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Spring 2021

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Volume 9, Issue 1



Photo by Guy Atchley

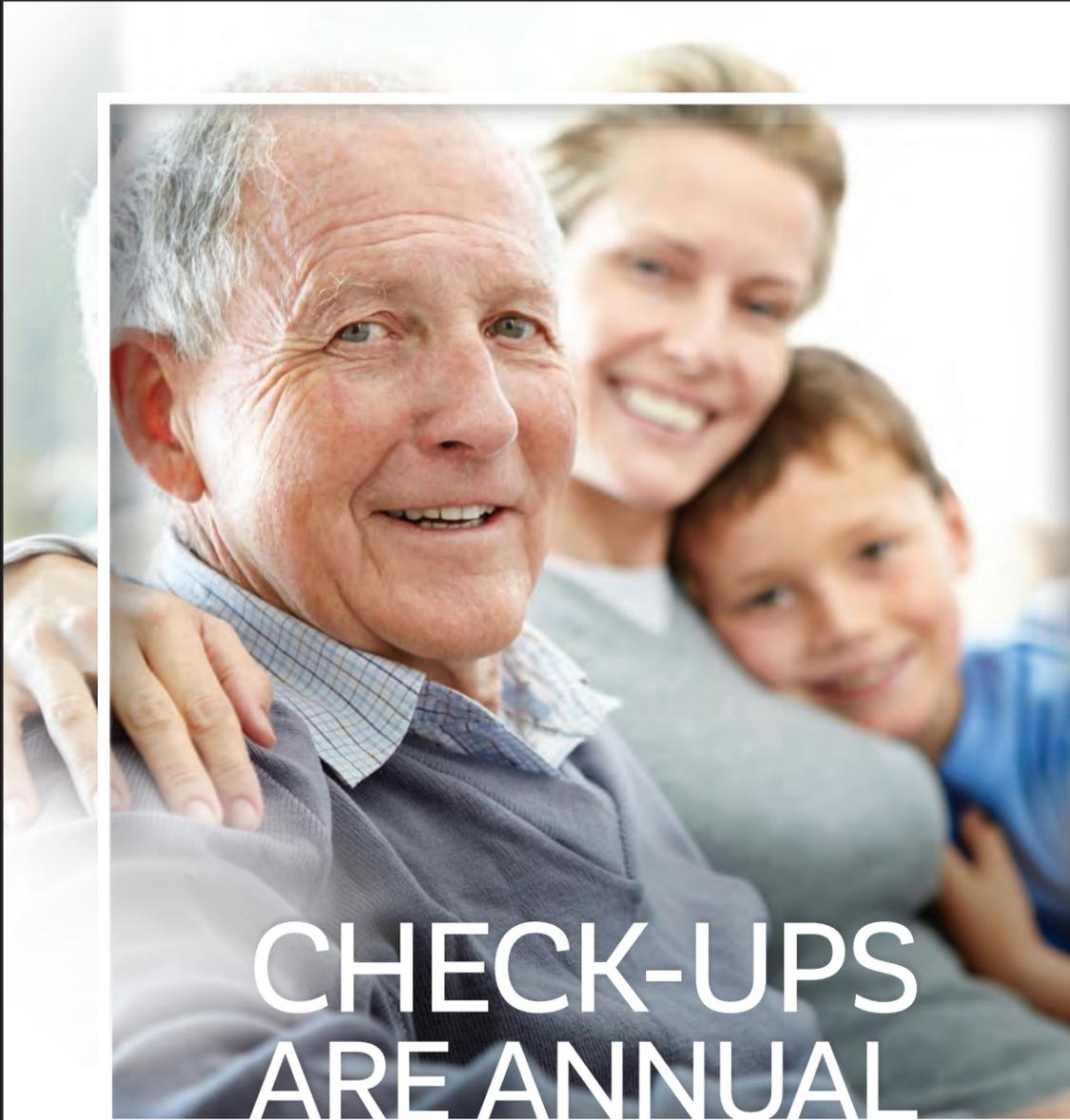
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# Camping Not Your Style? Enjoy the New Mt. Lemmon Hotel

Written and Photos by  
Guy Atchley

As a then anchor for KGUN 9 in Tucson, I remember returning from a vacation to Spain in the summer of 2003, stepping off an airliner at Sky Harbor Airport in Phoenix and hearing someone say, “Isn’t it terrible that all those cabins burned on Mt. Lemmon?” That was the first I’d heard of the Aspen Fire, and its devastating effects on the mountain, in particular the community of Summerhaven, which for the most part had been reduced to charred ruins. The fire made its run across the mountain, leaving in its wake a lunar landscape.

Fast forward almost two decades and the mountain



continues its comeback with the help of people like Justin Hafner. He was a U.S. Army soldier stationed at Davis Monthan Air Force

Base when the mountain burned in 2003. Now in 2021 Hafner and his wife Andrea are the owners of the brand new Mount Lemmon Hotel, which will eventually consist of 17

casitas in the heart of the revitalized Summerhaven.

The good news is that more than half of the casitas are already completed and the first phase of the

Mount Lemmon Hotel will be open for business by the time you read this in the KGVY Quarterly. Each casita can accommodate up to four

*continued on page 4*

*Mt. Lemmon Hotel*  
continued from page 3

people. The cost, depending on the days of the week you rent, will be from \$129 to \$149 a night. Whether you stay one night or a week, there will be a one-time cleaning fee of \$65, much of that cost precipitated by the deep cleaning required during the pandemic. Your cabin will include a kitchen, bathroom, queen-size bed and fold-out couch. Of course, there will be Wi-Fi.

The owners are native Tucsonans who graduated from the University of Arizona. Both now work in the health-care field, which has taken them and their three children to Iowa. But as Hafner continues to



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work on what he calls their dream project as he flies back to Tucson several times a month. He says it hasn't been easy. There have been delays with the pandemic, plus the typical process of applying for and getting approval on various building permits. Last year's Bighorn Fire that burned up to the very outskirts of Summerhaven stopped construction for weeks. Meanwhile, Hafner also has made quite a few trips in a big-box truck to Flagstaff to buy the kind of vegetation -- like Ponderosa Pine -- that will thrive on Mount Lemmon. Now, it's finally all coming together.

Not all of Hafner's trips back to Arizona concern the hotel. He's still fulfilling his commitments as a reservist with the Arizona Army National Guard.

He points out that serving in the military has always been a big part

of his family. And in keeping with that tradition, his hotel is offering discounts to active service members as well as reserves and veterans. And as a member of the health-care profession, Hafner knows how hard doctors and nurses have been working during the pandemic, so he's offering discounts for registered nurses and employees of Arizona Community Physicians.

The Mt. Lemmon Hotel is designed to fill a need in Summerhaven, and that is a readily available place to stay. You can book a room at this website: [mtlemmonhotel.com](http://mtlemmonhotel.com). If you'd like to call the hotel, the phone number is (520) 200-4466. The hotel's physical address is: [12925 N. Sabino Canyon Trail, Mt Lemmon, AZ 85619](https://www.google.com/maps/place/12925+N,+Sabino+Canyon+Trail,+Mt+Lemmon,+AZ+85619). If the mountain is experiencing winter conditions, be sure to call the Pima County Road Hotline to make sure the Catalina Highway is open: [1 520 547 7510](https://www.pima.gov/transportation/road-hotline).





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# When Can I Travel Again?

Written by Jerrie McLaughlin,  
CTA of Village Travel Arts



Well, I don't have a crystal ball, and I'm not a medical expert, but I know we're getting close. What you might not know is that there's never been a better time to book travel. Booking your trip now means securing your spot on something special and mapping out all the most important "must-haves" of the trip.

What you also might not know is that the fall of 2021 and the year 2022 are booking at a record-breaking pace. People are making up for time lost due to Covid-19!

Where are they going? Well, they're booking U S destinations such as our National Parks and Monuments, road trips on such special highways as Route 66, and the Blue Ridge Parkway. Also, Colorado and Arizona are popular and Florida with all its beautiful beaches and blue waters, is at the top of the list.

Internationally, popular Croatia is open for U S visitors as are many of the Caribbean Islands, such as Jamaica and Dominican Republic. Mexico is by far the most visited international country, with very good reason: it's very close, has some wonderful beaches and sightseeing and is very welcoming. Just remember to get your antigen test 72-hours prior to your flight home for any international destination.

Many resorts in the Caribbean and Mexico have made arrangements to administer the test required to re-enter the U S after your vacation and made it convenient to get the results before your flight home. They will even provide a room to quarantine in, in the unlikely event that anyone in your party tests positive.

Okay, with all that good news and the fact that more and more of us are being vaccinated here are a few itineraries that we have worked up as examples of how you can plan a vacation getaway to relieve your cabin fever.

With just a little extra planning, and abiding by governmental protocols, you can have a wonderful vacation on Maui. These packages are based on travel in May, 2021 only, based on 2 persons sharing, and booking and price are subject to availability as well as current Covid-19 travel policies.

## One week in Maui, price \$3,490 – \$1745 per person sharing.



Includes:

- Round-trip Tickets for 2 adults, nonstop Phoenix to Kahului, Maui on May 6, 2021 on American Airlines.
- Depart Phoenix May 6, 2021 at 10:53am, coach class, arrive Maui at 2:43pm, 7 hrs 50 minutes. Depart Kahului May 13, 2021 at 9:30pm, coach class, arrive Phoenix at 6:30am on May 14, 2021 4 hours 55 minutes.
- 7 nights for 2 adults at the Kapalua Villas Maui a 4\*, elegant, comfortable resort with many amenities on offer for your week.
- 7-day compact car, airport pickup and return (you might book an extra day due to the evening departure).

*Note: Trip protection absolutely recommended, but not included.*

## One week, Florida, Miami Beach and the Keys. \$2895



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- Round-trip tickets for 2 adults, Tucson to Miami on May 4, on American Airlines with a change in Dallas.
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- 2 nights for 2 adults at the Hilton Bentley Miami/South Beach, king city view with terrace, marble bath. \$35 per day resort fee not included in package price.
- 5-day car rental, pick up Miami Beach on May 6, drop off on May 11, at Miami Airport.
- 1 night for 2 adults at the Key Largo Bay Marriott Beach Resort, king bay view room with balcony.
- 2 nights DoubleTree Resort by Hilton Grand Key in Key West, king room with mini fridge. \$28 per day resort fee not included in package price.

