

Is Patio Sealing a Do-It-Yourself Job? It Can Be!

Written by Rosie Romero,
Special to KGVY
Rosie on the House

You can seal your stone patio yourself, or you can hire a professional to do it for you.

What You Will Need:

2 People | Sealing is a two-person job.

Time | It will take you about an hour for every 200 square feet of patio space.

Sealer | Be sure to choose a product that has been proven in Arizona! Just because a sealer works in other environments doesn't mean it will hold up to the Arizona sun and heat.

Here are some tips for sealing the deal yourself:

1 | Choose a high-quality sealer.

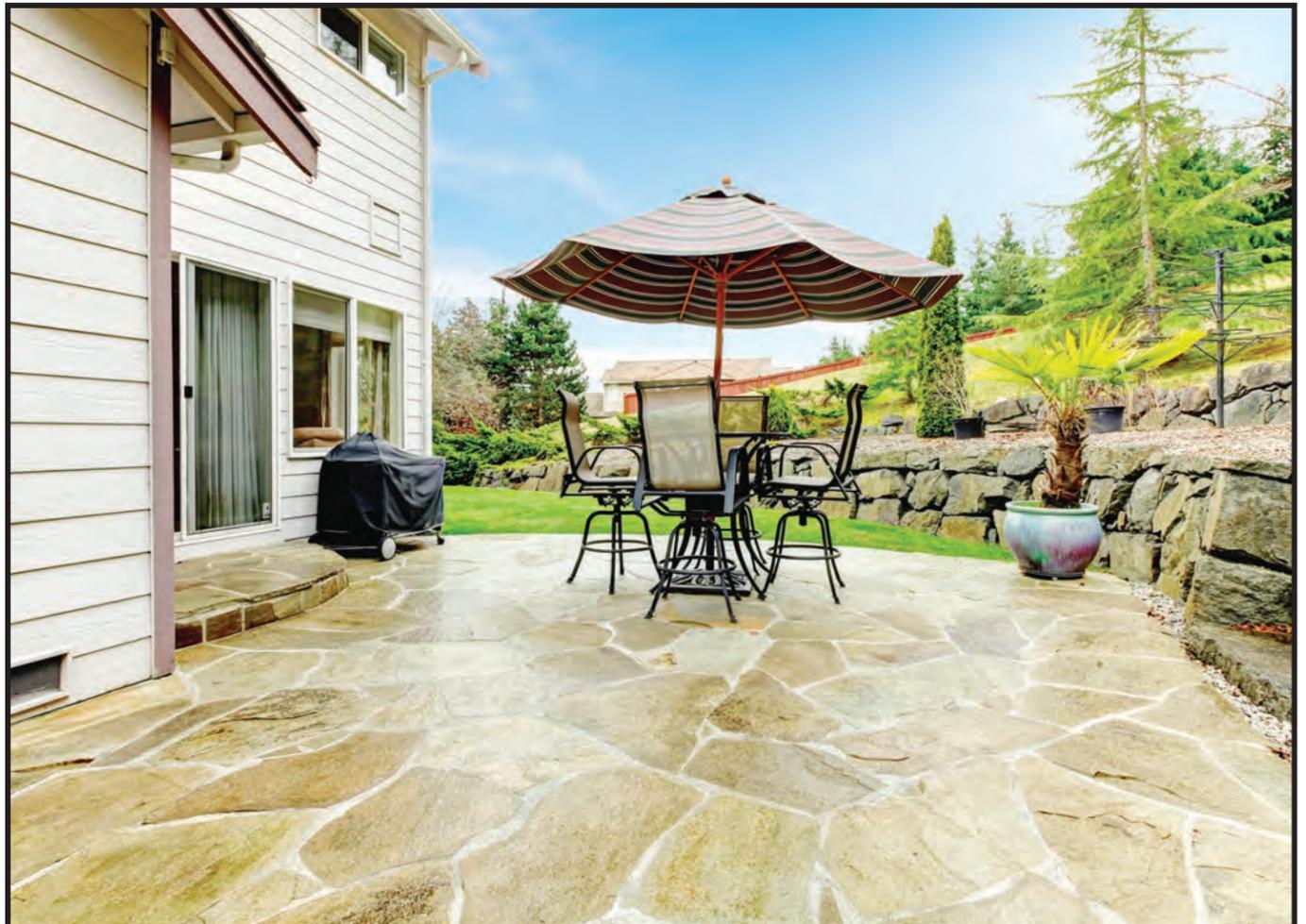
Rosie on the House Sealed Stone Patio. Many homeowners tackle this job and are very happy with the result.

Disappointment comes if the sealer begins to flake, peel or becomes discolored. For good results, it is very important to choose the right product and to read the directions carefully.

Rosie's Recommendation: Techniseal, in the water based Natural Look Matte Finish gives the longest protection- up to 3 years and is available at Local Hardware Stores. Avoid the gloss version as it can be maintenance intensive. Color Boost in matte finish would be an option as well.

2 | Find someone to help you.

Sealing your patio takes two; one person to spray the sealer and the



other to work it into the patio's crevices and pores before it starts to dry.

3 | Cover up yourself and surrounding areas.

Wear long pants, closed-toe shoes and long sleeves so the sealant doesn't get on your skin. Cover your mouth and nose with a face mask and wear glasses or goggles to protect yourself from harsh fumes and potential splashback. Cover plants, grills and appliances, too.

NOTE: We don't recommend anyone who is pregnant or has health issues such as asthma, to do this job yourself.

4 | Secure the area.

You will want to keep people and pets from walking across the surface before it dries. Sealer can take

several hours to dry completely. Foot or paw prints, especially if they are dirty, are not easily remedied and will leave a lasting impression.

5 | Prepare the surface.

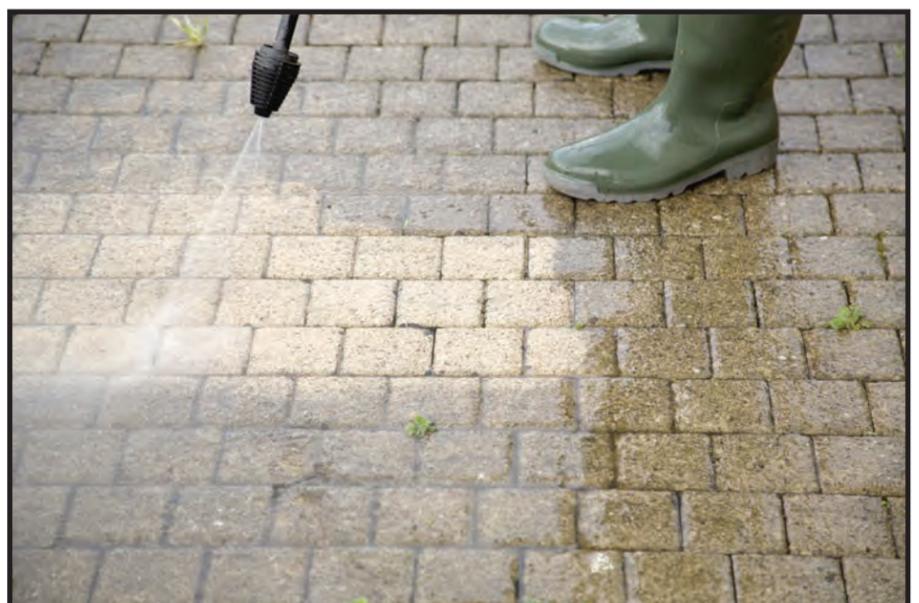
Pressure Wash Pavers. If you apply a sealer to a dirty patio, you will seal in the dirt and dull the finish.

