

HOME, HEALTH & Life

Fall 2021

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Volume 9, Issue 2



Arizona-Sonora Desert Museum
Photo by Ed Freedman

In this Issue:

- 2** Canoa Ranch
- 6** The Animal League of Green Valley
- 16** Upcoming GVR Activities/Events
- 20** Rotary Clubs Update
- 30** Gardening Tips from Co-op Extension

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History Meets Conservation and Recreation at the Historic Canoa Ranch

Written by Guy Atchley
Photos by Matt Smogor

Where can you go 365 days a year from dawn to dusk to get away from it all and enjoy nature? The answer is simple: it's the Historic Canoa Ranch. The first thing you'll notice upon driving through the gates is a little lake that beautifully reflects the Santa Rita Mountains. The lake was restored in 2017 and 2018 using well water. The first step was lining the ground with eco-friendly polymer that mixed with the dirt and created a seal within the soil so the water does not leach back into the ground. The ranch superintendent Matt Smogor says the lake is one of the best things about the place. People like to go for walks around it, or sit on nearby benches to enjoy the scenery or they sometimes just sit in their cars to take in the view. That view, by the way, includes numerous species of birds, which also make the water an attraction for avid birders.

Beyond the lake is the ranch itself, a historical compound surrounded by wrought-iron fence. This part of the property is open only during specific hours, which this fall will be Tuesday through Friday from 8am to 2pm. And, of course, it'll be open during a myriad of public events the ranch will be hosting in the coming months. Smogor says, "We have the Green Valley Symphony do their annual concert here in October. We also have the Rotary Club down here, and they're looking to do an Oktoberfest. In November we'll have a car show at the historical site, and December is going to be Christmas at Canoa. We'll decorate the whole site with lights."

Public events help keep the ranch open for viewing. It's not an inexpensive

proposition to keep the compound and the land around it in good condition. Besides events, the ranch does accept donations. Smogor says, "We have a Park Land Foundation that accepts donations for the site. We also work in conjunction with the Green Valley Council Foundation and The Friends of the Canoa Parks."

Regarding that historical compound, it just happens to be where Congressman Raul Grijalva spent part of his childhood. In fact, the entire name of the location is The Raul M. Grijalva Canoa Ranch Conservation Park. The late KGVY announcer Bill Mortimer also lived at the ranch and loved telling stories about the old days. In fact, you'll see a nice display of Mortimer's story during a tour of the compound as well as a complete history of the ranch property, which has seen Native Americans, Spanish conquistadores and, of course, the Manning Family who made the ranch what it looks like today. Legend has it that John Wayne was an occasional guest.

The property is now one in a series of Pima County parks, including Canoa Hills Trails and the Canoa Preserve. The Historic Canoa Ranch alone covers 4,000 acres, but only 200 acres are profiled. Smogor says, "Pima County acquired extra acreage under the Open-Space Land Act to keep that land open and natural so it doesn't become overly developed." You can see more of the land by simply walking through a back gate and taking the on-site trail, which occasionally will lead you close to the Santa Cruz River.

There was a time when the Historic Canoa Ranch focused primarily on the history. But as it continues to evolve, Superintendent Smogor says increasing attention is being paid to



Canoa Ranch
Continued from page 3

two other aspects of the ranch, its natural resources and its potential as a tourist destination. Conservation of the land will be highlighted by flood control, a pollinator garden, the Anza Trail, and the Sonoran Desert Conservation Plan.

As for the recreation aspect, Smogor says, "We're working on plans for an RV park on part of the property, hopefully in the near future. We want to balance those amenities and pay homage to the historical while also complementing it."

And for the local folk, the ranch is going to become even more of a meeting

place. Smogor says, "The Manning Senior building is going to be renovated to offer a social gathering site for all visitors. It will have both indoor and outdoor seating and be set up to offer food and drinks. So whether you're coming to the ranch to walk at the lake, take a historical tour or enjoy the trails, you can stop by the Manning Senior house to grab a snack and/or a drink to enjoy the rest of your visit. We're hoping to break ground on this project in the fall/winter."

You can find more information about the park at pima.gov/canoaranch or by calling 520-724-5000. The Historic Canoa Ranch is located along I-19 just south of Santa Cruz Valley Regional Hospital. The address: 5375 South I-19 Frontage Road.



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October 23 4PM-6PM:
Strait Country Concert

November 13 10AM-3PM:
Canoa Cup Open Car Show

December 4th, 11th, 18th 5PM-8PM:
Christmas at Canoa

For ticket information: info@gvc-foundation.org or call (520) 648-1936

GVC Green Valley Council

...Your Community Voice

What do we know about our water supply in Green Valley? Water Presentation Series hosted by the GVC Environmental Committee

September 9 ~ 9AM @ Desert Hills Rec Center:
Overview of our Water Resources

October 14 ~ 9AM @ Las Campanas Rec Center:
Our three Green Valley Water companies

November 9 ~ 9AM @ Desert Hills Rec Center:
Central Arizona Project (CAP) and local users

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Arizona Blood and Cancer Specialists Delivering Radiation with Pinpoint Accuracy

Cancer patients needing radiation treatments for their cancer might be surprised at how many people are working together to make sure that they receive the highest possible care at Arizona Blood and Cancer Specialists (ABCS).

About the team

The most visible member of the team is the radiation oncologist who prescribes and creates personalized radiation plans for each patient, specifically tailored to their unique characteristics.

Andrew Orton, MD, our radiation oncologist, is experienced in treating all types of cancer using different radiation treatment modalities and has special expertise using HDR brachytherapy to treat prostate cancer.

Radiation oncologists use computers and sophisticated software to determine the best approach of delivering radiation safely and effectively. Sometimes their goal is to reduce the size of cancerous tumors or eradicate them altogether.

In patients with advanced disease, they administer radiation as a palliative treatment to reduce pain and help to improve a patients' quality of life.

Dr. Orton is board certified by the American Board of Radiology.

It takes more than a skilled and compassionate physician to safely deliver a course of radiation. Our radiation oncologist is aided by additional team members, some of whom patients interact with daily, and some who work behind the scenes.

Our radiation oncology nurse has an important role in evaluating patients before their treatments begin. She provides patient education and helps them understand any potential side effects they may experience during or after their radiation treatment, and how best to manage them. Her continual assessment of any problems or concerns that a patient may be experiencing is shared with the other members of the radiation oncology team.

Radiation therapists are specially trained and certified technicians who work with directly patients. An important part of their job is to position the patient on the treatment table according to the exact specifica-

tions on the treatment plan ordered by the radiation oncologist. Once positioned using lasers to approximate the treatment plan, additional image guidance is employed by the therapists to dial in the target to millimeter accuracy. This helps to ensure that the patient receives the radiation in the exact area that requires treatment and protects them from unnecessary radiation exposure.

While the clinical team interfaces directly with patients, continuous communication with the clinical physics and dosimetry team is essential for safe treatment delivery. The medical physicist commissions and checks the performance of our radiation through daily quality assurance metrics and ensures that the staff and public near the treatment center are not exposed to accidental radiation.



commitment to helping our patients throughout their cancer journey.

About the technology.

Using Varian's TrueBeam® advanced cancer treatment system and cancer-fighting technology in Green Valley, our radiation oncologist can deliver radiation treatments with pinpoint accuracy for many

radiation oncologists, and the centers' radiation oncology treatment teams and PET/CT diagnostic imaging specialists.

Earlier this year, our practice joined forces with TMC Healthcare to provide these advanced radiation and diagnostic imaging technologies to patients in Southern Arizona.

types of cancer.

ABCS can also provide patients with diagnostic imaging using GE's Discovery IQ system for molecular imaging, at our radiation clinic located in Tucson. This superior technology provides high-quality images and accurate quantitative information, allowing us to expedite the process of developing a customized treatment plan for our patients.

Cancer care close to home.

Sometimes people think that they can only receive the "best" care at larger cancer care facilities or that they must travel out of town for their treatment. At ABCS we not only utilize the latest technology in the fight against cancer, but we also provide a full continuum of care that includes the most advanced, clinically proven treatments.

At our Green Valley clinic, we provide services including medical and radiation oncology, hematology, breast surgery, clinical trials, and palliative care. All which allow our patients to receive their care close to home.

Patients receiving radiation treatment or PET/CT diagnostic imaging experience seamless care between their medical, surgical and

The dosimetrists can be thought of like pharmacists who, instead of measuring and preparing drugs, measure and prepare the computerized radiation plan. Using treatment planning software, they calculate the specific dose of radiation that can be tolerated based on where the tumor is located, while sparing normal tissues. Their work is overseen by the medical physicist, and the treating physician.

The entire radiation oncology team is supported by an experienced administrative team who ensure that our practice operates efficiently, minimizing patient wait time, and coordinating insurance benefits. Together, we provide clinical excellence, compassionate support, and a



Andrew Orton, MD is the Medical Director of Radiation Oncology at Arizona Blood and Cancer Specialists. He 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 which is used in conjunction with radiation treatments for the prostate gland.

The Rover Coaster – A Pawsitively Hairy-Ride

Written by Kim Eisele, President of
The Animal League of Green Valley

Like a roller-coaster the past year and a half at The Animal League of Green Valley (TALGV) has had a multitude of ups and downs. Prior to the Covid-19 pandemic, our Attic Thrift Store and animal shelter were open 7 days a week for 4 hours a day, and we took donations daily. On March 14, 2020 TALGV shuttered its doors to the public due to the pandemic...both the Attic Thrift Store and animal shelter closed. The Attic remained closed until June 1 of 2020, at which time it re-opened, but for only four days a week. It then closed again in January of 2021 due to the increase in COVID-19 cases and reopened in March. The shelter did not open until July 1 of this year.

Unfortunately the fluctuating between being opened and closed wreaked havoc with our Attic sales. In 2020 only 26% of our income was a result of Attic sales as compared to 2019 when approximately 38% of TALGV's sustainable income came from the shop. This year we dipped to 24%. The store is currently only open 4 days a week, and donations are only one day of the month, due to volume and a shortage of volunteers.

