grant from Arizona Parks and Recreation Association (APRA). As a National Demonstration Site for Inclusivity, the park will implement



Anamax Park

geted the beginning of January for construction to begin, with a tentative opening date in April 2024. Once open, this facility will be open for public use year-round as weather permits.

“We are continuously working toward the goal of accessibility in our town,” said Devin Stalder, Director of Parks, Recreation and Community Services. “Projects like these demonstrate our investment in the well-being of our diverse community population.”

For more information on our upcoming programs and events and to view the Parks, Recreation, and Open Spaces (PROS) Master Plan please visit: [www.SahuaritaParksandRec.org](http://www.SahuaritaParksandRec.org). Follow @SahuaritaRec on Instagram and Facebook for regular parks updates.

evidence-based best practices in the areas of inclusion, nature, integration, physical activity, and adult fitness.

The new Anamax splash pad will be approximately 7000 square feet and include:

- New 950 square foot restroom facility with showers
- Color-changing LED lighting
- Interactive water features geared towards various developmental stages

### Project Completion

Preparation for both projects is underway, and Parks & Recreation has tar-



Splash pad rendering



Splash pad at night

| Calendar of Upcoming Community Events                                      |                                                                                                 |
|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <b>January 27:</b><br>10am – 3pm<br>Quail Creek Veterans<br>Municipal Park | 29th Annual Sahuarita Classics Car Show presented by the Santa Cruze Valley Car Nuts Car Club   |
| <b>February 10:</b><br>10am – 1pm<br>Desert Diamond<br>Casino              | Taste of the Valley presented by GV/ Sahuarita Chamber of Commerce                              |
| <b>February 17:</b><br>10am – 2pm<br>Valley Presbyterian<br>Church         | Empty Bowls presented by Valley Assistance Services                                             |
| <b>February 24:</b><br>10am – 2pm<br>Quail Creek Madera<br>Club House      | Annual Quail Creek Business Expo presented by QC Performing Arts Guild                          |
| <b>March 1:</b><br>1pm – 4pm<br>GVR Canoa Hills                            | 2024 GVR Vendor Showcase Learn about all GVR has to offer with music, refreshments, and prizes. |
| <b>March 4:</b><br>9am – Noon<br>GVR West Center                           | 31st Annual Green Valley Health Fair                                                            |
| <b>March 15:</b><br>Time TBA<br>La Posada                                  | Taste of La Posada                                                                              |
| <b>March 23</b><br>Time TBA<br>Historic Canoa Ranch                        | Second Annual First Responders Fair                                                             |





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# Green Valley Jewelers

Visit Connie as she  
celebrates her 31st  
Anniversary of Ownership

31

ANNIVERSARY  
CELEBRATION

Visit Connie's newly remodeled showroom. She has been serving the Green Valley and surrounding communities for over 35 years. Connie is a jeweler that you can trust  
JUST ASK YOUR NEIGHBOR!

- WATCH & CLOCK REPAIRS
- PERSONAL JEWELRY REPAIR AND DESIGN BY CONNIE
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- DON'T SELL YOUR GOLD JEWELRY! PUT YOUR JEWELRY ON CONSIGNMENT
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- LET CONNIE REMODEL YOUR OLD JEWELRY INTO SOMETHING SPECIAL & UNIQUE
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Green Valley

The Sheriff's Department is your Law Enforcement Agency  
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SAV is your Sheriff's Assist Team composed of volunteers  
dedicated to Crime Prevention in Green Valley.

We are a community driven organization made of 100%  
dedicated volunteers and we need you.

Neighbors helping Neighbors...That is who we are!

FREE services offered by the  
SHERIFF'S AUXILIAR VOLUNTEERS  
of Green Valley

Emergency Response Team (ERT)  
Highly-trained SAV personnel assist the PCSD 24/7

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Using state-of-the-art equipment

Home Security Checks  
Home security checks for out of town residents

Neighborhood Watch  
Citizens working together to reduce crime

Patrolling  
Daily in marked vehicles, bicycles and on foot

Park Patrol  
Golf Cart, Walking

Scam Squad  
Crime prevention using Hang Up! Shred! Delete!

