

Is There Such A Thing As A Good Spider?

Written by Ryan Bennett
Bill's Home Service Company

To some people there's no such thing as a "good" spider, but generally speaking there are many spiders in Arizona that are considered beneficial. In fact, the majority of spiders in our area are relatively harmless. They may bite when they feel trapped, but their bites tend to be very mild and only cause a brief, minor irritation. So what are some of the common beneficial spiders in Arizona?

Tarantula



Tarantula

Although probably the most menacing looking spider, Tarantulas are the least dangerous and most beneficial spider in Arizona. Tarantulas are normally 3-4 inches long with long, blackish-brown or tan hair. They are considered beneficial because they feed on many insects and other spiders – a natural source of pest control. They also tend to be very passive toward humans and require significant agitation to entice them to bite.

Wolf Spider

Wolf spiders also have a threatening appearance, but they typically show little aggression toward humans. They have a brown and gray coloration and are usually found outdoors. Occasionally, they will wander indoors in search of water or food such as smaller insects and other pests. They specifically enjoy feasting on Black Widow spiders, one of the dangerous spider species found in the desert.

Orb Weaver Spider

A relatively small spider at just 6-10 millimeters long, orb weaver



Orb Weaver Spider

that they will exercise when necessary. Most people will experience mild pain or irritation when they're bitten by one of these desert spiders, however, reactions may vary based on many factors including age and overall health of the individual.

Harmful Spiders

The two spiders commonly found in Arizona that are considered harmful are the black widow and Arizona brown spider. Most people are familiar with the black widow and

it's distinct red or orange hourglass shape on their abdomen. The Arizona brown spider is a close cousin to the famed brown recluse spider (native to the Midwest U.S.), including the fiddle shape on the top of the head. Both of these spiders should be avoided as their bites can be severe to most people.

For more information about beneficial spiders and other desert pests, visit www.BillsHomeService.com.

spiders are another common spider in Arizona that's typically found outside. Many are orange, yellow, brown and black and have a large bulbous abdomen. They build circular webs in plants or trees where they catch flying insects as their prey. When found indoors, they prefer quiet corners and other protected areas with an adequate food source.

Although many spiders in Arizona are considered beneficial, they all have natural defense mechanisms



Wolf Spider



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Women In Construction Week 2020 Promotes Women In The Trades

Written by Susan Stein Kregar

Women in Construction? While women in construction is not a new concept, the industry has a long way to go in terms of increasing opportunities and representation for what some call our country's least tapped talent reservoir.

The Bureau of Labor Statistics reports that as of December 31, 2018, approximately 1,106,919 women were employed in various occupation sectors of the construction industry. Women now make up 9.9 percent of the construction industry in the United States.

WIC WEEK

The Tucson chapter of the National Association of Women in Construction (NAWIC) just celebrated WIC Week 2020 otherwise known as Women in Construction Week.

This annual event is literally a week of events and promotion where NAWIC chapters nationwide highlight women as a viable component of the construction industry. Members across the country raise awareness of the opportunities available for women in the construction industry and emphasize their growing role.

There is a shortage of skilled labor across the country including Arizona, driving up project costs and delaying construction work. The goal of WIC Week is to encourage and support women and men seeking careers in construction and to highlight businesses and educational and training institutions that are expanding their programs to meet this market demand.

"We are very fortunate to have so many amazing women leaders in the construction industry right here in our own community," said Ann Vargas, Community Development Director at Habitat for Humanity Tucson and NAWIC Chapter #122 WIC Week Committee Chair.

NAWIC was founded in 1953 as Women in Construction of Fort Worth, Texas. According to NAWIC, at that time women represented only a fraction of the construction industry workforce. Sixteen women founded NAWIC to create a support network for women like themselves. Today, NAWIC boasts 128 chapters totaling 5,500 members nationwide and provides opportunities for professional development, education, networking, leadership training, public service and more.

Days of the Year.com lists Women in

Construction Week as a holiday dedicated to changing the stereotypes that women face when it comes to careers by giving them new opportunities in the construction industry in which they can advance and build a career for themselves.

Like many chapters, the Tucson chapter gave back to its community that week.

Kicking off with a networking event hosted at Pima Community College West, students, faculty, community members, business owners, and wom-



Members from NAWIC Chapter #122 in Tucson at the Women Build in event in 2019.

en leaders met and talked about the future of construction in Southern Arizona. Twenty women leaders shared their wisdom and inspirational words.

The Women Build 2020 Piano Bar event was held on March 6th and featured food, drinks, networking, and music.

HABITAT'S ANNUAL WOMEN BUILD DAY

According to Legal Momentum, women in the United States are 35 percent more likely to live in poverty than men, with single mothers facing the highest risk. Despite continuous efforts to bridge the gap, women are still underpaid and occupy 60 percent of the nation's lowest-paying jobs.

To help families who are struggling with affordable housing, Habitat of Humanity Tucson in conjunction with NAWIC, spearheads the annual Women Build, a full-day event that brings community members together from all walks of life to build stronger, safer, and more equitable housing.

"Women Build is an ideal way for community members to empower women and pursue equitable opportunities," said Vargas. "The community's support allows Habitat Tucson to fulfill its mission of creating a more compassionate and just world."

On March 7th 300 people from the building community joined Habitat for Humanity to build a home for a single mother and her children in Tucson.

"I've moved probably hundreds of times in my lifetime so far. I just want a home. It's been my dream for always. I've always wanted somewhere to call my own," said Sherry, the recipient of the Women Build 2020 Home. Her last name is being withheld for privacy.

Sherry's parents passed away when



complete at least 250 hours of volunteer work at the home site.

Paving New Roads for WOMEN in Southern Arizona

NAWIC Tucson's WIC Week does not focus solely on Tucson. Green Valley, Sahuarita, and other surrounding communities' benefit. Local high school students have been involved in the building projects. Habitat for Humanity and NAWIC work with schools to promote construction as a career. Pima County Joint Technical Education District offers Construction Technology Education (CTE) at the following area schools and businesses.

- Sahuarita High School – Construction Technologies
- Nogales High School -- Cabinetmaking
- Walden Grove and Rio Rico High Schools – Heavy Equipment Operations
- Green Valley Cooling & Heating -- HVAC Training

Students from these and other Southern Arizona schools were invited to participate in WIC Week to learn more about the opportunities available to them, gain hands-on experience and connect with potential employers. They are the immediate future of the construction industry; building homes, commercial properties, roads and more.

As of press time, it was not confirmed how many career opportunities, internships, fields of study, scholarships, apprentice positions, and certification programs were awarded.

"Habitat Tucson recognizes that when women come together, our ability to effect change in the community is incredible," said Vargas.

Habitat for Humanity and JTED welcome people who can volunteer their time and expertise in a variety of areas. For information regarding how to support Women Build or the construction education programs please visit www.habitattucson.org and www.pimajted.org.

she was very young. She and her four siblings were passed around from family member to family member and eventually, from foster home to foster home.

Until she received her Habitat Home, she and her daughter lived in an apartment complex riddled with problems; the laundry room was frequently broken into, drug activity, cockroach infestation, and poor plumbing among them. Every time she signed a new lease, the rent increased.

"It's amazing where I am," says Sherry through her tears. "I know I am not deserving of anything, and without Habitat, I would never ever have a home."

Thousands of women, alongside supportive community members, have volunteered tens upon thousands of hours over the years, building 19 Women Build homes for 19 hard-working families like Sherry's.

Women Build, like other Habitat for Humanity programs, does not give homes away for free. Selected families pay an affordable mortgage with zero percent interest over 20 to 30 years. Their mortgage payment goes back into building more homes. In addition to mortgage payments, an investment of sweat equity is required. Each Women Build adult partner must

Scammers Are Working Overtime This Tax Season

Written by Brian Watson,
Special Agent, IRS Criminal
Investigation

Nearly everyone is familiar with the IRS, but not everyone knows about IRS Criminal Investigation, the Federal law enforcement agency within the IRS that investigates criminal violations of the tax laws and other complex financial cases. Nationally, we have had some recent high-profile investigations such as Operation Varsity Blues (the college admissions scandal) and the investigation of attorney Michael Avenatti.

We also investigate cases that don't make the national news. Some of our cases in Arizona include Rebecca Dev being sentenced for her role in an immigration fraud scheme, tax return preparer Sandra Gamboa being sentenced to prison for filing false tax returns, and Roberto Arevalo-Lugo being sentenced to prison for money laundering for his role in picking up backpackers and the marijuana that they carried from locations in Southern Arizona.

As a Special Agent with IRS-CI,

I am often asked if I am busier this time of year. I tell everyone we stay busy year-round with our investigations, but we spend more time during tax season warning the public about scams that seem to increase during the first four months of the year. Most of the scams we see involve emails and phone calls.

Phishing has been number one on our annual "Dirty Dozen" list of scams for the last three years. Phishing is an email or text message designed to trick you into thinking these are official communications from the IRS or a financial institution. These emails often ask you to click on a link to get your refund or to unlock your account because of suspected fraudulent activity. If you click on these email links, you are asked for Social Security numbers and other personal information, which could be used to file false tax returns or open credit card accounts. The IRS



Brian Watson

doesn't initiate contact with taxpayers by email or text message. You must ask yourself, is this email from someone I don't know? If so, it could be a scam. Save yourself a lot of trouble and delete the email.

A recent email scheme we are investigating involves scammers targeting elderly Americans by telling them they won a sweepstakes. They lie about you being a winner and get you all excited about your supposed winnings. But there is a catch. The victims are asked to pay taxes or other fees up front. Although the case is ongoing, the U.S. Attorney's Office in Arizona charged Joseph Batts, David McIntosh, Danny Malcolm, and Ferlando McCoon for their role in the scheme. Remember the adage, if it sounds too good to be true, it probably is.

Phone scams have been the number two scam on the "Dirty Dozen" list for the past three years. The most prolific scheme we have seen is the IRS Impersonation Scam, a phone scam in which callers pretend to be from the IRS. Victims are told they owe money to the IRS and it must be paid immediately through a pre-loaded debit card or wire transfer. If the victim refuses to cooperate, they are then threatened with a lawsuit or arrest.

Over 13,000 victims have lost over \$70 million since this phone scam started in 2013. And we know this number is much higher because many victims are unaware they have been scammed. Or they are too embarrassed to report the crime and figure "what is the point since

I will never get my money back?" The easiest thing to tell your family and friends is the IRS does not initiate contact by the phone. If you have a tax issue, the IRS will send you a letter explaining the situation and give you a chance to respond. No one from the IRS will ever call you up and demand immediate payment over the phone. If you get one of these calls, hang up the phone.