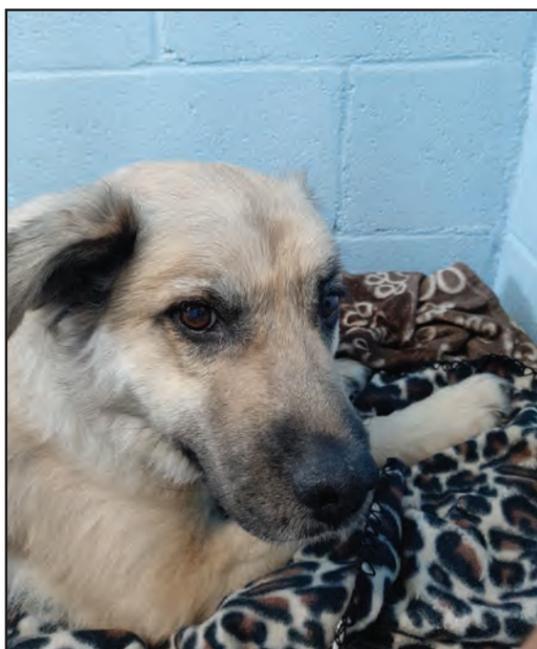
On the positive side while we were shut down, we accomplished some necessary housekeeping. The Attic was painted a cheery yellow, the parking lots were resealed and the dog kennel floors were refurbished. The cats acquired see-through windows on the east side. Additionally we established a surgical suite thanks to a generous donor. Having a surgical suite allows Santa Cruz Veterinary Clinic veterinarians to perform surgeries such as spays and neuters, dentals, mass removals and more on our premises.

The animal situation has also been an oscillating ride. Adoptions flourished in 2020 even though adoptions could only be done by making an appointment. The public hungered for companion animals to keep them company during the lockdown period of the pandemic. One day last June we only had three dogs on site! We currently are housing over 30 dogs, and they keep lining up at the door. All of our inside/outside kennels are filled to capacity and we have a list of dogs waiting to come in.

In 2020 we had 162 kittens relinquished to TALGV! All but 8 of them have been adopted. Since this January the ebb and flow of kittens has continued from last year. To date, we have taken in 80 kittens, ranging from newborns to 6 months old. Some of these furry beings are perfectly healthy. Others have experienced neurological issues,

upper respiratory disease, ringworm and more. Two littermate kittens, Marseilles and Paris, fought mysterious high temperatures. When the unusual temperatures finally ceased, we discovered they had ringworm. Poor babies have been on their own private roller-coaster.

Other felines and canines are currently living at TALGV with continuing medical conditions. We hope that readers of this article will consider



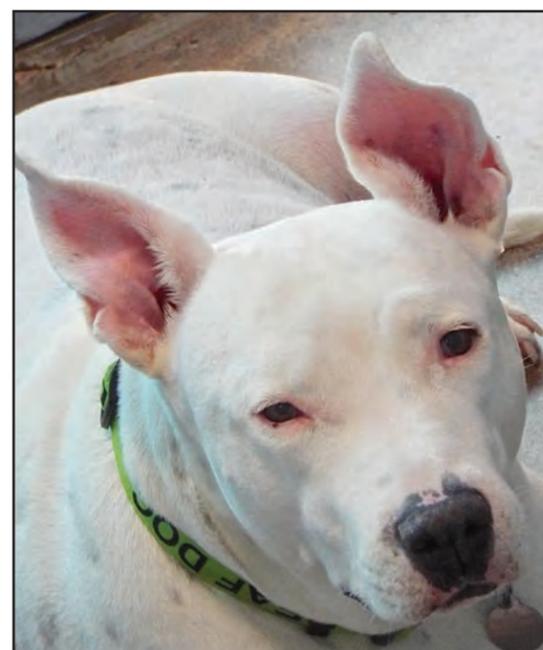
Max



Sunny Day



Vincent



Heidi



Clyde

adopting them. For instance, we have Vincent and Clyde who are charming lap cats. The bad news is they must eat prescription food. The good news is TALGV will pay the difference in cost between regular cat food and their prescription food.

Max is a 70-pound, 4-year-old dog with rectal cancer. His prognosis predicts he will not live more than 2 more years. He is a loving dog whose passion is going on walks. Max's wish is to be your only pet so he receives all of your affection. TALGV will pay for Max's medical bills. Won't you consider sharing your home with him?

Despite the rollicking coaster ride, TALGV's core volunteers never miss a shift. These dedicated volunteers work 1, 2, 3 and more days per week performing their duties with smiles on their faces and a true commitment towards helping homeless

animals. We are constantly in search of new, hard-working volunteers. If you love animals and your desire is to help those in need, we hope you hop on the TALGV rover-coaster.



Due to adoptions after the print date of this publication some animals may not be available





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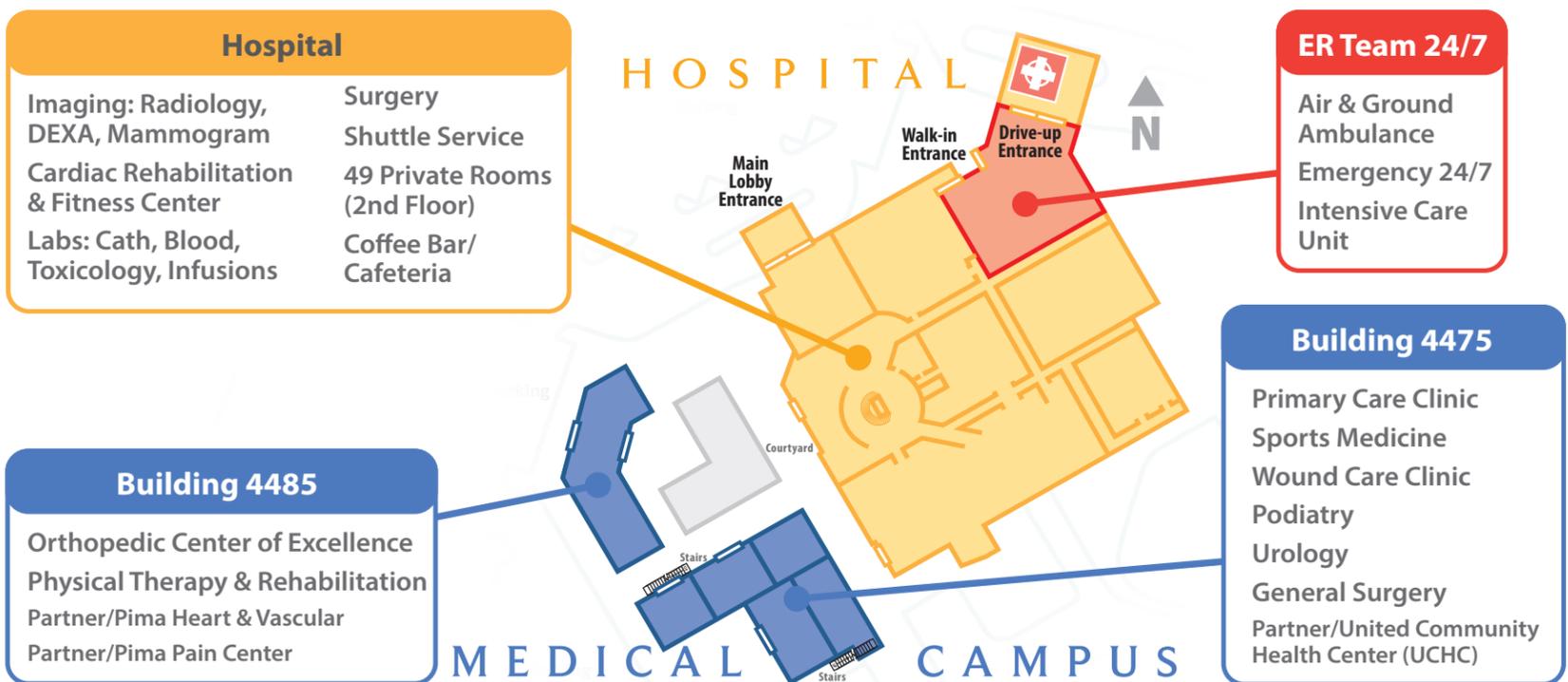
Dr. Anthony Gross

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Where Will You Go?

Written by Bon Voyage Travel

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Close to Home...

EXPERIENCE AMERICA'S NATIONAL PARKS

Exalting adventures in our national parks await you. As we start planning your guided vacation or self-guided tour among these protected lands, discover some fun and intriguing facts before you go.

Did you know? While there are 62 official national parks in the United States, the entire national park system actually encompasses 423 sites that include wild and scenic rivers, lakeshores and recreation areas, and natural and historic places.

Yellowstone National Park may be America's first national park, signed into law by President Ulysses S. Grant in 1872. But did you know Hot Springs National Park predates it as the nation's first protected land? This 5,000-acre space — home to 47 natural springs — was designated as a reservation in 1832, and became a national park in 1921.

Extraordinary biodiversity exists within more than 26,000 acres of Congaree National Park in South Carolina. It's the largest old-growth bottomland hardwood forest in the country and, come late May and early June, thousands of fireflies light up in synchronicity in a brilliant display.

The gleaming white terrain of White Sands National Park in New Mexico is America's newest national park. What makes it so unique? Well, it's not sand in the way you imagine it. Rising from the Tularosa Basin, this is actually the world's largest gypsum dune field.

As the hottest, driest, lowest place in North America, Death Valley National Park may sound inhospitable, but even in summer it's wide open and welcoming (bring plenty of water and sunscreen!). The hottest temperature ever recorded at Furnace Creek was 134 degrees Fahrenheit in 1913.

For half of the year between October and March, you can catch the very first sunrise in the United States from a moun-

Bon Voyage Travel

taintop in Maine. Cadillac Mountain rises 1,530 feet in Acadia National Park, and is the highest point on the North Atlantic seaboard.

Only accessible by boat or seaplane Dry Tortugas National Park is one of the least visited national parks in the country. This collection of seven islands is reachable from the Florida Keys, and amazingly, nearly 99% of it is underwater.

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CERT Plans 1st Annual Preparedness Fair

Written by Peggy McGee

In observance of Preparedness Month, the Greater Green Valley Community Emergency Response Team (CERT) will be hosting its first annual Preparedness Fair on Saturday, September 25 from 9 a.m. – 1 p.m. at the West Center, 1111 S GVR Dr., in Green Valley. Admission is free but attendees are asked to bring non-perishable food items which will be shared between the Green Valley and Sahuarita Food Banks.

