



# Community Quarterly



Summer 2024

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Volume 15, Issue 3

## Join the 20th Anniversary Celebration on November 8th of Equine Voices

Written by Diane Russell

There's an ancient proverb that says "A Journey of a thousand miles begins with a single step". In this story, a journey that began with a dream has lasted 20 years! In the foothills of the Santa Rita Mountains, just south of Green Valley, a very special anniversary is being celebrated: the 20<sup>th</sup> anniversary of the founding of Equine Voices Rescue & Sanctuary. What started as a dream in 2004, with four baby horses, became a reality: a place of refuge for equines (horses, burros, mules) needing a home and care. Those four babies are known today as the Foundation Herd (see photo) and they continue to serve as ambassadors for Equine Voices to educate the public about the many dangers facing equines today.

The early years were not easy. Building something from the beginning is never an easy task but, founder, Karen Pomroy, knew something had to be done to save those equines who had been abandoned, abused, used in the production of the drug Premarin, those headed to slaughter, and those whose owners could no longer take care of them.

Over the years, there were many challenges but, with the support of dedicated volunteers and staff, generous donors, and community support, the Sanctuary has persevered. In 2008 Karen said: "Rescuing animals is a bitter sweet love affair. Offering these incredible beings, love, compassion and a new start,

has its ups and downs". She truly believes the beauty of running an equine rescue is watching their transformation. The gift of giving them new life makes it worth all the hard times. Seeing an equine that has been traumatized from abuse or abandonment, transformed from sadness to happiness and from hopelessness to hope, is an unforgettable experience. For those who could not be saved, the knowledge that they spent their last days surrounded by love and care, is comforting.

Today, the Sanctuary is also saving wild Mustangs who have been rounded up by the Bureau of Land Management (BLM) and uprooted from their homes in the wild. Most recently, two young Mustang mares, both with injuries, would likely have gone to slaughter had they not been rescued by Equine Voices. One of them was found to be pregnant and gave birth to a young colt on April 8<sup>th</sup>, the day of the eclipse. He was appropriately named Eclipse!

Over 20 years, Equine Voices has expanded from 5 to 25 acres and has rescued over 1,500 equines! Today, there are currently 50 horses, 6 burros, and 4 mules who call Equine Voices their home. Besides the cost of feed there are veterinary and dental costs, and farrier costs



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

for hoof care. In addition, more than half of the herd is over 20 years old, which is about 60 years old in human terms. They have all the needs of seniors including special feed, special diets, senior supplements, and medications. Staff and volunteers take care of all the resident equines every day, regardless of the weather. They ensure that the animals are well taken care of with love and all that they need to enjoy a happy, healthy life.

To commemorate the 20<sup>th</sup> anniversary, there will be a celebration on Friday, November 8<sup>th</sup>, from 4pm to 8:30pm, at the Casino del Sol Ca-

sino in Tucson. The "Black, Blue and Boots Gala" will feature a three-course meal, silent auction, live auction by Jennifer Henderson, live music by Ivan Orellana, and entertainment by Hardscrabble Road Band. All proceeds from this event will help provide hay, special feed, supplements and veterinary expenses for their rescued equines. Information on attending can be found on the Equine Voices website: [equinevoices.org](http://equinevoices.org). If you cannot attend but would like to donate, that information is also on the website or you can email [vanessa@equinevoices.org](mailto:vanessa@equinevoices.org).

