

Your Hedge Against Inflation: The New Super Sale Bin Store



Photos and
Article by
Guy Atchley

If you haven't paid a visit to the new Super Sale Bin Store in Green Valley, you're missing a shopping experience like no other. There's a reason that scores of people line up each morning before 10 am, and that reason is low, low prices on just about everything you can imagine. When the doors open, people run down the aisles to find good deals. It all begins every Friday when each item in the store's bins is only 15 dollars. But by Wednesday of the following week, what's left in the bins will sell for only one dollar per item. We're talking bedding, power tools, car parts, toys, electronics, home goods and more. Where does all this stuff come from? And how can they sell it for these prices? We talked to the man who runs the store to get answers.

Sam Kettaneh is a Palestinian immigrant — now a U.S. citizen — who has lived in Tucson for 25 years. He says, "The returned items come from Amazon's main warehouses

as far away as the East Coast or Midwest. They have a system where it's a good assortment of returned items and overstock." The Green Valley store is now Kettaneh's second. He operates another at 4221 East 22nd Street in Tucson. And soon he'll open yet another store at 3733 West Ina Road, that's Ina and Thornydale. Each store has the same weekly schedule — 10 am to 8 pm each day. Are you ready? Here we go.

When you arrive at the store, you'll see a big sign above the front door explaining the cost per item for that day. Friday begins with each item priced at \$15. The cost drops to \$11 on Saturday. By Sunday everything goes for \$8. Then you get to \$5 on Monday followed by \$3 on Tuesday and for the final day — Wednesday — everything goes for only \$1. As you might suspect, that's another big day. The store manager has to clear out everything before the next shipment arrives, so it's not uncommon to set aside certain tables where people can fill a big sack for \$20.

The store is closed for only one day each week — Thursday. That's when a semi-truck arrives with a



fresh load of merchandise. Employees unload the containers — thousands and thousands of items — and restock the bins. Friday is always a big day with the greatest assortment of goods and each item costs \$15; however, there's something you should know. They can't put everything out at once. As shoppers clean out the bins, fresh items are brought out from the warehouse several times a day. And this happens each day as the prices drop and the supply runs out. Something else to know: the store does sell more costly products. You'll find those stacked along the walls or locked away in cases. For example: smartphones would be locked away in these cases. Yes, smartphones. Recently, at his Tucson store, Kettaneh received hundreds of overstocked smartphones. He sold them at great-

ly reduced prices, think 80 percent off. Here's an interesting tidbit. The employees can't check everything they put into the bins. Sometimes items will be in unmarked boxes. At the Tucson store, a woman picked up a small box, took it to the counter, and asked to see what was inside. It was a \$1,200 iPhone. She got it for \$11. It's kind of like going to the casino and hitting the jackpot. It does happen.

Here's another story. This, too, happened at the Tucson store. A man came in and purchased a little box that held some kind of machine for \$11. A few hours later, he came back wanting to purchase another. But employees told him he would simply have to search the bins. It

Continued on page 4



POSTAL CUSTOMER
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Upcoming Events

March 23 **Green Valley Council**
2nd Annual First Responders Fair
Historic Canoa Ranch
9:30am – 2:30pm

April 6 **Town of Sahuarita**
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Anamax Park
2pm – 8:00pm

April 12 **La Posada at Green Valley**
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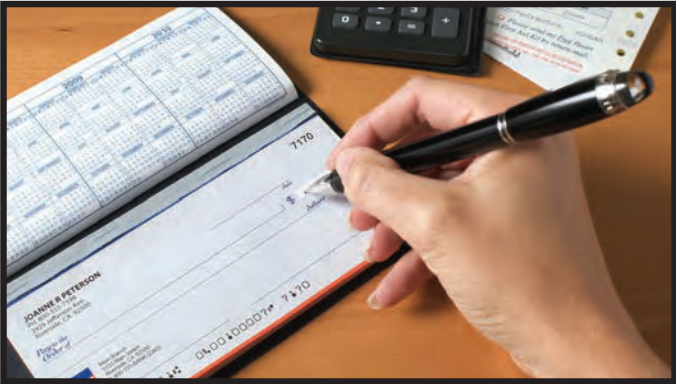
Learn more today at **LaPosadaCommunities.org**, or call **(520) 648-8131**

From the Desk of the SAV SCAM SQUAD: Top Scams to Watch for in 2024

Some of the smartest people in technology are, unfortunately, scammers. As technology advances so do the scammers' tools. They have become very good at impersonating legitimate companies, websites, government agencies and even your family members – and you. Artificial intelligence is only making their craft easier and our awareness more important.

The good folks who track scammers' activities have come up with their 2024 prediction of the top scams to be particularly aware of since these activities are increasing. This three-part series will highlight them.

You are probably aware of a scam technique called “check washing”. This newsletter has mentioned it a few times. This is where the scammers steal checks from mailboxes, then use chemicals to erase the payor's name and amount but leave the signature. They can then write in their names and larger amounts. But that is so last year. Now they're “cooking” the checks. Here they steal the check, take a digital picture of it, then use readily available software to alter the payor and amount. No more messy chemicals.