*Trip Protection included.*

## One week Los Cabos, Mexico price \$2784 – \$1392 per person.



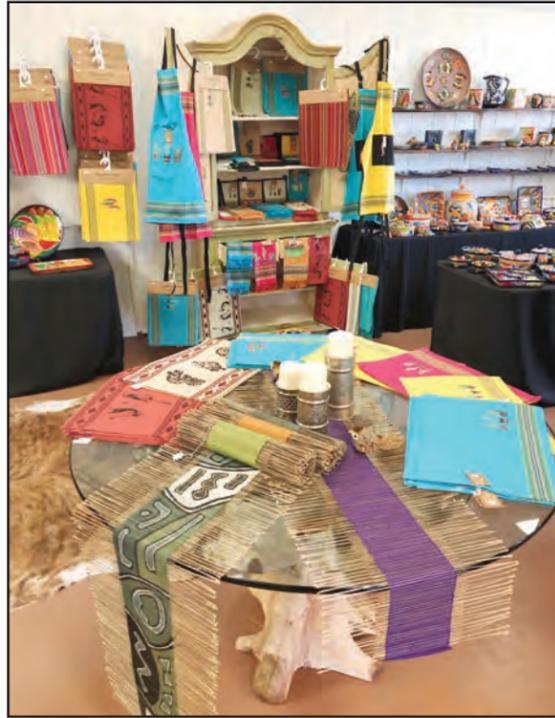
Includes:

- Round-trip air tickets for 2 adults Tucson to Los Cabos, May 6, on American Airlines with a change in Phoenix.
- Depart Tucson May 6, 2021 at 10:30am, coach class, arrive Los Cabos at 3:19pm, change in Phoenix.
- Depart Los Cabos May 13, 2021 at 4:30pm, coach class, arrive Tucson at 8:15pm, change in Phoenix.
- 7 nights for 2 adults at Sandos Finisterra Resort, all-inclusive, junior suite oceanview.
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Jerrie McLaughlin, CTA of Village TravelArts, Tubac, Az.

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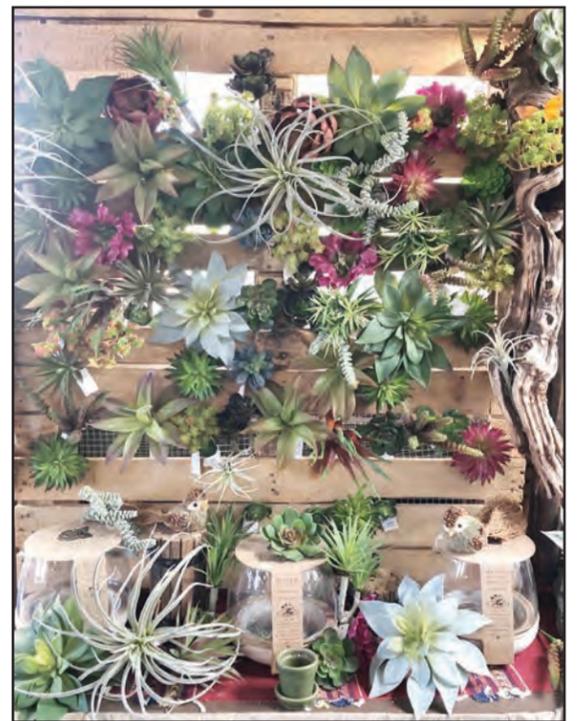
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# Apps from ADOT Help Plan for Safe Routes

Written by Barbara Averill

Fresh air, sunshine and beautiful scenery draw people to bicycling in the Santa Cruz Valley. On any given day, you'll see cyclists alone or in groups on some of the many routes that traverse Sahuarita, Green Valley and beyond. The diversity is apparent: high-tech, low-tech, recumbent, "e-bikes" with motorized assistance, even bicycles built for two are among the two-wheelers frequently seen.



hit with the pandemic. We were all hot to go and drew 80 members. Until March, we had rides every day of the week. Now we mainly communicate with Zoom and through our newsletter."

That is not to say people aren't out biking. Deutsch, 83, enjoys his rides from his La Posada home and has his own favorite loops

around Green Valley. Some in the group, those he calls "easy riders", choose rides on the smoothly paved parts of Abrego, on La Canada, down Camino del Sol or even around Quail Creek. Some like to avoid high traffic areas, some prefer flat routes to those with steep hills, and others take on challenges of long-distance rides to places like Arivaca or Patagonia. Deutsch said some of the most accomplished riders don't flinch at the idea of rides

continued on page 11

While local cyclists have carved out their favored treks themselves, they as well as newer residents and visitors now have more resources. The Arizona Department of Transportation has created a color-coded map showing which streets have a striped shoulder bike route, which streets are more appropriate for experienced riders, and a host of paved and unpaved recreational trails. The maps and a new mobile app that expands the information cyclists can use to make the most of their outing are part of the Department's goal to encourage bicycling as a "practical and enjoyable alternative to motorized travel."

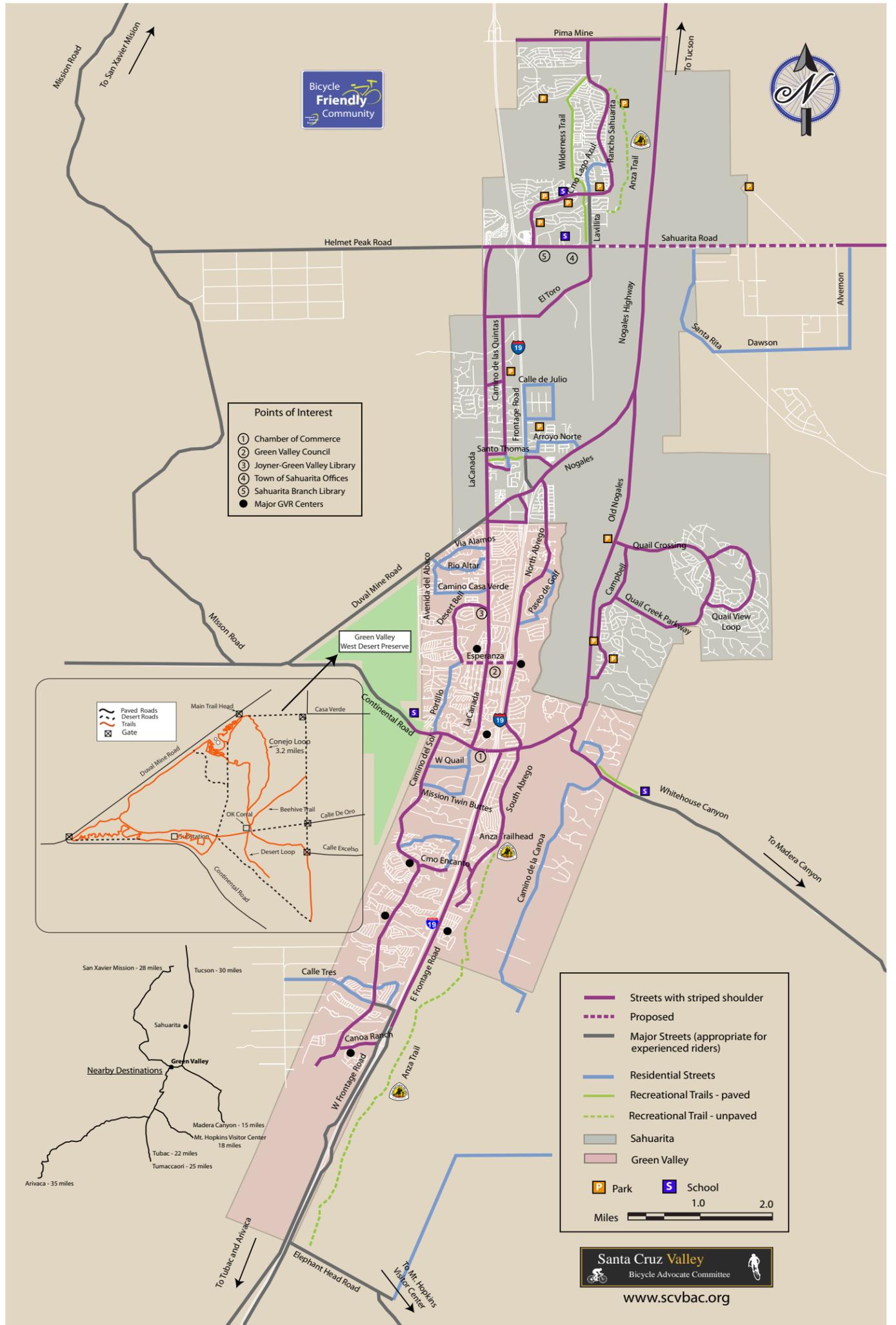
The maps are available from the ADOT web site at AzBikePed.org. They come in PDF versions with statewide and regional views. The app, offering interactive maps compatible with iOS and Android mobile devices, has more detail. Users can click on lines and icons to see where there are frontage roads, extreme grades, narrow bridges and places to visit such as state and national parks, trailheads and rest areas. They also can get contact information for resources such as local chambers of commerce.

The Department's vision is for Arizona to be a state where "people of all ages and abilities can conveniently, comfortably, and safely walk or bicycle to destinations as part of their everyday life."

Whatever encourages bicycling in a safe, positive way is fine with Hank Deutsch, a founder and current president of the GVR Cycling Club.

"Any publication or effort that talks about safety is welcome," Deutsch said. "Our group's emphasis is on safety, education and involvement in the community."

The club began just a year ago but then, Deutsch said, "Bam, we got





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# Meet the New CEO of GVR, Scott Somers

Written by KGVY Staff

**Welcome to Green Valley!** You've had a couple of months to touch base with old friends and make some new acquaintances. What's your initial impression of Green Valley Recreation?

Very positive! I've encountered well-intentioned Board members, members, and staff. Great opportunities to continue organizational improvements.

**What skill sets do you bring to your new job as CEO?**

I'm particularly skilled at relationship building, collaboration, listening, and doing. I've been told I'm an effective change-agent and am particularly effective at moving items, projects, etc. forward.

**COVID-19 has changed how all of us live our lives. What possible changes do you see for recreational facilities?**

I expect to continue resuming the programs and activities members enjoy, as State and County mandates allow. I remain cognizant of GVR's mission which is, "To provide recreational, social and leisure education opportunities that enhance the quality of our members'

lives." The staff, often in collaboration with clubs, have worked hard to modify spaces and procedures as we work to balance that mission against the health and safety of members and staff. I don't think it's possible yet to predict what sort, if any, adaptations will be required long-term.