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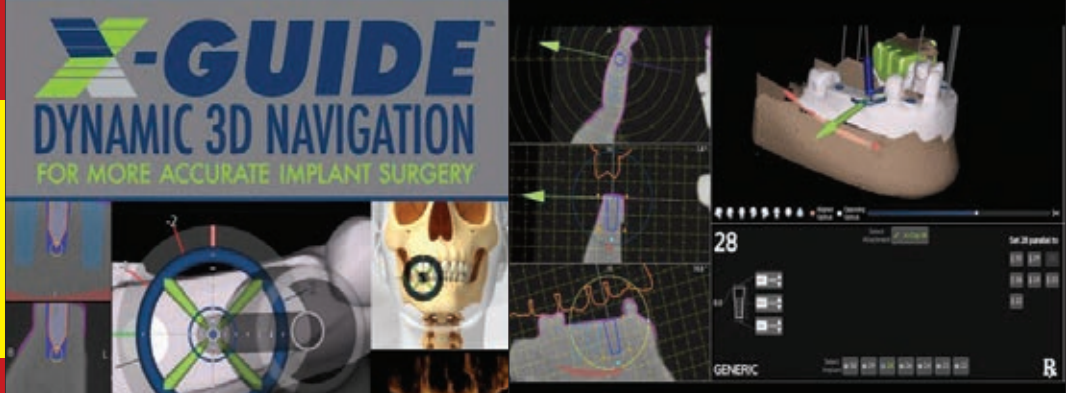
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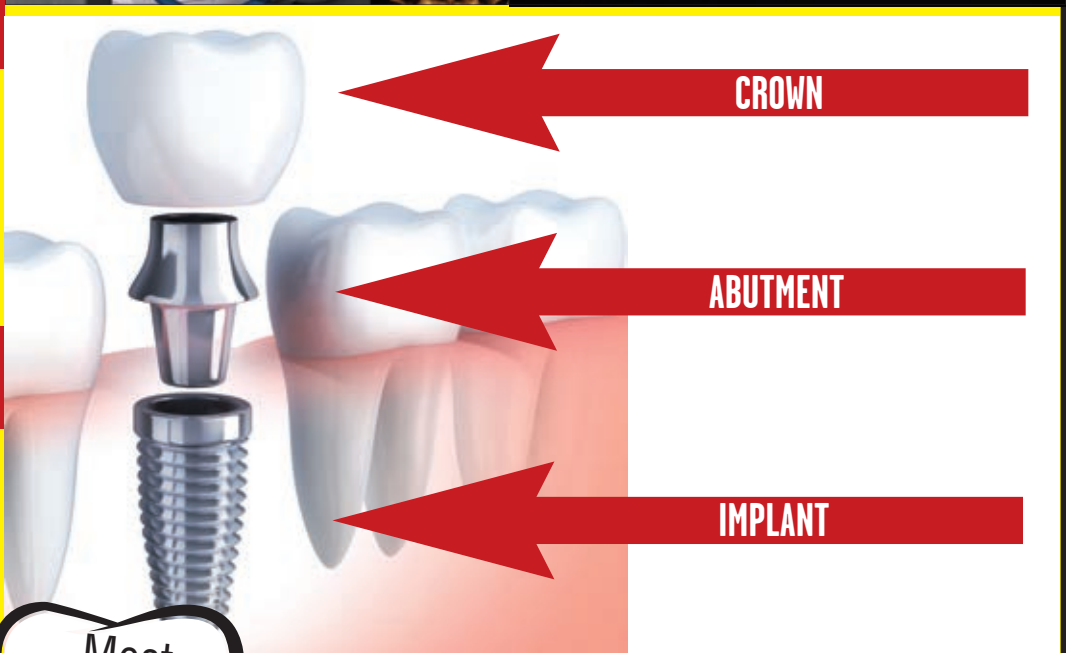
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# gardening *tips*

By Charlene Westgate, Permaculture Landscape Designer

## FINDING THE RIGHT LANDSCAPE PROFESSIONAL

As with many things, finding the right person for the job is the key to success, satisfaction, and cost-effectiveness. This is certainly true of landscaping professionals. Each has a unique role, and hiring the right professional is crucial to ensuring you save time and money and are satisfied with the results. Let's look at the three landscape occupations, understand their qualifications, and learn what to look for when hiring them. They include landscape maintenance workers, landscape contractors, and landscape designers. Because landscape maintenance workers and landscape contractors are often referred to as "landscapers," I'm using separate titles to clarify their very different skill sets and roles.

### Landscape Maintenance Workers

As the name implies, landscape maintenance workers specialize in the upkeep of a landscape. Their services include pruning, raking, weeding, installing a few plants, and minor irrigation repairs. These valuable, time-saving services make your life easier, especially if gardening is not something you enjoy or are capable of. Most landscape maintenance companies offer services as needed or provide regular visits to help you keep your landscape looking its best.

blowers are noisy and pollute the air. Raking allows the litter to be used as mulch around plants, saving water and providing soil nutrients to keep plants healthy. Chemical herbicides pollute air, water, and soil and harm birds, beneficial insects, soil micro-organisms, and non-target plants. For qualified landscape maintenance, find a SmartScape-certified landscaper through the University of Arizona's free training and certification program in best maintenance practices ([www.smartscape.org](http://www.smartscape.org)) or ask your maintenance person to get certified.

Except for larger landscaping companies that employ both landscape contractors and maintenance crews, the typical, small landscape company lacks the licensure or training for larger landscaping projects. So, if you need more extensive work, then it's time to turn to a landscape contractor.



Landscape maintenance workers specialize in the upkeep of your landscape. (Photo by iStockPhoto)

However, not all landscape maintenance workers are created equal, and it's important to find a company that will tend to the health of your plants, not just do what is expedient. When hiring a landscape maintenance service, ask if they offer hand pruning, will rake rather than use a leaf blower, and hand pull weeds rather than spraying chemicals. Here's why.