Begin with a good washing. Rosie, is not a fan of using power washers on pavers and other surfaces. If used too aggressively they can leave etch marks on the surface. Instead, he recommends a tool called the Whisper Washer. The spray of the washer is delivered in a circular motion and won't leave pattern marks. If

you have a power washer there is a Whisper Wand attachment you can buy for about \$200, or you can rent one at your local rental yard.

6 | Apply the sealer with a bug sprayer.

Spray no more than 50 feet at a time with as even a coat as possible. Your partner should be right behind you with a soft-bristled broom or paintbrush, working it into the surface's pores and wiping up any liquid that pools or doesn't broom in. Apply one coat of a solvent-based sealer or two coats of a water-based product. It will dry in around 30 minutes.



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Pandemic Prompts Pet Adoptions at The Animal League

Written by Barbara Averill

While scientists hunt for a cure for Covid 19, The Animal League of Green Valley has found that many people's antidote for the effects of the pandemic comes in the form of furry companionship.

Nearly 100 kittens have found new families and dozens of dogs were adopted as people saw themselves sheltering at home with excess time and love to give. At one point earlier this year, there was just one dog on site at the shelter, something President Kim Eisele had never seen in her 11 years volunteering there. Even some of the "challenging" or older animals that had been overlooked in the past were finally chosen by people looking for a companion. With such great demand, the shelter even brought in some dogs from the Pima Animal Care Center in Tucson and quickly found them new homes.

"We never stopped taking in or adopting out animals," Eisele said. The spay/neuter program continued as well.

Still, the pandemic has had several impacts on the nonprofit's work. The shelter, The Attic Thrift Store, its volunteer program and even the buildings themselves have all seen changes since March.

Unlike many businesses and nonprofits that found it necessary to pause their activities, The Animal League could not call a halt to its work, even when many volunteers were staying home. "When you deal with animals, you have to have someone here all the time. You can't tell dogs to feed themselves or cats to clean their own litter boxes. The volunteers who came in throughout this period have been rock solid and a real blessing," Eisele said. Many other volunteers stepped forward to foster dogs in their own homes, easing the need for in-shelter work. Rebuilding the volunteer force is now one priority to return to normal operations.

The effects were also felt financially. An appeal in April to long-time faithful donors was successful, but as the pandemic worsened and people lost jobs and tightened their own budgets, gifts to The Animal League became fewer. The annual charity golf tournament was canceled. Having to close the Attic Thrift Store for 79 days also had a large impact. Every cent of income from the store goes to the animals

and the loss was counted at about \$1,500 a day.

Returning to "normal" has been incremental at the store. It currently operates at limited capacity and with fewer shopping hours. There are also new, important rules for donations. Items that are torn, stained or broken can't be accepted. Donations may be brought to the store on Sundays from 8 a.m. to noon but only if they fit into three boxes or three bags. Limited donations of



clean house and downsize their collection of unused items. As a result, the shop temporarily stopped taking donations and focused on sorting the pile. Eisele said the dedicated volunteers who worked through the backlog did incredible work and made it possible to once again, on a limited basis, begin taking donations.

To reduce the inventory, The Attic has held outdoor patio sales with earlier hours to let shoppers browse in cooler temperatures. Eisele said that while things work to-



While the thrift shop was closed, volunteers put their energy into moving everything inside so a painter could give the walls a fresh new color. At the shelter, volunteer painters also covered over "institutional green" in the dog kennel area with blue, which research has shown is a calming color for canines. Among other projects, the east wing of the shelter now has beautifully polished concrete flooring.

Eisele's love of animals was especially felt in March when she lost her elderly dog. She wasn't inclined to rush into a replacement, yet she found herself visiting the shelter kittens more often. One that was particularly social now has a place of honor as her office cat, greeting visitors and making himself comfortable at her desk. Whispurr has "been my office buddy, and such a great release for me when things are stressful," Eisele said.

As such, she can personally relate to everyone who has adopted a pet during the past few challenging months!

furniture will be accepted on the first Sundays of each month. Large furniture such as desks and hutches as well as mattresses can't be accepted.

Why the rules? At first, so many items were donated that they overflowed the shelter's storage capacity and the pile nearly reached the roof. Sadly, many weren't of a quality good enough to sell and only added to the nonprofit's trash. The inundation was the result of other area thrift stores being closed and people having much more time at home to

ward a more normal schedule, bargain hunters should look for information about open schedules and face mask requirements by checking the web site, WWW.TALGV.ORG.

What to know about The Animal League of Green Valley

- It is an all-volunteer, nonprofit, 501(c)3 organization. Donations are tax deductible. Donations may be made by check to The Animal League of Green Valley, 1600 West Duval Mine Rd., Green Valley AZ 85614 or by clicking on the "Donate to TALGV" button on the web site, www.talgv.org.
- Services include sheltering, spay/neuter, veterinary care, training and adoption of pets.
- If you are interested in adoption or relinquishing a pet, or have found a stray, you must call to make an appointment with the staff. To meet COVID-19 controls, appointments are necessary and may be made by calling 520-625-3170.
- As this article goes to press, The Attic Thrift Store is currently accepting small donated items on Sundays only, from 8 a.m. to noon. Donors must wear a mask and are asked to donate usable items that fit into no more than three boxes or three paper bags. In addition to these donation days, on the first Sundays of subsequent months, some furniture that is in good condition will be welcomed. Large items such as mattresses, desks, hutches or other large furniture items will not be accepted at this time.
- As this article goes to press, shopping hours are 8 am to noon on Monday, Thursday, Saturday and Sunday. Because of COVID-19 controls, the number of shoppers inside is limited in number and masks are required. The times are subject to change as pandemic conditions ease.
- **Volunteers are always needed! An application form is available on the web site, WWW.TALGV.ORG.**





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A Mailbox Fit for a Firefighter

Written by Susan Stein Kregar

Green Valley residents Lars Finkes and TJ Vandiver have known each other for decades. They met when TJ worked for a friend's father on a property Lars rented in Madera Canyon. Years later, when TJ became a contractor in his own right as owner of TJ Vandiver Construction, Inc., he worked on the roof of Lars' new home.

"I trust TJ," said Lars. "He is always super dependable and super honest."

It was TJ's dependability and honesty that led to the creation of Lars' newest home addition – a fire hydrant mailbox.

A few months ago, TJ was doing roof repair work for Lars. As he left the property in his work truck, he knocked over Lars' mailbox.

"He felt really guilty about running over our mailbox," said Lars.

TJ felt so badly that he not only wanted to replace it, he created a one-of-a-kind mail depository. This is where the moon and stars

aligned. Lars is a retired Green Valley Fire District fire captain. And TJ? Well he just happened to have a random fire hydrant laying around in his backyard. "I bought it 10 or 12 years ago from an antiques swap meet. It sat in the dirt all these years."

Now TJ had a purpose for the hydrant. He had a "heck of a time" finding the fittings. He went to many equipment stores in Tucson. One manager wouldn't sell him the parts because he thought TJ was trying to steal water.

For the finishing touches, TJ's wife, Brianna, put her new cricut maker to work by creating stickers for the mailbox. "It's really cool that we were able to get those on there," said TJ.

