

Community Quarterly



Spring 2024

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Volume 15, Issue 2

Green Valley Volunteers

Written by Ellen March



For good reason, Green Valley has been called a community of volunteers. Thousands of us, including residents of Sahuarita, Amado, Arivaca and Tubac, spend time helping and serving others in a selfless way.

Over 100 organizations partner with the Green Valley Sahuarita Volunteer Clearinghouse which provides them with the latest information about volunteerism and the latest training regarding attracting and retaining volunteers. The Clearing-

house also provides potential volunteers with Hot Opportunities each month. Their partners reach out with their needs and those interested in new volunteer "careers" respond.

There are 5 types of volunteerism: Environmental, Animals, Social, Healthcare, and Sports and Leisure.

According to the U.S. Census Bureau, the top 4 volunteer activities are fundraising or selling items to raise money, preparing or distributing food, collecting and distributing goods or clothing and mentoring youths. In other words, there's something for everyone.

Some famous people on volunteers:

"The best way to find yourself is to lose yourself in the service of others" - Gandhi

"We make a living by what we get. We make a life by what we give" - Winston Churchill

"Volunteers do not necessarily have the time; they have the heart" - Elizabeth Andrew

"There is no better exercise for your heart than reaching down and helping to lift someone up." -- Bernard Meltzer

"When I started counting my blessings, my whole life turned around" - Willie Nelson

Friends of the Library
Green Valley & Sahuarita
Supporting Our Libraries - Join Us!

Thank You!!

Volunteers who run the **Friends'** bookstores, help with data entry, and serve on the board. You are the foundation of our success!!

You're enhancing literacy in our community!

CROSSWORD PUZZLE MANIA

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If you love Crossword Puzzles you will love this contest! See the Crossword Puzzle inside the April Quarterly for rules and entry information. No purchase necessary.

THANK YOU.

Celebrating 60 Years

The White Elephant extends a huge THANK YOU to all of our volunteers.

Our volunteers give wholeheartedly and generously, loving the work they do and doing it so well.

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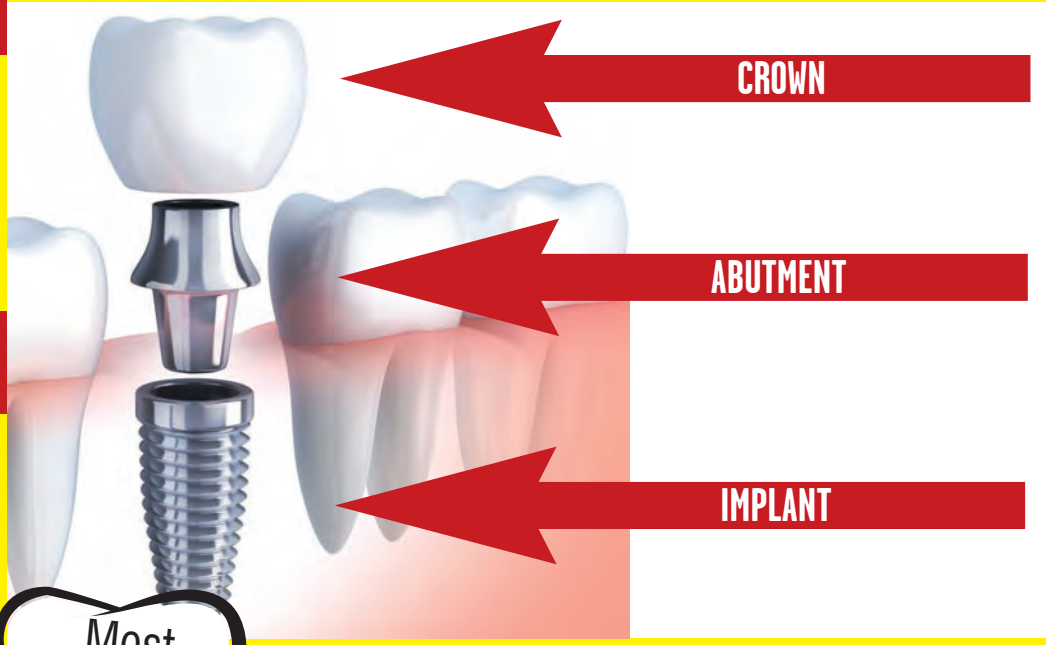
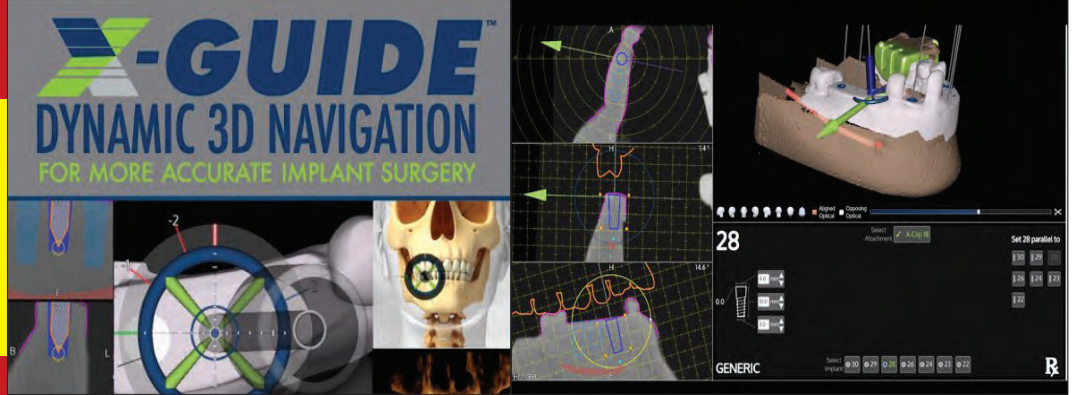
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Want to Volunteer? GVSVC Can Help!



Have you ever wanted to Volunteer but did not know where to start? For over 20 years, the **Green Valley/Sahuarita Volunteer Clearinghouse** has been matching potential volunteers with our over 100 Volunteer Agency Partners to find just the right spot for you.

Here is a little about us...

The Green Valley/Sahuarita Volunteer Clearinghouse recruits volunteers for community organizations, helps volunteer managers recruit, reward and retain volunteers and promotes volunteerism as an essential community resource.

To learn more about how the Clearinghouse recruits volunteers and promotes volunteerism, visit our web site (www.gsvvolunteering.org) and our Facebook page. You can follow us on Instagram (gsvvc2021). Join our database and receive emails of the latest Volunteer Opportunities. Read about volunteer positions and the Volunteer Spotlight in the Green Valley News. Come to see us at our annual "Volunteer Showcase", which will be at the GVR West Center on Wednesday, November 13 from 10:00 a.m. to 12:00 p.m., and meet our Agency Partners.

Additionally, the Clearinghouse helps volunteer managers through workshops, Quarterly Newsletters, informal affinity group lunches, assistance with promotion of special projects and development of a variety of volunteer programs.

The Green Valley/Sahuarita Volunteer Clearinghouse is an all-volunteer project of Pima Council on Aging. It is supported by Valley Assistance Services (where our office is located), by the Country Fair White Elephant, the Greater Green Valley Community Foundation, Green Valley Recreation, La Posada, the Green Valley Council, Freeport-McMoRan-Sierrita and the Green Valley Library.

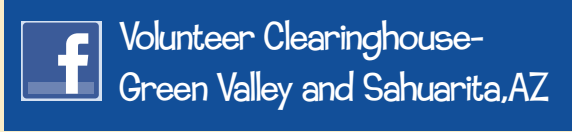
For those who already volunteer, Thank You! Thank you to all who share their time and talent. Thank you for your dedication. You have made those you help feel welcomed, important, cared for, and safe. Your hard work has allowed people to carry on and organizations to meet the needs of our community. Thank you for making a difference in the lives of so many!

The Clearinghouse is always seeking people to help achieve its mission of promoting volunteerism in our community. To find out how you can get involved and make a difference, check out our web site at www.gsvvolunteering.org, email us at gsvvc@pcoa.org, or call us at 520-625-5966, Ext. 600.



Non Profits That Need Your Help GVSVC Partner Organization

- 390th Memorial Museum
- Alzheimer's Association—Desert SW Chapter
- Amedysis Hospice
- American Cancer Society—Arizona
- American Red Cross, Blood Services
- American Red Cross, So. Arizona Chapter
- Angel Heart Pajama Project
- Animal League of Green Valley
- Arista Community Hospice
- Arizona Rangers, Madera Company
- Arizona Sonora Desert Museum
- Arroyo Gardens Independent & Assisted Living
- Avalon Organic Gardens & EcoVillage (GCCA)
- Books for Classrooms
- Border Community Alliance
- Candlelighters Childhood Cancer Found. of S AZ
- Canyon Valley Memory Care
- Children's Clinics
- Community Emergency Response Team (CERT)
- Community Food Bank of So. Arizona
- Community Food Bank—Amado
- Community Food Bank—Green Valley
- Community Garden of Tubac
- Community Performance and Arts Center
- Continental Elementary School District #39
- Court Appointed Special Advocates for Children
- Dazees - Hand of a Friend
- Dependable Hospice & Palliative Care, LLC
- Diaper Bank of Southern Arizona
- Easterseals Blake Foundation
- Emerge! Center Against Domestic Abuse
- Equine Voices Rescue & Sanctuary
- Final Exit Network
- Fred Lawrence Whipple Observatory (Smithsonian Institute)
- Friends in Deed
- Friends of Canoa Heritage Foundation
- Friends of Madera Canyon
- Friends of Pima-Green Valley Library, Inc.
- Friends of the Canoa Parks
- Friends of the Santa Cruz River
- Global Family Legal Services
- Good Deeds Done Together Days
- Greater Green Valley Community Foundation
- Green Valley Council
- Green Valley Domestic Water Improvement District
- Green Valley Concert Band
- Green Valley Fire Corps
- Green Valley Gardeners
- Green Valley La Canoa Lions Club
- Green Valley Recreation
- Green Valley/Sahuarita Chamber of Commerce
- Green Valley/Sahuarita Volunteer Clearinghouse
- Habitat for Humanity Tucson
- Historic Canoa Ranch
- Hospice Family Care
- Humane Society of Southern Arizona
- Iskashitaa Refugee Network
- Interfaith Community Services
- Joyner Green Valley Library
- Kitt Peak National Observatory
- Kiwanis Club of Green Valley
- La Posada at Park Center, Inc. Main Campus
- Posada Java
- Vensel Treasure Shoppe
- La Posada Community Services
- Adult Day Services
- Los Niños Del Valle Preschool & Child Care
- Readers Theater
- Victory Volunteers
- Literacy Connects
- Lutheran Social Services of the Southwest
- Make Way for Books
- Military Officers Association, Green Valley Chapter
- Mentoring Sahuarita's & Tucson's Kids
- Mobile Meals of Southern Arizona
- Neighbors for Justice, Inc.
- Old Pueblo Community Services
- One on One Mentoring
- Osher Life Long Learning Institute (OLLI)
- Oshyn Hospice
- Parkinson's Support Group of Green Valley
- Pathways Hospice Care
- Paws Patrol
- Pet VIP Therapy & Visitation Programs
- Pima Air & Space Museum/AZ Aerospace Found.
- Pima Animal Care Center
- Pima Community College District/Adult Basic Edu.
- Pima Council on Aging
- Pima County Attorney's Office, Com. Justice Boards
- Pima County Attorney's Office, Victim Services Div.
- Polio Epic, Inc.
- Prestige Care Assisted Living
- Project Linus--Tucson Chapter
- ProMedica Hospice
- Remita Health
- Rotary Club of Green Valley, AZ
- Sahuarita Food Bank/Community Resource Center
- Sahuarita Parks, Recreation and Community Services
- Sahuarita Pima County Public Library Branch
- Sahuarita Unified School District
- Sahuarita Volunteers in Police Service
- Salvation Army Green Valley Service Center
- Santa Cruz Regional Hospital
- Santa Rita Nursing and Rehabilitation Center
- SCORE Southern Arizona
- Sheriff's Auxiliary Volunteers, Green Valley (SAV)
- Silver Springs Senior Living Community
- Soreo Hospice and Palliative Care
- Soulistic Hospice
- Southern Arizona VA Health Care System
- St. Andrew's Children's Clinic
- St. Vincent de Paul Society-Our Lady of the Valley Conf.
- Traditions Health
- Tu Nidito Children and Family Service
- Tubac Center of the Arts
- Tubac Presidio State Historic Park
- Tucson Clean & Beautiful, Inc.
- Tucson Festival of Books
- Tucson Interfaith HIV/AIDS Network (TIHAN)
- Tucson Museum of Art
- Tucson Rodeo Parade Committee
- Tumacácori National Historical Park
- United Community Health Center
- United Way of Southern Arizona in Green Valley
- United Way of Tucson & Southern Arizona
- University of Arizona Cooperative Extension
- Valley Assistance Services
- Valor Hospice Care
- White Elephant, Inc.
- Zion Children's Foundation



Jealous Snowbirds?