Using electric hedge trimmers to shear plants is quicker and easier, allowing the landscaper to squeeze in more jobs but leaving you unattractive, unhealthy plants. You pay more upfront for selective hand pruning because it takes longer but reduces the need for additional pruning by half or more, so in the end, you save money. Leaf

### Landscape Contractors

Landscape contractors specialize in landscape construction projects. They should be your go-to if you need pavers, irrigation, water features, or outdoor lighting installed. Most are also qualified to build outdoor kitchens and perimeter walls.

Arizona requires anyone doing more than \$1,000 in construction business to be licensed by the state's Registrar of Contractors (ROC). An exam tests the contractor's knowledge of the trade and the state laws

governing the industry. The ROC requires proof of an insurance bond, making sure homeowners can be compensated if damages are incurred on the job. The ROC also acts as an arbitrator to resolve disputes between homeowners and a licensed contractor. If

you plan on a major landscaping project, you can use the ROC website at [az.roc.gov](http://az.roc.gov) to see if the contractor's license is valid and if there are active complaints against them. Referrals from friends and neighbors are also a plus, allowing you to see their work and hear about their experience with the contractor.

Landscape contractors are not taught design or horticulture, so it may be time to consult a landscape designer before hiring a contractor.

### Landscape Designers

Landscape designers are trained in design, drafting, plants, construction materials and best practices. They typically charge a flat

fee based on the size and scope of the project. Because they are compensated for their time, not based on how much you spend on the project, a landscape designer can work with



A landscape designer helps you bring your vision into reality. (Photo by BoomPix Media. Design by Charlene Westgate)

your best interests in mind. Most designers start by spending time with clients to learn their tastes, wishes, and budget. Then, they customize a landscape plan to those desires.

If you start with landscape contractors, each will have a different idea of what should be done, each with a different price tag. This makes it difficult for homeowners to determine which idea is best. Having learned drafting, a landscape designer provides their clients with landscape plans that express their vision and allow them to get bids from contractors comparing apples-to-apples. This empowers homeowners to negotiate the best price for the work. The time and expertise of a good landscape designer can save clients money and enhance their satisfaction with the results.

When hiring a landscape designer, ask about their background and experience and review their portfolio to ensure their strengths match your needs. To ensure they have your best interests in mind, ask if they make money from your project in any way other than their design fee. For example, some designers make commissions from suppliers or contractors when they refer a client, which creates a conflict of interest. It's important that their loyalty be to you.

The next time you have a landscape need, consider which of these landscape professionals is best for the job.



Landscape contractors are trained in construction. (Photo by iStockPhoto)



# GVR Artisans' Shop: Green Valley's Hidden Treasure

Written by Nan Clarke. Photos by Barbara Manis.

Tucked away in the inner courtyard of GVR's West Center, the GVR Artisans' Shop might be the community's best kept secret. But no longer—the secret is out! This hidden treasure trove, established more than four decades ago, boasts a broad variety of stunning and often whimsical creations produced by a group of talented local artists and offers a delightful experience to those who cross its threshold.

Inside the front window dangle creative and colorful suncatchers—long strings of mirrors, beads, and glass that grab those intense Arizona rays and playfully cast them through the air, inside or out. The front lobby of the space boasts an astonishing array of art that includes striking photographs, delicately hand painted flora, fauna, and serene desert landscapes presented through various media. The gourd art, which includes intricate feathered masks and figurines, astonishes and delights. Fused glass and beaded plant stakes glimmer in the sunlight, and an array of impressive handmade textile items invite the senses to explore the colorful rich textures of clothing, aprons, placemats, table runners, and yes, even steering wheel covers to save any driver's hands from the intense heat of the summer sun. Small copper trees mounted on nature's own colorful rocks and stones are perched on spinning slatted towers that boast not only hand-painted inspirational mini-plaques, but also intricately quilled artwork, photographs, paintings, and wood art.

Handmade lambskin leather cross-body bags in various sizes, embroidered with colorful and detailed designs, don an open archway into a larger space, replete with multiple glass showcases and shelves that are home to yet another treasure chest of handmade jewelry, fused glass art objects and serving pieces, hand-thrown pottery, laser cut wood art, and hand-woven baskets. At home in this space are myriad handmade textile items, ranging from hand-knitted watch caps and bright fabric check-book covers to leatherbound and fabric clad journals to coin purses, placemats, and potholders. An adorable array of clothing and gift items for infants and children is also available here. In the GVR Artisan's Shop, there is something for everyone: the young, the elderly, and any age in between.