The Preparedness Fair will have exhibitors from the Arizona Dept. of Forestry & Fire Mitigation, Pima County Office of Emergency Management, Green Valley Fire Department, Red Cross, Sheriff's Auxiliary, Fire Corps, Southwest Gas, both food banks, TEP, Santa Cruz Valley Regional and Northwest Hospitals, Community Water and several others. Each will provide information on what one should do to prepare for extended power outages. And we cannot forget about pets so the Animal League will provide tips for taking care

of our furry friends in the event of a natural or man-made disaster. There will be static displays on the parking lot, generator maintenance and solar cooking demos, a mini-excavator, fire extinguisher training. Free blood pressure screening will be offered. There will be something for the whole family to learn from and enjoy.

National Preparedness Month is recognized each September to promote family and community disaster awareness and planning throughout the year. As our nation continues to respond to COVID-19, there is no better time to be involved in personal preparedness.

Preparedness Month began when one of the most horrific events that the United States experienced and the world had ever seen, September 11, 2001. Three years after that event, the Federal Emergency Management Agency (FEMA) created this program as a way to help its citizens become better prepared for emergencies in their homes



and communities. FEMA, alongside other organizations such as the American Red Cross and the Department of Homeland Security, helped launch a Ready Campaign to help people get started in preparedness procedures in case of national emergencies.

Since its inception, FEMA has widened its basis for preparedness, giving people the skills they need to be ready for hazard cases such as prevention, protection, response, and recovery efforts. September was also chosen because it is the height of hurricane season in the United

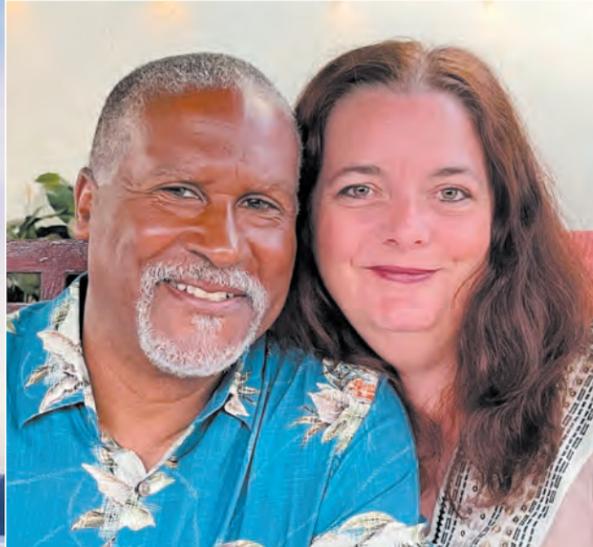
States. This month gives people the opportunity to learn about safety measures in cases of emergency and helps educate people overall about how to handle disasters when they come.

Although the Greater Green Valley area is generally not subjected to weather extremes, disruptions are not unheard of. Accidents can happen or one of our systems could be hacked thus disrupting necessary services in the area.

Mark your calendars for September 25 and be ready to learn how to get yourselves ready—just in case.

CONGRATULATIONS

ENJOY YOUR RETIREMENT!



With heartfelt thanks to Dr. & Sherri Porterfield for their years of caring for patients and the community.

Record Monsoon Season = Active Termite Season

Written by Ryan Bennett,
Bill's Home Service Company

Southern Arizona's 2021 Monsoon brought record breaking rainfall. July 2021 was the wettest July on record and the total rainfall for the season should land somewhere in the top three all time. The rain is a much-needed resource for our parched desert, but it also means that subterranean termites will be very active in the months ahead. Here are the signs you should be on the lookout for and what to do to protect your property from these destructive pests.

Signs of termites

Subterranean termites leave a distinct calling-card everywhere they go: mud tunnels. When they show up on the side of your foundation or on a living room wall, it's a clear giveaway that termites have invaded. In most cases, these tunnels are only about the width of a pencil as the workers are foraging for food. However, once the scouts find a viable food source and call in the calvary, they expand the tunnels into super-highways to accommodate the increased traffic. Another

sign of termite activity are small pinholes in the drywall on the interior of the home. These can be more difficult to identify by the untrained eye and may take a professional to identify.



Annual inspections

In southern Arizona, it's not a matter of *if* you'll get termites, but *when* you'll get them. The best way to protect your home or business is to have a termite inspection performed on an annual basis by a licensed termite professional. A quality inspection can identify the presence of termites early and stop an infestation before it becomes a significant issue. The inspection may also identify areas around the structure that are conditions conducive to termites like wood stacked

next to the foundation, landscaping that covers the foundation, or even water that doesn't drain away from the house properly.

Professional Treatment

If termites invade your home, a licensed professional should be contacted to perform a treatment. The most common treatment utilizes a liquid termiticide that's injected into the soil around the infested structure. Subterranean termites always nest in the ground so treating the soil establishes a protective barrier that the termites must cross in order to return to the nest or to get to their food source. Another effective treatment method is a termite baiting system like the Sentricon® System. A baiting system consists of bait stations placed in the soil around the structure that are filled with a specially designed bait that the termites in the ground feed on and take back to the colony. A positive of the baiting system

is that the bait doesn't break down in our harsh elements like the liquid product does, so your home is protected day after day, month after month, year after year as long as the system is being properly maintained.

The licensed professionals at Bill's Home Service have been inspecting homes and businesses for termites in the Green Valley and Tucson area for more than 55 years. They have the knowledge and experience to identify a termite infestation and form a comprehensive termite treatment plan. For more information about termites, call (520) 625-2381 or visit www.BillsHomeService.com.



Crazy for Cars!!

Written by Ramona Scheopner

Americans have been in love with the automobile since its creation in 1886. From there Henry Ford actually started to manufacture the first vehicle for sale. From that moment on, our infatuation with the automobile only intensified. We wanted newer models, comfort, luxury and some longed for the adventure that only the automobile could give. Our nostalgia has pushed the collection of such beloved vehicles of all makes, models and years. Today, you can't look at a local calendar and not see a car show somewhere at least once a month.

One such non-profit car organization is Santa Cruz Valley Car Nuts. Their website states that, "Membership is open to anyone interested in nostalgia and passion for preserving the history and nostalgia in automobiles." Their membership sits at about 125 members, being one of the largest in Southern Arizona. For a twenty-five dollar membership fee members receive discounts to local stores, have member only events to attend, and a monthly breakfast at Longhorn Grill and Saloon. Phil Layton, President of Santa Cruz Car Nuts, shared, "A lot of our members leave from about April through November and come back for the cooler Arizona



weather. The club is more social in downtimes. When it is cooler we do wine tours, a garage tour, a large picnic in spring and several

plus cars and spectators paid five dollars to attend. In its twenty-six years, the car show was able to award \$100,000 dollars in academ-

Culver's located off Old Nogales Hwy. This event can bring upwards of one hundred plus cars. For membership information or upcoming events please visit car-nuts.org.



The Rotary Club of Tucson is hosting their 15th Annual 2021 Tucson Classics Car Show on October 16th at The Gregory School from 10:00 am - 4:00 pm sponsored by WeBuy-Houses.com. This is also Rotary Club of Tucson's 100 year anniversary of Service Above Self. To celebrate their Centennial year, they are also

other events." Last year, Car Nuts hosted its 26th annual Tubac Collectors Car Show. The show exhibited five hundred

ic scholarships for local students graduating from Sahuarita and Walden Grove High Schools. Currently, they host Cars and Custard the first Friday of every month at

holding an online auction ending September 24th. Auction items include a tour of Jay Leno's garage, incredible spa getaways, trips and more. The car show features

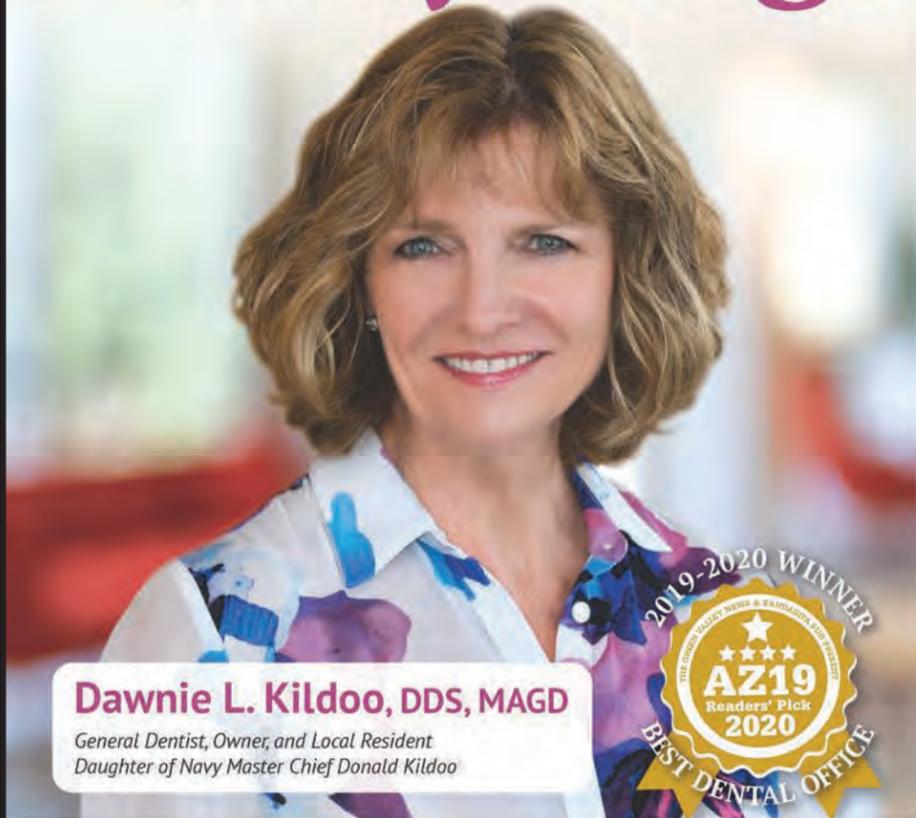
over 400 beautiful classic vehicles displayed on a grass field. Don't forget to purchase your raffle ticket either at the show or online for a chance to win spectacular 2021 Chevrolet Corvette or \$50,000 cash or 5 other fabulous prizes. Your \$10 ticket is an entry into the raffle and entry to the car show. Proceeds support Pima JTED Innovative Learning Center at the Bridges. In its previous fourteen years, the event has donated over \$1.8 million to local charities. For more information about the show and auction or to purchase tickets please visit their website at TucsonClassicsCarShow.com.