While Lars and his wife were out for a round of golf, TJ poured the

concrete and installed the mailbox. They were pleasantly surprised

when they returned home.

Lars has not spoken with his mail carrier, but his neighbors think its "the coolest thing in the world."

What do the neighborhood dogs think? A fire hydrant mailbox must be confusing for them.



**TJ VANDIVER
CONSTRUCTION INC.
(520) 603-6718**

This column is provided by a Veterinarian leader with Exceptional Pets in Sahuarita

petlife



EXCEPTIONALPETS



MUST-HAVE ITEMS IN PET FIRST-AID KIT



Whether you're taking your pup on a travel adventure, leaving your pet with a sitter, or you just want to be prepared for life's challenges, having a pet first-aid kit can be a lifesaver.

LET'S START WITH THE BASICS FOR EVERY PET

Contact information for the closest 24-hour emergency veterinary hospitals. This is especially important if you travel – you may not have cell phone reception and you may be unfamiliar with the area.

ASPCA Poison Control contact information: (888) 426-4435 There is a fee for this service, but their experts can advise you if veterinary care is needed and what can be done at home for treatment.

Over the counter Benadryl cream. If your pet is a little itchy, this may help. Be sure to apply to clean dry skin. If your pet is having moderate to severe allergy issues (vomiting, diarrhea, hives, skin swelling, difficulty breathing, weakness), they should be seen by the nearest veterinarian immediately.

Unscented baby wipes or soft cloths and water. These are great for cleaning minor wounds and messes.

Animal antimicrobial wound spray. We recommend Vetericyn Plus Antimicrobial Wound & Skin Care – it's safe if licked and it's gentle on skin but works well. Other products may be toxic to pets, are unsafe if licked, or can cause serious tissue damage.

A properly sized E-collar. Licking, scratching and biting can turn a minor injury into a major problem. Always keep an e-collar on hand, and if your pet is bothering an area, place one on until you can see your vet. E-collars can also work to reduce motion sickness during car rides. Stop by Exceptional Pets today with your furry friend to have our retail associates help you find the perfect one.



An extra leash. It's a good idea to have an extra on hand in case one breaks or is lost deep in the wilderness.

Blankets or towels. These can provide comfort if your pet gets hurt, they can be used to apply pressure to bleeding wounds on your way to a veterinarian, or they can be used to scoop up smaller pets quickly.

Disposable gloves. Some infections can be transmitted between humans and animals. Protect yourself and your pet by wearing gloves when handling waste or any wounds.

Sterile gauze and non-stick bandaging. If you need to use these, we recommend calling your vet right away. These should only be used temporarily during an emergency until you can see your nearest veterinarian.

A properly sized muzzle. Even the kindest of animals can bite when they're scared or in pain. Having one on hand can prevent further injuries to yourself and your pet. Don't forget to remove it as soon as possible to avoid breathing and other issues.



ARE YOU TAKING YOUR DOG ON A HIKE OR CAMPING?

A simple comb. These work well to remove cholla bulbs from pets. The remaining spines will need to be removed by your vet.

Fine point tweezers. Use these to remove ticks, thorns and foxtails from your pet's fur.

Photos of your pet. In case your pet gets lost, these may help you find them more quickly.

Plenty of water and pet bowls. Animals get dehydrated just like humans, so it is important to keep your pet hydrated and cool by offering them water frequently and taking plenty of breaks in the shade.



ARE YOU LEAVING YOUR PET WITH A SITTER?

A full print out of your pet's medical history. In the worst-case scenario, your sitter will be able to give this to the emergency veterinary hospital.

List of current medications, including the dose and frequency.

Make sure your home or your pet's overnight bag is stocked with extra medications and extra food, particularly if it's a prescription diet.

Contact information for your regular veterinarian, as well as the nearest 24-hour emergency veterinarian. Before your trip, call your primary veterinarian and let them know the name of your pet sitter so they can discuss your pet's medical history with them.

Your contact information (the more the merrier) and dates/locations of travel destinations.

Authorization to Treat Form. Before your trip, be sure to check with your veterinarian what documents they may need if your pet sitter needs to bring your pet to the veterinarian.



When it comes to our four-legged family members, it is always best to be prepared. For recommendations for your specific pet or trip you would like to take with them, schedule an appointment with one of our veterinarians.

We would be happy to make recommendations for your pet and their first aid kit needs!



EXCEPTIONALPETS

Did You Know That Green Valley Has a Cooperative Extension Office?

Written by Cassie Burrue!
Office Specialist, Sr.
Family Engagement Instructional
Specialist & Master Gardener
Program Coordinator Green Valley
University of Arizona Pima County
Cooperative Extension

ardship, family health and well-being, youth development, and agriculture.

Areas of Cooperative Extension expertise are: 4-H Youth Development, Animals, Community & Business, Food Nutrition & Health, Plants & Pests, Natural Resources, Tribal Extension and Youth & Family. Under these areas, there are more than forty plus programs.

A few programs that may be of interest to you are:

Family Engagement: How to better family relationships. Include parent /grandparent education workshops that offer tools to make parenting easier and more intentional. Covering topics such as brain

you problem solve your problems and more; Why is my leaf tip turning brown? How do I stop my children from acting out in public? Can my children join 4-H if we have no

Pima County Cooperative Extension is the outreach arm of the University of Arizona. We have been in your back yard for over thirty years now. What is Cooperative Extension you ask?

UArizona Cooperative Extension takes the science of the University to the people of Arizona through programs, publications, classes, events, and one-on-one teaching.

Cooperative Extension plays a unique role in both rural and urban Pima County. Extension educational programs promote environmental stew-



So how do you contact your local Extension office?

We are located at **530 E. Whitehouse Canyon Rd. Green Valley. 520-648-0808**

Due to COVID 19 pandemic, the office can only receive phone calls and emails at this time. We uphold public safety and the safety of our staff/volunteers

Call us at **520-648-0808**, Please leave a detailed message, name & phone number. We will call you back ASAP.

Email Master Gardeners: uacemg@gmail.com. All over emails: cassieb@ag.arizona.edu.

At the current time, we are holding our classes via zoom. More information and classes offered, go to <https://extension.arizona.edu/pima>

We look forward to hearing from you. Remember to visit our gardens.

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development, positive discipline, critical thinking and building healthy eaters. Also offers classes that involve children and their parents. Children learn where their food comes from, what a purple carrot looks like and how to garden at home.

Master Gardeners: Arizona Master Gardeners are university-trained volunteers who serve as community educators. They work with the University of Arizona providing research based information on environmentally responsible gardening and landscaping to the public. After completing a semester long course, concentrating on gardening and the environment, Master Gardeners Associates volunteer to serve their communities.

4-H: Inspiring the next generation of leaders, inventors, entrepreneurs and problem solving. Transforming the ordinary into the extraordinary. Animals, rockets, sewing, cooking, photography, insects and so much more.

back yard and do they have to have animals? We can help you with these questions and so much more.

Everyone who delivers/oversees programs, volunteers or interacts with the public through Cooperative Extension, are certified and/or trained through the University of Arizona with the latest information available.

Majority of the services Cooperative Extension offer are free. On occasion, there is a small fee.



The Green Valley office can help



Don't let the pandemic keep you from making a plan



YOU'RE SMART. You know this is an unprecedented time in our country. You know that suddenly, many things we took for granted in our day-to-day lives have changed, for longer than we ever anticipated. But it's not forever.