Here is my challenge to you. Who do you know in your circle of

family, friends, and neighbors that could possibly fall for an email or high-pressure phone call described above? If you know someone who could be victimized, share what you learned in this article. The only way we can stop these scams is drying up the pool of potential victims through public awareness and education.

Since it is tax season, did you know most taxpayers are eligible for free federal and free state tax return preparation? Go to IRS.gov and click on the button "Do Your Taxes for Free".

If you have someone else prepare your tax return, you are in good company. Last year, 57% of taxpayers used a paid preparer. The vast majority of return preparers are honest, ethical, and provide their clients excellent service. There are a couple of red flags when it comes to tax return preparers:

- Never go to a preparer who bases his or her fee on a percentage of your refund. Your fee should be based on the complexity of the return and the amount of time needed to prepare it. A refund-based fee is a huge incentive to add false deductions.
- Never go to a preparer who promises a big refund without first looking at your tax information. They are just trying to get you into their office and are likely to put false deductions on your return to pad the refund.



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Pima County DEQ Launches Lawn & Garden Equipment Emission Reduction Program

Written by Beth Gorman
Senior Program Manager
Pima County Department of
Environmental Quality

To improve air quality and reduce pollution created by gasoline powered lawn and garden equipment, the Pima County Department of Environmental Quality (PDEQ), in partnership with the Arizona Department of Environmental Quality, is launching the “Cut Down Pollution” Program. This voluntary lawn and garden equipment replacement program will continue throughout 2020 as funding remains available. If successful, this program will remove tons of air pollution from the air we all breathe.

“Our region exceeded the U.S. Environmental Protection Agency’s health standard for ground-level ozone on some days in recent years and small gas-powered motors, like those used in this type of equipment, contribute to the creation of ozone and other air pollutants,” said Beth Gorman, Senior Program Manager at PDEQ. “The more gas-powered equipment that is switched over to cleaner, quieter and less messy electric or battery-powered equipment,

the healthier our air will be,” said Gorman. Particulate matter and ozone caused by gasoline-powered lawn and garden equipment use can contribute to adverse health effects including heart attacks, stroke, asthma and chronic obstructive pulmonary disease.

The Cut Down Pollution Program provides vouchers to Pima County residents and businesses that turn in pre-approved gas powered lawn mowers and other landscaping equipment for recycling. In exchange for retiring higher polluting gas mowers, a resident will receive a \$150 voucher towards the purchase of a zero-emitting electric or battery operated lawn mower. When PDEQ pre-approved gas powered gardening/landscaping equipment such as leaf blowers, string trimmers, chain saws, edgers, etc. are retired, residents will receive \$50 vouchers towards the purchase of electric or



manual landscaping equipment. The vouchers can be redeemed at Home Depot stores in Pima County and there is a limit to the number of pieces that can be turned in by residential participants.

For commercial gas-powered lawn mowers, used for hours a day by those who are in the landscaping business, the voucher will be worth \$200 towards the purchase of an electric or battery powered lawn mower. Commercial users will receive \$50 towards the purchase of electric or manual landscaping equipment for retiring pre-approved gas powered leaf blowers, string trimmers, chain saws, etc. Because of the potential to reduce significantly more air pollution due to the number of hours per day of use, commercial users will be allowed to turn in more pieces of equipment than residential participants.

All equipment must be pre-approved on line prior to turning it in at the various drop off locations. To avoid unapproved equipment drop offs, collection site locations are provided when application is approved or by request. Vouchers will be provided to participants electronically after the pre-approved equipment drop off has been verified by PDEQ staff.

Benefits to Switching from Gasoline-Powered Lawn & Garden Equipment to Electric or Battery Powered Equipment include:

- Gasoline powered equipment emits harmful air pollutants that are unhealthy for operators and those nearby to breathe;
- No need to purchase, transport or store flammable gasoline;
- Gasoline powered landscaping equipment is noisy – often running at over 85 decibels which can damage hearing over time;
- No need to deal with the hassle of tune ups and maintenance;
- Reduce the risk of Pima County’s air violating national health standards for ground-level ozone air pollution; and
- Healthier air for everyone to breathe.

The Cut Down Pollution Program details are available by calling (520) 273-9898.

Pima County Department of Environmental Quality (PDEQ) serves Pima County residents by protecting public health and the environment. PDEQ monitors air and water quality; provides hazardous and solid waste programs that ensures waste minimization and pollution prevention; assesses environmental compliance; processes environmental permits and plans; responds to public complaints and inquiries with investigations and enforcement; and reaches the community via public outreach, education, and citizens’ assistance.

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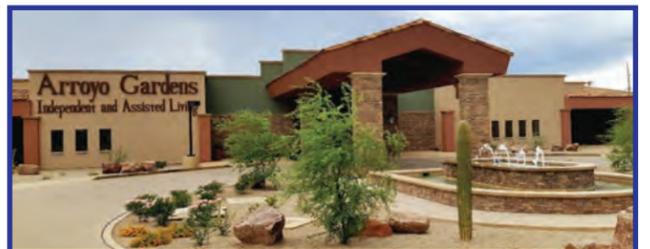
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This column is provided by Amy C. Oliver, Public Affairs Officer, Visitor & Science Center Manager, Fred Lawrence Whipple Observatory

What's Up in the Sky

Gamma-what?

As you enter the parking lot at the Fred Lawrence Whipple Observatory, you can't miss it: a nearly 40-foot diameter honeycomb made of glass. But this delectable dish isn't for bees (though they also enjoy it during the summer months). This telescope is one of four telescopes at the Observatory searching the night sky for evidence of gamma-rays.



Smithsonian scientists Michael Daniel (foreground) and Gareth Hughes closely study imaging from the VERITAS array as they hunt for evidence of gamma-rays.

create Cherenkov light, which appears like a blue streak. While the human eye cannot detect Cherenkov light, the highly specialized “honeycomb” telescopes—better known as VERITAS, or Very Energetic Imaging Telescope Array System—at Whipple Observatory can. While astronomers may not be seeing visions of superheroes, the most beautiful activities in the universe, like the birth and death of stars, are an excellent trade-off.

What is a gamma-ray?

If you're into comic books, you're probably thinking green, as in The Hulk. But at Whipple Observatory there's no comic book heroes (that we're aware of) and no one is building particle accelerators in the basement. Gamma-rays are a form of electromagnetic radiation. They are higher in energy than many forms of radiation you probably “have” heard of, including radio waves, microwaves, infrared (IR), visible light, ultraviolet (UV), and X-rays. Like other forms of radiation, gamma-rays could damage living tissue, but Earth's atmosphere effectively protects us from gamma-rays.

they tell us about some of the most spectacular activities occurring in the universe, like the explosion of stars (supernova), accretion of matter around black holes, the collision of objects far beyond what we can see with the naked eye. And this isn't new science. The first TeV gamma-ray source, the Crab Nebula, was detected at Whipple Observatory in 1989.

Astronomers and particle physicists use the detection of gamma-rays to “see” these events both taking shape in the universe and shaping the universe.

Gamma-rays are produced in large part by fission, fusion, and both alpha and gamma decay in the universe. What's the point of observing such activity?

But gamma-rays can't be “seen” with the human eye. Rather, scientists are searching for their reaction with Earth's protective atmosphere. When gamma-rays collide with our atmosphere they

We observe gamma-rays because



One of four 12m gamma-ray VERITAS telescopes at Whipple Observatory stands tall in the sunset, awaiting nightfall for observations in the search for gamma-ray activity out in the universe.



MMT, the world's 14th largest optical telescope, stands under clear, starry skies most nights of the year, at the summit of Mt. Hopkins.

Enter Your Story KGVY and Fred Lawrence Whipple Observatory Launch Star Stories

The night sky is deeply ingrained into the human experience, so much so that ancient cultures including the Greeks, Romans and Egyptians connected their religious and local histories to the stars. Their histories are preserved in the stories we tell about the constellations.

In celebration of International Dark Sky Week, April 19-26, 2020, KGVY and Fred Lawrence Whipple Observatory are collecting YOUR stories. Now through March 25, 2020, you can submit a story about your first, best, or more important interaction with the night sky to Whipple Observatory for inclusion in International Dark Sky Week and an upcoming “light pollution” exhibit at the observatory's Science Center. Submissions are open to part-time and full-time residents of all ages in the following Arizona counties: Pima, Santa Cruz, Cochise. Submissions may be 200-300 words in length and should be submitted to WhippleScienceCenter@gmail.com. For more information about Star Stories, and a full list of honors and prizes, please visit cfa.harvard.edu/flwo.

Green Valley Cooling & Heating Keeps Residents Comfortable with it's Heating Hearts Program

Written by Susan Stein Kregar

It's 105 degrees outside. So what? Your air conditioning is keeping you cool and comfortable. Or maybe you, like many other residents, don't have this luxury that can be taken for granted.

For more than 50 years Green Valley Cooling & Heating (GVCH)

has been serving Green Valley, Sahuarita, Tubac, Corona de Tucson, and Vail. They know summers can be brutal, especially for those who cannot afford to repair or replace their current HVAC system.

"We've always given back to the community," said Joanna Buglewicz, owner of Green Valley Cooling & Heating. "For a long time, we donated money to other orga-

nizations to assist those in need in this community. Because we are experts in HVAC, we realized we can be more effective in helping our community by creating



Green Valley Cooling & Heating Team

an in-house program."

In 2016, GVCH launched Green Valley Heating Hearts to help those in need of cooling and heating. Their Giving Committee meets quarterly and reviews committed jobs and the funds remaining in the budget each year.

The committee selects and oversees each project. Recipients are chosen based on the need for maintenance, repair or installation. They are usually referrals from neighbors or coworkers.

Green Valley Heating Hearts is not a foundation. Charitable giving is in their projects and services, not monetary.

Typically, the condition of the units they service or replace in the Heating Hearts program "are in terrible condition," according to Buglewicz. "Many people in Green Valley are on a fixed income, have an ill or recently deceased spouse. People tend to think retirees are all set, and they are not."

Projects are generally on a 'need it now, do it now' basis because the resident doesn't have cooling or heating. "It is very emotional for them especially when they cannot afford to pay," said Buglewicz.

Most people are extremely grateful for the help. "Many people in this community recognize the help we give. They will come by and bring us baked goods, thank you cards, and snacks for the team."

Sometimes it's tricky when people are nominated. They don't want to admit they have a need and simply won't accept help.

While GVCH does their best to do good things, "we have been fooled by people who say they are in need and they really are not," said Buglewicz.