Like classic car lovers, there are also those who love modern cars. Daily Drivers, Inc. is host-



“I believe you're as **young** as your teeth are **healthy!**”

–Dr. Dawnie Kildoo



Dawnie L. Kildoo, DDS, MAGD

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With studies now showing a direct correlation between oral health and the development of cardiovascular disease, stroke, diabetes, arthritis, and even dementia, Dr. Kildoo and her team practice **Complete Dentistry**, helping treat and educate patients whose oral health is at risk.

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Crazy for Cars
Continued from page 12

ing the Okturbofest Car Show on October 9th from 1:00 pm to 7:00 pm at Tucson Expo Center. This

indoor venue will showcase over 250 of the best builds from Arizona and the surrounding areas. The event is going to feature decorated trunks while their owners pass out candy to the trick-or-treaters and one will be awarded “best trunk”.

Make sure that you bring a candy sack for your treats as you experience several other games and activities that will be available throughout the night. In addition to the trucks, candy, and activities, several industry vendors will be able to display their latest products. There will be



L-R Jim Lubinski - Rotary Club of Tucson Centennial Committee Chairman, Joni Condit - 15th Annual Tucson Classics Car Show Chair, Jennifer Hoffman - 2020/21 Rotary Club of Tucson Past President, Mark Irvin 2021/22 Rotary Club of Tucson President

many proud car owners as there are thirty award winning categories. Throughout the event, raffles and giveaways from Daily Drivers, Inc. as well as other companies

will be held. General admission to this family fun event is \$12. For more information visit www.OkturbofestAZ.com.



Maximizing Your Home Show Visit

Written by Lance Kunkel & Susan Stein Kregar; Photos courtesy of Southern Arizona Home Builders Association

The home show. A cornucopia of contractors, manufacturers, service providers, and health and wellness vendors. There are so many booths to explore. The Southern Arizona Home Builders Association offers these tips to help you maximize your visit.

Prepare Before Visiting The Show

Ask yourself *why* you are going to the home show and prepare accordingly. If you're planning a large project such as a remodel or restoration, it is best to come prepared. Create an outline of the project including the scope, timeframe, and budget.

A great aid in ensuring you manage your time well is to review the show's online guide. There you will find the schedule for special stage presentations, a list of vendors with their booth numbers and locations, and other services that may be of interest. If you do not have specific contractors or service providers in mind, view the guide beforehand and look at the vendor's websites before arriving.

Check the Arizona Registrar of Contractor's (www.roc-az.gov) website to see if the contractors you want to visit are currently licensed and in good standing. It is illegal to contract in Arizona without a license (unless the project is less than \$1,000, including parts and labor). The information from the home show's guide will help you do your due diligence on the vendors.

Dress for Success

Wear comfortable clothing and shoes! Home shows tend to be in exhibit halls, with numerous booths spread out over a few acres. Dress appropriately for the amount of walking you'll be doing. Blisters and aching feet may send you home before you accomplish your goals.

Dress in layers. In Arizona, we roast

outside and then freeze just walking through a doorway. If the show is partially or completely outdoors, wear sunscreen, a hat, long-sleeves, and sunglasses so you can peruse the outside vendors comfortably. Bring water so you can hydrate as you walk from booth to booth.

Arriving at the Show

Timing is everything. Beat the peak traffic and visit the show in the late afternoon or early Sunday morning. You will have more time to chat with the individual vendors.

Give yourself plenty of time to find parking and walk the show. Allow yourself enough time to visit the booths and ask the questions you want, make appointments, and take pictures of products that interest you.

Comparison Shop

The Southern Arizona Home Builders Association (SAHBA) offers a home show each spring and fall. They have been doing shows in Tucson since 1971. The next show will be October 29-31, 2021, at the Tucson Convention Center (www.sahbahomeshow.com).

"Every show is different," says David Godlewski, President & CEO of SAHBA. "For each show, we strive to offer unique and unusual items as well as exhibitors who are experts in every facet of the homeowner experience."

Home shows generally have multiple vendors from the same service category. For example, solar energy has proven to be a popular service at the SAHBA home show. You will have plenty of contractors to select. Do not limit yourself to visiting only one. The show is an ideal opportunity to visit multiple vendors face to face, get pricing, and determine whether you want to schedule an appointment. You may find that the original contractor of interest is not the right fit.



There is a lot of area to cover. Wear comfortable shoes and come prepared.

Bring photos or a video walkthrough of your home. This will allow potential vendors to get an idea of the project and whether they can help you.

Think Beyond Your Project

Though you may be attending the show with a specific project in mind, keep your options open. You may come across something that you didn't think of. With the bounty of rain this summer, rainwater harvesting may be of interest. Energy-saving windows and heating and cooling options may be a consideration if you have noticed your energy bills are higher than usual.

Do the Exit Survey

The best way to ensure that home shows offer the products and services you want is to fill out their exit surveys. Most shows have an incentive such as the chance to win a prize. For example, SAHBA raffles off an iPad.

When you come prepared, you can receive a wealth of information about home projects. In most cases, there will be a vendor who can offer the services you are seeking. If such a vendor is not there, visit the Home Show office and ask the staff for a recommendation.

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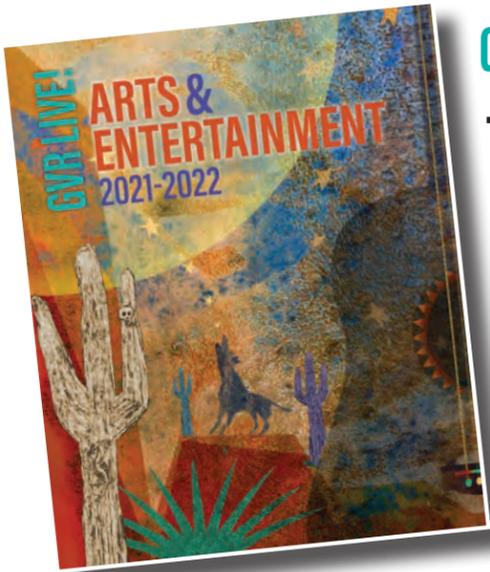
- 95% Report improved neuropathy
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ANOTHER FUN FALL AT GVR



GVR'S 2021/2022 SEASON BEGINS OCTOBER 1 WITH LECTURES, CLASSES AND PERFORMANCES

This year's exciting **GVR Live! Arts and Entertainment** season opens with a performance by Johnny Cash, Fanny Brice, Janis Joplin and Petula Clark. World music from Ireland, and Zimbabwe. Gypsy swing, and fingerstyle guitar with winning magic and illusion show. Yakov Smirnoff will tickle funny bones at the customer services desks across the campus, GVR's West Center

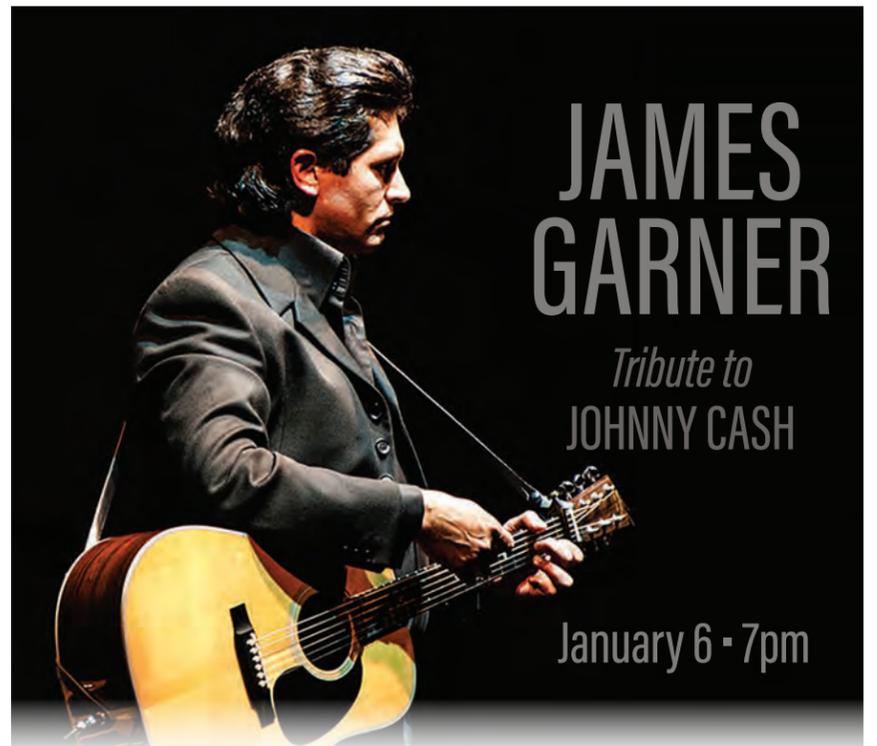
COMEDY OF

Yakov
SMIRNOFF
Happily Ever
Laughter

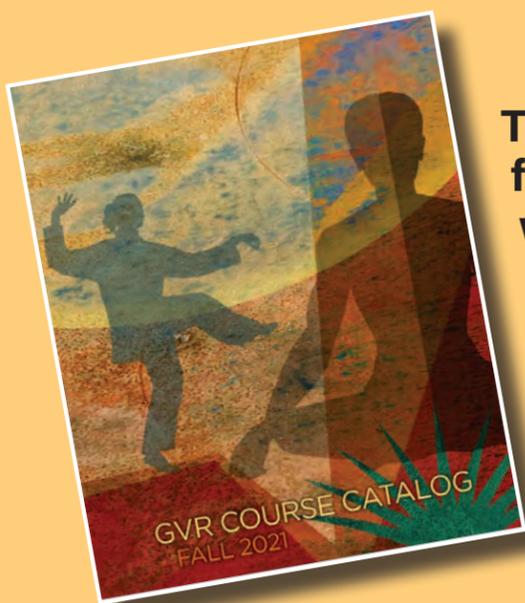


December 14 - 7pm

Yakov Smirnoff is a legend in American comedy. You'll remember him from *Night Court*, *The Tonight Show*, and countless appearances alongside greats such as Richard Pryor (Brewster's Millions) Robin Williams (Moscow on the Hudson), Tom Hanks (Money Pit) and Jack Nicholson/ Meryl Streep (Heartburn).



