

Community Quarterly

Celebrating 10 Years Strong

Spring, 2019

34,172 Delivered by US Mail ~ Serving Green Valley, Sahuarita, & Tubac

Volume 10, Issue 2

Thank You To All Our Community Volunteers

Volunteers can be found everywhere in Green Valley, Sahuarita and Tubac. Whether you volunteer to drive neighbors to medical appointments or outings, care for and walk pets for adoption, sort or resale donations in one of the local thrift stores or food banks, help seniors keep their house alarms functional, read books to school children, or are involved in other volunteer positions in our communities, VOLUNTEERS MAKE IT HAPPEN!! In this Community Quarterly issue we look at a few of the volunteers who donate their time, and how you can discover the joys of volunteering through the Volunteer Clearinghouse.

The giving of ones' time to help others, is a great gift that inspires us all.

CROSSWORD PUZZLE MANIA



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Lynn Norred celebrated 25 years of volunteering with the White Elephant last month. She has served the White Elephant in many various positions since becoming a volunteer. Karen Lavo, White Elephant General Manager in the photo with Lynn states "We are fortunate to call Lynn one of "White Elephant's Finest!"



Jim Chaffins 93 years Oldest and Hannah Lopez 9 years Youngest Volunteer at Green Valley/Sahuarita Salvation Army. Photo courtesy of Mayor Tom Murphy.



Denny Mart spends his time volunteering for the Green Valley Fire Corps. Photo courtesy of Guy Atchley



Friends In Deed Volunteer Madeline Sperry, Operations Director. Volunteering since 2008 and she "loves working and helping people".

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The Westerners Group Shares Arizona History

Written by Barbara Averill

La Frontera Corral of Westerners International is a long name, but it's a short journey into the history of Arizona for the group's members. They meet monthly in Green Valley, minus the summer months, to hear knowledgeable speakers, share information, and pass along interesting history books they have enjoyed.

Each meeting starts with an energetic "Howdeee" from Jo Ann Herbst, who is the group's sheriff, the name Westerners give to their club president. Then they settle in at the Posada Life Community Center to hear a speaker and have a good ol' gab about the topic. Membership numbers nearly 50 full and part-time residents from Green Valley and neighboring communities.

The topics have been as diverse as the topography of Arizona. In recent months they've heard about sheep ranching, pioneer women of Tucson and Tombstone, famous movie makers and the watering holes they frequented, hidden symbols within the Mission San Xavier del Bac, Spain's Buffalo Soldiers and rowdy

frontier characters.

Herbst recalls some of her favorites: insights into the Jesuit's missions, a cowboy who raises special cattle, and the history of Mormons in Mexico. "You could listen all day and never scratch the surface of Arizona history," says Herbst, a Green Valley transplant from Indiana.

Why would a Hoosier get so involved in Arizona history? "I think it's fascinating and the people in the group are so friendly," she comments. She's also involved in genealogy, so history is a large part of her life.

The Community Center is often filled to standing-room only when the Westerners meet. In the spring, they hold a picnic and share both food and their love of history in the setting of Madera Canyon. One memorable speaker at that event was the sister of a Boy Scout who survived a blizzard on the mountain when some of his troop did not.

Lining up all the speakers is Mary Kasulaitis of Arivaca. For her, western



history is personal and spans generations. Her family has lived in Southern Arizona since 1879 and she continues to live on her grandfather's homestead.

"As a Librarian and the Arivaca historian, I want people to be aware of a wide span of Arizona history and also how it relates to Spanish and Mexican history, particularly since we were part of Sonora for over 150 years. We also live in the land of the Tohono O'Odham. In our Western-

er's corral we have natives, long-time residents and winter visitors, all tied together by our interest in history," Kasulaitis said.

Dues are just \$15 a year. To join, simply come to a monthly meeting on the first Monday of the month beginning at 3:30 p.m. in the Posada Life Community Center, 760 South Park Centre Ave., Green Valley. For a schedule of events, contact Kasulaitis by email at rmkasulaitis@msn.com.



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Sahuarita Police Chief Questions and Answers

How long have you been Chief of Police in Sahuarita?

I been police chief for just over four years after retiring from 30+ years in California law enforcement.

What changes and accomplishments has the Sahuarita Police force seen under your leadership?

We have enacted multiple positive changes over the last four years that have brought the department and its staff to better levels of performance and continue to look for different ways to improve. Below are some of the projects or programs that staff have taken active roles in to make these improvements.

Department Training Plan: We established a department wide training plan for each position in the PD. The plan identifies different types of training that employees should receive for their position that will help them develop and provide better service. The plan has the ability to adapt to needs, but also sets a developmental path and timeline for each PD member.

Social Media and Nixle: We redirected our efforts in Social Media (Facebook) to be more active with the public and help educate them on certain incidents. We have a few thousand following us on Facebook and work to regularly post information on special events, PD training, and regular media releases. Additionally, we began using Nixle, a public alert and communication system that allows us to send short texts, email, and voice messages to large groups of residents who sign up for Nixle. Nixle is FREE and we have a few thousand signed up receiving messages from the PD. Perhaps the easiest way to sign up is to simply text "85629" to 888-777 from your cell phone. It's that easy. This allows us to put out messages about significant police actions, closed roadways, severe weather etc. Examples - We recently messaged about a major roadway that was completely blocked by a stalled train and another about a larger than normal police presence in a certain area due to a shooting incident where a resident may have accidentally shot himself and that there was no public threat.

Lexipol: We implemented a state of the art policy development program using a company and system called Lexipol. Lexipol allows us to develop, craft, write and edit police policies for Sahuarita. We do this while examining suggested best practices and compare our policy among

other agencies that could be in our local area, state, or anywhere in the nation. Lexipol provides suggested updates and edits as laws or best practices may change. It also allows for our officers in the field to use a computer or their department issued smart phone to view the policy in case they have questions.

UAV Program: We began perhaps the first, at least successful, UAV (drone) program in the state. Our UAV pilots have been well trained and are federally licensed to fly our UAVs anywhere in the U.S. Our UAVs are small battery operated drones that are equipped with high definition cameras and one of our drones has a FLIR or Forward Looking Infrared camera. This allows it to locate persons or heat signatures at night. We have used the UAVs to help map crime scenes, search for lost or at risk persons, and provide aerial recording of special events.

Crime Scene Team (CST): We have developed a Crime Scene Team or CST that consists of our two crime scene specialists and a number of SPD members who receive advanced training on processing and documenting crime scenes. CST members can complete tasks from advanced photography to the collection of trace evidence such as latent prints and DNA from persons or objects.

Lieutenant Position: We implemented two lieutenant positions to help with supervision of sergeants who serve as first line supervisors. This was an important development for staff and the PD.

Equipment Advancement: We have purchased new or replaced aging equipment such as weapons, Tasers, patrol cameras, rain gear, crime scene lights, and a roadway messaging trailer, to name a few. Some of these items have been purchased through our general fund regular budget and others through grants or restricted funding sources.

Recruitment & Hiring: We have been able to recruit quality candidates for officer at both the entry level, where we put the person through the academy, and for a lateral officer, who comes to us with prior law enforcement experience.

What are the major challenges that face the police Department?

Every law enforcement agency has challenges. Ours are like many others. Our town is only 25 years old and has grown from approximately three thousand to now over 30,000.

It continues to grow residentially and economically. This will require that I, the Town Manager, and Town Council carefully evaluate the PD staffing model. We want to be effective, efficient, and maintain the quality of life and safety here in Sahuarita. We have had significant growth in the last year or two and that is expected to continue. During the next several months, we will need to determine what resources, by way of employees, technology, etc., is going to be required to continue to make Sahuarita a safe place to live, work, and play. Our community has a fantastic quality of life that includes our parks, our schools, and our public safety.

Additionally, we will need to remain competitive in recruitment among other municipalities in this area and retain quality employees. That requires attractive pay and benefits. We need to make sure our staff continues to be well trained and equipped. Additionally, I, my command staff, and PD managers will need to stay abreast of what may occur as far as crime trends. This is where forecasting and strategic planning comes in. It's important for us to look at local and national trends and understand crimes and incidents can occur just about anywhere.

Is the size of the force keeping up with the growing community?

This touches a little bit back on my previous answer. I wouldn't say no to additional sworn officer positions, nor civilian positions. I could definitely make use of them. However, I also understand the Council and Town Manager evaluate needs from infrastructure to staffing and resource needs of other town departments. The PD has been evaluating how much overtime we use and what we are using it on. We are looking at town growth and the type of growth. Additionally, we are examining the number of, and very importantly, the types of calls for service we go to, the time and number of officers those calls take to address properly and other factors. I believe we are a few months from having those answers which will allow us to determine staffing and resource needs for upcoming years.

How did crime statistics from 2018 compare with previous years?



Sahuarita Police Chief John Noland

Unfortunately, prior to this question, I did not have the opportunity to run statistics. However, I believe we are seeing more complex and serious crimes. For example, we have had several serious aggravated assaults and a recent homicide. The homicide was the first in 10 years. It appears, that many of our more complex thefts, especially those involving organized retail theft, are taking more of our time. These cases sometimes involve suspects who commit the thefts for a living. Many of these people come from outside the town and commit the crime here and flee. Up to this point we've done good work tracking suspects down and producing prosecutable cases; however, we will need to continue to assertively address these to make sure those responsible are prosecuted and don't return.

Would live cameras throughout Sahuarita cut down on the smaller crimes such as package theft, stolen tires, etc.?

I understand some residents are concerned about government cameras in public places. Many jurisdictions have cameras, such as traffic cameras that help monitor certain roadways and intersections. I believe cameras at our major intersections recording the intersection would be beneficial to solve certain types of crimes. For example, we had a shooting incident a couple years ago, that was recorded from a home's camera that was pointed toward the street. It capture the actual shooting incident and was very valuable in solving the case. Many stores have cameras that help solve crimes. Criminals who are about to or have recently committed a crime can frequently drive or traverse our major intersections. It would be beneficial to know if a "blue Ford pickup" that was just used in a crime, went through one of our larger intersections. This may allow us to capture a license plate or better description and

Sahuarita Police Chief
Continued from page 5

try and track down the suspect. Cameras everywhere is NOT the answer; however cameras in some of our major intersections filming traffic could greatly assist us.

What crimes are most frequently experienced in Sahuarita?

Like most municipalities, traffic violations, petty theft, noise or disorderly conduct, and vandalism impact residents. These are either civil traffic infractions, or misdemeanors, but they negatively impact quality of life. Along with these we get a number of DUI and domestic violence incidents.

How does officer pay rate compare to similar sized towns?

Our pay and benefits have helped recruit well qualified candidates. I believe just about everyone evaluates pay and benefits, so yes, good pay and benefits help. When other law enforcement agencies and industries in our area get raises or enhanced benefits, it impacts the pool of people we can recruit from. We need to maintain what is attracting people to the SPD – pay, benefits, good working environment, coaching and mentoring of employees, quality training, and providing them opportunity to develop and be challenged. Also,

our community really supports the men and women of the SPD and this has been a factor in recruiting quality personnel. About half our workforce lives in town.

Are you working with the local schools for preparedness plans in case of a shooting emergency? Do the schools need more than one police person in the schools?

We have a very good working relationship with SUSD. I really appreciate the relationship and collaboration between the SPD and SUSD. Yes, we work at being prepared for a shooting incident. We have School Resource Officers (SROs) at each of the two public high schools. We conduct critical incident “lock down” drills with our SROs, patrol officers, and managers. We have conducted critical incident response training at the schools, what some may refer to as “active shooter” training. We will continue to conduct these types of trainings. As I stated earlier, I would not turn down more officers or civilian employees, but there is also a taxpayer cost for each employee. The Town and SUSD have used shared costs and grants to fund the two SRO positions. This demonstrates that shared approach and collaboration I was talking about.