They will be when they see these 5 can't miss events this summer!

(Two events are totally FREE!)

Plus the perfect spring recipe that is easy enough for kids or inexperienced cooks: Mother's Day fruit salad, made by the owner's of Arizona Family Restaurant for their own family gatherings.

Cinco de Mayo Party: FREE Drink specials, dancing, live entertainment, Mexican food specials. Party is 5-9PM Sunday May 5th

Charcuterie Board Design: Get your entry half price if you sign up before May 15th. Class is Wednesday June 19th, cost is \$40 and you get to take your board and all the snacks home when you're done!

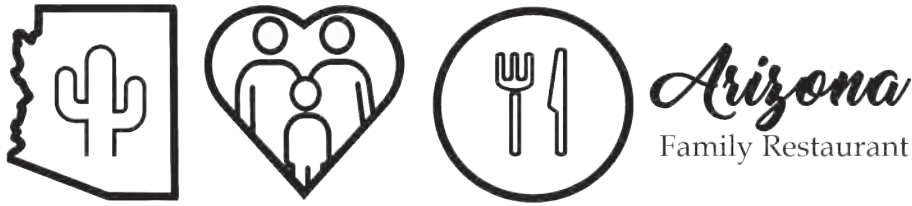
Cake Decorating: Learn to decorate a cake with a few easy to learn tricks! You'll go home with a beautiful cake to share with your family and friends! Class will be June 26th at 5pm. \$40 for all your supplies and a lovely evening.

Decades Dance: FREE Saturday July 20th from 5-9pm Dress up in clothes from your favorite decade and join us for dancing and prizes for best costume!

Bar Olympics: Come with a friend, choose which country you want to represent and compete for gold in fun games like Jenga, penny drop and beer pong! Every Wednesday in August at 6PM.

3 BONUS EVENTS: Paint and wine classes on May 22nd & June 19th both at 5pm. \$35 for all supplies and a glass of wine or slice of pie. And Mother's Day Meal on May 12 beginning at 11AM.

All events held at Arizona Family Restaurant, 80 W. Esperanza Blvd, Green Valley. Call 520-625-3680 to sign up and make payment to reserve your spot.



Katie's Family Recipe

Perfect Fruit Salad

- 1 quart of fresh strawberries, sliced in quarters
- 1 pound of black grapes, sliced in half
- 1 whole pineapple, diced
- 3 mandarin oranges, sectioned



Layer all ingredients in a glass bowl for a beautiful and healthy side dish. So simple, even children or non-cooking husbands can make this delicious salad for Mother's Day! I love making this salad in the summer, and often eat for dinner during our hot summer months. Enjoy! -Katie

WOW! AMAZING!

GREEN VALLEY FIRE CORPS: SERVICE, SAFETY & SUPPORT



The Mission of the Green Valley Fire Corps is to provide Prevention and Safety Services to our Community that result in Superior Customer Satisfaction and Enhance the Effectiveness of the Green Valley Fire District.

The GV Fire Corps started in 2006 with a dozen local residents interested in volunteering to help the Green Valley Fire District with day-to-day, non-emergent calls, such as desert pests and chirping smoke alarms. In addition, they offered to help with deliveries and errands, shuttling vehicles and supplies, clerical support, lock box installations, and support to firefighter training cycles.

Volunteer service includes a five-day-per-week coverage for our Smoke Alarm Battery and Replacement Programs, monitoring and replacing batteries in residential smoke alarms, as well as installing new A/C powered, battery back-up smoke alarms in local homes.

Fire Corps has over 75 volunteer members who work in the Field or Administration, and they have become an invaluable asset, both to the district and the community. In 2012, our Fire Corps was the recipient of the National Fire Corps Award of Excellence, for the best Fire Corps in the country. Recently, GV Fire Corps was awarded the Governor's Volunteers Award for "Service to the Community".

If you are searching for a way to make the greater Sahuarita / Green Valley community the perfect place to live, consider volunteering with Fire Corps. These volunteers make a difference.

Thank YOU!



We are very grateful to all our volunteers at Friends In Deed. Whether you are working at our front desk, equipment area, transportation, staff office assistance, blood pressure screening or helping with our Friday socials YOU make Green Valley a better place to live.

THANK YOU

If you would like to help, go to fid-gv.org or call 520-625-1150

VALLEY ASSISTANCE SERVICES

THANKS THEIR WONDERFUL VOLUNTEERS WHO CONTINUE TO STRENGTHEN VALLEY ASSISTANCE SERVICE'S MISSION. YOUR TIME, TALENT, AND CARING HELPS THOSE IN OUR COMMUNITY WHO NEED OUR ASSISTANCE.

THANK YOU !!!



THANK
·YOU·



Green Valley Jewelers Offers High Tech Lasers and Seasoned Experts

Written by Ellen March

Green Valley Jewelers, a local business for over 30 years has an ace in the hole when it comes to jewelry repair.

GIA Graduate Gemologist Melicia Phillips, Master Goldsmith Patrick Contreras and owner Connie Lamberto have all been trained to operate their two year old Laser Welder. This high tech machinery enables repairs with little danger of damaging gemstones, especially important when repairing delicate, vintage Native American jewelry.

The Laser Welder, manufactured by the Orotig Company in Lafayette, Louisiana, is considered to be in a category of its own in the modern jewelry industry. With its efficient cooling system and revolutionary operating system, the machine assists in making many formerly unrepairable pieces like new again.

Melicia and Connie attended in-



GIA Graduate Gemologist Melicia Phillips welcomes customers at Green Valley Jewelers in the Continental Shopping Plaza



Master Goldsmith Patrick Contreras demonstrates the technique he uses with the OROTIG Laser Welder.

house Basic Laser Training at Orotig headquarters in Lafayette 2 years ago when they were acquiring this amazing machine.

Adding it to their collection of specialized equipment has enabled Green Valley Jewelers to help more customers restore, preserve and enjoy their jewelry collections.

Melicia Phillips spent over 30 years as a chef in New York but was al-

ways interested in the jewelry industry. She had been to the Tucson Gem Show as a visitor and shopper and fell in love with the area.

Melicia enrolled at the Gemologist Institute of America and did her training both online and in New York City. The Institute offers an in-depth, hands-on springboard into many careers.

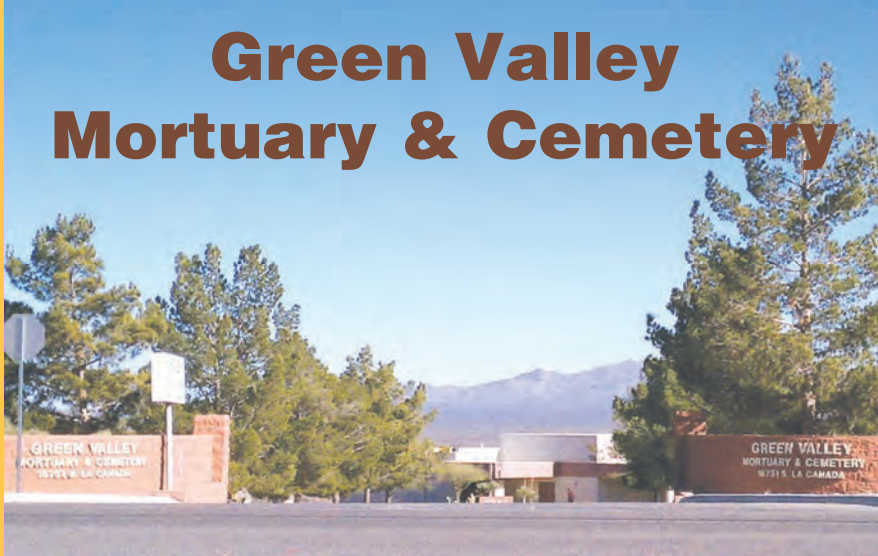
Melicia studied to attain a Graduate

Gemologist credential, one of the most sought-after designations.

When she decided she needed a change of career and location, she and her husband moved to our area in 2019, just before the Covid-19 pandemic. She worked at a Tubac gallery for 2 ½ years until she found her home at Green Valley Jewelers.

Melicia is at the hub of activity at this very busy local business.

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Volunteers Make it Happen for the Community Food Bank

Submitted by Community Food Bank of Southern AZ

"I enjoy working with the clients and the staff at the Green Valley Food Bank are wonderful!" - Judy

I feel that I'm a member of the team, my efforts are appreciated and I'm making a difference in my community." - Susan

Measure the amount of time volunteers give to the Community Food Bank of Southern Arizona and the total will likely surprise you.

Each year, volunteers give nearly 100,000 hours of their time to help the Food Bank run.

In Green Valley, Judy gives a few hours each week at the front desk of the Green Valley Resource Center helping people check in, answering questions, and welcoming the public. "I like volunteering at the Green Valley Food Bank because I feel that I'm helping, in a small way, to be sure that people aren't going hungry. It's also important to me to give back to the local community," she says.

Her thoughts are echoed by Susan, another regular volunteer in Green Valley. "I've been volunteering at the Green Valley/Amado Food Banks for almost five years. What attracted me to volunteering at the Food Bank was their mission "feeding the hungry today, and building a healthy, hunger-free tomorrow" was a mission that I embrace and wanted to support. What I love about working at the Foodbank is the interaction with clients. Each day I hope to make a difference by helping someone in need and showing that we care."

Volunteers do this important work not only in Green Valley, but across southern Arizona in the five counties where the Community Food Bank operates.

They work in many different roles. Volunteers help distribute food in remote rural locations from Ajo to Bowie to Thatcher. They portion senior meals going out at Caridad Community Kitchen, help pull weeds and maintain Nuestra Tierra Learning Garden, and do a variety of jobs that allow the Community Food Bank to serve people.

In what may be one of their most critical roles, volunteers help assemble food boxes that go out across Southern Arizona. Last year



Leave a bag of food at your mailbox on Saturday, May 11.

Be a part of the biggest food drive of the year! Gather some canned goods and other non-perishables and leave them for your letter carrier on Saturday, May 11, before your regular mail delivery time.

This is an easy way to donate food. Every year it adds up to around 200,000 pounds of food collected.

It couldn't come at a better time. This food replenishes what the Community Food Bank of Southern Arizona has on hand, and helps keep food available during the challenging summer months.

Wondering what to donate?

Here's a list of the top nine items requested by the Community Food Bank.

Stock up and get your bag ready for Saturday, May 11!

MOST NEEDED NON-PERISHABLE FOOD ITEMS



PEANUT BUTTER



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CANNED VEGETABLES



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RICE & PASTA



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Please consider donating nutritious items labelled as low sugar, low or no sodium, or whole grain.

* No glass containers or pre-opened items. We cannot receive baby food other than cereals through food drives due to food safety standards. Please keep food in a clean, well ventilated and dry storage area. Do not store outdoors or in temperatures above 80°F.