James Garner's Tribute to Johnny Cash celebrates the life and music of the legendary 'Man in Black' with strong conviction and stunning accuracy.



FALL COURSE CATALOG

The 2021 Fall Course catalog features many longstanding favorites such as Chair Yoga, Argentine Tango, 20/20/20 fitness, watercolor, Zumba Gold, and Beginning Bridge. This quarter also offers twenty-two new classes to explore. Acrylics 101, Intro to Nordic Walking, Grief and Meaning, The Secrets of Having More Energy, Mystic Poetry of Rumi Hafiz and Darshan, Sociology of the Family—these are just a handful of course titles that are new to the GVR curriculum this fall.

As usual, a number of classes are offered on a drop-in (pay per session) basis for folks to sample a course or to get a one-time workout while visiting from out of town. Yoga, watercolors, dance—even singing classes are offered with the drop-in option.

With a few exceptions, GVR classes, like GVR Live! performances, are open to the general public.

GREEN VALLEY RECREATION

PERFORMANCES THAT ARE OPEN TO THE GENERAL PUBLIC AND OFFERED TO GVR MEMBERS AT A DISCOUNT.

offers something for every taste. Patrons will enjoy reminiscing to tributes to Tom Jones, music lovers are in luck with a season that includes music from Brazil, Venezuela, Mexico, and a Japanese flair round out a world-tour of sound. Mike Super returns with his award-winning bones, and lovers will love Camarada's Cantos De Amor. Tickets are on sale now at the Box Office at 1111 GVR Drive, and online at gvrec.org.



Mike Super Back by popular demand, Mike Super's award-winning magic show makes for a memorable evening for all ages!



Nobuntu, the female a cappella quintet from Zimbabwe, has drawn international acclaim for its inventive performances that range from traditional Zimbabwean songs to Afro Jazz to Gospel.

HAPPENING THIS FALL AT GVR---CHECK GVREC.ORG FOR DETAILS

FREE LECTURES BEGIN. DATES, LOCATIONS, AND PRESENTERS VARY

- September 7: Movie, **Fracture**
- September 21: Movie, **You Again**
- September 28: **Pool Flicks! Beetlejuice**
- October 5: **Pool Flicks! Child's Play**
- October 12: Movie, **Little Shop of Horrors**
- October 19: **Pool Flicks! Hocus Pocus**
- October 26: Movie, **R.I.P.D**
- October 28: **The Green Valley Stage Band benefit concert for The Community Food Bank**
- November 2: **Farofa, Brazilian and World Music**
- November 4: Movie, **12 Mighty Orphans**

- November 9: **Katherine Byrnes, Janis Joplin tribute**
- November 12,13: **Fall Festival Arts and Crafts Fair at West Center. Over 100 GVR member vendors will sell handcrafted items including jewelry, glass art, ceramics, and more.**
- November 16: Movie, **The Shack**
- November 18: **Alfredo Rolando Ortiz, renowned harpist**
- December 2: **Nochebuena, a traditional Mexican Christmas Spectacular**
- December 7: **Celtic Christmas, with Michael Londra**
- December 14: **Yakov Smirnoff, "Happily Ever Laughter"**
- December 16: Movie, **A Christmas Story**



Community Food Bank of Southern Arizona Still in Need

Written by Ramona Scheopner

With the first signs of Covid hitting in spring of 2020 so were the needs of millions who found themselves jobless and still trying to support themselves or their families. Food banks, nationwide, saw an influx of cars for curbside pickup. Post Covid still finds food banks in need. Norma Cable, Marketing and Relations for the Community Food Bank, shared, "We did see double the number of people when Covid first hit. We have just wrapped up our fiscal year and we had a record breaking year, distributing 87 million pounds of food in the five counties that we serve in southern Arizona. That compares to the last couple of years when we distributed 68-70 million pounds of food during the year."

The beginning of the school year brings many families who have to shift their financial focus to school needs for their children, such as school supplies and uniforms, therefore causing an increase in demand at the local food banks. Cable also stated that, "We did see



an increase in the number of people needing help for the first time. Lately, we have seen the lines go down. However, that may shift as needs increase."

The need to keep donating to help local families is still high. One way to support the Community Food Bank of Southern Arizona is

to donate directly online at communityfoodbank.org. You may also choose to donate non-perishable food items. For the local Green Valley location, items such as canned chicken, tuna, beef or ham, cereal (with the exception of oatmeal at this time), peanut butter, soup, juice, canned fruit, vegetables, baking items, crackers and snacks are important. Condiments such as mustard, ketchup, sauces, salad dressing, and seasonings are also needed. Our local food bank is also seeing a demand for toilet tissue, paper products, bar soap, feminine hygiene products, shampoo, conditioner, and infant diapers in sizes 4, 5, and 6.

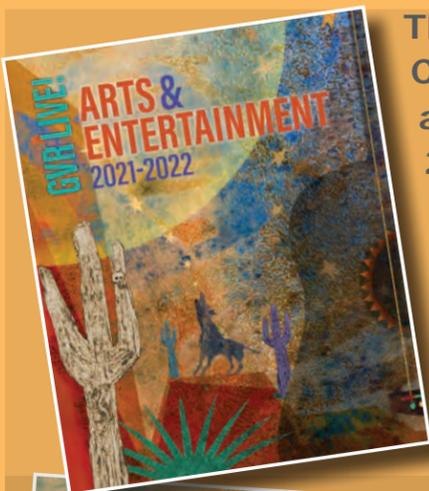
or to view the list online please visit their website: communityfoodbank.org.



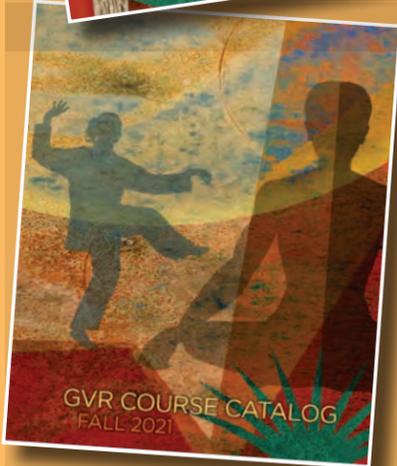
As a reminder, please do not donate pre-opened items. All food must be in original packaging and sealed. As a side note, the food bank is allowed to accept canned food items up to one year past the due date and up to six months on packaged food. So, don't throw those soon to be or newly expired cans in the trash! There are people in need who will use them immediately. Keep supporting your local community and local families. Help those in need especially by donating.

For more information about the Community Food Bank of Southern

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The 2021 Fall Course Catalog and the 2021/2022 Arts and Entertainment Brochure have arrive in centers and online!



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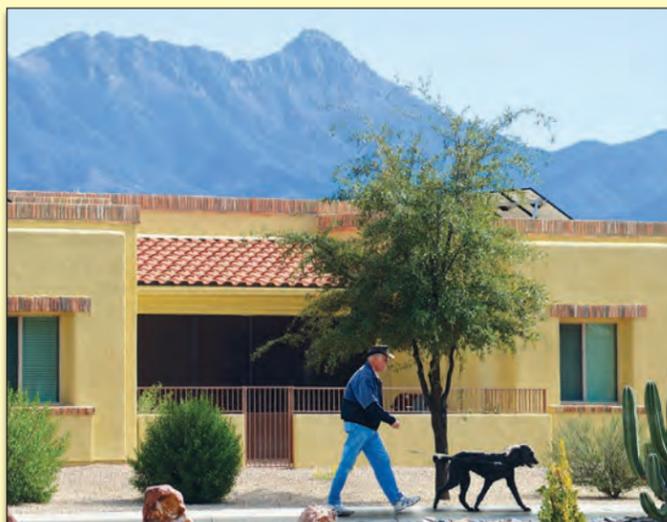


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Rotary Continues to Help and Grow

Written by Steve Sibulsky

Rotarians all over the world ask these four questions of their everyday actions:

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and better friendships?
- Will it be beneficial to all concerned?

The “Four-Way Test” is a driving force for members of Green Valley’s two Rotary clubs and for over 1.2 million Rotarians worldwide.

Rotary is an international service organization whose purpose is to bring together business and professional leaders to provide humanitarian services, encourage high ethical standards in all vocations, and advance

goodwill and peace around the world.

A new Rotary club is being formed in Sahuarita. Exploratory meetings in August 2021 found immediate interest. To help in the forming of a Sahuarita Rotary club, members from the Green Valley and Valle Verde clubs are sponsoring the startup.

Chartered in 1971, the Rotary Club of Green Valley meets at lunch-time every Tuesday. With about 40 members, the club has a big impact in the southern Arizona community. They’ve supported literacy projects, and are involved in a Microcredit Program with Mexican businesses. Of special interest recently has been a ‘sensory garden’ at Wrightson Ridge K-12 School. Rotary Club of Green Valley fundraisers include a Spaghetti Spree and the annual Bratwurst Cookout.

Founded in 1987, The Valle Verde



Green Valle Rotarians (L-R) Robert Shevlin, Bob Auflick and Scott Lamb work on the ‘Sensory Garden’ at Wrightson Ridge K-8 school in Sahuarita.

Rotary Club has over 45 members and meets for breakfast every Thursday morning. Valle Verde Rotary has sponsored in-bound and out-bound student exchanges...the most recent involved Germany, Latvia, Brazil & Slovakia. Valle Verde Rotary’s big fundraising focus is “Jazz In The Desert”, a gathering of school jazz bands from the I-19 corridor. Next year’s Jazz event is set for Saturday, March 5, 2022 at the Quail Creek Clubhouse.

Children in the community are a special focus for both clubs and their foundations, awarding thousands of dollars in scholarships to local high school students each year...and you’ll see members of both clubs setting out American flags on La Canada for major holidays.

The Green Valley clubs have also participated in education and health programs in Uganda, health camps in India to help stamp out a diabetes epi-

demidic, water and sanitation projects in Thailand, and many more!

Both Green Valley Rotary clubs see an increase in winter visitors as snow-birds from all over the country are welcomed.

Internationally, Rotary has been a driving force in the fight to eradicate polio in the world...we’re this close... (hold thumb and forefinger half an inch apart!)

At the outset, the new Sahuarita Rotary Club will be co-sponsored by both Green Valley clubs and is expected to meet about twice a month at a location to be determined.