Last summer GVCH received a call from a man whose 90-something-year-old mother was on a fixed income. He managed her money and agreed to pay for GVCH's services. After the job was completed, he heard about Heating Hearts. He asked for \$1,200 to be forgiven, which GVCH agreed to cover half of the bill through GV Heating Hearts. They later found out he bought her a new TV and cable plan. "That money could have been used for someone who truly needed it," Buglewicz said.

GVCH recently helped Friends in Deed offset some of their costs for their facility. They had money left in their GV Heating Hearts budget and according to Buglewicz, "it was a no-brainer. They are a terrific organization!"

A few years ago, GVCH covered the cost of all ducting and systems for a new addition to a local women's domestic violence shelter – a donation valued over \$5,000.

GVCH has learned how to manage their giving program. "We like to think everyone who asks is in need, but they don't always reveal the truth," said Buglewicz. "Determining who is in need is not easy to define. It's just when people are in need or facing financial hardship, we are here to help."

While it is not possible to accommodate every project, they will take the information about anyone in the area who needs assistance. To nominate an area homeowner, visit www.greenvalleycooling.com/contact and fill out the recommendation form.



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What's New at United Community Health Center?

Submitted by United Community Health Center

What's new at UCHC? Let's first address the question that you may be thinking; what is UCHC? United Community Health Center (UCHC) is a Federally Qualified Health Center (FQHC) that provides quality healthcare services to anyone who needs it, regardless of health insurance and financial status. Our mission is to "Deliver Quality Care that is Accessible, Comprehensive, Innovative, Compassionate and Culturally Sensitive in an Atmosphere of Trust and Respect." Despite being a healthcare provider in the Green Valley area since 1983, many people in our community don't even know we are here, nestled in the desert at the start of a beautiful drive to Madera Canyon. Don't drive too fast, or you will miss us just past the rail road tracks off White House Canyon Road is where you will find our main campus on the left on Campbell Road.

This is where it all started, at Continental Family Medical Center, along with our rural locations in Arivaca and Three Points. In fact, this is how our triangle logo was chosen. Each point on the triangle represents one of the three communities that came together for the common good to provide health care to these medically underserved



Greg Reinhart, Certified Physician Assistant

locations. The triangle symbolizes unity and strength making us; United Community Health Center or UCHC, for short.

UCHC has come a long way since then and we now have ten clinical locations that serve Green Valley, Sahuarita, Arivaca, Amado, Three Points and Vail. In early 2019, UCHC partnered with its neighbor



UCHC's new ADA Compliant courtesy transportation

La Posada to open our newest location on the La Posada Campus. Posada Health Provided By UCHC serves the residents of La Posada by providing quality and convenient healthcare services right on their home campus. This location is also open to the public.

We take pride in being more than just a healthcare provider; we are a partner in our patient's health journey. UCHC provides many additional services to ensure our patients have the tools they need to be well and stay well. This includes ensuring our patients have transportation to their medical appointments. Accessibility doesn't have to be a hardship. What does this mean? We will pick you up!

UCHC is happy to provide our patients transportation to and from their UCHC appointments at no charge to them. That's right, free transportation to and from appointments at any one of our clinic locations. Whether it's an appointment because the patient isn't feeling well, an appointment for a child who isn't feeling well, a follow up or it's just an annual wellness visit, we will pick the patient up for their appointment and take them home. We even offer transportation to dental appointments for children that are seen at our pediatric dental clinic (children under 18 must be accompanied by a parent/guardian).

How does a patient set up their transportation? It's easy! When a patient is in need of a ride, all they need to do is request the transportation at the time they book their appointment or call us 48 hours prior to their scheduled appointment to arrange their ride. And if their UCHC provider refers them to see a

specialist, orders lab work or imaging, we can provide transportation to that service as well (within a 20 mile radius).

Recently, UCHC was awarded a grant through the ADOT 5310 Program (Enhanced Mobility of Seniors and Individuals with Disabilities) which funded the purchase of a new bus to provide transportation services to our patients. The bus seats nine passengers and is fully ADA compliant. Don't let not having a ride be a barrier between you and quality healthcare services. Call us, one of our friendly drivers will pick you up.

Continuing on with the "What's new at UCHC", we are excited to announce the addition of Erica Smith and Greg Reinhart to the UCHC team. Both Erica and Greg are Certified Physician Assistants and are available to see patients at our Green Valley location on Campbell Road, UCHC at Freeport McMoRan Copper & Gold Building. Not to be confused with a Medical Assistant who provides clerical and clinical support to the healthcare provider with their treatment of a patient, Physician Assistants (PA-C) can examine and diagnose patients, prescribe medications, order

blood tests, imaging tests, create treatment plans based on results and follow their patients long term as their Primary Healthcare Provider.

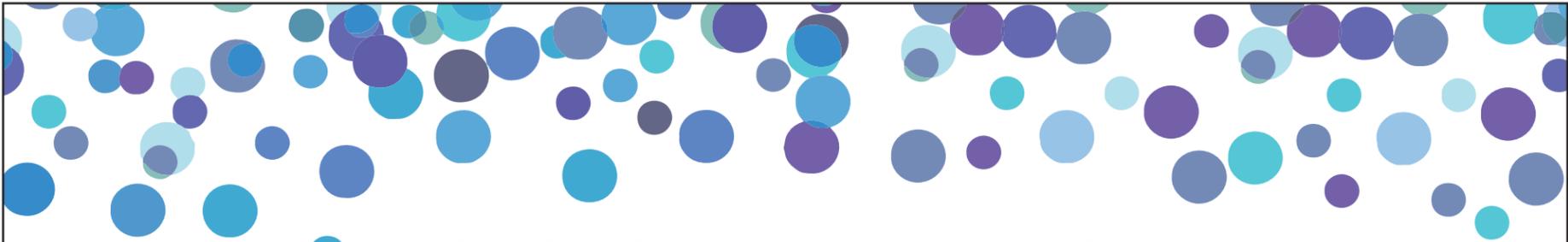
Erica Smith, PA-C received her Master of Physicians Assistant Studies at Rocky Mountain University and completed her training working in primary care, women's health, pediatrics, cardiology, emergency medicine and orthopedics. She also has a Bachelor's degree in Exercise Science and incorporates this background to provide holistic care that is focused on disease prevention.



Erica Smith, Certified Physician Assistant

Greg Reinhart, PA-C received his Master's degree to become a Physician Assistant at Duke University School of Medicine. Greg served in the United States Navy as a Hospital Corpsman (medic) and completed his PA training working in primary care, internal medicine, OB/GYN, emergency medicine, surgery, psychiatry and orthopedic surgery.

UCHC is a growing healthcare organization dedicated to fulfilling the needs of our patients and our community. To learn more about United Community Health Center, including information about our locations, services and providers, visit our website at www.uchcaz.org.



GOOD NEWS!

We're expanding to a larger office in Green Valley!

As part of our ongoing commitment to provide the best patient experience, our new comprehensive cancer center will offer additional services including radiation, and expanded patient support services.

Follow our progress in the coming months. Details coming soon!

Thank you to our patients and the community we serve for your trust and support.



Bruce W. Porterfield, MD, PhD



Sivamurthy Kyathari, MD



Sherri Porterfield, RN, MSN



Molly Grassman, PA-C



Maureen Wallace, PA-C



Kathy Kennel, MSN, FNP-BC, ACPN



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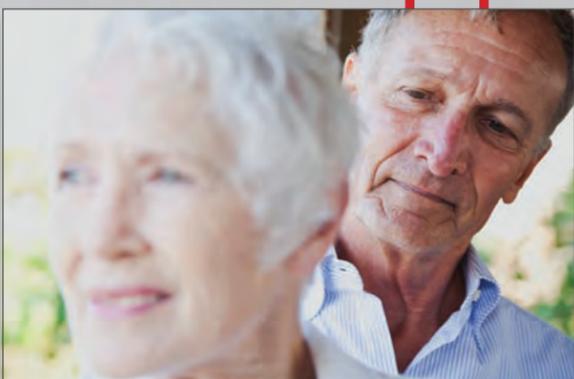
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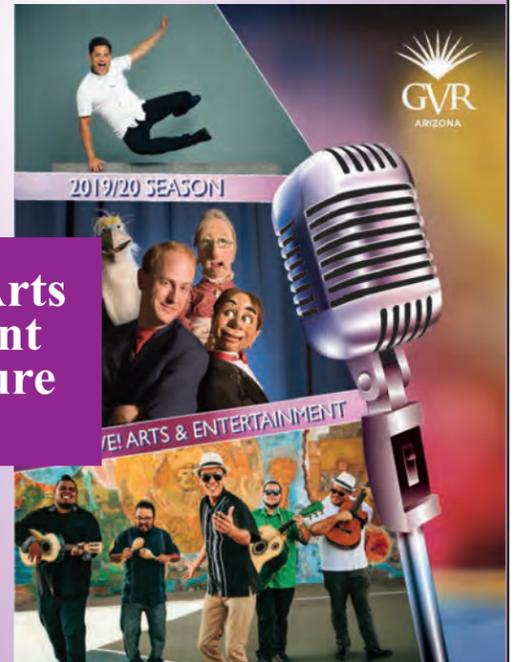
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The Green Valley Stage Band



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For more information, go to GVREC.org or call 520.625.0288.

The Green Valley Gardeners' Spring Celebration

Written by Stacie Meyer & Cynthia Surprise

The Green Valley Gardeners are celebrating more than spring this year. They're celebrating 40 years of community service, and are inviting the community to join the Spring Celebration on Saturday, April 4, from 9:00 AM to 3:00 PM. This includes the Spring Garden Tour and the Art-in-the-Park festival.