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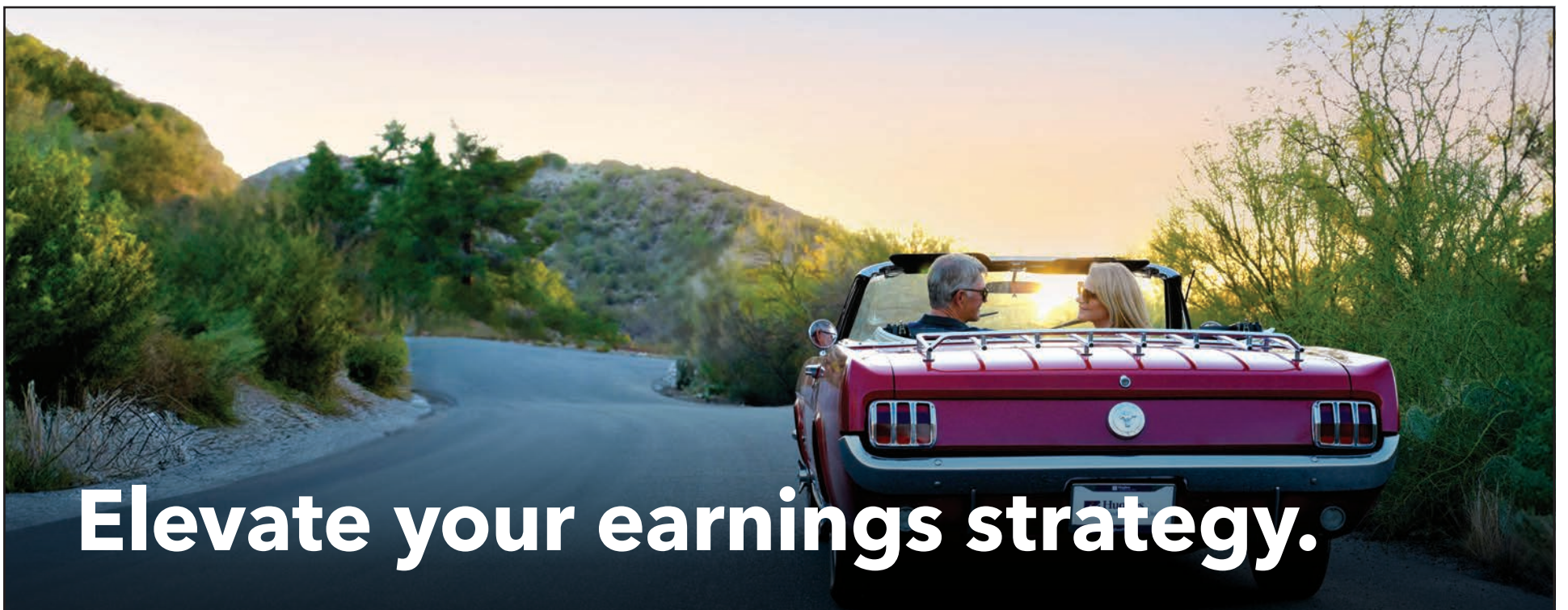
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Food Bank
continued from page 6

they packed more than 400,000 boxes with non-perishables. This assembly line process runs five mornings a week in Tucson.

The work typically starts about 8:30 with volunteers checking in, learning basic safety procedures, and taking a place on the line. The variety of food changes, so it may be canned veggies, bagged rice, or canned soup they're handling for the morning. Once the line starts, so does the music, and the action begins!

A regular volunteer, Terry takes his place at the start of the line building boxes three days a week. It's repetitive work, but it is where he wants to be. "This is relaxing to me," he says. "There are a lot of nice people working here. I like helping people and

like someone said, this is almost like going into Zen mode for me."

The boxes make their way down the assembly line and the full boxes go through a taping machine where they are sealed,

April is National Volunteer Month, and a good time to think about whether you have time to give.

Volunteer once a week, once a month, or whatever suits you. Email us at volunteer@communityfoodbank.org.

then take the last step being stacked onto pallets by volunteers.

A good productive morning means about 3,000 boxes are packed.

This essential work goes on year-round, and gets especially challenging in the summer when so many winter visitors go out of town.



The Community Food Bank families often feel more pressure has seen demand rising in the last year with as much as a 30% increase in some locations. With children home for the summer,

on already tight grocery budgets.

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

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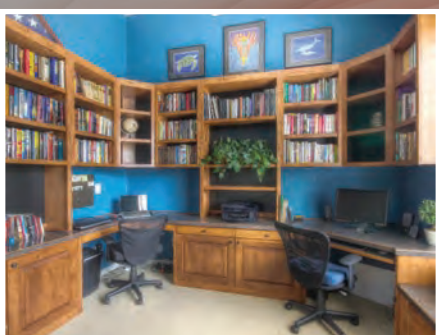
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Fireplace Units
Garage Cabinets

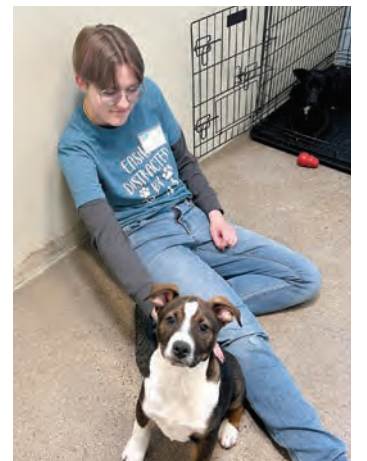


The Animal League of Green Valley Thanks You!

Cats are purring and dogs are wagging their tails in gratitude! If it were not for the multitude of caring volunteers who work at The Animal League of Green Valley (TALGV), many homeless cats and dogs would never have the chance of finding a loving home. By showering the animals with affection and kindness, volunteers give many pets hope for a second chance. Volunteers walk, train and socialize dogs. Others are cleaning kennels. Cat handlers scoop litter boxes, medicate and socialize the cats. Both cat and dog volunteers interact with the public by showing animals and sharing information about them. TALGV is always on the lookout for more compassionate dog and cat volunteers, especially handlers for the larger, stronger dogs. We also always need volunteers who are willing to clean.



At TALGV you may hear a story about an animal that may break your heart, but in the next instance, you will hear a story that will make your heart soar. Every adoption of a cat or dog is a reason to celebrate. These homeless souls deserve a chance to find their forever homes, and the caring cat and dog volunteers are there to help make sure that happens.



However, volunteers don't only work with the cats and dogs. Many people volunteer in our Attic Thrift Store. Some are cashiers chatting with our customers, while others sort and price merchandise and then place items on display racks.

TALGV also has a maintenance crew, finance team, information and technology group, and database management team. TALGV is always looking for knowledgeable volunteers for any of these areas. Are you able to perform data entry into a central database? If yes, we can really use someone with your skills.

TALGV is flexible with hours. While we would like you to volunteer a minimum of 4 hours a week, if you can only give 2 hours, we will happily accommodate you.

The cats and dogs need your energy and expertise. Every volunteer contributes in some way to the health and well-being of these furry animals and to the success of TALGV. Do you love these precious souls? If so, please come and give us the opportunity to show you what a special place TALGV is. Feel free to stop by and check us out at 1600 W. Duval Mine Road in Green Valley or call Kim at 520-223-3955 for more information.



WOW *amazing*

Green Valley SAV is always looking for community residents that would like to give their time, skills, and talents to our organization

SAV is your Sheriff's Assist Team composed of volunteers dedicated to Crime Prevention in Green Valley. We are a community driven organization made of 100% dedicated volunteers and we need you. Neighbors helping Neighbors...That is who we are!

FREE services offered by the SHERIFF'S AUXILIARY VOLUNTEERS of Green Valley:

- Emergency Response Team (ERT)
- Fingerprinting
- Home Security Checks
- Neighborhood Watch
- Patrolling
- Park Patrol
- Scam Squad
- PCSD Office Front Desk
- TeleCare Services
- Special Events

2023 report:

Total volunteer hours for 2023: 51,452 hours

Total patrol miles for 2023: 78,827

Number of home checks for 2023: 15,963

TeleCare made 32,000 welfare check phone calls

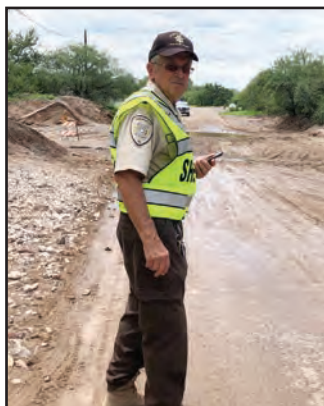
Fingerprinted 1054 residents


In addition we did many after hours call outs, responded to over 200 Scam incidents and to many other incidents to mention. The bottom line is we are neighbors helping neighbors.

Please not only support SAV but join our ranks.


To become a volunteer and for additional information stop in to our office

601 N. La Canada Drive in Green Valley or call 520-351-6744






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Dr. Thomas Schuh

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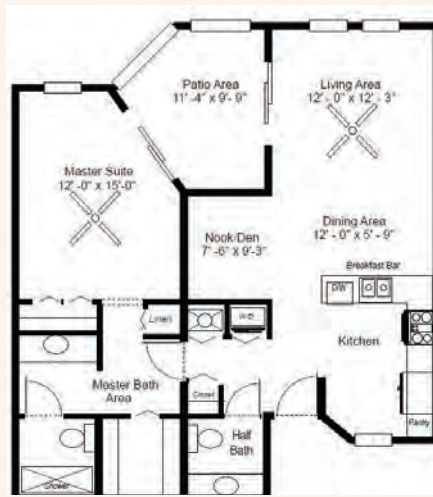


The Art of Exceptional Living



La Posada at Green Valley offers independent living in a variety of options, from spacious apartments to award-winning homes.

2-bedroom Garden Homes and 1-bedroom La Vista Apartments



Come tour our 2-bedroom highly desired Garden Homes (left), our spacious 1-bedroom La Vista Apartments (floor plan), and our beautiful free-standing Park Centre homes. See for yourself why La Posada at Green Valley is the most desired senior living, life-plan community in Southern Arizona.

Assisted Living

Our on-site Assisted Living neighborhoods are designed to provide a supportive environment while promoting active living. Call (520) 648-8310



Experience the Nonprofit Difference

Learn more today at LaPosadaCommunities.org, or call (520) 648-8131



Sun Screens Come In More Than Just Lotions and Sprays!

Written by Amy Millet

There is a new customer friendly, family owned screen business with solutions for all of your screening needs open and ready for business. March 13th marked the first anniversary of Green Valley Screens & More opening in the Continental Plaza by Julia James. Their business hours are Monday through Friday from 9-4pm.

Julia says, “At Green Valley Screens & More we are more than just a business – we are a family.” Julia has taken her years of knowledge of construction and put it to use in this family owned and operated business. Julia works alongside her husband, Cisco, daughter, Sarah, and son, Lincoln. She also has two other staff members, Ariana Noperi and Christina Foth, who work on-site readily making repairs as they come in. This helps in getting things done quickly to have the inventory and employees on hand. You can bring in your broken screens and get them repaired or rescreened and much more. She takes walk-ins at her shop next to Safeway, or a team member will come directly to your house to take measurements. After assessing what your needs are, they will give you a free personalized estimate. Green Valley Screens & More is faster than other businesses with turn around and will complete most jobs in a few days or up to a week and a half.



Christina Foth

screen to prevent bugs from entering, but allow airflow.

- Screened in Patios (AZ Rooms)- installing screened frames onto your existing patio.
- Roller Shades- screens that roll up on a tube by crank or remote control.
- Bug and Pet Screens- strong netting designed to resist fraying by scratching claws.
- NoSeeUm Screens- a tightly woven fiberglass screen to keep out small insects.
- Fixed Panel Screens- stationary non-movable screens.
- Security Screen Doors- metal screen doors for security.
- Retractable Screen Doors- doors that disappear into their housing when opened.

The most popular are the swinging screen doors and the retractable screen doors. Summer is quickly coming upon us and the Arizona sun is something to be avoided. Imagine how your home would be improved by installing or repairing a screen. Julia’s vision is to give customers a fast and reliable service, and to treat them like she would her own family and friends. Julia loves the people in this community and is concerned to see so

many residents of Green Valley price gouged by the companies in Tucson. Her prices are fair and she gives HOA and military discounts as well as financing with 0% interest. For example, a new screened

cause I wouldn’t want that to happen to my mother,” Julia states. She takes pride in being fair and runs her business with integrity. “Always get three estimates,” Julia tells people. It is often wiser on the wallet to repair an existing product than to purchase a new one as well. Whatever you decide to do, she will be happy to help out and you will be treated like family all the way through the process.



Julia James, Owner



Ariana Noperi

The list of services she offers includes:

- Solar Screens- window coverings that block up to 90% of UV rays.
- Screen Doors- doors holding a

in porch to keep the sun and bugs away will only run about \$3,500-\$9,000.

Outside companies have been charging residents \$10,000-\$20,000 for the same thing. “I think they just take advantage of older people and it’s heartbreaking for me be-

Get the **SCOOP** on a new system!