PCSD Office Front Desk  
Office and administration support

TeleCare Services  
A 5-second welfare call every day

Special Events  
Event participation, traffic and crowd control



Pima County Sheriff's Department  
Auiliary Volunteers

601 N. La Cañada Dr., Green Valley, AZ 85614  
Phone: (520) 351-6744  
gvsav.org



Everyone  
Welcome

### St. Francis in the Valley Episcopal Church

Our Mission: “To live as Christ’s Heart and Hands in the World”



**Our Services:**

Sunday Holy Eucharist: 9AM Service and Music (services streamed live and recorded)

Wednesday Eucharist: in the chapel at 9AM

Saturday Afternoon Eucharist: Every second Saturday of the month in the Parish Hall at 4PM

600 S. La Cañada Dr., Green Valley, AZ 85614  
(520) 625-1370 • [www.stfrancisgvaz.org](http://www.stfrancisgvaz.org)

### United Methodist Church of Green Valley



**Join Us for Worship on Sundays**  
**8:00 am** (Weekly Communion) and **10:15 am**  
**In-Person and Online**

**Find us on YouTube • [umcgv.org](http://umcgv.org)**  
**300 W. Esperanza Blvd 520-625-4712**

**HOPE Community Lunch 1st & 3rd Fridays**



LUTHERAN CHURCH OF THE  
**RISEN SAVIOR**

Together In Christ +  
To Gather His People

Saturday Casual Service - 5:00 p.m.  
Sunday Worship - 9:00 a.m.  
Adult Christian Education - 10:25 a.m.  
S.O.U.L Lunch 2nd & 4th Thurs. 11 a.m. - 12:30 p.m.  
Sunday on KGVY 1080/101.5FM - 8:30 a.m.

Learn more at  
[www.risen-savior.com](http://www.risen-savior.com)



555 S. La Cañada Dr | Office phone - (520) 625-2612  
A congregation of the Lutheran Church - Missouri Synod

## Our Lady of the Valley

Roman Catholic Church



**Religious Gift Shop**

Sunday  
10AM-12:30PM

Monday & Wednesday  
9AM-11AM

Located off of the North parking lot near the Holy Family Center entrance.  
505 N. La Cañada Drive • Green Valley, AZ • (520) 468-9377

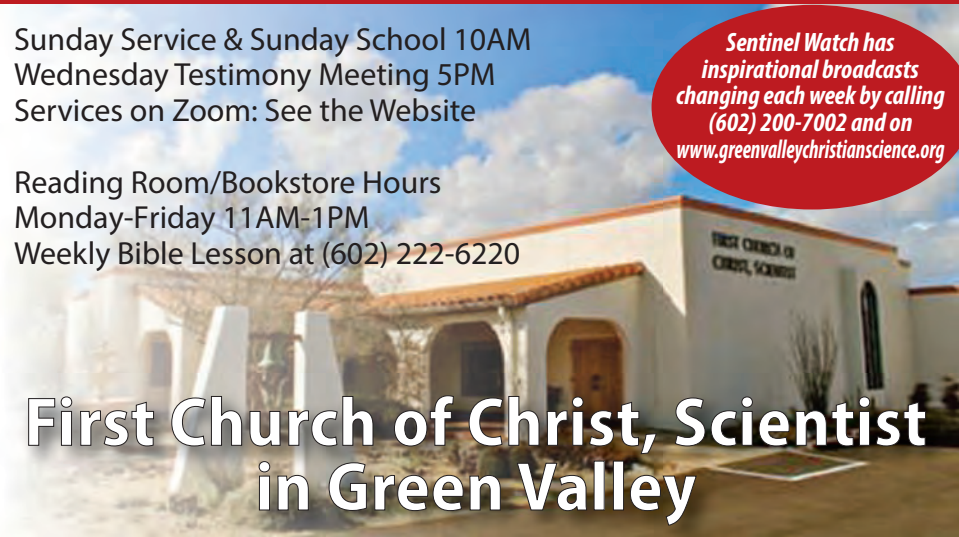
550 S. La Cañada Drive • Green Valley, Arizona • (520) 625-2776