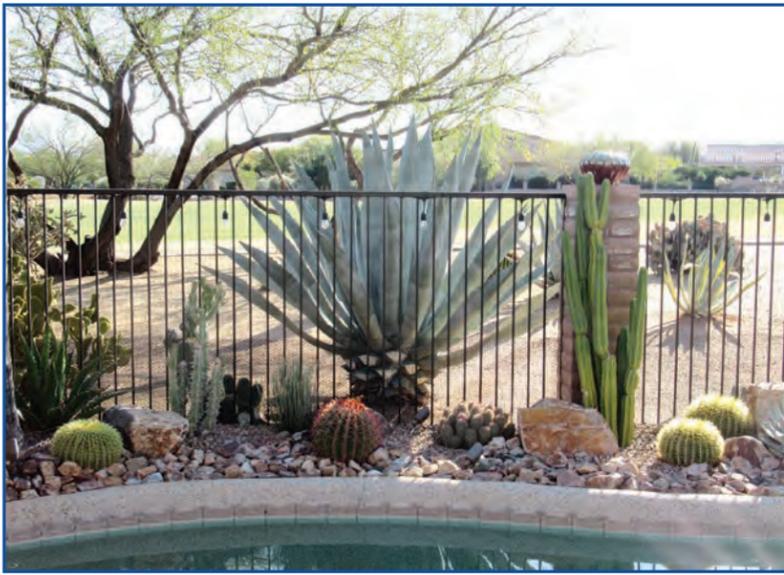
The club began in 1980 as the Men's Garden Club of Green Valley when a newspaper ad brought 40 men with their own chairs to a local shopping plaza to discuss desert gardening. In 1989, women were accepted as members and ten years later the club changed its name to the Green Valley Gardeners. Over the years, the club has grown to over 500 members, becoming one of the largest garden clubs in Arizona.

In accordance with its mission of promoting gardening education and related environmental issues to its membership and the gardening public, the club has made many contributions to the community. Their accomplishments include the Arid Garden, Desert Meadows Park, gardens indoors and out at Historic Canoa Ranch, the Allen J. Ogden Community Garden, and weekly gardening seminars offered free to the general public. This year in honor of the 40th anniversary, the club has taken on the maintenance of several medians along Abrego

GARDEN TOUR

If you are looking for inspiration for your own landscape or just enjoy seeing what talented gardeners have done, you'll want to attend the annual Spring Garden Tour. It's a major fundraiser for The Green Valley Gardeners and supports the group's many community projects.

The tour consists of a self-guided tour through five gardens in several neighborhoods throughout Green Valley. The gardens were selected to appeal to a broad range of tour visitors. So, whether your yard is large or small, or if you leave during the summer, you'll find ideas in the gardens on the tour. Featured in the gardens on this year's tour are a selection of cactus and succulents, lush flowering perennials, a koi pond, and a collection of rocks and



minerals.

In addition to being a sensory delight, the tour is an educational experience. Homeowners and knowledgeable gardeners will be available at each home to answer your gardening questions. All plants are clearly identified, so you will know the names of plants you may want for your own gardens.

The first garden on the tour is a peaceful oasis designed by homeowners who have combined their background in horticulture with their artistic flair to create an enchanting space. You'll want to linger among the garden's lush variety of plantings and innovative touches.

Next, visit a garden with towering vines and a large display of rocks and minerals. The homeowners are avid rock hounds and, as members of the Tucson Cactus & Succulent Society, have incorporated many of their rescues throughout the landscape.

You'll want to look closely as you wander around the third skillfully designed landscape so you don't miss any of the creative details. There is something for everyone to enjoy in this garden from unique cactus to flowering perennials to productive citrus.

The next home on the tour will make you smile as the homeowners' model train travels through the garden. The many tropical plants and the koi pond create an exotic feeling in this colorful and fun garden.

Cactus enthusiasts will especially enjoy the beautifully landscaped final garden filled with unusual cactus and succulents. The very knowledgeable homeowner propagates many of the specimens found throughout the garden. A large bed of iris

provides color and a water feature contributes to the serene desert landscape.

Tickets for the tour are \$12 each and can be purchased at The Green Valley Gardeners' website (greenvalleygardeners.com) or at the Chamber of Commerce (275

Continental Road), Desert Bloom (Green Valley Village), Native Gardens (20 La Cañada), The Happy Quail (Green Valley Village) and Nancy Pantz (Continental Mall). On the day of the tour, they will also be available at Desert Meadows Park (999 S La Huerta) and in the north parking lot of the United Methodist Church at 300 W Esperanza Blvd on the corner of La Cañada and Esperanza Blvd. If you purchase your ticket online, you can pick it up in the parking lot.

Spring Celebration ~ Art in the Park

Written by Chuck Parsons

Green Valley Gardeners' 40th year! We invite you to enjoy our April 'Spring Celebration' ~ we will host our 40th Spring Garden Tour and our 4th Art in the Park event on Saturday April 4th, 9am to 3pm. Both are important fundraisers for the club. Funds earned are returned to the community through our various community beautification and educational projects.

Art in the Park had less than 20 artisans participating in 2017, our first community event at Desert Meadows Park, located at 999 S La Huerta. We expect to have 52 this Spring! There will be music and food trucks for your added pleasure. The garden club will conduct a silent auction, raffle a garden cairn, and sell plants and garden related items at the park nursery.

Prestige Assisted Living is once again allowing us to use their vacant property for event parking. That is just South of the park. A golf cart shuttle will run from the lot to the park. Handicap parking is available along South La Huerta. New for 2020 is a shuttle service from the United Methodist Church North parking lot to Desert Meadows Park. This lot is accessible from La Canada.

Please come join in the fun and help us celebrate 40 great years in Green Valley. Make a day of it ~

- You'll want to enjoy the artisan booths, have breakfast or lunch from a food truck, listen to music ~ free admission to this event held at Desert Meadows Park.
- You'll want to purchase a \$12 ticket for the Spring Garden Tour ~ this is a self-guided tour of 5 special gardens.
- Best yet, form a carpool with friends to make your day even more enjoyable!



Art in the Park 2019
Photo credit: Chuck Parsons

WHY A GREEN VALLEY COUNCIL

The Green Valley Council (GVC) is a unique entity like no other in the United States. Green Valley is not incorporated. It has no professional Manager. It is a self-managed community with the Green Valley Council acting in a “quasi-government” capacity. It thrives, and survives, solely because volunteers give their time, wisdom and energy to making it happen.

Our residents comprise the most highly educated community in Southern Arizona and our volunteers bring that education, plus years of applying their knowledge, with them when they move to Green Valley. They then share their talents with the rest of us to create—not a retirement community—but a community of primarily retired people.

IMAGINE IF THE COMMUNITY VOICE OF GREEN VALLEY WENT SILENT

Imagine if the Council had closed its doors 5 years ago (as it almost did)...

Camino Del Portillo, Circulo De Las Lomas W. Rio Altar, West Camino Encanto and W Calle Tres would not have been repaired. First, there would have been no Council-led drive to convince the Board of Supervisors to allocate \$600,000 more for Green Valley roads. Homeowners would have received a whopping \$1.89 in benefits from a special property tax of \$.25 per \$100 valuation on your house. Second, there would have been no Council Road Prioritization Committee to choose which roads needed repair the most. The County would have paved

whatever it wanted.

The Canoa Hills Trails Open Space Park would not have come into being. The County had been inclined to reject the gift of the abandoned golf course. There would have been no Council Park Task Force to convince the County otherwise. Not only did Green Valley, in general, want the park, but all the surrounding HOAs wanted the park.

There would have been none of the following.

- No updates on HOA law; no classes to teach new Presidents, Treasurers and Secretaries what their jobs entailed and tips on how best to work with other Board and community members; and
- No opportunity to file service requests and have them tracked to completion; and
- No mediation of HOA Board or homeowner/Board disputes; and
- No updates on what is happening in the Board of Supervisors so that the Council and residents of Green Valley could voice concerns and take appropriate action; and
- No Community Forums on any topic.

Imagine if the Council has to close its doors in 2022...

As noted above, the Council would not be able to continue to provide services and negotiate with Pima County. Even more sobering, its Foundation, that is, The GVC Foundation, Inc., would have no administrative or logistical support. Without such support, the Foundation’s management groups—e.g., the Friends of the Canoa Parks, MedianGreen, Good Deeds Done Together, Green Valley Economic Development—and other programs would struggle to survive, and in the end, the Foundation would probably lose its charitable, nonprofit status.



Slate of new Executive Committee Officers and Members-at-Large approved by GVC Board of Representatives in December 2019 and installed in January 2020 by Judge Ray Carroll, Green Valley Justice Court, Precinct 7.

In addition, other organizations would be negatively impacted.

- Our hospital would lose Council support and the public outreach it provides free for the hospital; and
- The HOAs would not have the resources listed above, plus there would be no Presidents’ Roundtables, Architectural Chair Roundtables; and

coordinate with Freeport-McMoRan on recovering from a major release of dust from the mine or to demand Freeport-McMoRan account for what happened and what would be done to prevent future releases; and

- There would be no Traffic & Arroyos Committee or Road Prioritization Committee. The County would get no coordinated input from Green Valley. Our roads would be redone in whatever order the County chose; and
- Organizing to fight for more road money, if the money was inequitably distributed within District 4 or by the Board of Supervisors, would be more difficult, especially with regard to communication; and
- Without the Planning and Architectural Committee, the County would issue building permits if they met “the County Code or regulations.” The GVC committee voices concerns about “view shed” protection, community ambiance, safety and other issues when making rec-



Memorandum of Understanding between the Green Valley Council and the Santa Cruz Valley Regional Hospital signed by Kelly Adams, CEO, SCVRH, and Thao Tiedt, GVC President, June 2019.



Friends of the Canoa Park, The GVC Foundation, Inc., holds the first Friends meeting in November 2019. Debbie Kenyon, Vice-President, GVC Foundation, and organizer of Friends of the Canoa Parks, leads the meeting.

- Pima County would find it very difficult to coordinate presentations on important issues such as roads, parks, and the environment. There would be no organization to ask to host and run the meetings; and
- There would be no Environmental Committee to spearhead or

ommendations to Pima County about the issuance of permits. If not for the Planning and Architectural Committee, Green Valley commercial buildings would slowly become a hodge-podge of styles, heights and colors (or be corrugated iron like the Tractor Store normally erects).

Find out more about GVC Se



Council started to consider the need for other sources of revenue and raised the annual membership dues to \$7.50 annually.

In 2016 a new revenue source was added, that is, the five-year renewable contract for services with Pima County, the Service Line Warranty Services increased its Green Valley clientele with a concomitant increase in referral fees to the Council, and membership dues were again raised in 2018. Also

2020—the total estimate for the two years falling between \$25,000 and \$35,000—the Council will not be able to sustain another sizable deficit and remain operational.

THE COUNCIL WILL RECOGNIZE ITS 50th YEAR OF COMMUNITY SERVICE IN 2023

If community members continue to recognize and support the civic functions of the Green Valley Council, the Council will celebrate its 50th Anniversary in 2023. Yes, there may be other governance options in the future, but the research and planning necessary to define these options have not begun in earnest. To this end, the Green Valley Council has formed a Futures Committee to envision possible futures.

What we have at this point is the Green Valley Council, a quasi “Town Council” that enables the community to engage as an equal player on many municipal and governmental levels. So let’s keep our voices united and meet our vision of making Green Valley a premier community where people retire to live, work, play and invest.