Up to **\$2,350**
in rebates

- OR -

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Not valid with other offers or on previous purchases. See company representative for more details. Financing with approved credit. Expires 5/31/2024 ROC 046649 & 077735

Community Performance and Art Center

APRIL 24
7PM

SOUTHBOUND
PILOT



APRIL 26
7PM

FRED FOX JAZZ
ENSEMBLE



MAY 8
7PM

UA SCHOOL
OF DANCE



MAY 10
3PM & 7PM

CLASS OF '74



MAY 16
7PM

GABRIEL AYALA



MAY 18
3PM

SONORA WINDS



MAY 31
7PM

CHARLES LEWIS
QUINTET



JUNE 5
7PM

LIZ AND PETE



JUNE 7
7PM

HOT CLUB
OF TUCSON



JUNE 12
7PM

BOUNCING
CZECHS



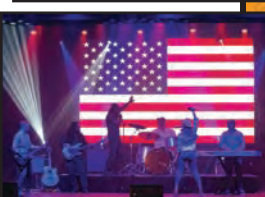
JUNE 14
3PM & 7PM

BEYOND THE
BRITISH INVASION



JULY 3
3PM & 7PM

AMERICA
THE BEAUTIFUL



AUGUST 2 & 9
7PM
AUG. 3-4 & 10-11
3PM

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WOW! AMAZING!

FRIENDS OF THE LIBRARY MAKE A DIFFERENCE

The Friends of the Pima Green Valley Library is an all-volunteer organization supporting both the Joyner Green Valley and Sahuarita Libraries! What raises the revenue to make our good works happen are the bookstores at the Joyner-Green Valley Library and the Village Mall as well as annual membership dues and donations. Because we are an all-volunteer organization, all proceeds go to help support the library materials and programs as well as providing scholarships for Pima County Library staff and books for children at the local food banks.

Thank You Bookstore Volunteers

Beverly Buerstetta	Janet Smith
Barb Pierce	Jo Riester
Barbara Logelin	Joan Opinante
Barbara Wallin	JoAnn Tsohonis
Carol Hoy	Joe Wolowsky
Carol Lambert	John Gillis
Carol Lewis	Judy Kackman
Carol Shinkle	Judy Moulton
Carol Steficek	Kären Webster
Cecelia Good	Kathie Phillips
Chriss Bell	Kim McElroy
Christine Fleischmann	Linda Fett
Claire Marshall	Linda Pearce
Connie Van Leishout	Linda Sielken
Dale Jones	Linda Stein
David Kurud	Lynda Laux-Bachand
Deborah Sommer	Martha Belle Fray
Diana Gleason	Pam Pine
Donald Brush	Pat Prickett
Dusty Friedman	Paula Kulina
Ernie Lopez	Rich Upright
Evelyn Mitchell	Roy Whitacre
Harry Segal	Sage Desrochers
Irene People	Sid Bradley
Jacqui Scarlott	Sue Diederich
Jane Wahl	Rosemary Samulski
Janet Budack	Randy Westrope

Thank You Support Volunteers

In addition, the Friends have a team of dedicated data entry volunteers who expertly enter our membership data during renewal. They are Paula Kulina, Linda Chadsey and Scott Gifford. Our social media volunteer Allyson Ertel keeps our Facebook and Instagram pages up-to-date and James Ertel is our volunteer graphics designer.

Thank You Board Members

Making this all work is the excellent board made up of 10 dedicated volunteers: Gerry Peterson, Tom Brown, Regina Collins, Mary Fisher, Richard Kilbride, Connie Van Lieshout, Scott Loman, Sherry Machen, Anna Rosso, and Karen Webster. The board meets once a month with the exception of July and August. Board members are dedicated to the good work of the Friends and are proud to support the libraries and promote literacy in our community.

For information on volunteering, visit us at gvlibraryfriends.org.



ARROYO GARDENS



INDEPENDENT & ASSISTED LIVING

ARROYO GARDENS

INDEPENDENT & ASSISTED LIVING

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- Outside BBQ's
- Fountains & covered patios
- Mini theater with surround sound
- Library & Game Room/Media Center
- Yoga classes
- Aqua Zumba
- Culinary art demonstrations
- Day trips to local attractions
- Pool Table, Putting Green
- And so much more...



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Bronze quality award



One bedroom floor plans are currently available



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Green Valley Sahuarita Chamber of Commerce Update

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

Chambers of Commerce in Arizona are taking proactive steps to support their members by advocating for key legislative efforts aimed at fostering economic growth and protecting workers' rights. A couple of examples on our agenda are the re-authorization of the Arizona Commerce Authority and the passage of SCR 1040, known as The Tipped Workers Protection Act.

The Arizona Commerce Authority (ACA) plays a pivotal role in driving economic development across the state. As the primary economic development organization, it focuses on attracting and retaining businesses, promoting innovation, and expanding job opportunities.

Chambers of Commerce recognize the importance of re-authorizing the ACA to ensure continued support for businesses, especially as we navigate challenges posed by the evolving economic landscape. By advocating for the re-authorization, chambers are signaling their commitment to fostering a business-friendly environment that encourages investment and job creation.

In addition to supporting the ACA, chambers are actively endorsing SCR 1040, The Tipped Workers Protection Act. This legislation aims to enhance workplace protections for tipped employees, address-

ing issues such as minimum wage standards, tip pooling practices, and ensuring fair compensation. By championing SCR 1040, chambers are aligning themselves with efforts to uphold workers' rights and promote fairness within the labor market. We recognize the importance of creating an environment where employees are treated equitably and have the opportunity to earn a decent living.

Chambers of Commerce are leveraging their influence and resour-

es to advocate for these legislative priorities. Through grassroots mobilization, engagement with policymakers, and public outreach campaigns, we are amplifying the voices of their members and shaping the legislative agenda to support the needs of Arizona businesses and workers alike. By actively participating in the policymaking process, chambers are demonstrating their commitment to advancing economic prosperity and social responsibility within their communities.



SANTA CRUZ VALLEY HISTORICAL SOCIETY (SCVHS)

MISSION

The Society's mission is to collect, preserve and share the history of the Santa Cruz Valley/Greater Sahuarita area in an effort to educate future generations and foster a better understanding and appreciation of the values that built our communities and contributed to Pima County's heritage.

VISION

The Santa Cruz Valley Historical Society (SCVHS) is dedicated to acquiring structures and artifacts and to sharing knowledge of the history of the greater Sahuarita area with Society members and the community at large.

In pursuit of this vision, SCVHS will:

- IDENTIFY, COLLECT and PRESERVE materials related to the history of Sahuarita, Green Valley, Continental and other areas of the Santa Cruz Valley when appropriate.
- SUPPORT research, documentation and interpretation of such historical materials.
- PROVIDE public access to historical materials in its collection.
- REACH OUT to area schools, clubs, organizations and societies to provide educational enrichment.
- PROMOTE DISCUSSION and discourse of historical subjects among its members and the community.

SantaCruzValleyHistory.org

GOALS

The Santa Cruz Valley Historical Society's goals are to:

- PRESERVE historically significant documents and artifacts relative to the history of SCVHS and its residents.
- DEVELOP a deeper interest and knowledge of history through a variety of educational programs.
- COORDINATE with the Sahuarita Town administration to preserve and maintain historically significant structures and artifacts and provide a location for programs and a meeting place for community groups.
- ASSIST in the process to place structures on the National and State registers of historical places and recognize our historical events and structures in our area.



SECURING THE FUTURE BY PRESERVING OUR PAST

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SantaCruzValleyHistory.org

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5/11

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Leave donations of non-perishable food items next to your mailbox before the time of your regular mail delivery on **Saturday, May 11th**, to support the Community Food Bank.

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communityfoodbank.org/stamp-out-hunger

Green Valley Council

Your Community Voice Since 1973

Happening This Spring:

- Office Hours with the Office of Congressman Juan Ciscomani
- Community Workshops
- Community Forums
- Volunteer Appreciation Week
- Second Annual Monsoon Madness Forum at CPAC

Contact us for more information

555 N. La Cañada Dr., Suite 117
Green Valley, AZ 85614
520-648-1936 | info@gvcouncil.org

Your Community Voice Since 1973

FIND YOUR FUN *at Gr*

Find your fit with GVR fitness programs

For GVR Members Only

PERSONAL TRAINING PACKAGES

If you're a regular exerciser or just starting out, GVR personal trainers are experts in the field and are ready to get you moving in the right direction. Improve your overall strength, core, stability, balance, mobility, and flexibility with the personal training choices below.

ONE-ON-ONE TRAINING

30-minute sessions

Eight sessions: \$270
Twenty sessions: \$600

60-minute sessions

Four sessions: \$240
Ten sessions: \$495

Individual Boxing Training (by appointment)

Individual 30-minute session: \$35
Eight individual 30-minute sessions: \$240

PUNCHING PARKINSONS—NON-CONTACT BOXING (by appointment)

Boxing can be a very effective exercise for Parkinson's disease. Boxing is known for helping to improve hand-eye coordination, balance, and agility through a combination of both cardio and strength training. The boxing techniques used in this therapy are modified and involve no-contact.

Individual 30-minute session: \$35

Eight individual 30-minute sessions: \$240



Contact GVR Fitness Coordinator Lee Smith at LeeS@gvrec.org to discuss your goals and to be assigned to one of the trainers for your personal consultation.

Drop-in and enjoy

Drop-in activities are available without a reservation and without any additional fees. Most GVR rooms and outdoor spaces are available for drop-in use between reservations: look for a reservation schedule outside the door. To help control costs, members dropping-in are asked to observe the wilderness lover's ethic: leave no trace. Art rooms, kitchens, and West Center rooms are not available for drop-in use.



Look under **Centers & Reservations** on the new GVR website and toggle **View Reservation Info** to check room availability for drop-in times.



For GVR Members Only

There's something for everyone!

GVR's leisure education classes offer members and non-members an opportunity to meet new friends, achieve personal growth, and engage in learning. Choose from arts and crafts, writing and language, nature and gardening, fitness and sports, dance and music, and a selection of special-interest classes. To discover the full array of leisure education opportunities, pick up a spring recreation catalog at any GVR center or go to the bottom of the homepage at GVRec.org.

Many GVR classes are open to the general public



Green Valley Recreation



Spectacular Spring Events

Purchase tickets:

1. Online at GVRRec.org
2. In-person at the West Center Box Office (1111 GVR Drive), Monday–Friday, 8am–4pm
3. By phone at 520-625-3440



SATURDAY, MAY 11 (Last day to purchase tickets is Thursday, May 2)

Mother’s Day Brunch

Celebrate motherhood with a Sweet Pea’s Catering plated brunch, mimosas, a juice bar, and live entertainment. Savor a delicious mid-morning spread of fruit salad, French toast, and your choice of strata fillings. A Strata is a layered casserole like a bread pudding turned savory. And while you enjoy brunch, Marshall Jones will delight you with a mixture of acoustic guitar melodies.

11am–1pm, Las Campanas Agave room
Member/Guest \$25 (Reserved for GVR members and their guests only)

SATURDAY, JUNE 15 (Last day to purchase tickets is Thursday, June 6)

Father’s Day Poolside Brats and Beer

What could be more fun than live music, dancing, brats, and beverages? How about adding a choice of two beverages and local party band favorite, Sonórous? Eat, drink, and dance to classic hits, pop, rock, blues, country, R&B, and more.

6–9pm, Canoa Hills poolside
Member/Guest \$25 (Reserved for GVR members and their guests only)



JULY

Watch for a July 4 pop-up event!

FRIDAY, AUGUST 16

DJ Dance

Let down your hair and dance, dance, dance during an evening of high-energy music by Double “J” DJ. BYOB. Set ups and snacks are provided

7–10pm, West Center Auditorium
Member/Guest \$12
General Public \$22



FRIDAY, SEPTEMBER 20
(Last day to purchase tickets is Thursday, September 12)

Season Kick-Off Pool Party

Shake your booty to favorite rock hits from the 60s and 70s with Johnnie and the Rumlbers: Elvis, Buddy Holly, The Beatles, The Rolling Stones, Eric Clapton, The Eagles, Santana, The Doobie Brothers, Stevie Ray Vaughan, and ZZ Top. Tickets include two beverages and a light meal to be determined.

6–9pm, Las Campanas pool
Member/Guest \$25 (Reserved for GVR members and their guests only)




COUNTRY FAIR



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Green Valley, AZ

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MANY GIFT IDEAS!




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Thrift Store Located At: 601 N. La Cañada Green Valley • (520) 625-4119
Shopping Hours: Mon-Sat 9AM - 12 NOON
Donation Drop Off: Tues, Wed, Thurs, & Sat 8AM - NOON (Donation drop off is not available during rainy weather)
Customer Pickup: Mon.-Sat. 8AM - 2PM
Volunteer Opportunities Available

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- Jewelry, Hats, Visors, Clothing
- Hand-Made Gift Cards
- Hand-Made Soaps
- Hand-Turned Wood Products
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- Prickly Pear Honey
- Cactus Jelly
- Locally Sourced Coffee

And Much, Much More!