**Have you started your "to do" list for future plans? If so, can you share?**

Yes, the 2021 Workplan was presented to the Board during their 2/10 work session and was on the 2/24 Board agenda for adoption. Here's the link: [www.gvrec.org/up/governance/bod/work%20session/2021/0210/02102021%20BOD%20Work%20Session%20Meeting%20Book.pdf](http://www.gvrec.org/up/governance/bod/work%20session/2021/0210/02102021%20BOD%20Work%20Session%20Meeting%20Book.pdf)

**When you arrived in Green Valley were you aware of the awesomeness of pickleball? Do you play? What do you think of the courts?**

I have previously played but am not a regular. The Pickleball Center is great! Something GVR should be proud of. The facility was recently recognized by the American Sports Builders Association as one of the outstanding facilities of 2020.

**The Green Valley News doesn't like the way the GVR Board communicates. How do you like the way they communicate their concerns?**

Like any organization, there is room for improvement.

**How would you describe your CEO style?**

Open, honest, straight-shooting, high level of integrity, approachable. I'm mission driven and think of myself as a problem-solver. I'm a facilitator and a broker. I empower staff and encourage debate and honest feedback especially when we disagree. I tend to operate at a high tempo. I generally have many plates in the air and expect a high level of responsiveness.

**How long do you think it will take for you to get adjusted to the pace of Green Valley life?**

Well, Green Valley is not the DC Metro area, but being a Tucson native I knew that going in. Moving, house hunting, getting oriented to a dynamic organization—all that has kept me very busy, so I can't say I've had much opportunity to experience the Green Valley pace of life.



Green Valley Recreation new CEO Scott Somers

**Have you had a chance to review the budgets for 2021? Is GVR still in a financially strong position?**

I certainly have. GVR is in a fiscally sound position. Members should feel confident in the financial stability of their organization.

**You were on "Around the Cracker Barrel" with Guy Atchley on February 5th. Is there anything you would like to expand on that you were unable to due to time restraints?**

Nothing in particular. I enjoyed speaking with Guy Atchley and appreciate the opportunity.

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*Biking in Green Valley continued from page 8*

that cover 50 or 60 miles round-trip. Off-road options abound on state land or mine-owned trails.

One of the GVR club's groups does a "10-10-10" ride, meaning every Thursday at 10, they ride 10 miles, going 10 miles per hour. Social distancing and masks are currently the norm for group rides.

Deutsch enjoys the fellowship of others while riding, but whether alone or in groups, biking has benefited him in many ways. "It's good for your health, both for your mental health and physical condition. My doctor is amazed at my health and says to keep doing what you are

doing."

The club is not just about hitting the streets. They are heavily involved in helping a Tucson-based organization, the Bicycle Inter-Community Art and Salvage (BICAS) group find bikes that are repaired and donated to youngsters. BICAS also teaches bike repair and offers classes. When Tom Wilsted, vice president of the GVR club and editor of the club's newsletter, put out a call for used bikes recently to donate to BICAS, he was "swamped" with more than 20 bikes. That success story came despite no face-to-face meetings.

The popularity of bicycling as well as walking

for exercise is increasing. One only needs to look at the bike routes and sidewalks throughout Sahuarita and Green Valley to see how much people enjoy being outdoors, especially in a time when so many indoor events and activities have been canceled. The area ranks high in attracting retirees who want to be active and involved. Hank Deutsch, for example, began biking as a way to commute to work in Viroqua, Wisconsin. When he be-

came aware of Green Valley through friends in the area, it was easy to choose retirement in a climate that allowed year-round biking without the snow and ice of Wisconsin's winters.

"This area has a number of routes that are popular with all abilities of riders," Deutsch said. "Our riders are in their 60s and 70s and a few like me are in their

80s. Anyone can find routes with certain road conditions they will like."

To get started, the ADOT maps are an easy way to select a route for your next ride.



*A recumbent bike is one of many options for cyclists who want to try the routes around Green Valley.*



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Written by Susan Stein Kregar

**C**onventional vs. holistic medicine. How do you choose the right one?

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Nature Cure Clinic, Inc. owned and operated by Bryan McConnell N.D., D.O. and his wife, Teresa, opened in December 2018.

Dr. Bryan McConnell received his doctorate in Naturopathic Medicine in 1999 at the Southwest College of Naturopathic Medicine in Tempe. In 2008, he graduated from Midwestern College of Osteopathic Medicine in Glendale before completing his residency in family medicine at Kingman Regional Medical Center in 2011.

Not only is Dr. McConnell board certified in family medicine, he is also an experienced hospitalist physician working with specialists in cardiology, endocrinology, orthopedic, wound care, infectious disease and critical care.

A member of Age Management Medical Group, International Society of Regenerative Medicine, American College of Family Physicians, American Association of Naturopathic Physicians and Arizona Naturopathic Medical Physicians, he has been certified in Cannabinoids & Medical Marijuana, Oxidative Therapy, Chelation Therapy, Environmental Medicine, Osteopathic Manipulation, IV therapies, Homeopathy, Nutritional Medicine, Massage Therapy and Hormone Replacement. He is licensed to prescribe medication as well as botanical medicine.

The McConnell's opened their first

location, The First Resort, in 1999 and sold it in 2006 so Dr. McConnell could go back to school for his osteopathic degree. "He did that because so many patients wanted to integrate, and traditional western medicine and doctors didn't have the education. Having both degrees allows him to safely blend the practices for patients," said Teresa.

An N.D. and D.O. have the same education and board requirements. The difference is that a D.O. also learns manual manipulation adjustments like chiropractic. An osteopath looks at the whole person rather than the

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part of the body that is the issue. Dr. McConnell is one of the few doctors who have both degrees in naturopathic and osteopathic medicine. His integrative approach in medical care and pain management can help patients who choose alternative medicine for their healthcare.

Teresa went to school for business and accounting, which has served her well on the business side of their clinics. She later went back to school for massage therapy, colon hydrotherapy, nutrition, and homeopathy, which she practices at the clinic.

The couple works well together because "we know each other's value. We have been together through so much sacrifice," said Teresa.

Nature Cure Clinic offers a variety

of effective treatments. Some, such as these are quite unique to Green Valley and are proving quite successful.

## Bio-Identical Hormone Balancing for Men & Women

Recommended for aging males and females. Hormone imbalance is often manifested with symptoms of fatigue, both mental and physical, aches and pains, loss of muscle mass, weight gain or loss, hair loss, loss of libido and more. Bio-Identical Hormone Balancing restores hormones to levels that increase vitality.

## SRT Bioscan Desensitization

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## Prolotherapy and Stem Cell Therapy

The clinic treats many aging golfers, tennis players, joggers and other active people who have injured joints, tendons, ligaments, and sprains. They are often able to avoid surgery through Prolotherapy and Stem Cell therapy.

These therapies stimulate the body's healing processes to strengthen and repair injured and painful joints and connective tissue. It directly addresses the cause of the instability, repairs the weakened sites and produces new collagen tissue, resulting in permanent stabilization of the joint. When the joint is stabilized, they are generally relieved of pain.

## Diabetes Relief<sup>SM</sup>

Nature Cure's latest treatment, Diabetes Relief, is an advancement in diabetes healthcare. Using a combination of patented and traditional medicine that includes a physi-



Bryan T. McConnell, ND, DO

cian-directed metabolic restoration program, it is conducted through an individualized patient care treatment with an infusion pump that infuses minute amounts of insulin in timed intervals. The clinic's patients have seen a 93 percent reduction in neuropathy symptoms.

"The treatment resets insulin receptors of the pancreas," said Teresa. "It drives glucose into the tissues, so it increases cellular energy." She reports that patients have eliminated amputations, dialysis and kept their eyes. While proving very effective, it does not cure diabetes.

Educating patients clears up the confusion about what is available to them. From there, patients can make an educated choice about their treatment plan. "It is very rewarding to be able to offer their choice of medicine that works," said Teresa.

The most common myth the staff at Nature Cure Clinic hears is that holistic medicine does not work. "If it doesn't work, then why are people turning to and sticking with it? The biggest hurdle is getting conventional medical doctors to acknowledge that holistic has value," Teresa said.

Their typical patient is older and has some belief in natural vs. conventional medicine. They are used to insurance paying for everything, but insurance makes it more complicated. Sometimes insurance will cover the integrated approach to pain management. Check with your provider.

"When people come to our clinic, they can be rest assured they will be presented with a treatment that has been proven effective," said Teresa.

Nature Cure Clinic expanded into the adjacent spaces in their complex. The additional space provides more room for private treatment and consults plus an expansion of their supplement store.

Learn more about Nature Cure Clinic at [www.naturecuredoc.com](http://www.naturecuredoc.com).



# Beware of Ghost Preparers and Other Scams This Tax Season

Written by Brian Watson, Special Agent, IRS Criminal Investigation

It is no secret that income taxes can get complicated depending on your financial situation. That is why over half of American taxpayers utilize the services of an income tax return preparer. The vast majority of return preparers are honest, ethical, and provide their clients excellent service.

Unfortunately, there is a small percentage of preparers who intentionally file false tax returns on behalf of their clients. Here are some examples of recent criminal investigations conducted by IRS Criminal Investigation Special Agents in Arizona:

- Jaime Martinez and Briseida Martinez Perez were both convicted of conspiracy to defraud in October. These siblings from Phoenix filed tax returns with fraudulent Forms W-2 in order to get large tax refunds for their clients.
- In January, Freddy Naranjo, a return preparer from Avondale, took a guilty plea in which he admitted to filing over 200 fraudulent tax returns.
- In January, Jana Meincke was sentenced 21 months in prison and ordered to pay over two million in restitution to the IRS for a scheme involving the creation of fake businesses, deductions, and losses.
- Closer to home, Adan Ramirez of Tucson was sentenced in November to prison for aiding and assisting the preparation of false tax returns. Ramirez presented fraudulent claims for wages, withholdings, dependents, and other credits to obtain tax refunds for his clients.