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Taking Care of Community and Neighbors Valley Assistance Services

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

Here at Valley Assistance Services we listen to the community. Our innovative programs assist those of all ages, in all environments and circumstances. Blending community health and social services, we serve over 5,000 annually to keep them independent and safe.



In November of 2018, I became the Executive Director of Valley Assistance Services. As an RN for almost 30 years, I have worked in a lot of areas of nursing, especially Trauma and Neuroscience in a Regional Hospital for 20 years. I have seen a lot and seen people go through a lot. When you see something, it is quite different from when you experience it. My father had Parkinson's for around 20 years. As a nurse but also a family member taking care

of him, I was devastated. He was a well-known businessman and pharmacist, brilliant mind and knew so much. As time passed, he became dependent upon family and occasionally had hallucinations. When I returned to Minnesota to see him, I walked in and he said to me "Well, you look familiar." It was hard to imagine that he could not remember my name. He has

since passed away and questions from my own family still exist: Why did we not know? Why did we not prepare for this? Why was there no support from any agency? Etc, etc., etc.

The backgrounds of us all here at Valley Assistance Services are unique, professional and those of caregivers. We are all a part of a family somewhere,

whether that be neighbors here in Green Valley or a family 1,000 miles away. We all have our own experiences with health changes, with financial stress/crises, and

life's changes. Our programs are defined by who we are and whom we see. As we listen and visit within the community, we will continue to take care of families, individuals and seniors with well-known programs to assist with as many as we can in our communities; quiet and humble professionals who want to make a difference, who want to listen to others, who want to make sure that there is support. Our team can help with the questions of "why?" and the "now what?"

I invite to you to come and visit us at Valley Assistance Services.

A Big Thank You to all those who donated soup, handcrafted bowls, raffle items, silent auction items and to those who came to the Empty Bowls event to make it successful! Thank you for supporting Valley Assistance Services!



Valley Assistance Services

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Participate in the 2019 Ride of Silence on May 15

Written by Chuck Hill

On the evening of May 15, the Ride of Silence will traverse and unite the globe. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves. In 2003, Chris Phelan organized the first Ride of Silence in Dallas after his friend and endurance cyclist, Larry Schwartz, was hit by the mirror of a passing bus and killed. In 2018 the Ride of Silence was observed in close to 400 locations including 47 US states, 20 countries, and 7 continents.



Cyclists leave for the 2018 Ride of Silence

Cyclists participating in the local Santa Cruz Valley Area Ride of Silence will gather at the GVR East Social center at 5:30 PM and begin the ride at 6:00 PM. Riders will observe the world-wide guidelines for the Ride of Silence and ride at a slow and comfortable pace while conducting the ride in total silence. The ride will be led by local bicyclists and supported with assistance from the Pima County Sheriff's Department, the Sheriff's Auxiliary Volunteers, and the Green Valley Fire District.

On May 15 we will remember the life of Mason Taylor who would now be a sophomore at Walden

couragement of Continental School music teacher Joe Ferguson who taught him to read music. Joe said that 'Taylor was a very treasured musician and one I will remember forever'. Mason was later a member of the Walden Grove jazz band as a guitarist but also played piano, marimba, ukulele, and percussion instruments. Mason enjoyed all genres of music, especially the 'familiar favorites' that played on his favorite radio station, KGVY. He enjoyed annual family camping trips where he cruised through forests and also loved building music projects with his engineer dad.



Mason Taylor displays his music award at his 8th grade graduation



Riders of all ages are welcome

Grove High School. His life was cut short when colliding with a vehicle on July 3 near Quail Creek. Mason always loved music and found his potential through the en-

Cyclists are invited to the Green Valley/Sahuarita area to enjoy the safety of seventy-five miles of bike lanes and opportunities to travel to and explore nearby communities. Bike lanes help separate cars

and bicycles, but do not guarantee safety. Both motorists and cyclists need to be observant and aware of each other. A recent safety trend is riders with flashing front and rear lighting. This has been proven to more than double rider visibility.

For information on the international Ride of Silence go to rideofsilence.org. For local bicycling opportunities and information on the local Ride of Silence refer to scvbac.org.

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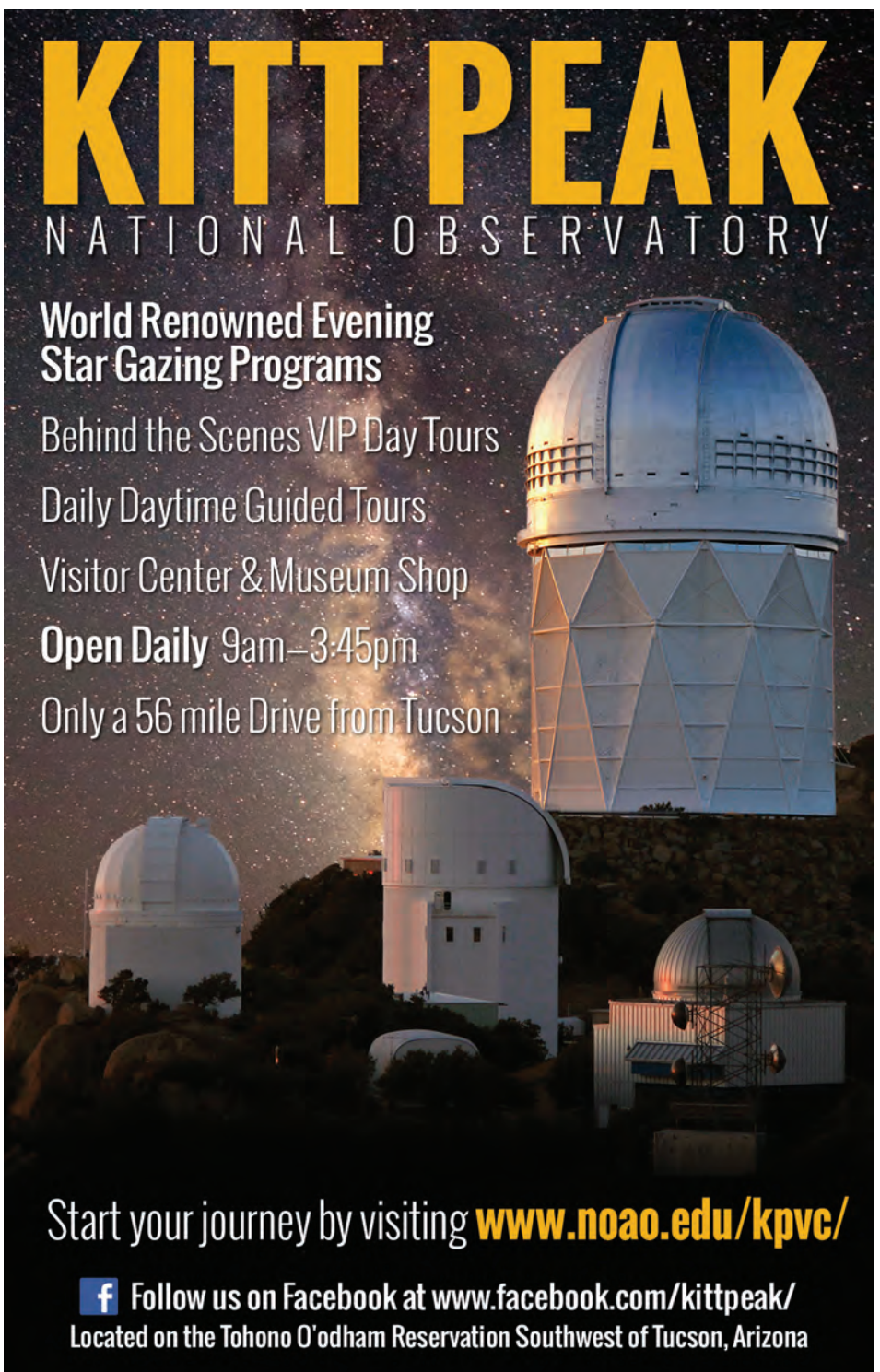


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Kid's Care Fair Needs Your Support

The Salvation Army



Written by Randy Graf, Salvation Army Advisory Council Member

The Salvation Army will be holding this year's Kids Care Fair on Saturday, July 27th at the Sahuarita Intermediate School Gymnasium located at 350 W. Sahuarita Road in Sahuarita.

Every year the Kids Care Fair provides school supplies for more than 300 students of all grade levels in the Continental and Sahuarita Unified School Districts and local charter schools. The event takes place a week or so before school begins and couldn't be done without the support of many in the community who give of their time and resources.

Supplies for the students include backpacks, notebooks, writing tools and other essentials including uniform shirts (if needed). In the past we have given every child a new pair of shoes so they can look their best. Through the years local businesses including eye doctors, dentists and hair stylists have been on

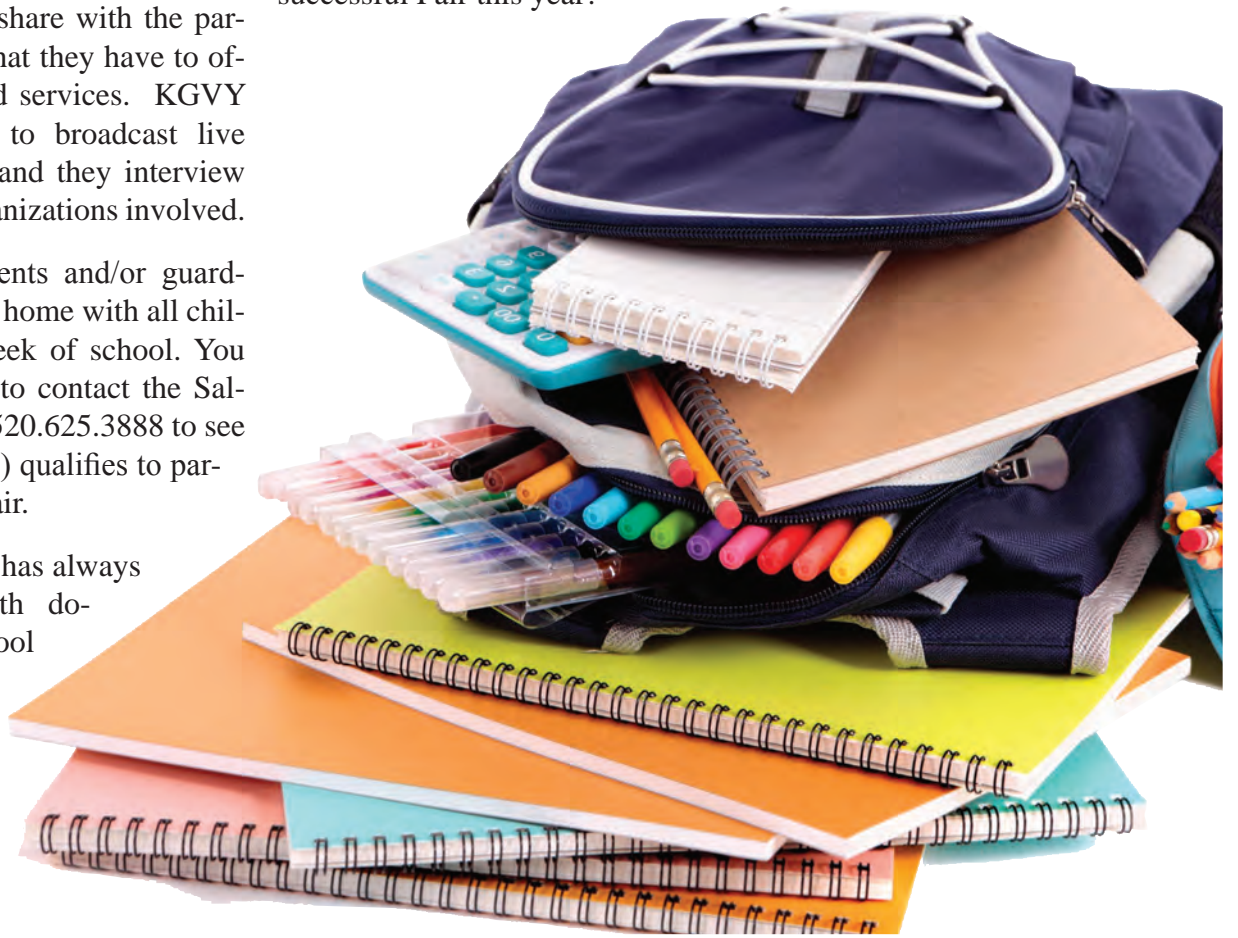
hand providing their services to the families we are serving.