STORE HOURS
 Mon-Fri 9am-5pm Sat 9-noon


1451 S. La Cañada Dr. Green Valley, Arizona 85622
 Call 520.625.3930 www.gvparcelplus.com

Wow! Amazing!

Celebrating Our Volunteers

April is National Volunteer Month in the United States. Valley Assistance Services (VAS) has many reasons to celebrate this occasion:

- **160** registered volunteers at Valley Assistance Services
- **Over 7,400** hours donated by volunteers in 2023
- **Over 7,000** community members served by volunteers in 2023
- **Over 36,000** miles driven by volunteers to transport seniors to essential services, or to run errands for homebound seniors
- **12** community health and social service programs that are served by volunteers



The dedication and hard work of VAS volunteers has, and continues to, serve our community in immeasurable ways. The tasks volunteers complete are as varied as the volunteers themselves who range in former/present vocations from teachers to homemakers to carpenters to law enforcement and every other career imaginable; and who have skills and attributes as unique as the their backgrounds.

“We have always believed in giving back to the community in which we live. Valley Assistance Services is exactly what we were looking for. The services offered provide a variety of volunteer opportunities. The quality of the services VAS provides is amazing and we are proud to be a part of this wonderful organization. The staff is very knowledgeable, friendly, and caring.” - Volunteer of VAS


If you are a current volunteer at VAS, **WE THANK YOU!** If you have thought about volunteering, or would like more information about the opportunities available to you, please contact us at 520-625-5966, info@valleyassistanceservices.org or website www.valleyassistanceservices.org. We would love to discuss with you how your unique history, skill-set, interests, and personality can serve the community through VAS.

Please consider volunteering at VAS. Your generous time and talent helps those from Sahuarita to Rio Rico, and west into Arivaca, with transportation, visits, calls, engaging and empowering residents to become active and decreasing health risks such as social isolation. Your gift will make a difference to our neighbors in need.

Please consider volunteering: as a greeter/receptionist, as an assistant with data/reports, as a driver in Pima and/or Santa Cruz County, as a financial literacy educator, as a workforce coach, as a friendly phone caller, as a friendly visitor, group facilitator, as an outreach volunteer, or as a volunteer in assisting with one of our many programs. There are many opportunities at VAS, many opportunities that are of assistance to many in our communities.

We look forward to you joining our team.

Thank you,
Valley Assistance Services



Wow! Amazing!

The Salvation Army Green Valley Service Center - Services and Needs

What do we do in Green Valley?

Many seniors and families have been hit with an unexpected expense, medical emergency or with the rising cost of goods and they do not have enough to pay all their bills.



- Service areas are Green Valley, Sahuarita, Arivaca & Amado.
- Emergency clothing, food, household items & gasoline vouchers.
- Utility assistance once a year. Water, gas & electricity.
- Students back-to-school supplies.
- National Donut Day thank you donuts to Green Valley Fire Dept. & Sahuarita Polics Dept.
- Grandparents care kits for emergency guardianships.
- Donation center for small household items.
- A conference room is available for community and club meetings.
- We provide referrals for eviction prevention, mental health, employment assistance, food banks, Tucson shelters, veteran's services, grief groups, and domestic abuse.

Holiday Activities include:

- Thanksgiving Luncheon Thanksgiving Day, at the GVR West Center 12-2pm
- Angel Tree program Christmas toy donations and toy distribution for 400 local children.
- Senior Angel Tree program Christmas presents for 50 low-income local Seniors.
- Red Kettle Campaign All monies raised stays local for Social Services
- Christmas Luncheon Please check with the office for current date, at the GVR West Center 12-2pm

Volunteer Opportunities Include:

Back to School: Collect, sort and pack backpacks with school supplies for 400 children in Green Valley, Amado, Arivaca and Sahuarita.

Front Desk: Answer phones, receive donations, make referrals and answer questions (October-January).

Thanksgiving Luncheon: Variety of opportunities available. Set up, food prep, greeting, seating, serving food and tearing down. Buy and donate food items.

Angel Tree program Toy donations and toy distribution: Help collect, sort, pack and distribute Christmas presents for 400 children in Green Valley, Amado, Arivaca and Sahuarita.

Senior Angel Tree program donations and distribution: Brighten a low-income seniors Christmas this year. Help collect, sort, pack and distribute Christmas presents for Green Valley residents.

Red Kettle Bell Ringer: Bring Christmas cheer while ringing the bell. Choose your location, day and time and spend 2 hours ringing the iconic bells while raising money that stays right here in our community. Log on to <https://volunteer.us-west.org> Click "Be a Bell Ringer Ad your zip code (or 85622). Create your login. Choose your day, time, and location.

Christmas Eve Luncheon: Variety of opportunities available. Set up, food prep, greeting, seating, serving food and tearing down. Buy and donate food items.

By meeting tangible needs, we give the world a lasting display of the love behind our beliefs. Since 1865, we have been working to provide sustainable solutions for the most vulnerable. We stay not just until the job is done, but long afterward. The Salvation Army is committed to stewarding every donation with integrity.

If you'd like to volunteer, please call 520-625-3888 or stop in at 555 N. La Cañada Drive, Suite 101, Green Valley.



facebook.com/talgv

520-625-3170

Volunteering

rewarding for your heart,
mind and the community



Smitty

THANK YOU VOLUNTEERS!

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with happy barks & meows



Cash

talgv.org

info@talgv.org

1600 West Duval Mine Rd. Green Valley, AZ 85614

Mario



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An Italian Eatery
focusing on Old
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Pizza
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Chicken Parmesan
Pasta
Salads
Meatballs
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Desserts
Serving Beer and Wine

Mon, Wed,
Thurs
10:30AM-7PM
Tues Closed
Fri & Sat
10:30AM-8PM
Sun 3PM-7PM

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(520) 993-0055

Order online: mariomcgeespizza.com

The Town of Sahuarita's Newest Park is Now Open!

Submitted by Town of Sahuarita

With the official Grand Opening on March 27, 2024, The Town of Sahuarita, along with partners from Freeport-McMoRan, San Xavier District of the Tohono O'odham Nation, and Anaconda Arizona, is thrilled to have Sahuarita's newest park now open to the public!

'I'toi Ki 'Ajij Wog Cicwi Jekkad, or Man in the Maze Trail Park, is a collaborative effort that began with the generous donation of a combined 80 acres of land from Freeport-McMoRan and Anaconda Arizona. The project began as voluntary remediation at a long-dormant former industrial site. Today, local companies and the Tohono O'odham Nation, in partnership alongside our town, have realized a vision of creating an open space that benefits the whole community. This collaboration has resulted in a beautiful new trail park that celebrates both the natural desert landscape and honors the native cultural heritage of the area.

Man in the Maze Trail Park will be open daily from dawn until dusk and, along with a sprawling path of walking trails, includes features such as: Native Sonoran Desert plants, more than eight acres of pollinator habitat, natural and cultural heritage informational kiosks, and designated areas with Tohono O'odham traditional food plants and wappto (mesquite ramadas). Together, these features will allow visitors to wander the park as a self-guided educational experience.

"This effort has done more than transform a landscape; it has strengthened the bonds between

our town, partner organizations, and the Tohono O'odham Nation," said Mayor Tom Murphy. "From the reclaimed wood used for the construction of wappto, to the excellent walking trails and waterwise planting, every detail has been laid with care."

Along with the care taken in designing the park and its features, care was also taken in selecting its name. In consultation with representatives from the Tohono O'odham Nation, community partners, and the Town of Sahuarita's Parks and Recreation Commission, as well as the community via a public survey, The Man in the Maze Trail Park was named after a symbol from Tohono O'odham culture of the same name. To many, the Man in the Maze represents a person's journey through life and the choices they must navigate along the way. Traditional themes of this emblem include the cycle of life and death

as well as finding balance and harmony in life while working towards one's goals and dreams.

Wildlife Habitat Council, Watershed Management Group, Tohono O'odham Nation, and many others who contributed to this project for the enjoyment of today's and future generations."

We are excited for this park to become a place for recreation, education, community gatherings, and more. And now that the park is open, it is time for the memory-making to begin! To visit Man in the Maze Trail Park for yourself, enter the Municipal Complex via Starlight View Drive, proceed to the roundabout adjacent to Copper View Elementary School, then enter the Park by exiting the roundabout to the

right just past the school.

For more information on Sahuarita Parks and Recreation, visit: www.SahuaritaParksandRec.org.



"This site will stand as a tribute and legacy to our community and the many partners who made it happen," said Mayor Tom Murphy. "We are grateful to our friends at Freeport, Anaconda, Sonoran Desert Museum, Bat Conservation International,





Celebrating 53 Years



Our Volunteers Make it Happen, Your Donations Make it Possible

Friends In Deed Serving Green Valley Areas

All services are free:

- Loan Medical Equipment
- Provide Transportation to Doctors, Dentists, Legal
- Meeting rooms for non-profits
- Blood pressure screening
- Friday Socials – entertainment and light refreshments
- Speakers Bureau – presentations to organizations & HOA's

Now recruiting dispatchers for Transportation.
Some computer skills required ~ 3 hours per week.



Durable Medical Equipment



Wheelchair Vans



Blood Pressure Screening

We are a 100% volunteer organization and we need YOU to keep our mission alive!

For more information call (520) 625-1150
or visit us at 301 W. Camino Casa Verde, Green Valley
Office hours: Monday-Friday 9AM-3PM

You may donate online at FID-GV.org

Arizona Family Restaurant

**HOURS
7AM – 9PM**



UPCOMING EVENTS:

Every Tuesday & Thursday: Karaoke – 6-9PM	May 5 Cinco de Mayo Party 5-9PM	May 12 Mother's Day Meal beginning at 11AM	May 22 & June 19 @ 5PM Paint & Wine or Pie	June 19 Charcuterie Board Design: Sign up before May 15th for half price	June 26 Cake Decorating: Learn to decorate a cake and take it home to share. 5PM	July 20 Decades Dance: FREE Dress up in clothes from your favorite decade. 5-9PM
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Prime Rib Every Saturday in April

\$4.00 OFF
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Buy one entree at regular price and get \$4 off 2nd entree of equal or lesser value with purchase of 2 beverages
Excludes Friday, Sunday & Holiday
One coupon per customer. Coupon may not be combined with any other offer.
Expires 6/30/2024

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Come join us at Fellowship Square and experience our vibrant events that will enrich your life and create lasting memories with friends old and new!

- National Day of Prayer: May 2nd, 2024
 - 7:30am-9:30am
 - Call for registration and payment details for breakfast buffet
- Mother's Day Tea: May 9th, 2024
 - 2:30pm-3:30pm
 - RSVP May 6th
- Paint & Sip: May 23rd, 2024
 - 3:30pm-4:30pm
 - RSVP May 20th
- Father's Day Pancake Breakfast & Car Show: June 14th, 2024
 - 9:00am-11:00am



Call:
(520) 467-5940

Located At:
8111 E Broadway, Tucson, AZ 85710

Website:
FellowshipSquareSeniorLiving.org

*Dear Trusted Adult,
Hosting parties and serving alcohol to a young person under the age of 21 is illegal. Not only that, but using alcohol at a young age impairs brain development. Please protect your kids and their future, don't provide them with alcohol.*

Protect, Don't Provide

Interested in learning more? Request a free workshop for your community group. Contact kmcgarrity@ppep.org



Learn how to talk to your children about the risks of underage drinking at TalkNowAZ.com



Green Valley | Sahuarita
Volunteer Clearinghouse
A project of Pima Council on Aging

VOLUNTEERS ENRICH LIVES!

From the Green Valley/Sahuarita Volunteer Clearinghouse
THANK YOU!

Your dedication and hard work have allowed non-profits to meet the needs of our community. Thank you for making a difference in the lives of so many!

To learn more about Volunteering in our Community
Visit: gsvvolunteering.org • Email: gsvvc@pcoa.org
Call: 520-625-5966 Ext. 600

Green Valley Fire District THANKS their amazing Fire Corps Volunteers.

They not only provide valuable support directly to the fire district, but also provides critical service to the residents of Green Valley. We just couldn't do it without YOU! Thank you!

Thank YOU!



Wow! Amazing!

