

New to Arizona? Meet a Few of Your Neighbors!

Written by Ryan Bennett,
Bills Home Service Co.

One of the great parts about Southern Arizona is the number of transplants and seasonal residents that call our desert home. But for some of our more recent community members, there are a few pests that are quite foreign and sometimes downright scary! So, let's take a minute to introduce a few of these pests and share what homeowners and visitors should know about them.

Scorpions

Scorpions are typically one of the first pests that people think of in the Sonoran Desert. With their strong pinchers and long stinging tail, just the thought of a scorpion makes many people's skin crawl. There are three common species in Southern Arizona: giant desert hairy, devil/stripped tail, and bark. The giant desert hairy scorpion prefers the rocky and open desert areas in less populated areas. The devil or striped tail scorpion is the most common scorpion found in homes and businesses and can have a painful sting. The bark scorpion is the most famous as its sting can be deadly in some situations. All three scorpions are nocturnal and rarely seen during the day. They all glow a greenish yellow at night when shown under a blacklight. However, scorpions can be beneficial to have around because they eat crickets, spiders, and many other insects you don't want around your home. This also means that if you get rid of these other pests, your home will be less appealing to scorpions.

Centipedes

Desert centipedes are another pest that is foreign to many newcomers



to the desert. Their name literally means 100-legs, but the giant desert centipede and common desert centipede that are most common in our region rarely get that long. Centipedes have one pair of legs for every body segment they have and although our local species can be longer than eight inches, they typically have twenty to forty legs total. Like scorpions, centipedes are nocturnal, and they leave their hiding spots to hunt other insects, including scorpions, and sometimes even lizards and larger pests. Centipedes have a venom that they inject using a pair of modified legs directly behind their heads, but aren't typically considered lethal, but still can be extremely painful.

Africanized Honeybees

Honeybees are extremely important pollinators and crops around

beekeepers are also an integral part of our agricultural success. However, researchers from the University of Arizona now believe that 100% of all wild honeybees are Africanized honeybees, also known as killer bees. Africanized honeybees are nearly identical in appearance to European honeybees, but are extremely aggressive and attack in much greater numbers. If you see a large ball of bees hanging on a tree or bush or see several bees flying in an out of voids in walls, houses, irrigation boxes,

or trees, you should stay away from those areas and call a licensed professional to evaluate the situation. If



the world rely on them. In Southern Arizona, traditional European honeybees kept by professional

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Life-Changing Documents You Should Never Be Without

Submitted by
Rosie on the House

Jennifer Romero is passionate about sharing the importance of having documents in place that give a person the freedom to make decisions in the financial and medical realm, should life take an unexpected turn.

She has first-hand experience as to why these documents are so important.

In 2017, Rosie had an accident that rendered him unconscious for roughly three months and at times, close to death. Fortunately, Rosie and Jennifer had the necessary documentation to let Jennifer step in and make financial and medical decisions. Jennifer was able to protect Rosie from an inept doctor, was able to complete a real estate transaction, and as a signer on the business account, was able to keep the business current.

Without those documents, it would have been a whole different story!

With the help of Phocus Law, a sister company of Rosie on the House Certified Partner, [Phocus Insurance Services](#), let's look at the documents everyone should have in place. We can divide them into two categories; the documents needed while we are alive, and the documents needed once we graduate from this life.

Important Docs To Have While You're Living | (Creation to Passing)

We highly recommend seeking legal counsel and making sure that the documentation you sign or create is verifiable and effective should you need them. It will likely cost a bit but, the savings in time and emotional stress can be invaluable. The documents listed are official documents and must be signed and notarized to be valid.

1 | Durable Power of Attorney – DPOA | (for financial affairs):

This document allows you to designate a responsible party, a [fiduciary](#) or agent, to stand in your stead. This would be needed in the event of a person being unable to make decisions due to any number of circumstances. It could be something simple like being out of town and needing someone to pay a bill that slipped your mind, or it could be for more serious situations like illness or death.

**If you need to access a bank ac-*

count, credit card company, insurance provider, etc., and are not named as a signer on an account you will not automatically be allowed to access these accounts even if you are the spouse of the account holder. You must have a DPOA. We have



A Power of Attorney, Living Will, and a Healthcare Power of Attorney are among the documents needed to ensure your healthcare is provided as you desire, and your assets are distributed per your wishes upon your passing. Photo courtesy of Shutterstock

heard of stories of widows who have not been able to access needed funds and accounts because there was not a DPOA in place when their spouse was incapacitated or even after their spouse passed and all their assets are in probate.

2 | Health Care Power of Attorney (HPOA)

If someone is rendered incapable of making decisions due to an accident or illness, it is extremely important to have a dependable person standing in the gap to make potentially lifesaving decisions.

If you have not chosen someone to represent you, then someone will be chosen for you. The [Surrogate Decision Maker Stature of Arizona](#) declares who can be a surrogate for an individual should there not be a medical directive available. This statute lists whom can stand in for a patient in this order: the patient's spouse, child, parent, domestic partner, sibling, and lastly, a close friend. In many cases, this list suffices, but if there is someone you would prefer to be in the position of making your health care decisions, then be sure to have the HPOA in place.

3 | Health Insurance Portability and Accountability Release (HIPPA)

The Health Insurance Portability and Accountability Act of 1996 ([HIPPA](#)) documents give permission to any

given medical provider (doctor, hospital, surgeon, etc.) to provide important medical information to designated individuals whom you have decided may be privy to the details of your diagnosis and care. Be sure to give this info to each of your doc-

your estate to be settled.

1 | Last Will and Testament

Attorney, Sam Richardson of Phocus Law, offers these words of advice: "When it comes to estate planning, you get to choose what you pay in finalizing your estate. You can pay now for legal counsel to get your affairs in order, or your family can pay for the probate process later." This is a reminder we should all take to heart!

In creating this document, you will express your desires regarding how your estate will be distributed. This is the place to name your estate executor — who do you want to be your personal representative?

A will should be signed, witnessed, and notarized. Make copies and keep them in a safe place. Make sure your loved ones know where to find it!

Another option is the Holographic or handwritten will. To be valid, the material provisions must be handwritten and signed. This type of will can also get hung up in probate as its validity must be proven. It is important to attach the following to your will:

- Beneficiary deed — names the heirs of real estate – home, property, vacation home, timeshare, etc.
- POD (Pay Upon Death)– register this form with your bank to designate who will take over the account.
- TOD (Transfer on Death) register who will get your vehicle with this document from the Department of Motor Vehicles.
- Beneficiary designations- on everything — life insurance, 401K, money market accounts, retirement accounts, stocks, bonds, etc.
- Personal Property – this memorandum can be created by hand and includes your personal, non-monetary items like furniture, artwork, family heirlooms, etc.

2 | Trust

While all of the documents discussed have effect only while you're living or after you pass away, a Revocable Living Trust is a document that has effect during BOTH of those time frames. A trust is an arrangement where one person holds property for the benefit of another. The per-

tors and to have a certified copy on hand.

4 | Living Will

What directives do you want for your health care at the end of your life? The best time to decide that is while you can! Let your healthcare professionals and family know what you would prefer in a [Living Will](#), such as how you feel about surgery, dialysis, CPR, ventilator, resuscitation, tube feeding, and so forth.

Important Documents To Support Your Estate At The Time Of Death

Preparing for the inevitable will keep loved ones from being further overwhelmed and will help them to feel cared for.

After death, a will or a trust is crucial in finalizing the deceased's estate. These documents direct the administration of your affairs after death.

Before you decide to put this on the backburner, ask yourself: *What will the consequences be if I don't organize my affairs?*

The answer is that if you do not have a will or trust when you pass, all your belongings and investments will likely get hung up in probate – a long judicial process. The government will control of your hard-earned belongings, and your heirs will face at least 12 to 18 months for

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Arizona Neighbors
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you're ever attacked by a swarm of bees, seek shelter immediately and call for medical assistance if you experience any signs of an allergic reaction.