Businesses and local agencies can have a table to share with the parents and kids what they have to offer in goods and services. KGVY Radio is there to broadcast live from the event and they interview many of the organizations involved.

Notices for parents and/or guardians will be sent home with all children the last week of school. You are encouraged to contact the Salvation Army at 520.625.3888 to see if your student(s) qualifies to participate in the Fair.

Our community has always stepped up with donations of school supplies and/or other support. Thank you in advance for any help you can provide this year.

With the help of many churches, businesses, organizations and individuals we look forward to another successful Fair this year!



Congratulations to the newly elected Directors for Green Valley Recreation, Inc.

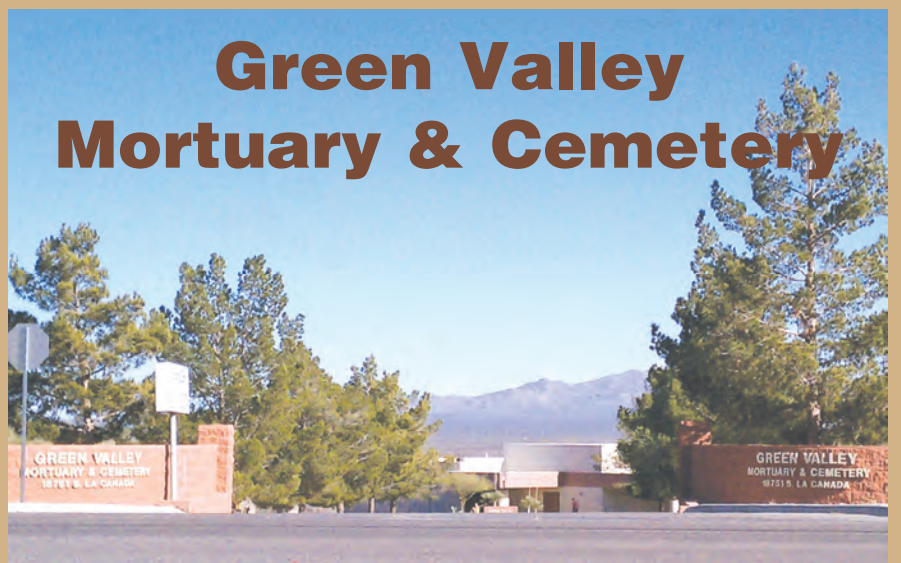
Friends of GVR wishes the best to the new board and trusts that:

- There will be effective and accountable board member training
- All views will be considered and appropriately deliberated
- GVR's health and future will remain vibrant as member needs evolve

To receive info about our social and community service opportunities, please connect with us at:

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Civic Orchestra of Tucson Presents Free Pops Concert in Green Valley

Written by Dorothy Fitch, General Manager, Civic Orchestra of Tucson



Photo by Casey James

The Civic Orchestra of Tucson (COT) returns to Green Valley in April to present a free Pops concert. The performance will be held on Sunday, April 28, at 3:00 pm at Valley Presbyterian Church, 2800 E Camino Del Sol, in Green Valley.

The orchestra is no stranger to Green Valley. Each year, this 75-member ensemble performs free concerts throughout Pima County, including Green Valley. Several orchestra members live in Sahuarita or Green Valley, and the nonprofit organization is a proud member of the Green Valley Sahuarita Chamber of Commerce.

Charles Bontrager, COT's Music Director, has named the April 28 Pops concert "Spring Delights" and it offers a variety of musical treats. The program includes familiar Broadway tunes, light classical pieces, marches, and even a hoe-down. For a complete list of pieces on the program, visit www.cotmusic.org.

In the spotlight will be pianist Minu Kim, a high school senior. This talented young musician wowed the judges at the orchestra's 2019 Young Artists' Competition and he was selected as the winner of the Senior Piano Division. He has chosen to

play the challenging third and fourth movements of Piano Concerto No. 1 by Franz Liszt.

Born in Seoul, South Korea, Minu Kim began playing the piano at the age of 12. Since then, in addition to winning COT's 2019 Young Artists' Competition, he has won many other competitions including Dong-A Times Competition, South Chungcheong Department of Education Competition, Viva M Competition, Tucson Music Teachers Association Scholarship Audition, and the Southern Arizona Symphony Orchestra Youth Concerto Competition. He also participated in a masterclass with Daniel Hsu. In 2017, he moved to Arizona and started studying with Dr. Kyungsun Choi.

Each winter, school-age musicians, some as young as age 6, compete for cash awards in the orchestra's Young Artists' Competition, and winners are invited to perform their solos with the orchestra. If you attend COT's "Pops in the Park" concert on May 5 at Reid Park (7:00 pm), you can hear another talented young musician, Jacqueline Rodenbeck, the 11-year-old winner of the Junior Strings Division of the competition. She will play the first movement of Mendelssohn's Violin Concerto.

Both the Young Artists' Competition and its Musical Instrument Petting Zoos are part of the orchestra's mission to encourage young musicians and introduce people of all ages to classical music.

The Civic Orchestra of Tucson has been performing free con-



certs throughout the greater Tucson area since 1975. Its concert season is supported in part by the Arizona Commission on the Arts, which receives support from the State of Ar-

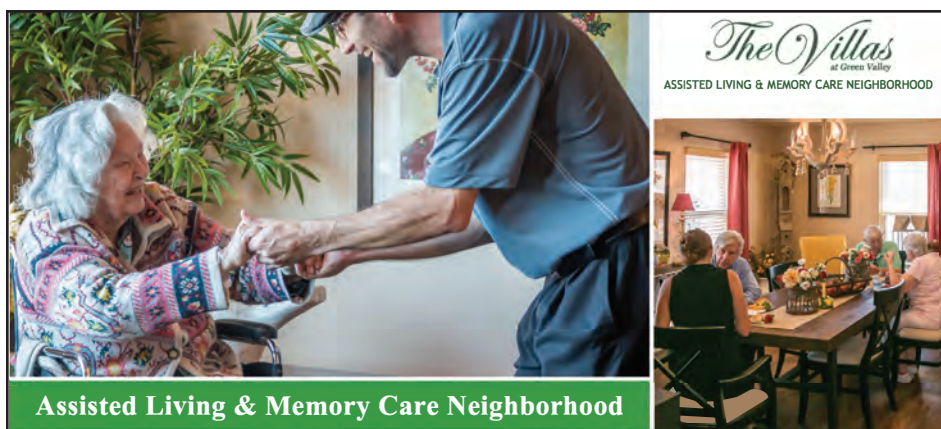
izona and the National Endowment for the Arts. Additional contributions come from individual and corporate donations.

For more information about the free April 28 Pops concert in Green Valley and all the orchestra's events, please visit www.cotmusic.org or call 520-730-3371.

Save the Date: The Civic Orchestra of Tucson will return to Green Valley for another free concert on Saturday, December 7, 2019 at 3:00 pm at Valley Presbyterian Church. That program includes Tchaikovsky's Symphony No. 5.



Minu Kim



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Concerts & Special Events



Piano Men: Generations ~ The Music of Two Music Legends: Billy Joel and Elton John
 Friday, April 26, 2019 ~ 7pm \$27.00 **TAD Management**

PIANO MEN: GENERATIONS celebrates the musical influences of BILLY JOEL and ELTON JOHN brought to you by the amazing Father and Son team of Terry & Nick Davies. Not only have Billy and Elton written and performed music that transcends four decades of music lovers – both have done so, not standing center stage, but seated behind the ebony and ivory of an instrument that will forever define the spirit their music: THE PIANO! Join Terry & Nick on this journey through the careers of two music icons!



Wellness Presentation ~ “Unleashing the Immune System on Cancer”
 Monday, April 29, 2019 ~ 10 AM **ARIZONA ONCOLOGY | The US Oncology Network**

Presented By: Sherri Porterfield, RN, MSN, Arizona Oncology
 Sherri Porterfield, RN, MSN is a Patient Navigator and Community Education Liaison. Sherri has a masters degree in nursing education and has over 24 years of experience working with the geriatric population, teaching them how to maintain their quality of life and independence. A Q & A will follow.



Garth Live Tribute
 Friday, June 7, 2019 ~ 7PM \$27.00

Garth Tribute Live -Tribute to Garth Brooks is much more than your average tribute act. This exciting show brings crowds to their feet and has everyone singing along to country music anthems such as Friends in Low Places, The Thunder Rolls, The Dance, If Tomorrow Never Comes, Unanswered Prayers, and many more! No two shows are the same as Garth Tribute Live entertains in the true Garth Brooks high energy style.



“Return to Woodstock” Tribute Show By Tributaries - Walker Foard Concerts Production (Featuring players from Five Way Street)
 Friday, August 30, 2019 ~ 7PM \$27.00

Let’s Celebrate 50th Anniversary of Woodstock!
 From a dairy farm in upstate New York to Tucson’s Own Gaslight Theater and Gaslight Music Hall, re-live 3 days of PEACE and LOVE in just two hit-filled hours! Watch authentic performances of the biggest and most iconic songs from the Woodstock Event!... Jimi-Hendrix, Jefferson Airplane, Arlo Guthrie, Janis Joplin, Sha Na Na, Crosby Stills & Nash, CCR... and more! Plus, we’ll give you some background about the artists and songs!
 “Return to Woodstock” is performed with a little help from your friends... Allan Bartlett, Fred Coy, Walker Foard, Joe Murphy, Mike Serres and Mindy Rondstadt. Let them transport you to an incredible era of music, peace and love! Less rain, mud and better bathrooms, guaranteed!

2019 Arizona Diamondbacks Games ~ Quail Creek Bus Trips to Chase Field

Price includes round trip bus ride to Chase Field in Phoenix, driver’s gratuity, game ticket and bottled water on the bus ride. Pre-payment is due at time of sign up. Official Game tickets will be passed out on the bus. Seats are located in Section #111 ~ a short walk from our drop off point . Only 50 tickets available per game!