The unique and artistic jewelry includes items meticulously fashioned from copper, silver, beads, semi-pre-

cious stones and rocks set into one-of-a-kind necklaces, bracelets, and earrings. Hand-made greeting and notecards created with unusual techniques such as *iris folding* and *ink washing* offer a special way to personalize any type of communication to a loved one or friend. Rumbling thunder gourds and lightly tinkling wind chimes, stunning fused glass and pottery serv-

ing pieces, washable serving bowls fashioned from rope and delicately embroidered, leather and fabric coin purses, patterned and brightly colored beach bags and carrying cases, whimsical and colorful wind spinners—all of these amazing items and more are available at the shop.

Unlike many of the other GVR shops and clubs, the Artisans' Shop serves as a retail outlet for local artists, crafters, and members of other GVR clubs to display and sell their work. In exchange for their products being available in this unique venue, members of the club work two four-hour shifts per month (fewer in summer when shop hours are reduced) and are occasionally asked to contribute home-baked goods for Sweet Saturdays, which offer free treats to customers as they browse through the magic of local art in the shop. Members also contribute an item or two during the year that become part of gift baskets presented to one lucky winner of a monthly drawing. Although not all, many of the members will accept custom orders as well. Twice each year, the shop holds a courtyard sale—one in the fall and one in the spring—when artists display and sell their work outside in the West Center inner and outer courtyards. The fall event fea-



shop prior to and after viewing the film. The evening shopping hours in May were perfect for those seeking a last-minute Mother's Day gift—handmade with love by a shop artisan. What mother wouldn't be especially pleased by such a thoughtful treasure?

One featured Artisan of the Month spends a Saturday in the shop to meet visitors and discuss his or her medium,

processes, and techniques. May's Artisan of the Month was Diane West, a locally known and talented gourd artist whose distinctive work is displayed and sold in several local shops from Tucson to Tubac. In June, Artisan of the Month Nancy Rivers shared several pieces of fused glass art in various stages of completion and explained her process of creating fused glass plant stakes and other intriguing items. The featured Artisan of the month in July is Teresa Turocy, a gifted and popular local potter whose distinctive style both awes and amuses.

The GVR Artisans' Shop is open six days a week from October through May. Shop hours are Monday through Friday, 9 a.m. to 4 p.m. In June, the shop is open six days each week from 10 a.m. to 2 p.m., and in July and August, the shop operates on a reduced schedule, Wednesday through Saturday from 10 a.m. to 2 p.m. This hidden treasure, located in GVR's West Center courtyard, provides a convenient and year-round shopping experience to area residents and their guests, and its broad appeal to customers of any age make this hidden gem an amazing way to spend an hour or two on (almost) any day of the week.

tures holiday gift items, as well as products that are regularly available in the shop. The spring event is just in time for the variety of spring holidays celebrated and is the perfect place for seasonal residents and visitors to make those last-minute gift purchases for loved ones, friends, and neighbors back home.

For the first time this year, the GVR Artisans' Shop was open for four evenings in May to coincide with the *Movies under the Stars* film series produced by GVR. The shop provided ice cold water and free snacks to those attending the film series, and movie-goers were able to visit the





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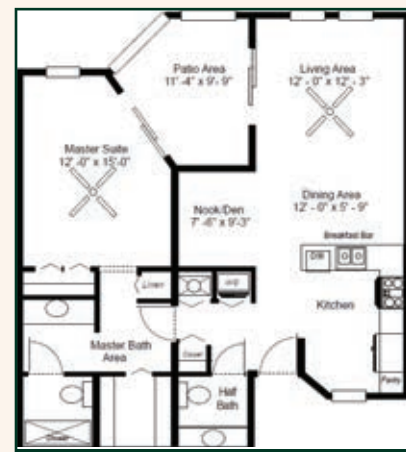
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This column is provided by Radiology Ltd.

# medical news

## UNDERSTANDING RADIOLOGY ON YOUR HEALTH CARE JOURNEY

When your doctor recommends an MRI, CT, mammogram or other medical imaging, you may wonder why. Radiology is a medical specialty that uses imaging techniques to help diagnose and treat various health conditions. The images provide detailed information that can provide better diagnoses, better treatment options, and improved outcomes for patients. The following imaging techniques are frequently turned to for answers:

**X-Ray imaging (radiography):** The most commonly used technique in radiology. How does it work? X-rays pass through tissue striking a detector to produce images of the structures inside the body. It's commonly used for diagnosing fractures, infections, and monitoring the progression of diseases.

