

Winter 2020

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Volume 11, Issue 1

Great Grandpa, Where Are You?

Written by Guy Atchley

doesn't love a good mystery? Sometimes need look no further than your own family. In my case I'd always wondered where my great grandmother, Nancy Malinda (Grisham) Atchley, was buried. Family lore indicated her burial site was "somewhere in Southwestern Oklahoma."

My search began in the home of my grandparents, Elijah and Naoma Atchley. After their deaths of natural causes, vandals crept into their home through a back window and tore through every room looking for something valuable. Fortunately, what was worthless to them was invaluable to me. I found family photos, cards and letters strewn across the living room floor. On my hands and knees I placed them into boxes to be sorted when I had time. It would be years.

The death of my mother left me unsettled and launched my first earnest search into family history. I finally sorted all those items I found in my grandparents' home. What did I find? One picture stood out from all the rest because it was perhaps the oldest photo. It was my grandfather, the Rev. John Martin Atchley, sitting outside a home in a rocking chair. The location? Probably the home of his son, my grandfather Elijah Martin Atchley. The year? I believe 1902 or soon after.



My great grandfather John Martin Atchley whose final resting place I'm still searching for today



CROSSWORD PUZZLE MANIA Sponsored by La Posada ... Live Well at La Posada \$**500,0**0 If you love Crossword Puzzles you will love this contest! See the Crossword Puzzle inside the January Quarterly for rules and entry information. No purchase necessary.

John Martin Atchley had just lost his wife, Nancy Malinda (Grisham) Atchley. My sister Earlene once told me that Great Grandma Atchley had died "somewhere in Southwestern Oklaho-

ma" while living in a dugout and waiting for a land lottery. Her cause of death, according to my sister,

was the hard measles.

Somehow I had heard about a website called Find-A-Grave.com. I looked, and to my amazement, there was the gravestone of my great grandmother -- and the location! It was a family cemetery with only 17



A 1915 postcard from my great uncle, Charlie Atchley

Continued on page 4

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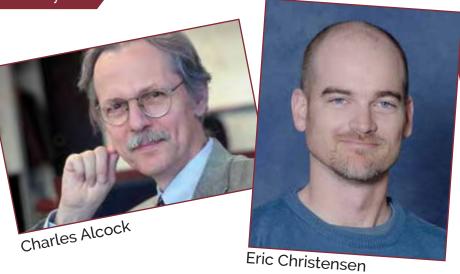
Visit a pharmacy kiosk located at CareMore Green Valley and

Member Centers (Canoa Ranch, Canoa Hills, and East Center) to see what you're missing.



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

What's U in the





tep out into the night and you'll quickly find what makes Green Valley, and Southern Arizona, the place everyone wants to live, work, play, and...do astronomy. A clear, unobstructed view of the night sky gives Green Valley its panache.

From January to March 2020, there's plenty to see in the night sky. All you have to do is look up.

January 2020: Check out the way the moon

changes between the Full Moon on January 10 to the New Moon on January 24. You'll notice the position of the moon changing in the night sky, and how it's features become less or more distinct due to position and light as the moon orbits Earth. The New Moon is a great time to take out your planisphere and chart your way through the night sky. The lack of moonlight will make Orion and his belt, and nearby Taurus the Bull, pop out high in the southern night sky around 10pm. With binoculars, look to Orion's belt—a straight line comprised of three stars—to find a "sneeze" in the sky, and you'll have discovered the Orion Nebula.

February 2020: As the waning

crescent moon rises in the wee morning hours before sunrise on February 18, look to the moon's upper right quadrant to play a game of peek-a-boo with Mars, the red planet.

March 2020: After sunset on March 24, look into the western sky above the horizon and you'll find Venus, perfectly placed for



The "little white box" at the top of the mountain isn't so little after all. The MMT is the 14th largest optical telescope in the world, with the mirror alone standing at 6.5m, or 21 feet 4 inches, in diameter.

viewing. On this date, Venus will be at its greatest eastern elongation from the sun, making it easy to see.

Questions about what you're seeing in the night sky? Make sure to attend the January 24, Feb. 24, or March 20 star parties with Whipple Observatory and Sonora Astronomical Society at Historic Canoa Ranch to get help with your night sky viewing technique.

What's Up at Whipple Observatory

Have you ever looked up and wondered, "What is that white box at the top of Mt. Hopkins?" If so, you might just be blown away to find that it is the 14th largest optical telescope in the world, and just

MMT in the night sky

one of 29 telescopes currently housed at the Fred Lawrence Whipple Observatory. Whipple Observatory is the largest field site of the Smithsonian Institution's Astrophysical Observatory, and this Smithsonian in your backyard is unlike anything you've experienced on the mall in D.C.. As the astronomical research arm of the Smithsonian, Whipple Observatory looks deep into the night sky for answers about what's out there, what it's made of, and what it means. As the American

birthplace of gamma-ray astronomy, Whipple Observatory is one of only four places in the world, and the only place in the United States, where you can get up close and personal with gamma-ray telescopes while you ponder what's happening in the universe...and what isn't.

Like the rest of the Smithsonian, Whipple Observatory is home to a robust public education program, including a science museum (open Monday thru Friday, 8:30am-4:30pm), public star parties, and a long-standing public lecture series. This year, the Observatory celebrates the 50th anniversary of the *New Vistas in Astronomy* public lecture series. The series, hosted

this year at Green Valley Rec Center West, will feature key figures in the development and progress of astronomy and astrophysics in Southern Arizona.

New Vistas in Astronomy 2020 lecture series speakers:

Jan. 25, 9:00am, Bro. Guy Consolmagno, Director, Vatican Observatory **Feb 5**, 9:00am, Dr. Dante Lauretta, Principal

Investigator, OSIRIS-Rex, Lunar Planetary Lab, University of Arizona March 4, 9:00am, Dr. Charles Alcock, Director, Center for Astrophysics | Harvard & Smithsonian March 18, 9:00am, Eric Christensen, Principal Investigator, Catalina Sky Survey, Lunar Planetary Lab, University of Arizona April 4, 9:00am, Ruskin Hartley, Executive Director, International Dark-Sky Association

Whipple Observatory's 2019/2020 star party series continues through May 2020, and is hosted alongside the Sonora Astronomical Society at Historic Canoa Ranch in Green Valley. Star parties are currently scheduled for: Jan. 24, Feb. 21, March 20, April 24, and May 22. More information is available online at pima. gov or by calling the Observatory at 520-879-4407.

PUBLIC TOURS: Whipple Observatory currently offers two types of public tours.

Up Close with VERITAS takes you behind the scenes into restricted access areas on the VERITAS gamma-ray project. 1 hour. Tuesdays at 11am through mid-March. Free. Advance registration required.

Whipple Observatory Site Tours take you behind closed gates, up the winding road of Mt. Hopkins to visit the site's 29 telescopes, including the MMT, better known in Green Valley as the "white box at the top of the mountain." Monday-Wednesday-Friday, 9am-3pm from late March through June and late August through November. \$15 per person. Advance reservations required.

For more information on all tours at Whipple Observatory call 520-879-4407.

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Great Grandpa Continued from page 1

graves near a Kiowa County town called Gotebo. The woman who had taken it upon herself to take a picture of the gravestone and send it the Mayflower and signed the Mayflower Compact.

My 5th great grandfather Rev. Dr. David Martin lived in Philadelphia and played chess with Benjamin Franklin. How

At my great grandmother's grave in Kiowa County Oklahoma

to Find-A-Grave had done so only a few weeks before my search. I set out to find the grave, and I did -- down a nondescript dirt road in the middle of endless wheat fields. I would later search out the farmer to thank him for not plowing over the graves, which is not uncommon. And I found the woman who took the picture of the grave to thank her as well. Mystery solved. But that led to another. What about great grandfather? Where did he spend his final days? And where is his final resting place?

Years passed, and I retired after anchoring the news for 34 years on I had never held out any hope of KGUN 9 TV in Tucson. I received scores of emails, letters and cards to wish me a happy retirement. But one letter contained an offer I could not refuse. Pat and Bob Wood of Green Valley wanted to give me a very special retirement gift. They offered to research my family history.

As soon as I said yes, Pat was off and running into her go-to genealogical-research website, ancestry. com.

What followed was an avalanche of information. Some of the highlights:

My 12th great grandfather Edward Doty came over on do we know this? Franklin wrote a eulogy for Martin that ran in Franklin's newspaper. In the eulogy Franklin referred to Martin as his primary chess partner.

Pat also found numerous Revolutionary War patriots on both sides of my family. On my mother's side, they included my 6th great-grandfather James McCorkle who died in battle and my 4th great-grandfather Ambrose Maulding who signed the Cumberland Compact.

learning so many interesting facts about my family, dating all the way back to the 1500s. Having said this, I'm still searching for the final resting place of great grandfather Rev. John Martin Atchley. The 1910 census placed him in Elida, New Mexico. And then in 1917 his son Charlie signed a draft-registration document stating that his father lived with Charlie and his wife in Pocatello, Idaho. That is where John Martin's trail goes cold. He did not appear in the 1920 Census.

Speaking of John Martin's son, Charlie, let me end with a note on the family rebel. At the age of 14, Charlie hopped on a train to explore the world and to search for fame and fortune, rarely to be seen again by his brother, my grandpa Elijah. Now, remember when I picked up all those cards and letters on my grandparents' floor? Well, one of them was a postcard from Charlie. On one side was his picture taken in

Wichita, Kansas in 1915. On the other side was a note that read:

"The only thing me from keeps being rich is the mony [sic] question. Will write soon. Charlie." It was addressed to E.M. Atchly. [sic]

During my own research, I found it was an old family secret that Charlie spent time in jail for robbing a bank, though nobody knows exactly where. If he had stayed in school, perhaps he could have avoided jail time, not to mention learning the proper spelling of his own last name Atchley, which he spelled Atchly. (He did spell it correctly a couple of years later on his draft registration in Salt Lake City.)

It's all so fascinating, and there's still so much to learn. Where will my search take me next? I can hardly wait to find out.



My Grandparents Elijah and Naoma Atchley on their wedding day



After taking the summer off to be with her children, Dr. Sandra Leyo DuPont, board certified dermatologist, is happy to be returning to Green Valley to provide comprehensive dermatologic care at her own practice, Oasis Dermatology.

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Fundraising is the Bread & Butter of the New GVR Pickleball Center

Written by Susan Stein Kregar

t's getting close. The long-awaited Grand Opening of the pickleball courts at Green Valley Recreation, Inc. (GVR) is scheduled to open January 28, 2020 at 9am.

Never heard of pickleball?

Created in the 1960s, The USA Pickleball Association (USAPA) describes pickleball as a paddle sport created for all ages and skill levels. It combines elements of tennis, badminton, and ping-pong. Played indoors or outdoors on a badminton-sized court and a slightly modified tennis net, the equipment is a paddle and a plastic ball with holes. Played as doubles or singles.

Notice pickles; dill, kosher, bread & butter or otherwise are not mentioned anywhere in the description. So why is it called "pickleball?" Lore has it that the game was named after one of the creator's dog, Pickles, who would chase the ball and run off with it.

Green Valley Craves Pickleball

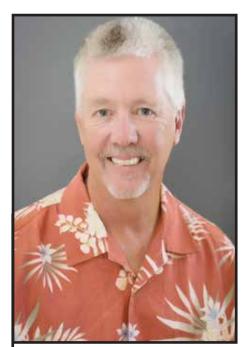
Pickleball has gained popularity in

Green Valley. It has become so popular that 24 courts are under construction at the new GVR facility located at 2612 S. Camino de la Canoa.

GVR agreed to pay for eight courts. However, Jeff Harrell, GVR Pickleball Club (GVRPC) President, said that club members wanted more courts than GVR was

going to pay for in the first phase.

To build additional courts not covered by GVR, the club set out to raise funds, beginning June 26, 2019. To be included in the final construction plans, the funds needed to be raised and deposited to an escrow account by September 1, 2019. People had the option of donating to the GVR



Jeff Harrell, GVR Pickleball Club President

nities

Foundation, or GVRPC, which is a club within GVR, yet its own entity. Together, as of August 29, 2019, \$347,455 has been raised.