Sunday, June 23, 2019 Dbacks vs San Francisco Giants
 Game Time 1:10 pm
 Bus departs Madera Clubhouse at 10 am
 Tickets \$62
*Deadline to purchase tickets is **June 5 ~ 4:00 PM***

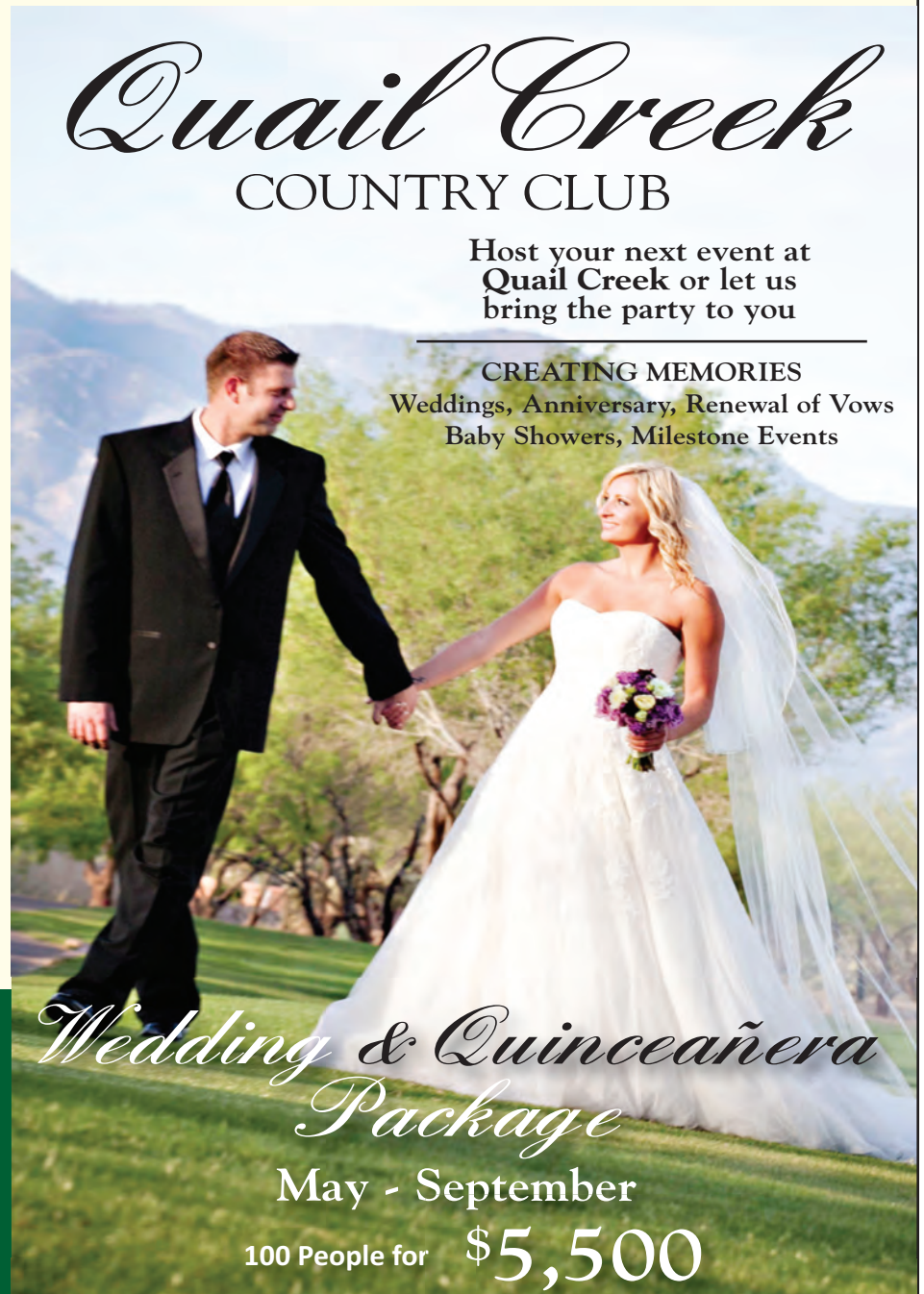
Sunday, Sept 1, 2019 Dbacks vs Los Angeles Dodgers
 Game Time 1:10 pm
 Bus departs Madera Clubhouse at 10 am
 Tickets \$62
*Deadline to purchase tickets is **August 14 ~ 4:00 PM***

Sunday, Sept 29, 2019 Dbacks vs San Diego Padres
 Game Time 1:10 pm
 Bus departs Madera Clubhouse at 10 am
 Tickets \$54
*Deadline to purchase tickets is **September 11 ~ 4:00 PM***

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Sun Shuttle – Transportation For All Green Valley and Sahuarita Residents

Provided by Sun Tran

Whether you are a senior, a student, or anywhere in between, Sun Shuttle provides neighborhood transit service everyone can use in Green Valley and Sahuarita. Sun Shuttle makes it easier to travel around our community and beyond.

Sun Shuttle offers two distinct transportation options in Green Valley and Sahuarita. Sun Shuttle 421 is a fixed route bus service connecting Green Valley, Sahuarita and Tucson. And Sun Shuttle Dial-a-Ride provides transportation to and from any location within the service area. Both Route 421 and Dial-a-Ride service provide easy and reliable transportation to appointments, school, work and shopping.

Sun Shuttle Route 421 offers service within the community and can be used to travel to Tucson. Sun Shuttle 421 provides regular service in Green Valley and Sahuarita Monday through Friday. And Sun Shuttle 421 connects riders to Tucson's Sun Link streetcar to explore the entertainment districts on the Sun Link route, and to the Sun Tran bus system to travel throughout Tucson. For trip planning assistance or more information visit www.suntran.com/sunshuttle or call (520) 792-9222.

Sun Shuttle Dial-a-Ride service is also available in our community, providing curb-to-curb transportation to and from any location within the service area. You can also travel from yellow to yellow stops. All trips require a reservation one to seven days in advance. Same-day service is available on a limited first-come, first-served basis. Please view map for details about the Dial-a-Ride service area or call (520) 792-9222 to schedule a ride.

Passengers can pay their fare with the following options: cash, a pass or cash value loaded to a SunGO Card or SunGO ID & Card, a SunGO Ticket. SunGO cards and tickets provide a convenient way to pay a fare and transfer throughout the region. Just tap the card to the fare-box and go! SunGO is valid on Sun Tran, Sun Express, Sun Link and select Sun Shuttle routes. Please note that cash is not accepted once on board the Sun Link streetcar.

Riders can purchase a SunGO Card and load it with a pass at the Fry's in Sahuarita, by phone at (520) 792-9222 or online at suntran.com/sun-go. Passes ordered online and by phone will be sent to you by mail.

Sun Shuttle 421 passengers can also purchase SunGO passes to pay for

DIAL-A-RIDE SERVICE AREA

Map Key

- P Park & Ride Lot
- L Library
- Dial-a-Ride Service Area
- Sun Shuttle Route
- ☀ Sun Shuttle Transfer Point

CURB-TO-CURB SERVICE (Blue Zone)

Sun Shuttle provides curb-to-curb transportation service within the blue zone indicated on the map. For details about the service area boundaries, view the map in this brochure, call (520) 792-9222 or visit suntran.com/sunshuttle. Reservations are required.

OPTIONAL STOPS

Sun Shuttle will serve the indicated yellow stops on the map when a reservation is made. Traveling between yellow stops provides a more economical trip than curb-to-curb service within the blue zone. Reservations are required.

Optional stops are at the following locations:

- 1 Sonora Clubhouse by Del Webb
- 2 North Santa Cruz Park
- 3 Rancho Sahuarita Clubhouse
- 4 Rancho Sahuarita Blvd. at Avenida Mitla
- 5 Rancho Sahuarita Blvd. at Fry's Marketplace
- 6 Sahuarita Town Hall
- 7 Los Arboles Mobile Home Community
- 8 Anamax Park & Recreation Center
- 9 La Cañada at Camino Antigua
- 10 Walmart
- 11 Safeway on Duval Mine Rd.
- 12 Green Valley Library
- 13 Best Western Inn
- 14 Community Performing Arts Center
- 15 GVR West Social Center
- 16 Safeway on Continental Rd.
- 17 Posada Life Community Services
- 18 Continental Medical Clinic
- 19 Madera Highlands (Highland Park)
- 20 Quail Creek Clubhouse
- 21 Santa Cruz Regional Hospital
- 22 GVR Canoa Ranch Social Center
- 23 Canoa Ranch Golf Club

Para información de servicios de Dial-a-Ride en Sahuarita y Green Valley, llame a (520) 792-9222

transit with the GoTucson Transit App on their smartphones. Download the GoTucson Transit App at www.gotucsontransit.com.

To pay the economy fare, riders need to qualify for the SunGO ID & Card. A SunGO ID & Card is available to seniors 65 or older, persons with disabilities, low-income individuals and Medicare cardholders. To be eligible for the economy fare, passen-

gers must apply for the SunGO ID & Card at the Special Services Office, located in downtown Tucson at 35 W. Alameda. Call (520) 791-4100 for more information.

Sun Shuttle means more options for you and your family, so hop on and enjoy the ride! For schedules, maps or more information, visit www.suntran.com/sunshuttle. For trip planning assistance or any questions

about Sun Shuttle, Sun Tran or Sun Link call (520) 792-9222.

Sun Corridor Inc.

Written by Barbara Averill

Whether you are looking for a good job or enjoying the sunshine in retirement, the efforts of Sun Corridor Inc., has an impact on your community. The economic development organization strives to attract new businesses to the area and grow those already in place, bringing more prosperity to the region.

Tucson-based Sun Corridor Inc. works in a competitive environment, selling Pima, Pinal, Cochise and Santa Cruz counties as attractive places for companies to grow and thrive. Across the country -- and the world -- recruitment organizations seek to bring in high tech jobs, particularly in aerospace, defense, bioscience, transportation and mining technology. In each field, according to Laura Shaw, Sun Corridor Inc. senior vice president and chief marketing officer, Southern Arizona has what it takes. Among the attributes:

- A prepared workforce thanks to the University of Arizona, Pima Community College and other Southern Arizona centers of higher education.
- What Shaw calls a “well-run, beautiful, efficient and safe” airport that is expanding services to the flying public and potential airport-area commercial developers.
- Expanding access to quality healthcare, something “site selectors” -- those who search for places to expand their business -- put in the top tier of necessities.

Shaw points to the plans for Northwest Healthcare’s Sahuarita facility as having multiple benefits. Not only



is the medical campus and “neighborhood hospital” expected to bring 150 jobs to the area, local residents will benefit from having close access to its emergency room and physician specialists. For Sun Corridor Inc., the hospital will be another selling point for companies looking to expand.

One of the important pieces of infrastructure for the area is Tucson International Airport. While the flying public depends on access to transportation, so do prospective commercial and industrial entities. The efforts of Sun Corridor Inc. in that area include a partnership with the Tucson Airport Authority that Shaw said will help expand the airport’s assets.

The influx of new jobs has economic and lifestyle impacts that reach into all aspects of a community including real estate development, retail expansion, recreation and education opportunities and ultimately a stronger tax base. As Sun Corridor Inc. literature puts it, “Bringing in

new businesses and helping businesses expand, in turn, benefits existing businesses here by providing them with new customer prospects, new suppliers and new potential partners for their own growth. A stronger economy attracts



Laura Shaw, Sun Corridor Inc. Senior Vice President and Chief Marketing Officer

Seventy-five percent of Sun Corridor Inc. funding comes from the private sector, with a board of direc-



Fly Tucson Sculpture at the Tucson Airport

professionals to move and stay here, expanding the talent base in our region.”