Beware of any return preparer who does not put their name and Preparer Tax Identification Number (PTIN) on the tax return as required by law. We call these preparers “Ghost Preparers” because they disappear when you go looking for them after receiving an audit letter from the IRS. A good tax preparer is available year-round and will review your return with you line by

line. If you look at your tax return and see a business you don’t own or donations to an unknown charity, it is time to find a new preparer.

Criminals use tragedies and natural disasters as an opportunity to steal from the public. The current COVID-19 pandemic is no exception. We have seen all kinds of emails, texts, and social media messages related to COVID-19. For example, one text attempted to trick people into disclosing their bank account information by promising relief money. The text included a link to a fake web address and read: “You have received a direct deposit of \$1,200 from COVID-19 TREAS FUND.” This is



an example of phishing, which is an email or text message designed to trick you into thinking these are official communications from the government or a financial institution. Always remember that the IRS does not communicate with taxpayers via email or text message.

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

New to the IRS’ annual “Dirty Dozen” list of scams is ransomware. If you are not careful, criminals can place some malware (malicious software) on your computer which locks you out of your computer. The bad guys then demand payment from you to get all your files and photos back. This is why we recommend anti-virus software and



Brian Watson

backing up your computer to an off-site location or service. Most importantly, never click on a link from an unknown sender, unless

you know for certain it is legitimate. Criminals are very ingenious when it comes to tricking you to take the bait of their scams.

Finally, law enforcement agencies in Southern Arizona have seen a large rise in “money mule” activity. A money mule is a person who transfers illegally acquired money on behalf of, or at the direction of, another person. Many mules provide assistance because they believe they are in a trusting or romantic relationship with the individual asking for help. These victims are unwittingly assisting a criminal enterprise. A recent coordinated initiative focused on elder fraud cases where senior citizens served as money mules, including grandparent scams, employment scams, and romance scams. The bottom-line is don’t ever conduct financial transactions for someone you have not met in person – no matter what the sob story.

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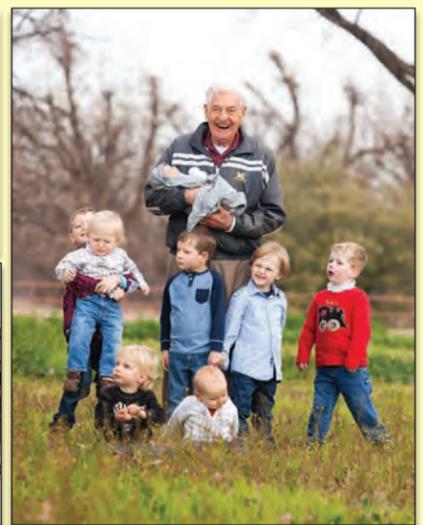


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**What Has the Green Valley Council Been Doing?**

In 2020 everyone—and every business, nonprofit, and public agency in Green Valley—was negatively impacted by the Coronavirus Pandemic, which is still impacting everyone’s life a year later. Over the past months, the Council has changed its operations, scaling down and finding new ways to accomplish our objectives, while accommodating Covid-19 Federal, State and County guidance and requirements. The challenges facing the Council included (1) the lessening of communication with members, partners, and the community at large, and (2) the inability to provide all the services offered to Council members and nonmembers in the community. To meet these challenges the Council began a weekly electronic newsletter to provide updates on “happenings” in the community, including updates on Covid-19. It also began to hold meetings using zoom technology. The Council wishes to give a shout-out to the staff for learning to host the meetings and the committee attendees who learned how to use the zoom video and mike to talk to one another.

With large groups still not able to meet in the Fall, the Executive Committee began writing monthly e-letters to the Board of Representatives to keep them informed of issues discussed and actions taken to keep the Council functioning. Thus, the Council was able to present a draft of the 2021 budget to the Board for review and comment. Direct mailing also enabled the Board to vote, with paper ballots, for a slate of 2021 nominees for the Executive Committee.

Two actions by the Council which were begun in January and in March were activated in the fall. In January the Board voted to increase the dues to \$12.00 per household in 2021. Discussions between the Council and Pima County were also opened in March over whether a new contract, with increased funding, would be written to continue the Council’s services to the County. A new contract was approved by the Pima County Board of Supervisors and the Council in October, and the annual amount of the contract for 2021 increased by \$12,500 to \$87,500.

The increase included the

addition of funds from the Department of Public Health. Green Valley worked with the County to survey the HOAs about what kind of help that might be needed to support for more elderly and vulnerable homeowners affected by Covid-19 protocols. The overwhelming response was that the HOAs were taking care of the daily needs of their homeowners, allowing the Pima County to direct their resources elsewhere.

The end of 2020 saw more



*Green Valley Council newly elected officers and members-at-large: Richard Kidwell, Member at Large; Royal Martin, Vice-President; Debbie Kenyon, President; Martha Van Vector, Member at Large; and Georganne Rodgers-Garn, Treasurer.*

changes. Thao Tiedt, President of the Council, resigned in October for



*Commander Doug Kenyon, SAV and Chief Chuck Wunder, GVFD, exit from the underground parking lot at Santa Cruz Valley Regional Hospital used as a vaccination POD in February.*



personal reasons, and Vice-President Dick Roberts agreed to act as President of the Council for the remainder of the year. Yet despite the operational changes and attention necessary to follow Covid-19 protocols, the Council continued to conduct business through telephone calls, emails, postings on the GVC website and GVC Facebook, zoom meetings and scheduled appointments.

**What Is the Green Valley Council Planning?**

As the new president of the Council, Debbie Kenyon has stepped up to help coordinate the planning for vaccine delivery and inoculations in Green Valley. Representatives from Pima County Administrator’s office, Steve Christy, Pima County Supervisor for District #4, which includes Green Valley, and his representatives, the Council and its Partners worked together to consider how best to transmit accurate and timely information to the community when events were happening on a daily, even

hourly basis. An Executive Committee (i.e., GVC President Debbie Kenyon, Green Valley Fire Chief Chuck Wunder, SAV Commander Doug Kenyon, and Tom Berezny, representative for Steve Christy’s office) was formed to vet the information. They immediately set to work to develop an incident plan on how Green Valley could become a Point of Distribution (POD) for the vaccine. The Green Valley Fire Department (GVFD) already had a plan based on their experience with Phase 1A inoculations, and working with Premier Medical Group, contracted by Pima County, finalized a plan to deliver 3,000 doses of the vaccine at two locations in Green Valley during the first week in February. Over the coming months, the Council will continue to monitor the situation with respect



**Find out more about GVC Se**



**Canoa Hills Trails – An Open Space Park**

Work began in earnest. Flood Control and Parks staff assessed the property and identified the same four priorities. Mowing of the former abandoned golf course revealed erosion, deteriorating cart paths and decayed retaining walls.

The two restrooms were non-salvageable and pathways along Camino del Sol were inadequate. Crews repaired the cart paths. Test sites were utilized to determine best non-native vegetation removal and best native grass reseeding options.

Riprap was installed for erosion protection. Failed retaining walls were replaced. Money from a dust fine of the Freeport-McMoran mine paid for new sidewalks along Camino del Sol. The two restrooms were removed. A parking lot was added at the site of the former driving range. 600 native plants were added in four of the old course's ponds. The former driving range was hydroseeded to mitigate dust issues.

The concepts plans and survey were posted in January and are generating positive and thoughtful comments.

It has been a three-year journey to this point. A grateful community is looking forward to the continued development of our newest natural resource park.



Canoa Hills Trails Park: Razing Old Golf Course Bathroom.



Canoa Hills Trails Park: Signage with Rules and Waypoint Map.

Since 2018 when Pima County entertained the idea of accepting the donation of an abandoned golf course, Green Valley residents united in expressing their support of the land acquisition. Committees comprised of HOA representatives, local businesses, potential users and GVC members were formed to address community needs, pros and cons, development challenges, user needs, design concepts and priorities for the park project. Forums were held to gather community input. Four priorities were identified; maintenance of paths and native plants, flood control to prevent erosion, infrastructure enhancements for safety, and adding amenities such as ramadas, benches and picnic tables. The Canoa Hills Park Design Committee Final Report was presented to Pima County on March 19, 2018.

On July 12, 2019, the Pima County Parks and Recreation Commission unanimously approved the naming of the natural resource open space park per a request by the Green Valley Park Advisory Committee. The Pima County Board of Supervisors followed suit on August 6, 2019 by a 5-0 vote.

**Envisioning the Canoa Hills Trails Park**

*This is the story of how a golf course was given another life as a park, which is serving as a model for other planners across the country where golf courses are languishing.*

**Canoa Hills Golf Course – Abandoned**



Canoa Hills Trails Park: Walkers.



Canoa Hills Trails Park: Old Retention Wall.



Canoa Hills Trails Park: New Retention Wall.

# medicalnews

## WHAT CAUSES CANCER?

This is a broad question and one with many answers. Although some cancers are inherited, most of them are considered sporadic, meaning they are randomly occurring in the population. When looking at identifiable cancer causes, we generally break this down into two categories: modifiable and non-modifiable.

Modifiable risk factors (MRF) include behavioral causes that we can change or modify to decrease our risk. Non-modifiable are those factors that we cannot affect, such as genetics or age. The MRFs discussed today include obesity, physical inactivity, and poor diet, and how they relate to cancer development.

In 2017, the CDC estimated that over 71% of the US population was overweight or obese. Various researchers and institutions have found links between being overweight and cancer development, specifically post-menopausal breast, colorectal, endometrial, esophageal, gallbladder, kidney, liver, ovarian, and gastric cancers.

The World Cancer Research Fund estimates that at least 18% of all cancers diagnosed in the US are related to body fat content, physical inactivity, alcohol consumption and/or poor nutrition. Other than smoking and infection, obesity is the single biggest risk factor for cancer worldwide.

Experts believe that the correlation between weight and cancer incidence is due to the effects that extra adipose tissue has on the body. A 2014 study in *The Lancet* showed that of 5 million people studied, a gain of 34 pounds led to a 10% increased risk for colon, gallbladder, kidney, liver cancers. Experts say the connection is related to body fat producing hormones and inflammatory proteins that will lead to promotion of tumor cell growth. In the simplest terms, an increase in adipose tissue contributes to insulin resistance, higher levels of inflammatory cells in the bloodstream, and increased estrogen levels. These lead to improper uptake of molecules, chronic tissue inflammation, and irregular hormone regulation. Ultimately, this results in faster cell division and the right environment for cancer cell development and growth.