SAFETY FIRST. We are taking precautions and we will get even smarter as a result. If there's anything this pandemic and its enforced isolation has taught us, it's that we need community. And we need a plan for our well-being, for the future.



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Continental Elementary School – Our Only Local School is 100 Years Old and Still Going Strong!

Written by Carew Papritz
Award-Winning Author and
Friend of Continental School

Did you know that Green Valley's only local school is over 100 years old? Established in 1916, Continental School District No. 39, home of the "Continental Colts," has been our only local school for over 104 years.

Turn up the road heading to Madera Canyon, cross over the railroad tracks, and you'll find yourself where the town of Continental once stood, our school's namesake.

Continental was established during World War I, at the request of President Woodrow Wilson, and was named after the Intercontinental Rubber Company. The reason? To grow guayule, a rubber substitute. Generals feared that Germany could cut off American access to the imports of rubber through the Far East shipping lanes. Guayule is an evergreen shrub found in the southwest and northern Mexico and is the only plant, other than a rubber tree, that produces latex which can be used to make rubber.

The town grew during World War I as workers were needed to plant and tend the fields, while helping to run the processing plant used to make the latex. A schoolhouse was formally built in 1918, alongside the town post office, general store, and church. After the end of World War I, the guayule project was abandoned. In 1922, Queen Wilhelmina of the Netherlands bought the farm and rented the fields to cotton farmers until 1949.

The old Continental School was replaced in the 1990s by a new facility located about one mile to the east. The old historic schoolhouse was refurbished

and now serves as the Continental Community Center. Since 1985, it has been occupied by Southern Arizona's longest running dance company, the Ballet Continental Dance Company.

The current Continental school serves almost 200 families and over 600 students from kindergarten through eighth grade. Our students benefit from the many 'elders' who volunteer their time and expertise,



Continental students standing around the World's Largest Thank You Letter, Envelope, & Stamp

making our district a truly unique place to be. Our jazz ensemble per-

forms for many of our local retirement homes. Every year for the last 20 years, students from our own Continental Civics Club, with the help of our local businesses, raise enough money to send our graduating class to Washington D.C. As a way to promote our school's motto of kindness and cooperation, we created the world's largest thank you letter, envelope, and stamp (the size of a basketball court). We are "The Little School with a Big Heart," and we love our hometown of Green Valley.



The brick array for the "Celebration Plaza."

Helping Continental this Election
Please consider voting for Prop 484 to help with the continued funding of our only local school. Thank you.



Eagle Scout Project Honors Continental's 100+ Year History

Cutter Papritz, 14, graduated from Continental this last spring and is now at Walden Grove High School. As a Boy Scout in Troop #301, Cutter wanted to create an Eagle Scout project that would bring the Green Valley community together and would stand the test of time.

He hit upon the idea of an engraved brick "Celebration Plaza" that would commemorate the over 100 years that Continental School has been in existence. "I was amazed that our school district had been around for over a 100 years, and I thought everyone should know that. That's why I started this "Celebration Plaza," he said.

The plaza will be made up of engraved bricks from each year's graduating class, Continental alumni, teachers, and community members who help support the school.

But the plaza will have a dual purpose for years to come. Papritz decided he could create an annual fundraiser for the Continental Civics Club that would help raise money for their annual Washington D.C. trip. "I wanted the plaza to have more bricks over the years, especially from each graduating class," he said. So, I thought it would be a great way for our Civics Club to raise money every year for the D.C. trip."

Papritz has almost 200 engraved bricks on order to help finish the project, which should be done sometime in September. The Continental School Foundation contributed over 75 bricks for this year's graduating class who were not able to travel to D.C. because of the pandemic.

In addition to the engraved bricks, the 20 x 20-foot plaza will also contain regular bricks. Papritz asked for donations for these bricks and the Valencia Home Depot came through. The entire plaza will be located directly in front of Continental's front entrance sign.

Papritz hopes to keep expanding the plaza over the years with future alumni and community names. "It would be great to come back to my school in another 20 or 30 years and see how many names have been added to the plaza. That would be something," he said.

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Platelet Rich Plasma or PRP therapy is used to treat conditions such as: Osteoarthritis, Acute and Chronic Soft Tissue Injuries, Tendon Injuries, Ligament Injuries, and Certain Spinal Conditions.

This treatment can help your pet by regenerating and healing tissue by recruiting cells to an area of an injury to clean up dead and injured cells. PRP is obtained by taking a small sample of blood from your pet, spinning it down in a specialized processing system to isolate and concentrate the platelets in the fluid portion of the blood called plasma. Once the PRP processing is complete, it is injected directly to the area of injury.



THERAPEUTIC LASER

Therapeutic laser is the application of light energy to areas of the body to stimulate healing. The most common applications for therapeutic laser include arthritis pain, snake bite pain and swelling, muscular sprain/strain and the resultant pain, post-operative application around incisions, wounds and any situation in which the pet is experiencing musculoskeletal pain.

Therapeutic laser reduces pain by decreasing inflammation and tissue chemicals that stimulate pain and by affecting nerve conduction. It also enhances healing by increasing microcirculation, stimulating cellular activity, and increasing growth factors.

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Acupuncture works by stimulating specific points on the body that can alter various biochemical and physiologic conditions to achieve the desired effect. It can stimulate nerves, increase blood circulation, relieve muscle spasm, and cause the release of hormones, such as endorphins and cortisol.

Some of the more common disease processes that acupuncture can be used to treat include: post-surgical pain; debilitating arthritis; chronic back and neck pain; intervertebral disk disease; immune dysfunction; and muscle tension. It is a common misconception that acupuncture should be used instead of more "conventional" methods, but at Animal Care Center, we often use it alongside many other treatment modalities to better help the patient.

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Older Adults Drowned Six Times the Rate of Children in 2019

Written by Susan Stein Kregar

When we hear about pool safety, we generally think about watching children around water. While pool-related drownings tend to involve more children than adults, incidents involving seniors are on the rise because of the number of aging Boomers.

Melissa Sutton, Board President, Drowning Prevention Coalition of Arizona, reported that last year, Pima County set a record with zero pediatric drownings. There was a total of five adults, with three of those incidents being fatal. Pima County has one adult fatal in 2020 as of press time.

“Statewide in 2019, over 30 adults fatally drowned which was six times the rate of children. We have done a great job targeting water safety messaging and driving down the pediatric numbers, but clearly more education, programs, and messaging is needed for our adult community,” said Sutton.

Medications & Mobility Increase Risk

Medical events are a significant contributor to adults accidentally ending up in the water. It is important to understand how medications come into play especially by the pool or in a hot tub.

“Say someone is on blood thinners,” said Sutton. “They should not use alcohol or be in the heat

while cleaning the pool. They can become overheated, dizzy, faint, fall, hit their head, and end up in the water. If they are unconscious, they can’t yell for help.”

water alone. Adults with mobility issues, illnesses, or memory problems especially should always have a buddy when they are by the pool.

Carole (last name withheld) is an

see it clearly in the deepest area, it is safe to swim. If you cannot, stay out of the water.

Call a professional pool service technician to access and get your pool back into safe, sparkling condition. A weekly cleaning schedule will help reduce the murky incidents, even during the monsoon season. Consider a pool professional certified by The Pool & Hot Tub Alliance.

Safety Measures

Never swim alone. Always have a buddy who is capable of calling 911 and getting someone out or get their head above water before the paramedics arrive. Keep the walkway around the pool clear of trip hazards.