Subterranean Termites



As the saying goes in Southern Arizona, it's not if you'll get termites, but when you'll get them. Termites are a fact of life in the desert and are the number one



economically impactful pest in Arizona due to the damage that they cause. Subterranean termites are the most common species we find in our region. These termites nest in the

ground where there is ample moisture, but then travel in mud tunnels in search of wood and cellulose material to feed on. Much of the material used in the construction of our homes and businesses is made of cellulose material in one way or another, so termites' destructive jaws pose a significant risk to these structures. An annual inspection by a licensed professional is recommended, especially in the fall after the rainy monsoon season. If ter-

mites are discovered, action should be taken as soon as possible to ensure you're not left with costly repairs to the structure.

Bill's Home Service has been Green Valley and the surrounding community's trusted leader in termite and pest control services since 1964. For more information about desert pests and protecting your home, visit www.BillsHomeService.com or call (520) 625-2381.



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Rosie on the House
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The primary benefit of a trust is that it keeps your assets out of probate.



In a last Will and Testament, you will direct how your estate will be distributed and who will be your personal representative. It should be signed, witnessed, and notarized. Make copies and keep them in a safe place where your loved ones will know where to find it.
Photo courtesy of Shutterstock

son holding the property is called a trustee, and the person benefitting is called a beneficiary. The source of the property is called the grantor, settlor, or trustor. The designations of your assets are spelled out in the trust and direct how your trustee is named to oversee the administration of those assets.

There is a seamless transition from the deceased to the heirs. There is a lot of room for directives as well. For instance, an inheritance may be doled out in portions or held until a person is of a certain age. But that's really only scratching the surface. You can be very creative with a trust.

A trust can be especially important for anyone whose assets are over \$250,000. With the current value of housing in Arizona, this is not an uncommon mark to reach.

Other

1 | Business Owners

Attorney Michael J. "Mick" McGirr, Phocus Law, gives a special caution to business owners. "Be sure to have your directives in place as to who is to run the operations and oversee the finances of your business in your absence. With an LLC or a corporation, these provisions can easily be included in the business's operating agreement and in a trust."

This ensures that the business continues seamlessly. A business owner can designate how their business is to run in his absence, who should run it, and any other desires they have for the future owners.

2 | Digital Assets

The number of passwords each of us keeps track of is mind-boggling. It can be almost impossible to recover our own passwords, much less those of someone who is no longer with

us. Take the time to organize your passwords in a sensible, legible way and to keep them in a secure place (not on your desk next to your computer). Then tell a trusted designated person or two where you keep them.

Are You Convinced?

While Wills, Trusts, and Powers of Attorney are not something most of us like to dwell on, hopefully, you are convinced of the importance of thinking ahead about what life might hold for you and how the life of your loved ones would be affected if you are unavailable. It is a labor of love to create directives for smooth transitions, no matter the changes!

Every adult, no matter their age, should have their ducks in a row. If you are married or a parent, this is especially important.

Consider completing this process as a gift to those you love.

******Disclaimer - this is not a legal document, nor should it be considered as legal advice. It is intended to provide info that motivates individuals to think through issues that will occur and find solutions ahead of time.**



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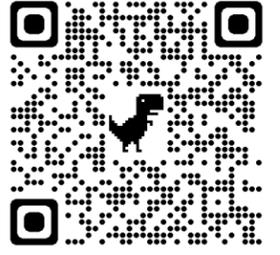


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Three Signs You May Need Better Shoes or Orthotic Insoles

Written by
Anthony Allen, C. PED.,
Simply Feet



Your shoes wear out unevenly causing your ankles to fall inwards or outwards.

If your shoes wear out heavily breaking down on the inside or outside of your soles, you may have unstable arches, are standing improperly or are wearing the wrong kind of footwear. The first thing mentioned are your arches in your feet. Feet break down and change as we get older and contribute to uneven shoe wear and can cause issues not only in your feet but also the joints of your ankles, knees, hips and back. Usually, your shoes will break down inwards when your arches start breaking down. You need a shoe to control over-pronation (your arches breaking down), these shoes are called motion-controlled shoes, or you may need to have an orthotic (medical grade arch support) to stop your foot from collapsing inward. If you have your shoes breaking down on the outsides, then your body may be trying to find the most stable position for your foot to be in to control the arch collapse (over-pronation). Your body is trying to control the problem of collapsing arches by standing on the outsides of your feet to make them stiffer (Supinated). People who are born with high arches (Pes Cavus foot) may also break down their shoes on the insides, rolling their ankles outwards. A lot of people who have foot issues or a high arch will wear corrective footwear and cause them to break down their shoes in 3-4 months because of incorrect footwear. You need to go to a specialist who understands shoes so that you can wear the correct footwear and get the most life out of your shoes, which will save you money in the long run.



You experience foot, leg or back pain.

It's no surprise to most of the seniors out here in Green Valley that they feel the process of getting older. Remember my last article, "Getting Old Is Not for Sissies". Our feet make up a small percentage of our body mass, a measly 2% to be exact. That 2% is holding up the rest of our body mass (98%). This makes our feet the foundation to our bodies. When our feet start spreading out, they usually break down unevenly causing the alignment of our body to change affecting the joints, muscles, tendons, ligaments of our body to become stressed and cause damage which causes pain.

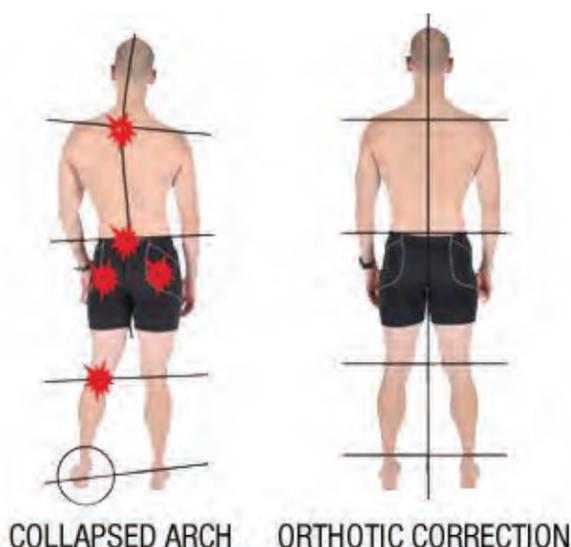
In this situation, Custom Orthotics will help correct the break down and change in your feet and put them back to where they need to be so your body can improve its alignment and restore the proper biomechanics. That will make your feet and body have less or no pain at all depending on how much damage

you've caused and how well your body can repair itself. It's smart to consult a medical doctor if you still have problems after trying custom orthotics.

Weak ankles or balance and stability issues.

As our feet change and become over-pronated, that causes us to become stuck with an over-pronated foot which is like standing on a mattress or trampoline all the time. How much balance can you have standing on feet that are broken down and too flexible? Its pretty much impossible to not drag your feet or feel unstable with your arches being broken down. What makes matters worse is that your feet will start to over-correct themselves and start to stand in a stiffer position (Supinated) which controls the flexible breakdown of your feet but make you lose your side-to-side stability. This is a huge reason people fall and can break a bone. When your feet change and cause painful problems, it changes the way you stand, the only

remedy is to get something to control the arch breakdown or the way you stand to take care of problems. This is a perfect reason to get some custom orthotics, they'll restore the arches to a healthier position and control you from rolling your ankles outwards in your body's attempt to control the problem. Consult your doctor or a Podiatrist if you're having any of these issues, because the simple truth is that too many people suffer needlessly when you could be enjoying your life and not being held back by pain and instability.



Comparing Three Ways to Treat Insomnia in Adults Living in Rural Areas

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Are You a Senior Looking for a Pet? Best Advice: Do Your Research



Photos and Article by Guy Atchley

I personally was not looking for a pet when a little pug jumped up on my lap and immediately stole my heart. From that moment, Pugsley became a major part of my life. He's exactly what I didn't know I was looking for — and needed — as a senior citizen. Maybe you've had a similar experience, but it's probably more likely that you already know you want a pet. The question is: what kind? With the help of the experts at Exceptional Pets of Green Valley/Sahuarita, we can help you narrow your focus, and perhaps, prevent a monumental mistake. It does happen.