A study by MD Anderson found that nearly 85,000 cancer cases in one year were attributable to obesity. They went on to report that the higher the person's BMI, the higher their risk of developing cancer. They found that as BMI increases by 5kg/m, cancer mortality increases by 10%. Of note, a healthy BMI is 18.5-24.9. Compared to those with a BMI of less than 25, they found the following: the incidence of cancer was 8% higher with a BMI of 25-29%, 18% higher with a BMI of 30-34%, 32% higher with a BMI of 35-39%, 62% higher with a BMI of 40% or greater.

Conversely, many studies have shown that weight loss in those who are overweight or obese is likely to reduce cancer risk. Although more studies are needed to definitively outline these findings, the consensus is that by maintaining a healthy body weight, you are able to modify your risk of cancer.

Why is this link important? Because our lifestyle is a modifiable risk factor. Thirty percent of your lifetime risk of cancer is uncontrollable; the rest is based on modifiable risk factors, including physical health (eating well, limiting alcohol intake, physical activity, and keeping a normal body weight). MD Anderson states that maintaining a healthy weight is one of the most important things you can do to reduce your risk of cancer. Currently, there seems to be substantial evidence between obesity, chronic inflammation, and insulin resistance; creating a link between obesity and the occurrence of certain cancers.

What do we do? Exercise is a key component. Recommendations from the AHA are for 150-300 minutes of moderately intense exercise per week. Not only does this help to maintain a healthy weight, but it also helps to regulate hormones, and speeds digestion to aid in the removal of potentially harmful substances in the GI tract. Eating a well-balanced diet of foods that are high in fiber, lean proteins, and fresh vegetables is another important aspect. Healthy eating will cause less inflammation and cell damage to the lining of the gastrointestinal tract as well as resulting in the proper body energy to power the exercise goals outlined above. Start by avoid-

ing fast food, processed foods, and foods high in sugar, as well as aiming for slightly smaller portions at each meal.

Studying cancer and the causes is a complicated endeavor, that is not black and white. Media reports of correlations can often cloud the issue if they don't present the study and it's result properly. Many times there simply isn't enough data to know exactly how these findings apply to you.

Based on current data and ongoing studies, there is a link between obesity and physical inactivity and the development of cancer. Since these are modifiable risk factors it is prudent that we do what we can to stay active, eat well, and maintain a healthy body weight in order to decrease our risk of developing these cancers.

In speaking with Dr. Porterfield, he

recommends taking the following small, but realistic steps. You need to know where you are starting and sometimes, face some hard truths about your diet and physical activity. Keep a food journal for 2 weeks and track the portions and calories of everything you eat or drink. Step on a scale (scary, I know), measure your waist, and know your BMI (body mass index). Next, choose 2 things you can succeed at such as making your own healthy lunches rather than eating on the go. And, instead of binge-watching a show from the couch, listen to a story while walking around the block.

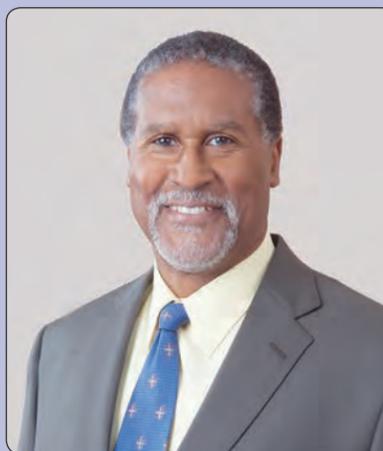
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*Arizona Blood and Cancer Specialists is a community-based cancer care practice, providing patients with a full continuum of cancer care, including medical and radiation oncology, diagnostic imaging, hematology and palliative care.*

### Educating the Community



Molly Grassman, PA-C

Molly Grassman, PA-C is a physician assistant at Arizona Blood and Cancer Specialists. She has a bachelor's degree in Neuroscience. Molly earned her master's degree of physician assistant studies from Midwestern University in Phoenix, AZ. She works in Green Valley, under Bruce W. Porterfield, MD, PhD.



Bruce W. Porterfield, MD, PhD

Bruce W. Porterfield, MD, PhD is a medical oncologist / hematologist at Arizona Blood and Cancer Specialists. He has been caring for patients in the Green Valley community for over nineteen years.



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# Arizona's 5 Most (Un)Wanted Pests

Written by Ryan Bennett, Vice President, Bill's Home Service Company, Bill's Home Inspection Services



One of the most common questions we receive from new customers is: "I'm new to Arizona, what are the pests that I need to be concerned about." Here's our list of Arizona's 5 most (un)wanted pests.

## Scorpions

Scorpions are a commonly feared desert pest, but many Arizonans have never seen a live one. Scorpions are nocturnal and prefer to hide under rocks, in wood piles, behind boxes and under furniture during the day. However, when night falls, these little bugs make their move, especially in the warmer summer months. The most common species is the striped-tail or devil scorpion, but the bark scorpion is the most dangerous species in Arizona with a potentially lethal sting. Homeowners should make sure their home is secured with weather stripping, door sweeps, and sealing any gaps in the foundation or siding of the home to keep scorpions out. A regular pest management program is also an effective tool to control scorpions directly as well as reducing other insect populations that serve as their prey.



Scorpion

with big ears, long whiskers, and a brownish-tan coloring with lighter undersides. They normally build

their nests in well protected areas like amongst cactus and other vegetation, but they also like vehicle engine compartments, unused BBQ grills, and inside building walls or attics. Like most rodents, their teeth are constantly growing so they frequently gnaw on electrical and car wires, wood siding, and drywall which can cause

## Subterranean Termites

Considered the single most economically significant pest in Arizona, subterranean termites are prevalent throughout the state. Termites are wonderful for naturally recycling dead and dying wood, but unfortunately do not take the time to distinguish between fallen trees and manmade structures. Termites cause an estimated \$3 billion or more in damage and treatment costs in the U.S. each year. Arizona property owners should schedule an annual termite inspection by a licensed pest professional. Due to the destructive nature of these pests, treatments should also be left to the pros to ensure it's done effectively from the start.



Subterranean Termites

significant damage. They also pose a sanitary hazard through their hair, feces, and insects that are attracted to their nests like the kissing bug which is a known carrier of chagas disease. Homeowners should exclude entry points to their home – pack rats only need a hole about the size of a quarter to gain entry – as well as reduce overgrown veg-

## Pack Rats

Wood rats or more commonly known as pack rats are another significant pest in Arizona. Pack rats are typically eight inches long

etation and other common hiding spots around their home. Professional trapping and baiting service programs should also be used to safely eliminate infestations.

## Africanized Bees

From birds and bats to native bees and insects, Southern Arizona boasts one of the most diverse and numerous native pollinator regions in the entire world. However, the invasive Africanized honeybee population poses a significant risk to these native pollinators as well as humans and animals. First, reported in the early 1990s, Africanized honeybees now make up



Pack Rats

nearly 100% of all wild honeybees in Southern Arizona. These honeybees look identical to European honeybees, but are much more aggressive and can be extremely deadly due to the number of bees that attack a threat. Africanized honeybee attacks are responsible for multiple deaths of people and pets in Arizona every year. They are also



Africanized Bees

much more aggressive in their pollinating behavior which has impacted our native plant and pollinator sustainability. Due to the high likelihood of a honeybee colony being Africanized and the significant threat they present, a licensed professional should always be called to treat an Africanized honeybee infestation.

## Ants

The Arizona desert is home to many different species of ant ranging in size from 1 mm to almost an inch in length. Many ants like the harvester, leafcutter and pavement ants prefer to be outside and are rarely found indoors but can be a nuisance on patios and can cause damage to landscaping and vege-

tation. Other species like odorous house ants, pharaoh ants, and crazy ants will infest structures in search of food and shelter. When treating ants, identification is an important first step because the species of ant will determine the type of treatment performed. For example, pharaoh ants will split their colony into multiple colonies if they detect a threat which spreads the infestation if not treated properly from the start.

Arizona is home to many different critters including these top 5 most (un)wanted pests, but with the right information and the use of licensed professionals, life in the desert can be an enjoyable experience for all. For more information on Arizona pests and pest control services, visit [www.BillsHomeService.com](http://www.BillsHomeService.com).

For more information on how to protect your home call Bill's Home Service Company at (520) 625-2381 or visit [www.billshomeservice.com](http://www.billshomeservice.com)



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## What is TeleCare?

Every morning, a group of SAV volunteers call clients who have registered for this free service. These clients are elderly and live alone. If the client does not answer their phone, then almost immediately a SAV patrol volunteer will be at their front door to check on their welfare. If needed, medical care is dispatched. How does this service help our community?

*"SAV provides me such peace of mind. When I go to bed at night, I always had this silly fear of dying, and nobody would know. I have a dog and who would take care of my dog? - and oh my gosh, it would be horrible. With TeleCare, if I have a stroke or fall at night and cannot get up, I know that SAV will be checking on me in the morning - and if I do not respond, they will be at my house soon and things will be better."*

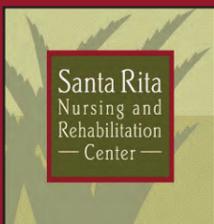


**From a SAV volunteer:** *"I remember an incident so well, when a client didn't answer her morning call. We were dispatched to a villa during the rainy season and it had heavily rained the night before. The lady's exterior metal security door was closed, but the interior door was open. I yelled "SAV" and I could hear a faint "help me". I opened the door and found the lady lying on the floor; unable to move, and soaked from the rain. I asked her how long she had laid there. She told me "all night". Then, she said, "I knew SAV was going to call me in the morning, I just didn't realize you would get here so fast." I called for an ambulance and a deputy backup and comforted her with a blanket and pillow while we waited for help to arrive. Incidents like this make it so rewarding to be a SAV volunteer."*

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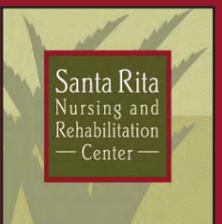
If you have not sent in your tax-deductible contribution, please consider mailing it today. You can also donate securely online, by visiting our website: [www.gvsav.org](http://www.gvsav.org) - and click on the "donate" button. If you would like information about any of our free services, please contact us at (520) 351-6744. You can also follow us on Facebook: Green Valley Sheriff's Auxiliary Volunteers • We are a 501 (c)(3) non-profit tax deductible organization.