There are safety devices available and proactive steps you can take.

- A life vest can literally be a lifesaver.
- Pool entry alarms sound when something or someone enters the pool.
- User-entry wristband alarms sound when the wearer gets the band wet.
- Install a fence around the pool with an alarm that sounds when it is opened.
- Install audible alerts on doors that access the pool.
- Install self-closing and self-latching devices or locks on all access points.
- Wear a medical alert button that is rated for swimming pool use. “Waterproof” doesn’t necessarily mean rated for pool use.
- Use a cover or net designed to hold a large adult when the pool or hot tub is not in use. Ensure that it is installed properly and in proper working condition.
- Keep life-saving equipment readily accessible.
- Enroll in a CPR class.
- Keep the pool properly maintained.

For more information about water safety and adults, visit www.preventdrownings.org or Facebook at Drowning Prevention Coalition of Arizona.



Never swim alone. Always enjoy the pool with a buddy, or two, or three. Photo credit: iStock via Pool & Hot Tub Alliance

The heated water in hot tubs can exacerbate medical issues or cause a negative interaction with medications.

Slip and falls are huge issues according to Sutton. “Before COVID, the CDC began funding research and messaging targeting baby boomers’ slipping and falling in general.”

Tripping over items around the pool such as a hose, pool equipment, and furniture is a common cause of poolside accidents. A slight stumble can cause someone to fall in the pool and become unable to get out. Head injuries and broken bones are common in those incidents.

Regardless of age or ability, people should never swim or be in the

example of what can happen when swimming alone. Sixty-eight years old with emphysema and limited mobility, she got in her pool, waded around then sat on the step. When she decided to get out, she could not lift herself up. The phone was on the patio table so she was unable to phone for help. For eight hours she sat, periodically calling out for help while getting sunburned and dehydrated. It was after 7:00 p.m. when her neighbor returned, heard her cries and called the paramedics.

Cloudy or Murky Water

Green or cloudy water is a drowning risk. It can be difficult to see someone struggling or suspended under the water.

The monsoon windstorms combined with temperatures surpassing 100 degrees and a high UV index lead to clogged pipes and eventually green pools. A pool can turn green in just a few hours.

Don’t be fooled by the scent of chlorine. If the water is cloudy yet has a strong chlorine smell, it doesn’t mean that there is enough chlorine to kill the germs or clear the water. The odor is from chloramine and it indicates that there are too many contaminants in the pool and not enough active chlorine to fight it.

Before you get into a pool make sure the drain is visible. If you can



A green, murky pool is a drowning hazard. Photo credit: iStock via Pool & Hot Tub Alliance

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Quality Pottery From Around the World

Written by Tabitha Yates

Several years ago, Brad Huff found himself in need of a new hose pot for his Saddlebrooke home. He visited a big box store, but came away empty handed.

Brad recalled a pottery store on Nogales Highway, a bit of a drive from his house, but he knew his hose pot would be available. Sure enough there was a full selection of hose pots.

Hose pot in hand, Brad headed home. During the return trip he spotted a metal building in Catalina with a fenced-in yard. Could a smaller version of Quality Pottery serve the Catalina community? After much consideration, crunching numbers, and prayer, Brad and

his wife Julia opened Pottery Fiesta in September of 2015. Just a short year later, Quality Pottery became available for purchase. Brad and wife Julia bought Quality Pottery on Nogales Road in the Fall of 2016.

Brad Huff is a Tucsonan and his wife Julia Huff hails from Michigan. Their son Brian, manages Pottery Fiesta. Brad's sister, Polly became the Manager of Quality Pottery in 2019. It is a true family business with long hours and challenges importing pottery from around the world.

Brad's eclectic work history eventually led him to opening his own business. Sharing his work history he explained that "I am one of those guys that has had many jobs along the way. I spent a few years in Oklahoma in the oil and gas industry during the 80's. I worked the candy and tobacco wholesale industry for a handful of years, followed by the office supply industry. Just before we opened Pottery Fiesta, Julia and I even tried flipping houses. Not really for us."



Michael, Julia & Brad July 2020

Quality Pottery's most sought after pieces are from Michael Carr Designs, who creates their top selling hi-fired pottery by hand. The pottery is fired at over 2000 degrees in kilns in Viet Nam. Hi-fired pottery is very durable in the desert climate; is freeze and frost resistant, and holds up well for many, many, years.

Brad has nothing but good things to say about his partnership with Michael. He says, "Michael is a wonderful man and like myself, has had many jobs through the years. I love the commitment he has to his work, while always updating his designs and colors to stay at the forefront of the industry. Our relationship has grown beyond business and is now a great friendship."

Michael Carr shares a similar sentiment towards the Huffs, "I love Brad and Julia. They are really good, solid people. We connect really well. They work their tails off. Their business matters to them and they do it the right way. Brad's had great success selling my pieces. I want to design and produce the pottery so when customers walk into

Quality Pottery they say, wow that's gorgeous!! It becomes a talking point."

Michael has put in a tremendous amount of work to become the standout in the pottery world to-

Brad mused "operating a small business can be very challenging at times. It is certainly not for the faint of heart! There were a few moments in time when Julia and I have thought about throwing in the towel. However our faith in God has continued to be the pillar that has always supported us."



Items from the Quality Pottery store on Nogales Highway



Michael Carr pottery arriving in Mid October

Quality Pottery
continued from page 12

day. Michael Carr Designs boasts the largest pottery showcase in the country located in Atlanta. 20,000 square feet in size, the warehouse displays every piece of his collec-

tion, in every color!

Michael chuckles as he shares, "It's so fun to see people walk in the door of my show room for the first time and see their jaws drop. It's like a candy store for people who buy pots!"

colors helps him turn out the hottest items for the pottery market.

The outstanding workmanship of his pieces can be attributed to the meticulous process it takes to create them, from de-



Mixed Red Pots Michael Carr Designs 2020



Mixed volcanic over smooth planters
Michael Carr Designs 2020



Tall round planters
Michael Carr Designs July 2020

There are 125 different color glazes. He has designed at least 10,000 pieces. Michael Carr Designs has produced a 410 page catalog for the past five years. 50 to 60 percent of his inventory is changed every year to retain a fresh look. Studying the latest trends and

sign to finish. No effort is too great to develop the pottery he is so proud to display and share with the world.

Michael spent three years developing his pure white glaze, one of his most popular colors. Every piece is handmade. The glaze is applied by hand. Michael Carr Designs are truly one of a kind works of art.

Brad Huff and Michael Carr originate from different backgrounds but have paired together to create

pottery wonderlands. Visit Quality Pottery 8210 South Nogales Highway, Tucson and Pottery Fiesta 16181 North Oracle Road, Catalina. Facebook.com/qualitypottery. Michael's website is michaelcarrdesigns.com



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Napa Valley. Photo courtesy of Shutterstock

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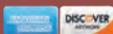
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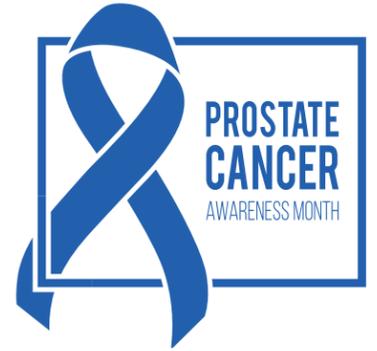
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medicalnews

UNDERSTANDING PROSTATE CANCER



It's unlikely most men spend as much time thinking about prostates as I do (occupational hazard), but with September being prostate cancer awareness month it is a good opportunity for all of us who have a gland ourselves, or a loved one with a gland, to pause and think for a moment about the number one cause of cancer (non-skin) in men. In fact, over 200,000 American men are diagnosed with the disease each year. Happily, prostate cancer is usually quite treatable with over 98% of men alive at five years after diagnosis. Nevertheless, certain cases of the disease may present in younger men, or with an aggressive biology and consequently may threaten a patient's life, and every diagnosis of prostate cancer has huge implications on a patient's *quality* of life.