A resounding thank you To the GVC Membership and Individual volunteers who raise their voices to Support and Help Manage Green Valley.

If you wish to inquire about the Council and its programs or wish to comment on the actions of GVC, please call 520-648-1936 or email info@gvcouncil.ORG.

GVC Needs You!

The Green Valley Council has need of Chairs and Co-Chairs for the Citizen Corps Committee and the Community Services Committee. If you would like to volunteer to become a volunteer member or Chair of a Committee, please contact our office at 520-648-1936 or info@gvcouncil.org.

2019 Year End Numbers

217 Pima County Service Requests; 167 closed

GVC Volunteer Hours: 7691 hours, valued (@ \$25.43/hour = \$ 195,582.00)

227,536 website page views; 9,933 Preferred Vendor Program Referrals

Facebook – Last 90 days: 4748 reached; 231 following; 215 likes; (Demographics: Women 55+ in the Greater Green Valley area, including Sahuarita and Tucson, make up 40 % of the audience.)



Avenue of Flags. The GVC Foundation has a new Chair for Avenue of the Flags, Art Anderson. Avenue of Flags coordinates with veterans and civic groups to raise US flags along La Canada on patriotic holidays. The Foundation would like to thank retiring Chair, Ray Robinson, for all of his efforts over the past five years.

mational brochures prepared by the Council and its communication through the website, face book, electronic newsletters, and other Green Valley news media describe how the Council works and list its achievements. The Council is meeting and exceeding its objectives, its vision, mission, and values.

The biggest challenge facing the Council, today, and in 2022, is its long-term financial stability. For over 20 years (1992-2012), the Green Valley Council was supported financially through membership dues and the production of a telephone directory for Southwestern Bell, ATT, SWB. and other earlier publishers. Membership dues over those 20 years held steady at \$5.50 annually for each rooftop in a member HOA. In 2013, the

In sum, many of the things that operate together to make Green Valley the place you love to live would disappear. Instead of one unified voice representing a population in excess of 22,000 individuals, Green Valley voices would compete with over 300,000 other voices also living in unincorporated areas of Pima County.

RESPONSIBLE GOVERNANCE AND LONG-TERM STABILITY

As our populations’ interests and knowledge bases change, the Green Valley Council has to be nimble enough to entice newcomers to participate in this unique experiment in managing a community without the power to force things to happen. With community support—and appropriate revenue—the Council is confident it can meet the new challenges. It has done so for 47 years.

The annual reports and other infor-



Green Valley Park May Become a Model for Others. In March 2019, Mr. Huckelberry, Pima County Administrator, announced that the County is already getting calls from other areas requesting information about Green Valley’s golf course/park transformation project. According to Mr. Huckelberry the park emphasis on seniors is of particular interest. Pima County and Green Valley will undoubtedly play a leadership role in the creative repurposing of failing golf courses in other locations throughout the country. Signage for Canoa Hills Open Space Park exhibited at GVC Board of Representatives meeting in November 2019. (l to r, Lt. Ogden, Pima County Sheriff’s Department, Doug Kenyon, Green Valley SAV Operations Manager, Matt Smogor, Pima County Canoa Parks Superintendent, and Chris Cawein, Director, Pima County Natural Resources, Parks and Recreation).

in 2016, the GVC administrative Financial Development Committee was formed to better inform the Council of its short-term and long-term financial future. The Committee now includes members of the Executive Committee and the Council’s Board of Representatives. This Committee assesses the income and expenditures of the Council, making recommendations and seeking new revenue opportunities. Last year, this Committee recommended, and the Board of Representatives, voted to raise the annual membership dues in 2021 to \$12.00 per rooftop.

Unfortunately, the Council had to dip into its accumulated reserves in 2015 and again in 2019. Fortunately, it had the funds to do so. Unfortunately, the Council is again operating on a deficit budget to meet expenses in 2020, and the reserve funds have yet to be replenished. The reserves at the end of 2016, after the \$70,000 deficit occurring in 2015, totaled \$103,982. With the deficit in 2019 and the one likely of occur in

Travel the Rivers of Europe with Bon Voyage Travel

Submitted by Bon Voyage Travel



Around every corner along the Rhine River is a castle, a winery, or a historical WWII site. Enjoying this incredible European waterway aboard AmaWaterways on their Captivating Rhine itinerary made for an immersive, elegant travel experience. Read more about Marybeth Ricciardi's recent trip along this river.

The Ship and Service:

My first cruise with AmaWaterways was excellent! We enjoyed a nice sized cabin aboard the AmaSerena with lots of storage space and counter space in the bedroom area and bathroom. The ship employs modern features and twin balconies in most rooms. The added benefit of the hour-long cocktail party before



Statue of Anne Frank. Photo courtesy of Shutterstock

France; Basel, Switzerland.

We flew into Amsterdam early and stayed for two nights at the Hotel Estheréa, which proved to be a nice hotel in a great location. We toured all the must-see places: Heineken Brewery, Van Gogh Museum, Rijksmuseum, and the Anne Frank House. We did a private tour of the Red Light District with a local walking tour company. The guide was wonderful and our two-hour tour turned into three



The Netherlands. Photo courtesy of Shutterstock

dinner is a select benefit offered by AmaWaterways and is a very nice way to meet fellow cruisers. The food was delicious and plentiful, especially at the Chef's Table. Entertainment was enjoyable and diverse. I was also impressed with the wellness classes offered onboard. Each day you had morning or afternoon classes on the top deck along with biking trips during the port stops.

The Destinations:

Amsterdam, the Netherlands; Cologne, Germany; Rhine Gorge, Germany; Rudesheim, Germany; Ludwigshafen, Germany; Heidelberg, Germany; Strasbourg, France; Breisach, Germany; Riquewih,



Rudesheimer Kaffee. Photo courtesy of Shutterstock

Amaserena

One of the excursions we took part in was the Breisach-Riquewih walking tour. Most of Breisach was destroyed during World War II, but it was rebuilt to retain much of its original style. By contrast, Riquewih was spared during the war, and it's a delightful small village to explore. Siegfried's Mechanical Musical Cabinet in Rudesheim houses an extensive array of hundreds of instruments;

noon you can buy a special ticket to view a short movie that explains the clock along with a priority viewing experience.

We disembarked the ship in Basel and did five nights in Switzerland with a rail pass. Switzerland was amazing, but very crowded!

The Takeaways:

You won't be able to enjoy spontaneity with some attractions, as tickets must be booked in advance. You can reserve tickets for the Anne Frank House up to two months prior to your visit.

Advance tickets are also recommended for the Van Gogh Museum.



On the deck of the Amaserena

some are hundreds of years old. It's a quirky place, but very memorable. We were able to try Rudesheimer Kaffee, a cocktail invented by a German television chef, that's a blend of flambéd brandy and coffee garnished with whipped cream and chocolate served in a special mug. Quite a treat! On another day as we lazily cruised down the Rhine admiring castles on every bank we were treated to this delicious coffee treat onboard the ship. It was a lovely surprise!

I cringed when I heard someone say they couldn't get in because their advisor told them they could purchase tickets when they arrived. There is a limited supply of tickets available day-of, so I recommend not risking it!

AmaWaterways river cruises include excursions for different levels of mobility from the slow walker to hikers or bikers. Keep in mind that many of the villages are cobblestone so pack the proper shoes.

Another great port on this itinerary was Strasbourg. The ship was docked about 15 minutes from the city center and transportation was available all day. The Strasbourg Cathedral sits in the center of town surrounded by wonderful cafes, shops and canals. It is a great walking city and the Cathedral should not be missed. Be sure to see the Astronomical clock within the Cathedral and if you are there at

If you plan on spending some time on your own touring Switzerland, the Swiss Rail Pass is the best way to go! You get unlimited travel by train, bus, or boat for a set number of days.

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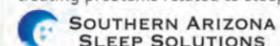
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Actual patient Duane's smile before rejuvenation



After rejuvenation

Meet TALGV New President, Kim Eisele

Written by Tabitha M. Yates

There's a new president at The Animal League of Green Valley (TALGV)! Kim Eisele stepped into her new role, after being a long-time volunteer at TALGV.

Her love for animals began when she started breathing, according to Kim. She shares, "I have always loved and revered all types of animals. I cannot remember a time as a child, when I wasn't bringing home a stray kitten or cat. I remember one year when my family was on vacation in Cape May, a seaside resort. I discovered a stray kitten at an antique store my family was visiting. I cried and pleaded for my parents to let me take this kitten home. They finally agreed and we drove home four hours, in a car with no air conditioning and the windows rolled up, so the kitten wouldn't escape!"

nickname was Lexy and that was the name that stuck. Kim says, "Lexy was a wonderful, sweet dog and she turned me into a dog lover. I still love cats, but now I also adore dogs. I have three of my own. Mystic, Jewel and Canella. I also have a cat named Sancho."

Upon moving to Green Valley, Kim really wanted to find an organization where she could volunteer, working with cats and dogs. She already had volunteered at PetSmart and as a docent at Arizona-Sonoran Desert Museum. She decided to check out TALGV in 2009 and



TALGV New President Kim Eisele

together to achieve our goals. In March of 2018, I was elected Vice President of TALGV. I also took

over as Coordinator for our Vet Care for Life Program for Dogs. Handling my various responsibilities gave me intrinsic knowledge of the organization."

The first item on her to do list as president was to see if there was an opportunity to improve some processes, so there was less duplication of effort. She also desired to re-emphasize that all volunteers should be working in an atmosphere of kindness to visitors and to one another. As to if there are any changes she wishes to make, Kim says she hopes to improve communication between various departments and make sure volunteer's time is utilized well, by again streamlining various tasks and cross training.

At The Animal League of Green Valley, their mission is "A Home for Every Pet." The philosophy of the animal league is to care for cats and dogs and get them into good, loving homes and to keep animals in good homes by helping people with spay/neuter costs, veterinary costs and food. They believe in staying an all-volunteer organization, so that all monetary donations and proceeds from the Attic Thrift Store can go directly to helping the animals.

Kim relays her feelings about the community and TALGV- "The Animal League is an amazing organization. We are all volunteers and everyone works hard every day to ensure our animals are well cared

for and loved. Whether someone works in data entry, maintenance, at the Attic Thrift Shop, or directly with the cats and dogs, every volunteer hour is for the benefit of the cats and dogs in our care. The animals are in a safe sanctuary until they are adopted. I love the fact that Green Valley is such a friendly, close-knit community where there are so many people who love and care about animals. Due to the demographics, we are situated perfectly for an all-volunteer organization. I don't know if TALGV could survive as it currently is, in any other location. I have participated in many off-site community events and it never ceases to amaze me how friendly people are and how they love to share stories about their pets."