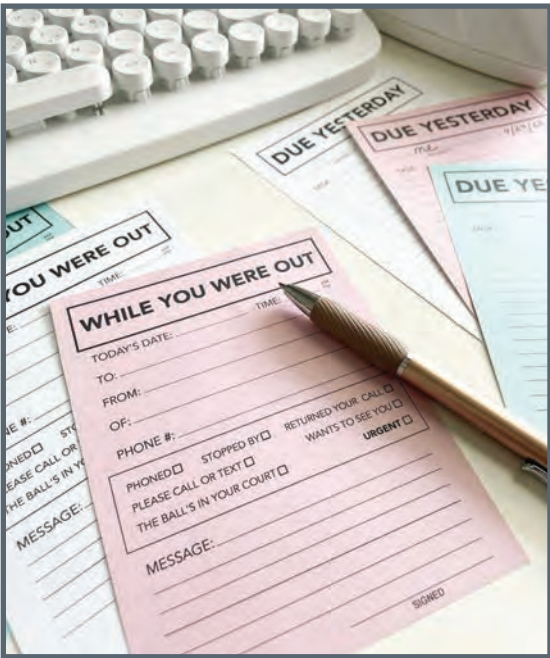
If you mail checks you can help avoid being a cooking victim by not using an outside mailbox. Drop them off inside the post office, or at least use the post office drive-thru boxes.

Another scam gaining traction is the “voiceprint”. Scammers will call you and when you answer they will record your voice. Then using sophisticated software, think artificial intelligence again, they will duplicate your speech pattern into any words they choose. They can mimic your phone number, call your broker, and use your artificial voice to request money be sent to their account.

About the only way to protect yourself from this scam is to not answer your phone. But that's not always practical. Be cautious of calls from

unrecognizable numbers. Let them go to voicemail first, then call back if it's legitimate.

The old sweepstakes scam is making a comeback, but with a slight variation. In the past you would get a call giving you the good news that



you won a sweepstakes, and to collect the prize you only need to send money to cover taxes and some fees. Now the pitch is asking for information, not money. You will be notified of your win but the caller will need personal and banking information so they can “validate” you and set up the transfer to your account. The transfer will occur, but not in your direction.

As with the old version, if you receive a call announcing a big win, especially if you never entered the contest, just hang up. If it seems too good to be true, it isn't true. And that has always been true.

The virtual celebrity scam is making news lately. In this scam a celebrity's likeness is created by artificial intelligence and is then used to solicit money. This is a result of the pandemic when performers couldn't make live appearances, so they did virtual concerts online. People got used to seeing the stars online, so an AI created likeness seems real. When the celebrity asks for money for any reason or wants to sell you something out of the norm, you are probably watching a fake person.

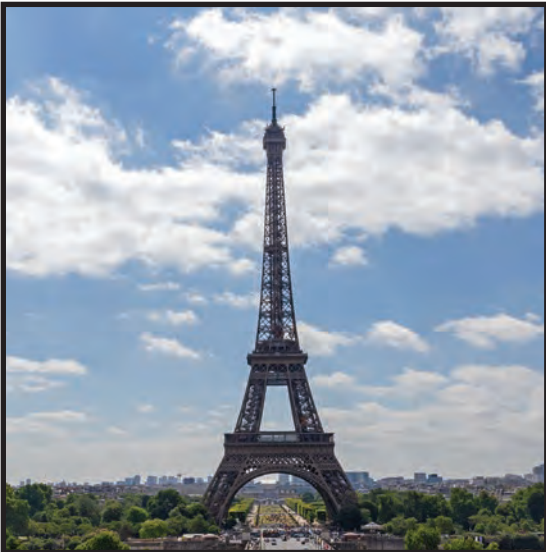


These computer-generated images are known as deepfake because they are so realistic. Personalities including Tom Hanks, Oprah Winfrey and Taylor Swift have been victims of deepfake deception. Be skeptical and do your research before sending money to any familiar personality. Taylor Swift does not need to sell cookware to get by.

The grandparents scam has gone big time. In the past small operators would call grandparents to notify them that their grandchild has been involved in some sort of traffic incident and is now in jail. Just send bail money and the kid can go free. The new scam involves actual call centers staffed with young people posing as grandkids. They're paid a few dollars for every grandparent they can engage on the phone so the scammers can make the pitch. And the bail money has increased from hundreds to thousands of dollars. Some of these operators even have runners that will meet you at your house to collect the money.

If you get such a call, and haven't hung up, before sending any money call or text the supposed grandchild. If you don't get a response, call the parents or friends. If your family has a secret code word, now would be a good time to use it.

This summer Paris will host the Olympics. This quadrennial event not only brings out the athletes, but also the scammers.



Your Green Valley Sheriff Auxiliary Volunteer's Scam Squad will answer your questions regarding scams or suspected scams. Please call 520-351-6715, Monday – Thursday, from 9:00 a.m. to 12 p.m. To report an incident of fraud (money lost to a scam), call 911 or 520-351-4900.

Visit our website www.scamsquad-sav.org to check for other alerts. To see what else the Sheriff's Auxiliary Volunteers do for the community, visit us at www.gvsav.org. SAV now has a Facebook page at www.facebook.com/GVSAV, make sure to check out the latest postings.

If you are interested in becoming a volunteer with our organization, please call 520-351-6746 to speak with our recruiter who will answer your questions and arrange to give you a tour of the facility.



Continued from page 1

turns out the man was a doctor, and the item he purchased for \$11 was a medical device worth \$3,200.