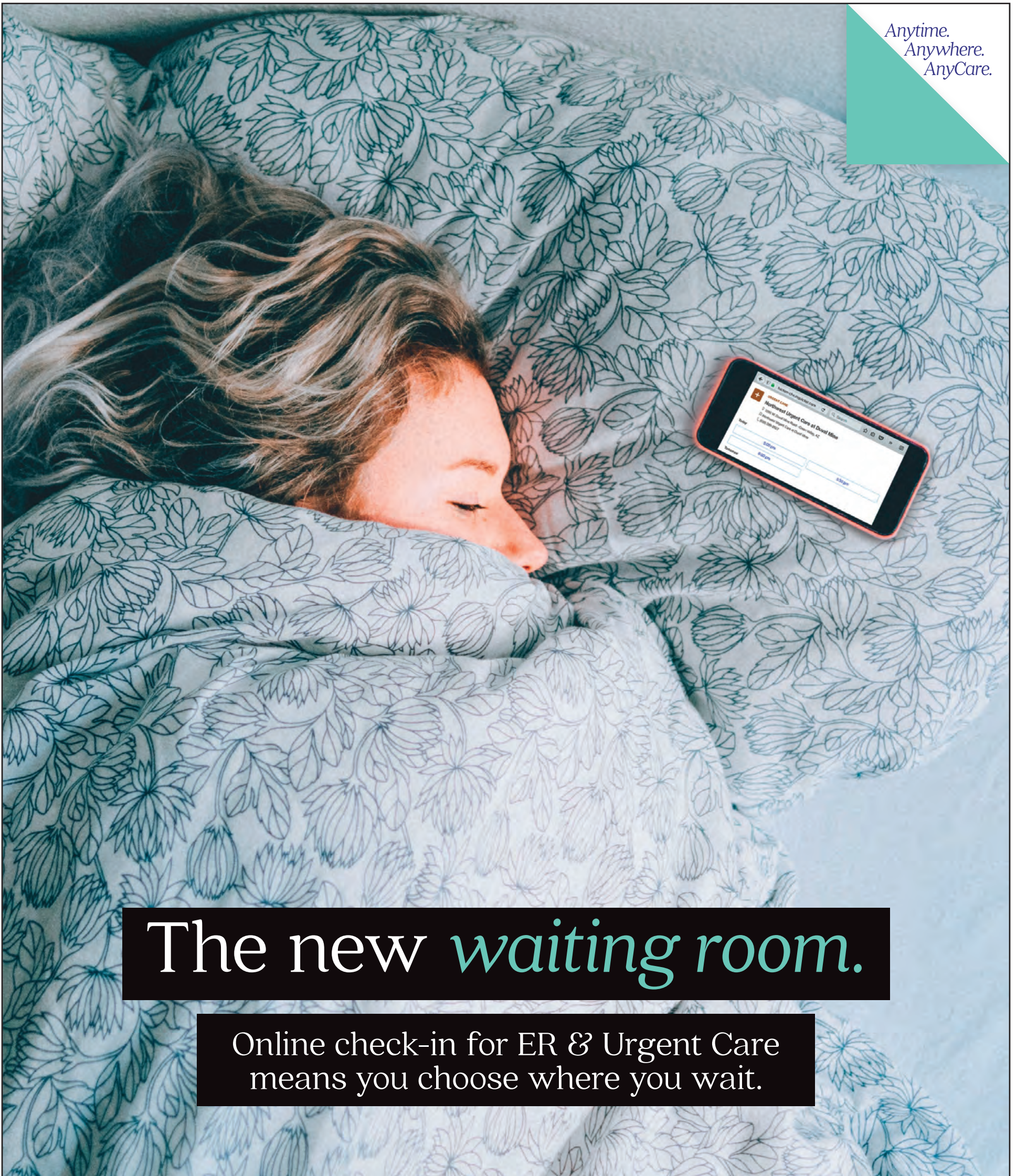
tors that includes leaders in industry, government, academia, and leading nonprofits. Day to day, Sun Corridor Inc. staff cross the country to showcase Southern Arizona, host client visits to the area, supply data and research to industries looking to relocate, and provide facility start-up assistance. Over its 13-year history, the organization has helped 162 companies locate or expand, which in turn provided nearly 50,000 jobs. The economic impact is estimated at \$24.8 billion.

Shaw said Southern Arizona’s residents are among its best sales people. Her advice to Community Quarterly readers is that each of us is an important part of our region’s economic development.

“Everyone can help brand a community,” Shaw advises. “As people travel throughout the country, they can become ambassadors by talking up the quality of life in southern Arizona and how this is a great place to locate a business.”



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7PM

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MAY 1
7PM

ONGTUPQA: The Hopi Perspective of the Grand Canyon



MAY 15
7PM

P.D. RONSTADT & THE COMPANY



MAY 27
3PM

SANTA CRUZ SUMMER WINDS: Memorial Day Concert



JUNE 5
7PM

RON LANCASTER STORYTELLER



JUNE 14
7PM

GOOD ROCKIN' LIVE: Salute to Sun Records



JUNE 30
3PM

SANTA CRUZ SUMMER WINDS: Independence Day Concert



JULY 15
3PM & 7PM

BEST OF GASLIGHT



JULY 24
7PM

GREEN VALLEY SUMMER BIG BAND



JULY 31
7PM

THE DESERT TENORS



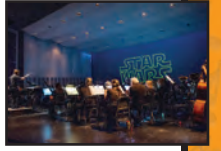
AUGUST 3
7PM

RAVE ON: Salute to Buddy Holly and Friends



AUGUST 9
7PM

SANTA CRUZ SUMMER WINDS: The Music of Hollywood



AUGUST 21
7PM

BRING BACK THAT LOVIN' FEELIN': SALUTE TO THE RIGHTEOUS BROTHERS



SEPTEMBER 4
7PM

THE RONSTADT BROTHERS



SEPTEMBER 14,
7PM
SEPTEMBER 15
3PM

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Volunteer Opportunities Available at Volunteer Clearinghouse

Written by Joyce Finkelstein, Program Manager, Green Valley/Sahuarita Volunteer Clearinghouse

We are so lucky to live in a “Community of Volunteers.” Long before the Green Valley/Sahuarita Volunteer Clearinghouse (GVSVC) came into being, volunteerism was an active pursuit of our residents. From the time in the early 1960’s when 16 volunteers held a “White Elephant Sale” until today when 1000’s of area residents give of their time and talent to benefit over 100 non-profits and schools, Green Valley and Sahuarita remain Communities committed to make a difference and to help where needed.

The GVSVC is an outgrowth of an initiative of the Green Valley Community Coordinating Council (now the Green Valley Council) Health and Human Services Committee, which created a committee in 2000 with the goal of promoting volunteerism. The committee began meeting on a regular schedule, visited the agencies and began discussions with volunteer managers who made recommendations on ways to support volunteerism in our community. Among the recommendations were kiosks in the libraries with information about volunteer opportunities and organizations, an annual volunteer showcase, and greater collaboration among the agencies.



In 2008, the Clearinghouse held its first Volunteer Showcase at the Green Valley Library. It was a huge success in terms of numbers of agencies and potential volunteers. In order to accommodate that increasing number of agencies and potential volunteers, the Showcase was moved to a GVR facility. Now, as we look forward, over 50 agencies and 250 potential volunteers can be expected to attend the 13th Annual Showcase which will be held in early 2020.

The Clearinghouse has had many sites over the years before finding a home. In 2013, Friends in Deed invited the Volunteer Clearinghouse and Pima Council on Aging to share an office in its facility. The Clearinghouse is a project of Pima

Council on Aging, which provides computer, insurance, and auditing services to the Clearinghouse.

Annual grants from Country Fair White Elephant and the Greater Green Valley Community Foundation, along with donations, have supported the Clearinghouse. In-kind, space and additional resources have been provided to the Clearinghouse by Friends in Deed, Green Valley Recreation, La Posada, the Green Valley Library, the Friends of the Green Valley Library, the Green Valley News and KGVY FM/AM.

Throughout its almost 20 years, the Green Valley/Sahuarita Volunteer Clearinghouse goal has been to elevate volunteerism to an essential resource to achieve community

well-being. It works to empower community engagement through a wide range of opportunities for volunteer service, to provide professional development through training and education of volunteer managers, and to partner with volunteer managers to enrich the volunteer experience for all.

There are many reasons why people volunteer. Whether you want to meet people, support a cause, learn new skills or utilize the ones that you have, volunteering is a way to make a difference in your life, the life of others and to make a difference in our community.

If you would like to learn more about the Green Valley/Sahuarita Volunteer Clearinghouse and how you can volunteer, just stop by our office at Friends in Deed (300 N. La Cañada, Green Valley) any Tuesday from 9:00 a.m. to 3:00 p.m. to meet with one of our Staff Volunteers. Or give the Clearinghouse a call at 520-625-1150, Ext.108 and set up an appointment. Visit our website at www.gsvvolunteering.org to learn more about the Clearinghouse and our Partner agencies. Or stop by the kiosks in both the Green Valley or Sahuarita Libraries to pick up a copy of our “Hot Opps,” which contain monthly updated volunteer opportunities. All of the Clearinghouse services are offered free of charge to our Community.

GVSVC PARTNER ORGANIZATIONS

Agape Hospice & Palliative Care
 Alzheimer’s Association--Desert SW Chapter
 Amado Community Food Bank
 Amedysis Hospice
 American Red Cross, Blood Services
 American Red Cross, Southern Arizona Chapter
 Arizona Sonora Western Heritage Foundation
 Angel Heart Pajama Project
 Animal League of Green Valley
 Arista Community Hospice
 Arizona-Sonora Desert Museum
 Arroyo Gardens
 Border Community Alliance
 Candlelighters Childhood Cancer Found. of S AZ
 Canyon Valley Memory Care
 Childrens Clinics
 Community Emergency Response Team (CERT)
 Community Food Bank—Green Valley
 Community Garden of Tubac
 Community Justice Boards
 Community Performance and Arts Center
 Continental Elementary School District #39
 Court Appointed Special Advocates for Children
 Dazees - Hand of a Friend
 Emerge! Center Against Domestic Abuse
 Equine Voices Rescue & Sanctuary
 Final Exit Network

Friends in Deed
 Friends of Canoa Heritage Foundation
 Friends of Madera Canyon
 Friends of Pima-Green Valley Library, Inc.
 Friends of the Santa Cruz River
 Global Family Legal Services
 Greater Green Valley Community Foundation
 Green Valley Council
 Green Valley Fire Corps
 Green Valley Gardeners
 Green Valley Hospital
 Green Valley La Canoa Lions Club
 Green Valley Recreation
 Green Valley/Sahuarita Chamber of Commerce
 Green Valley-Sahuarita Volunteer Clearinghouse
 Habitat for Humanity Tucson
 Heartland Hospice
 Historic Canoa Ranch
 Hospice Family Care
 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
 Literacy Connects/Reading Seed
 Madera Arizona Rangers
 Make Way for Books
 Median Green

Mentoring Sahuarita’s & Tucson’s Kids
 Mitzvah Day
 Mobile Meals of Southern Arizona
 Neighbors for Justice, Inc.
 One on One Mentoring
 Osher Life Long Learning Institute (OLLI)
 Oshyn Hospice
 Parkinson’s Support Group of Green Valley
 Paws Patrol
 Pet VIP Therapy & Visitation Programs
 Pima Air & Space Museum
 Pima Animal Care Center
 Pima Council on Aging
 Pima County, Victim Services Division
 Polio Epic, Inc.
 Posada Life
 Adult Day Services
 Community Services
 Los Niños Del Valle Preschool & Child Care
 Reader’s Theater
 Victory Volunteers
 Prestige Care Assisted Living
 Project Linus--Tucson Chapter
 Rotary Club of Green Valley
 SAV Telecare Volunteers
 Sahuarita Food Bank
 Sahuarita Pima County Public Library
 Sahuarita Unified Public Schools
 Sahuarita Volunteers in Police Service
 Salvation Army Green Valley Outpost
 San Miguel High School
 Santa Rita Nursing and Rehabilitation

Center
 SCORE Southern Arizona
 Sheriff’s Auxiliary Volunteers
 Silver Springs Senior Living Community
 Soreo Hospice and Palliative Care
 Soulistic Hospice
 Southern Arizona VA Health Care System
 St. Vincent de Paul Society-Our Lady of the Valley Conf.
 Titan Missile Museum
 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 and Southern Arizona
 University of Arizona Cooperative Extension
 Valley Assistance Services
 Valor Hospice Care
 Whipple Observatory (Smithsonian Institute)
 White Elephant, Inc.

Sahuarita Solar Savings Nothing to Pooh-Pooh

Written by Guy Atchley

The Town of Sahuarita has a 2020 vision - in the middle of a whole lot of waste, a watershed for taxpayers. The town's wastewater treatment plant will be the focal point of a 20-year project to save taxpayers money on the town's electric bill. The savings could total anywhere from \$800,000 to more than \$3,200,000 over that time period. The amount will depend on TEP rate increases. The higher they go, the more the town saves. How? Just look up during the day and you'll see the source of the savings - the sun, also known in Spanish as sol. In fact that's where the company doing the work gets its name, SOLON, accent on SOL.