HELP! We Need Some Bodies
HELP! Not Just Any Bodies

We at Paws Patrol, Inc need bodies who love cats as much as we do!

- ◇ Love playing with kitties? Socializing kittens and semi-feral cats is one of our most popular tasks!
- ◇ Love cats but can't commit? Fostering would be a perfect way to get your feline fix.
- ◇ If you are organized, maybe scheduling veterinary appointments would be up your alley?
- ◇ Are you fluent in "cat speak"? Writing the cat bios is a creative way to show off your skill!
- ◇ Transporting cats to and from the veterinary appointments (the cats love to go for car rides)
- ◇ Coordinating adoptions. Help select the right cat for the right home, and you might just meet some nice people too!
- ◇ Photographing the cats. Which is often how people choose their pet, so good pictures help get a cat adopted.
- ◇ Good on the computer? There's always techy stuff that needs to be done.
- ◇ If you're good at handling a scoop, you could clean kennels!
- ◇ Like to set traps and catch things? Helping with TNR may be the perfect way to scratch that itch!
- ◇ Love a good party or special event? Organizing fundraisers and community outreach might be your ticket.
- ◇ Good at getting what you want? You might just enjoy grant writing!

There are so many ways you can help. An all-volunteer organization with a small office and shelter in Green Valley—and a network of "dediCAT-ed" fosters—Paws Patrol's main mission is to control the community cat populations through TNR (Trap/Neuter/Release). We help local homeowners whose property is over-run with stray and feral cats. We care for ill animals. We take in pregnant mama cats and love on their kittens until they are old enough to be adopted. We place non-adoptable cats in our Working Cat Program. We find homes for our friendly strays and educate our community.

By controlling the rapid population growth of community cats in southern AZ, we are not just decreasing the suffering of felines; we are making our community safer, cleaner, and kinder. With your help, Paws Patrol will be able to spay and neuter more cats and take in more adoptable cats. Should any of the above pique your interest, please contact our office at 520-207-4024 or fill out a volunteer application at www.greenvalley-pawspatrol.org/volunteer-application/



**Sheriff's Auxiliary Volunteers
Green Valley**

The Sheriff's Department is your Law Enforcement Agency in Green Valley.

SAV is your Sheriff's Assist Team composed of volunteers dedicated to Crime Prevention in Green Valley.

We are a community driven organization made of 100% dedicated volunteers and we need you.

Neighbors helping Neighbors...That is who we are!

**FREE services offered by the
SHERIFF'S AUXILIARY VOLUNTEERS
of Green Valley**

Emergency Response Team (ERT)
Highly-trained SAV personnel assist the PCSD 24/7

Fingerprinting
Using state-of-the-art equipment

Home Security Checks
Home security checks for out of town residents

Neighborhood Watch
Citizens working together to reduce crime

Patrolling
Daily in marked vehicles, bicycles and on foot

Park Patrol
Golf Cart, Walking

Scam Squad
Crime prevention using Hang Up! Shred! Delete!

PCSD Office Front Desk
Office and administration support

TeleCare Services
A 5-second welfare call every day

Special Events
Event participation, traffic and crowd control



**Pima County Sheriff's Department
Auxiliary Volunteers**

601 N. La Cañada Dr., Green Valley, AZ 85614

Phone: (520) 351-6744

gvsav.org

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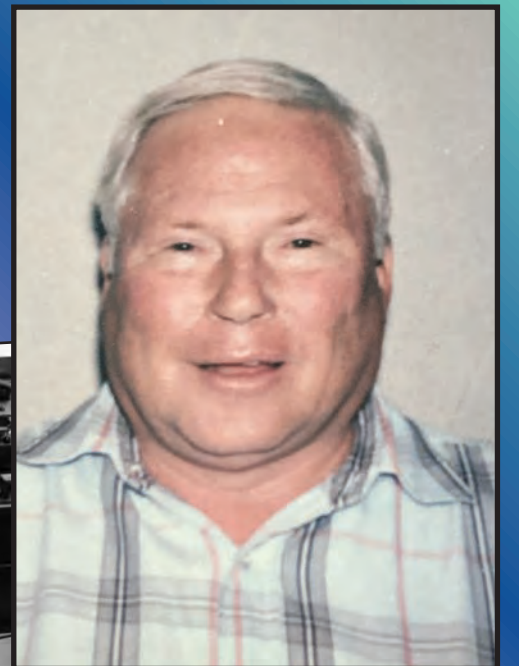
Please call Mark for your **FREE Medicare Insurance review.**

THEMEDICAREADVANTAGEPLANS.COM /STORE/MARK-BECQUE/

We do not offer every plan available in your area. Currently we represent 12 organizations which offer 79 plan products in your area. Please contact Medicare.gov, 1-800-Medicare, or your local State Health Insurance Program (SHIP) to get information on all of your options.

The KGVY Radio Family sadly misses our beloved and wonderful Staff Member, Bob Boysen

Bob Boysen was a kind and caring sales accountant for KGVY for over 15 years. He always wore a smile on his face, had a joke to be told, and was a true salesperson, there to help his clients and make new friends. His bigger than life personality will always be remembered at KGVY.



Robert Deane Boysen, who was born on March 23, 1944, passed away March 10, 2024 at Tucson Medical Center surrounded by his loving family.

Robert is survived by his loving wife, Deanna Kay Boysen of 58 years, his daughter-in-law Stephanie Boysen, his nine grandchildren, 10 great-grandchildren and numerous nieces and nephews.

Robert was an Army Veteran and he worked for numerous years for the City of Sierra Vista, AZ. Most recently, he was employed at KGVY and enjoyed anything and everything around radio and technology. Interestingly, Bob was a child stand-in actor in California for many shows including My Three Sons and the Mickey Mouse Club.

Robert was preceded in death by his twin sons Bobby and Billy, his parents, and his sister.

A memorial service will be held at Arizona Veterans Memorial Cemetery in Marana, AZ on April 25th at 10 a.m.



The American Red Cross – Yesterday, Today and Tomorrow

For over 140 Years, Compassion has been in Fashion

Written by Ed Alexander, Communications Volunteer, American Red Cross, Southern Arizona Chapter

In 2023 over 265,000 volunteers donated their time and talent in support of **The American Red Cross**: *The Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood (90% for southern Arizona hospitals); teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members, and their families.*

To be clear, The Red Cross is a nonprofit organization - not a government agency but conceived by a congressional charter in 1900 and to this day it is tasked by the federal government with providing services to members of the American armed forces and their families as well as providing disaster relief in the United States and around the world.

That's a heavy load that could not be accomplished without the effort of our volunteers, the generosity of individual donors and corporate sponsors, and collaboration with other humanitarian organizations. In fact, 90% of the work of The Red Cross is provided by volunteers and 90% of every dollar spent goes to delivering care and comfort to those in need.

You are probably aware of the organization's **Blood Services** through blood drives and possibly through a situation where you or someone close to you needed safe, reliable, life-saving blood products. The need for blood is constant. Every 2 seconds someone in the U.S. needs blood - accident and burn victims, people with chronic illnesses and surgery, transplant and cancer patients. Do you know your blood type? You could be a lifesaver. To find out more about our

blood services and to find a local blood drive just go to redcrossblood.org or call 1-800 Red Cross.

In addition to blood services, The Red Cross also provides four other lines of compassionate service that I'd like to remind you about.

Disaster Preparedness and Response: We respond to an emergency every 8 minutes. From house fires to multi-state natural disasters - you'll see Red Cross vehicles, equipment, staff and volunteers - wherever we're needed, so people can



American Red Cross



Pat Simmons (L) and Laura King (2nd from right) prepare to deploy from TIA



Disaster team accesses damage in Central Arizona

installations including the Far East, Middle East and Europe. We support military members and their families during deployments and emergencies and our veterans after their service ends.

Training: More than 4.6 million people turn to The Red Cross each year for First Aid, CPR & AED, Water Safety, Babysitting, and Basic Life Support training and certification to "Be Red Cross Ready" to act when moments matter. You can learn online or in person at your place of business, worship or civic groups.

International Services: As part of the world's largest humanitarian network, Red Cross Red Crescent teams provide relief and hope during emergencies and crises in nearly every corner of the globe.

Throughout it all, it is important to note that The Red Cross does not discriminate as to nationality, race, religious beliefs, class or political opinions. It endeavors to relieve the suffering of individuals, being guided solely by their needs.

Now that you know a little more about what we do, maybe you could help us. You see, The Red Cross could not continue our work without people like you. Please consider if you have some time and talent **to volunteer** to serve in any of our lines of service. Visit redcross.org/volunteers or call 520-576-2874 to see how you can join our other 550 volunteers in seven counties in Southern Arizona.

In the meantime, **Be Prepared.** Download our Free mobile apps. Blood, Emergency, Human and Pet First Aid, and Hero Care from The Apple App Store or Google Play Store.



Red Cross Staff & Volunteers set up a Disaster Shelter

have clean water, safe shelter and hot meals. And we are responding to more and larger natural disasters every year. Disaster preparedness is just as important as response, so we teach and disseminate "preparedness" training and information in the field, online and through our free mobile apps.

Service to The Armed Forces (SAF): The Red Cross has been serving the military for more than 140 years, in every U.S. conflict since the Spanish-American War. We provide in-person support for troops on all military installations in the U.S. and on more than 35 overseas

Wow! Amazing!

Thank You White Elephant Volunteers

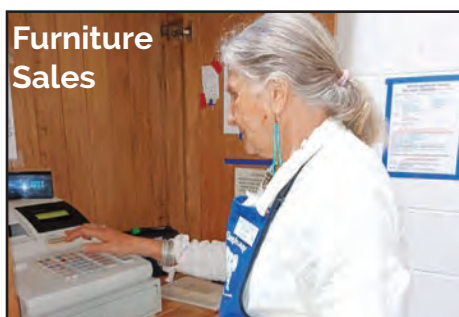
The White Elephant is truly a unique store, filled with unique volunteers, and supported by a generous and exceptional community. Our volunteers give wholeheartedly and generously, loving the work they do and doing it so well. Our donors give willingly and repeatedly, always thanking the Elephant for being here to take their items. Our customers come regularly and with gusto, always happy to find that one perfect item they just have to have. Rarely does one leave the White Elephant empty-handed!

At the Country Fair White Elephant, volunteers fill the many positions available that make the store the success it is today. From our donation drop-off area where items are received and delivered to the different departments for processing, to the many work areas where items are sorted, priced and displayed in our store, to the various positions in the store itself like sales people, cashiers, and baggers, we have great volunteers who keep us working in good form. In addition, we have physically able folks who help in our customer pickup area and on our trucks that go out into the community to pick up furniture and large appliances. If you're looking for a volunteer position, we're sure we can find one for you at the White Elephant. You'll have fun, make friends and get a good workout while helping raise money to support the many programs and services vital to the welfare of the community and its residents. People who volunteer on a regular basis have a healthier outlook on life. They are more inclined to be go-getters and consistently report being happier. Young, old, professional, student, teacher - it doesn't matter. Volunteering is good for everyone and it's a great way to help raise money for your community.

The White Elephant extends a huge THANK YOU to all of our volunteers and welcome additional helpers. If you are a year-round resident and would like to volunteer at the White Elephant, please stop in to the store or to our donation drop-off area and pick up a volunteer application. We are located at 601 N. La Canada, just west of the library.

CFWE 2023 GRANT DISTRIBUTION SUMMARY

White Elephant Scholarship Foundation	\$115,000
Public Schools	\$524,000
Private Schools	\$29,500
Youth Organizations	\$171,900
National Disease Control	\$5,000
Adult and Child Assistance	\$770,200
Community Art Support	\$54,400
Area Nature Study Preservation	\$45,000
Rural Fire Departments	\$100,000
Total	\$1,815,000



Wow! Amazing!

Friends In Deed



Friends In Deed has been providing services to our Green Valley Senior Community for over 53 years. All services are free.

Our front desk volunteers arrange for the loan of durable medical equipment like walkers, wheelchairs, shower chairs, toilet risers and bed rails as well as many other devices needed for recuperation from surgery or a temporary medical condition. We also can arrange for transportation to doctor, dental or legal appointments, with a weeks notice. Our volunteer drivers pick up and return clients from their homes. Wheelchair vans for pick up are also available.

FID also has meeting rooms available to non-profit groups like HOA's as well as sewing, knitting, bereavement, and service clubs like Lions International. Our retired nurse volunteers hold blood pressure screenings every Tuesday and Friday morning.