Let's begin with some ideas from Exceptional Pets Dog Trainer Joanne Napier. We'll be talking primarily about dogs because they can range from itty bitty to humongous. Napier says, "There are certain breeds that are highly adaptable because of their mild nature. They're friendly and, above all, very intelligent and adaptable. One of the greatest ones would be the pug. Then you have the Yorkshire Terrier, the Shih Tzu, the Maltese, the Poodle, the Golden Retriever, a Boston Terrier, and a French Bulldog."

Exceptional Pets Manager Jim Lammers is quick to add, "My advice is to stay away from puppies. Puppies can be time-consuming. You may not have the time or energy to chase a puppy, let alone potty train. They can start chewing on things, such as hair ties, whereas an older dog like a rescue may already be adapted, and a lot of times the rescues know the backgrounds of these dogs. Go to a place like The Animal League of Green Valley where you can get a pet that's likely already acclimated. And the Animal League can offer you some perks if you adopt a senior dog."

To follow up on that thought, we talked to the head of The Animal League of Green Valley Kim Eisele ('eyes-lee). She was happy to tell us, "Yes, we do have perks for adopting senior dogs at the Animal League. It's called Vet Care Support for Life. The Animal League will pay for the majority of the vet bills up to \$7500 in the lifetime of that animal. It includes everything like

dental, X-rays, and prescription medications. It doesn't include annual wellness checks or annual vaccinations, and we don't pay for biopsies and cancer treatment. But we pretty much pay for everything else."

Ron and Judy Kelly know the pain of finding a loving pet and then experiencing a heartbreaking diagnosis. Judy says, "Grover will be 7 yrs old on April 1, 2023. We adopted him in June 2022. Grover and I became a certified therapy dog team (Alliance of Therapy Dogs). Unfortunately, Grover developed a limp in his front left leg. Several veterinarian visits later, Grover was diagnosed with osteosarcoma (cancer), with metastasis to his lung. We have only a few months left to love and spoil him before he crosses the rainbow bridge." Having photographed Ron and Judy with Grover, I can attest to what a loving pet he is because I felt his warmth on a personal level.

Even though Grover is a rather large animal, Poodles are often recommended as good pets for seniors. Having said that, Animal League Director Eisele says, "I personally think that a smaller dog is good, but not too small because you don't want a tripping hazard. You don't want a big dog that's

the lobby by their pets. falling into other customers because they're getting pulled to the side. They love their pets. They love them very much and they're as patient as they can be, but sometimes to the point of injury."

When we asked Lammers what breed of dog he would definitely not recommend for seniors, he didn't hesitate a second. "Huskies," he said, "Huskies are super-high energy. I just got mine. She's very smart, she's very vocal. She's looking for something to do. She's looking for something to tear up. She's got the energy, and at this point, I really wish I would have reconsidered when I got her because I'm not 100% sure that I have the home style for her. I should be out running with her. I come home from work, and I'm tired. I bring her in and we play, but not to the extent that she needs. Luck-

tidbit from Kim Eisele at the Animal League. She says, "It's very important for seniors to have animals, and we're not just talking about dogs. Cats are great companions. You can get any size cat because even the biggest cat probably isn't going to be too big. Older cats



Jim Lammers, Exceptional Pets General Manager



Joanne Napier, Exceptional Pets Trainer with Buddy, an English Springer Spaniel



Ron & Judy Keller with Grover

going to pull you over."

Sure enough, they've seen that scenario not infrequently at Exceptional Pets. Assistant Manager Morgan Jackson says, "People with mobility issues sometimes get in over their heads with an energetic, large dog, and it can cause accidents. People can get pulled over if the dog gets excited and wants to go see another dog. We've had instances of customers being pulled over in

ily, I have eight other dogs at home, so she's got other dogs to play with, which helps. But if I didn't have any other dogs at my age, the Husky would be way too much for me."

I know what you're thinking. Nine dogs? What can I say? Lammers loves them. It's that simple. It could be why he manages a pet store.

This might be a good time to toss in a

are really good for seniors because they're usually settled in. They're not racing around the house like a kitten, which can be a tripping hazard."

Now that we've given some attention to the felines, back to canines. Here's something you may not even have thought about. What about the rules re-

Looking for a Pet

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garding pets where you live? Assistant Manager Morgan Jackson addressed that, “Look into your HOA policies on breed restrictions. Some breeds you might not think of could be restricted in your area. Pit Bulls, Rottweilers, German Shepherds, and Dobermans. You never know so it’s always good to look into it, especially when it comes to insurance issues as well. Lammers adds, “Your homeowners’ insurance also may have breed restrictions. Mine does. Doesn’t like the fact that I have a pit bull at home.”

And that takes us to a perennial subject. Lammers says, “There’s a misconception about dogs being aggressive by breed. Some dogs are bred to do something, but they’re not necessarily bred to be mean. A lot of dogs are not mean, they’re just scared. They’re responding to something that’s bothering them, something that’s scaring them. But they get stereotyped. The same thing happens to dobermans, chows, and some other breeds. Even so, you do have to look at that. What are the rules of your homeowner’s association? And especially be mindful if you’re in an assisted-living community.”

Let’s dive deeper into breeding. Dog trainer Napier says, “A lot of people don’t consider the dog groups. Dogs in the herding group are very active dogs and they have to have a job. They aren’t the type of animal that’s just going to sit around the house in your lap to be fed. They must have something to do. Sometimes, people don’t realize the energy level and intelligence of these dogs. They must have a job, essentially a herding job to do.”

Lammers expands, “You’ve got hunting breeds. Terriers are diggers, and they’re chasers. You’ve got dogs that are out to retrieve, and you’ve got dogs that are designed for hunting. You’ve got Greyhounds that are designed for racing. A lot of people don’t understand the specific breeds of dogs. The groups of dogs are specific.”

At a recent Quail Creek car show, it seemed that people were drawn to the

dogs walking around with their humans as much as they were to the cars. One dog, in particular, was constantly surrounded, a Great Pyrenees by the name of Zuri. Her owners, Scott and Mercedes Mangarpan were well aware that this breed is usually a working dog that barks a lot because they’re up all night “guarding the flock.” But they pointed out that Zuri is what they called a “broken” Pyrenees. She doesn’t bark. She doesn’t wander. She’s not nocturnal. In their words, “We lucked out.” And their plan is for Zuri to be a therapy dog. From all indications, she’ll be



Mike Miles with Moses

excellent for that task. At that same car show, we caught Mike Miles enjoying the day with his Basset Hound, Moses. Miles knew exactly what he wanted in a dog because of experience. He said, “This is our fifth Basset Hound, so we know all about ‘em. He’s young, but he loves everybody and every dog. Great disposition. He’s my buddy. He’s family.”

Scott and Tricia Cannon can’t get enough of their Yorkies. Buffy is



Michele Ienna with Finley

white. Bria is brown, or a chocolate Yorkie. Tricia told us, “They’re like our children. They’re our fur babies. They go with us everywhere.”

They want to be with us at all times. They’re very protective. And I don’t think we’d be as happy if we didn’t

have them.” And finally, there was Finley, the Golden Retriever. His owner, Michele Ienna, says, “Finley is a service dog. He alerts for panic attacks.” As Ienna gave Finley a big hug, it was obvious he makes all the difference for her.

If only all pet-with-owner matches could be so ideal. Unfortunately, some are not. Sometimes people will pay thousands of dollars for a pet, which winds up being exactly what they didn’t want. But they wind up keeping



Scott & Mercedes Mangarpan with Zuri

the animal for as long as they can because of the investment they made. Jackson added to that thought, “I just talked to a woman who had paid thousands for her pet. They didn’t want to give her up, but they didn’t know how to take care of her. She was a puppy, and she was too much for the woman. What happened? The dog ended up neglected. She had to get shaved completely down to her skin because she had not been groomed for so long.”