We're talking about a solar array to capture the sun's rays. You've seen them many places for years now. At schools, churches and government buildings the arrays pull double duty, not only capturing the sun's energy, but also providing shade over parking spaces. In Sahuarita, the solar array will be in a flood plain, close to the wastewater treatment plant, which will be receiving the money-saving solar energy.



If you saw those two words - flood plain - and immediately thought that could be trouble. Well, apparently

Comment from Mayor Murphy on Solar Construction:

The future of solar energy is bright (no pun intended)! I thought it was a wonderful opportunity to construct it out near the Wastewater Treatment Facility. There are various restrictions on what can be built in a flood plain and this is one of the approved uses. We are looking at saving our residents and taxpayers, upwards of \$3 million over the next 20 years. Additionally, I was excited to learn that the Sahuarita Unified School District is looking at embarking on their own "solar journey" as well. I have always identified Sahuarita as a forward thinking community and this is one more example of that.

not, at least not for the Town of Sahuarita. Luke Alm, a vice president for SOLON, says his company (or its insurance company) would pay for any damage and/or maintenance. Plus, the solar panels will be built high enough off the ground (perhaps two feet or higher) to survive a 100-year flood. Alm calls it "a win-win situation for the town" because the land cannot be used for buildings, and it will actually be saving taxpayers 18 percent on the plant's electric bill in one year's time.

Tucson Electric will still provide nighttime energy while the solar array will power the plant during the day. The configuration will not include batteries or the ability to store energy, but in the event the solar panels produce more energy than the plant needs on a given day, the power will go to the TEP grid. Then TEP will give a credit to the town's electric bill.

If the array does not provide the

amount of power set down in the town's contract, SOLON will have to pay for what it promised. SOLON will own the array, but the town will have the option to buy it at any time. The array's cost will drop with every passing year, and so will its efficiency. The polycrystalline panels degrade at 1/2 percent each year; however, Alm says even after 20 years they will still produce 90 percent of the energy they're designed to produce. At the end of the 20-year contract, if the town does not buy the panels, SOLON will take them down.

SOLON is based in Tucson and its client list includes Pima County, Pima Community College and the University of Arizona as well as the Tanque Verde, Vail and Flowing Wells school districts. Plus, SOLON's building projects use all local labor. Based on all of this, members of the Sahuarita Council are convinced this is one decision that won't get them into deep doo-doo.

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White Elephant Volunteers



11 year Repair Department Volunteer, Tom Varnell says "When you retire you need something to do and enjoys the repair department"



Lamp Department Volunteers, Pat Fisher 19 years and Joan Fischer 16 years (also a board Member) say "Volunteering is rewarding and they feel like they are contributing to the Community since the White Elephant helps so many local organizations" Joan also says General Manager, Karen Lavo is a wonderful Manager to work with.

6 year Electrical Department Volunteer, Jerry Mortaloni says "It's a fantastic way to help make the White Elephant money to give away to people who need it more than we do"



Housewares Department Joan Jakubiak 16 years, says "she's shooting for 20 years and the people are great and she feels good about the proceeds going to community organizations"



Receiving Department Volunteers, Bill Diamond 9 years and Jon Stein 1 1/2 years says " The White Elephant needs the help and it's a great place to volunteer and nice people to work with" Missing from this photo is co-worker Lloyd Dockendorf 9 years who started the same day as Bill Diamond. He says "it gets me out of the house"



Sorting Women's Department, Joann Bernard 5 years and Pat Randall 8 years say "they love the customers and the people they work with" Joann's sister Pat Fischer volunteers in the Lamp Department.



Decorative Items Department, Joyce Nielsen 17 years says "All the people are easy to get along with and happy to see how much the White Elephant helps the community"

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For more than 20 years, La Posada Outpatient Therapies has been providing a high quality and personalized Physical, Occupational and Speech/Language therapy experience in a relaxed and professional environment. We serve the Green Valley and Southern Arizona community.

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Animal League Volunteers



11 year Foster Coordinator and Board Member Volunteer, Sandy Hanover. "Volunteering at the League is extremely satisfying". She is working with 2 of 4 puppies that were recently found in the desert.



2 year Volunteer Patricia Tinney teaches classes to other volunteers on the Best Practices for Dogs. After her dog passed she found a place at the league which helped her heal.



President of The Animal League of GV for 14 years, Jean Davis with Romeo. "She Loves the Animals and Pets Make People Nicer"



8 year Volunteers Judy and Terry Oestreich love to give their time and help while they are here from Wisconsin.



4 year Sorting and Pricing Volunteer, Carolyn Fisher has "always had dogs and giving my time is the right thing to do"

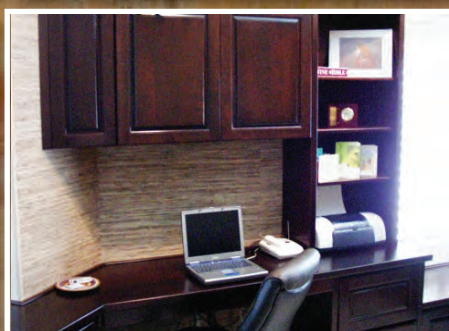


Pick up and Delivery Volunteers, Chuck Zacher 12 years and Tony Strungis 10 years "love the animals and giving back", with 9 year Shift Coordinator Volunteer Michele Miner.

3 year Bagging and Cash Register Volunteer, Erin Brownell loves her duties. She says "Cats are Calming and likes to help the League"
9 year Shift Coordinator Volunteer, Michele Miner. She "Loves to give back and volunteering at the League"



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Posada Life Community Center – More Than “Just Lunch”

21 years ago, in 1998, the Casa Community Center began programming as part of Casa de Esperanza.

Today, just as when it first began, its goals and objectives remain the same—to combat isolation among seniors in Green Valley.

“While aging at home is cited as a top priority by a majority of older people, and doing so has both emotional and economic benefits, aging in place at home can also lead to isolation,” testified PCOA President W. Mark Clark before Congress in 2017.

BYU professor Julianne Holt-Lunstad helped conduct a study linking premature mortality to deficits in social interaction. In her testimony at the same congressional hearing, she said that the influence such interaction has on mortality matches or sometimes exceeds that of smoking, obesity and air pollution.

The Community Center, now a part of La Posada’s Community Services programming, offers several ways to increase interaction among

those seniors typically living alone or as couples.

The Green Valley Senior lunch, part of a national network of congregate meals, is served Monday through Friday for a suggested \$3 donation. If needed, free transportation to and from the Lunch is provided via Sun Shuttle.

Registration in the Lunch Program tops 450, all of whom are notified by quarterly mailings of extra events offered—educational programs and classes, Day Trips, Out to Lunch excursions and holiday parties and entertainment. These activities are made possi-



Joe Leon at Senior Lunch with volunteer Anita Sauer. Photo courtesy of Regina Ford.

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ble by the Green Valley White Elephant, La Posada and fundraising efforts by the program participants themselves—this year including a TV Classics calendar where program members and friends posed as old television show characters.

Victory Volunteers is a once a week program held on Thursday mornings where volunteer opportunities are made available to those who want to help but are unable to commit to a regularly scheduled shift at a non-profit. Funded in part by the United Way of Southern Arizona, this program makes it possible for local seniors to be part of a community of caring helpers.

Many outside groups meet regularly at the Community Center—some year round and some seasonally.

AARP Driver Safety Classes, Alcoholics Anonymous, the Green Valley Meditation Group, Osher Lifelong Learning Institute, Valley Gourd Patch and Weight Watchers are a sample of the varied interests the location serves.

For the past several years music has become an important part of

the Center—Silver City Jam Band performs Friday nights from October through April, Open Jam twice a month and the Casa Coffeehouse the second Wednesday evening.

There is no charge for any of this entertainment although the groups do pass the hat to offset expenses.

Ellen March, Director of the Center, comments that one of her Victory Volunteers, who is a snowbird, loves the Silver City Jam Band and this season also discovered the La Frontera Westerners history group which brings her back another time each month.

All of the Center programs are aided by a loyal group of volunteers who serve lunch, help with paperwork, clean up, entertain, welcome newcomers, restock the library, set up and take down chairs and, all in all, make the Center work!

For more information about the GV Senior Lunch Program, call Carla Castaneda at 393-6814. For anything else to do with the Community Center, call Ellen March at 393-6840. OR visit www.posadalife.org and click on Community Services.

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Memory Loss classes & support for caregivers, loved ones, and neighbors are held on Wednesday mornings and afternoons at our Green Valley office, and at the Joyner-Green Valley Library on Mondays at 4pm

*Neighbors AIM & Community Centered Approach to Care are funded by Freeport McMoRan Foundation

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Support for Parkinson's Caregivers

Written by Charlene Ostlund, Parkinson's Support Group

My husband, John, has Parkinson's disease (PD), but I'm the one that joined the support group when we moved here almost 14 years ago. I once heard at a conference a speaker (the wife of a person with PD) say that she no longer says that her husband has Parkinson's but rather, "WE have Parkinson's"—he has the symptoms, but the disease affects both.

After we moved to Green Valley, I was the one that attended the lectures and I was the one that went to the support meetings instead of John. I felt the need to learn as much as possible about the progressive disease. A lot of people with PD don't want to know how the symptoms will progress, but the partners need to know...need to prepare. It's okay for the partner to come to the lectures and the meetings alone if the person with PD doesn't want to attend.

In the monthly PD partner group meetings, we share experiences and information while supporting one another. I appreciate the opportunity



Charlene & John Ostlund

to speak openly to the PD partners without worrying about sounding selfish.

"My spouse has had Parkinson's for 20 years. Before I connected with the Parkinson's Support Group of Green Valley, I felt very alone in this journey. In this

group, I have found a caring, supportive community with which I can share laughs, worries, fears, insights and even, sometimes, tears. I am very grateful for its existence." — Lucinda White

"Being in a support group of care partners allows me to share my needs with others of like issues. Other folks in our lives do not have the same understanding of our needs." — Janice Howlett

Over the years, the Parkinson's Support Group of Green Valley has grown and evolved. I appreciate the increasing emphasis on social events. Healthcare specialists and researchers are saying that socializing is important to physical, mental and emotional health. That's just as true for us partners as it is for the people with PD. We, too, can become isolated as the disease progresses. Many of the support group's social events include meals. Some partners in our group say that they like cooking, even find it therapeutic, but I don't seem to find the time or energy. I look forward to our potlucks, luncheons, brunches, and dinners. I look forward to spending time with members of the support group who, over time, have become my friends.

Our new weekly SAC Club is all about socializing. The name comes from our motto: Give Parkinson's the SAC. The letters S-A-C stand for staying mentally Stimulated, physically Active, and socially Connected. The club is not just for our members with PD, but also for us partners. We can stay and participate in the activities with our

loved ones with PD or use the time to run errands, do hobbies at home, or even take a nap.

"As new members of the Parkinson's Support Group of Green Valley, we are continually amazed by this devoted, strong group. When my husband first received the Parkinson's Disease (PD) diagnosis, the internet and PD research were my best friends and obsession. It was overwhelming! A short time later, a friend shared that she heard there is a good Parkinson's support group in Green Valley. My self-induced fear and thoughts were that my husband may be unwilling to join me or what if this is not right for me...Wrong! This support group has helped us both in this journey. What's not to like? These are real people, exceptionally pursuing PD, in the best way possible: gleaning out cutting edge information, attending lectures from leading PD experts, exercising, living happier, fuller lives socially and navigating it all together. The Parkinson's partners are authentic and transparent. They make me laugh, help me cry, and create a safe, supportive, compassionate space and time to do it all. My husband said this disease has caused him to lose his sense of humor. My response was, "let's go find it" and we are. Our friends from the Parkinson's Support Group of Green Valley are seeing to that!" —Kate McCarthy

We invite people with PD and/or their partners to attend our monthly meet & greet or one of our summer potlucks to meet us and learn more about our free exercise classes, SAC Club and other activities. The meet and greet is on the second Thursday of every month at 10:00 at Old Chicago Deli and the potlucks are at noon on the first Fridays of June, July, and August at Friends in Deed.