Sunday Service & Sunday School 10AM  
Wednesday Testimony Meeting 5PM  
Services on Zoom: See the Website

Reading Room/Bookstore Hours  
Monday-Friday 11AM-1PM  
Weekly Bible Lesson at (602) 222-6220

**First Church of Christ, Scientist  
in Green Valley**

Sentinel Watch has  
inspirational broadcasts  
changing each week by calling  
(602) 200-7002 and on  
[www.greenvalleychristianscience.org](http://www.greenvalleychristianscience.org)



## Have a Great Winter!



**Green Valley  
BAPTIST CHURCH**



John Guillott, Senior Pastor  
1111 N. La Cañada • 520-625-3600  
e-mail: [gvbcoffice@gvbcaz.com](mailto:gvbcoffice@gvbcaz.com)  
[www.gvbcaz.com](http://www.gvbcaz.com)

Adult Bible Study.....9:00 am  
Sunday Worship Services ....10:30 am  
Wednesday Night Services....6:00 pm

Life Groups meet regularly  
Shepherd’s Fold Day Care  
520-625-6820

**Join Us!**

Trusting God’s Word  
Welcoming New Friends



**Desert Hills  
LUTHERAN CHURCH**

2150 S Camino Del Sol, Green Valley, AZ  
520-648-1633 [www.DHLC.org](http://www.DHLC.org)

We’re all searching for love, belonging,  
self-awareness, and life’s purpose.  
We think it’s better when we do it together.

Saturday Worship  
Country Gospel ■ 3p ■ 5p

Sunday Worship  
Traditional ■ 8a Blended ■ 9:30a  
Contemporary ■ 11a



**Valley Presbyterian Church**  
(USA)

**Welcome Home**

Join us for Worship, Sundays at 9:30 am  
In person and online.

– Child Care and handicap access.  
– Communion the first Sunday of every month.