Anyone interested in finding out more about the Sahuarita Rotary Club can contact club leadership by e-mail at src@sahuaritarotary.org

(EDITOR: For more information, contact Steve Sibulsky – steve@sibulsky.com or 208-691-3761)



Members of the Green Valley Rotary Club gather to place American flags along one side of La Canada Drive for Independence Day. Valle Verde rotary members place flags along the other side. Altogether the two clubs place over 100 flags!



Valle Verde Rotary has been a long-time supporter of St. Andrew’s clinic in Nogales. Here, Laura Romero of St. Andrews accepts a check from Rotarian Jim Rusk.

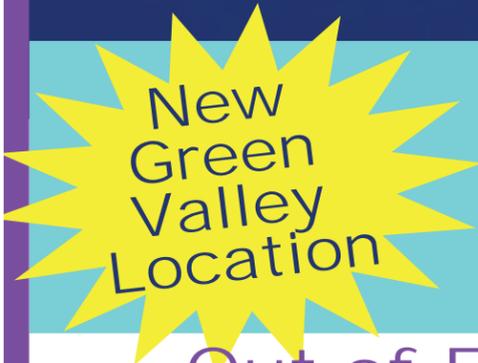


Members of the Valle Verde Rotary club clean trash out of the wash that parallels Duval Mine Road. Pictured (L-R) Dave Wickstrom, Carol Pfister, Mary Fisher, Bill Grantham and Mo Raso.



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Green Valley Decorative Rock's Kevin Lutz is Rocking Retirement

Written by Marlene Lutz,
Photos by Guy Atchley

The name Kevin Lutz may ring a bell, especially if you've visited one of Green Valley Decorative Rock's locations.

Kevin was born and raised in Wisconsin however, his home is in Southern Arizona. He has been an integral part of the Green Valley and Sahuarita communities since 1993.

The winter months in Wisconsin contributed to Kevin's permanent move to Southern Arizona, "My last day there was 56 degrees below with the wind chill," he says. Working as a mechanic while he obtained his commercial driver's license, Kevin soon found a job with Green Valley Decorative Rock (GVDR). He was excited to work for a small business. The family environment gave him a sense of belonging.

From Driver to Driving Force

With grand plans and a lot of courage, Kevin bought GVDR in 1997. He knew he could offer more to the company and community than driving. "I have always felt that you must have integrity and compassion in the community and drive with that," he explains.

Kevin ran his business with pride and solid morals. He was the driver, mechanic, loader operator, and accountant, to name a few. If there was a need, he filled it. Knowing the ins and outs of the business gave him a true understanding of every aspect of the business. Kevin's known for being old school, yet that old school mentality provided a foundation for strong relationships with his employees and customers.

GVDR also survived many challenges that Kevin thought would be the end of the company. "Changes in the industry were tough, especially the economic downturn, which was very hard for everybody in 2008," reminisces Kevin. "We lost 65% of our business." Downsizing and being "smart and cautious" allowed Kevin to retain the six employees he had at the time. "We didn't let anyone go," he says proudly. "We just did the best we could."

As Kevin continued to build the business, he added more employees, and opened a secondary location in Tucson in 2013. Under his leadership, GVDR flourished from three employees in 1997 to fourteen between the two locations. Included within those employees were his father, his children, and nephew. Regardless of blood lines, Kevin built a family environ-

ment for all his employees, where everyone genuinely cared about their peers.

Change is Good

The past 28 years have revolved around Green Valley Decorative Rock. "It's been a long time, and it's time for me to retire". "The good Lord knew it was time and we were blessed that there was someone to buy the business who has the same values and family foundation that we have. I wouldn't want it any other way", he explained.

Kevin has successfully set a foundation for the new owners to come in and take the business to the next level, without the grueling task of working seven days a week.

Mike and Ed Knitowski (brothers) are the new owners of Green Valley Decorative Rock. If you haven't stopped by to meet them, you're missing out. "They are down to earth and will be an integral part of the community".

Throughout the years, many employees came through my office doors. There were many that retired from GVDR. "When employees come back to me for a job, whether it's from retiring with me years ago or just wanting their job back, it's the best feeling ever". "I am forever grateful for their loyalty and dedication to the company. I am forever honored that they believed in me", Kevin explains.



Kevin Lutz. Photo courtesy of Marlene Lutz

The last day at the office was surreal. "When I walked to my truck and looked back at the yard, I realized 'this is the last time that I have to be here.' I had this total feeling of calm. My shoulders didn't feel heavy. It was heartfelt and definitely relaxing," he says peacefully.

And that first night's sleep as a retiree? "I had the best night's sleep ever. I kid you not!"

Though it has been an adjustment. Between the 70-80 calls a day and hundreds of emails, he was going 100 miles an hour. Now he is at zero. "No calls and emails are kind of a shock after all those years. It's kind of nice," he laughs.

Kevin is enjoying the change of pace. He spends his quiet mornings on the patio enjoying a cup of coffee. "I don't want to make any decisions for a few months," he laughs.

He will have to make at least one deci-

sion. How will he occupy his time? "I never got to travel because I processed my own payroll," he says. "I could only go away for five days at a time because I always had to be back to do payroll. I'm hoping to go to Nashville this year and South Dakota before the weather turns. I'd like to travel and see what great treasures we have in the United States."

Fond Memories

Because of Kevin, GVDR was extremely active in the Green Valley and Sahuarita communities while beginning to scratch the surface in Tucson. "I have always been community-oriented. I need to help the community that helps me," he says.

Helping the kids in the community has always been one of Kevin's priorities. Whether it's donating river rocks to youth organizations, or sponsoring afterschool events or sports, Kevin was always there to offer a helping hand.

One of the most heart-warming projects was a playground for the kids in the Sahuarita School District. The playground was caution taped off because the school didn't have the sand to fill the area. "The kids would just look at the playground and wonder why they couldn't play on it." Sympathetic to their plight, GVDR donated the material to the school district. "Seeing little kids actually play on the

FRIENDS AND COLLEAGUES COMMENTS



Congratulations! I am beyond grateful to have had such wonderful examples in you and Marlene! Thank you for believing in me and showing me how to ROCK!

Kevin was always there to tell me "Just breathe" during stressful moments of running a business, which I still remind myself daily.

Marlene and Kevin are truly one-of-a-kind owners, very hands on and they cared immensely about their business, customers, and employees .

Thank you for showing me/my drivers nothing but kindness, positivity, loyalty and love. You are truly inspiring with what you have built and accomplished.

Kevin & Marlene Lutz



playground equipment was worth it," says Kevin.

Kevin always looked forward to the law enforcement golf tournament for Special Olympics. "I've never been a golfer, but I knew that if I supported the tournament, the kids would benefit from it. We sponsored tee-times and always made sure that the representation of law enforcement was well taken care of", explains Kevin. The tournament remained in Green Valley for over 20 years.

While supporting kids was a priority, supporting the community was more of the bigger picture. Over the years, Kevin always challenged the local businesses. He would match their donations to the community food bank in Green Valley. Over the years, Kevin helped raised more than \$60,000.

"I will miss the community, giving back to those that always supported me is something that I will always cherish", he says.

"I have been very blessed," Kevin notes. "I started with great employees and left with great employees. It feels good knowing that I have worked with some amazing people throughout my career. I've gained some true friends from this venture of mine; we'll always remain in each other's life."

"Thank you for the wonderful community that continues to support

FRIENDS AND COLLEAGUES COMMENTS



I remember when the Tucson yard was first opening, the whole building under reconstruction. And with nothing to do during the summer, my dad had my siblings and I pick out the rebar all throughout the yard. We worked, what seemed to be, all day. But my siblings and I had fun and it was the first time at the recycling plant. My dad put a lot of work into this company and watched it grow. I'm really proud of everything he has done. I love you, daddy

Good luck on your retirement, YOU ran a good Business. Always looked out for your customers. I want to thank you and Green Valley Decorative Rock, for giving a 72 year old man a job, when no one else would! You will always be respected for that!! A class act! We wish you the best.

Kevin with new owners (L-R): Ed Knitowski, Kevin Lutz, Mike Knitowski



Green Valley Decorative Rock. Without your support small businesses would not survive. Thank you to all our customers, you have made it possible to keep the dream alive! Thank you to all the rockin' employees over the years that have challenged me beyond belief, warmed my heart, and of

course made me love this business to my core. Thank you to all the local businesses in Green Valley, Sahuarita, and Tucson. I will forever be grateful for our friendship and commitment to continuing to support the community. Most importantly, a heartfelt thank you to my family and close friends,

for standing by me when I needed you the most. Whatever you do, take the risk. Enjoy life to the fullest, one day at a time."

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Weekend Warrior Injuries: What They Are, and How to Prevent Them

Written by Dr. Mark Kowalski, Northwest Medical Center, Sahuarita

Many of us know an active lifestyle is essential for physical and mental health. Oftentimes, though, if we don't have time during the week, it's easy to put fitness on the back burner and fit it in on the weekend where there's seemingly fewer obligations, more time, and often the days when organized activities are scheduled.

But even though you're getting in that recommended exercise prescribed for a healthy lifestyle, (75 minutes of vigorous exercise, 150 minutes of moderate exercise according to the Centers for Disease Control) are you putting yourself at risk for what's called a *Weekend Warrior* injury?

"Weekend warriors are people who engage in physically demanding sporting activities mainly on the weekends," says Dr. Mark Kowalski, an Orthopedic Surgeon at Northwest Medical Center Sahuarita.

"Of course, we all know it's great to get out and exercise. But if like most Americans, you're sitting at a desk at work and maybe not consistently active during the week, you can be putting yourself at risk for an injury," says Kowalski.

Going from a mostly sedentary lifestyle during the week, then suddenly exerting yourself on the weekend can result in a shock to the body.

"Lots of people remember their love of a sport or activity, know it's good to exercise, but don't have the time to do slow, steady, daily training and conditioning. They participate in exercise when they can. But that leaves you vulnerable to getting hurt," says Kowalski.

There are a few very common weekend warrior injuries.

Rotator Cuff Injury

The four muscles that sit right above your shoulder joint can get caught between the bones in the shoulder and upper arm, causing pain, inflammation and eventually a tear.

"Rotator cuff injuries are common among 'throwing athletes', like baseball or softball players. But, weight lifters, swimmers and even tennis players can experience these injuries," says Kowalski.