Those are the kinds of stories that happen not too infrequently at the Super Sale Bin Stores. By the way, Kettaneh is well aware that many of the people who line up and rush into the store when it opens are planning to resell what they buy on eBay or Craig's List. He says, "There's a lot of people who buy here and then resell online. I see a lot of that happening. It's up to them."

Kettaneh's philosophy is the resellers are just trying to make a living, and that's okay. It's the same

as everyday shoppers who are just trying to save a few bucks. He adds, "You know we make people happy. You see that smile and it makes you feel good."

We've all seen the trend of theft in stores with shoplifters carrying out things while employees watch helplessly. Kettaneh says his stores have extensive surveillance cameras and anyone trying to carry something out the door without paying will be told to put the items down and go their way.

What about store employees who see the deals before everyone else? Can they put things away to purchase? Kettaneh says employees can purchase items, but only during

regular business hours when everything is fair game. Kettaneh says, "If my mother came to the store, I would tell her to wait until it opens. We have to have the people's trust."

Kettaneh says this is a new concept, and his goal is just to make people happy. Bottom line: if Amazon sells it, you're likely to find it at one time or another at the Super Sale Bin Store at unheard-of prices. It's a

one-of-a-kind shopping experience. In fact, some would say it's an adventure.



Scholarship Opportunity for Women Returning to School

Written by Judy White, TWOQC Scholarship Publicity Coordinator

The Women of Quail Creek (TWOQC) are on a mission to elevate the lives of local women through scholarship support. The non-profit, 501(c)(3) organization solicits support from its members for other local charitable causes, as well, but enabling women to continue their education is their primary fundraising endeavor.

As with other local groups, TWOQC offers scholarships for senior girls graduating from high school. More unusually, TWOQC also offers scholarships for "Women in Transition" (WIT) who want to return to school to complete a degree or vocational program. These are women over 21 for whom circumstances meant a delay in pursuing post-secondary education right after high school.

In 2017, a year after awarding the first high school scholarships, TWOQC recognized there were few opportunities for women to secure

financial help for educational fees when seeking to return to school, and the idea for WIT funding was born. That year there were funds to award only one WIT scholarship. Since then, the program has grown considerably. In 2023 the organization awarded 8 WIT scholarships of \$3,500 each, and 9 high school scholarships of \$2,500 each. TWOQC expects to award at least that many in 2024.

"Access to education can change lives," observes Deb Melton, TWOQC Director of Scholarship. "It is the key for many women to be able to improve their economic outlook as well as elevate their sense of self and broaden their world outlook. TWOQC is immensely grateful to individual donors, and local merchants who generously support our Javelina Hoedown fundraiser each fall, all of whom have made the growth of our program possible."

Applicants can be planning course work at a community college or 4-year degree program, but also at a vocational school or to complete career-related certification to advance in a career. WIT applicants



Deb Melton, TWOQC Director of Scholarships (right), with Scholarship recipient Caeley Mellady(center) and her Scholarship Committee mentor Chris Webber at the 2023 Scholarship Awards Program

must be residents of Pima or Santa Cruz Counties. Female senior students at Sahuarita, Walden Grove or Rio Rico High Schools are eligible to apply. Scholarship funds may be used only for tuition and course fees, paid directly to the school.

WIT applications are due March 17, and high school applications on April 2. Information about both the

high school and Women in Transition scholarships and the application forms, which are completed and submitted online, can be found at: womenqc.com/scholarships/. If you have questions or interest in supporting the scholarship program, please contact Deb Melton: debwpski@hotmail.com.



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Dr. Bryan McConnell is a member of AMMG, Age Management Medical Group, AOA, Arizona Osteopathic Association, ACOFP, American College of Family Physicians, AANP, American Association of Naturopathic Physicians and AzNMA, Arizona Naturopathic Medical Physicians.

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Taste of La Posada Community Event Planned for Friday, April 12th

Submitted by Paul Loomans
Chief Marketing Officer
La Posada Communities

After a four-year Covid hiatus, La Posada is proud to once again welcome the Green Valley and Sahuarita communities to visit its 130-acre campus on Friday, April 12 for a special Taste of La Posada event. The 2024 taste of La Posada will be open from 11:30 AM to 2:30 PM. Public parking will be provided in a large shuttle bus lot, on the right of way along Continental Road. Attendance is free!



ees a peek into the lifestyle in La Posada apartments and homes, and attendees can choose which areas of campus to visit.

600 staff each year, making it one of the largest 501 C3 nonprofit organizations in southern Arizona. The 130-acre La Posada campus is a carefully tended gem, and the La Posada lifestyle of residents in both independent and assisted-living neighborhoods is designed to maximize enjoyment and help reduce stress. Year after year, La Posada residents are surveyed to maintain high quality, and consistently rate the campus at over 95% satisfaction levels.

sented their first introduction to our lifestyle, our community and our culture. We hope that this year's event can renew that tradition."

On Event Day: During the event, all vehicle traffic will be directed to the north east gate on Continental Road, with access to the shuttle bus parking area. Limited handicapped parking can be made available for scooters or special assistance needed. Food and tours will be offered for the full duration of the event, so arrive anytime. A door prize drawing will be available with attendee registration, with an opportunity to sign up for more information.

President & CEO Joni Condit relates "we are excited and grateful to once again welcome our neighbors to a taste of what makes our community special. For many of our current residents, this event repre-



If you cannot attend in person, all are welcome to check out the festivities through a KGVS AM1080 live remote broadcast from 10 AM to 2 PM.