"Together with GVR and the **GVR** Foundawe were tion, raise able to \$348,000 over in roughly sixty days for new courts," said Harrell.

Donations are still being accepted and will go towards ame-

Sky ordinances, there will be no lighted courts at the new center.

Let's Play

Ready to play now? You don't have to wait until the opening of the new courts. There are currently eight lighted courts at the East Center located off I-19 and exit 65 and four courts at Canoa Ranch Center, off I-19 and exit 56. Membership in GVRPC is available. Harrell reported there are 750 paid members. The courts see the most action between January and March when the winter residents are in town. Club membership is not required to use the courts, but GVR membership is. The distinction between club membership and non-membership is members can attend classes and club events.



as bleachers, screens and other equipment. Those funds will be held until the courts open and the amenities can be added.

such

The finished center will include 24 courts, and a 770 sq. ft. building complete with re-

strooms, an office, and multi-use storage areas. Each court will be 34 ft. by 68 ft., aligned north to south to alleviate solar glare. The perimeter of the courts will be encompassed by 8-ft chain link fencing. Between each court, 4-ft fencing will facilitate socialization and shared courts for classes. Each gathering space will contain 10-ft wide walkways. The parking lot will accommodate 114 spaces, 24-ft two-way access aisles, and four ADA-compliant parking spaces. Low-water-use trees will provide shade for each court while minimizing debris shedding. Due to Arizona's Dark

The first pickleball tournament open to the public will be held during the Southern Arizona Senior Games March 17-20, 2020. Details can be found at www.pickleball-tournaments.com. Registration is expected to open in February.

A ribbon-cutting ceremony will take place when the new courts are complete. Harrell does not yet have a timeframe for that event. The date will be announced as completion of construction gets closer.

For more information regarding GVRPC, please visit www.gvrpick-leball.org



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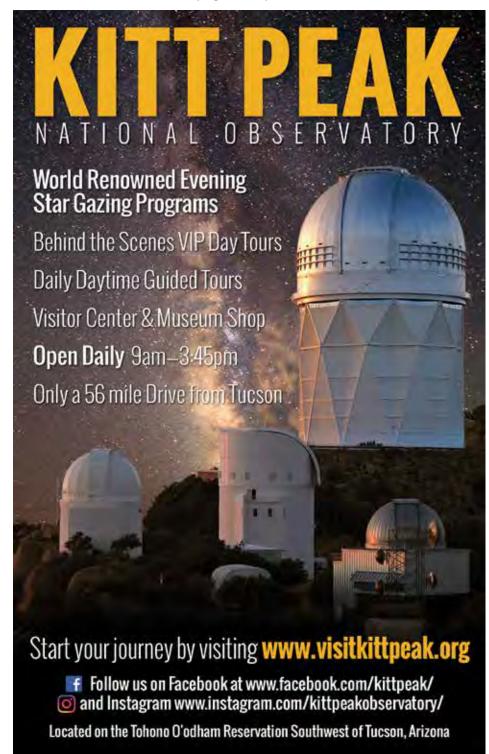
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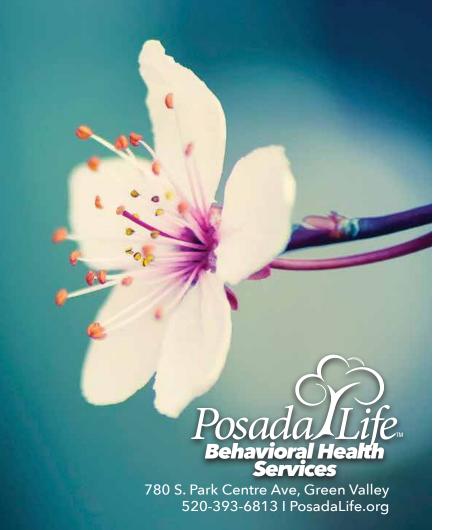
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Founders of The American Legion Honored with Sculptures

Written by Tabitha M. Yates

merican Legion Post 66 in Green Valley is the third largest post in Arizona and one of the most immaculately wellkept Legions you'll ever find. They have always had reason to be proud of their post. However, thanks to an amazing and heartfelt donation by member and amateur sculptor, Ron Cox, Post 66 now has bragging rights of being the only post to display busts of four founding members of The American Legion.

Mr. Cox has been a member of Post 66 for six years. Last Summer, he read an article regarding the 100th

Anniversary of the Legion and became interested in the founding the American Legion. Ron says," Founding fathers always have been of interest to me. So, I began to research history of the Amer-Legion. ican It was at that time I made the decision to do something

meaningful and lasting for our Post that would honor the Organization."

As he was searching for the theme of his sculptures, he had a meeting with Post Commander, Gary Hoffman. Gary, a retired Navy Veteran, gave Ron the go ahead to pursue his project and then didn't give it much thought following their conversa-

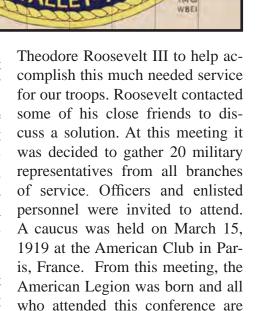
In his research Ron discovered that the Commanding General during WWI was General John J. Pershing. The General recognized the morale of the soldiers was suffering greatly and he wanted to do something to solve this growing problem abroad and at home. He called on Lt. Col.

AMERICAN LEGION POST 66 VETERANS MEMORIAL BUILDING war weary veterans to an influential non profit group that now has over our citizens in need." two million members. With the re-

cent passing of The Legion Act, opening up membership to any honorably discharged veteran, membership is sure to skyrocket in the coming years. Ron explains further, "The Legion Act, recently signed into law will allow us to access millions of potential new members. That can only serve to increase the amount of assistance we can provide to local organizations that help

For the subject of his sculptures, Mr. Cox chose to highlight General John J. Pershing, Lt. Col. Theodore Roosevelt III, Lt. Col. Eric Fisher Wood and Col. William J. Donovan. Ron did not have any sculpting experience prior to retiring. Upon

Continued on page 9



The American Legion was chartered by Congress in 1919 as a patriotic veteran's organization. The Legion has evolved from a group of

considered co-founders.

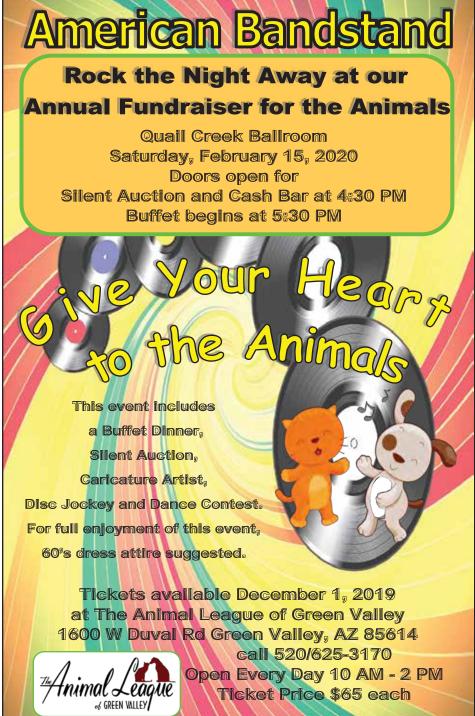




Photo courtesy of Ron Cox, Post 66 member and sculptor

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SPEC 5 RONALD W. COX

MERICAN LEGION POST 66

American Legion Continued from page 8

moving to Green Valley, he began taking classes at the Clay Studio at Green Valley Recreation Center. He joined 4 years ago and fell in love with sculpting. It took him 14 months to finish this project and not once did he consider quitting. Following the completion of the busts, he called Gary and asked if he could bring them in to show him.

Mr. Hoffman and the entire post were astonished when they viewed Ron's impressive works of art.

They immediately found a prominent place to proudly display the donation. Despite never asking for a penny, the executive board offered to pay Ron's membership fees for five years as a thank you for his selfless gift. They presented Mr. Cox with an official letter of thanks, which was humbly accepted, along with much praise from all the members of Post 66. Gary considers it a small token of appreciation, in comparison to the magnitude of the time and detail that went into Ron's sculptures.

Mr. Hoffman is currently serving

 2^{nd} his year as Post Commander and under his service and leadership, the Post had grown to 3,400 members, which includes Legionnaires, Auxiliary members and Sons of The American Legion. His father was in the military and Gary was often involved with the Legion in younger years, follow-

ing his dad's involvement. He got away from it as he was raising his family, but rekindled his involvement later in adulthood. As a snowbird from Michigan, he would visit Post 66 frequently and he was always impressed with it. When he made the permanent move to Arizona, Gary jumped in with both feet and was elected to leadership and served on the board in various roles, before being voted in as the Commander. He is dedicated to making it a safe place for everyone to gather.

Post 66 has grown from meeting in

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GRASSROUTS MOVEMENT ALREADY

DY PROGRESS

someone's garage to becoming an amazing movement of passionate volunteers, who are all an asset to this community. The Legion donated \$80,000.00 to a wide variety of charities last year alone. They serve daily meals, host blind veterans from the V.A., provide scholarships to local students, hold dances, bingo games and charity golf tournaments-just to name a few of their good works! The members of American Legion Post 66 have all served honorably and continue to make our Nation and our town proud as they carry on their service with dignity.



Gary Hoffman, Post 66 Commander, presents Ron Cox with a letter of appreciation



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Tickets are available at QuailCreek.ShoWare.com or at the Madera Clubhouse Concierge Desk or call (520) 393-5822. Concert seating is theater style. Tickets must be purchased in advance unless otherwise noted. Cash Bar opens at 6:00 PM, Doors Open at 6:30 PM, Showtime 7:00 PM. Cash Bar will remain open through the 15 minute intermission. Beverages purchased at the cash car are permitted in the ballroom. All Sales final (no refunds or exchanges)

Concerts & Special Events



Still Crazy After All These Years ~ A Tribute to Paul Simon

Monday, January 27, 2020 ~ 7 pm

Madera Clubhouse Crystal Ballroom

Rock and Roll Hall of Famer, multiple Grammy winner, and prolific singer/songwriter Paul Simon is lauded as one of the all-time greats. Spend an evening listening to his most popular solo hits (Me & Julio Down by the Schoolyard, 50 Ways to Leave Your Lover, Mother and Child Reunion, You Can Call Me Al, Kodachrome), including a range of selections from his unparalleled 1985 album Graceland. The multi-faceted Chach Snook stars in this tribute, and is joined on stage by arranger/pianist/percussionist Khris Dodge and a collection of musicians who will honor this living legend.



The American Red Cross Blood Drive

February 16, 2020 ~ 8:00 AM - 1:30 PM Madera Clubhouse Silver Rooms

If you're a blood donor, you're a hero to someone, somewhere, who received your gracious gift of life! The American Red Cross is holding the next Blood Drive on Sunday, February 16th in the Madera Clubhouse Silver Rooms 1 and 2, 8 AM to 1:30 PM. Registration typically begins 30 days prior to each drive. To schedule an appointment call 800-733-2767 or log on to redcrossblood.org, and enter sponsor code 'quailcreek', Give blood today!



BORN COUNTRY ~ The Music of ALABAMA

February 10, 2020 ~ 7pm, \$26 Produced By: Born Country

Never in the history of country music has any one band been more awarded than the band ALABAMA. From small town Ft Payne, Alabama to the highest stages around the world, to the hallowed grounds of the Grand Ol Opry.

The music of ALABAMA is timeless and stands today as a guide for the best in country music. This small band of related cousins and friends went on to hold the record of 22 continuous # 1 hits IN A ROW. This record still stands today, with 3 more #1 hits added along the way. BORN COUNTRY has put all these hits and more into an incredible show that will jaunt you down memory lane of the greatest time in country music. High Energy, incredible musicianship and songs and melodies you can remember, connect with, and sing along too. Before there was Garth Brooks, Brooks & Dunn, Alan Jackson...there was the radio dominant legend ALABAMA. This music was BORN COUNTRY!



Hot Stuff ~ A Salute to the Music of Donna Summer

February 21, 2020 ~ 7pm, \$28

Celebrate the legendary "Queen of Disco" with powerhouse performer

Tucson's own, Crystal Stark as she, her back-up singers, and a live band capture the sound and energy of Donna Summer.