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# Big Top Rises in Amado & Big Red is Spotted Around Town

Written by Susan Stein Kregar

Greg and Amy Hansen, owners of Longhorn Grill & Saloon, Twist & Shout, and the 19<sup>th</sup> Hole can add “ring leader” and “Cookie” to their resumes.

Because of the pandemic, outdoor dining continues to be in demand. To accommodate the needs of diners and keep their staff working, the Hansens erected a 30 x 60 ft. tent as part of the Longhorn’s outdoor dining venue and operate a new food truck.

## Under the big top Longhorn frontier.

The Longhorn sits on three acres. Between the new tent and adjustments to the patio, they can accommodate 150 people outdoors and 70 under the tent. Once the social distancing restrictions are lifted and restaurants can seat to full capacity, Greg estimates that 200 to 250 people will be able to comfortably dine outdoors and 100 under the tent. Space heaters, mist systems, an outdoor bar, and an eclectic collection of tables and chairs are being added to the outside and tent venues. The tent is accessible as it is placed on turf.

The Big Top is not limited to regular dining. Live music and karaoke will take place twice a week if not more frequently. The maiden event under the big top was held on February 19<sup>th</sup> featuring karaoke.

Weddings, receptions, and other private parties are already being booked through September 2021.

The Longhorn Grill & Saloon is located at 28851 South Nogales Highway in Amado, roughly 10 miles south on I-19 from the Continental Road exit. Visit <https://www.longhorngrillandsaloon.com> for details.

## Chow Time!

Chuckwagons carried food as part of wagon trains across the prairies during America’s frontier days. While Green Valley and Sahuarita may not see many cowboys or other nomadic workers these days, there are still plenty of hungry mouths to feed. “We know

many people are not comfortable dining out yet,” said Greg. “So, we are bringing the food to the people through the Longhorn Chuckwagon and Barbecue Company.”

Just as “Cookie” was in charge of the chuckwagon, Greg and Amy oversee the food truck, aptly named The Big Red Truck. The truck is equipped with a full kitchen. Offering a diverse menu of BBQ wings, Mexican food, burgers, tacos, and bowls, the cost for most meals is \$10. Brisket and tri-tip platters are also available. Though, you may need to order in advance. Alcohol is not available.

Chef Chris Para who received his pitmaster certification for smoking meats prepares everything from



The Big Red Truck serves BBQ wings, Mexican food, burgers, tacos, and bowls. Visit [www.longhornchuckwagon.com](http://www.longhornchuckwagon.com) to confirm daily locations.

scratch except for the prepackaged chicken strips and mac & cheese on the kids’ menu. The meats are smoked in-house. Sides including beans and rice are made from scratch.

The Hansens employ more than 50 people between the three locations

and the chuckwagon.

“Chef is doing the cooking and cross-training cooks from our other locations,” said Greg. “We wanted to keep our people working. This way they can add hours to their workweek and feed their families.”

Greg knows there are other food trucks out there, particularly when Rancho Sahuarita holds its food truck rallies. However, according to him, most of them serve Mexican food and his truck focuses on BBQ and serves Mexican food. “We have the best carne asada in Green Valley,” he boasts.

Longhorn Chuckwagon does not offer home delivery unless it is a private party of 30 or more people.

Big Red generally rotates between



The exterior of the new tent at Longhorn Grill & Saloon.



Greg and Amy are collecting vintage chairs for seating under the tent and on the patio.



The interior of the tent includes space heaters, a dance floor, and plenty of space between the tables and chairs.

the parking lots of the Tractor Supply Store and Ross in Green Valley, and the north entrance to Rancho Sahuarita at Pima Mine Road. Licensed to operate in Pima County and in the Town of Sahuarita, the Hansens are seeking feedback from the public as to where the truck should be parked.

Visit [www.longhornchuckwagon.com](http://www.longhornchuckwagon.com) to confirm daily locations and [orders@longhornchuckwagon.com](mailto:orders@longhornchuckwagon.com) to fill an order. Call (520) 345-0663 to book the Big Red Truck for a private party.

While neither the tent nor the food truck is a lifelong dream that came to fruition, each filled a need that was driven by the pandemic. Both will continue well after the pandemic restrictions are lifted.

# Between a Rock and a Not-So-Hard Place

## Meet Green Valley Decorative Rock's Office Manager, Ricki Long

Written by Susan Stein Kregar

If you have been to or called Green Valley Decorative Rock in the last six months, it is highly likely that you met or at least spoken with Ricki Long, the office manager. She knows her rocks. Though that wasn't always the case. Actually, Long is a fairly recent transplant to the area. The work she did dealt more in ounces than tons in her 17 years with United States Postal Service in Utah. "Delivering mail in the snow is no fun," she said.

Living in Utah her entire life, Ricki and her husband found themselves empty nesters when her youngest turned 18 and moved out. She wanted to change things up and go somewhere warm. Her husband's transfer to Davis-Monthan Air Force Base ignited the spark to move south. In March of 2020, they packed their bags and hit the road.

Though she longed for warm weather, Long wasn't sure there would be anything to do in the desert. So, how does she feel about living and working in Southern Arizona a year

later? "Oh my gosh, I love it! I thought I was going to hate it," she exclaimed.

They settled in Sahuarita. She feels close enough to the city to do anything she needs and be in the mountains in roughly an hour where she and her husband enjoy riding their motorcycles. "It's been nice. My parents have been down here. I'm talking them into 'snow-birding.' Everyone is surprised there is something to do in the desert," she said.

Coming from the Ogden-area, a climate that has all four seasons, she too was surprised by the desert



Ricki Long, Green Valley's office manager. Photo courtesy of Green Valley Decorative Rock

mess for you."

Her new position is keeping her "on her toes and ready to roll with it." There isn't a typical day because the materials and needs of customers constantly change. Though her planned day can change at the drop of a hat, Long can generally be found taking and filling orders and operating loaders and skidsteers. Yes, operating a loader and a skidsteer. "Never thought I'd do that, and it is awesome!" Long gleefully said. "This was a godsend. Right up my alley, not sitting behind a computer eight hours a day."

She enjoys visiting with the customers who come to Green Valley Decorative Rock and show photos of their projects such as pool waterfalls and front yard water features. Long has been working on a lot of landscape projects at her home. "The place was overgrown and vacant for a couple of years. I wish I knew this place

(Green Valley Decorative Rock) before. Instead, we got ripped off. We didn't know what we needed." Now she does.

"This company is great," she said. "Kevin (Lutz) the owner, is amazing. He knows what he is doing and runs a great business. He does a lot for the community and stuff for the kids. Some of these guys have been doing this a lot longer than I have and can roll with the changes. It's a great team. They are running a good show here. It's neat to get along with everyone in the company. It's nice to come to work when you are not dreading to go to work and not everyone is stressing."

Ricki is on a roll. Maybe "Rocki" is a more appropriate name now.

"We look forward to the community meeting her. If you are in the area, we would love for you to stop by and say hello. She may just tell you about her hula hoop skills", Johnson said.

blooms. "It's beautiful in the spring. The cactus bloomed, and they were beautiful."

Long has now made it through one summer and has experienced Southern Arizona's warm weather. "I think that's all it takes. I have been acclimated. I am cold after one summer," she laughed.

Once settled in her home she started looking for a job. She soon came across a job posting on Facebook. In September 2020, Long joined the staff at Green Valley Decorative Rock as an office manager.

"We are excited to introduce Ricki Long as the newest member of our growing team!! Ricki has a broad industry acumen that will complement her new role of our Green Valley Office Manager, said Marlene Johnson, general manager.

More surprises were headed her way. "I never did anything like this," Long said. "I have learned a lot from the short time I have been here. There is so much more to this job. I just knew it was a rock yard (when she applied). There are a lot of moving parts. It moves very fast. If you are a stressed person, it would be a



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This column is provided by Pima County Cooperative Extension, Master Gardener

# gardening *tips*

While the Pima County Cooperative Extension offices are still closed, Master Gardeners are available by phone (520-648-0808) and email ([uacemg@gmail.com](mailto:uacemg@gmail.com)) to answer your questions. If calling, please remember to include your name, phone number and a detailed message. If you decide to email, a detailed email and pictures if possible would be great. We will get back to you in a day or two.



As COVID-19 lingers on and having to stay home limits our exposure, gardening is a great way to get outdoors.

You may not be able to visit as you once did, but seeing a face drive by is a great way to be part of your community. Gardening also allows one's body to soak up that much-needed vitamin D.

The weather is starting to warm up, spring is starting to bloom, bees are buzzing, butterflies are appearing! Now is the time to get out there and ready your raised beds, containers, and in ground gardens. However you plant, now is the time. Adjusting your water schedule will start about now. Same duration, just different frequencies.

March 15<sup>th</sup> on average is the last frost day. Prune the winter damage. Check stems for signs of life. With a sharp knife, peel back some of the bark on the outer stems. If there is green sapwood underneath, your plant is alive!

Thin out your deciduous fruit trees. When fruit is about the size of a marble, thin fruit to where each piece is about 6 inches apart. This will increase size and quality of the

fruit. NEVER thin citrus. Citrus thins itself. No need for a helping hand there.

Plant shrubs, plant trees, all types. Sow annual seeds outdoors. Plant perennials too. Start sowing your vegetable seeds or plant starters. March/April is the best time to plant new landscape plants. Allowing the plant to establish themselves before



Flower photo created by wirestock - [www.freepik.com](http://www.freepik.com)

the hot weather sets in. Aphids will probably been seen by now. They enjoy new growth. If you see them, blast them with water to discourage and if that does not work, add

1-2 tablespoons of liquid dish soap (never antibacterial) to a gallon of water then saturate the leaves, top to bottom. Personally, I find the blue colored soap to be the best.

April is a great time to plant your citrus trees and you should be doing your 2<sup>nd</sup> of 3<sup>rd</sup> feedings for citrus.. (Key-if your citrus tree needs 3 lbs. total of fertilizer; you will give it

1 lb. per feeding. Example- 1lb 1<sup>st</sup> feeding, 1lb 2<sup>nd</sup> feeding & 1lb last feeding) never feed total amount each feeding. Otherwise, you will have extra thick rinds. Your citrus trees may drop fruit. That is normal, as citrus only drops the fruit it cannot support. You may also see some leaf drop. It is just replacing old leaves with new ones.