Lammers says, “If you’re thinking about going to a breeder, or you’re thinking about going to somebody who’s offering to sell you a pet for a lot of money, do your research on them. Check them. You can see whether they’re AKC-registered and whether they’re accepted by the AKC. You can see whether the AKC even knows about them. People who are legitimate are not afraid to go to the American Kennel Club and say, ‘Hey, we’re a legitimate breeder. We take care of our pets. We’re not a puppy mill.’ Just be careful who you’re buying from.” And he adds, “You don’t want to end up with a pet that’s in and out of the veterinary clinic because they’ve got sicknesses or inbred diseases.”

One thing that all of our Exceptional Pets experts — Lammers, Napier, and Jackson — pointed out repeatedly is: Don’t be afraid to ask for help. Lammers says, “If you’re strapped for time, we have the doggie day camp. We also have boarding. If you go out, we offer services. Our boarding rates are extremely low. If you have a medical emergency, we’re not going to charge you \$56 a night. We’re gonna charge you \$46.00 a night because we understand this is not a vacation that you planned. You didn’t set aside money for this. It’s something that’s come up and it’s coming out of your pocket. We can work with you on things like that.”

One other thing. It really is never too late to teach an old dog new tricks. Just ask Exceptional Pets trainer Joanne Napier. She says, “Most of the time the owners recognize what they’ve done, you know? They ask themselves why their dogs are not right here next to them when walking on a leash. Well, it’s because you let them sniff things too much. Nine times out of 10 the owners will come in here, and they’ll say you’re right. That’s what I did, that’s what I’ve done, and this is what I need to do to correct it. Then they work on it.”

That’s the key. It takes work. Napier says, “Essentially, I only have a dog for an hour. All I’m able to do in an hour is build a foundation.

I can begin a behavior, and I can begin to reinforce the behavior. But you must continue to reinforce it until it’s solidified. When they leave here an hour later, it’s not solidified, not even close to it. But they’re familiar with the word, or they’re familiar with the action, and that’s when pet owners get involved. It’s up to them to carry through.”

And finally, Napier says it always helps to find that one pet, which has just the right personality for you. The dog trainer says, “I have a dog from the Animal League. They’ll ask what you’re looking for. Don’t be afraid to go in there and tell them exactly what you’re looking for. If they don’t have it, they’ll put you on a waiting list. I was on a waiting list for my dog, Teddy, for about two months. But he was exactly what I wanted, and he’s what I got. He’s an amazing dog who likes to lay around because I’m at home all day. He’s fine with that. He’s low energy, so they fit me with the perfect companion. You just have to be willing to ask.”

Circle the Wagons! And Get Ready for Some Off-Road Adventures



Photos and Article by Guy Atchley

The group is called Circle the Wagons! But it's actually RVs they put in a circle, and their ultimate goal is to jump on their off-road vehicles and head for the desert. It was Lisa Speed who got things rolling. She says, "I actually started this group when I first got to Tucson about three years ago. I didn't really know anybody and I wanted to camp and do some off-roading." So I started this group on Facebook and we called it Circle the Wagons! We started out with about 10 people, and now the group has grown to 225 members and we meet new people all the time."

Most of the members have RVs and pull their side-by-sides to whatever meeting location is designated. Typically about a dozen RVs will show up. On this particular weekend, they met in Tombstone and circled

And you never know whom you might meet or see. Martin says, "We were out in the middle of nowhere and ran across a Lincoln at a high elevation where there was snow and rocky terrain. We thought maybe we'd find Matthew McConaughey running around without a shirt. But further down the road, we found the owners just enjoying a nice hike."

It's not unusual for the off-road-



The group always looks forward to sunset

always try to leave the land a little cleaner. He points out, "We try not to ever get off the trails. We pick up everything. We see stuff along the sides of the trails and we pick it up. At the end of the day when you get outside of the city on a trail five miles outside of town, it's pretty darn clean out there because people take pride in the desert."

As for the makeup of the group, Martin says, "It's like our extended family. I mean we Christmas together, we sing together, we cry together and we pray together for our

friends who are sick. It's as close to having an extended family as you can possibly imagine."

Lisa Speed seconds that emotion, "All the people in the group become really great friends, and we plan ahead. We know where we're going to be camping through the end of this year, including the Fourth of July, Labor Day, Thanksgiving and Christmas. Everybody knows the plans, and a lot of them sign up for the fun."

I took a lot of pictures of the group during my short stay with them. And probably my favorite shot is of Debbie Anderson who's wearing a shirt she picked up in Quartzsite. It says "I like wine and maybe three people." Don't believe it. This is a cohesive group that enjoys being together and can't wait for the next time they "Circle the Wagons!"

In the words of member Tony Hooper, "They're all great people. Everybody goes for long rides and short rides. It gets you out of the city and the crazy stuff. You can come to places like Tombstone and see what the world used to be like. It's crazy fun."

If you'd like to join them, just search for Circle the Wagons! on Facebook.



Circle the Wagons!



Dave Anderson leads the Tombstone expedition



Paula and Jerry Polansky with their Miniature Australian Shepherds Max and Marley

their RVs in a campground at the end of Third Street, within walking distance of all the town's attractions. David Anderson suggested Tombstone because he knows the area well. That made him the leader for the weekend. Anderson says, "We're gonna start off by going to Council Rocks and then to China Camp. We'll ride to a ghost town called Pearce and from there head to another ghost town called Gleason. Then it's back to Tombstone. It's a full day's ride on the side-by-sides."

Joey Martin helps with the logistics of keeping everybody together. He compares it to "herding a bunch of cats on Coca-Cola." He says GPS and Google Maps help a lot.

ers to lend a hand to someone in need while out on the trails. Bobby Gauthier attests, "We were out on a trail and this family's truck had broken down. We all pulled over and everybody grabbed their tools and fixed their truck. They were so surprised that we took our time because we were there for an hour and a half fixing their truck." Martin adds,

"Whenever we run across somebody who's stuck, lots of the guys in our group are very mechanically inclined and can fix just about anything. We run across people who are stranded, and we always try to help them out."

Another thing. Martin says they



Debbie Anderson modeling one of her favorite sweaters



Eileen Garbarino enjoying the evening

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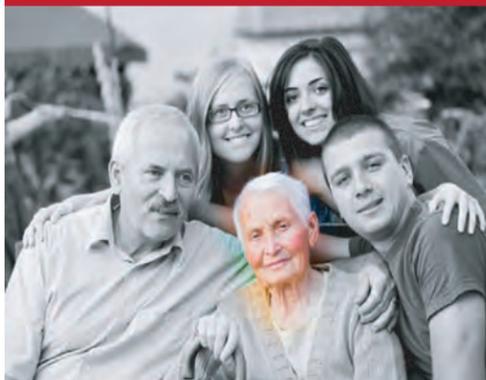
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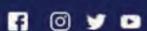
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The Sisters of Santa Rita Abbey



Photos and Article by Guy Atchley

Long before the sun rises, the sisters of Santa Rita Abbey begin to stir. It's 4:00 a.m., time for the Office of Vigils, the first prayers of the day. There will be many. Afterward, the sisters disperse for three more hours of private prayer followed by a quiet breakfast. Then at 8:15 a.m., their workday begins. More on that in a moment.

Sister Vicki is the prioress of the abbey, which is nestled in the foothills of the Santa Rita Mountains north of Sonoita. As one of the abbey's founding members, she's been here for all of its more than 50 years. She says, "Our main focus is to live for God in a life of balance between prayer, sacred reading and work." After half a century, she can't believe how time has flown. It was February 6, 1972, when the monastery was founded by the sisters of St. Mary's Abbey in Wrentham, Massachusetts. Their



Sister Vicki enjoys the view of the Santa Rita Mountains

as the Energizer Bunny. She just keeps going. A total of ten sisters call the abbey home. It could accommodate up to 18, but as Sister Vicki wryly points out, "With our way of life, we don't have hundreds knocking at the door." What *does* bring a woman to this

It's a gift, a way of being. How we would walk this planet. How we would respond to the love of God. How we would love other people. How we would be fully who we were meant to be. There are many different ways that we can do that. For some, it's marriage, for others a

life, we try to let God find us. Then we live from that — at least we try to."