As always, there are several main components to this enjoyable outing:

Outdoor dining: Once again, the grounds of the Pavilion fitness complex will be filled with dining stations and outdoor seating to enjoy a beautiful day. The food will reflect a small portion of the quality and variety dining available to La Posada residents, and will feature everything from Vegan Corn Ribs to Marinated Carne Asada Tacos. Executive Chef Miguel Heredia and Dining Director Bill Hintalla will oversee the offerings. Through tableside conversations and information stations, guests can discuss their questions with La Posada residents and key staff.

Independent Living Tours: A selection of La Posada independent living residences will be open and available via a hop on hop off tour bus circulating around the campus. Upon arriving, attendees can sign up for tour bus departures every 10 to 15 minutes. This promises to provide attend-

In total, La Posada has 489 Independent Living residences, with floor-plan options from under 600 square feet to over 2300 square feet, and over 35 floor plans from which to choose. Apartment, Garden Home, and Free-Standing home options are all planned to be available on the open house tour.

If needed, higher levels of support are conveniently available to residents on site in La Posada's Assisted Living and Memory Care neighborhoods, with about 140 private suites and apartments. More information on supportive living, including companion care in independent living from La Posada at Home staff, will be available from key team members, including inquiries about potential access to these neighborhoods to area seniors.

This event is a free "thank you" to the greater community for its continuing support of La Posada's nonprofit mission. For over 35 years, La Posada has provided a high-quality, continuing care, life plan community for area residents. La Posada has enjoyed a great community partnership with local groups and nonprofits in keeping the region a great place to live. La Posada is currently home to about 750 residents, and employs about



About La Posada: La Posada is a nonprofit organization headquartered in Green Valley, dedicated to maximizing the well-being of seniors. Established over 35 years ago, La Posada has an estimated annual impact of more than \$50 million on the economy of Southern Arizona. La Posada currently employs more than 500 staff and serves a community of over 750 residents. It maintains active community partnerships with area schools and service organizations. La Posada is recognized nationally as a leader in innovation and accountability in the field of senior living. Learn more at www.laposadacommunities.org.

Is There a Difference Between Bugs, Insects, & Arachnids?

Written by Ryan Bennett,
Bills Home Service Co.

When it comes to pests invading our homes and businesses, the terms “bugs” and “insects” are often used interchangeably. However, there’s a subtle difference between them and even a whole group that falls outside the two. Understanding this disparity can aid in effective pest control strategies and help homeowners identify and address infestations promptly.

Bugs vs. Insects: What’s the Distinction?

In everyday language, the term “bug” is frequently used to describe any small, creepy-crawly creature. However, in the realm of entomology, bugs belong to a specific order called Hemiptera. Members of this order share certain characteristics, such as a specialized mouthpart called a proboscis, which they use to pierce and suck fluids from plants or animals. Common examples of bugs include bed bugs, stink bugs, and aphids.

On the other hand, insects encompass a broader category within the animal kingdom. They belong to the class Insecta and are characterized by having three distinct body segments (head, thorax, and abdomen), six legs, and



usually a pair of antennae. Insects are incredibly diverse, with over a million described species ranging from butterflies and bees to ants and beetles.

In addition to bugs and insects, another group of arthropods commonly encountered by homeowners are arachnids, which include spiders and scorpions. While often mistaken for insects, these creatures belong to a completely separate category within the animal kingdom. Arachnids have eight legs and only two body segments (cephalothorax and abdomen).

Key Differences:

1. Mouthparts: Bugs have specialized mouthparts adapted for pierc-

ing and sucking, while insects may have chewing mouthparts (like grasshoppers) or sucking mouthparts (like mosquitoes). Unlike insects, arachnids typically have specialized mouthparts used for grasping and injecting venom called chelicerae.

2. Wing Structure: Bugs typically have forewings that are thickened at the base and membranous at the tip, forming an “X” shape when at rest. In contrast, insect wings vary greatly in structure, with some having membranous wings, while others have hardened forewings (elytra) like beetles. Arachnids lack wings entirely, relying on their legs for locomotion.
3. Metamorphosis: Both bugs and insects undergo metamorphosis, but the type differs. Bugs typically undergo incomplete metamorphosis, progressing from egg to nymph to adult, with nymphs resembling miniature adults. Insects may undergo complete metamorphosis, which includes egg, larva, pupa, and adult stages, with each stage looking vastly different from the others. Most arachnids do not undergo metamorphosis; instead, they hatch from eggs into miniature versions of adults and grow through a series of molts.
4. Habitat and Behavior: While bugs and insects can inhabit diverse environments, bugs are often associated with plant sap, fruits, or blood as their primary food source. Insects, however, display a wider range of feeding habits, including herbivore, carnivore, and omnivore, depending on the species. Spiders are primarily predatory, using silk to construct webs for catching prey, while scorpions are nocturnal hunters that use their venomous stingers to subdue prey.

- Dealing with bugs often requires targeted approaches that disrupt their feeding habits, such as using insecticidal soaps for aphids or vacuuming and heat treatments for bed bugs.
- Controlling insects may involve a variety of tactics, from sealing entry points to implementing cultural practices that discourage breeding, such as removing standing water to prevent mosquito breeding.
- Unlike insects, which may respond to insecticides targeting specific biological vulnerabilities, arachnids may require different approaches, such as exclusion methods to prevent entry or elimination of their prey to deter nesting.