2800 S Camino del Sol • full details at [valleypres.net](http://valleypres.net) • (520) 625-5023



## Our Lady of the Valley

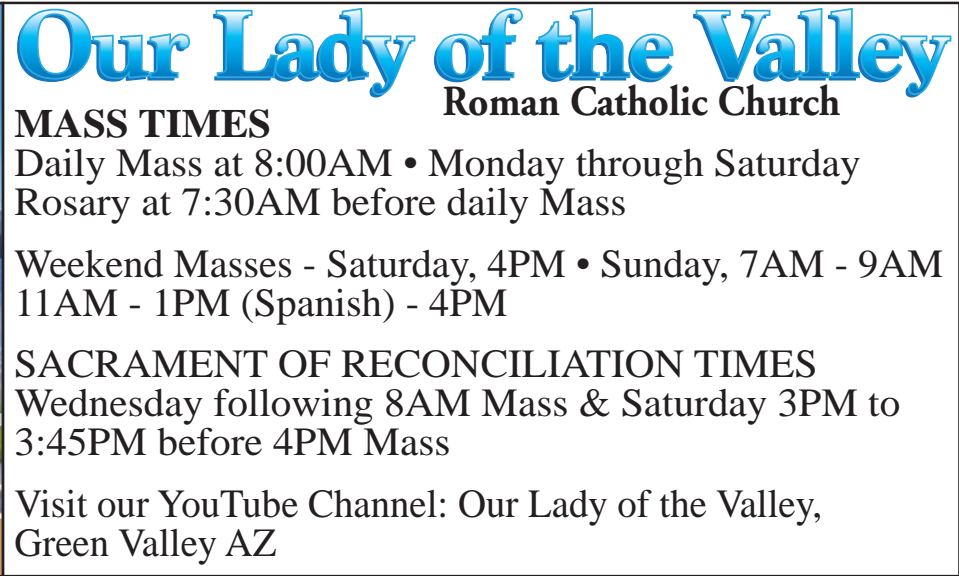
Roman Catholic Church

**MASS TIMES**  
Daily Mass at 8:00AM • Monday through Saturday  
Rosary at 7:30AM before daily Mass

Weekend Masses - Saturday, 4PM • Sunday, 7AM - 9AM  
11AM - 1PM (Spanish) - 4PM

**SACRAMENT OF RECONCILIATION TIMES**  
Wednesday following 8AM Mass & Saturday 3PM to 3:45PM before 4PM Mass

Visit our YouTube Channel: Our Lady of the Valley,  
Green Valley AZ



# medicalnews

## UNDERSTANDING CHRONIC LYMPHOCYTIC LEUKEMIA: A COMPREHENSIVE OVERVIEW

My first supervising physician in hematology/oncology once said something that I've never forgotten: That if he had to choose a disease to be seen for in our oncology office, chronic lymphocytic leukemia (CLL) would be in his top three. He chose that because this disease is most often slow growing and, in many cases, never requires treatment. Let's take a closer look at what CLL is and how it is managed.

Chronic lymphocytic leukemia is a cancer that affects the blood and bone marrow, specifically the lymphocytes, a type of white blood cell. Typically, it affects adults over the age of 50 and is usually discovered as an incidental finding, meaning patients are without symptoms (asymptomatic). While the majority of CLL progresses slowly, it is still a complex disease that requires routine monitoring and potentially treatment.

Our bone marrow (the soft, spongy tissue inside our bones) is essentially the birthplace of all our cell lines. CLL originates here, where abnormal lymphocytes begin to grow and multiply uncontrollably. In doing so, these abnormal cells crowd out healthy blood cells, leading to complications such as a compromised immune system, anemia, and bleeding issues.

While a directly linked cause of CLL is not yet known, it is believed that certain risk factors, such as occupational or environmental exposures, may contribute to its development. It is a disease that is more prevalent in older adults, with the average age of diagnosis being 72 years.

The most common clinical presentation of CLL is that it is incidentally discovered on routine blood tests. Asymptomatic patients have labs drawn with their primary care

practitioner, which identify an elevated white blood cell count and/or an elevated lymphocyte count. These patients then get referred to hematology/oncology where a further workup is pursued. From here, additional blood work and/or a bone marrow biopsy procedure is used to make the final diagnosis.

Staging is determined based on results of these tests, as well as symptoms the patient is experiencing. Early stage CLL does not present with active symptoms and does not require treatment, whereas more advanced CLL can present with vague symptoms such as fatigue, unexplained weight loss, night sweats, swollen lymph nodes; the presence of symptoms can be an indication to start treatment.

Certain factors influence the prognosis of CLL. These include the presence of specific genetic abnormalities (found in the results of the diagnostic testing), other co-morbidities, and the patient's overall health. Those with favorable prognostic factors tend to have slower disease progression and respond well to treatment. Those with less favorable prognostic factors may require more intensive intervention.

Currently, there is a wide array of management options for CLL. The most common is 'watch and wait.' In asymptomatic patients with early-stage disease, the recommended management is bloodwork and physical exams every 3-6 months. Many patients undergo this surveillance for an average of 10-15 years before treatment may even need to be considered.



In cases where treatment is recommended, options include chemotherapy, immunotherapy, targeted therapies, and stem cell transplant. Chemotherapy is administering medication to kill cancer cells, while immunotherapy works with the body's immune system to target and destroy cancer cells. These medications come in various forms, including pills, intravenous (IV) infusions, or injections. Targeted therapies focus on specific molecules involved in cancer cell growth, leading to more precise treatment on the abnormal lymphocyte pathway. Stem cell transplant is not as readily recommended due to the development of more of the above-mentioned medications, as well as the increased risk of complications and side effects associated with the procedure. It

can still be discussed as an option, especially in more advanced cases, or when other treatments are ineffective.

Chronic lymphocytic leukemia is a complex diagnosis that requires ongoing management and a personalized approach to treatment. In our local community, it is likely that you know someone who has this diagnosis. In clinical practice, most patients

are not on active treatment but are on the 'watch and wait' program. For most, they are asymptomatic and are continuing to travel, play golf, and enjoy their life without evidence of disease. For those that are on treatment, the advances in therapies have made it easier to maintain this lifestyle as well, due to better tolerability and less toxicities.

While any cancer diagnosis is scary, CLL can be well managed for many years after diagnosis, similar to many other chronic diseases. If you have questions or would like more information, reach out to your healthcare team.