Screening for prostate cancer is important because early detection allows the disease to be treated with fewer side effects. When the disease is caught early, cure rates after treatment are also more favorable. Screening techniques for prostate cancer include the prostate specific antigen blood test (PSA), as well as digital rectal examination performed by either a urologist or an internal medicine physician. It is important to understand that neither screening test is perfect, and a decision to move forward with further diagnostic studies including MRI of the gland, or prostate biopsy should be made after discussing the benefits and potential side effects in consultation with a board-certified urologist.

A diagnosis of prostate cancer can be exceptionally challenging for a man to navigate because the available treatment options are multiple and varied. They may include active surveillance, surgery, radiation, or hormone therapy. The best treatment option for any given patient will depend on the stage, extent, and biological aggressiveness of the disease at diagnosis, considered in the context of the patient's age, general health, as well as wishes and values. There is no one-size-fits-all option, and a treatment choice that may be best for one patient may be quite inappropriate for another.

While surgery and radiotherapy have been demonstrated to be equivalent in terms of cure probability in a head-to-head randomized trial, the side effects of the treatments are very different. Surgery is associated with pain, may not be appropriate for men with underlying medical conditions, and typically leaves a man impotent, while radiotherapy is gentler and has a better chance of preserving erectile function, but is more likely than surgery to worsen urinary obstructive symptoms such as urgency or frequency, or cause loose stool or diarrhea. Interestingly, when men are surveyed about their satisfaction with their choice in treatment, both men choosing surgery and men choosing radiotherapy are generally quite pleased with

their quality of life after treatment.

Encouragingly, active surveillance, surgery, radiation therapy, and hormone therapy have all have been improved over the last several decades through clinical trial investigation. Genetic testing of tumor tissue allows us to best select for those men who are safe to be watched, advanced surgical techniques including laparoscopic and robotic approaches have resulted in less surgical morbidity and shorter hospital stays, improvements in linear accelerator design and computerized treatment planning have greatly diminished the side effects of radiotherapy, and new exciting hormonal treatments are available for patients who have failed first line therapy.

permanent seed, or low dose rate (LDR) implant therapy. HDR therapy allows for the application of the entire radiotherapy course in just two to three treatment sessions instead of the traditional 5 to 8 weeks of once daily treatments used for external beam, and has been demonstrated to have superior urinary side effects to the older seed implant technique. Even conventional radiation treatments of prostate cancer using external beam radiotherapy have been improved allowing for shorter, more intense treatment courses that have

Some of the Risk Factors for Prostate Cancer Are:

Age: Most often it is diagnosed in men over the age of 65.

Family History: There is an increased risk when immediate family members have the disease. Familial prostate cancer develops from a combination of lifestyle factors, shared genes and shared environmental factors. Hereditary prostate cancer is caused when genetic changes or mutations are passed down through generations of the same family. There is a higher risk of developing prostate cancer if a family member has a BRCA1 or BRCA2 gene mutation (man or woman) or has Lynch Syndrome.

Diet: A diet including a lot of red meat and/or high-fat dairy products can put men at a greater risk.

Exercise: Men who do not regularly exercise may have increased risk.

Race: African American men have greater incidence and death rates.

Chemical Exposure: Agent Orange exposure (chemical agent used during the Vietnam War) has been shown to be a risk factor for prostate cancer.

One example of an exciting improvement in the treatment of prostate cancer specific to radiation therapy is the development of the prostate hydrogel spacer. The hydrogel spacer is a small gelatinous pad that is injected into the space between the prostate and the wall of the rectum separating them by approximately 1 centimeter. The gel is applied prior to the delivery of radiotherapy and displaces the rectum away from the path of the radiation beam, thus mitigating the usual gastrointestinal side effects of treatment such as diarrhea or blood in the stool.

Another recent improvement in the field of radiation therapy is the development of high dose rate (HDR) brachytherapy, supplanting the older technique of

been shown to have equivalent cure rates and favorable side effect profiles compared to longer traditional courses.

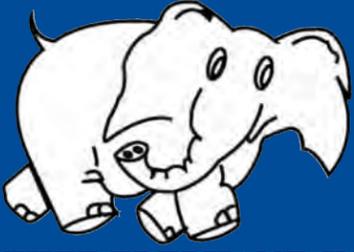
If you or a loved one is 45 or older and has not had a PSA drawn, consider it seriously. If you have already been diagnosed with prostate cancer, make sure that you carefully study all of the available treatment options and discuss them at length with both a urologist and radiation oncologist before deciding on the best treatment course for you and your family. A willful ignorance about prostate cancer is not an effective management strategy. It is common, it is treatable, and acting early generally saves a lot of headache and heartache later. The best weapon any patient can have when facing cancer is information.

Educating the Community



Andrew Orton, MD is the Medical Director of Radiation Oncology at Arizona Blood and Cancer Specialists. Their radiation clinics will be located in both Green Valley and Tucson. Dr. Orton is experienced in treating all types of cancer using different radiation treatment modalities, and has special expertise using HDR brachytherapy to treat prostate cancer. He is certified to administer SpaceOAR™ Hydrogel, used to minimize injury to the rectum in men receiving radiation treatments for prostate cancer.

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Donation Drop-off hours are 8AM to 3PM**

Masks are required for entry into the building

Call after October 1st for scheduling pickups. Pickups will not be scheduled prior to October 1st

PLEASE NO DONATION DROP-OFFS PRIOR TO OCTOBER 1ST

Alexa – Helping Seniors with Daily Activities

Written by Tabitha Yates

In our day and age, technology reigns supreme and when it comes to utilizing it to live independently and age with grace, there are many programs and gadgets one could choose from. Surely, we have all heard of Amazon and Alexa.

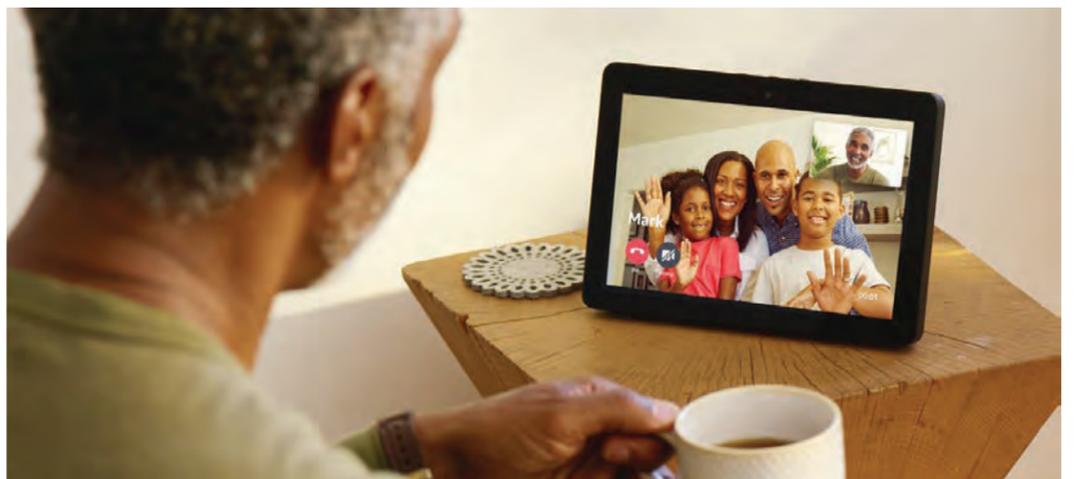
In the off chance that you are not familiar with the capabilities of your Amazon services, if you own any of the following products- the Echo Dot, Echo Tower, Echo Show or the Echo Plus- you can perhaps get far more assistance with day to day tasks and reminders than you would suspect.