Prior to retirement, Kim was working as a financial analyst. It was her company that brought her to Tempe, Arizona in 1994. While living in Tempe, her partner Allan was offered a job with Raytheon. Kim decided to move with Allan from Tempe to Green Valley in 2001 and they were married a couple of years later.

In her younger years in New Jersey, Kim would take care of other people's cats and dogs, but she considered herself to be only a "cat person." All that changed when she visited a pet store in Scottsdale. She was just looking around the store when she spotted a very large yellow Labrador Retriever puppy in a very small cage. Kim laments, "My heart broke for this adorable puppy who was crammed in this cage. Before I knew it, I took out my credit card and charged over \$2,000.00 for this puppy and remember I didn't particularly like dogs! I knew nothing about raising a puppy!"

Kim named her Alexis, because she jokes that for the cost of the dog, she could have bought a Lexus. Her

attended a new volunteer orientation. Kim really wanted to be an adoption counselor, but was told only experienced volunteers could be in that role. Therefore, as a new-found dog lover, she opted to be a dog handler.

Within a couple of years, Kim had trained to be a dog coordinator. In 2012, she took over the role of volunteer coordinator and in July of the same year, was elected to the Board of Directors. She did finally train to be an adoption counselor as well! Kim explains, "Between being volunteer coordinator and being a director, I became very familiar with all the various departments within TALGV and how they all worked



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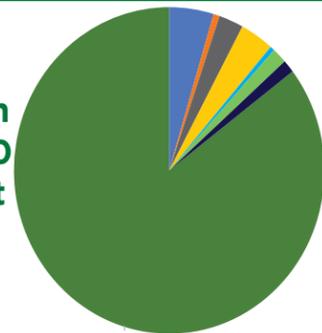
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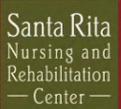


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Total Care Pool – Local, Honest and Personalized Service

Written by Tabitha M. Yates

Minnesota Native Shon Berg built his successful company, TotalCare Pool Services from the ground up, right here in Green Valley. They challenged themselves to grow, while maintaining their high standards for service with each new employee they hire. TotalCare has offered commercial swimming pool service since 2007. They currently provide commercial and residential pool service, repair and installations.



Shon and the Total Care Pool Family

Shon's company is one of the few licensed, bonded, and insured providers in our area. They expanded further when they opened a retail store at the Continental Shopping Plaza. This provides a greater opportunity to serve the community by offering all the things a homeowner, maintenance staff or HOA needs to maintain their pool(s). TotalCare has never advertised until they opened the retail location. They have always relied strictly on word of mouth and believe that speaks volumes about the level of service they provide.



Shon servicing a commercial client

Upon graduating high school, Shon went to work in the HVAC industry. Prior to owning his current company, Shon also owned a motorcycle shop. From the time he was a child, Mr. Berg has spent as much time as possible working on, riding or driving anything with an engine. He shares, "I started to have more time to tinker with my motorcycles and one day my wife said I should just open a motorcycle shop, which I promptly did before she changed her mind!"

The seed of moving to Green Valley was planted at an early age, when Shon and his wife visited in their twenties. Shon says, "During the time we had our motorcycle busi-

ness, my dad had moved to Phoenix. On a trip down to visit him, my wife and I went out exploring. We stopped and stayed in a little

town called Green Valley during the White Elephant parade. At the time we loved the town, but we weren't anywhere close to moving to a 'retirement' community in our 20's. However, it definitely left an impression."

In 2005, the Berg family decided to sell their motorcycle business and home to move somewhere warmer. They looked in many towns, but ultimately decided Green Valley was the place they wanted to live and raise their son. Now Shon's dad, mom and stepdad live here as well. His brother now also lives in the state and his mother in law is a snowbird. Shon says they feel blessed to have most of their family

close by.

Upon arriving in Green Valley, Shon wasn't sure what his career path would be here. He was involved with some HOA management companies and one particular HOA Shon was working in, noticed the pool companies were turning over on a regular basis. This prompted Shon to take a class at the Pima County Health Department to see what it was all about. He explains, "At some point, that

insistence from customers that he provide residential pool service, the company decided to expand and give the clients what they wanted. Shon has built his company on good ethics, hard work and great customer service. He believes the secret to keeping customers happy is simple- show up on time, take the time necessary to meet the customer's needs, go above and beyond and do it all for a reasonable price.

Shon's son, who went to school at Continental and graduated from Walden Grove, is now an integral part of TotalCare's team, along with 4 other awesome team members- Mario, Justin, Dan and Sam. Shon is thankful for his whole team, who he refers to as "The TotalCare family."



Shon with his wife Lisa and son Michael

Shon and his entire family continue to be impressed by the incredible, diverse mix of people in Green Valley. He observes, "The knowledge we've absorbed from the retirees to the knowledge we've shared with the young families, is what makes this area special. We have the utmost respect for both and want to alleviate their problems, do it at a fair price

and hopefully gain a friend." particular HOA manager asked me if I'd be interested in taking over that pool and that is where it all started. It was baptism by fire, but we still take care of that original pool and it's still the hardest one we have!

Thanks to his family's support, building a reputable business by always doing a good job and never giving up- more HOA's and managers wanted Shon's services. TotalCare only serviced commercial pools until 2016. Following much

and hopefully gain a friend."

TotalCare Pool Services thanks the people of Green Valley for supporting them and recognize that they owe their success to all their clients for allowing their company the opportunity to serve them. "They are the reason we get to do what we do. Every person that walks through our door will get local, honest and personalized service. Since we live here in Green Valley, they are our neighbors and our friends," states Shon.



Part of the Total Care Pool Fleet

medicalnews

COLORECTAL CANCER AWARENESS

March is colorectal cancer awareness month, and yes, I am again going to take this opportunity to encourage you to consider your colon health. Colorectal cancer (CRC) is the 3rd most common cancer to be diagnosed in the US and the second leading cause of cancer death. Discussing your bowel habits is an uncomfortable yet important topic to talk about with your physician and family.

Understanding one's risk factors for the disease is the first step in awareness and can help people understand that there are things within their control that can be changed or modified, to help lower their risk.

Age: Chances of being diagnosed with CRC increase as a person gets older.

Family History: Having close relatives with colorectal cancer increases risk.

Personal History: Being obese, having Type 2 Diabetes or a history of chronic inflammatory bowel disease can increase risk.

Diet: High consumption of red or processed meats and fats, and diets low in calcium, folate and fiber may increase risk.

Smoking: May increase risk of developing polyps and CRC.

Alcohol: Heavy use of alcohol has been linked to the disease.

Lack of Exercise: People who are

not active are at a higher risk.

Signs and symptoms are often not present until the disease is more advanced which is why it is important to have discussions with your physician about the type of colorectal cancer screening that is right for you. Screening can help to identify changes in the colon before signs or symptoms start being noticed.

If you experience any of the following symptoms, talk to your physician and don't delay further testing.

- Change in bowel habits or blood in stool
- Persistent abdominal discomfort such as cramps, gas pains, or bloating
- Unexplained weight loss
- Persistent nausea and vomiting

Screening: The National Comprehensive Cancer Network recommends that people with an average risk begin colorectal screening at age 50. In May of 2018, the American Cancer Society (ACS) changed the age of colorectal screening for individuals at an average risk to age 45. While the number of diagnoses for colorectal cancer for adults aged 55 and over has declined over the last 20 years, a disturbing increase of 51% in colorectal diagnoses has been noted for adults under the age of 50 since 1994 (American Cancer Society, 2018). Furthermore, death rates from colorectal cancer

in the younger age group are also rising. The ACS believes adults will have more favorable outcomes at the lowered age screening recommendation.

Several organizations make cancer screening recommendations including the U.S. Preventative Services Task Force. Therefore, it is important for you to check with your insurance provider to see which screening guidelines they use, to determine which screenings are covered, when screening is recommended, and your costs.

Types of Colorectal Cancer Screening include:

The Colonoscopy is considered the "gold standard" of colorectal cancer screening because it allows the gastroenterologist to see inside the entire rectum and colon. During this procedure, the patient is sedated when a flexible, lighted tube called a colonoscope is inserted through the rectum. Sometimes polyps that are present can be removed during this procedure. The doctor may also take a biopsy of other tissue to be examined. The removal of polyps can prevent colon cancer.

People are often "squeamish" about the prep for this test, but it is necessary to thoroughly cleanse the rectum and colon so that the doctor can have an unobstructed view.

A CT Colonography is an imaging test that is an alternative for people who cannot undergo a colonoscopy due to their risk of anesthesia, or if they have a blockage that would prevent the doctor from seeing the entire colon.

A Sigmoidoscopy is a brief procedure whereby a flexible,



lighted tube is inserted into the rectum and lower part of the colon. Pain or discomfort from the test is mild, so patients are not sedated. If polyps are found, they can be removed, and tissue can be taken for examination in a lab. This test doesn't allow the doctor to see the ascending and transverse colon. If polyps are found, a colonoscopy is recommended to view the entire colon.

A Fecal Occult Blood Test is used to find blood in the stool which can be a sign of polyps or cancer. Stomach or upper GI tract bleeding or consumption of rare meats and other foods can cause a positive result. Because polyps and cancer don't bleed continually, this test should be done on several stool samples, and repeated every year.

A Double Contrast Barium Enema helps to enhance and visualize the colon and rectum using of X-ray imaging. This test may be recommended when the patient cannot undergo a colonoscopy.

The Stool DNA Tests is a newer type of colorectal cancer screening. It analyzes the DNA in a person's stool sample for changes that occur in polyps and cancers. When changes are detected, a colonoscopy is recommended.

Take some steps today to review the recommendations with your primary care provider. Obviously, early detection of colorectal cancer can clearly improve the odds of beating the disease.

Educating the Community



Sherri Porterfield, RN, MSN is an RN Navigator at Arizona Blood and Cancer Specialists. She has over 25 years of experience educating patients and the community on a variety of health topics. She enjoys being active in the community where she has volunteered her time and expertise serving as a guest lecturer in Green Valley and Tucson.

Estate and Patio Sales Group Helps Local Organizations

Written by Roger Hummel

This last year, 2019 was a very successful year for the volunteers of The United Methodist Church of Green Valley Estate and Patio Sales Group. We were able to donate over \$25,000 to the various organizations of Green Valley.