When the abbey began, its property covered 120 acres. But that changed after Sister Clare had an encounter one day. As Sister Vicki tells it, "Sister Clare was out in the back yard

and there was this lady standing there looking into our property. Clare was afraid she was in trouble, so she went over and she said, 'Can I help you?' And the lady responded, "Oh yeah, we were just thinking of building here.' They believed the Forest Service was thinking of turning that land over to the public. The prioress at the time, Mother Beverly, said, 'Well, let's see if we can do a land exchange and try to preserve the solitude and quiet that's necessary for living our life. So that's what we did and added to our acreage.'"



A quiet lunch at Santa Rita Abbey



Sister Clare drawing midday prayers to a close

Reverend Mother came to Arizona with a group of sisters to find an out-of-the-way place, which would lend itself to a life of solitude.

Sister Vicki still remembers arriving in the desert. "It was like entering a magic land for me. It was just so beautiful, and it filled my soul with its beauty. I felt blessed to be here. I came as a novice and made my first vows here. The only two foundresses left are Sister Clare and me." Sister Clare, by the way, is now 95, and the other sisters refer to her

place? Sister Vicki says, "A call. A call that God puts in you when you're being formed in the womb.

profession. For us it's a way of responding totally to the love of God, trying to be open to the love of God

as it comes through others, or circumstances or creation. In doing so, you realize the unity of all people, that we're all united. There's a core within us, and nothing can destroy that. That's where God resides. That's our point of unity. And so in our way of

Sister Vicki makes it clear that each monastery must be autonomous. She says, "We support ourselves by making altar breads. When we first started, we made stained-glass and ceramic pieces, but it became obvious we needed to do something else. That's when the Benedictine sisters in Tucson recommended we do altar breads. They said it would give us an income every month. We decided to do that — and it worked."

Sister Rita is in charge of the altar breads, which now go out to



Sister Esther with some of her creations in the art department

THERE'S ALWAYS SOMETHING HAPPENING IN THE CONTINENTAL SHOPPING PLAZA

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- True Value
- Safeway
- CVS
- Total Care Pool
- Go Wireless
- Green Valley Jewelers
- Precious Metals Refinery
- Mr. AZ Jewelers
- Cielito Lindo Gallery

EVENT CALENDAR

March 22nd - 25th
Sidewalk & Art Sale
Live Entertainment



ASSOCIATIONS & CLUBS

- Green Valley Democratic Club
- United Republicans 4 Arizona
- United Way
- Green Valley/Sahuarita Assoc. of Realtors



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- Professional Financial Advisors
- State Farm
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- The UPS Store
- Professional Tax Advisors
- Insurance Professionals Choice Agents LLC

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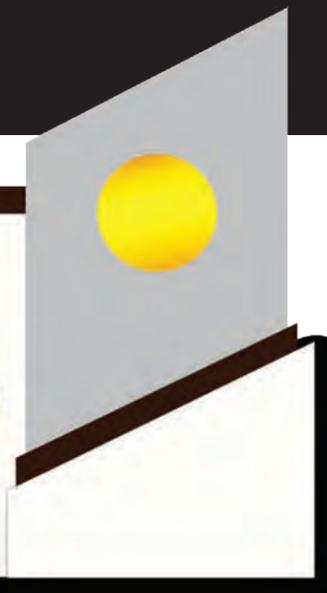
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Canoa Trails Park, Green Valley, AZ

Green Valley Arizona is an unincorporated community and census-designated place (CDP), a concentration of population defined by the United States Census Bureau for statistical purposes.

Some Green Valley Statistics:

- Population: 22,616
 - Land Area: 32 square miles
 - Community Parks Area: over 5000 Acres
 - Population aged 65 and over: 79.8%
 - Homeownership Rate: 84.7% in GV (65.3% in the rest of the state)
 - Veteran Population: 21.8% in GV (8.5% in the rest of the state)
- The Green Valley Council proudly represents 80% of all Green Valley Homeowners through our member HOAs. The Green Valley Council's modest dues of \$12.00 annually per household contribute to a \$292,000 operating budget, which is unique when compared to comparably sized communities that require city operating budgets of between \$90,000,000 and \$130,000,000.



A Brief History of Green Valley, Arizona

The Grand Opening of what was then known as Tucson Green Valley was hosted by the Maxon Construction Company in 1964. In 1966, Fairways I & II become Green Valley's first HOA. From 1966 to 1972, Green Valley saw tremendous growth as the population grew from 500 to over 3,000. On June 23, 1973, the six Homeowner Associations in existence decided that Green Valley needed a unified voice and someone to represent the Green Valley community. Volunteers came together to form what was then known as the Green Valley Community Coordinating Council. 50 years later, the Green Valley Council continues to work diligently to support Green Valley and to be the unified voice of our community.



Avenue of Flags at Green Valley Council First Responders Fair



2022 Green Valley Council Forums:

- Community Emergency Response & Public Safety
- Living with Urban Wildlife with Pima County NRPL
- The Arizona Registrar of Contractors
- Freeport McMoran mine operations
- Pima County Flood Control District Flood Abatement
- Air Quality with the Pima County Department of Environment
- HOA Legal Specialists
- 3 Water Forums with local water providers
- Arroyo Maintenance and vegetation remediation

The Green Valley Council Executive Committee is composed of Business owners and Managers, a University Professor, a Manufacturing Operations Manager – united in their commitment to the Green Valley Community. The Executive Committee works to provide input on all Green Valley Council programs. The Executive Committee serves on the 8 standing Green Valley Council committees and works directly with our local, county, state, federal, and tribal agencies. The Executive Committee works directly with our local first responders, community service organizations, and Green Valley residents. The Executive Committee also works in partnership with organizations serving Green Valley.

Find out more about GVC Services



USAF EOD Demonstration Team at Green Valley First Responders Fair

What did we do in “2022?” What do we do?

- Established a working relationship with new Pima County Administrator Jan Leshner and the Deputy County Administrators
- Held meetings with Pima County officials to have county departments represented at the Green Valley Council’s monthly committee meetings; county representatives are now present at the Citizen Corps Emergency Response, Parks Advisory, Health and Human Services, Traffic and Arroyos, HOA Relations, and Environmental Committee meetings. These meetings are open to the public and are often attended by residents with specific community needs and concerns
- Held monthly meetings with the Directors of the Pima County Departments of: Environmental Quality, Transportation, Regional Flood Control District, Health, Office of Emergency Management, and Natural Resources Parks and Recreation
- Hosted legal forums monthly for our members to address HOA issues
- The Health and Human Services Committee worked year-round with our community partners (Valley Assistance Services, The Salvation Army, The Green Valley Sheriff’s Auxiliary Volunteers, Posada Life Community Services, The Volunteer Clearinghouse, Northwest Hospital, The Green Valley Food Bank, The Pima County Health Department, and The Office of Pima County District 4 Supervisor Steve Christy) to address the unmet health and human services needs in Green Valley
- Hosted over 2,400 Green Valley residents at our 2022 forums, trainings, and workshops
- Hosted Board of Representatives meetings from September through May for our membership. This meeting allows our members to interface directly with Supervisor Steve Christy, Town of Sahuarita Mayor Tom Murphy, our first responders, and our community service providers
- Held monthly HOA President-to-President workshops for our members
- Held 2 summer community workshops
- Provided 216 Public Notary Service Appointments
- Addressed 141 Service Requests from the community
- Provided 6,114.5 Volunteer Service Hours to the Green Valley community



As the voice of our residents in an unincorporated community, we have a certain amount of autonomy from the constraints of formalized city government. We have no legislative authority, but we have an unparalleled level of influence at local, county, state, and federal governmental levels. Our longevity and success are due to partnerships; with our member HOAs, community organizations, local agencies, and governments. When we speak at any governmental level, we speak for you, the Green Valley Community. Our Green Valley Council volunteers and staff are proud to be your community voice since 1973. Contact us at 520-648-1936 or at info@gvcouncil.org.

*Sisters of Santa Rita Abbey
continued from page 14*

churches all over the United States. She says, “We’ve been making altar bread since 1974. We started the operation with one baker and gradually grew to five bakers. Eventually, we looked into buying a machine from France because some of our sisters there had it, and they recommended it. We found one in Canada.”