Dance the night away to classics such as Dim All the Lights, MacArthur Park, Bad Girls, and Enough is Enough, and catch a rare glimpse at Donna's early Gospel background as well as her Broadway experience. Break out your bell bottoms and get ready for an evening of Hot Stuff.



Classics Rock ~ Familiar Songs in a Way You've Never Heard

February 24, 2020 ~ 7 pm, \$26

Classics Rock brings you collection of Arizona's finest symphonic musicians in a concert that blends Vivaldi and Valli, Mozart and Elton John, Chopin and Manilow, and much, much more. Featuring the vocal talent of versatile stage/opera/cabaret veterans Dennis Tamblyn and Liz Cracchiolo, Classics Rock fuses the worlds of classical and rock music and makes you fall in love with favorite songs all over again.



'56: The Rock 'n Roll Revu

February 28, 2020 ~ 7pm, \$28

THEN: '56...a year that featured Coup de Villes & drive-in movies,

Ed Sullivan and Milton Berle in your living room once a week, Mickey Mantle leading the Yankees to the pennant and Grace Kelly leaving Hollywood's silver screen to become a Princess. Elvis had 4 Top Ten hits that year, alongside Dean Martin and The Platters, and he became a movie star — all in 1956.

NOW: '56...four amazing musicians, individually accomplished in other genres, come together to ask this question: What if all those legends from Sun Records and the Louisiana Hayride never went to Hollywood, never made TV shows and movies, but were still just playing today? '56 is the answer! So, put your glad-rags on and grab your best gal or guy, and get ready to ROCK!



Project Presley ~ Chance Tinder

March 9, 2020 ~ 7 pm, \$26

Chance is a multi-award winning "Elvis Presley Tribute Artist" with

more than 25 years in the "Elvis Entertainer Business." He has been a part of the Elvis Presley phenomenon since the late 1980s, when he was first discovered in Southern California by non other than Bill Medley of the musical super duo "The Righteous Brothers."

Chance is also alumni of the award winning Las Vegas celebrity look-alike production shows, LEGENDS IN CONCERT, AMERICAN SUPERSTARS and SHOWSTOPPERS LIVE! His secret is believing it's not so much the voice that is most important, but it's knowing how to become the man himself on that stage! It's basically the attitude of Elvis Presley.shy but confident... knowing exactly what he's doing!



Quail Creek's Sixteen Annual 5k Run / Walk, Fun Walk ~ 2k Dog Walk February 29, 2020; 9am (Run/Fun Walk) 9:10 am (Dog Walk)

Nestled in the foothills of the Santa Rita Mountains, just 25 minutes south of Tucson, the Quail Creek Resort Community invites you to participate in

the 16th Annual 5K Run, 5K Fun Walk or the 2K Dog Walk. This annual event benefits The Animal League of Green Valley. Online registration www.active.com; search "Quail Creek 2020". Online Registration ends Friday, February 28th. Registration forms are available at the Concierge Desk, QC Grill or ANAZ Athletic Club. The 5k race begins at 9:00 AM. 2k Dog Walk starts at 9:10 AM. Don't have a dog? Rent one from the Animal League of Green Valley. Sign-up and let us know that would like a 4 legged friend. (If you register before February 15, 2020 you will receive a T-shirt any extra shirts will be handed out after the race first come first serve basis Call or text 520-237-0309 for more information.



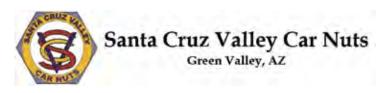
Santa Cruz Valley Car Nuts 26th Annual Collector Car Show

Written by Arthur Mournian

2020 will be the 26th annual Collector Car Show to be presented by the Car Nuts to raise funds and provide scholarships to

local students graduating from high school. The show is one of, if not the largest car shows in Arizona at this time of the year. We regularly have 450+ cars registered in the show which is held on the golf course at the Tubac Golf Resort and Spa in Tubac Arizona and will occur this year on January 25th, come rain or shine. We have been using this location for a number of years and it is a favorite with both the show participants as well as the spectators for a couple of reasons. In addition to the golf course venue we provide shuttle service from and to the show grounds into Tubac to allow those who are not interested in the cars to go into town and take advantage of the shops of which there are a lot with everything from yard art to clothing, pottery, kitchen supplies and fine art style paintings. When done with shopping it is possible to stop at one of the cafes or restaurants for a meal and adult beverages.

The cars that entered into the show range from Model T Fords, antique Jeeps, classic pickup trucks and cars from 1930s to this year and includes Ferraris to new Corvettes. In addition there are automobile dealers with a selection of the new model cars for the spectators to look at and get an idea of exactly what is available. The cars entered come from all over Arizona, New Mexico, California, Texas and Washington state. In



addition we usually have members of a car club in Ciudad Obregon, Sonora Mexico who bring their cars to enter.

To complement the Collector Car Show the Car Nuts puts on a BBQ dinner at the Tubac Golf Course and Spa on the Friday evening before the show.

Along with the BBQ dinner there is a DJ and both a live and a silent auction featuring a varied mix of items, posters to gift baskets.

Being located at the Tubac Golf Course and Spa makes it possible for some of those showing their car to rent a room and stay, literally within walking distance of the show. Staying at the Resort allows

the registrants to walk from either the BBQ dinner or the restaurant and not be concerned about having the show car being driven

around Tubac at night.

This year we will have as an added attraction, TV personality Dennis Gage of the My Classic Car TV show. Dennis and his crew will be on the show grounds filming for an upcoming episode of My Classic

Car Nuts put on each year to raise funds for the scholarships. 100 percent of the funds after expenses goes for the scholarships. As the show has grown the amount available has increased each year, resulting in approximately \$20,000 per year being available. Since 2012 we have donated over \$110,000 in scholarships. Students at both Sahuarita High and Walden Grove High are urged to apply for a scholarship. To be eligible the student has to have the grades



White 64 Chevy: John Beckman



Black Hot Rod: Phil Layton



50s Ford: Dave Mcknight

Car. Dennis has had a number of celebrities including Jay Leno on his show. understand that the 2020 Tubac Collector Car Show episode will air in March of 2020 which makes it pretty special as it is usual for an episode to air about a year after being filmed, not just 2 months and you might see yourself on TV.

The Tubac Collector Car Show is the one big event that the

in school combined with community service. While most students go on to a school like UA or ASU or NAU to study everything from astronomy to physics to neuroscience that path is not the only way to go. We feel that anything that will help a student become a more productive contributing member of society is acceptable. would not be possible to put on this show without many volunteers as well as the support we get from the community especially the

businesses that sponsor the various trophies that are awarded.

So come on down to the show, January 25th at the Tubac Golf Resort and Spa to see literally hundreds of cars and know that the cost of your ticket will go towards helping a student get started in higher education. We all look forward to seeing you in Tubac on January 25th 2020.

Classic car repairs by Tom North. Visit the backside of Mr. Automotive for the Classic Car Garage.

Sahuarita Home Schooling Meets the Needs of Many Families

Written by Tabitha M. Yates

omeschooling is growing in popularity across the nation and is steadily becoming recognized as an option worth considering when contemplating your child's education and future. Arizona particularly has a relatively swift and simple process necessary for a parent to begin the journey of educating at home. They do not require that you check in with your local district or participate in standardized testing, if you do not wish to. The



A local dairy farm visited the group and all the kids want a sample of their fresh cheese and butter!



Pam Crittenden teaches sketching to 9-12 year olds in her biweekly art class for homeschoolers.

parent simply prints and files a notarized Affidavit of Intent to Homeschool with the County School Superintendent within 30 days of starting to homeschool. This only needs to be filed once, rather than annually and you may now homeschool your child in the state of Arizona.

Both Sahuarita and Green Valley have a strong homeschooling presence and a wide variety of community opportunities for extracurricular activities. Sahuarita has a very active homeschool support group as well, that continues to grow and offers more opportunities and support for homeschooling families. Chair of the group and homeschooling mother of six, Danielle Stoker shares what she believes The Sahuarita Home School Group offers to the community, "The support in our group is there for all of us to utilize to achieve our primary goal, which is to provide our children with the finest education we can, while implementing the programs based upon their best way of receiving that education. These groups help support one another

with information and strategies for how we can work together to be successful with our children."

There are many diverse reasons why a parent might choose to homeschool their child. It can range from religious or moral reasons to being a military or law enforcement family who struggle with keeping their families in sync due to frequent moves or ever-changing schedules.

For Sahuarita resident Monica May, it was her husband's military schedule and the promise of greater flexibility that led her to choose homeschooling for her two boys. Mrs. May's husband was working as a full-time pilot in the U.S. Air Force and he was missing out on quality time with his family. They wanted to find a way where they could travel frequently and spend more time together in general and decided homeschooling was the best fit for them. Monica explains," There are many positives about teaching our kids at home. We can adjust our schedules to match my husband's schedule. We do school in the afternoon and some weekends. My boys are able to complete assignments while traveling. We have experienced more family time in the last year, than we had in previous years when my boys were attending public school. The curriculum they are using has kept them challenged and I feel my sons have really made progress in every day subjects like arithmetic and reading."

Other parents decide to homeschool, following their child's diagnosis of a learning disability or physical ailment. For long time Rancho Sahuarita resident and former teacher Mona Scheopner, homeschooling wasn't a choice but ended up being a blessing. Her plan was always to

Continued on page 14



The Sloan family visiting Dairy Farms with their children as a part of the field trip opportunities the Sahuarita Homeschool Group offers.



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Home Schooling Continued from page 12

return to teaching when her three children were old enough to be in school. This all changed when her middle daughter received the diagnosis of Migralepsy, which is a rare condition in which a migraine is followed, within an hour period, by an epileptic seizure. Mona was told by specialists that traditional school would be very difficult for her child and as a teacher, she knew this to be true. Their family made the decision to homeschool and their children have been tremendously successful with it. Her son attends Arizona Connections Academy, which is just one of many options available in home education and he is the

Vice President of his National Honor Society. Mona's two daughters receive the more conventional style of homeschooling, as Mrs. Scheopner explains, "I get to choose the curriculum that best suits their needs and learning styles. It is like they have a private tutor all day long and I get to be such a huge part of their education and their lives."

When asked, every parent shared that the Sahuarita Homeschool Group has provided a wealth of information and experiences for their families. Danielle views her role as chair of the group as being someone who can provide information to families that are homeschooling. She maintains the group's Facebook page and posts family friendly events to assist members



Local homeschoolers on a field trip to the Marana Pumpkin Patch in the Fall.

in their homeschooling programs. Danielle says, "It is an active page where many parents share activities that might be useful to the group such as-learning materials, ideas, strategies and support."

The group regularly schedules field trips, nature hikes, museum trips, teen hangs outs, free P.E. classes and even art classes. The Rancho Sahuarita Club House graciously allows the homeschoolers a room to gather for group events and classes. They also provide the group with wonderful volunteers including Christina Monroe, who leads their physical education classes. Pam Crittenden is the owner of Green Valley Art Gallery and Studio. She knew little of homeschooling before she started offering art classes to the group, but shares," The children in my classes are re-

laxed, curious, happy and have excellent manners and I believe homeschooling has much to do with that."

Danielle is thankful for all the community support the group has received. She proclaims, "We have holiday parties and events to help with keeping the social aspect of learning and allowing parents to meet and hopefully have some fun. I really enjoy putting these events on and we all thank the Rancho Sahuarita Clubhouse for their support of these events. Without them, a very important part of homeschooling would be lost."



The local Fire Department is always open to giving tours and teaching the kids about fire safety.

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The Fear Free initiative is an innovative movement developed by "America's Veterinarian" Dr. Marty Becker to, in his words, "take the pet out of petrified and get pets back into practices." Animal Care Center of Green Valley (ACCGV) is implementing the Fear Free practices in stages to make the new standards most effective. So far, we've implemented calming music into exam rooms and we utilize a calming pheromone spray on bedding or blankets, so our patients will relax and make themselves at home. For cats, we place warming pads under the blankets, and for those that travel in a carrier with removeable top, we let them stay in the bottom section if they prefer it.