### Educating the Community



Molly Grassman,  
PA-C

Molly Grassman, PA-C has practiced as a physician assistant in Arizona since 2013. She has experience with a broad spectrum of hematologic disorders, including benign and malignant blood and bone marrow findings, such as abnormal blood counts, iron deficiency, lymphoma, leukemia, and multiple myeloma. Molly also has experience with solid tumor cancers like breast, colorectal, lung, prostate, and gastrointestinal cancers. Molly is active in healthcare education and has written several articles for local publications on cancer-related topics, health, and wellness. She has also participated in a community lecture series where she spoke to small groups about fitness, caregiver burnout, and palliative care.



Arizona  
Oncology

# GVR Elections VOTE

As most of you know, GVR is a non-profit, member-run, organization. Every year the membership has an election for a board currently of 12 directors, four of whom are elected each year for a three year term.

A director can run for two consecutive terms, and can also run again after being out of office for a year or more.

There are 9 people who have indicated their intention of running, although it is possible for others to be on the ballot if they have procured 200 signatures as of January 16.

The Nominations and Elections committee would like to encourage you to not only read the interviews with each candidate, which will be posted on the GVR website, but to attend one or both of the Candidate Forums to learn about the people who are looking to represent you on the Board of Directors.

There will be many important issues coming up before the board in the next couple of years, including expanding and /or repurposing

facilities for some of the clubs, the biggest being consideration of expanding West Center to provide more room for lapidary, woodworking and the Artisans Shop.

We will be holding two Candidate Forums: one on Feb 14 at 10 am, coffee and donuts provided, and one on Feb 21 at 5 pm, wine and cheese provided, both at West Center. We strongly encourage you to come and hear what the candidates are thinking and ask your own questions of them.

This election is also going to ask members to make some changes to the By-laws. I am sure many of you will have questions about the reasoning behind these changes. These will also be addressed at the forums.

Remember, GVR belongs to you, so we are asking you to give some real thought to whom you want to represent you on the Board.

Nominations and Elections Committee

# Friends Supporting Libraries

Written by Regina Collins

Since 1976, The Friends of the Green Valley/Sahuarita Libraries, an all-volunteer organization, has supported our libraries and literacy in our community.

## 2023 Accomplishments

Funds from membership support several education programs at both libraries and the book libraries at the Sahuarita and Green Valley Food Banks. Have you ever attended the popular Art Talks program offered by the Tucson Museum of Art Docents at the Green Valley library? The Friends of the Library support the docents who conduct the program.

## Scholarships

We are honored to have given numerous scholarships over the past 30 years to Pima County library staff seeking to further their education in advanced library science studies at the University of

Arizona. In 2023 five scholarships were awarded to deserving students.

## Bookstores

We now have two great bookstore locations to serve our community staffed by volunteers. All proceeds help fund the donations and scholarships given by the Friends of the Library. Stop by and visit the new store in the Green Valley Village, or visit the bookstore in the Joyner-Green Valley Library. We have a selection of slightly use books to meet everyone's interest.

The Friends of the Joyner-Green Valley/Sahuarita Libraries committed to support our libraries.



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Green Valley, AZ [www.afamilystorage.com](http://www.afamilystorage.com)

\*Promotions and discounts are available for new rentals in Green Valley location and available on select units and cannot be combined with other offers, discounts or promotions.

# Whipple Observatory's New Vistas in Astronomy Lecture Series Returns in January 2024

Submitted by Amy C. Oliver, CPM, FRAS, Public Affairs Officer, SAO-Fred Lawrence Whipple Observatory

Although Whipple Observatory's Science Center remains under renovation, the New Vistas in Astronomy lecture series will return to Green Valley Rec Center West in January 2024. This year's lecture series celebrates early-career astronomers across a wide variety of astrophysics disciplines.

New Vistas in Astronomy 2024 schedule:

**January 13th:**

The lecture was titled Exploring the Formation of Planets with Supercomputers

Lecture presenter: Leonardo Krapp, 51 Pegasi b Fellow, University of Arizona

**UP NEXT:**

**February 10th:** Sebastian Gomez of the Space Telescope Science Institute. He is an expert is supernovae. Sebastian regularly collaborates with SAO scientists, utilizing the MMT, 48" and 60" telescopes.