There are no dues to join the support group. We welcome people from Nogales to Tucson, as well as, winter visitors. Contact us at supportgroup@gvspd.org or call 520.499.3858.



The first morning I helped Stanley down the stairs, the third step creaked. That's when I found out his wife, Martha always told him to fix it. And now he's just glad he never did, because that's home. I love hearing Stanley's stories about home. And now I get to be a part of them.

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— Maddie G.
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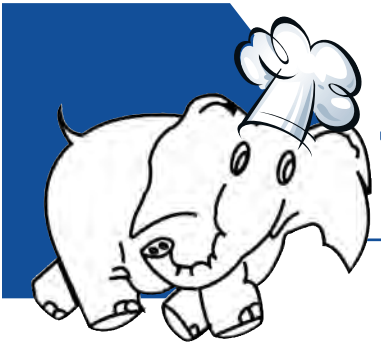
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Reflecting the Son in the Valley



the Elephant cooks

Recipes courtesy of White Elephant Volunteers from "The Elephant Cooks" 50th Anniversary cookbook

CRABBY DIP



Ingredients

- 6 oz. Imitation Crab
- 3/4 C. Light Mayonnaise
- 4 Chopped Sm. Green Onions
- 6 oz. Shredded Cheddar
- Garlic Powder to Taste

Directions

Mix together the imitation crab meat, mayonnaise, onions and cheese. Add 1/2 teaspoon of the garlic powder, taste and add more if you wish. Crabby Dip keeps well for a week so may be made in advance of using.

SOY GLAZED SALMON WITH CUCUMBER AVOCADO



Ingredients

- | | | |
|----------------------------------|---------------------------|------------------------------|
| 1 T. Honey | 3 Thinly Sliced Scallions | 2 T. Unseasoned Rice Vinegar |
| 2 1/2 tsp. Soy Sauce | 1 Chopped Avocado | 1 T. Mayonnaise |
| 1/2 tsp. Cornstarch | 1/2 tsp. Sesame Oil | 1 Halved and Sliced Cucumber |
| 4 (6 oz.) Skinless Salmon Filets | 1/4 tsp. Salt | |

Directions

Mix honey, 2 teaspoons of the soy sauce and the cornstarch in a small bowl and microwave on high for 30-40 seconds. Rub the salmon fillets all over with the sesame oil, lightly season with salt, place in a lightly greased baking dish and bake at 400 for five minutes. Remove from oven, brush with the honey mixture, return to oven and bake until just cooked through, about 7-9 more minutes. Meanwhile, mix the rice vinegar, mayonnaise and remaining 1/2 teaspoon soy sauce together in a large bowl. Add the cucumber, scallions and a quarter teaspoon of salt; toss. Gently fold in the avocado and serve with the salmon.

SUGAR COOKIES



Ingredients

- | | | |
|---------------------------|---------------------------|------------------------|
| 1 C. Butter | 1 C. Confectioners' Sugar | 1 tsp. Cream of Tartar |
| 1 C. Vegetable Shortening | 2 Beaten Eggs | 2 tsp. Vanilla |
| 1 C. Granulated Sugar | 4 C. Flour | |
| | 1 tsp. Baking Soda | |

Directions

Mix butter, shortening, two sugars, eggs, flour, baking soda, cream of tartar and vanilla in the order given until well blended. Refrigerate an hour. Remove and roll out into a ball, cut out, place on cookie sheet and flatten with a glass dipped in sugar. Bake at 350 for 10 minutes.

You may spoon the dough onto the cookie sheets and then it doesn't have to be refrigerated before baking.

The White Elephant Thrift Store is always in need of donations. All proceeds benefit local schools and non-profit organizations.

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DOGGIE DAYCARE

On days when you have somewhere to go and you don't want to leave your dog home alone, we're here for you! If your dog needs to work off some energy and you'd like them to be able to play with other dogs, bring them to our daycare! Having friends or family visit for the day and prefer that your furry kiddo not be following you around and begging your guests for food? Drop them off for the day at Animal Care Center!

Our daycare is open Monday-Friday and you can drop your dog off as early as 7:30am and pick up as late as 5:00pm. While your fur-baby is here, we'll give them lots of love and attention! They'll be able to socialize and make furry friends by playing a variety of games including frisbee, fetch, chasing, wrestling, tug-o-war, bubbles and much, much more! Sometimes, we'll even bring out the kiddie pool to let everyone splash in the water!

All activities are supervised to ensure fair play and we even give you a report card at the end of the day so you know how your dog did. Still not sure about daycare? Your dog's first visit to our daycare is FREE, so give it a try!

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Here at Animal Care Center of Green Valley, we have a wonderful climate controlled boarding facility to make your furry best friend feel right at home!

For dogs, we have 24 kennels, half of which have outdoor runs that they can access freely throughout the day until bedtime when the doors are closed. Your canine pal will be taken out twice a day for potty and playtime breaks; however, if you'd like them to have even more playtime, we have a couple of enhancements for you to choose from. "Trail Times" allow an extra 30-45 minutes outside, while "Day Camp" lets your dog join in with the doggie daycare fun for the entire day!

For cats, we have 14 condos consisting of 4 different sizes that you can choose from, some of which have bird-feeder views for your cats' enjoyment during their stay! Also, since we don't believe that the dogs should be the only ones getting out for playtime, we have the "Bustin' Loose" enhancement so your purr-baby can get out of their condo to roam the cat room and play with all of the toys and tunnels!

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Ask us about our other enhancements including baths, nail trims, treat filled kongs for dogs, and massages for the kitties! If you have questions or would like a tour of our boarding facility, just give us a call to schedule it! Our mission is "To create a home away from home, where your pets feel safe, secure and loved."

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This column is provided by the Animal Care Center of Green Valley
555 White House Canyon Rd
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pettalk



PET BEHAVIOR

Does it really make that much of a difference to socialize pets when they are young?

Absolutely!! The most sensitive period of socialization for kittens is between 2 and 7 weeks of age, and for puppies, it is up to 12 weeks of age. This certainly does not mean that they are not trainable after 7 and 12 weeks of age! Many pets learn very quickly after this age either with training at home or in classes, which often begin to accept pets after 8 weeks of age. This just means that the experiences that cats and dogs have in their very early lives have a more profound impact on their later behavior than at any other time. Kittens handled by humans in this early period, especially in front of their

positive social experiences in cats and dogs starting at a very young age to maximize positive training experiences for the rest of their lives!

Can I really change my pet's unwanted behavior?

Yes...to a certain point! We typically react first to unwanted behavior and many of us probably have responded by yelling, spraying water bottles, or scaring our pets more than we would like! Our pets have instincts that are expressed in natural behaviors, like scratching, chewing, marking, or barking, and these are normal in the wild. However, these behaviors, especially in excess, cause problems when they live with us in our homes. When your pet is doing something

Can medications really help change behavior?

Calming supplements and prescription behavior modifying medications can certainly help change or even stop unwanted behavior. These are frequently used as needed for storm-phobic pets during thunderstorms during monsoon season, for travel anxiety, and also can be used long-term for chronic behavior problems like urine marking. As much as supplements and medications are helpful, they are always tools to help with the root issues, and are usually not the answer in and of themselves. It is important to address underlying behavior problems with behavior modification plans. If your veterinarian determines that medication is appropriate, it can increase the chances of success in managing your pet's behavior.

Why should it be such a big deal to decrease my pet's stress when I go to the vet at most only a few times a year?

No one really likes to go to the doctor. Pets, especially cats, can be creatures of habit, and do best with a routine. When pets have to go to the veterinarian, even if for just an exam and routine vaccines, it can be stressful to be placed in carriers, then into noisy cars, then forced to navigate through a building with strange smells and other animals. To add insult to injury, a person in a lab coat then touches them in places no one else dares to go! Their stress levels are further exacerbated if they are going to the vet because they are sick or need surgery. Excessive stress can slow the healing process and cause misleading abnormalities in lab results. This is why it is important for pets to have regular visits to the vet, and to make them as fear free as possible. At the Animal Care Center of Green Valley, we have begun implementing our Fear Free initiative, which includes the use of calming pheromones, floor padding for larger dogs with arthritis, and warming pads for cats in exam rooms. Surgery patients are given medication that treats pain and acts as a mild sedative before procedures begin. Pets who tend to be extra nervous and/or have fear aggression typically respond well to anti-anxiety medications given an hour or two prior to their visits. Please ask us how we can make the experience at the vet a better one both for you and your pet!



mothers, tend to become friendlier than kittens who have not. Puppies also become much less apprehensive when exposed to people and other dogs during this time. Keep in mind that removing puppies and kittens from their mothers before weaning tends to inhibit socialization. One exception is with feral cats. Waiting to remove their kittens until after weaning results in kittens who have already learned to fear human interaction, so these kittens are best taken away from their mothers very early and hand raised. Overall, it is extremely important to promote

you don't want, such as chewing on your new leather shoes, remove the temptation (keep the shoes out of reach) and redirect the focus of the behavior (like offering a variety of chew toys and actively engaging in play with your pet). Don't forget to praise your pet when he or she is behaving well! For most pets, positive reinforcement works much better than negative. Also, there are supplements and medications that can really help this process. Don't hesitate to ask your vet about these!

Wag more, purr louder, live better.

This column is provided by the Westgate Garden Design 829-0399

gardening *tips*

By Charlene Westgate, Westgate Garden Design

GARDENING TO ATTRACT BUTTERFLIES



Monarch butterfly (*Danaus plexippus*) on Butterfly Milkweed (*Asclepias tuberosa*). Photo: istockphoto.com

Would you like a garden with maximum beauty and minimal effort? Consider a butterfly garden.

With a butterfly garden you get double the fun: colorful plants and the enjoyment of watching butterflies flit from flower to flower. And, it's relatively easy to create a garden that invites them to stay.

As development and current agricultural practices crowd out butterfly habitat, butterfly gardens in homes, parks and other public spaces are more important than ever. A number of beautiful butterflies call Arizona home including the Lupine Blue, Great Purple Hairstreak, Arizona Sister, Black Swallowtail and Dainty Sulphur to name a few. (A more comprehensive list of Tucson butterflies with pictures can be found at www.inaturalist.org/guides.) Monarch and Queen butterflies also make stopovers in Arizona during their migration. So a butterfly garden provides beauty for you and habitat for these lovely, winged creatures.

To create your own butterfly garden, just follow these simple steps:

1.) Provide a Sunny Spot.

Butterflies need sun to warm their wings. A southern exposure for your garden is ideal, especially during chilly winter days. However, any area that gets at least six hours of sun a day will work.

Include some stones or a boulder to encourage butterflies to linger and absorb the warmth.

2.) Plant a Variety of Plants.

To be most effective, butterflies need plants that provide food for larvae

(caterpillars) and adults (butterflies), as well as offering shelter from predators. To do this, vary the size of plants and use groups of plants planted relatively close together to create hiding places.

Plant lots of white, yellow and purple flowers that get butterflies' attention. Include larval plants (especially milkweeds) that are critical for the spring-summer breeding season and nectar plants that give butterflies the energy needed for migration. By staggering bloom times, butterflies will have nectar throughout the year.

Most of all, plant native. Plants native to our region offer greater benefits to wildlife, including butterflies.

Just like humans, butterflies have preferences too! Especially in a small space, you'll get more bang for your buck by choosing native plants. And, they're easier to take care of because they're adapted to our climate.

3.) Keep a Predictable Source of Water.

In addition to food, butterflies also need a water source they can count on. This can be as simple as a shallow dish filled with sand up to an inch from the top with pebbles for the butterflies to light on. Or create a slight depression in the ground filled with gravel and make a small puddle when you water your plants in the morning.