Our social dispatcher arranges fun trips on our transit van to shopping like Trader Joes or Costco. She also organizes trips to special events like the 4th street fair, Rooster Cogburn's Ostrich Farm and restaurants like Opa, PF Changs and Silver Saddle Steakhouse. Be sure to go to FID-GV.ORG (calendar) to see what's coming up next.

You'll want to take part in our socials every Friday from 8:30 – 10:30am. These volunteers serve refreshments and there is live entertainment too. If you're lucky, you'll catch the day we celebrate "Birthday Friday" with cake for all. Again, there is no cost and reservations are not required.

It is our mission to provide free services to the Green Valley Community and to encourage our citizens to get out and be more active.

We have volunteers who help with selecting equipment, clean and sanitize returning equipment, perform clerical duties, drive clients to appointments either using your car or driving one of our vans. You can answer phones and dispatch for doctor trips, or assist in serving visitors for the Friday socials.

Please consider joining our volunteers by calling 520-625-1150 or go to the website: FID-GV.org



Valley Assistance Services

Caring for Our Community



Stay Healthy with RN Support and Visits:
 Fall Prevention
 Post Hospital RN Advocacy
 Comprehensive Care Management
 Dementia/ Memory Loss Education
 Wrap Around Services
 Senior Peer Support
 Health Education



Stay Vibrant & Active:
 Transportation, Friendly
 Visits & Calls, Shopping, Errands
 Sahuarita/Green Valley/
 Tubac/Rio Rico
 Volunteer Opportunities



Stay Financially Independent:
 Emergency Rental Assistance
 Financial Literacy Classes
 Benefit Assistance, Job Search
 Workforce Training Center
 Computer Lab by Appointment
 Resume Writing/Career Building

If you would like to volunteer in one of our programs or at one of our offices, please contact us at 520-625-5966 or info@valleyassistanceservices.org

New EPIC (Engaging and Prevention in the Community) weekly health classes on different topics are from now through December. Please register at 520-625-5966. Go to valleyassistanceservices.org for more information. Classes will be held at 18090 S La Canada Dr. Sahuarita, AZ 85629



Valley Assistance Services • 520-625-5966
 3950 S. Camino del Heroe • Green Valley, AZ 85614
www.valleyassistanceservices.org

EPIC, health and wellness weekly classes. Go to valleyassistanceservices.org for more information. Call to register at 520-625-5966.

Green Valley Jewelers

Visit Connie as she celebrates her 35th Anniversary of Ownership

Visit Connie's newly remodeled showroom. She has been serving the Green Valley and surrounding communities for over 40 years. Connie is a jeweler that you can trust
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Everyone Welcome

Our Lady of the Valley

Roman Catholic Church

MASS TIMES
 Daily Mass at 8:00AM • Monday through Saturday
 Rosary at 7:30AM before daily Mass

Weekend Masses - Saturday, 4PM • Sunday, 7AM - 9AM
 11AM - 1PM (Spanish) - 4PM (Last 4PM Sunday Mass is May 28th due to summer hours and resumes October 7th)

SACRAMENT OF RECONCILIATION TIMES
 Wednesday following 8AM Mass & Saturday 3PM to 3:45PM before 4PM Mass

Visit our YouTube Channel: Our Lady of the Valley, Green Valley AZ



COME! STUDY GOD'S WORD

New to the Word, and want to learn? We can guide you through the Bible.

- 9:00 AM Sunday Morning (Five classes to choose from)
- 10:30 AM Sunday Morning (Biblically based messages and Music Ministry)
- 6:00 PM Sunday Evening Life Group (Digging into the Bible Message)
- 9:30 AM Monday Ladies Bible Study Class
- 9:00 AM Thursday Men's Bible Study Class
- 10:00 AM Thursday Ladies Bible Study Class

1111 N. La Cañada
 Green Valley, AZ | (520) 625-3600
www.gvbaz.com



Green Valley BAPTIST CHURCH



We're all searching for love, belonging, self-awareness, and life's purpose. We think it's better when we do it together.

Saturday Worship
 Country Gospel ■ 3p ■ 5p

Sunday Worship
 Traditional ■ 8a Blended ■ 9:30a
 Contemporary ■ 11a



Desert Hills LUTHERAN CHURCH

2150 S Camino Del Sol, Green Valley, AZ
 520-648-1633 www.DHLC.org

Our Lady of the Valley

Roman Catholic Church

Religious Gift Shop

Sunday
 10AM-12:30PM

Monday & Wednesday
 9AM-11AM

Located off of the North parking lot near the Holy Family Center entrance.
 505 N. La Cañada Drive • Green Valley, AZ • (520) 468-9377



St. Francis in the Valley Episcopal Church

Our Mission: "To live as Christ's Heart and Hands in the World"

Our Services:

Sunday Holy Eucharist: 9AM Service and Music (services streamed live and recorded)

Wednesday Eucharist: in the chapel at 9AM

Saturday Afternoon Eucharist: Every second Saturday of the month in the Parish Hall at 4PM

600 S. La Cañada Dr., Green Valley, AZ 85614
 (520) 625-1370 • www.stfrancisgvaz.org




Welcome Home

Join us for Worship, Sundays at 9:30 am
 In person and online.

- Child Care and handicap access.
- Communion the first Sunday of every month.

2800 S Camino del Sol • full details at valleypres.net • (520) 625-5023




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Together In Christ +
 To Gather His People

Saturday Casual Service - 5:00 p.m.
 Sunday Worship - 9:00 a.m.
 Adult Christian Education - 10:25 a.m.
 S.O.U.L Lunch 2nd & 4th Thurs. 11 a.m. - 12:30 p.m.
 Sunday on KGVY 1080/101.5FM - 8:30 a.m.

Learn more at www.risen-savior.com

555 S. La Cañada Dr | Office phone - (520) 625-2612
 A congregation of the Lutheran Church - Missouri Synod



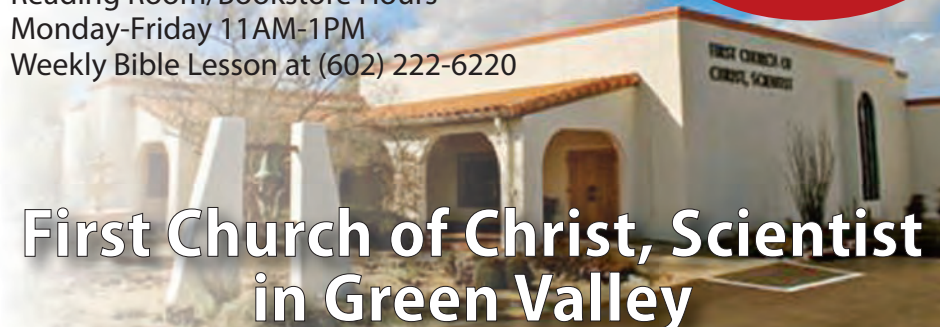
550 S. La Cañada Drive • Green Valley, Arizona • (520) 625-2776

Sunday Service & Sunday School 10AM
 Wednesday Testimony Meeting 5PM
 Services on Zoom: See the Website

Reading Room/Bookstore Hours
 Monday-Friday 11AM-1PM
 Weekly Bible Lesson at (602) 222-6220

Sentinel Watch has inspirational broadcasts changing each week by calling (602) 200-7002 and on www.greenvallychristianscience.org

First Church of Christ, Scientist in Green Valley




UNITED METHODIST CHURCH OF GREEN VALLEY

Join us for Worship on Sundays

APRIL 8:00 and 10:15
 MAY - JUNE 9:30

umcgv.org 520-625-4712
 300 W. Esperanza Blvd

HOPE LUNCH 1ST AND 3RD FRIDAYS

This column is provided by Dr. Tait with OREGON Orthopedics in Tucson

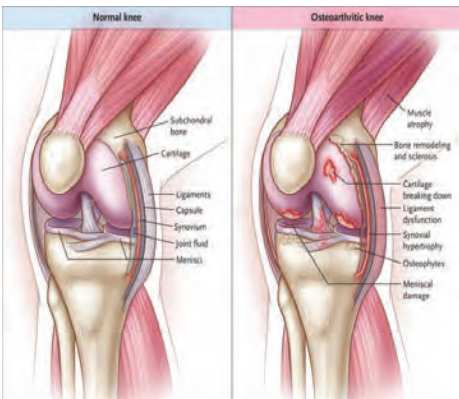
medicalnews

MORE PASTA, BETTER KNEES?

If you're an avid pickleballer but have found yourself serving up more plates of pasta than you have been that yellow wiffle ball, pay attention to the following.

Because I see A LOT of pickleball players in my practice, presenting with knee pain. There are three tissues typically responsible for their issues:

1. Ligament strain – ligaments connect a bone to another bone
2. Meniscus tear – the meniscus is the flexible cartilage within the knee
3. Articular cartilage injury, i.e. arthritis – this is the cap of cartilage on the end of the bone.



Conventionally these types of injuries lead down a common path. NSAID medications to help pain, physical therapy to attempt to improve mechanics/strength to not stress the injured tissues as much, and when that fails it is often off to surgery.

Now here's the exciting news if you've tried some of the above and/or are not excited about the prospect of surgery.

In January 2024, leading scientists in orthopedic research published an article that was pretty mind-blowing. In short...

More pasta = less pain from knee arthritis.

Kinda, hah. The research was performed by an Italian group of researchers, with Italian patients, who eat plenty of pasta! And as you know, some of that pasta undoubtedly turns into something else within those patients - fat.

Here's the actual article title:

Autologous micro fragmented adipose tissue treatment of knee osteoarthritis demonstrates effectiveness in 68% of patients at 4-year follow-up (1)

Now, a fraction of that fat, not just in Italians, but in me and you as well, is useful for deriving healing stem cells and other growth factors. What scientists refer to as the "healing niche".

In this study patients had failed common interventions including:

1. Physical therapy
2. NSAIDs (non-steroidal anti-inflammatory drugs) such as ibuprofen or naprosyn
3. Cortisone injections

The patients underwent a diagnostic arthroscopy, i.e. a knee scope surgery, so that the extent of cartilage damage from the osteoarthritis could be directly visualized and characterized.

They then received a single injection of mFAT, or micronized fat (adipose) tissue taken from their own "fat storage depots" at the flank or abdomen.

I've been using this same type of treatment for more than 5 years in my practice as a component of our comprehensive full cellular treatments whereby we: 1) Draw your blood - to get another fraction of cells, platelets, 2) Extract a small fraction of fat from your side - to micro fragment as they did in this study, 3) Extract a small amount of bone marrow from your pelvic bone - where we can get actual stem cells

Let's break down why this treatment does what it does:

1. Platelets contain powerful healing growth factors
2. Adipose (fat) tissue also contains healing growth factors and other proteins, as well as a fraction of stem cells
3. Bone marrow contains a rich supply of stem cells in the body

When these cells are injected into an arthritic joint - in this study, the knee - the cells trigger a powerful healing cascade that turns down

the "inflammatory chemistry" that makes an arthritic knee hurt.

This slows the downward degeneration that we know is typical of knee osteoarthritis, while stimulating some "micro-healing" of the damaged tissue - cartilage, meniscus, ligaments - at the surface level.

The endpoint, as shown in this study, is that there can be a significant pain reduction and functional improvement that is sustained in many subjects for years. Personally, I have patients that are more than 4 years out and still reporting pain relief and functional improvement with our version of this treatment.

Look, if a drug performed this well, i.e. a single dose lasted 4 years with 68% reported success in those patients, it would be a trillion-dollar drug.

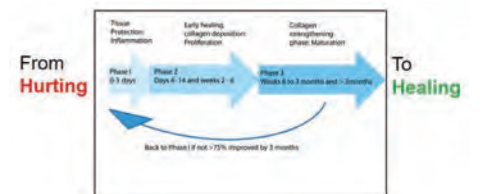
This is the power in these treatments. This is also why the pharmaceutical industry is in an arms-race to find a way to bottle it up, scale it up, and sell it back to you through your insurance company! Perhaps that's 3-5 years out, maybe sooner.

Until then...Here's the takeaway.

Time is your most valuable resource because **time is tissue**. The longer one waits, the lesser the chance of these treatments helping. And the longer you are off the courts, course, or hiking trails – wondering if your knee may ever get better.

Early intervention is key in cases

of "knee going bad", that many let smolder for years. In many cases, we can return people to high-demand activities such as pickleball in 2-3 months.