While bugs and insects are often used interchangeably in colloquial language, they represent distinct groups within the animal kingdom. Understanding the differences between bugs, insects, and arachnids is essential for effective pest management. The expertly trained professionals at Bill’s Home Service have been putting all pests to rest since 1964, and have the knowledge to quickly identify bugs, insects, and arachnids and establish an effective treatment plan to eliminate the infestation. For more information on our desert pests and how to protect your home or business, visit www.BillsHomeService.com or call (520) 625-2381.

Practical Implications for Pest Control:

Understanding the distinction between bugs and insects is crucial for effective pest management. Differentiating between the two can help homeowners and pest control professionals choose the most appropriate treatments and prevention methods. For instance:

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www.arizonafamilyrestaurant.com





Green Valley Arizona is an unincorporated community and census - designated place (CDP) of 23,000 residents. Green Valley was officially opened in March of 1964. From 1964 to 1972, Green Valley’s population grew from 500 to 3000 residents. On June 23, 1973, six Homeowner Associations decided that Green Valley needed a unified voice and volunteers came together to form the Green Valley Community Coordinating Council. In the 50 years since, the now Green Valley Council has grown to represent and advocate for Green Valley at the local, county, state, federal, and tribal governmental levels.

The Green Valley Council currently represents 83% of the HOAs in the community. Its modest dues of \$14.00 per household, per year, contribute to a \$292,000 operating budget. A new 5-year contract with Pima County was signed in 2020 to facilitate services to our residents.

In 2023, 4,376 people attended our forums, trainings, workshops, committee meetings and calls to the public. This is an increase of 47% from 2022. The monthly Board of Representatives meetings are held from September through May. This meeting provides monthly informational updates from all community partners, elected representatives, our first responders, and government leaders. It is the only meeting in Pima County where our residents can have direct communication with the District 4 Supervisor, his Representative, the Office of Congressman Juan Ciscomani, the Green Valley Fire District Chief, the Pima County Sheriff’s Department Green Valley Substation Commander, the GVSAB, and other community service agencies and local officials.

In July of 2023, the GVC reinitiated the annual meeting with Pima County leadership. The meeting was robust, with your Council familiarizing the county with the workings of the GVC and articulating trends and our community’s needs. Invited to this meeting were our

Green Valley Coun



2023 GVC First Responders Fair

first responder agencies, chamber of commerce, and other community partners. This also led to a standing Pima County presence at 5 corresponding GVC committees and a promotion of Pima County departmental initiatives such as air quality, water quality, health, and parks & recreation.

During the summer of 2023, the GVC also hosted a regional water conference to discuss the impact of water conservation, remediation, and recharge on the middle Santa Cruz River corridor. 65 representatives attended from various federal, state, county, business, and stakeholder agencies.

2023 Forums:

- Local Air Quality/Valley Fever
- West Nile Virus/Wastewater Reclamation
- Building Kindness/Conflict Resolution
- Buffelgrass and Invasive Plant Species
- End of Life Planning and Care
- Pima County Assessor/Pima County Development Services
- Living with Urban Wildlife/Rabies
- Dark Skies/Outdoor Lighting Code
- HOA Roads Remediation
- Pima County Sheriff’s Department Lost Assistance Program



Pima County Recognition at 50th gala



GVC Foundation Concert

Council: Your Civic Voice



Presentation of Pima County Recognition

The Green Valley Council Executive Committee serves to provide oversight of Council operations and is comprised of city planners, business owners and managers, a university dean, attorneys, and a manufacturing operations manager – all united in their commitment to the Green Valley Community. EC members serve on GVC Standing Committees and directly interface with our membership to discuss the needs and wants of the community.

In 2023, your Green Valley Council hosted three key events. On June 23rd, the Green Valley Council celebrated 50 years of service to the Green Valley community at a gala event held at Historic Canoa Ranch. In 2023 the GVC also developed two signature events for the Green Valley community. On January 14, 2023, the GVC hosted the First Annual First Responders Fair where our community thanked and honored all the first responders who serve and protect us. Over 500 community residents attended. In June of 2023, the GVC hosted the First Annual Monsoon Madness Fair, which was a day to educate and provide community residents with everything they need to know to be safe before, during, and after the monsoon.



In Addition, Your Council Provided in 2023:

- 278 Notary Services
- 106 Fulfilled County Service Requests
- Over 7000 Hours of Volunteer Service to the Green Valley Community
- \$222,600 in savings to Pima County taxpayers

The Green Valley Council

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Be sure to follow us on Facebook and join us on X (formerly Twitter) @GVCouncil1973



GVC Monthly BOR Meeting



at Historic Canoa Ranch



2023 GVC First Responders Fair

Go With The Flow Enterprise, Inc – Green Valley’s Own Improv Comedy Organization

Written by Aliceson “Flow” Smith, Go With The Flow Founder and Char Seawell

Creativity and laughter form the foundation of Go With the Flow, Inc., a Green Valley non-profit founded by former public school educator Aliceson C Smith. After retiring from 23 years of teaching algebra in Nogales, Arizona, she knew she wanted to find a way to continue using her creativity and sense of humor to benefit the community. She had always had a love of comedy, especially the improv show, Whose Line Is It Anyway, and dreamed of having a troupe of her own someday.