Clients were very appreciative of the hard work and success of their sales and how clean their house was left after the sale was over. As volunteers, we clean and price all items

and haul away any trash that is generated.

The Estate and Patio Sales Group is comprised of over 30 volunteers of The United Methodist Church, and surrounding churches. We have been organizing and conducting sales in the Green Valley & Sahuarita area for over 44 years.

We take care of everything for your sale; from planning, cleaning, organizing and trying to get the best price for all of your possessions. Through our years of experience we have specialists to fairly price your furniture, linens, tools and other collectibles. We rely heavily on the internet for those hard to find, hard to price items. Your sale will be expertly advertised. Sometimes we find unusual items that are always returned to the owner or estate.

One year after a customer bought a small desk, while carrying it to the customer's vehicle one of workers heard a noise. Upon investigat-



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ing, he discovered a hidden compartment. It contained over \$8,000 and 2 Marquee diamonds. Since the owner was deceased it was given to a neighbor, who was tasked with the estate, after the money was counted and diamonds were accounted for with proper chain of custody.

Our sale days are Friday and Saturday from 8:00am-Noon with customers lining up sometimes around 7:00am, I guess mainly because of what we have advertised. The early bird gets the worm!

Over 75% of what we made in 2019 has been given to local organizations with the other 25% going to the church.



We are always looking for sales and our group is always willing and able to sell your items and help improve the lives of so many in Green Valley.

Anyone wishing to receive more information for a sale please contact: Judy Green at (734) 735-2881 or the church office located at 300 W. Esperanza Blvd., Green Valley, Phone: (520) 625-4712.



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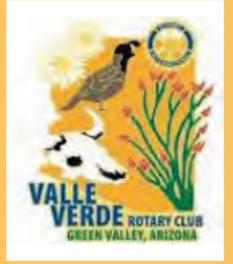


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| AZ Lottery | FICO | Lucky Nguyen | Sprouts |
| Bob Juettner | Fired Revelations | Manos Gallery | Starbucks |
| Bob Price | Gary & Timber Friedman | Mark & Sue Horton | Sue Hauson |
| Bon Voyage Travel | George E Boughan DDS | Marti's Bistro | Sue's Creative Coyote |
| Camilot Flowers | Geri Berry | Marvin Clark | Sweet Poppy |
| Carmen Nyland | Green Valley Jewelers | Mary Millar | Tery Schantzen |
| Catherine Bray | Gwen Lamb | Mary Wilsted | The Goods Restaurant |
| Cathy's Sewing & Vacuum | Habanero's Restaurant | Michele Lewis | The Green Valley Pecan Company |
| Cathy Tewksbury | Hair Headquarters | Michelle's Gallery | The Happy Quail |
| Chantal | Harry McManus | Mr. Automotive | Tractor Supply Company |
| Cloud Dancer | H.F. Coors | Nancy Child-Hickman | Trendz Consignment Boutique |
| Colleen Walech | Hugh Cabot Gallery | Nancy Pantz | Trendz Consignment Boutique |
| Carol Pfister | I Design Fitness, LLC | Native Gardens | Triple Play |
| Carol Roskey | Italian Peasant Restaurant | Octopus Car Wash | Trocadero de Tubac |
| Cathy Tewksbury | Janet Johnson | Old Presidio Traders | Tubac Center for the Arts |
| Charlotte Gates | Jaralee Worsham | Pam Cleary | Tubac Deli & Coffee |
| Clay Rabbit House | Javelina Run Winery | Panda House | Tubac Golf Resort & Spa |
| CPAC | Jean Nothern | Pet Smart | Tubac Oil & Vinegar |
| Crafty Creations by Bonnie | Jesus Maria | Posada Java | Tubac Market |
| Culvers | Jim Click | PRP Wine International | Tumacookery |
| Cynthia Walker | Jim Rundlett | Pub 22 | Twist N' Shout |
| Denny Rueter | Jim Williams | Rebe Philip | Two Girls Pizza |
| Desert Bloom Botanical Center | John Pilger | Robert Lancaster | Vince & Jane Ercolani |
| Desert Hills Lutheran Sewing | John Rinehart | Robin's Nest Salon | Walter L. Henderson, P.C. |
| Bee | Joseph's Salon | Ron & Sherry Darrah | Washington Federal Bank |
| Designs in Copper | Joretta Morrison | Roxanna Rico | |
| Dick Barney | Kathleen Silvers | Roy Williams | |



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Need information on businesses to help you with your home? With your health? Or do you just need information on things to do in the area?

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Or check out our website at www.greenvalleysahuarita.com

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Green Valley, AZ 85622
520.625.7575

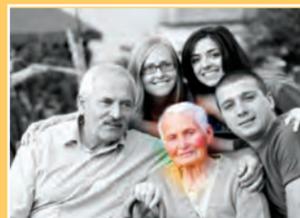
Valley Assistance Services

Caring for Our Community & Our Neighbors



Stay Healthy & Safe:

- SHiM® Fall Prevention
- Going Home with Care (post hospital)
- A Touch That Cares® Care Management
- Neighbors AIM (memory loss support)
- Community Centered Approach to Care
- Health Classes on Wednesdays
- Virtual Dementia Tour® Monthly



Stay Vibrant & Active:

- Neighbors Helping Neighbors
- Transportation, friendly visits
- Shopping/Errands/Volunteers
- Sahuarita/Green Valley/Tubac Regional



Stay Financially Independent:

- Map-A-Plan Program
- Emergency Rental Assistance
- Budgeting & Benefits
- Workforce Training/Job Search
- Resume Writing/Career Building

Capital Building Improvement Campaign begins March 2020

Workforce Training Center & Computer lab is open to assist community, and census Monday, Wednesday, Thursday 2-5PM, Tuesdays 9-5 and Friday 9-Noon

Community Centered Approach to Care, a new wrap-around services with the Green Valley Fire District is funded by Freeport McMoRan Foundation

Valley Assistance Services

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

www.valleyassistanceservices.org



A Family Discount Storage in Green Valley

Written by Tabitha M. Yates

When you rent a unit at A Family Discount Storage, you're supporting a family legacy. Gary Brown, the founder of the company, began his career in real estate development by building apartments in California. Gary grew up in a small town and always had an affinity for building and developing in locations similar to his hometown, in size and small-town charm. While the business may have started out small, through the years, Gary and his daughter April grew the compa-



A Family Discount Storage Staff

ny to over 100 employees in six different states. They also built various residential, industrial and commercial business communities in locations throughout California and Arizona. Gary, unfortunately, passed away this past year. However, April continues to carry the torch and vision that her father created for their company.

A Family Discount Storage combines family values and premier self-storage. This winning combination has created the best and largest family-owned self-storage business, with eighteen locations throughout Tucson. They opened their first site in Tucson, AZ in 1997. Now, the storage company's newest location opens its doors to welcome your business in Green Valley. At A Family Discount Storage, the company prides themselves in providing customer service, family values and secure self-storage at an affordable rate. If you are looking for self-storage units, hobby units or moving supplies, come to 800 W Ward Lane and find out what this storage company has to offer you.

Self-storage can be anything you need it to be! A hobby unit has lights and electricity, which enables a person to keep the lights on as they work.

April explains, "When some people hear about self-storage, they might think of shows like 'Storage Wars' or of people storing old furniture that they don't have a place for. While some of that might be true, we have a lot of tenants who do really unique and creative activities and hobbies from their units. In Tucson, we have tenants who run body shops out of their hobby units, as well as tenants who work on arcade machines, custom countertops, paint motorcycles, upholstery and custom woodwork. That's just naming a few!"

Wherever they go as a business, the self-storage giant looks for ways to give back to the community and its residents. They look forward to bringing their charitable spirit to the Green Valley area and strengthening their ties to the community! As an organization they have donated to Banner Hospital, in addition to sponsoring

and walking the Rancho Sahuarita Cancer Walk and donating to Bob Sharpe Cancer Research - National Cancer Society. They enjoy taking part in Red Nose Day each year and in the past have participated in backpack drives for back-to-school. Their company has also donated to and worked with the Salvation Army, Girl Scouts, Youth on Their Own and Arts for All.

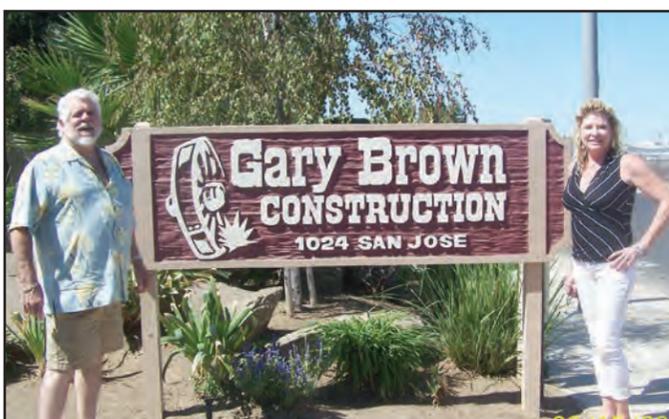
The storage company feels the most



April and Rocky, her adorable dog. He's everybody's best friend here in our office. He loves treats and he's a total lap dog. If you don't let him jump in your lap, he will yap until you do!

rewarding aspect of opening their business in Green Valley has been how welcoming the community has been towards them. Her father really valued smaller communities, because he was from one himself. April shares, "We're A Family Discount Storage and it really feels like family. We have had visits from both businesses and residents welcoming us to the area. We are grateful to become a part of such a great community."

The entire team at A Family Discount Storage is excited to meet new people, learn more about the community and get further involved going forward. Remember when you do business at A Family Discount Storage, "You are not just a customer or tenant. You are a part of our family. Welcome to the 'A Family' family!"



April and Gary at Gary Brown Construction in Fresno, CA, which is where Gary got his start in the construction business.

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Suburban Real Estate Group – A Stress Free Client Experience

Written by Tabitha M. Yates

John and Cheri Malozsak are the owners of Suburban Real Estate Group, LLC., your “one stop Real Estate shop.” Their company offers both Sales and Property Management, in the Sahuarita and Green Valley area, including buyer and seller services, locating rental income properties, coordinating the preparation of the property to rent ready, full property management services from Tenant procurement, day to day operations, to Tenant move out. Utilizing modern technology while keeping the personal touch makes for a stress free client experience.

The Malozsak’s moved to Southern Arizona in 2005 with their two kids, Camryn and Conner. Their family loves the small-town feel of Sahuarita and being surrounded by its natural, open beauty. However, they also welcome the progress and growth that is occurring, with the addition of new services within our town. They are a close-knit unit and particularly enjoy RV trips together.