**March 9th:** Maria Magdalena Gonzalez Sanchez of the Autonomous University of Mexico. She is an expert in high-energy and gamma-ray astrophysics. She is part of the VERITAS collaboration. VERITAS is located at Whipple Observatory.

**April 13th:** Juliana Garcia-Mejia of MIT. She is the Principal Investigator of TIERRAS, which is an exoplanet research telescope now located at Whipple Observatory.

\*\*\*These lectures are free and open to the public. You do not need to be a member of Green Valley Rec Centers to attend this public lecture.\*\*\*

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DR. LEONARDO KRAPP

51 PEGASI B FELLOW  
UNIVERSITY OF ARIZONA

Whipple Observatory welcomes Dr. Leonardo Krapp, 51 Pegasi b Fellow, to kick off the 2024 New Vistas in Astronomy Lecture Series.

Currently working at University of Arizona's Steward Observatory, Dr. Krapp's areas of interest include plasma physics in the framework of non-ideal magnetohydrodynamics and multi-species dynamics. He obtained his degree in Astronomy in 2015 at Universidad Nacional de Córdoba, Córdoba, Argentina. His research is focused on numerical Astrophysics applied to planet formation and protoplanetary disk dynamics.

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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 15, 2024. If you win, KGVY will cut you a check for \$250 and a local non-profit of your choice will receive \$250. Here's some additional small print to test your reading glasses.

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

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YEAR-IN-REVIEW

ACROSS

1. \*Herald, Idalia or Ophelia

6. Do this in the bud

9. Parts of play

13. Cocoon dwellers

14. Paleozoic or mesozoic, e.g.

15. Alexandre Duma's "The Black \_\_\_\_"

16. Concerning, archaic

17. Talking Heads' "And She \_\_\_\_"

18. Give a speech

19. \*2023 World Series winners

21. \*Imploded submersible's destination

23. \*Kali Uchis' "I Wish \_\_\_\_ Roses"

24. Don't step on it twice!

25. \*Ryan Gosling's #48 Across role

28. Winter window picture

30. Imprisons

35. Aphrodite's son

37. Hindu serpent deity

39. Toughness

40. Angler's hope

41. Stephen Curry, e.g.

43. Opposed to

44. Tastes like lemon

46. Seven-year desire

47. Turf alternative

48. \*Highest-grossing 2023 movie to-date

50. Chris Hemsworth's repeating role

52. Auction batch

53. Cheese on Peloponnese

55. Kombucha, e.g.

57. \*Retired media magnate

61. \*King Charles III's Royal House

65. On the radio (2 words)

66. \*Ryder Cup 2023 runner-up

68. 1000 kilograms

69. "Beat it!"

70. Lake, in France

DOWN

71. Manila hemp

72. Foot digits

73. Freudian topic

74. Runner

1. Joust verbally

2. Cat food flavor

3. Word before sesame

4. Gangly

5. Type of shower

6. \*Company from which #57 Across retired, \_\_\_\_ Corp

7. Nest egg, acr.

8. Trattoria staple

9. Sign of a saint

10. Kin group

11. South American monkey

12. Design detail, for short

15. Sacred objects on a pole

20. Bitterly regretting

22. Dwight D. Eisenhower

24. Boat race

25. Meat on a stick

26. "Fear of Flying" author Jong

27. Post-it user

29. \*Site of tragic wildfires

31. Objectivity preventer

32. Declare invalid

33. Like 1950s style, today

34. \*"The Eras Tour" star

36. Balkan native

38. St. Louis attraction

42. Hindu garment

45. Combining two forms

49. What kneecap and leech have in common

51. Airbnb offering

54. Northernmost land, to the ancients

56. a.k.a. adobar or carne de vinha d'alhos

57. Lion's share

58. Beyond natural, in U.K.

59. Steak preference

60. Days, in Havana

61. \*Showtime's "\_\_\_\_: The Aftermath"

62. Certain social media message

63. A third of thrice

64. Infantry's last rows

67. \* \_\_\_\_-AFTRA

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

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