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We are happy to hold ourselves to this higher standard! Pets are our passion and keeping them healthy is our #1 priority. Here at Animal Care Center of Green Valley, we strive to deliver excellent care to your pets because they deserve the best. Learn more about AAHA accreditation and why our accreditation is important to you and your pet. (Visit aaha.org/petowner.)



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The Hansens Bring Life Back Into The Longhorn Grill

Written by Tabitha M. Yates

restaurant owners, Greg and Amy Hansen, buckled up for a wild ride when they reopened the iconic Longhorn Grill and Saloon in Amado. The Hansen's already own Twist and Shout 50's Diner and 19th Hole Bar and Grille in Green Valley and taking on a third restaurant wasn't something they took lightly or was it? The family resides in Tubac and the route to their other

two restaurants took them right by The Longhorn, which sat unoccupied for seven to eight years. Every day they drove past, Greg and Amy would joke that they should buy it and fix it up and then they would chuckle and carry on with their day.

In 2018, the price was right and it became a legitimate conversation between the couple, who ultimately chose to buy and fix up the place. Three days after closing on the property, they watched soberly as the Cow Palace across the street flooded. The Hansen's observed the extensive work needed to renovate the restaurant, particularly in the kitchen. They knew how much this place would mean to the community and Greg and Amy wanted to do it justice.

It took them 9 months to open the destination restaurant, after they renovated the kitchen, built the front porch, closed in The Miner's Shack and painted the place inside and out. Amy researched local flavors for years and really tried to infuse the menu with Southern Arizona favorite's such as honey, corn, beans,



The Hansens at the inner entrance of their restaurant

poblano's and peppers. They had local support behind them and created jobs for 52 people at the restaurant. The grand opening was May 29th, 2019 and it has been an adventure for both of them to adjust to running a much larger location with quite an extensive menu.

The pair are very hands on owners and give much

credit to their managers, staff and amazing executive chef, Chris Parra, who chefs for all three of their restaurants. "He does the work of five men and we're so lucky to have him," Says Amy. Both Greg and Amy dedicate much of their time to making sure the restaurant is running smoothly and successfully. Amy spends 4-7 days a week at the Longhorn and Greg is there 7 days a week, checking on tables, monitoring the kitchen, working in the office, pouring drinks and making

sure overall that everyone leaves as a satisfied and repeat customer.

The Longhorn Grill and Saloon serves all three

meals a day and also provides take out. They offer such a wide variety of food choices on their menu, that the customer is always sure to find just what they're hankering for. "You can get street tacos for eight dollars or a

forty-dollar steak and anything in between!" exclaims Greg. They smoke meats all day long and even have a pizza oven that has added a great option for take out with the locals. Amy is in charge of the desserts, which include favorites- cherry and apple crisps in a skillet, caramel pecan sundaes, New Orleans style bread pudding and old-fashioned straw-

amel pecan sundaes,
New Orleans style
bread pudding and
old-fashioned straw
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venue. The

Historic Steerhead where guests gather to take photos

izona to take their picture in front of the steer head. Amy loves looking up #Longhorn on their Instagram to see the pictures their guests have posted. They are still researching the history of the steer head, saloon and restaurant and hope to have all the information posted for the public to read about in the near future. If you frequent the Longhorn, be sure to look them up on Facebook and Instagram and share your photos

Future goals for the couple include turning the Longhorn into an event venue. They have already hosted 2

concerts and they intend to create the ideal location in the back of the restaurant for similar gatherings and events. The Hansen's hope to add a haybarn, picnic tables, outdoor BBQ and more. Immediate plans are to add on to the restaurant a highly desirable outdoor seating area called The Corral.

Amy shares, "Like every restaurant in its first year of opening, there were some bumps and challenges to overcome, but

berry short-cake.

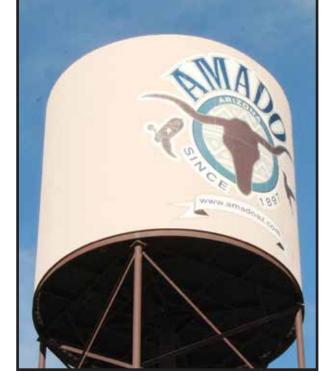
biggest draw to their location other than the food, is the Large Steer Skull that you walk through to enter the restaurant. has stood there since the mid 1970's and never ceases to draw a crowd of picture tak-

ers. People come from all across Ar-



IK-

ONGHORN



we hear every single day over and over again, 'We're so glad you're here. We're so happy you reopened.' That community support feels the best." Greg agrees, "I'm so proud of how wonderfully we've been received by the community. Since we've opened, we have tweaked our menu. We're proud of our menu, proud of our food and proud of our service. We're doing it right."



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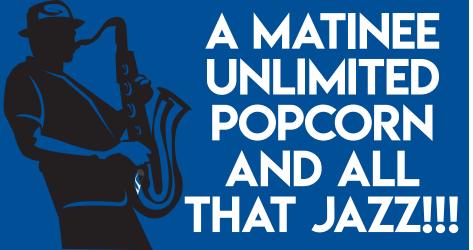
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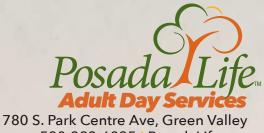


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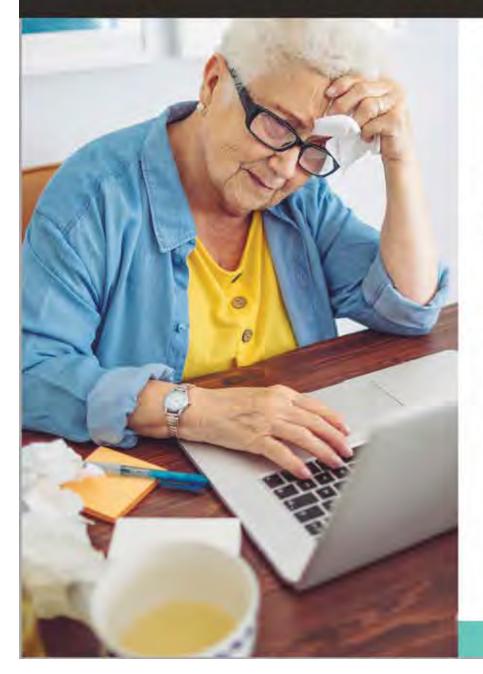
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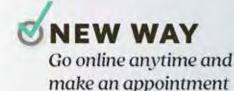
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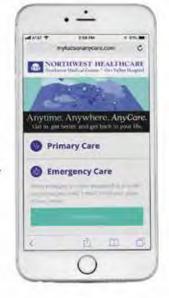


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Green AsphaltTM Helps Towns, Cities, HOAs and Schools Save Money

Written by KGVY Staff

Firestone Ad Jingle touted "where the rubber meets the road". Today it's more likely that the rubber is in the road! You may have even driven on a Southern Arizona road with AsphaltTM". "Green It's an exclusive patent pending process that uses recycled tires, a patent pending design and process to provide superior asphalt pavement while saving money and natural resources.



Before and after paving with Green Asphalt™

"The Town of Sahuarita contracted

The use of adding rubber using recycled tires with asphalt began nationally in earnest in 1993 with the Intermodal Surface Transportation Efficiency Act. Many recipes for both asphalt/rubber combination were developed dependent upon state regulations.

"Green AsphaltTM" is the product brainchild of Tucson Asphalt Contractors created with Southern Arizona in mind. Tucson Asphalt Con-

tractors began developing their own regional solution 13 years ago to cut costs for area customers, reduce product waste, and meet the demands of our summer hot cooler and winter weather. Internally dubbed they their creation "secret sauce"!

for "Green Asphalt TM " on La Villita for a 3/4 of a mile overlay connecting Sahuarita Road to Rancho Sahuarita neighborhoods" explains Beth. "La Villita is a moderate traffic collector road yet the job was done without traffic problems, prep work challenges, and substantially quicker than a traditional paving."

The cost, warranty, and time saving was the attraction to "Green AsphaltTM" for Beth. The quote was a clean and highly consistent rubber material." The tire's wire and fiber are removed during the cleaning process.

Can your road use the "Green AsphaltTM" application? Suprisingly many roads are a perfect fit. Tucson Asphalt Contractors hold the patent for "Green AsphaltTM" and are happy to supply quotes to go Green or a traditional paving job. Joe Herrick can provide the needed information.

Beth pointed out that working with Tucson Asphalt contractors was enjoyable. "They are pro-active and corrected the only hiccup on the road, before we even knew there was a problem!"

Tucson Asphalt will be supplying "Green AsphaltTM" for 3 more roads in Sahuarita, during 2020.

If you would like more information on Green AsphaltTM contact Joe Herrick at (520) 975-0466.



Town of Sahuarita paves La Villita Road with Green Asphalt™

"Green AsphaltTM" is more environmentally friendly than 100% asphalt, providing a smaller carbon footprint and use of recycled tires. "Green AsphaltTM" costs 30 to 60 percent less, cuts roadway noise by 50%, has less install time, is an immediate drivable surface, and is warrantied for 4 years rather than one for traditional asphalt paving.

"Green AsphaltTM" is a proven success in Sahuarita, and is resulting in multiple calls from HOA's to Town of Sahuarita's Public Works Director Beth Abramovitz. Since the overlay of La Villita Road she reports "HOA's are looking to save money with this type of overlay."

30% less and the warranty saves the town more.

"The warranty alone saves Sahuarita money,"said Beth. "With a traditional repaving we would re-work a street 3 years later. Now we have a warranty for 4 years with a product that will last even longer. I can improve more streets with the warranty savings."

Dwight Walker of "Asphalt Magazine" reports that "the process is no longer just grinding up a stockpile of old tires and adding the rubber to hot asphalt. The handling and shredding process is carefully planned and monitored to produce

Partial List of Tucson Asphalt's Green Asphalt™ Jobs

Aug 2006, Haciendas Del Conde HOA

May 2014, DR Horton, N. National Dr.

May 2014, Sonoran Behavioral Health

Oct 2014, Town of Oro Valley, N. Lambert Pl.

June 2015, City of Tucson, W. 18th St.

Sept 2015, Flying Diamond Small Plane Airpark

June 2016, City of Tucson, Tucson Water Plant

July 2016, Santiago Communities

Aug 2016, City of Nogales, N. Perkins Ave.

Aug 2016, Lazy Days KOA, Ph 1 of 4

May 2017, Pima Hollow Patio HOA

May 2017, Washington Federal Savings

June 2017, U of A Tech Park

June 2017, Urban Engineering, E. Tanque Verde Rd.

Aug 2017, City of Tucson, Silverbell Terrace

Aug 2017, CDO High School, Bus Bay

Oct 2017, Tucson Self Storage, E. Golf Links Rd.

Oct 2017, Sunrise Valley Townhomes HOA

Nov 2017, Tucson Asphalt Office

March 2018, Town of Sahuarita, La Villita Rd.

March 2018, Sombra Homes, N. La Canada

March 2018, City of Bisbee, Bisbee Rd.

May 2018, Town of Oro Valley, W. Naranja Dr.

June 2018, N. Via Serena

July 2018, Corona De Tucson, E. Savannah Rd.

Sept 2018, Immanuel Presbyterian Church

March 2019, City of Tucson, Reid Park

April 2019, City of Tucson, Kennedy Park

April 2019, Sunnyside School District

April 2019, La Buena Vida HOA, Ph. all 7 phases

June 2019, Rosewood Estates III HOA

June 2019, Third Church of Christ Scientist

July 2019, Lazy Days KOA, Ph. 4 of 4

Self Defense Class Empowers Men, Women, and Children

Written by Tabitha M. Yates

someone who was the unfortunate victim of domestic violence through most of my childhood, I can attest to the sentiment that one perceives that they've lost their power and feels helpless to protect themselves or their family from similar situations that may occur in the future. It was this feeling and the resolve to live a more fearless life that drove me to Dominate Fitness and MMA and their free self-defense course.