Originally from Romania, John moved to California in his teen years. He learned English through television and school. Being business minded from a young age, John started multiple ventures out of high school. He was gifted with the impressive opportunity to work on movie sets such as Independence Day and Broken Arrow as a metal fabricator, set builder and operator.

John also turned a hobby of custom car building into a professional accomplishment, as he secured several partnerships with auto manufacturers such as Ford, Mazda and

Mitsubishi. His vehicles received national recognition and were showcased at the largest car shows and trade shows in the United States. He even started a promotional apparel company, which was centered around the custom automotive industry. The company he launched successfully grew for over nine years. He and his wife sold it upon moving to Arizona.

John acquired his real estate license after settling here and spent some



Owners John and Cheri Malozsak

time as a sales agent, where he gained valuable experience. He was then faced with a challenging decision that ultimately led him to the success of his company now. John explains, “Following the worst real estate crash in history, that not only caused devastation to homeowners, but put a lot of real estate agents out of business as well- I was faced with the decision of pushing on in this field or throwing in the towel and starting a new venture. I followed the advice of a retired broker who suggested looking into the field of property management. The decision to get into property management turned out to be beneficial for not only my career, but also was a great service for the homeowners who

were facing foreclosure or short sale, and now had an alternate option in having their homes managed as a rental.”

John has now been in the real estate profession for fifteen years and has personally been involved in the transfer of over \$80 million dollars’ worth

of real property- from rural manufactured homes, multi-family apartments, custom homes, with a vast majority of his business being single family homes.

John shares, “With the help of a team of experienced property managers, we manage a large portfolio of single-family rental income properties, predominantly in the Green Valley and Sahuarita areas.” With over a decade of owning the brokerage, the company has grown to encompass many real estate investors in addition to the individual homeowners.

Cheri and John are founding members of The Rock Church in Sahuarita and their faith is reflected through their business philosophy to “Work with enthusiasm, as though you were working for the Lord, rather than people.” John and his family serve in various capacities and ministries at The Rock. As a result of their church involvement, their company has been involved in many opportunities of community service- such as food drives, toy drives, school supply drives, etc.

John is currently serving as Vice President of the Green Valley/Sa-

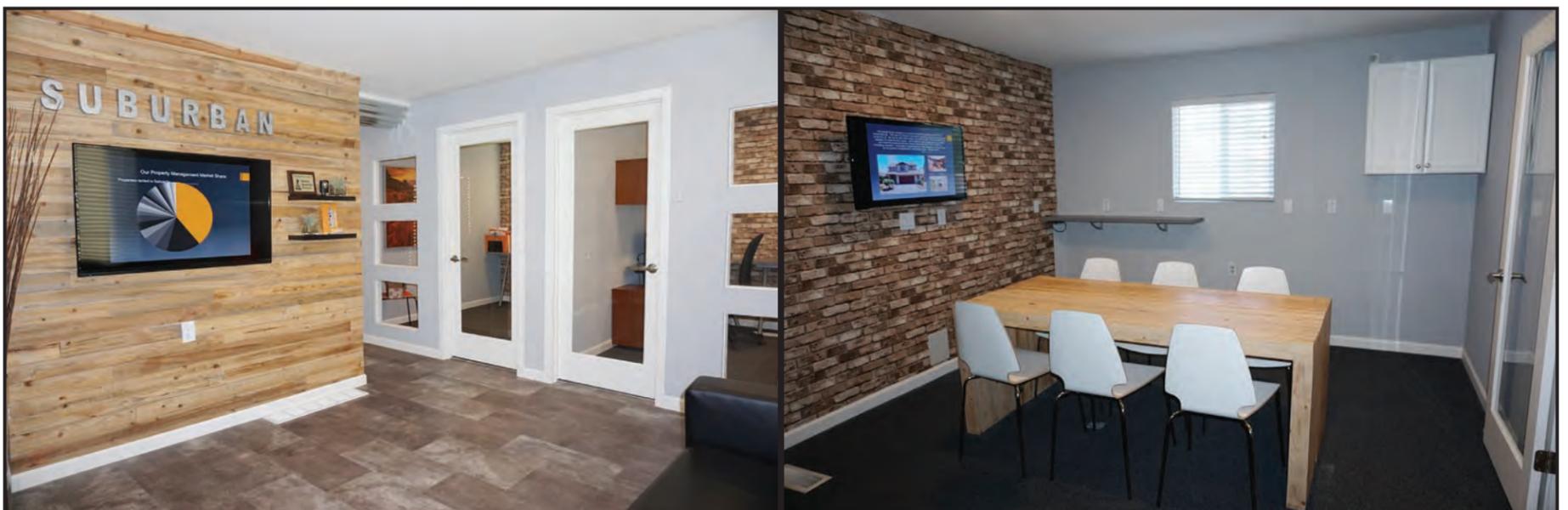


Staff of Suburban Real Estate Group

huarita Association of Realtors as well.

At Suburban Real Estate Group, they believe the most rewarding aspect of their business is helping people with one of the biggest decisions in their lives. There is no better feeling than knowing that they helped someone find just the right home for their family, whether they buy or rent, and then helping them navigate the purchase or sale of their family’s home.

John and Cheri are thankful to be business owners in Sahuarita, as well as neighbors. John thanks all the people who have helped Suburban Real Estate Group to steadily grow. He states, “Our clients are the lifeblood to our business, as it was built on their referrals. We truly value their business and appreciate their trust in us with such an important part of their life decisions. We love this community and through our involvement with the church and our business, we have a lot of contact with it. We appreciate and admire this town’s vast talent, the synergy and willingness to share those talents with others.”



Suburban Real Estate Group office



CELEBRATION OF LIFE

April 18, 2020 | 4:30 PM - 7:00 PM

Posada Java Courtyard - 665 S Park Centre Ave, Green Valley

Our physicians and staff would like you to join us for this celebration to share with each other, and acknowledge those who have touched our lives in a special way.

Together, we can lift up and provide support to anyone who is currently being treated for a life-threatening illness, including cancer, celebrate those who have won their fight, and honor the memory of those who are no longer with us.

Enjoy music and complimentary light appetizers in a casual atmosphere, and take part in the special events we have planned.

Please bring a photo of your loved one for our "Celebration of Life" exhibit to be displayed in our new office.



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An RSVP is appreciated, but not required to attend. Please RSVP by April 11, 2020 at: 520-314-1633



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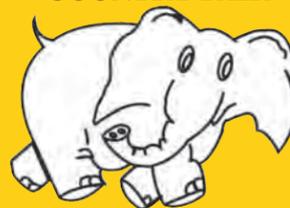
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Tackling Mounds of Unnecessary Clutter

Written by Rosie Romero,
Special to KGVY

Stuff. We stuff stuff any place we can squeeze it. How did we end up with all this stuff? The lure of “SALE! SALE! SALE!”? The need for the latest fashion trends and techno gadgets? Can’t remember where we put things, so we buy it again, adding to the stuff? Whatever the reason, how do we manage the clutter stuff creates?

“Decluttering and staying organized is similar to losing weight and keeping the weight off,” said declutter coach and professional organizer, Rachel Winter, founder and owner, Happy Home Organizers, LLC. “It’s all about healthy habits and lifestyle. You can put in all of the hard work with exercising and eating well, but if you don’t maintain your efforts after you have reached your goal weight, the pounds will slowly begin to creep back, and you’ll be back where you started.”

The One In, One Out Rule will help keep your home organized. Every time a new item comes in, a similar item goes out. For example, for every new shirt that comes in, an old one goes out. New purse? Bag an old one. New pair of shoes? Give a pair their walking papers.

“Organizing is one giant puzzle. Each item is a puzzle piece,” said Winter. “The one in, one out rule is basically ‘stuff equilibrium.’”

Winter helped organize the home of Leza, whose story and Tucson house were profiled on an episode

of A&E’s *Hoarders*, Season 9, episode 3. She teaches her clients to live by “3 Golden Rules” in staying organized:

Rule 1. A Home for Every Item

Rule 2. Like with Like



It’s nearly impossible to know what you have with a cluttered and unorganized closet. Photo Credit: Shutterstock

Rule 3. One In, One Out

“My organizing-ism is your stuff has to fit your space,” she said. “It’s okay to bring in something new. But where is it going to live? If you are already tripping over things, where is the new stuff going fit?”

When looking at your stuff, ask yourself, do you use it, wear it, love it? If not, why are you keeping it? It can be a struggle to get rid of things, especially if they hold sentimental value.

Among the items Winter tends to see a lot of that generally do not have sentimental value is batteries scattered throughout her clients’ homes. “This is an impulse buy. One of those things people forget they have . . . because they don’t

know where they are.”

One of her clients had 34 nail clippers!

Breaking the One Thing In, One Thing Out Into Categories of “Stuff”

- **Clothes, Shoes and Accessories** – We all need new clothes and shoes every now and then. With most garments, if you haven’t worn it in a year, donate it.
- **Makeup and Toiletries** – Use up and throw away expired make up and perfume/cologne that has turned. As for the free make-up bags, use them to store . . . batteries.
- **Magazines & Books** – Read, recycle, and subscribe to the digital versions.
- **CDs & Videos** – Do you even have a VCR or CD player anymore? Clean out the entertainment center and take videos and CDs to a resale shop.

- **Linens** – White Sale! Skip it. If you have plenty of good linens and towels, donate the worn-out ones to an animal shelter.
- **Candles** – Unless you live off the grid, are a dozen partially used candles necessary? Melt and consolidate them.
- **Food & Spices** – Bulk buying can be tempting. Be creative with recipes and use what you have.
- **Drinkware** – Have a mug from every city you visited? More tumblers from sporting events than there are athletes? Donate.
- **Dishes** – Unless these have sentimental value, such as your grandmother’s china or you regularly entertain large groups, you probably don’t need multiple sets of dinnerware.
- **Cookware** – Invest in pull-out shelves so you can easily see what you have.
- **Tools & Extra Materials** – Keep your garage and workshop organized so you don’t have to run to the hardware store for a tool you already have. Donate tools, lumber, or other materials to high schools that have a construction program. You may even get a tax donation letter. Check out Pima Joint Technical Education District (JTED) for details at www.pimajted.org

Ignore the rule, and it will be one thing in, one thing in . . . until it’s overwhelming. Abide by the rule and control clutter and wasteful spending -- on nail clippers and batteries.



Keep batteries in one location so they are easy to find. Photo Credit: Shutterstock



Sell or donate unused items in your overstuffed closet. Photo Credit: Shutterstock



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