April is also a great time to plant your warm season annuals, heat-loving vines, fig trees, and you can still sow vegetable seeds outdoor. You might start seeing some yellowing of leaves with green veins, correct with "Chelated" iron. Flush the salts from the root zones of your plants. If you have plants on an irrigation system, run your system three times as long as you would normally, just for one day. That pushes the salts down past the roots.

Lots of sowing, planting and transplanting is going on now. Be kind to your plants and water properly. Deep watering is key, not daily shallow watering. May is when the killer heat comes on. Deep watering helps the plants, 30% or 40% shade cloth helps, especially when over 95 degrees and mulch under plants helps keeps roots cool.

Spray your Italian Cypress, junipers and other evergreens, along with roses and pyracanthas for spider mites. Jet spray works wonders.

These are just a few things to help you in your garden. The Pima County Cooperative Extension has lots of information and free publications: <https://extension.arizona.edu/pubs> for your gardening needs, along with many other publications to help too.

Talking about gardening, how would you like to become a Master Gardener? If so, go to <https://extension.arizona.edu/pima-master-gardeners> for more information. Class this year will be via zoom. *Dead line for application is April 30<sup>th</sup>.*

While the Green Valley office is closed, the gardens are not. The Floral, Veterans, Patio, Orchard, Vegetables, Butterfly and Container gardens to name a few, are going through major transformation. We would enjoy having you stop by and see our work in progress. 530 E. Whitehouse Canyon Rd. Please mask up when on the premises.

For more information on gardening and other information, go to <https://extension.arizona.edu/pima>

Pima County Cooperative Extension is full of information to help you and your community. We look forward to seeing you soon. Stay safe!



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### Summer Course Catalog

This sessions catalog will be available  
digitally at the end of March on our  
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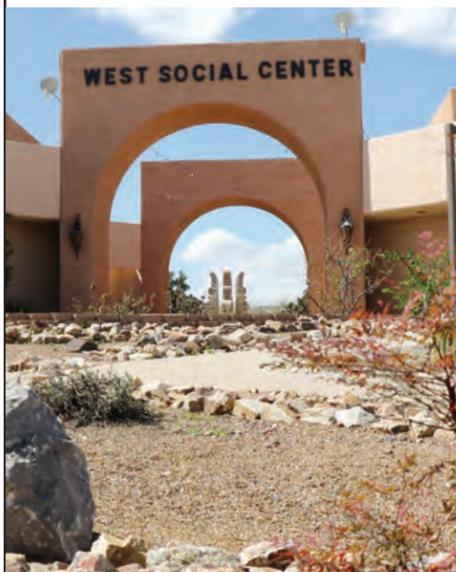
Registration will be open April 5<sup>th</sup>!

### Summer Class Registration

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



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meal delivery on Fridays to our Senior Lunch participants;  
Los Niños del Valle preschoolers are learning about healthy  
food and planting an outdoor garden; a family caregiver went  
to her long-overdue doctor's appointment while caring staff at  
Adult Day Services looked after her husband who enjoyed an  
active day of social engagement; and a Posada Life counselor  
gave hope and a smile to a stressed and overwhelmed client.

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**520-625-2273** | Visit: [posadalife.org/community-services](http://posadalife.org/community-services)

# Timeline of Tucson's Most Shocking Crimes

Written by Guy Atchley

At the old courthouse in Downtown Tucson, the Pima County sheriff has a hallway set aside, which features in pictures and words some of Tucson's most fascinating crimes. Here are a few of them:

In 1927, Fernando Robles, owner of the Robles Electric Company, was one of the wealthiest people in Tucson, and that would make his daughter a prime target for kidnapping. Six-year-old **June Robles** disappeared at 3 p.m. April 25, 1934. As June was walking home from school, witnesses saw a man described as dirty and emaciated pull her into a car outside Roskrug School. Later that



Cozzie Merrill Jones reenacted the killing of Marguerita Bejarano at the scene of the crime

authorities could find the girl. The Pima County Attorney and several highway patrolmen searched a desert area for two hours before finding a small metal box that was sunk three feet into the ground with shrubbery over it. Amazingly, June was okay after spending 19 days chained inside the iron box. She survived on fruit, bread and jam, potato chips and graham crackers placed there for her. It was never determined how many kidnapers were involved. Even though several people were investigated, no one was ever convicted. June Robles stayed in Tucson



June Robles with her parents

day her father received a ransom note demanding \$5,000. Efforts to pay the ransom never succeeded. A massive search began with the press calling it "the greatest manhunt ever staged in the West." Finally on May 14 Arizona Governor B. B. Moeur received a postcard with a Chicago postmark that described where

all her life until Parkinson's Disease claimed her at the age of 87.

Two years before the kidnapping of June Robles, a similar abduction occurred. In this case, **Gordon Sawyer**, the vice-president of Southern Arizona Bank was taken from his home. The kidnapper wanted

\$60,000 for Sawyer's safe return. Pima County deputies zeroed in on Clifford Adkins as their suspect, which led to a gunfight and the arrest of Adkins. Authorities found Sawyer, bound and gagged, at the bottom of an abandoned dry well on the Adkins ranch. As for Adkins, he was tried, convicted and sentenced to life at the Arizona State Prison. Ironically, one of the prosecutors in the case was Carlos Robles, the uncle of June Robles.

**Eva Dugan** once worked as a cabaret singer in Juneau, Alaska during the Klondike Gold Rush of 1896-1899, but it's what she did after moving to Pima County that sealed her place in history. She used an axe to murder an old chicken rancher who had fired her for unknown reasons. Then she disappeared with his

Dodge coupe and his cash box. The long arm of the law had to reach all the way to White Plains, New York to capture Dugan. As it turned out Dugan had been married five times,



Eva Dugan

and all of her husbands had disappeared. After Dugan's conviction, she told the jury, "Well, I'll die with my boots on, and in full health. And

*continued on page 27*



The well where Clayton Adkins was found

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*Shocking crimes  
continued from page 26*

that's more than most of you old coots will be able to boast on." Dugan was taken to the gallows of the Arizona State Prison in Florence on February 21, 1930 and became the first woman to be executed by the state of Arizona. Unfortunately, prison officials miscalculated how much Dugan weighed, so instead of just a hanging, it also became a decapitation. That's one reason the state replaced the gallows with the gas chamber in 1934.

The murder of 8-year-old **Marguerita Bejarano** in 1961 goes down as one of the most cold-blooded cases in Arizona history. The Tucson girl's body was found under a bridge in Casa Grande. She had been shot to death.

Years later, Cozzie Merrill Jones, would confess to the killing, saying he woke up that morning and "had an urge to find a little girl and talk to her." At the time of Marguerita's killing, Jones was on the run from Indiana where he was serving time for killing a 12-year-old girl. He also admitted that on the way to Tucson, he had killed a hitchhiker.

Authorities finally caught up to



*Dillinger and Gang in Tucson Courtroom*

Jones two years after Marguerita's death when he tried to kidnap another little girl in Tempe, but two men stopped him. Jones fled, but before being captured, he killed a retired rancher. Jones was arrested in Gila Bend while driving the rancher's car.

During his confession to Marguerita's murder, Jones said he had attended her funeral and then placed flowers on her grave every other day. Marguerita was buried in Baby Land at Holy Hope Cemetery in Tucson.

In 1968 Jones pleaded guilty to second-degree murder, giving him his third life term. He died in 1973 during heart surgery at Maricopa

Medical Center. In January of 1934, Public Enemy Number One came to Tucson with his gang. **John Dillinger** holed up in a house with his girlfriend, while two members of the gang stayed at Hotel Congress and another elsewhere.

What led to their capture? Well, when a fire broke out at the hotel, Charley Makley and Russell Clark apparently were too lazy to carry their bags from the upper

see them in person. Benjamin Baker Moeur found the crew ready to chat about such things as the weather. The gang had come to Tucson to escape the cold weather in other parts of the U.S. where they'd been on a crime spree robbing dozens of banks.

From Tucson Dillinger was taken to Crown Point, Indiana to face trial for the murder of a policeman. Local police boasted the jail was escape proof. Wrong. FBI files indicate Dillinger may have used a fake pistol to surprise the guards and walk out of the jail. Soon he was robbing banks again, this time with Baby Face Nelson.

Death came to Dillinger later that year just outside the Biograph The-



*Marguerita Bejarano's body found under a bridge in Casa Grande*

floors. They tipped two firefighters \$12 to do it for them. The very next day, the firefighters were looking at an issue of True Detective magazine when they saw pictures of the men they'd helped. That put things in motion, ending with Dillinger and members of his gang all being captured separately. With Dillinger, police found two sub-machine guns, 500 rounds of ammunition and two shortwave police radio sets. The rest of the gang also had an arsenal. Each man had a female companion, and all of them were arrested, too.

The governor of Arizona apparently was so starstruck by the gang that he arrived at the jail in Tucson to

ater in Chicago after an informant told the FBI he'd gone to see a movie. Agents were waiting when he came out. Dillinger saw them, pulled a gun and ran down an alley. He was followed by a hail of bullets, one of which severed his spinal cord and passed through his brain. The long crime spree of Public Enemy Number One was over — July 22, 1934.

After the pandemic, you'll be able to see the entire timeline of sensational crimes in the Sheriff's Nook at the Historic Pima County Courthouse. But for now the old courthouse and all of its exhibits remain closed to the public.



*The courtroom where Dillinger appeared with his gang*

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**The White Elephant Thanks the Community for their support during the temporary store closure. The store will remain closed in support of social distancing. Store updates can be found at [www.gvwhiteelephant.com](http://www.gvwhiteelephant.com) or call 520-625-4119. Donations will be accepted upon the store reopening. We look forward to seeing our shoppers, donors, and volunteers soon. Thank you!**

**The White Elephant thanks all of our Volunteers!!!**

It takes a special person to give of themselves for the good of others. The Thrift Store could not operate without you and we look forward to seeing you all soon!

# Remember the Appliances Come Spring Cleaning

Written by Rosie Romero,  
Special to KGVY

When spring rolls around, homeowners are often motivated to do some deep house cleaning. In addition to the carpets, floors, and baseboards, give your appliances extra attention.

## The Refrigerator

Move the refrigerator away from the wall. Clean the back and sides and the flooring underneath. Find the location of the refrigerator's coils by checking the owner's manual. Sometimes they're on the back of the appliance; sometimes they're under a toe grill at the front of the fridge. You may have to remove a panel or grill.