This opportunity is unlike any offered throughout the community. Upon signing up for the course, the participants commit to a class every Sunday afternoon for seven weeks. In that amount of time, they will receive 40 hours of absolutely free self-defense training, which ranges from wrist escapes, breaking out of zip ties, freeing yourself from the trunk of a car and a wide variety of Jiu Jitsu techniques. The course also features an educational lecture filled with law enforcement techniques, video-based evidence



Author Tabitha Yates and Dominate Owner, Bernie Arenas on her graduation day

training, weapon training and hours of lifesaving information. Students learn that they can be a pro at being vigilant, guarding what information is put on social media and being aware of their surroundings.

The idea for this course originated in the heart and mind of former Marine, therapist and law enforcement officer, Mike Torres. Mike has fused together a lifetime of unique experiences to create the curriculum for this course. He possess-



Class 1905 is the final class to graduate for 2019

es a wealth of information on this topic due to the nature of the cases he has been exposed to, his mental health therapist background, working with trafficking and kidnapping cases, teaching self-defense awareness in both colleges, the military and his current agency and being a former child abuse investigator. Torres shares, "I was always very adamant about protection, but also about female empowerment. I believe very strongly that women can do anything men can do, if not more. That empowerment comes from somewhere within them." He is determined to help the women,

> children and even men within the community, unlock that sense of strength and power.

The class was brought to fruition by a passionate group of honorary brothers, whose stories and lives are weaved together by no mistake. It couldn't happen without the joint effort of Torres, Bernie Arenas and Ray Rogers. These selfless gentlemen are husbands, fathers, brothers and sons. They volunteer hundreds of hours a year to this course, lending their expertise, time and talent to keep this community safe and its

residents more vigilant.

Bernie Arenas, former International kickboxing fighter and Dominate Fitness owner grew up with 3 sisters. Each one of them were assaulted, as well as their children, which fuels Bernie to impart the knowledge and tools needed to as many individuals as possible of how they can protect themselves from such tragedy. Arenas earned his black belt under Chuck Norris and spent many years of his life, traveling

and competing until an injury led him to step back from fighting and contemplate how to use his skills to assist others. He jumped in with both feet and opened Dominate Fitness and MMA in 2016.

Ray Rogers, Last Warrior Standing Black Belt Heavyweight Champion and owner of Sahuarita Brazilian Jiu Jitsu is Mike's professor. Torres is currently a purple belt and trained under Ray for 2 years, before Sahuarita Brazilian Jiu Jitsu, Dominate Fitness and Mike all came together to form the incredible team they are today. The week Bernie opened Dominate, he joined forces with Ray and SBJJ operates out of Bernie's gym.

Ray started boxing as a child and was able to meet Mohammed Ali at the age of 11, which inspired him to continue pursing boxing into young adulthood. Later in his life, he discov-

ered Jiu Jitsu and was instantly hooked. He earned his black belt and is passionate about equipping others to be able to defend themselves, whether it be a child who is being bullied, a woman who was assaulted or a college student taking preventive measures. When the gym was discussing launching a self-defense class, Mike wanted to pick up where he left off in college,

Continued on page 22



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Self Defense Continued from page 20

teaching self-defense tactics. He vowed to do all the work, creating the curriculum and all he asked was for Ray's blessing and that they all agree to the condition that they never charge for this class and never turn anyone away. Ray says, "To see the way Mike has run with this, makes me so proud. He and Bernie are touching people's lives and building relationships."

To date, they have had 218 students graduate from this class. They have individuals, husbands and wives and entire families participate.

Mike has a constantly revolving wait list of people throughout Sahuarita, Green Valley, Tucson and beyond that eagerly await their turn to take the course. Among the lives touched, is Patricia Basehore. At 57 years old, she is the oldest participant to score a perfect 100% on the test, which is a 10-15-minute demonstration of all the physical techniques taught throughout the class. She shares, "I want to be an inspiration to women who are of a certain age. I'd like to know that I could motivate another woman who thinks they may be too old to do this. I don't think you're ever too old. I think it's a matter of what is in your heart and what you're willing to do. If I can do it, there's no reason anyone my age or even older couldn't."

The youngest individual to graduate was 11 years old and the oldest participant was a 74 year old gentleman. Students come from a wide range of life experiences and reasoning for taking the course. For Carrie Williams and Jamie Kirksey, two young mothers at home with their children, their goal was prevention, protection and peace of mind. Jamie explains, "A lot of my day is alone with my kids and I like the idea that I can protect myself and protect my children." Carrie agrees, "I wanted to feel confident in being able to take care of my



Mike Torres, Bernie Arenas and Ray Rogers have formed a brotherhood

boys and I want them to know that their mom is strong." Both share

the sentiment that it was an amazing experience and they are walking away as friends for life.

College student Monique Merriex believes the best part of taking the course was meeting new people and learning such a wide variety of self-defense tools. Monique says, "Mike and Bernie made me much more aware of my surroundings and armed me with the knowledge to better take care of myself."

Stephanie Barnes graduated from the class with her husband and her two

children. Mrs. Barnes had a childhood filled with abuse and went on to a first marriage where she then faced severe domestic violence that almost resulted in losing her life. She also sadly was a victim of a sexual assault. Courageously, she wanted to take her power back, after facing so many difficult situations and relationships in her life. Stephanie exclaims, "This is my victor story. I'm not a victim anymore."

Future plans As their final class for the year for the course are to teach m o d i f i e d bring them. Bernie is the instrucclasses for University of Arizona students and to partner with former females who have taken the local domesviolence shelters, bring the affected women a sense of safety empowerment. Dominate Fitness goes as far as to offer free therapy sessions by a qualified ther-

practice techniques on him then ever have them face the pain themselves. He says, "By the end of the class, I've earned their trust and I feel like I can't let them down."

came to an end. Mike and Bernie

reflected on the satisfaction this

tor that the students must "fight

off" for their test. Throughout the

whole class, students practice with

guest instructors who are primarily

course. By graduation day, they go

up against a 250 pound, 6' 1" MMA

trainer and win, further enforcing

that Jiu Jitsu has everything to do

with technique and nothing to do

with size. To date, Bernie has been

put in 1,733 choke holds on grad-

uation day alone. He would rather

take the pain and let the students

Mike Torres giving his speech at graduation

apist to participants who feel the need for it, through the length of the course. Ray, Bernie and Mike want their students to know that Dominate is an extension of their family. Once you take this class, these men are your honorary brothers. New classes began in January and anyone who calls Dominate Fitness and asks for Mike, will be put on the list for 2020 courses.

Mike shares, "As another class comes to an end. I have shed some tears. I have a deep belief in my country and my God and a passion for what I'm doing. This is a joint effort. My wife was my first student and continues to find value in what I'm doing. She attends every single class. I've got my brothers backing me up.

I think this is

something God wants

me to do." Further confirmation to Torres that he truly is making an impact, is reflected in the latest parting gift, given him by a student. A woman who took the class with all four of her children gave Mike a Bible and a photo of her kids as infants with a note on the back of the picture, which reads, "Thank you for teaching my babies to protect themselves."



Bernie Arenas, Carrie Williams, Monique Merriex, Jamie Kirksey, Mike Torres and Patricia Basehore



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FUTURE EVENTS

Rodeo Roundup Service February 23, 10:30 AM

Easter Services ~ April 12 Sunrise Service – 6:00 AM Sunrise Breakfast – 6:45-8:45 AM Easter Service – 10:00 AM

John Guillott, Senior Pastor

Sunday Bible Study – 9:00 a.m. Sunday Worship Service – 10:30 a.m. Sunday Evening Life Groups – 6:00 p.m. Wednesday Prayer & Bible Study 6:00 p.m.

Sunday Morning Worship Live Streaming at www.gvbcaz.com

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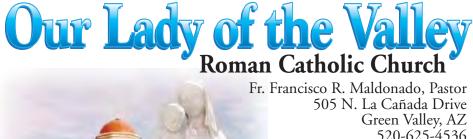
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Attend The Women of Quail Creek Kino Lecture Series

Provided by The Women of Quail Creek



Monday, Jan. 20: 'How We Survived Prohibition, Arizona Style!'

Lisa Schnebly Heidinger will share anecdotes of the colorful characters and places around the state when drinking was not allowed, and when men tried to break into the Gleeson Jail, in the former ghost town of

Gleeson, Arizona.



Turtle Fossil

Thursday, Feb. 13: Crocodiles, Stingrays, and Bats, Oh My!'

Jerome Montgomery, the Green River Stone Company Quarry Manager in Southwest Wyoming, oversees the "harvesting" of 50 million-year-old fossils from the top of Fossil Butte that was once the site of three large tropical fresh-water lakes. The fossils sell throughout the world to museums, private collectors, and interior designers.

Monday, Mar. 16: '500-Miles in 34-Days: One Woman's Camino de Santiago Journey'

Quail Creek resident Middleton recently completed this journey that started in southern France. Walking an average of 15 miles a day, she traveled through



Stingray Fossil

northern Spain, ending in Santiago for a medal celebration. She will share photographs of the people and places she encountered.

The lectures are open to the public, 7-8 p.m. in the Quail Creek Madera Clubhouse Ballroom—doors open at 6:30 p.m. Tickets are \$5 at the door.

All proceeds benefit The Women of Quail Creek's Scholarship Committee that each year awards cash scholarships to Sahuarita and Walden Grove High Schools senior girls and Pima County Women in Transition.





Never Retires

Celebrating

Equine Voices Rescue & Sanctuary Celebrated 15 Years of Equine Rescue!

Written by Diane Russell, Equine Voices Publicity Coordinator (Volunteer)

or 15 years, Equine Voices Rescue & Sanctuary has been a haven for abused, neglected, abandoned, and unwanted equines. It is often their last chance for a safe home.

Equine Voices' journey began in 2004 when four foals arrived at the Jumpin' Jack Ranch in Amado. They joined Karen Pomroy and two other rescued horses. Gulliver, Spanky, Deuce, and Bella Luna became the ambassadors for the soon to be Equine Voices Rescue & Sanctuary. They were foals of mares who were being used in the production of the drug Premarin (the name is derived

from "<u>pregnant mares urine</u>"). The sanctuary works to save the mares and their foals who are used in the Premarin industry and to educate the public about the dangers associated with using this drug.

In 2005, Equine Voices became a 501(c)3 non-profit organization with Karen Pomroy as President. Equine Voices became a voice for all horses and other equines who can not speak for themselves, and today continues working to end their senseless abuse and slaughter.

The sanctuary has rescued over 1,200 equines from abuse, neglect, the illegal drug trade, the Premarin

industry and, wild horses currently being rounded up by the Bureau of Land Management. Nine of the latest rescues were among the 932 wild horses displaced from their home on the open range in California. Currently, 57

horses and 6 burros reside at the ranch. For some, it is their forever home.

Volunteers are the backbone of the organization. They clean water troughs, muck corrals and stalls, build shelters, and help wherever they are needed. Most important, they provide the love and care these

the love and care these horses need to overcome the abuse and neglect they have endured.

Equine Voices exists due to the generosity of many donors in addition to grants and the annual fundraiser. Their recent fundraiser was held in October at the Tubac Golf Resort and was very successful with 180 guests attending.

In 2015, five additional acres were acquired. A six-stall barn with corrals, a tack shed, hay barn, and training arena were added. Because of the large number of equines in their care, they found themselves in need of more space and facili-



The Wild Mustang herd exploring their new home.

ties. Through generous donations, five adjacent acres were purchased in July 2019. A planned expansion project will include the building of a new, and much needed Visitor Center that will include offices and training/function facilities, a six to eight stall barn with corrals and fencing.

As they look to the future, Equine Voices will continue its mission to rescue abused, neglected and abandoned equines and save them from slaughter. It will also continue to educate the public and fight for the rights of all equines. For more information, visit www.equinevoices. org.