The Alexa device is a voice activated tool that you can use your voice to activate it. This can be a great asset to those who are visually impaired or blind. It can be used for tasks such as texting, making phone calls, list making, checking your calendar, turning devices on and off, and even to call 911. There are so many capabilities available to you. We explore a few below-

- Medication reminders- Set re-

mindings to take daily medications.

- Ask frequent questions- For an individual who may suffer from memory loss, they can ask questions such as, “Alexa, what day is it?” Alexa has an abundance of patience and will answer the questions as many times as it is asked.
- Check the weather- Simply ask what the weather is in any location and you’ll be given the correct answer.
- Use for entertainment- Just give the command, “Alexa, play popular songs from the 1960’s” and a playlist will begin.
- Connect the Echo to home devices-once it is synced, you can ask Alexa to turn off the lights, set the thermostat or even turn off the television. For seniors who may have a difficult time with mobility, this can be an invaluable tool.



- Make to do lists- Perhaps we don’t really WANT to be reminded to do the dishes, but if we had to add it to our list, Echo has the capability to create a shopping list or a to do list for you. It will even read the list aloud to you.
- Personal alerts- There is a feature called “Ask my Buddy” where you can designate specific contacts to be called or texted at your command. When you may be in need of help, but not necessarily needing to call 911, this can be a great option.
- Ask Alexa for the news or traffic reports in your area.
- Find your lost phone- We’ve all been there and lost track of our cell phones. Alexa will call your phone, enabling you to find it with no fuss.

While, these are just a few examples of some of the many capabilities of this device, it isn’t hard to imagine how much assistance this could provide senior citizens. If you or the senior you love is currently living alone, consider the purchase of these Amazon services to enrich their lives and provide extra safety measures.

Pioneer Health Services

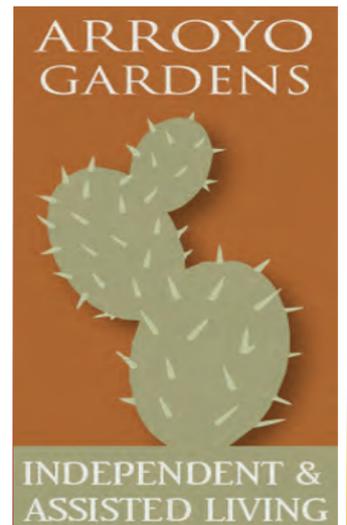
ARROYO GARDENS is currently scheduling virtual tours of our community with our Community Liaison Dani McDermott

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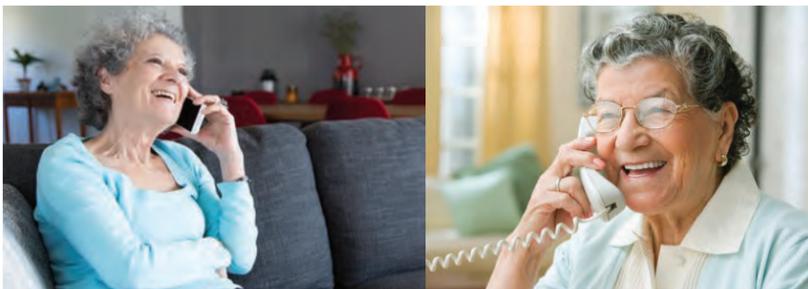
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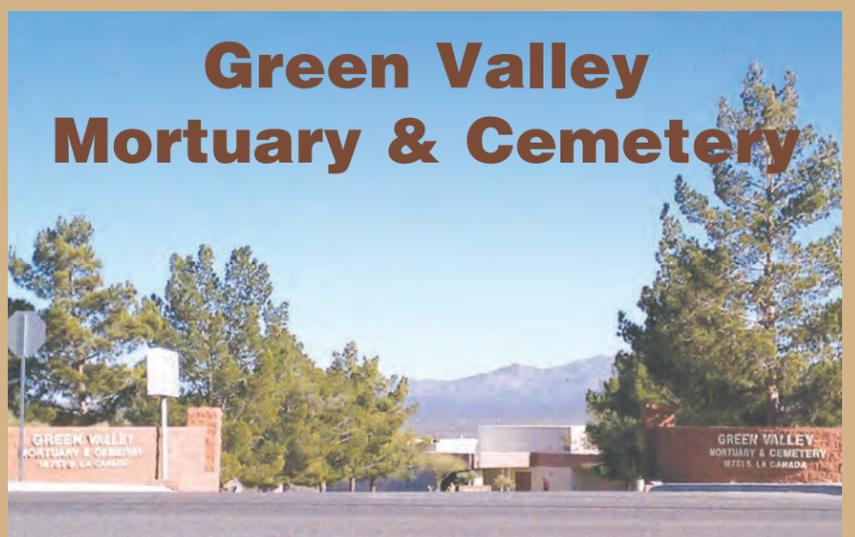
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This column is provided by Amy C. Oliver, Public Affairs Officer, Visitor & Science Center Manager, Fred Lawrence Whipple Observatory

What's Up in the Sky

Fall is upon us, which typically brings the fortune of clear skies and temperate weather. That makes right now a great time to walk outside into the night and look up.

Saturn and Jupiter will remain visible in their pas de deux to the South after dark in mid-September, and in truly dark locations, the Milky Way will sneak in to steal the show. The New Moon on September 17th will temporarily wipe the bright beacon from the night sky, making it even easier to spot the two planets and the pinks and purples of the arms of our galaxy, arcing overhead.

High above the dancing pair, the Milky Way arcs into Aquila, the Eagle, and continues on its path across the night sky to Cygnus, the Swan.

The brightest stars in these constellations—Altair in Aquila and Deneb in Cygnus—are



two of the three stars in the Summer Triangle. Completed by Vega in the constellation Lyra, the Harp, the Summer Triangle is visible high overhead in the month of September, as it begins to give way to winter constellations, and the return of Orion, the Hunter.

By September 23rd, the first quarter Moon will move into the path of the Milky Way, eager to join in on the dance, and then moving away to the east on its way to the Full Moon on October 1st.



Why the night sky matters: It's not just about astronomy, but your health, too

Southern Arizona attracts residents from around the country, and with good reason—warmer temperatures, perfect birding conditions, beautiful monsoons, and awe-inspiring night sky views provide the perfect setting for those who want to escape the palpable glow of city lights and city life. But moving to a truly dark place can be startling, enough to make a few streetlights on every corner, or a handful outside the home to disrupt the blanket of darkness seem like a great idea. But with every lightbulb comes a loss that exists outside of astronomical research and existential connection. The rapid loss of light is also impacting the health of every plant and animal...including you.