Kowalski says one of the best ways to prevent a rotator cuff injury, especially when lifting weights is to make sure your routine works all of the muscles, not just the front part.

He says, until it's healed, avoid repetitive motion, and 'rest is best.'

Tennis Elbow

Tennis elbow happens when repeated arm movements cause strain in your forearm ligaments.

"It can happen to people who play sports other than tennis, but it's most common among tennis players, which is where the name came from," says Kowalski.

He recommends always stretching your forearms and wrists before and after playing, and if you start to feel any arm pain when you're playing, stop. Kowalski also suggests making sure your equipment fits, and you're using proper technique, especially backhands.

Lumbar Strain

A lumbar strain is an injury to the lower back. This results in damaged tendons and muscles that can spasm and feel sore.

Pushing and pulling sports, such as weight lifting or football, can lead to a lumbar strain. Also, sports that require sudden twisting of the lower back, like in tennis, basketball, baseball, and golf, can lead to this injury.

A weak back or weak abdominal muscles, and even tight hamstrings can be risk factors that can increase the risk for a lumbar strain.

The best way to treat a minor strain is with RICE, says Kowalski. "Rest, ice, compression and elevation."

Patellofemoral Pain Syndrome

If you've experienced pain in the front of your knee around the kneecap, it's probably a condition called Patellofemoral Pain Syndrome. It's also known as 'runner's knee' or 'jumper's knee', although athletes who play soccer, volleyball or even dancers can experience it.

The syndrome is generally not caused by trauma, so it can seem like the pain just 'appeared'.

"A lot of times, there's no single incident that caused the pain. So, people tend on try to work through the pain. When the pain doesn't resolve, and actually gets worse, knee flexion and extension can become intolerable," says Kowalski.

Patients should avoid irritable activities and apply ice two-to-three times daily to decrease inflammation.

Achilles Tendon Injuries

Your Achilles tendon is a strong, fibrous cord that connects the muscles in the back of your calf to

your heel bone. This tendon is active when you walk, run, jump or push up on your toes.

Symptoms primarily consist of pain and swelling in the heel, especially during physical activity, such as soccer, football, or running.

Generally, people experience tenderness or stiffness, especially in the morning, which usually improves with mild activity, as well as the feeling of tightness or a limited range of motion when flexing the foot, according to Kowalski.

He says tendonitis can affect people who don't warm up properly. Elderly individuals are also susceptible to tendonitis, as tendons lose their elasticity during aging. Rheumatoid arthritis patients are also more susceptible.

Kowalski says it's very important to take the time to stretch your Achilles tendons daily, as well as before, during and after your activity.

"Good quality footwear with firm arch support and proper heel cushioning are essential to reduce tension in the Achilles tendon. Even so-called 'good' shoes can benefit from arch support insoles," he says.

Plantar Fasciitis

Plantar fasciitis is one of the most common causes of heel pain. It involves inflammation of a thick band of tissue that runs across the bottom of your foot and connects your heel bone to your toes.

Plantar fasciitis is more common in runners, people who are overweight and those who wear shoes with inadequate support also have an increased risk of plantar fasciitis.

Like a lot of pain, plantar fasciitis

usually presents first thing in the morning and gradually worsens throughout the day. As you get up and move, the pain normally decreases, but it might return after long periods of standing or when you stand up after sitting, according to Kowalski.

Common treatments for plantar fasciitis include icing, calf stretches, night splints, and orthotic inserts.

Injury Prevention

You can lessen your chances for these types of injuries by alternating high-impact activities like soccer and football with low-impact activities. Weekend warriors, in particular, can benefit from walking for 20-30 minutes three times a week to prepare your body for more intense weekend sports, according to Kowalski.

If you *are* injured, Kowalski says he recommends *training, not straining*.

"When it comes to recovery, having a positive attitude and managing your expectations will help to get you back to your favorite sport or activity," says Kowalski.

"Once you complete your recovery from injury, gradually getting back to your sport is the key to avoiding re-injury," he says. "Keeping an extended timeline to get back to your previous level of play will prevent frustration."

If you've experienced one of these common injuries, and it's severe, or you're not getting better, schedule an appointment with Dr. Kowalski to get a proper diagnosis and learn about your options for a treatment plan to get you back in the game.

Educating the Community



Dr. Mark Kowalski

Learn more about Dr. Kowalski at www.nwalliedphysicians.com/doctors-providers/kowalski-mark-md-8361

Dr. Mark Kowalski is a Board Certified Orthopedic Surgeon, with more than 30 years of experience. He practices general orthopedic surgery with an emphasis on arthroscopic surgeries, total joint replacements, and sports medicine.

He says he believes in doing whatever it takes to make his patients better, whether operatively or non-operatively.

Outside of work, Dr. Kowalski enjoys staying active; his hobbies are fly fishing, hunting and hiking. Having come from Oklahoma, he says he enjoys taking care of our Green Valley and Sahuarita communities.

Addressing the Impact of Loneliness on Older Adults' Nutritional Habits

Local Program Highlights the Importance of Companionship During Mealtime for Local Seniors

Submitted by Home Instead

Now more than ever, we recognize the importance of human connection but few realize how a lack of connection affects our daily behaviors, especially for older adults. In fact, a survey from Home Instead, Inc. found that older adults who eat most meals alone are more than twice as likely to be lonely, leading to a poorer diet compared to those who enjoy meals in the company of others.

Additionally, more than 35% of older adults experiencing loneliness and isolation graded their diet as a C or below. In turn, 29% described their health as fair or poor. As we return to a more familiar way of life and begin to gather again in person, Home Instead encourages family and friends to share a meal with older loved ones. Not only will it strengthen relationships, but it likely will impact the quality of food seniors consume.

“Socialization at mealtimes reduces feelings of isolation and improves nutritional intake, but the pandemic has made this increasingly difficult for seniors – impacting their overall health” said Tom Meisinger, owner of the Home Instead® office serving Green Valley, Southern Tucson and the surrounding areas. “Studies show that lonely seniors skip more than 20% of their total meals, so bringing them together, especially at mealtime, can increase healthy longevity.”

To improve mealtime habits and promote connection, Home Instead in Green Valley is introducing Companionship Diet, a free program designed to demonstrate the health benefits of enjoying meals together and offer educational resources to make more informed nutritional choices. Included in the program are recipes, tips and resources designed to inspire seniors and family caregivers to make healthier choices and spend quality time together preparing and sharing nutritious meals.

Meisinger provides tips on how families in the Tucson area can include older adults during mealtime:

1. Involve your loved one in the preparation process. If they are up for it, ask your loved one to help with making the meal. Perhaps they can help mash the potatoes or frost the cake. If your loved one doesn't want to help with meal preparation, he or she can sit and chat while you're cooking and help provide instructions or share old family recipes and stories. These moments can serve as valuable bonding time.
2. Plan simple and healthy meals. Check in with older adults before dinner and ask them to select a favorite recipe that you could make. Even better, ask them for their favorite childhood foods and incorporate them into mealtime. Meals should be balanced and include grains, fruits and veggies. Canned veggies can still be healthy and are a good alternative if fresh ones aren't available. Remember to be mindful of portion size with seniors.
3. Schedule regular mealtimes. Plan to get together weekly or monthly to enjoy a meal with older loved ones. Ask your loved one what ingredients they like and what dishes they prefer to involve them at every step. This will help keep seniors engaged and give them something to look forward to.

Anyone can play a role in ensuring the aging population continues to feel connected as the pandemic wanes. With Companionship Diet Home Instead demonstrates the impact personal connections and casual conversations during mealtime can have on the physical and emotional health of older adults.

These resources, and additional information about Companionship Diet, can be found at www.HomeInstead.com/CompanionshipDiet.

Companionship is the Best Diet

A healthy diet contributes significantly to overall physical, mental, and emotional health as we age. But many factors – including isolation and feelings of loneliness – can disrupt eating habits and lead to less nutritional choices. Research conducted by Home Instead, Inc. suggests enjoying meals with loved ones can improve overall nutrition and reduce feelings of isolation and depression.



Eating Alone Makes a Difference

Seniors who eat most of their meals alone are more than **TWICE AS LIKELY** to feel lonely.

Seniors who feel lonely eat **14% FEWER MEALS** over the course of a year than seniors who aren't lonely.

Lonely seniors skip **224 MEALS PER YEAR** or 22% of their total meals.



Loneliness Impacts Nutrition

Seniors who feel lonely eat **157 FEWER SERVINGS** of fruit and vegetables per year than not-lonely seniors.

49% of lonely seniors don't consume the right amount of calories.

75% of lonely seniors do not receive the right amount of at least one important element of nutrition.



Craving Companionship

72% of lonely seniors wish they ate more meals with loved ones.



Eating Alone is a Growing Trend

50% of seniors believe their parents ate more sit-down meals with loved ones at their current age.

76% of lonely seniors feel they have fewer sit-down meals with family than they used to.

For more resources and information, go to HomeInstead.com/CompanionshipDiet

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ABOUT HOME INSTEAD

Founded in 1994 in Omaha, Nebraska, the Home Instead® franchise network provides personalized care, support and education to enhance the lives of aging adults and their families. Today, the network is the world's leading provider of in-home care services for older adults, with more than 1,200 independently owned and operated franchises that provide nearly 90 million hours of care annually throughout the United States and 13 other countries. Local Home Instead offices employ approximately 100,000 CAREGiversSM worldwide who provide relationship-based care services that enable older adults to live safely and comfortably in their own homes for as long as possible. Home Instead franchise owners partner with clients and their family members to help meet varied individual needs. Services span the care continuum – from providing personal care to specialized Alzheimer's care and hospice support. Also available are family caregiver education and support resources. The Tucson office opened in 1996. Visit HomeInstead.com. Connect with us on Facebook and Twitter. Each Home Instead® franchise office is independently owned and operated. Home Instead, Inc. is a subsidiary of Honor Technology, Inc. For more information, visit joinhonor.com.

How to Bag a Sweet Deal

Written by Guy Atchley

When you think of luggage, vacation may come to mind. It's something you take with you to your destination. But how many people think of luggage as the destination itself? Well, there's a store in Alabama that has become just that — a tourist destination.

The Unclaimed Baggage Center is located in Scottsboro, Alabama, and it's the only store in the U.S. that buys unclaimed luggage from the various airlines and then resells it. Think about it. It was an idea that somebody was bound to capitalize on. Who hasn't lost something while traveling? And how many times do they just chalk it up as lost forever?