The seed for Go With the Flow was planted by a chance encounter with a woman passing out flyers on a street corner advertising classes for Tucson based Unscrewed Theatre. She decided to jump in, and in one of her classes, she worked alongside an 82 year old classmate and thought to herself, “Why not try this in Green Valley so seniors could have another creative outlet in their own community?”

She reached out to Mike Vietinghoff, a teacher and performer with Unscrewed Theatre, and asked if he would be her mentor and help get classes started in Green Valley. Then Chris Ashcroft, the Executive Director of CPAC provided the first classroom and performance space to help launch the new troupe. Now, seven months later, she is teaching her third class of improv students and has launched her first troupe, “Go With the Flow Players” which performs publicly at Friends in Deed, assisted living facilities and at a monthly gig at Triple Play.

Aliceson’s passion for giving back to her community is reflected in her organization’s focus. “We are a 100% volunteer organization,” she



*Aliceson “Flow” Smith
Go With The Flow Founder*

explained, “and we are excited that funds raised by our performances will contribute to a scholarship that will support a student entering the field of performing arts in higher education.” 2024 will be the first time a scholarship is awarded.

The students in her eight week Improv Basics class range from 58-82 years of age. Not only do students learn the basics of this theater art, they also “learn how to apply these basics in their personal and professional lives as well as on stage,” she elaborated.

While her classes form the bulk of her time, Aliceson has also led workshops and done speaking events at local business groups and school and private groups as well. “The skill set needed to be successful in improv is also beneficial in creating a positive climate on teams and in organizations,” she added. As her non-profit continues to expand, she hopes to include more of her one day group workshops, two hour seminars, and thirty minute informative talks for local organizations.

Aliceson Smith has come a long way since taking that first street flyer. Now as a founder and director of her own performance art non-profit, she is well on her way to helping Green Valley experience the uniting and healing force of comedy. As a lifelong resident, she is finally now able to use her love of laughter and her creativity to give back to the community and its citizens as she teaches them new ways to “Go With the Flow.”

For Information on future classes or troupe performances contact Aliceson at: alicesons@icloud.com or 520-982-1870.



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A Passage Through Time and Nature

Written by Bon Voyage Travel

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Galapagos



Australia



Arctic



Enduring Spirit of Community

Happier at Home with help from UCPSA

Written by Rhonda Murray,
COO at UCP of Southern
Arizona

In Southern Arizona's enchanting Green Valley and its neighboring communities, United Cerebral Palsy of Southern Arizona (UCPSA) is transforming care for the elderly and individuals with disabilities. This change stems from UCPSA's firm belief that the right support can make all the difference, allowing individuals to enjoy happier, more rewarding lives and age well in their own homes.

UCPSA's dedication to this cause is demonstrated through strategic partnerships with key local and state health organizations, including the Division of Developmental Disabilities, Banner Health Services, Mercy Care, and Pima Council on Aging. These partnerships connect



those in need and the vital home and community-based services UCPSA provides. In addition to its collaborative efforts, the organization's ability to offer services directly to clients who prefer to pay privately, without the need for Medicare or Medicaid, underscores its commitment to accessibility and inclusivity, guaranteeing that quality care is accessible to everyone.

ulates the sentiment of the entire team when he expresses pride in the quality of care provided in Southern Arizona. "We pride ourselves on customized, compassionate care and quality staff to deliver those services," he states, emphasizing the organization's dedication to growth and excellence in service delivery. This commitment is not just about expanding their reach but about deepening the impact of their work, ensuring that families can stay together, independent, and without the limits imposed by age or disability.

UCPSA Green Valley offers an array of services designed to meet the diverse needs of its clients. From personal care and light housekeeping to respite and habilitation services, the focus is on enabling the elderly and individuals with disabilities to lead dignified and fulfilling lives. Through such services, UCPSA directly impacts the well-being of its clients, offering them the support needed to maintain independence and enjoy a high quality of life.

Looking ahead, UCPSA Green Valley is poised for continued growth and adaptation to meet the evolving needs of its community. This vision for the future is grounded in the belief that compassionate care can profoundly affect individuals' and families' lives, fostering hope, resilience, and an enduring spirit of community. It's a narrative of empowerment, where dignity and independence are ideals and realities for every community member.

The holistic care UCPSA offers is not limited to health services but extends to supporting the overall well-being of its community members. Through initiatives like the Cares Committee, UCPSA demonstrates a remarkable commitment to aiding employees and members facing difficulties, from purchasing essential items such as new tires and adaptive equipment to installing home modifications like ramps. This tangible support underscores the organization's ethos of nurturing a supportive community where everyone's needs are met with empathy and action.

Sergio Molina, the Regional Director of UCPSA Green Valley, encaps-

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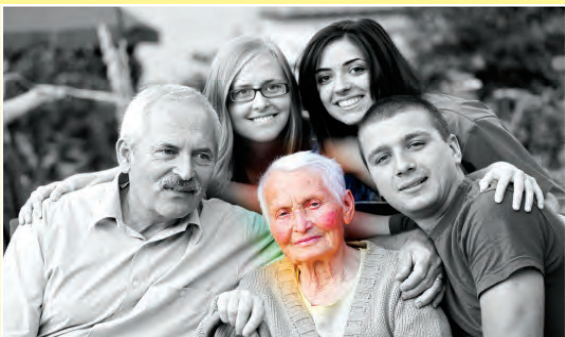
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All About the 400-Year-Old Cat Door at Exeter Cathedral, Where Felines Were Once on Payroll

Written by Rebekah Brandes

Founded in the 11th century, England's Exeter Cathedral is famed for its stunning features — including its medieval astronomical clock, a working replica of the solar system as it was understood at the time. But the building also boasts another ancient wonder: a cat door that may be among the world's oldest.