The Foundation Herd - Gulliver, Spanky, Deuce, and Bella Luna

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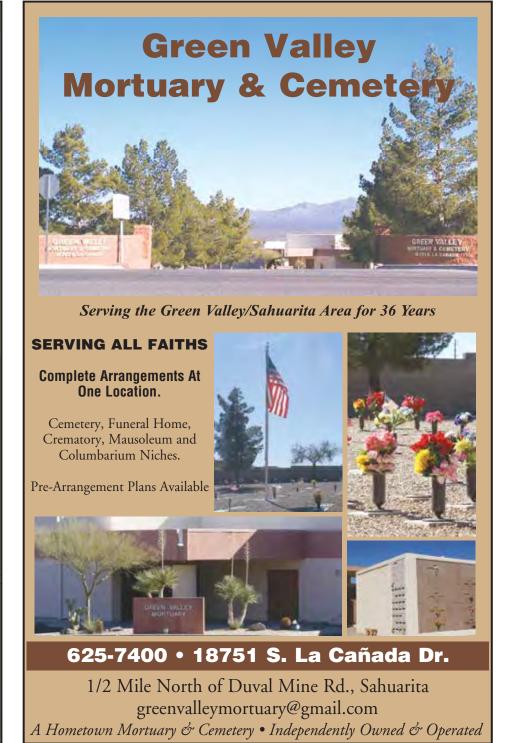




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Pima County Small Business Award Goes to Local Green Valley Business Woman

ocal resident and business owner, Charlene ✓ Westgate of Westgate Garden Design, LLC in Green Valley was recently awarded the 2019 Rural Small Business by the Pima County Pima County Small Business Commission for her dedication to creating spaces with nature in mind.

Westgate Garden Design, LLC is a home-based business that sustainable landprovides scape design and professional rainwater harvesting services. Charlene's small business saw its profits grow 490 percent in one year. She is deeply involved in community service and maintains strong relations with a broad network of subcontractors in Pima County.

Charlene stated that after struggling with desert landscaping and watching many of her neighbors do the same, she started a business three years ago to help the neighbors out. "I killed my share of plants trying to figure it out," she said. "I was close



Charlene Westgate, Brian Pessin, Supervisor Steve Christy, Ken Goodman, Jenni Zimmerman, Rhonda Pina and Kent Blumenthal,

to shutting my doors."

But she decided to go to school, learn about it and press on.

"She is known around the community as the nature harmonizer," she says it's "Because I help people create beautiful landscapes in harmony with nature."

She has designed 60 backyard gardens with the customer in mind.

"When I was able to articulate to people the difference it makes working with somebody who understands nature, that's what really turned things around for me," she said.

With community service on the top of her mind she is involved with the 4-acre Desert Meadows Park off of Abrego Drive where she designed the Rainwater Garden (described in the gardening article in this publication) in collaboration with the Green Valley Gardeners and the Tucson Audubon Society. The rainwater harvesting basins she designed solved a flooding issue on the main trail and provides habitat for local birds and wildlife.

She designed a drainage system which keeps the main trail from flooding but also attracts butter-

flies and hummingbirds.

Charlene says, "I have been working hard and will work hard." The legacy that she would like to leave behind will be "that we take better care of the earth."

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Avoid the Trap of Seasonal Roofing **Scammers**

Written by Rosie Romero, Special to KGVY

The official start of winter is just days away. In the Midwest and northern states, winter is generally the down season for construction. To make ends meet, it is not uncommon for contractors, particularly unscrupulous ones, to head south and look for work.

NOT A KNOCK KNOCK JOKE

Called storm chasers, travelers or gypsies, these folks turn up uninvited, knocking on our doors offering a "great" deal. Our rainy seasons are when the traveling "roofers" descend. Usually unlicensed and from out of state, they make their living driving across the country seeking the most storm damage. Then they show up at our doors with these common bait lines.

- "I just finished your neighbor's house and have some leftover material."
- "If you let us start today, we can save you X amount off your total price."
- "You better let us take care of this before the next storm comes and floods your whole house."

They may offer a free inspection and afterward show you a picture of your damaged roof. Problem is, the roof in the photo isn't on your house. It's just a photo of damage from goodness knows where.

Now that panic has set it in, a little pressure is applied to let them do the job right then. Oh, and they will ask for the money upfront -- without a contract. DON'T DO IT! You will be out thousands of dollars and your roof will not be fixed. By the time you realize something is fishy, the "contractor" will be long gone with your money.

INSURANCE

Scams can happen even with legitimate insurance or warranty work. Don't let anyone convince you to sign an agreement for an inflated price with the promise that the contractor will overbill your insurance company to get enough money back and reimburse you for the deductible. That's insurance fraud. Some will offer to pay you \$1,000 to let them put a sign in your yard, and then they try to get your insurance company to cover that fee. Insurance companies will not pay an outrageous price for the work. Also, never show the roofer the estimate from your insurance adjuster. A dishonest contractor will simply duplicate that estimate without evaluat-



Make sure you hire a licensed, bonded and insured roofing contractor. Photo courtesey of Shutterstock

ing the damage and working up a true price.

THE VALUE OF A **PROFESSIONAL CONTRACTOR**

Professional local roofing contractors make appointments with their customers—and those appointments are initiated by you, the homeowner. They will send an estimator wearing a company-logoed shirt and driving a truck with the same logo with Arizona license plates to your house. The estimator will climb up on the roof to survey the damage. When they come down, they'll give you a written estimate or send you one shortly. If they show you photos, they will be your roof. From there you initiate the appointment to have the work done. A professional company will not ask you to commit insurance fraud either. Visit www.azroc.gov to verify a contractor's license and to view steps to hire a contractor.

During the inspection, a professional roofing estimator will:

- Check all roof penetrations, including the chimney, vents, flashing, air conditioner stands, and antennas.
- Inspect transitions where the flat roof joins a tiled or shingled roof to see if there are holes that could let water into the house.
- Look for:
- ♦ cracks in the stucco on parapet
- ♦ holes pecked by birds in foam
- ♦ loose roofing material or dripcap flashing on the outer edges
- ♦ broken concrete or clay tiles that might need replacing.
- ♦ areas where fiberglass asphalt shingles may look as if they're missing.

around vents or chimcome loose during a storm.

If a scammer comes to ness card. You can anonymously report them to the Arizona Registrar of Contractors. If you are not comfortable doing that, call Rosie on the House and we will re-

flashing NOTE: If you are waiting and have a leak, many roofers offer a "dry neys that may have in" service and will tarp the roof to prevent additional water damage until they can get you on the repair schedule.

your door, get a busi- For more do-it-yourself tips, go to rosieonthehouse.com. An Arizona home building and remodeling industry expert since 1988, Rosie Romero is the host of the syndicated Saturday morning Rosie on the House radio program, heard locally from 7 to 10 a.m. on KGVY-AM (1080) and KGVY-FM (100.7) in Green Valley. Call 888-767-4348.



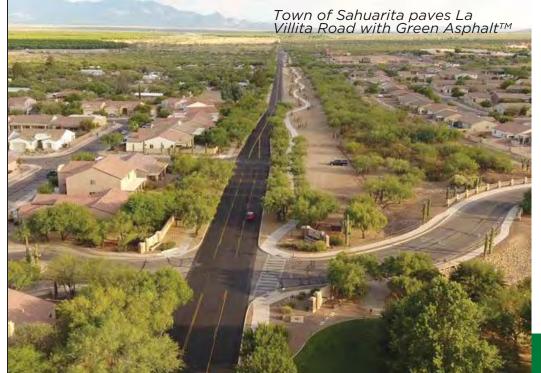
Be cautious of contractors or service people who come to your door uninvited. Photo courtesey of Shutterstock

Roofers get a bad because scammers. There are many honest and skilled ones to choose from. Just be alert and patient. A good, reputable, licensed, bonded, and insured roofer is always worth waiting for - even if you have to wait a couple of months.

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Valley Assistance Services Fills Empty Bowls All Year Long

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

\rightarrow veryone's bowl may be different, just like the needs. ✓ Each bowl may need to be filled with many different things: rent money, transportation, food, medications, or advocacy/support and assistance. Valley Assistance began Empty Bowls 14 years ago to help fill the bowls and needs of the community. Bowls may remain empty for some of the residents in our community all year long; therefore, Valley Assistance Services needs your help! Our annual Empty Bowls event will be on Saturday, February 15, 2020. Empty Bowls continues to remind many of us, who have the ability to make choices, that there are many residents in our communities who still cannot. Many of their bowls are empty at the same time; many are choosing which bowl to fill up first. Help us to raise money to improve the quality of life for many seniors and families right here in our area. Each year the needs grow and our programs continue to expand to meet the needs. With each bowl that is filled, another two bowls become empty.

Programs at Valley Assistance include:

SHiM® Safety and Health in Motion, Prevention & Care: A fall prevention program designed to identify falls risks and create an awareness of fall prevention and reduce the fear of falling. Inhome assessments are by the SHiM® team

of RN's and the Green Valley Fire Corps. This team identifies environmental risks and medical fall risk factors. Follow-up appointments are also made. Certain safety items are provided (reach sticks, night lights, and smoke alarms) to program participants.

Caring Neighbors Helping Neighbors In-Home Services: A program designed to provide community volunteer-based services to seniors who need transportation assistance and friendly visits. Transportation is provided by trained volunteers locally and to Tucson, and provides support and socialization with transportation, grocery shopping and medical appointments.



Tubac Regional Neighbors Helping Neighbors: A program designed to provide community volunteer-based services to seniors in the Tubac Regional Area of Tubac, Amado, Carmen, and Tumacacori who need transportation and friendly visits. Transportation is provided by trained volunteers south to Nogales, AZ and north to Tucson, and provides support and socialization with transportation, grocery shopping, and medical appointments.

Workforce Training and Benefits:

A program that provides a one-toone coach for advocacy and assistance with resume preparation and writing, mock interviews, and job searches and preparation. This program provides advocacy and assistance to help those who need jobs have a connection and prepares those for a career path. Our benefit programs stretch income, and we provide SNAP (food stamps) online application assistance and other

programs.

Youth Financial Literacy: A program that provides financial education to youth about financing, saving and budgeting, and earning money.

Neighbors AIM, Awareness in Memory Loss: A supportive program that includes education for those with early dementia and sup-

port for the caregivers, friends and loved ones. A spring event will be held for the art/music portion of this program. We will have educational classes and support group for those loved ones, neighbors and family members affected by memory loss and dementia. Our next classes will

be in January. We also have an immersion program, "walk in the shoes of those with dementia" that will be held monthly at Valley Assistance Services' office. Please call to register.

A Touch That Cares: A program that provides comprehensive care management program and RN advocacy, the only fee based program.

Senior Support and Support Groups: Support groups for senior support and activities (SASS group) as well as dementia support and caregiver support group are beginning at Valley Assistance Services.

<u>Health education classes:</u> Classes include Parkinson's, Dementia, End of Life, Advanced Directives and Planning, and Diabetes.

Empty Bowls will be held on February 15, 2020 at Valley Presbyterian Church from 10:30 am – 2 pm with three seatings 11am, Noon, and 1pm. Tickets are on sale now at Valley Assistance Services office, Nancy Pantz, Posada Java and Green Valley-Sahuarita Chamber of Commerce. Ticket price is \$20.00 (includes bowl and soup meal), with all proceeds benefiting the programs at Valley Assistance Services and staying right here in our communities. Please join us to try various delicious soups from over 16 restaurants, bowls donated by Santa Rita Clay studio, GVR Ceramics studio, Quail Creek Ceramics and Quail Creek POTS (Clay) studio and by several individual artists. You will enjoy delicious soups, take home a beautiful bowl, and have a chance to win one of 50 raffle baskets and silent auction items. Give your support and join us on February 15, 2020.

Your support can help others bowls stay full. If you would like to volunteer, donate to this event, sponsor, or for more information on the programs,

Please call Valley Assistance Services at **520-625-5966**.



Going Home with Care: A program for care after a hospitalization. RN home visits to seniors following hospitalization designed to reduce readmissions for certain diagnoses. RN's follow 30 days post discharge for medical and new diagnosis education, medication review, and to review discharge plan and encourage continuation of care with primary care and specialty providers.

MAP A Plan: A program that provides emergency financial assistance to seniors and families that includes rent/utility assistance, 6 hours of financial/budgeting classes to increase financial stability, and resources for housing. Case management is also part of this program.





Green Valley Sahuarita Chamber of Commerce 25th Annual Business Expo & Taste of the Valley

Written by Randy Graf, President & CEO, Green Valley Sahuarita Chamber of Commerce

he Green Valley Sahuarita Chamber of Commerce is hosting their 25th Annual Business Expo & Taste of the Valley on Saturday, January 18th from 9:00 AM to 1:00 PM at the Desert Diamond Casino's Diamond Center in Sahuarita.