Unplug the electric cord. Gently dust the coils with a rag or brush and vacuum the coils. When dirt and dust build up on the coils, it takes more electricity to keep food cold.

Take all the contents out of the refrigerator. Remove the bins and shelves. Wipe the surfaces of the interior and wash the bins and shelves with a water solution that includes baking soda or vinegar. Throw away food that's been around too long.

## Refrigerator Ice & Water Dispenser

Rosie on the House Certified-Partner, Kinetico, offers these steps to clean the ice dispenser and remove mineral deposits.

- Moisten three to five paper towels with full-strength white vinegar. Do not wring out the towels.
- Drape the paper towels over the different parts of the ice dispenser.
- Remove the overflow pan. Drape the soaked paper towels on it and the inside of where the pan sits.
- Let the paper towels sit for at least one hour to loosen the calcium deposits.
- Remove the paper towels and toss them in the garbage.
- Pour 1 tbsp. of lemon juice in a bowl.
- Dip a toothbrush in the lemon juice.
- Sprinkle toothbrush with bak-

ing soda.

- Scrub the surface of the ice dispenser and overflow. Rinse the toothbrush frequently. Continue until achieving the desired result.
- Rinse the ice dispenser by wiping it with a damp cloth.
- Dry the surface with another cloth.



Empty and clean the whole refrigerator to keep it working properly and eliminate odor.  
Photo courtesy of Shutterstock

- Replace the filter on the water dispenser if you didn't do it six months ago.

## Coffee Maker

Run three parts water and one-part white vinegar through the coffee pot as if you are brewing a fresh pot of coffee. Then run just a pot of water through. Finally, clean the coffee pot carafes and filters as usual. Enjoy a cleaner tasting coffee the next time you brew.

## The Oven

Use the oven's self-cleaning cycle if it has one. Do not run it on a hot day due to the high heat the process generates. To start, wipe away loose soil in the oven and remove the racks and pans. Clean them in the sink. Follow the instructions in the appliance manual. Don't leave the house during the cleaning process.

Be sure to read the instructions first if manually cleaning with a store-bought cleaner. Or try the baking soda and vinegar method. However, some homeowners complain it's difficult to get the baking soda off the oven. At any rate, mix a couple spoonfuls of baking soda with water to create a paste. Spread the paste over the walls of the empty oven. Let the oven sit 12 hours (the paste may turn brown). Using a wet rag or sponge, wipe out the paste.

Use vinegar to sponge surfaces where the baking soda is stuck. Use the baking soda paste on the oven window and let it sit for 30 minutes before removing.

This can get messy, so wear rubber gloves, goggles, and old clothes.

## The Toaster Oven

This method is similar to manually cleaning the oven. Do not use an abrasive scrubber and keep water away from the heating elements.

## The Microwave

You won't believe how easy this method is. Pour two cups of water and two tablespoons of vinegar into a microwave-safe cup or bowl. Microwave on high power for five minutes. Wait two minutes so the steam trapped inside will loosen gunk. Carefully remove the cup/bowl and turntable: Use a sponge to wipe the whole microwave clean. Clean the turntable in the sink with soap and water and return to the microwave when dry. Remember to clean the outside of the microwave, too.



A dirty microwave will make the food cooked inside taste and smell poorly.  
Photo courtesy of Shutterstock

## The Dishwasher

Over time, grease, soap scum, and food debris build up and the appliance becomes less efficient and can smell unpleasant.

Remove the bottom dish rack and clear the drain of any debris. Then run a hot water cycle in the dishwasher sitting in a sturdy container on the top rack. This will wash away odors and grime. After the cycle finishes, sprinkle a handful of baking soda around the dishwasher bottom and

run a short cycle using hot water. Bottles of dishwasher cleaning fluid are also available at the grocery store. Simply put the bottle on the top rack and run a hot-water cycle in the empty dishwasher.

After a cleaning cycle, wipe down the inside of the dishwasher with a clean towel to remove any remaining residue.

## The Clothes Dryer



A clogged and dirty dryer vent is a fire hazard. Vacuum out the lint periodically.  
Photo courtesy of Shutterstock

Even though you regularly remove lint from the trap in the dryer, the lint screen needs to be washed occasionally. Consider hiring a vent cleaning company to vacuum the lint duct. It can be difficult for a homeowner to clean out the duct that exits on the roof or in a vent high on a wall. Very dusty ducts can be a fire hazard.

## The Washing Machine

To keep the machine smelling clean and fresh, fill the tub with hot water, pour in three cups of vinegar, a half cup of baking soda and run the mixture through a complete cycle. Sponge off the agitator and tub surfaces with a water and vinegar mixture. Check the washer hoses for weak spots or leaks and replace them every five years or earlier if needed.

Regular cleaning combined with seasonal deep cleaning will keep your appliances in good working condition, thus preventing major failures and costly repairs or replacement. Consider installing a whole house water treatment system. It will extend the life of your appliances and prevent mineral build-up.

**Listen to Rosie on the House each Saturday from 8AM-11AM on KGVY 1080 & 101.5FM**

# April Marks National Foot Health Awareness Month: Are Your Feet Ready for Spring?

Spring weather on golf courses and tennis courts beckons Southern Arizonans outside. But is your body – especially your legs and feet - ready for more activity?

Experts say some of the activities that produce the majority of injuries include bowling, mountain climbing, hiking, aerobics and golf - all popular activities among people living in Southern Arizona.

“I always support being active, but I do think it is important to recognize that some activities can cause increased stress to your feet and ankles,” said Dr. Marta Riniker, DPM.

Riniker is a podiatrist – a medical specialist who helps with problems that affect your feet or lower legs.

She treats injuries, acute and chronic conditions of the feet and lower legs, as well as complications from ongoing health issues like diabetes.

Riniker says she sees a lot of people who get injured after participating in sports. But there are several things you can do to get ready for increased activity, or getting ready to play a sport.

**1. Buy good shoes.** “One of the common complaints that I see is pain at the ball of the foot. Although there are several possible causes for this, one of the common causes of this occurs because there is flexion during gait at the ball of the foot, meaning your toes flex, while you’re walking. And each time we take a step, we increase stress across this area. Wearing shoes with stiff soles, especially at the ball of the foot can help with this,” said Riniker.

She says wear an athletic shoe that offers some ankle support as well. Make sure shoes have enough space without rubbing or squeezing toes. Replace your walking or exercise shoes every six months or 500 miles in order to avoid foot and heel pain when the inside of the shoe begins to wear and lose support. For women in particular, avoid wearing heels, and while that’s not always possible, Riniker suggests keeping heels below two inches in height.

**2. Consider arch supports.** Riniker says arch supports help maintain a more anatomic position of the foot. That can be especially

helpful with conditions like plantar fasciitis, tendonitis, and can sometimes alleviate fatigue and generalized foot pain. There are over-the-counter and custom options available. The type that is best for you depends on your specific foot, and how you walk. You can ask a podiatrist for guidance.

**3. If you are implementing a new exercise routine, start slowly.** “It takes our bodies time to adapt to new activities,” said Riniker. “A



sudden increase in any weight bearing activity can lead to tendon or ligament strain, and is a common cause of stress fractures of the bones of the foot. Give your muscles and bones time to adapt to your new level of activity and back off if you feel any pain.”

**4. Don’t play doctor!** If you do suffer a toe, foot or ankle injury, seek medical attention from a podiatrist. The sooner you are treated the better outcome you will have. Untreated injuries can result in long-term problems, causing recurring pain, limited mobility and development of arthritis in the affected joints, or tendon or ligament degeneration.

Riniker says you do need to be seen if you have:

- Foot or ankle pain or swelling
- A recent injury of the foot or ankle
- An old injury of the foot or ankle that is not getting better, or keeps recurring
- Painful deformities like bunions, hammertoes, flat feet or high arched feet, for example
- Abnormalities of your skin or toenails

And if you do come in – don’t be nervous.

Your first visit to a podiatrist will be a lot like any other doctor. The doctor will ask questions about your medical history, medications you’re on, or any surgeries you’ve had.

Your doctor will look at how you stand and walk, check the range of motion in your joints, and see how your shoes fit. The podiatrist might suggest orthotics, padding, or physical therapy to treat your problems. Podiatrists can treat many conditions in the office, including some minor procedures. If conservative treatments fail or are not a good option for you, he or she may suggest coming up with a surgical plan to correct your issue.

If you don’t need a visit yet, there are things you can do on a daily basis to help keep your feet healthy, says Riniker.

- Inspect your feet daily for injuries, cracks, peeling, or dry skin. If it is difficult to do this,

consider using a mirror. This is especially important if you are diabetic to avoid infection or a non-healing wound.

- Wear shoes in public places where you may suffer cuts leading to infection, contract athlete’s foot fungus or plantar warts on the bottom of your feet. Never go barefoot outside in Arizona because of the heat of the pavement and the presence of cactus thorns which are often stepped on, leading to infection.
- Dry your feet and between your toes after showering to avoid fungal infections. Then, moisturize feet and heels with a good lotion.
- If you go to a nail salon, Riniker recommends bringing your own instruments to avoid fungal or bacterial infection. Many instruments are cleaned but not sterilized and fungal spores especially are very resistant to cleaning products. If you can’t bring your own tools, make sure the salon uses sterile practices, like lining the bowls with a new liner every time, and that instruments are packed individually and not just placed in a solution.

Remember your feet need sunscreen too! Apply between toes and on ankles to avoid sunburn and prevent skin cancer, which often goes unnoticed in this area of the body.



Dr. Riniker works at Northwest Bone & Joint, and performs surgery at Northwest Medical Center.



## Meet Dr. Riniker

Dr. Marta Riniker, DPM, is a podiatrist working in Green Valley, Sahuarita, Vail and Tucson. In her practice, she sees patients of all ages and all issues related to the foot and ankle. She takes a special interest in sports injuries, trauma and deformity correction, and says she takes a conservative approach with her patients, always attempting a nonsurgical avenue when possible. She has extensive training in surgical procedures, and chose an additional residency training after medical school.

Outside of work, Dr. Riniker enjoys hiking, kayaking, camping, yoga, traveling, volunteering, and running. Her dog, Tika, accompanies her on many of her adventures. She grew up in Milwaukee, Wisconsin, but has lived in several other states as well, including Minnesota, Iowa, Colorado, Pennsylvania, Oregon, and New Mexico.



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