Cut into the bottom of the door to the clock room is a small, cat-sized hole, and records show it was put there with a purpose. In 1598, Queen Elizabeth I nominated William Cotton for the role of Exeter Cathedral bishop. When he started his post, he also seems to have recruited a helper.

"It is from Bishop Cotton's time that we have the record, 'Paid ye carpenters 8 pence for cutting ye hole in ye north transept door for ye Bishop's cat,'" cathedral historian Diane Walker told Nice News. It's likely the hole served less to assist the kitty in catching mice and rats.

"The animal fat used to lubricate the clock mechanism would have been a great attraction for vermin," said Walker,

"hence the need for the cat to have access to this space." The use of lard for clock maintenance was commonplace during that time period — and is believed to be represented in a famous children's rhyme.

"Although there's no evidence of a specific association with Exeter Cathedral, the nursery rhyme 'Hickory, dickory, dock' with its reference to 'the mouse ran up the clock' is most likely to have its origins in mice climbing parts of clock mechanisms after being attracted to animal-based lubricants, rather than climbing the outside of a longcase clock as normally illustrated," Walker explained.

Cotton's kitty wasn't the first feline to call the cathedral home, though. Even before the hole was cut into the door, cats were employed by the church to keep the vermin population in check. Records from the 14th and 15th century indicate payments made to cats — or more likely, their owners — in the amount of 13 old pence per week. And another form of record also memorializes that arrangement: a medieval carving in the cathedral that depicts a cat attacking two rodents.

The payments seem to have ceased by the time Cotton and his cat arrived — though the jury is out on whether the feline was



Geography Photos/Universal Images Group via Getty Images

paid under the table. "We do not know whether Bishop Cotton's cat received any payment for its services," Walker said.

But the cathedral's feline history doesn't end there. A post-World War II chapel carving depicts a one-eyed stray cat named Tom who became "quite a cathedral celebrity" after he was adopted by the head virger.

"He would sit in the bishop's throne but

never attempted to jump on an altar. One year he enjoyed settling into the Christmas manger tableau to the delight of visitors," Walker shared.

"While he would spend much time wandering in the grounds surrounding the cathedral, he is also reported to have been particularly attentive in the cathedral during sermons when he would sit still and upright!"

Can Social Connection Decrease Social Isolation and Loneliness?

Submitted by
Chris Erickson, BA, RN
Executive Director
Valley Assistance Services

I recently saw a title on a news bulletin that read “Putting People First”. My question is “Are we?”

People are social, and during the pandemic and even now, our connections have changed. Instead of in-person meetings or events, we are using technology. If you observe closely, many even dining together, are not communicating at the same table. Many people sit together but use their phones and have less communication. Have your connections changed? Can we strengthen our social connections? These connections can affect our physical and mental health. Socialization and support have a domino-like effect on each of us with our well-being, health, value, safety, resilience, and overall life.

Social isolation, lack of social support/connections, and loneliness, feeling alone, exist in our community. These have become widespread after the pandemic and we are seeing an increased number here locally. Social isolation and loneliness have been linked to increased risk of emotional and health problems including changes in emotional health such as depression, anxiety, self-harm and changes in health



such as stroke, heart disease, addictions, dementia, and a shortened active life.

Can we improve these social connections? Yes. There are many resources in our area that can help or maintain social connections: friends, recreation, church, community lunches such as La Posada senior lunch program or SOUL lunch at Risen Savior Lutheran Church, neighbor connections, and other local community resources such as Valley Assistance Services, SAV’s Telecare program, and Friends In Deed. These community resources are collaborating together to create



Photo courtesy of Freepic.com

a strengthened network for residents.

Valley Assistance Services provides friendly visits from trained volunteers who may visit with you in your home, provide transportation locally and to Tucson in both Pima County and Santa Cruz County, older adult socialization support groups, and a friendly phone call program, connectwithU. These programs, some created decades ago at Valley Assistance Services, have grown to assist those in our communities with each program having a dedicated team of staff and volunteers to make social connections a priority in our community. Being a part of a group or having someone visit or call can help with socialization and sense of support. VAS’ staff team of RN’s, Older Adult Case Manager, Transportation Coordinator, and Volunteer and Community Impact Manager, and dedicated volunteers are improving the social connections and providing opportunities to help others with these programs, support groups, and other programs that may benefit health, safety, and resiliency.

Social connections are also improved by volunteering and getting involved in community. There are many volunteer opportunities in the community and at Valley Assistance Services.

Are we putting people first? At Valley Assistance Services, we are.