Nearly 100 businesses all under one roof showcasing the goods and services they offer! Where else can you find everything from accounting and animal care to water and

windows. Health & wellness; home and garden; sports, fitness and recreation; travel and leisure... it will all be here!

The Green Valley Sahuarita Chamber of Commerce & Visitor

Center has more than 400 members to serve you. We are an official Arizona Office of Tourism Visitor Center with information to share on our entire region. Our friendly staff and volunteers can help you with everything from things to see and do to assisting you in finding a business to care for your needs.

Visit our booth at the Business Expo or stop by our office at 275 W. Continental Road, Suite 123, Green Valley, AZ 85622.



GVR LIVE! ARTS & ENTERTAINMENT



You don't have to be a GVR member to see performances at GVR West Center, 1111 W. GVR Drive



Upcoming Events:

January 14 • 7PM Jarabe Mexicano & Ballet Folklórico de los Ángeles

January 23 • 7PM Bettman & Halpin

January 28 • 7PM JoAnne O'Brien – A Doris Day Songbook

January 31 • 7:30PM TSO MW Tubalicious

February 6 • 7PM Billy McGuigan – Rock Twist

February II • 7PM LP and the Vinyls

February 18 • 7:30PM TSO Pops II

February 20 • 7PM Rumours: The Ultimate Fleetwood Mac Tribute

February 25 • 7PM Jessica Fichot

March 3 • 7PM Justin Johnson

March 6 • 7:30PM TSO MW Eroica

March 10 • 7PM Camarada

March 19 • 7PM Hot Club of San Francisco

April 2 • 7PM
The Green Valley Stage Band

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

Valley Assistance Services Caring for Our Community & Our Neighbors



Stay Healthy & Safe:
SHiM® Fall Prevention
Going Home with Care
(after the hospital)
A Touch That Cares®
Care Management
Neighbors AIM (memory loss)*
Community Centered Approach
to Care



Stay Vibrant & Active:
Neighbors Helping Neighbors
Transportation, friendly visits
Shopping/Errands/Volunteers
Sahuarita/Green Valley/Tubac
Tubac Regional
Senior Support Group
Caregiver Support Group



Stay Financially Independent:
Map-A-Plan Program
Emergency Rental Assistance
Budgeting & Benefits
Workforce Training/Job Search
Resume Writing/Career Building
One - to - One Coaching
Youth Financial Literacy
Education Classes

Empty Bowls – Saturday, February 15, 2020

Valley Presbyterian Church • 2800 S. Camino del Sol Tickets available at Nancy Pantz, Valley Assistance Services & Chamber of Commerce, & Posada Java Tickets are \$20, three different seatings, new bowls at each seating



Valley Assistance Services

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

www.valleyassistanceservices.org

medicalnews

NEED SOME HELP WITH YOUR NEW YEAR'S RESOLUTIONS? HERE ARE A FEW THINGS THAT WILL GET YOU STARTED!



Make smarter food choices

Limit your intake of red meats and processed foods, decrease the amount of saturated fat in your diet, eat 5-6 servings of fresh fruits and vegetables daily, and choose whole-grain foods in place of white-flour foods.

Take the time for breakfast

People who eat breakfast tend to eat fewer calories throughout the day, function better during the day and are less likely to be irritable.

Drink plenty of water

Did you know thirst is often mistaken for hunger? If you think you're hungry, try drinking a glass of water before going for a snack. Water is essential for the body to function properly including lubricating joints, removing toxins and regulating body temperature. Choose water instead



of high-calorie or sugary beverages like sodas, sports drinks, coffee drinks and juice.

Limit your salt intake

One teaspoon of salt contains more sodium than the recommended 1,500 milligrams a day. Excess salt can cause your body to retain fluids which may lead to high blood pressure and extra work for your kidneys. Foods highest in salt include sauces, prepared deli-style meats, frozen foods and soups. Read food labels carefully. Try low sodium salt or use more fresh herbs and spices to flavor food.



Stay active

Get least 150 minutes of moderate aerobic activity each week. Making small changes to your activity level will have positive benefits on your health.

Discuss these health biometrics with your primary care provider

Numbers you need to know: Glucose, Cholesterol, BMI (body mass index) and blood pressure. Strive towards good health by keeping these numbers in check through diet, exercise and prescribed medications.



Know Your Limit - Cut back on alcohol!

Consuming high levels of alcohol has been linked to liver and heart disease, hypertension, stroke, and mental deterioration, and even cancers of the mouth, throat, liver, and breast. If you do drink alcohol, limit the amount to no more than 1 drink per day for women, and 2 for men.

Talk to your doctor to find out which cancer screenings are right for you

Early detection increases chance of survival. Available cancer screenings include breast, cervical, lung and prostate. When cancer is found early, it may be easier to treat or cure.

Protect the skin you're in



Apply sunscreen and wear protective clothing, hats and sunglasses when you are heading outdoors! Liberally apply SPF 30, broad spectrum and water- resistant sunscreen 15-30 minutes before sun exposure, then reapply every 90 minutes or sooner if you have been swimming or sweating.

Resolve to quit smoking or vaping

Smoking tobacco...accounts for 85% of all lung cancer deaths. The US Surgeon General has said, "Smoking cessation [stopping smoking] represents the single most important step that smokers can take to enhance the length and quality of their lives." Parents strongly discourage your children from smoking and vaping.



Laugh Every Day!

Laughter provides both physical and emotional healing. Gushan Sethi, MD, explains, "The physical effect of laughter relieves stress hormone in the blood, it strengthens the immune system and it releases certain chemicals in the brain and blood which improves an overall sense of wellbeing and relieves

pain". The emotional effects of finding the humor in even the most difficult things we face can be a powerful step to bringing some light into dark times. Laughter is free and can be shared with everyone!

Take time to rest

You probably already know that a good night's rest can do wonders for your mood, but sleep is more beneficial to your health than you might realize. Adults should get 7-9 hours of sleep nightly in a dark, cool room free of excessive light and noise.

Mental Health

Did you know that symptoms of stress, anxiety and depression can result in physical symptoms such as headaches, difficulty sleeping, fatigue, apathy, and stomach aches? Ignoring your mental health can impact your quality of life, relationships, work and physical health.

A resolution should be something you really want, not just something that sounds good. It's important to set realistic goals that are achievable, understanding that you may have to revise or re-adjust if circumstances change. Don't be afraid of failing and if you do, don't be discouraged. Remember, even small improvements can make a big difference!

Educating the Community



Sherri Porterfield, RN, MSN

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

This column is provided by Westgate Garden Design 829-0399

OCICOENING By Charlene Westgate, Permaculture Landscape Designer

DESERT MEADOWS PARK INTRODUCES THE RAINWATER GARDEN

Have you visited Desert Meadows Park yet? If not, put this community treasure at the top of your To Do list!

Six years ago, the area was a vacant lot. Thanks to the work of the Green Valley Gardeners, this former eyesore has become a place of beauty.

On any given morning, you can find people walking their dogs, enjoying a cup of coffee or sitting reading a book. Fast-forward to the end of the day, and you'll find friends chatting over a glass of wine. In between, you may find groups gathering for a picnic, or bird watchers along the Anza Trail.

As you walk the paths, you'll find lovely seating areas, ceramic totems from the GVR Ceramics Club, and the metalwork of Henry Garcia. You'll pass the Library Garden, Butterfly Garden, Barrio Garden and Community Garden. Most of the things you'll see are donations from the community or the result of grants.

And every Wednesday morning, you'll see volunteers from the Green Valley Gardeners taking care of the park to make sure it's looking its best.

The latest addition to Desert Meadows is the Rainwater Garden.

Located on the east side of the park between the Community Garden and the Anza Trail, the Rainwater Garden, like the rest of the park, is another example of community collaboration. This area is the result of funds from a Freeport McMoran Foundation grant, the volunteers of the Green Valley Gardeners, the design of Westgate

Garden Design, and plant consultations with the Tucson Audubon Society.

As its name implies, the Rainwater Garden is designed to capture rainwater for the plants. Before work on the garden started, the Anza Trail would become flooded when it rained and become a muddy mess for walkers. So the first goal was to find a way to eliminate the pooling water and put that to use for the plants in the garden.

To accomplish this, a meandering, dry creek bed was created that wound along the fence line with the community garden to capture rainwater from the west. Beside this swale, a walk path was added that leads visitors through this "by-pass"

from the main trail. Slightly higher at its crest, the walk path drains water into the swale to the west and small basins (soil depressions) to its east.

Thanks to all the digging by Green Valley Gardeners volunteers, these basins work like a charm! Now when it rains, water flows into these basins, keeping it off the Anza Trail and making the surrounding plants happy.

Intended to be educational, the Rainwater Garden serves as a demonstration of the beauty, simplicity and

effectiveness of rain gardens. Also known as passive water harvesting earthworks, the garden shows how these gentle depressions and meandering swales can easily be put to work in a home landscape. This simple action, can add interest to a garden while saving hundreds or even thousands of gallons of water.

The Rainwater Garden was also envisioned as a space that offers habitat for birds and other wildlife. With a loss of 3 billion birds over the last 50 years, the necessity of protecting the food, shelter and nesting for birds is critical. Simple steps can help reverse this trend and signage is designed to

The state of the s

Green Valley Gardener volunteers Ed Payton (left) and Doug Lisotto (mixing cement) install a sign created by Henry Garcia in the new Rainwater Garden. (Photo courtesy of Chuck Parsons)

help homeowners do the just that.

To help enhance this wonderful birding corridor, the Rainwater Garden built on the excellent foundation that the Desert Meadows Park already provided. Designed



A gentle basin around the Palo Verde tree provides water for it and nearby plants. (Photo by Charlene Westgate)

Bush that you will also find along the Rainwater Garden path.

And what bird-friendly garden would be complete without hummingbirds flitting about? For them, we added several varieties of Salvia, Penstemon

> and Justicia. You'll also find plants that provide for Curve-bill Sparrows, Thrashers, Cardinals, Woodpeckers, Gnatcatchers, Phainopepla, Verdin, Cactus Wren and Phyrruloxia—a Who's Who of Southern Arizona birds.

> So next time you're in the area, come down and sit a spell. Watch the birds, enjoying the bubbling fountain ... and maybe you'll get inspired to create your own Habitat at Home!

using the Tucson Audubon Society's Habitat at Home model, the garden incorporates these steps to provide maximum benefit for wildlife:

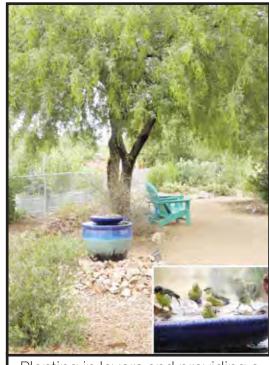
- Capturing rainwater,
- Using locally appropriate plants,
- Including a diversity of plants,
- Planting in layers (trees, shrubs and groundcover), and
- Providing a source of water.

Chuck Parsons with help from Tucson Audubon developed unique

Audubon developed unique signs to help homeowners who want to attract birds to their own yards. Unlike typical signs

that merely identify the plant, these signs also indicate the type of bird they attract and what need they fulfill for the birds: nectar, insects, seeds, fruit, nuts, structure or nesting. This takes the guesswork out of creating a habitat for birds at home.

Want to attract Desert Finches without using seed that also draws pack rats? Check out the Fragrant Bee Brush and the Mexican Sunflowers in the garden. Like to watch Quail? Consider adding Jojoba or Quail For more information about the Tucson Audubon Society's Habitat at Home program, contact Kim Matsushino at kmatsushino@tucsonaudubon.org. To find out about volunteering at Desert Meadows Park, email Chuck Parsons at chuck@greenvalleygardeners.com. Charlene Westgate is a sustainable landscape designer and owner of Westgate Garden Design. She can be reached at charlene@westgategardendesign.com.