In time these procedures may prevent the need for more invasive knee arthroscopy or replacement surgery, and I think most patients would be completely fine with that!

If you've been sidelined with some form of "pickleballer's knee", which is often a combination of ligament and/or meniscus tears, with or without a dollop of knee arthritis, these treatments may be something for you to consider.

Now you're up to date, with research hotter than a heaping plate of pasta Arrabbiata.

This is what is available now and will only get better as we compile more compelling research and continue to advance the technology in this space.

Reference:

1. *Autologous micro fragmented adipose tissue treatment of knee osteoarthritis demonstrates effectiveness in 68% of patients at 4-year follow-up* <https://pubmed.ncbi.nlm.nih.gov/38212589/>

Educating the Community



Dr. John Tait, D.O.

Dr. Tait is the founder and Chief Health Strategist at ORIGIN Orthopedics + Optimal Health in Tucson, Arizona. The only dedicated Orthopedic clinic in the region exclusively focused on non-surgical treatments.

To learn more about Dr. Tait and non-surgical Orthobiologic treatments, please visit www.origenortho.com.

This column is provided by Hughes Federal Credit Union

money matters

CREDIT UNIONS: YOUR MONEY PRIORITIZED

Considering a credit union? Here's why they might be a good fit for you.

While credit unions offer similar services to traditional banks, credit unions operate with a fundamental difference: they are member-owned cooperatives. This means they answer to their members, not shareholders.

Benefits of Membership

The structure affords benefits that go directly to your wallet. Since credit unions are non-profit, their earnings are returned to members. This can mean lower interest rates on loans, higher returns on savings accounts and fewer fees.

The advantages go beyond just saving money. Credit unions take a more personalized approach to lending. Unlike big banks that rely heavily on algorithms, credit unions consider your unique credit circumstances when making loan decisions. This can be especially helpful if you've faced financial difficulties or are navigating a challenging economic climate.

The Hughes Federal Credit Union Difference

Hughes Federal Credit Union exemplifies this member-centric philosophy. They don't just offer standard financial products. Responding to members' needs, they launched a new mobile banking platform with budgeting tools to empower members to take control of their finances. They also recognized the increased need for customer support and bolstered their Contact Center staff while creating a specialized Lending Call Center.

Hughes' commitment doesn't stop there. The credit union offers financial counseling, wealth management and youth financial education to get kids interested in saving and even investing at an early age. They are neighborhood partners, donating to local organizations and sponsoring events and causes vital to our community.

Traveling and need access to an ATM? Hughes is part of a shared network that provides access to over 30,000 ATMs nationwide for convenient banking. They also make it easy to become a member, offering unique opportunities like membership through donations to local libraries. Their goal is to be truly accessible to those living and working in the Tucson community.

Join a Community, Not Just a Bank

At their core, credit unions are about empowering communities. They foster a spirit of shared resources and mutual support. By choosing

a credit union like Hughes, you're not just choosing a financial institution; you're joining a community dedicated to your financial well-being.

Make your money work for you. Choose a credit union that prioritizes your interests. Membership is open to anyone living, working, worshipping or attending school in Tucson or affiliated with partner or community service organizations such as libraries. A small deposit into a Main Share Savings Account establishes your membership. Visit one of seven Hughes Federal Credit Union locations or apply online today and start your journey to better banking. Learn more at Hughesfcu.org.

Credit unions take a more personalized approach to lending. Unlike big banks that rely heavily on algorithms, credit unions consider your unique circumstances when making loan decisions.



Hughes Federal Credit Union: A Better Choice for Your Banking

- **Local Commitment to Southern Arizona:**
 - Hughes' mission is to make a positive difference in its members' lives.
 - For over 70 years, Hughes has made members and the Tucson community their top priorities.
- **Member-Owned Advantages:**
 - Credit unions are not-for-profit cooperatives owned by members.
 - Profits are returned to members in the form of lower rates on loans and higher dividend rates on savings.
- **Personalized Service:**
 - Hughes offers the best service through member-preferred channels like our Contact Center, webchat, email, text and more.
- **Wide Access:**
 - Hughes offers over 30,000 ATMs nationwide for convenient banking.
 - Hughes provides alternative membership options through the support of local community service organizations or groups.
- **Better Rates & Financial Tools:**
 - Hughes provides free online financial tools and resources, budgeting tools through mobile or online banking and more.
 - Through its financial education programs, Hughes offers youth banking education and programs to help kids start saving early.
 - Hughes provides one low rate on loans and pays some of the highest dividend rates statewide.





Welcome to UCHC!

John V. Spencer, MD

UCHC at Green Valley
4475 S. I19 Frontage Rd. Suite #139

520-407-5910

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

www.uchcaz.org

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

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



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Take the free assessment today at fallriskassessment.com.

As we age, there are a wide variety of factors that can lead to an increased fall risk – from the deterioration of our muscles, to clutter around the home, to how our medications interact, and much more.

Falling is one of the most pressing health concerns facing older adults, so it's vital to know your risk factors.

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928-955-7229
prestigecare.com/greenvalley

Wow! Amazing!

Green Valley Gardeners

Written by Ellen March

If you love the outdoors and seeing tangible results of your volunteer labor, Green Valley Gardeners may be a good fit for you. This long-time Green Valley tradition was established in 1980 and has grown to be a large organization with educational seminars and workshops plus many hands-on projects, fundraising events and four area gardens where you can get your hands dirty.

Seminars with guest speakers are held monthly October through April each year. They are always open to the public at no charge.

Plant sales take place twice a year in spring and fall—one coincides with the popular Art in the Park event at Desert Meadows Park.

The annual Garden Tour is held each spring, affording the opportunity to visit local gardens and get ideas for your own.

The Ogden Community Garden in Sahuarita was established in 1983 and offers raised vegetable plots to members. Many harvest their produce and donate it to local Food Banks. This is the only GVG garden that is surrounded by a fence and a locked gate.

The Arid Garden (1986) is a demonstration garden of native and desert adapted plants open to the public at no charge. Each Friday morning, volunteers are on hand to work and to answer visitors' questions.



Arid Garden entrance.



Desert Meadows Park.

Historic Canoa Ranch gardens are operated in collaboration with Pima County and began restoration and cultivation in 2012. Stroll around this beautiful site, on the National Register of Historic Places. There is no charge for entry.

In 2014, a longtime dream of GVG came to fruition with the help of Freeport Mc-

Moran, the Desert Meadows Homeowners Association and the club membership—a beautiful park, Desert Meadows, was created in the middle of Green Valley along the historic Anza Trail. This certified arboretum includes a 60 plot community garden, 5 picnic areas and a variety of demonstration gardens. This peaceful spot is a haven for birdwatchers and dog walkers and has become a focal point for outdoor activities in the area.

“One is nearer to God’s heart in a garden than anywhere else on earth”—Dorothy Frances Gurney

For more information, including how to become a GVG volunteer, visit the website: greenvalleygardeners.com



CROSSWORD

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CROSSWORD PUZZLE MANIA



Sponsored by La Posada ... Experience the Nonprofit Difference

OFFICIAL RULES

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 6/15/2024

This edition's puzzle is YEAR-IN-REVIEW! 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 June 15, 2024. 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

KGTV OFFICIAL ENTRY FORM

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SPRING'S IN THE AIR

ACROSS

1. College cadet program
5. Comedian Schumer
8. Not square
11. October birthstone
12. Dueling weapon
13. FlambÉ
15. Capital of Azerbaijan
16. Rugged rock
17. Actress Vergara
18. *What many chicks are doing in spring
20. "Me and Bobby McGee" singer-songwriter
21. *What the weather does in spring across the U.S.
22. Make a seam
23. Old name for 5-iron in golf
26. Facing
30. 20s dispenser
31. Bodily fluids
34. Steak choice
35. Dungeness and snow, e.g.
37. "Chapter" in history
38. African antelope
39. Republic of Ireland
40. Made a feline sound
42. 34th U.S. President
43. Knock-at-the-door onomatopoeia
45. ____ the Great, king of Persia
47. Give it a go
48. Fraternity K
50. Dr Pepper, e.g.
52. *The Beach Boys: "Spring ____, good vibration"
55. Member of Nahuatl people
56. #23 Across, e.g.
57. Articulated
59. Salary increase

60. Umbilical connection
61. Volcano in Sicily
62. Robinson or Doubtfire
63. Bajillion years
64. One-horse carriage

DOWN

1. What highwaymen do
2. Moonfish
3. Bangladeshi currency
4. Type of purse
5. *Simon & Garfunkel: "____, come she will"
6. Wealth
7. Safecracker
8. High quality sound reproduction, for short
9. *Purple flower that starts blooming in spring
10. Fairytale insomnia cause
12. Like repeating tunnel sound
13. Off kilter
14. *"Spring ____, fall back"
19. Spring mattress filler
22. Acronym in a bottle
23. Ceremonial staff bearer
24. Skylit lobbies
25. "Designing Women" star Jean ____
26. *Become soft, as in ground
27. Radices, sing.
28. "Way 2 Sexy" rapper
29. "Battle of the ____" movie
32. Swimming competition, e.g.
33. Not amateur
36. *The ____: "Little darlin', it's been a long, cold, lonely winter"
38. Highly skilled
40. *Official start of spring
41. Make bigger
44. Vanish without this?
46. Elevates
48. Dry plateau in South Africa

49. Oak nut
50. Same as tsar
51. "The Dock of the Bay" singer
52. Joe Biden, once
53. Solemn promise

54. Pinta and Santa Maria companion
55. Vegas bandit's body part
58. *It gets longer



KGTV and La Posada congratulate Robert St. John from Sahuarita on his January Community Quarterly puzzle winnings. Robert was congratulated by Steve Wagner. Robert received \$250 and chose The Green Valley Animal League as the \$250 local non profit winner.

THERE'S ALWAYS SOMETHING HAPPENING IN THE CONTINENTAL SHOPPING PLAZA

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- Nancy Pantz
- Your CBD Store
- True Value
- Safeway
- CVS
- Go Wireless
- Green Valley Jewelers
- Precious Metals Refinery
- Mr. AZ Jewelers



EVENT CALENDAR



Sidewalk & Art Sale

- **June 26th-29th**
- **Oct. 23rd-26th**
Live music featuring:
 - *Hardscrabble Road*
 - *No Sand Beach Band*
 - *Angel Perez*
 - *Linedancing with Annette Mesa*
- **Nov. 13th-16th**



ASSOCIATIONS & CLUBS

- Green Valley Democratic Club
- United Republicans 4 Arizona
- United Way of Tucson & Southern Arizona
- Green Valley/Sahuarita Assoc. of Realtors
- Madera Church Offices



FINANCIAL & BUSINESS SERVICES



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

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- Realty One Group
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- Green Valley/Sahuarita Assoc. of Realtors
- First American Title
- Keller Williams Southern Arizona



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- George Boughan DDS
- Continental Spa & Wellness Center
- GV Acupuncture
- Your CBD Store
- Right at Home
- Angels Care Home Health
- Pool of Bethesda Psychiatric Health
- Mindful Choice Institute
- Simply Feet
- Medicare A to Z
- Aspire Health Counseling
- Emblem Hospice



SERVICES

- Right at Home
- Sparkle Cleaners
- The UPS Store
- Kingdom Constructors
- Bon Voyage Travel
- Total Care Pool
- Green Valley Screens & More



BEAUTY, SPA & WELLNESS

- American Hair Family Cutters
- Continental Barbers
- Continental Spa & Wellness Center
- GV Acupuncture
- Studio 11 Salon
- SKINtastic



RESTAURANTS

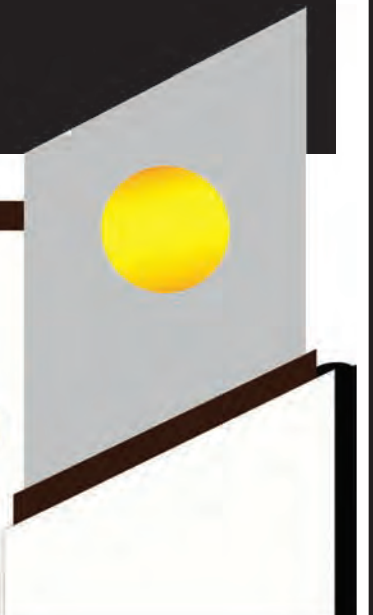
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- Panda House
- Findley's Restaurant
- Brindis Bistro & Bar
- The Hot Dog Lady and More



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