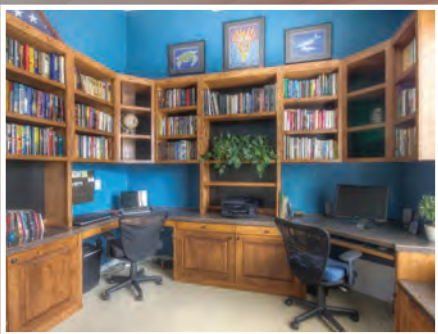
If you would like more information on these programs, on how to volunteer, or how to participate, please call Valley Assistance Services 520-625-5966, or email info@valleyassistanceservices.org. Our website is www.valleyassistanceservices.org

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medicalnews

DIGESTIVE HEALTH AND WELLNESS

March is National Colorectal Cancer Awareness Month – but it’s important to prioritize our digestive health every day, especially as we age.

Every part of our bodies undergoes various changes along with the years, and one area that can be significantly impacted is our digestive system. For seniors, maintaining digestive health is crucial for overall well-being and quality of life. As a senior, you may find yourself facing common digestive issues – but the good news is that *many* small, practical lifestyle habits can help you feel, and function, better.

When your digestive system is working well, you are better able to absorb essential nutrients from the food you eat, prevent gastrointestinal discomfort, and support your overall immune function. Conversely, poor digestive health can lead to malnutrition, dehydration, and a decreased ability to fight off infections.

Common digestive issues for seniors include:

- **Constipation.** Reduced physical activity, inadequate fluid intake, and certain medications can contribute to this condition.
- **Gastroesophageal Reflux Disease (GERD).** Seniors are at a higher risk of developing this condition, which can cause heartburn, chest pain, and difficulty swallowing.
- **Diverticulosis.** The risk of diverticulosis, which involves the development of small pouches in the colon, increases with age.
- **Swallowing difficulties (dysphagia).** Trouble swallowing can affect which foods and liquids you consume, or don’t. This issue can lead to constipation or aggravate the symptoms of GERD.

Steps you can take to promote and maintain good digestive health:

- **Stay hydrated.** Adequate hydration is essential for healthy digestion. Seniors should aim to drink plenty of water and

eat hydrating foods, such as fruits and vegetables.

- **Strive for a fiber-rich diet.** A diet high in fiber can help prevent constipation and promote regular bowel movements. Whole grains, fruits, vegetables, and legumes are excellent sources of fiber.
- **Mindful eating.** Eating slowly, chewing thoroughly, and savoring your meals and snacks can aid in the digestive process and alleviate discomfort.
- **Engage in regular physical activity.** Gentle exercise, such as walking or yoga, can support regular bowel function and overall digestive health.
- **Medication management.** Work with your healthcare providers to manage medications that may affect digestion, and explore alternative options if needed.
- **Probiotics.** Probiotic-rich foods, such as yogurt and kefir, or probiotic supplements (discuss with your healthcare provider first) can support a healthy gut microbiome (the microorganisms that live in your digestive tract).
- **Regular health check-ups.** The earlier you know there is a problem, the better your outcome is likely to be. Routine medical exams often help identify digestive issues early on, so you can work alongside

your provider to intervene and manage them in time.

- **Paying attention to your mental and emotional health.** It is important to recognize the connection between digestive health and mental well-being in seniors. Digestive discomfort and other issues can significantly impact your quality of life and lead to decreased appetite, feelings of distress, and social withdrawal. By prioritizing digestive health, you can maintain your overall sense of well-being and continue to engage in activities that bring you joy and fulfillment.
- **Seek professional guidance when necessary.** If you ex-

perience persistent digestive issues, unexplained weight loss, or significant changes in bowel habits, you should seek prompt medical attention. Physicians and other healthcare providers can evaluate you thoroughly, provide personalized recommendations, and offer tailored support to address your specific digestive concerns.

By adopting healthy, sensible lifestyle practices; seeking appropriate medical guidance; and paying attention to the signals your body sends, you can support and maintain good digestive health – and therefore a higher quality of life – at any age.



Image courtesy of jcomp on Freepik

Educating the Community



Dr. Shane Svoboda, M.D., F.A.C.S

Dr. Shane Svoboda, M.D., F.A.C.S, is a colorectal surgeon at Northwest Colorectal Surgery at La Cholla. As a specialist in minimally invasive and robotic surgery, he collaborates with oncologists while also preventing and treating illnesses 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. His patients often remark on his kindness, gentleness, and timeliness, as well as his ability to understand the things that are most important to them.



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UCHC Welcomes John V. Spencer, MD to the Team!



John V. Spencer, MD
Family Practice-Green Valley

We are pleased to announce the addition of **John V. Spencer, MD** to the team! Dr. Spencer brings a wealth of knowledge and family practice experience to UCHC. Dr. Spencer is a Green Valley resident but is an Alaska native where he was born, raised and attended high school. He attended Northwest Nazarene University in Idaho and graduated with Highest Honors with a B.A. in Math and Chemistry. He then attended University of Washington School of Medicine, where he earned his Doctor of Medicine degree, graduating with Honors in epidemiology, dermatology and ob-gyn.

After residency, Dr. Spencer returned to Alaska to practice medicine from 1982-1994 during which, he delivered 800 babies. He then relocated to Tennessee where he practiced family medicine for 22 years. He has been in the Green Valley community since 2016, initially with Carondelet and most recently practicing at Northwest. Dr. Spencer and his wife have 4 children, 21 grandchildren and 2 more on the way. During his free time, Dr. Spencer enjoys hiking, running, bicycling and surfing the net.

**Dr. Spencer will be accepting a limited number of new patients.*



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