Planting in layers and providing a dependable water source helps provide habitat for birds and other wildlife. (Photo by Charlene Westaate)



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FEBRUARY 4
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FEBRUARY 12 7PM KATIA CARDENAL IN CONCERT



FEBRUARY 18 7PM

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FEBRUARY 21 3PM & 7PM SUMMER OF LOVE & MONKEEMANIA



FEBRUARY 23 3PM & 7PM added shows THE ULTIMATE BUDDY HOLLY EXPERIENCE



FEBRUARY 26 3PM & 7PM DAVE STAMEY



FEBRUARY 29 7PM ARIZONA SYMPHONIC WINDS



MARCH 1
3PM & 7PM

A TRIBUTE TO JOHN DENVER



added shows

MARCH 3

7PM

BELINDA GAIL



MARCH 4

MIMI BLAIS



MARCH 7 7PM

HARPFUSION



MARCH 12 7PM

GREEN VALLEY STAGE BAND



MARCH 14 3PM & 7PM added shows VISIONS OF FLEETWOOD MAC



Buy Tickets Online at www.performingartscenter.org



520.399.1750 1250 W. Continental Road PO Box 1301 Green Valley, AZ 85622 This column is provided by the Animal Care Center of Green Valley 555 White House Canyon Rd

pettalk



What is laser therapy and how does it work?

Laser therapy is a way to use light energy, that is absorbed by the tissues, to create biological cellular and chemical reactions that provide energy for cells that stimulate healing, repair, and decreased inflammation. It is much like photosynthesis where plants turn sunlight energy into food energy via chemical reactions. It is a great way to use the body's own anti-inflammatory mediators to alleviate pain, inflammation and cell damage.

What conditions can you use laser therapy for?

At the Animal Care Center, we have used laser therapy for over 8 years for conditions such as chronic arthritis, snake bite swelling, post-operative therapy for orthopedic surgeries, spinal disease such as disk herniations, lick granulomas, and non-healing wounds. We use it most frequently for chronic arthritic conditions in both cats and dogs.

When should I consider laser therapy for my pet?

If your pet is showing any signs of pain, whether subtle or severe, laser therapy may prove to be very useful. Remember that subtle signs of arthritis in dogs could be something as simple as just having a bit harder time getting up when laying down, more difficulty jumping into the car or on furniture, or simply just "slowing down". Do not chalk those symptoms up to age, more than likely they are suffering quietly with arthritis pain that can be alleviated. In cats, the subtle signs of arthritis include having more difficulty or hesitating to jump onto high surfaces, struggling to get in and out of the litterbox, or decreased grooming.

done?



Is laser therapy expensive and how often does it need to be

Laser therapy in the scheme of chronic pain management is one of the least expensive and most effective modalities for pain control. A session for a single area of treatment at the Animal Care Center is \$41.50, and for multiple areas is \$71.50. For most conditions, we recommend 3 sessions for one week, two sessions the following week, then one session the last week. It is then generally needed once or twice monthly for the maintenance of most conditions. For cats, it is a GREAT option because we all know how fun it is to try and medicate them with any oral form of pain medication!

Is laser therapy always effective?

Generally speaking, with the correct medical diagnosis and proper targeting of laser therapy, I find it to be greater than 95% effective. I have seen it fail when the correct diagnostic channels have not been taken to ensure that the condition and area that we are targeting is accurate. Based on a good history, physical exam, and x-rays, we can make the proper recommendation and ensure that laser therapy is an appropriate choice for treating you pet's pain. We often use laser therapy in conjunction with other modalities for pain management. If your pet is already on some kind

of oral pain medication, adding laser therapy, if their symptoms are not 100% controlled, can be very beneficial.

How long does a laser session take? I can't see my dog or cat holding very still for too long!!

The amount of time for a session depends on how many areas we are targeting and how big your pet is. In general, a single area session takes less than 5 minutes and both dogs and cats tolerate it very well. Since it is painless and therapeutic, many of our patients learn to really enjoy their sessions since they almost always feel better afterwards. The laser sessions are not associated with the usual Dr. visit steps like temperature, heart rate and respiratory rate assessment, so the visits are really stress free.

If the visit is not associated with a Dr., how do I know my pet is getting effective treat-ment?

All of our technicians that

administer laser therapy are trained and certified to do so. They follow the Dr. instructions in regards to areas of treatment and are very experienced in ensuring the laser therapy is delivered effectively. The best part of that scenario is there is no Dr. visit charge, and there is no fee for the technician, just the cost of laser as mentioned before!

Laser therapy sounds really great, can I get that for myself?

Actually, yes, you can, but not through us, of course! Laser therapy is used in human medicine for various conditions just like it is in our pets. Dr. Miles Romney (chiropractor) provides laser therapy for humans here in Sahuarita. It has proven to be very effective for chronic and arthritis pain for people.

Understanding Home Health and Medicare Coverage



Written by Valerie Pinon, Marketing Manager (TUF) | BAYADA Home Health Care

With **TRADITIONAL MEDI- CARE** you have the <u>choice</u> of Hospitals, doctors, and other providers that accept Medicare

What is covered under Medicare Part A?

Medicare covers services (lab tests, surgeries, and doctor visits) and supplies (DME like wheelchairs and walkers) when considered medically necessary to treat a disease or condition. Medicare A also covers Hospital Care, Skilled Rehab care, Skilled Nursing home care (as long as custodial care isn't the only care you need), Hospice, and Home Health services-Such as BAYADA Home Healthcare.

Part B covers 2 types of services:

Medically necessary services and preventive services: Services or supplies that are needed to diagnose or treat your medical condition and that meet accepted standards of medical practice.

Part B may cover other services such

as ambulance services, durable medical equipment (DME), and outpatient rehab services.

Medicare does not cover everything. If you need certain services Medicare does not cover, you'll have to pay for them yourself unless you have other insurance that covers them, or you have a Medicare health plan that covers them. Even if Medicare covers a service or item, you generally have to pay your deductible, coinsurance, and copayment.

Some of the items and services that are not covered includes long-term care (also called custodial care), Most dental care, eye exams related to prescribing glasses, dentures, cosmetic surgery, acupuncture, hearing aids, and routine foot care.

MEDICARE ADVANTAGE PLANS

- All-in-one alternative to original Medicare
- Offered by PRIVATE companies approved by Medicare

- By signing up for an advantage plan, you are GIVING UP your Traditional Medicare
- These "bundled" plans include Medicare Part A, B, and D (drug plan)
- Unlike traditional Medicare, you may need to use health care providers who participate in the plans network
- Medicare pays a fixed rate for your care each month to the companies offering these plans
- Each company can formulate their own rules as to how you receive service
- Rules can change each year or in the middle of the year
- You can simply change from one advantage plan to another during open enrollment
- You also can switch back to traditional Medicare if you choose to do so, you do not have to wait for open enrollment, Medicare gives you the right to opt out of any Medicare Advantage plan at any time by calling 1-800-MEDI-CARE with the request. The plan

will usually change the 1st day of the following month.

BAYADA Home Health Care

These services are short term SKILLED services that can be prescribed by your physician to help manage a chronic medical condition, and are sometimes prescribed after rehabilitation, after a fall, illness, injury, hospital stay or surgery. Home Health care is a multi-disciplinary approach to decrease your risk of unnecessary hospitalizations, by providing the right care at the right time. Care plans are overseen by your primary care physician. Medicare part A covers nursing, physical therapy, occupational therapy, speech therapy and home health aides when qualifying requirements are met. Serving your community, since 1975, BAYADA has had a special purpose to help people have a safe home life with comfort, independence, and dignity. To learn more about BAYADA Home Health, or for service support call 520-308-8411.

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Win \$250 for you and \$250 for a local non-profit! Entering is easy! Fill out the crossword puzzle and mail to KGVY, Attn: KGVY Puzzle Contest, P.O. Box 767, Green Valley, 85622. Must be postmarked by 3/15/2020

This edition's puzzle is STATE CAPITALS! Green up your bank account when you successfully fill out the KGVY crossword puzzle, and it is chosen as the winning entry from all the correct entries. Include your name, address, and phone number on our form, and mail it to KGVY, Attn: KGVY Puzzle Contest, P.O. Box 767, Green Valley, 85622. All puzzles must be post marked by March 15, 2020. If you win, KGVY will cut you a check for \$250 and a local non-profit of your choice will receive \$250. Here's some additional small print to test your reading glasses.

1) Must be 18 or over (2) Must be a US citizen (3) One entry per person (4) All correct entries will be placed in the KGVY prize box and one winner will be randomly chosen (5) Judges decision final (6) Winners name and likeness may be used in KGVY promotional material (7) Winner is responsible for any state and federal taxes

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STATE CAPITALS

ACROSS

- 1. Ten Commandments word
- 6. Problem with concentrating, acr.
- 9. Black sheep's gift
- 13. "The game of unspeakable fun!"
- 14. "Fancy that!"
- 15. One Direction's "Truly, _____, Deeply" 1. Bayonet wound
- 16. Consumed, two words
- 17. Finish, with "up"
- 18. Extra software
- 19. The Lovin' Spoonful's "Do You _____ in Magic"
- 21. *Badger State capital
- 23. Snow runner
- 24. Boris Godunov, for one
- 25. Every American's uncle?
- 28. Aquarium organism
- 30. Hound or plague
- 35. He sacrificed a rib?
- 37. Nordic native
- 39. Singular of salpae
- 40. Sites
- 41. Joker or Batman, e.g.
- 43. Olympic one is 50 meters long
- 44. Terminate mission
- 46. Boor
- 47. If it fits...
- 48. *Centennial State's capital
- 50. Form of approval
- 52. As much as this and a leg
- 53. Saintly glow
- 55. Rub the wrong way
- 57. *Pine Tree State capital
- 61. *Garden State capital
- 65. Idle talk
- 66. Morning condensation
- 68. Œle de la CitÈ river
- 69. Painter Degas
- 70. U.N. workers' grp.
- 71. Samurai dagger

- 72. Fraternity recruitment season
- 73. Dog tags
- 74. Ancient Greek building for entertainment

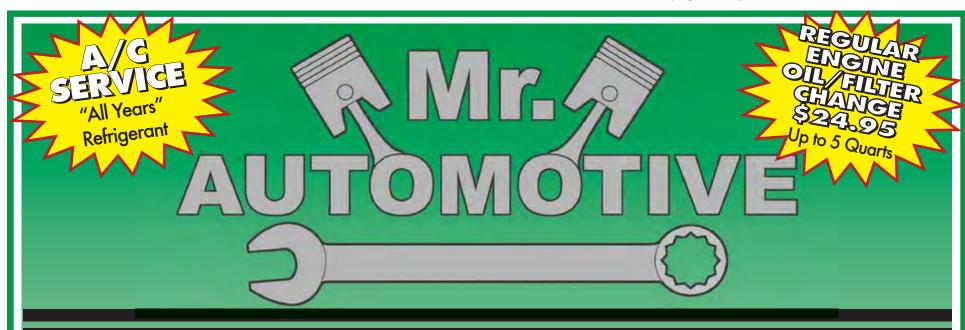
DOWN

- 2. Angie Thomas' "The ____ U Give"
- 3. Killed by Cain
- 4. Jazz musician Armstrong.
- 5. *Sunflower State capital
- 6. Fit of shivering
- 7. *____ Moines
- 8. Regards
- 9. Dry riverbed
- 10. Bookie's quote
- 11. Mishmash
- 12. Country singer Loretta
- 15. Hot curry dish
- 20. Mexican revolutionary
- 22. "I see!"
- 24. Food thickener
- 25. Type of bar
- 26. Acrobat maker
- 27. Wine from M,connais
- 29. Chutzpah
- 31. What Kanye does
- 32. *Greeting in Honolulu
- 33. Animal trail
- 34. *Beaver State capital
- 36. Type of missile
- 38. *St.
- 42. It can lead up or down
- 45. Movie preview
- 49. Hard to escape routine
- 51. Faster than allegro
- 54. Forearm bones
- 56. Work the dough
- 57. Copycat
- 58. Pakistani language

- 59. Silences
- 60. *Salt Lake City State
- 61. A child's "terrible ____
- 62. Pitchfork part
- 63. Aware of
- 64. Ne
- 67. Old age, archaic



Congratulations to Bob Moore from La Posada on his winning puzzle entry. Guy Atchley presents his winnings and Bob chose Hands of a Friend as the local non profit to receive the other \$250.



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