This store is actually doing the airlines a favor by taking untold numbers of items off their hands for a minimal cost. Then they turn around to sell the stuff at great savings to the public. And that stuff includes everything from name-brand apparel to electronics, jewelry and ski equipment. In fact, there's so much ski equipment that the center has an

annual ski sale with savings of up to 80 percent. We're talking skis, snowboards, helmets and jackets.

Customers know just how good these deals are, and that's why you'll find them camping out in front of the store the night before to be first in line. The store even provides free food and an outdoor movie to keep them occupied. The store is always hosting special events. The latest listed on the web site was Teacher Appreciation Month during August. And more events will be posted through the fall and winter.

The closest airport is Huntsville International. It's not unusual for people to use their frequent-flyer miles to jet in just for the enjoyment of scanning the center's aisles for the never-ending bargains. In fact, the center adds thousands of new items every day.

The center has its own web site: unclaimedbaggage.com. There you'll find a list of nearby places to dine and other tourist attractions, including antiques, botanical gardens, an aquarium, state parks and the U.S. Space & Rocket Center. But if you'd rather shop from the comfort

of your own home, yes, you can shop online as well. As you might suspect, there's a lot of clothing for men, women, boys, girls and infants. The electronics can include some very nice laptops and iPads. And women will find many handbags with accessories such as wallets, belts and hats.

A spokesperson says the store has a team that goes through the countless bags every day. In case you're wondering, they do wash the clothing before putting it on sale. And what they don't sell goes to charitable organizations. Occasionally people come to the store trying to find something they lost, but the spokesperson says it's like looking for a needle in a haystack.

What about the unusual things they find? At the top of the list is a full set of armor, as in Knights of the Roundtable. They've found naval diving helmets. And some of the jewelry can be quite expensive. One example: a \$40,000 bracelet, which



they're selling for half price.

For further information: Unclaimed Baggage Center, 509 W. Willow St., Scottsboro, Ala. 35768. Phone: 256 259 1525.

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On the Track to Pure Joy

Article & Photos by Guy Atchley

Shhhhh. I have a secret. There's a place in Southern Arizona where it's like Christmas all year round. Not a lot of people know about it. In fact, when you try to find it, you'll probably need Google Maps to get there because it's tucked away in a maze of streets through a Tucson industrial area. But once you get there and walk inside, you're likely to say, "Wow." That is the most common reaction heard at the Gadsden-Pacific Division Toy Train Museum. The second is, "I had no idea this was here."

The truth is it's been around for decades. And it represents the hard work of dozens of toy train enthusiasts. One of them is the president of the museum board, Jeff Swanson, who says the members of this rare club come from all walks of life with different sets of skills. That's a good thing because it takes them all working together to keep the building in good shape for the train fans who flock here. The fans, too, come from everywhere with different backgrounds, but they all have one thing in common -- the love of toy trains.

The trains are all sizes and different gauges. Many of them belong to the members who can tell you where the trains came from, what years they were sold and how much they're worth today. They run on different layouts that crowd the building, leaving just enough room to walk between them to take in all the sights. And there is so much to see. Even Swanson, the board president, says he'll often see things he'd never noticed before -- and he's been working on the museum for years. You can understand that once you realize how intricate the layouts really are.

Some of them are miniatures that will necessitate getting up close and personal to eyeball the various figurines that adorn the tracks. The layouts will take you from the deserts of Arizona to the farmlands of the Midwest, through small-town America with its gas stations cafes and billboards. Eventually you'll climb into the mountains with the resplendent scenery all created by the masters of imagination. Along the way you'll go around corners, through trestles and down straightaways, all with that familiar clickety-clack that could put a baby to sleep. And then, you'll notice that even

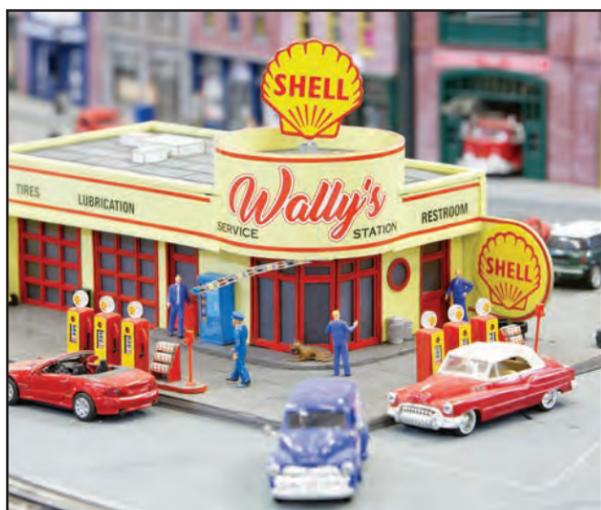
more trains are running above your head around the perimeter of the building.

You can also see a couple of exquisite collector items at the museum. One is the Lincoln Train, a replica of the locomotive and train cars that carried President Lincoln's body after his assassination. Also behind glass, there's a Hudson locomotive. And a few feet away is the gift shop, which includes a favorite for the kids, Thomas the Train.

It seems almost everyone has their own memories of trains, many times dating back to childhood, including the choo-choo under the Christmas tree. In my case, I grew up just a few blocks away from the Frisco Depot in Sapulpa, Oklahoma where my grandfather was a Frisco engineer during the 1930s. We lived so close to the tracks that the rumbling trains actually shook our windows on a daily basis, even at night. And, of course, there were the horns. Ah, yes, the memories.

If you'd like to visit the GPD Toy Train Museum, here's that address for your Google Maps: 3975 N Miller Ave, Tucson, AZ 85705. Museum hours are 1pm to 4pm every Sunday. If you'd like to call for more information, their number is 520-888-2222. You can enjoy the train museum free-of-charge for now, but in January they will begin collecting five dollars for admittance with all the money going back into the upkeep of the building.

One other thing: the annual train show/swap meet will be held November 13th from 9am to 3pm at the museum. Admission will be free to anyone who wants to see what the vendors have for sale. For more information, check out their website: <http://www.gpdtrains.org/>



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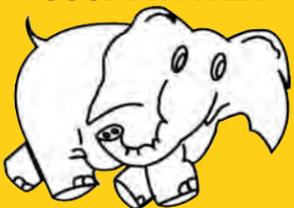
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DESERT MEADOWS PARK
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Green Valley

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

gardening *tips*

Rain, oh that beautiful rain! What a great monsoon we had. Last year we were trying to squeeze water from stones. This year, we were watching those stones tumble down the Santa Cruz.

Our plants are lush, the pollen is high, the flowers bloomed, trees grew and the weeds soared. It is amazing what rain and lightning can do to our flora. The lightning storms were amazing and produced some great fertilizer. Did you know that lightning shatters the nitrogen molecules in the air and some of those free nitrogen atoms combine with oxygen form compounds



beds, add organic matter such as compost and aged steer manure. Starter fertilizer such as bone meal is wonderful too. Start planting flower bulbs such as amaryllis, narcissus, iris, train lilies, and ranuncu-

your citrus fruit split? If so, discard it. It happens when sun damage rinds cannot expand with the water content in the fruit. Damaged fruit will attract fruit flies and other insects.

now for October –December. Same duration, just change the frequency.

November is a good time to transplant trees, shrubs, groundcovers, vines, herbs, and winter vegetable plants purchased from nurseries. Keep the maintenance up around the plants by discarding any fallen debris. This time of year, the first frost usually appears, so prepare by having your frost cloth, blankets, and sheets ready. Do not use plastic to cover plants. Cover all the way to the ground, not just the foliage area. You can also irrigate earlier in the day. The moist soil heats up from the sun, helping protect the plants by keeping them warmer at night.



Help your plants recover from the summer heat by pruning off dead or dried branches and lightly prune your roses by removing the top 1/3 of the plant. Fertilize roses in the latter half of the month for fall blooms. While you are at it, dead-head spent blooms and prune back leggy plants. Pick up all discarded cutting as they can harbor insects and diseases. Feed your stone fruit too.

October is a great time to plant trees and shrubs. Do not waste your time buying the larger containers, buy the 5-15 gallon ones, they will establish and grow faster than the larger ones, easier on the purse strings too. Add some color and plant cool season annuals, petunias, pansies, stock, snapdragons and the list goes on. Perennials, such as angelita daisy, desert mallow, germander, Mexican honeysuckle and more now. You can still plant vegetable seeds or plants.

There is so much more you can learn about these and other gardening tips/advice along with many other programs we offer. By visiting your local Cooperative Extension office. Did you know there is one in Green Valley?

It is located at 530 E. Whitehouse Canyon rd., 520-648-0808. Open Mondays, Wednesdays and Fridays, 8am to 12noon. Alternatively, email us at uacemg@gmail.com

If you like citrus, plant trees now. Grapefruit being the hardiest and lime the least hardy. Plant so that the top of the root ball is level with or slightly higher than the surrounding soil. If you feel you need to add an amendment, only add compost.

We would be happy to help you understand your gardening questions and more. Stop by the office and afterwards take a walk in our gardens.

See you soon!

called nitrates that mix with rain. Those nitrates are a powerful fertilizer. That is why plants do better after a storm.

Since we had such a great monsoon, its time to rid those soaring weeds and get back to normal gardening. Please remember, if you are going to use a chemical spray to rid the weeds, only spray when the air is still. The slightest breeze can cause the chemical to drift in the air landing on the wrong plant. Which in turn can cause damage to that plant.

It's time to till your soil, ready your

lus. Choose a location with morning sun. Plant strawberries, they need to be protected from the afternoon sun. Sow your vegetable seeds like, carrots, greens, lettuce, radishes, beets and turnips. Do not forget the winter herbs. Deciduous fruit trees like figs and pomegranates should be planted now.

If you should see something that looks like bird droppings on citrus trees, it might be orange dog caterpillars. Which matures into the giant swallowtail butterfly. A few will not hurt your citrus but if there is many, remove them. Did any of

If planting in the ground in this awful desert soil, do not add anything but compost to the soil. Otherwise, you will be creating a pot effect in the ground causing the roots to eventually girdle. Sow desert wildflower seeds now and keep them moist until they germinate.

You will be adjusting your water schedule



Orange dog caterpillar on a lemon tree.



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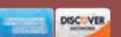
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