The abbey suffered a serious setback when the pandemic hit. Sister Rita says, “Our income went to zero for almost a year. Then people started realizing our plight, so they would send us donations.

Little by little we’re coming back. We’re probably up to 75% of the production we saw pre-COVID. But I’m certain we’ll be back up to 100% before long.”

One of the bakers is Sister Hildegard Wanjiku from Kenya. Sister Hildegard was 18 when she entered a monastery in France, but decided she would like to join an English-speaking abbey because English is the second language in Kenya. On a typical day, one sister bakes in the morning, and another at midday. It can be heavy work, which is too much for the older sisters, so the monastery hires two local women to help.

Sister Rita points out that the abbey’s altar bread customers receive an extra ingredient with their orders. She says, “It’s prayer. We get requests for prayer. A lot of parishes receive our hosts — Green Valley, Sierra Vista, Tucson — all over the state and all over the nation. And they all receive our prayers.”



Preparing the batter for communion bread



Sister Rita is in charge of the communion bread operations



Sister Jacqui came from the British Isles



The retreat house near Santa Rita Abbey

It takes a lot of work to keep the abbey up and running. It was built with nature in mind. Countless windows allow the sisters to see sunrises and sunsets and to literally be surrounded by the beauty of nature all day every day. But those same windows also need to be cleaned. Fortunately, the sisters have many friends who step in as volunteers to help with the upkeep.

Even so, the abbey is a quiet place. Sister Vicki says, “We don’t speak in certain places like the dorm, simply because if someone is resting it would not be helpful. We do speak, but you know, when we’re working, we work. When it’s time to pray, we pray. We maintain quiet when possible, and we speak when necessary.”

In recent years Sister Vicki has

found it necessary to speak out on a controversial project in the Santa Rita Mountains, which would not be conducive to the way of life the sisters seek — the Rosemont Copper Mine. Sister Vicki speaks frankly, “The 9th District Court in San Francisco ruled that the Forest Service could not put waste on federal land. It would be toxic waste when you come down to it. I would like to say that it won’t ever happen again, but I don’t know. I know there is a mine going in on the West side of the Santa Ritas, so it would impact Sahuarita and Green Valley. But on our side of the mountains, the mine is pretty much off the table right now. I really pray that areas like the Santa Ritas can be preserved. We need places where people can enjoy nature, have picnics, relax, go for a hike, and enjoy the beauty.”

The sisters have made it part of their mission to help others enjoy the same quiet and peace they enjoy. That’s why the abbey has a retreat house, specifically for people who want to get away for a few days just to be in an atmosphere where there is little talk and they can decompress. It should be open again

sometime later this year. For a meager sum, you can make a reservation by going to santaritaabbey.org. Sister Vicki says, “We never envisaged the retreat house to be a big source of income. We built the retreat house to share the beauty and quiet of our high desert surroundings with those who desire to spend some time with God in the natural beauty.”

If you’d like to contact Santa Rita Abbey, the phone number is: 520-455-5595. A sister is more likely to answer the phone during their work hours between 8:30 a.m. and 11:15 a.m. and from about 2:00 p.m. to 4:00 p.m. You can leave a message if someone does not answer.

Even if you never see the abbey or meet the sisters, rest assured there are ten women who have dedicated their lives to God with a daily commitment to pray for the world. Sister Vicki says, “I think most people don’t know we’re here. And that’s OK. But I think it’s helpful for people to know that there is a place where they’re being prayed for. Their lives are important. And they can turn to us if they need.”



Sister Hildegard came all the way from Kenya



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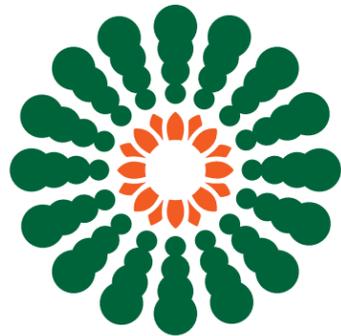
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medicalnews

ONCOLOGY EXPLAINED: DEFINITIONS AND COMMON TERMINOLOGY

Cancer is an intimidating and unfortunately prevalent topic in our society, as approximately 40% of the US population will develop some type of cancer in their lifetime. Chances are that you or someone you know has been impacted by this devastating diagnosis. While overwhelming, it's important to work with your healthcare team to take an active role in learning about your cancer and making decisions regarding your care. By understanding some basic concepts and terminology, you will be more confident in your ability to engage in conversations and decision-making.

- Oncology is a branch of medicine pertaining to cancer. There are subspecialties such as medical oncology (using chemotherapy, immunotherapy, and hormone therapy to treat cancer), radiation oncology (using radiation therapy to treat cancer), and surgical oncology (using surgery or other procedures to treat cancer). These specialists work closely together to navigate patient care.
- Cancer is categorized as either a solid tumor (abnormal cellular growth that forms masses or nodules in solid organs) or hematologic (abnormal cellular growth present in the blood or bone marrow). Common solid tumor cancers include breast, colon, or lung cancers, while hematologic cancers include leukemias, lymphomas, and multiple myeloma.
- Solid tumor cancers are staged based on the TNM staging system. This acronym stands for Tumor Nodes Metastases and creates a final stage by evaluating the size and depth of the original tumor, the lymph nodes that are involved, and the sites of metastases (spread). Malignancies are categorized from stage I to stage IV, although certain instances may indicate a Stage 0 cancer, sometimes referred to as pre-cancer. There is not one single staging system for all hematologic malignancies. These



Arizona Oncology

diseases vary in subtype and various other markers that factor into their final staging.

- Metastatic disease is a term that is often used interchangeably with stage IV disease. Metastatic disease is not considered curative, but in some instances can be well managed. We can view metastatic disease like we would a diagnosis of hypertension or hypothyroidism, knowing we cannot “cure” this diagnosis, but that we can manage it with medications, increasing both the quality and quantity of life.
- When cancer metastasizes, it travels from its original location and starts to grow elsewhere. For example, in a patient with known colon cancer that has metastasized to the liver, this person does not have both colon and liver cancer; they have metastatic colon cancer. This occurs when the tumor cells at the original site of disease travel through the lymph system or bloodstream and begin to grow in another area. Because these cells are still colon cancer cells, they will best respond to treatment aimed at colon cancer, despite their location in the body.
- Treatment commonly includes a combination of surgery, radiation, and chemotherapy/immunotherapy. This treatment planning will take place with the previously mentioned specialists who will coordinate the timing and sequence of each of the treatment types. For example, you may receive chemotherapy, then surgery, then radiation; or you may receive

chemotherapy and radiation therapy at the same time; or you may only need surgery. This treatment planning follows NCCN (National Comprehensive Cancer Network) guidelines, which outline the standard protocol for treating each type of cancer. These recommendations are a result of years of research and clinical trials and are updated often as new treatment options emerge.

- Non-traditional treatment options are also available and widely sought out in conjunction with traditional therapies. Alternative approaches such as massage, meditation, yoga, acupuncture, aromatherapy, relaxation exercises, and holistic treatments are frequently pursued. While these interventions generally aren't powerful enough to replace standard treatments, they can be helpful in mitigating cancer and treatment-related effects such as pain, fatigue, anxiety, nausea, and insomnia. Be sure to discuss with

your provider to ensure safety and expected outcomes.

Receiving a cancer diagnosis can be shocking, and you may not fully comprehend the discussion at your first visit with your oncology team. Being aware of commonly used terminology can empower you and allow you to feel more in control. Engage in open and honest conversations with your healthcare team and ask if a friend or family member may come to the visit with you to help gather information, and for emotional support.

Be sure to jot down notes, ask questions, and request written literature if available. Ask for the best first-line phone number to call when you need to reach someone, as well as an on-call number to reach a team member after hours or on the weekends.

Note that the information given in this article is an overview and there are exceptions that fall outside these generalizations. No two cancers behave the same, and no two people will have identical outcomes. Always be sure to discuss your case with your oncologist or healthcare team.