Darkness is essential to every living thing on Earth.

Artificial light impacts nearly aspect of life for animals in our world

For nocturnal animals, darkness provides not only a respite from the heat of day, but also the necessary environment for the hunt, and the escape, as well as mating rituals. A steep decline in wetland amphibians has been noted in recent years due to a disruption in nighttime croaking rituals which followed an increase in light pollution. Each year in Florida, millions of baby sea turtles mistakenly follow artificial light up the beach as they search for the ocean; before light pollution, the sea sparkled in the light of the stars and setting sun, drawing hatchlings to their rightful place among its

waves. And for the birds that Southern Arizona adores, the light pollution disrupts migration schedules, leading to the wrong birds being in the wrong place at wrong time, and with dire consequences.

Plant life feels the pain of artificial light getting in the way of its growth cycles

Plants, just like humans, have an internal biological clock known as the circadian rhythm. Darkness aids plants in knowing when and how to metabolize their energy stores, and also when to flower, which in turn, impacts the bee population and other transplant and pollination species in the animal kingdom. Again, just like humans, plants thrive when they have eight hours of darkness; and not the darkness of cities, but true darkness, where no artificial light creeps in to disrupt their sleep.



The impacts on us may be even more detrimental

For humans, the impacts are even more startling, though we write them off as only the effects of old age, poor eating habits, and a lack of exercise or stimulation. In the modern world we are exposed to artificial light from well before the sun rises until well after it has gone to sleep, and we usually never stop once to think about the impact of this innovation on our health and wellbeing.

Sleep cycles and artificial light

Your own circadian rhythms, or body clock, regulates your sleep and awake cycles. Imagine some-

one flicking on the bedroom light while you are fast asleep; do you stay that way? For most people, the answer is no. The light comes on and you are left awake and grumpy for the rest of the day.

But what if the problem for your sleep is that you're not tired until very late in the evening? If you're watching television with the lights on until 10pm or later, you may find that you're not tired enough to go to

sleep; artificial light tricks the body into producing less melatonin.

But what's the big deal with melatonin? Melatonin is a critical component of the human biological system. It not only helps you to sleep, but also boosts your immune system and helps to regulate proper functioning of your thyroid, pancreas, and adrenal glands, among others. While some turn to bottled melatonin solutions, this won't necessarily help if you're taking it while still sitting under bright lights all night long.

For those who need some sort of light to feel confident walking through their homes or outside at night, consider placing red lightbulbs in your nightlights and outdoor lighting. The long wavelengths of red light create little disruption for plants, animals, astronomical research, and your sleep cycle.

Country Fair White Elephant Opens October 1st



Winter Is Coming; Keep Pests at Bay

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



The days are still warm, but the evenings are beginning to bring a coolness to the desert. Before we know it, we will be welcoming the cooler weather we have all been waiting for. However, many of our desert pests prefer the warmth of summer and they will be looking for a cozier environment to call home this winter. Now is the time to make sure that is not inside your house.

Check your common entry points

The most common entry point for pests are the same as for humans. It is important to inspect your doors and windows to make sure they are probably sealed. The harsh summer heat and regular use can wear out weather stripping and door sweeps. During the day, look from the inside at these areas; if you can see daylight, pests can make their way inside. In fact, most scorpions need less than the width of a credit card to squeeze their way

through an opening.

Walk the perimeter

Check around the exterior of your home looking for gaps in the foundation, storage areas or the garage



Fix gaps around doors and windows

door. Also, check areas where cables or pipes enter the home. Rats can typically fit through a whole the size of a quarter, while mice only need the size of a dime to enter. It is recommended that you use steel wool and a caulking solution to ensure the strong teeth of these rodents cannot get through.

Inspect your yard and roof

It is important to keep your yard clean and well maintained. Trim trees and bushes back to make sure they do not rest on or over the house. This provides easy access for insects and rodents to access your roof. If you are able, inspect your roof for any entry points and screen off vents.

Firewood is pest heaven

Wood piles make wonderful homes for rodents, spiders, and many other pests. If you have a wood pile, keep it as far from the house as possible. When you are ready to build a fire, it is best to try to shake out any wood prior to bringing it inside. Also, only bring in what you are going to burn immediately so you do not provide a free ride to insects. Firewood that is stored inside prior to burning will allow pests to jump off and find a new home



Stacked firewood is pest heaven

within yours.

It is never too early to begin securing your home to ensure you are not sharing it with any unwanted guests this winter. A few simple steps now can help reduce the likelihood of a pest infestation once the cool temperatures arrive and pests start looking for a cozy winter retreat.

For more information about desert pests, visit www.BillsHomeService.com.

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Aging Feet; How They Affect Your Balance and Stability

Written by Anthony Allen
Board Certified Podiatrist

Falls are the leading cause of injury-related deaths among those of us aged 65 years and older, and the age-adjusted rate of deaths from falls is increasing, according to a report by Division of Injury Prevention scientist Elizabeth Burns.* As we age, it's natural that we start to degenerate and different parts of our body begin to break down. The feet are usually one of the first things to start spreading and collapsing, causing a condition called over-pronation. While our feet comprise only 2% of our bodies mass, they hold up the other 98% of our body. When your feet start to flatten, it results in your ankles rolling inward, which in turn causes your legs to roll inward. Unfortunately, this makes your pelvic bone pitch forward causing your center of gravity to move out in front of you, which ruins your front and back balance and stability. Someone with perfect posture has their ears, shoulders, hips, knees and ankles all lined-up perfectly. This perfect alignment is

our body's most physically effective position. People who tend to have their feet break down as they age also have bad posture as a result. As our feet start to break down and cause over-pronation, this can cause a lot of pain, discomfort or weakness in the arches, ankles, knees, hips, back, as well as the muscles and tendons that are in between



these joints. In order to stop your feet from collapsing inward, we over-compensate and tend to stand like a duck with our toes pointed outwards. This tendency is called abduction. Abduction can cause the center of gravity that normally goes through the middle of your foot to end up going through the outside of your foot. When you stand like a duck in an abducted position, you

tend to lose lateral or side-to-side balance and stability. As we age many things in our body change. However, sometimes there can be an easy solution to remedy these changes. Simply supporting your arches and bringing them into a correct position can improve alignment, posture and the weight that is being distributed throughout your body. Custom orthotics are the best way to give you back your natural arches that you may have lost over the years. There are also inexpensive, over-the-counter supports that may help improve your posture and balance. If you are having balance issues, it's a great idea to have your biomechanical balance assessed and see if your feet are part of the problem. After all, a strong and healthy foundation always leads to better balance and stability — and ultimately longevity.

Simply Feet is dedicated to educating people and helping them determine the best way to achieve

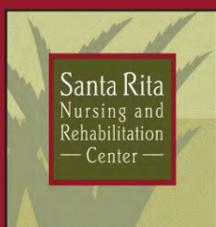


Anthony Allen, Board Certified Podiatrist

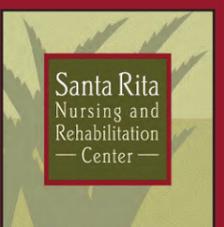
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Citation:

* Burns E, Kakara R. Deaths from Falls Among Persons Aged ≥65 Years — United States, 2007–2016. MMWR Morb Mortal Wkly Rep 2018;67:509–514.



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