4.) Avoid Using Pesticides.

There are many alternatives to chemical pest control. Refer to the University of Arizona's integrated pest management information at www.extension.arizona.edu/pubs for other options.

Remember that to have butterflies, you need caterpillars, and most plants will bounce back after larval feeding. Each summer, I sacrifice some of my parsley to the "Parsley Worms" who become Black Swallowtails as adults. For me, the enjoyment of watching the entire butterfly life cycle is worth giving up a little parsley!

5.) Enjoy!

Here is one example of a butterfly garden that uses larval and nectar plants. Needing only 275 sq. ft., it can work in a small space or in a container garden. The plan can be easily expanded for a larger area by adding more plants.

Now sit back, relax, and take in the show!

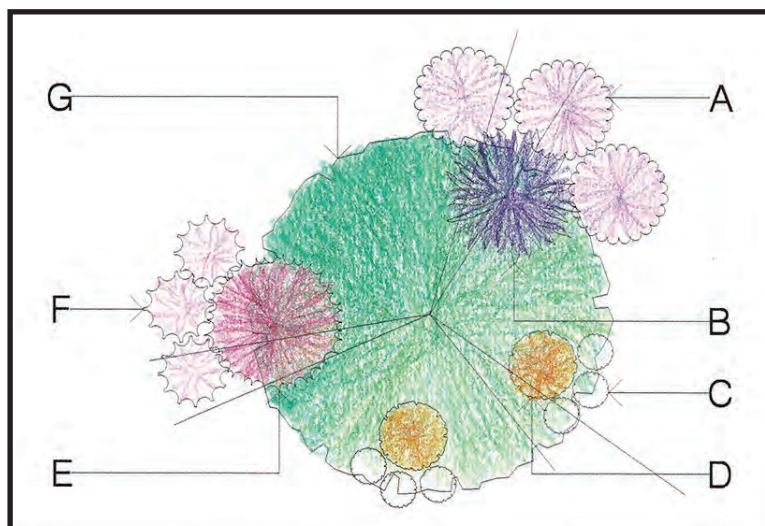


Illustration copyright Charlene Westgate

KEY:

- A = Gregg's Mist Flower, *Conoclium greggii* – Nectar
- B = Mexican Bush Sage, *Salvia leucantha* – Nectar
- C = Desert Zinnias, *Zinnia acerosa* – Nectar
- D = Chocolate Flower, *Berlandiera lyrata* – Nectar
- E = Pink Fairy Duster, *Calliandra californica* – Nectar & Larvae
- F = Antelope Horn Milkweed, *Asclepias asperula* – Nectar & Larvae
- G = Anacacho Orchid tree, *Bauhinia lunaroides* – Nectar & Larvae

CORRECTION: In the previous article, "Is Your Contractor Wasting Your Water," the drainage on the picture of the house was labeled incorrectly. I apologize to the late Mary Dunbar Brown, the designer/builder of this beautiful home. I appreciate her husband, Craig, for bringing this to my attention.

Charlene is a Permaculture Landscape Designer and owner of Westgate Garden Design. You can reach her for questions or comments at charlene@westgategardendesign.com.



Photo: istockphoto.com

ASK A MASTER GARDENER

Have issues with your plants? From watering to pruning, pests to plant identification, the University of Arizona Cooperative Extension Master Gardeners are here to help with these questions and many more.

You can access information in a variety of convenient ways. The Pima County Cooperative Extension has an office here in Green Valley staffed by knowledgeable Master Gardeners. Located at 1100 E. Whitehouse Canyon Rd., you can stop by Monday through Friday from 8am to 12pm to get your questions answered in person, see the demonstration garden, or purchase garden supplies such as shade cloth and potting soil.

You can reach the Green Valley office at (520) 648-0808. You can also download free publications at: extension.arizona.edu/pubs. Or access the plant database at: desertlandscaping.arizona.edu.

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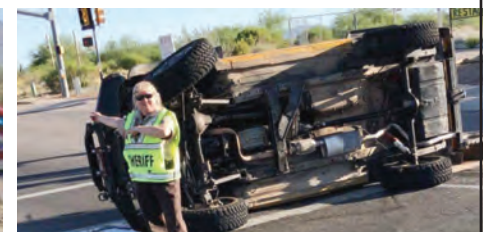
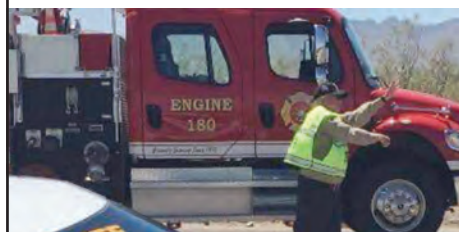
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medicalnews

NATIONAL CANCER OPINION SURVEY

The American Society of Clinical Oncologists (ASCO) conducted its second *National Cancer Opinion Survey* last year in July and August, 2018 and released their results this January. 4,038 adults were surveyed of which 1,001 of the adults had a cancer diagnosis. The goal of the survey was to identify opinions and concerns of Americans on cancer-related issues. Some of the findings are discussed here.

“58% of adults are concerned they will develop cancer during their lifetime.”

- According to the American Cancer Society, the lifetime risk of being diagnosed with an invasive type of cancer is a little more than 1 in 3 for men and women. Personal risk factors could increase or decrease one’s risk.

“33% of Americans feel most cancers are caused by lifestyle choices.”

- 80% of those surveyed cited smoking as the biggest risk factor for cancer.
 - » The Centers for Disease Control and Prevention estimates 40% of all diagnosed cancers in the U.S. are related to tobacco use and 30% of cancer deaths are a result of smoking.
- Only 35% listed obesity as a risk factor for cancer. Americans need to be aware that carrying excess weight carries an increased risk for cancer.
 - » According to the National Health and Nutrition Examination Survey of 2016, nearly 2 in 3 adults are either overweight or obese. Alarmingly, 1 in 3 children ages 2-19 are overweight or obese.

“1 in 4 adults living in rural areas feel there aren’t enough cancer doctors living nearby.”

- Only 7% of cancer doctors practice in rural areas (ASCO). This could lead to delays in diagnosis and treatments.
 - » To improve access to oncology care, the use of extenders (nurse practitioners and physician assistants) will become commonplace.
 - » How to care for cancer survivors, while attending to the acute needs of newly diagnosed cancer patients, is a priority.

“83% of survey respondents supported the use of medical marijuana among cancer patients.”

- Cancer patients want information on the use of medical marijuana to treat cancer symptoms.
- Many oncologists concede there is a role for medical marijuana, but oncologists feel they do not have the knowledge to expertly discuss the benefits and risks with their patients. Clinical trials involving the use of medical marijuana are scarce.

“70% of patients and caregivers are concerned about the costs of cancer care.”

- 20% of cancer patients have found ways to reduce cancer treatment costs but at a risk of delaying treatment, managing symptoms, or reducing effectiveness of treatment.
 - » Examples of actions taken include cutting pain and nausea medications in half, skipping or delaying appointments, and avoiding or delaying necessary labs or scans.
- Patients are encouraged to discuss their financial concerns with the oncology practices’ financial navigators as often there are drug programs, or foundations to assist with support.

“39% of adults believe cancer can be cured with only alternative treatments” such as diet, vitamins, herbs and minerals.

- There are NOT any scientific studies that have demonstrated a cure. In fact, with the limited data, patients who choose only alternative treatment are more likely to die.
- Many oncologists do support the use of complementary and alternative medicine (i.e. meditation, massage, acupuncture) to cope with the side effects and emotions of cancer.
- It’s important to understand that not all “natural” products are safe to use; many can interfere with standard treatment.

“88% of adults believe the U.S. government should substantially increase funding of cancer research.”

- According to the National Cancer Institute, the \$5.74 billion is the federal budget dedicated to cancer research in 2019.
 - » Not all cancer research is federally funded.
 - » Only 3-6% of eligible cancer patients participate in a research trial (Cancer Research Institute).
 - ◇ Enrolling more patients into trials isn’t easy but is a problem that needs refinement while also increasing education about the benefits and risks of trials.

“37% of respondents are somewhat or very optimistic cancer will be cured in the next 10 years.”

- “Cure” is a word that means different things to different people.
 - » Oncologists rarely use this word as they don’t have definitive proof that every cancer cell has been defeated and that cancer won’t return. Oncologists prefer to use terms such as “in remission”, “undetectable” or “no evidence.”
 - » As patients and those who might face cancer, we want to hear that cancer is cured; that one’s health is restored, or the risk of getting cancer is gone.
 - » For now, we need to be encouraged by the positive strides we have made in cancer care. We have more cancer survivors than ever before who are leading high-quality lives. We have methods of detecting cancer earlier, treating cancer better, and individualizing treatment for some cancers; all of which provide better odds of survival. One thing is for certain, if we don’t try to cure cancer, we won’t achieve it.

Educating the Community



Sherri Porterfield, RN, MSN

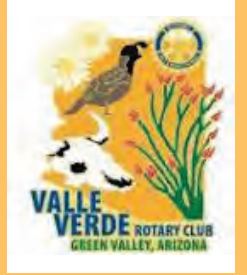
Sherri Porterfield, RN, MSN is an Oncology Patient Navigator and Community Education Liaison in Green Valley, Arizona.

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THE 1940s

ACROSS

1. *Japanese attack locale
5. *Chairman of the Communist Party of China
8. Parent group
11. Horsefly
12. Voldemort's title
13. Ohio city
15. Sainly glow
16. Never a UK currency
17. Disapproved by audience
18. *American concentration camp
20. Peters out
21. *Harry Truman to Margaret
22. Feedbag morsel
23. Mountain climber's tool
26. Overplay in front of audience
30. Negative conjunction
31. Within a building
34. Leafy green
35. Captain America actor
37. Party bowlful
38. Dictum, pl.
39. Network of nerves
40. Native Americans of the Pacific Northwest
42. "To ____ is human"
43. *#23 Across victim
45. Like a human
47. "Never ____ never"
48. Raccoon's South American cousin
50. Mount Olympus' famous dweller
52. *Manhattan Project site
55. Does like a sponge
56. Horizontal wall beam
57. Pelvic parts
59. Actress Parker
60. Geologic time divisions

61. Steve Urkel, e.g.
 62. Eat, past tense
 63. Lt.'s subordinate
 64. "____ Louise"
- DOWN**
1. Mozart's "L____ del Cairo"
 2. Homecoming guest
 3. #50 Across wife
 4. Kenya's neighbor
 5. Native American earthen structure
 6. Orderly arrangement
 7. Shoe emanation
 8. Circus trainer's poker
 9. Zac Brown Band's body part hit
 10. A in FANBOYS
 12. Like weighed down with metal
 13. At right angle to a ship
 14. *Thor Heyerdahl's raft
 19. Third axis
 22. Dinghy propeller
 23. Unable to move
 24. Don't judge a book by it
 25. Muse of love poetry
 26. Shoshonean people
 27. "It is silent" in sheet music
 28. U in UV
 29. *____ Harbor
 32. *a.k.a. Operation Neptune
 33. Black gold
 36. Miniature Japanese carving
 38. Hindu garment
 40. Blue overhead
 41. Intelligence
 44. Impudent

46. Horse-involved activity
48. Man-made stone pile
49. Ladies' fingers
50. *Popular 1940s suit
51. "Ill at ____"
52. Type of molding
53. High school club
54. Ireland's previous name
55. Hot springs
58. Wood-shaping tool

Congratulations to Mari Bucholz of Sahuarita!!! She was the January puzzle winner of \$250.00 and chose the Sahuarita Food Bank as the local non profit winner of the other \$250.00. She "just moved to Sahuarita in January, received the Community Quarterly in her mail box that day, saved it to complete the puzzle after her move-in" and was the lucky winner!!





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