Educating the Community



Molly Grassman,
PA-C

Molly Grassman, PA-C earned her bachelor's degree in neuroscience from Muskingum University in Ohio before completing her master's degree in physician assistant studies at Midwestern University in Glendale, Arizona. She is NCCPA certified.

Molly is a member of the APAO and the AAPA. In addition to her current role in gynecologic oncology, Molly is experienced in general medical oncology and hematology. She specializes in bone marrow biopsies.

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Why Regent Seven Seas is Perfect for Solo Travelers

Written by Bon Voyage Travel

Traveling is truly one of the great joys of life. Although it is often regarded as something to do with friends or family, traveling is just as, if not more, exhilarating and rewarding when it's done solo. It might even be a best-kept secret that solo travelers don't want others to know. The truth is that traveling solo has a large number of perks. You are able to do what you like, when you like, where you like. You have the flexibility and the freedom to create your own vacation based on your interests. What can be better than that? The one downside to traveling solo is the expense. Namely, when cruising solo cruisers can expect to pay up to double the published cruise fare to cover the cost of the missing passenger. Cruising has long been targeted towards travelers in pairs and groups as cabins are often shared. Solo travelers often get stuck paying a hefty sin-

Bon Voyage Travel



means that all meals, drinks, and shore excursions are included in the price of the cruise, making it easy for solo travelers to budget and plan their trip. Additionally, the cruise

other passengers.

Regent Seven Seas also has a strong focus on providing guests with personalized service and a luxurious

each guest. This is particularly beneficial for solo travelers, who may appreciate the extra attention and care from the crew.

Furthermore, Regent Seven Seas offers a variety of activities and amenities that cater to solo travelers, such as solo traveler meet-ups, cooking classes, and spa treatments. The cruise line also has a dedicated concierge service that helps solo travelers plan their daily activities and make reservations creating a stress free travel experience.

And the best part? There are more than 100 sailings with heavily reduced single supplements, and over 20 sailings offering no supplement at all!

It's not often that you come across



gle supplement fee when they book a cabin for one. Luckily, Regent Seven Seas recognizes this and has either reduced or waived this single supplement fee.

line offers a variety of dining options, including gourmet restaurants and casual eateries, so solo travelers can choose to dine alone or join

experience. The cruise line's ships are relatively small, which means that the crew is able to provide a high level of attention and care to

a cruise promotion that offers such incredible savings and value for solo travelers. The Regent Seven Seas Single Supplement Special is a rare gem in the world of cruising, offering not only exceptional cost savings, but also a luxury experience like no other.

Regent Seven Seas is an exceptional cruise line for solo travelers for several reasons. Firstly, the cruise line offers a variety of itineraries that appeal to a wide range of interests and travel styles. This means that solo travelers can find a cruise that suits their preferences, whether they are looking for a luxury adventure or a more relaxed, cultural experience.



Another advantage of Regent Seven Seas for solo travelers is the company's all-inclusive policy. This

So if you're a solo traveler looking for a once-in-a-lifetime adventure, this is the opportunity you've been waiting for. Book your solo adventure today and experience the best that this cruise line has to offer. Contact Bon Voyage Travel to get complete details and find the sailing that's perfect for you.

Desert Meadows Park 10 Years in the Making

Written by
Chuck Parsons,
Project Coordinator

A 10-year venture with much accomplished. The Desert Meadows 1 POA entrusted a 4-acre property to the Green Valley Gardeners in 2014 to create a botanical garden. Aligned with an objective of the garden club, “carry out projects of civic beautification for the benefit of the community,” a license was signed. Garden club volunteers stepped forward and the ecological restoration of the property began. The community stepped forward too. The garden club has been awarded corporated foundation grants, has collaborated with other nonprofit organizations, and received monetary and plant donations from hundreds of community residents.

Undertaking this project the Green

Valley Gardeners made commitments. We made a commitment to the property owner (DM1) that we’d create a park open to the public. We made a commitment to the foundations and our donors that the park would prove beneficial for the community residents, that we’d partner with other nonprofits and that we’d attract tourism as an economic benefit for the community. We monitor whether we fulfill these commitments and whether our work aligns with the garden club mission and objectives.

When Pima County staked the Anza Trail through the park, the park became accessible by foot or bike to fifteen developments along the Santa Cruz river basin. The park has become a “social hub” for dog walkers. A partnership formed with the Tucson Audubon Society brings organized

birding tours to the park. Thus introducing both national and international visitors to Green Valley. Musicians from the community often come to the park for inspiration or just the enjoyment of playing for park visitors. While visiting the park you might enjoy guitar, harmonica, a flute or even the soothing sound of a didgeridoo. We reserve areas of the park for multiple group activities and celebrations.

The Green Valley Gardeners moved their biannual plant sales from the Continental Shopping Plaza to the park. Many plants being sold can be found in the park which is a benefit to our shoppers. The Spring plant sale takes place this year March 17th and 18th. The Fall plant sale occurs with the Art-in-the-Park event in October. This event attracts many local artists and musicians.

The garden club volunteers are now improving the educational benefits the park offers the community. This year we have installed eight descriptive signs. These are located at our vegetable garden, the native grasses garden, at the newly installed bird habitat, where we demonstrate passive water harvesting and other areas we hope will prove informative for park visitors. This month we will start placing new plant identification markers. These will provide plant names, a color photo of interest about the plant, and a QR code. When used, the QR code will direct the park visitor to more information online such as water needs, sun requirements, size and wildlife benefits of the plant.



Hummingbird and Butterfly Garden. One existing ramada in 2014. Popular with bird watchers. Now one of the more popular areas for park visitors to socialize with neighbors



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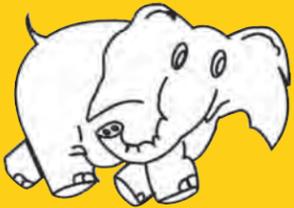
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Green Valley Gardeners Spring Garden Tour

The Green Valley Gardeners will sponsor their annual Spring Garden Tour on April 15, 2023 from 9:00 am to 3:00pm. This is a self-guided tour of 5 private and unique gardens in the Green Valley area. Tickets are \$15 and they are available at these locations: Chamber of Commerce, Desert Bloom, Nancy Pantz, and Native Gardens Nursery. Online at: <https://greenvalleygardeners675258.square.site/> Tickets will also be available at Desert Meadows Park (999S La Huerta Green Valley) from 9:00 am – 1:00 pm on the day of the tour



2014



2023

PPEP YouthBuild used the park in 2014 to teach 20 students job skills. They built 30 raised beds for our club members garden. The garden now has 60 plots and donates 3500 pounds per year to the food bank.



Original Ramada in 2014



Expanded picnic pavilion 2023



Original Anza Trail 2014



East pathway of the park was designated by Pima County as the Anza Trail. The pathway had native mesquites in 2014. The garden club volunteers have planted many native plants and have established demonstration gardens.



Barrio Garden 2014 & 2023



Clearing the dead vegetation



Gazebo was on the property in 2014



Landscaping



Gazebo in 2023





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Source: (Pima County)

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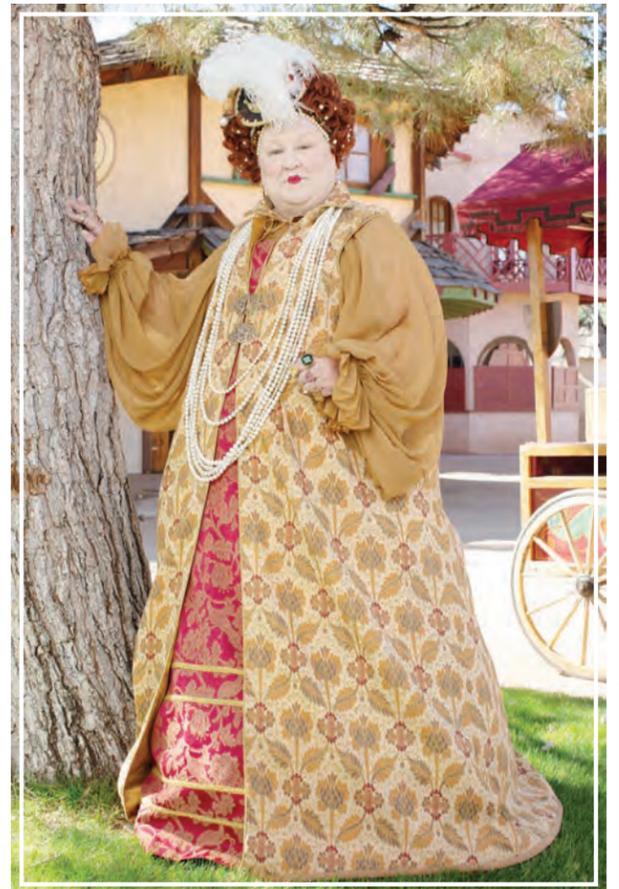
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Guy Atchley shares Renaissance Festival photos from past years



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Trico Members Received \$4.25 Million in Capital Credits

Trico Electric Cooperative is a non-profit, electric cooperative, and one of the ways we serve our Members is returning Capital Credits. In December 2022, the Board of Directors approved the retirement of \$4.25 million in Capital Credits.

This marks Trico's 13th consecutive year returning Capital Credits to Members. Since 2010, Trico has returned more than \$32 million to its Members.

"We work hard to provide service in a cost-effective manner so we can return Capital Credits to our Members. That's money that stays in our local communities," said CEO/GM Brian Heithoff.

What are Capital Credits? When Trico's revenues exceed its cost of operations, a profit (margin) is created. Trico allocates its profits to its Members in the form of Capital Credits. Annually, when the Cooperative's financial condition permits, Trico pays, or retires, a portion of the allocated Capital Credits.

Active accounts saw a Capital Credit Retirement posted as a credit on their bill. Inactive accounts received a check for a refund over \$10. If a Member moves or no longer has service, Trico must have their current address to send capital credit notices and retirements in the future.

Learn more about capital credits at www.trico.coop/capital-credits.

Trico Electric Cooperative, Inc., is a not-for-profit electric cooperative serving nearly 50,000 customers in Marana, Corona de Tucson, Saddlebrooke, Mt. Lemmon, Sahuarita, Green Valley, Three Points, Star Valley and Arivaca. Trico is dedicated to making a difference in the communities we serve by providing our Members cost-effective and sustainable energy solutions. For more information about the cooperative, visit www.trico.coop or follow them on social media at facebook.com/Tricoelectric or twitter.com/TricoElectricAZ.



Trico Electric Cooperative's Michael Jansen (left) presents a Capital Credits check to Continental Unified School District Superintendent Roxana Rico and DeAnna Cuevas, Principal at Continental Elementary. The school district plans to use the funds to restore their greenhouse.

Green Valley's only public school, Continental School, was established in 1916 in a one room schoolhouse. Today the Pre-K through eighth grade school has over 600 students. Through the years, the State of Arizona Board of Education has consistently rated the school as one of the top schools in the state, this year it received the coveted "A" Rating by the board.

In 2000, the State of Arizona cut Continental School's budget. There were difficult decisions that had to be made as to funding of "extra-curricular" activities. In response, several concerned members of the community came together to establish the Continental School District Educational Foundation, CSDEF, a 501(c)(3) non-profit corporation to raise funds to provide programs that are not covered by the school's state funded budget.

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medicalnews

THE BENEFITS OF A COLONOSCOPY

When we think of cancer prevention, we typically think of breast or lung cancer. But colorectal cancer (cancer of the large intestine and lower part of the digestive system) is expected to cause more than 52,000 deaths in America in 2022. It is increasingly more common in younger adults.

Early detection, however, dramatically increases the survival rate in people of all ages. If col-

into the lower digestive tract while the patient is sedated or asleep. The tube has a light and a tiny camera that transmits images of the patient's intestinal lining to a computer screen at the bedside. Alternatively, some patients may benefit from an at-home colon cancer



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Sources: American Cancer Society, National Cancer Institute, National Institute of Diabetes and Digestive and Kidney Diseases.



orectal cancer is found before it has spread to other areas of the body, the five-year survival rate is about 90 percent. If not caught before this point, the survival rate is much lower – about 14 percent.

“The best treatment is prevention,” said Dr. Shane Svoboda, M.D., a colorectal and general surgeon at Northwest Medical Center. “My gold standard for screening is a colonoscopy – which allows us to see inside the colon and rectum – starting at the age of 45. Patients with a family history of colon cancer should start screening colonoscopies 10 years before the earliest age of diagnosis.”

The American Cancer Society also recommends a routine colonoscopy screening beginning at age 45. A Gastroenterologist performs this simple procedure by inserting a thin, flexible tube

screening kit if recommended by a physician.

If polyps (growths) are found during the exam, they are quickly and painlessly removed and later tested in a laboratory for signs of cancer. While polyps are common, and usually harmless, in adults, most colorectal cancer begins as a polyp, so removing polyps early is important.

The doctor may also take samples from any abnormal-looking tissues – a biopsy – so it can be examined for signs of disease and treated, if necessary.

Your risk level for colon cancer varies according to your age, sex and ethnic background, as well as your overall health and lifestyle. Factors that affect your risk level include:

- Advancing age (over age 50).
- Being male.

A colonoscopy screening is usually a covered “wellness” test – and most plans cover a colonoscopy completely as a follow-up test or diagnostic tool.

To learn more about colonoscopy with a Northwest Health-

Educating the Community



Dr. Shane Svoboda, M.D

Dr. Shane Svoboda, M.D., F.A.C.S., is a colorectal surgeon specializing in minimally invasive and robotic surgery. He is experienced in treating many different conditions, including colorectal cancer; inflammatory bowel disease (such as Crohn's and ulcerative colitis); rectal prolapse; complex anal fissures; hemorrhoids, and fistulas. He also specializes in ostomy care.

Dr. Svoboda's patients often say they appreciate his kindness, gentleness, and timeliness, as well as his ability to understand the things that are most important to them.

Ending Your Timeshare Just Got Easier, The Real Deal Has Arrived

Written by Joanna Espinueva,
Marketing Director

Hundreds of valley residents have successfully ended their timeshares through a local and proven resource, We Want Your Timeshare. The company has a unique model which is centered around a transaction with a major bonus, every client receives a 2 year membership to a travel club! In essence, your timeshare is traded into a travel club that will be able to use it. The previous owner is then able to enjoy a couple years of unrestricted travel with out the hassle of timesharing systems.

Offering education and resources for avoiding timeshare exit scams is a passion for their CEO Alexandra Olson. "In an industry riddled with deceit and fraud, we give our knowledge freely and hope, if nothing else, that we can help the masses avoid being the victim of a scam."

As a 15-year veteran of the timeshare industry, Olson has catapulted into the spotlight as the leading industry expert on timeshare and exit scams. It even landed her on FOX 10 Phoenix, ABC

15, The Arizona Republic and the Phoenix Business Journal.

Whether estate planning, sick of the never-ending cycle of rising maintenance fees, or just tired of dealing with the archaic, expensive exchange system, there are plenty of reasons folks are looking to dump their timeshare.

When asked about We Want Your Timeshare, Olson shares "our mission is to revolutionize the timeshare exit industry by providing a zero-risk option for timeshare owners that want out! We're very transparent about it. No risk, an amazing replacement product and a legal timeshare exit so you can be done with your timeshare forever. We're very proud of that!"

Here are Olson's top tips for avoiding the many scams out there:

1- MAKE SURE THERE IS A PLAN- Most timeshare exit companies will try to cancel a timeshare as there are no buy-



Allie Olson

ers. The only guaranteed way out is to find someone else willing to become the new owner.

2- BEWARE OF NEGOTIATORS - If anyone advises you to stop paying maintenance fees as a means of negotiating your timeshare contract, RUN! This can lead to impact on credit and other assets and ultimately encourage the resort to be unwilling to approve a transfer.

3- THERE IS NO RESALE MARKET - Accept that there are thousands of timeshares not selling for one penny. Timeshare is outdated and there is no market for resale. Do not pay timeshare listing companies to advertise something that will never sell.

To discuss your timeshare exit options visit <https://www.wewantyoursales.com/> or call 602-734-5590



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