**Computed Tomography (CT):** Combines multiple X-ray images taken from different angles and uses computer processing to create cross-sectional images of bones and soft tissues. CT scans provide key insights on internal structures, seeing shapes, sizes, densities, and texture. This information can help identify issues, pinpoint exact locations, and reveal important details that can aid in determining the best treatment plan.

**Magnetic Resonance Imaging (MRI):** Uses powerful magnetic fields, radio waves and a computer

to produce detailed images of organs, soft tissues, bones, and other internal body structures. MRI provides the best soft tissue contrast and can differentiate between fat, water, muscle and other soft tissues. MRI can also help monitor treatment plans to ensure patients are on the best path.

**Ultrasound:** Also known as sonography, uses high-frequency sound waves to produce images of structures within the body. The sound waves reflect off internal structures, and a computer processes the returning echoes to produce real-time moving images. Ultrasound is commonly used to evaluate organ structures as well as blood flow in arteries and veins.

**PET:** A PET scan, or positron emission tomography scan, utilizes radioactive material to create detailed images of the body's interior. The scanner creates computerized images that help detect changes in cell function. PET scans can help diagnose, monitor, and even treat a variety of conditions including cancer, heart disease and brain disorders.

**Mammography:** Uses computers and specially designed digital detectors to produce detailed X-ray images of breast tissue. The purpose of mammography is to identify breast cancer early in its development when it is more treatable and before a lump may even be felt through a self-exam



X-Ray at Radiology Ltd.



XL Opening MRI at Radiology Ltd.

or clinical exam.

**DEXA:** Stands for Dual Energy X-Ray Absorptiometry and is the most commonly used test for measuring bone density. DEXA exams estimate the amount of bone mineral content by measuring the amount of X-rays that are absorbed.

Radiologists, the physicians who specialize in radiology, interpret these images. Radiologists collaborate with medical teams to help tailor the best treatment plans. They may also perform interventional procedures, such as inserting catheters, stents,

or performing biopsies under image guidance. Radiologists are integral partners in a patient's healthcare journey and play a crucial role in improving patient outcomes due to their diagnostic expertise.



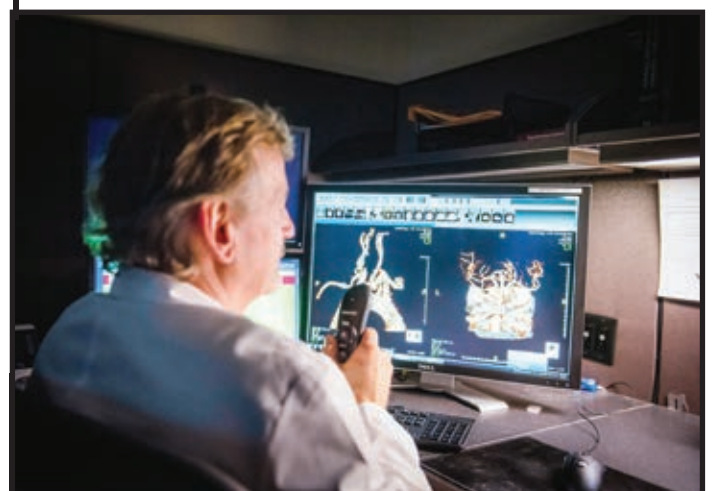
A mammogram machine at Radiology Ltd.



Ultrasound at Radiology Ltd.



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Radiologist, Paul Strautman, M.D. reading images



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# Water Witching!! Do You Believe?

Written by Ellen March

A common practice since the early 1500's, water witching or dowsing has been used all over the world by everyone from small farmers to oil companies to help locate water and oil.

The dowser holds two rods, commonly made from metal or wood, out in front of them. They walk around the general area where a water well is desired and, when they're above a source of water, the rods will cross over one another. An alternate method is the use of a y-shaped rod held with the tip pointed up at a 45 degree angle. When over the water source, the tip of the rod will point downward. Few people can successfully perform this service. It requires someone with a gift. I certainly can't do it. The dowsing rods just hang limply in my hands.

My husband Harry and I learned about this in the early 1980's when we were farming and ranching in the Papalote Valley off the Arivaca Road. We had contracted with a local well driller who told us nothing could progress until he had

his water witch come out, witch the location and tell him where to drill — for an extra \$150.

Observing this procedure and being very skeptical, Harry wanted to try it for himself. They did several tests, each more difficult than the last, but each time, the rods he held crossed in the correct location.

During the final test, he was blindfolded and led completely out of the immediate area, spun around and misdirected before returning and having the rods cross again above the water source. Harry was terrified! This was something beyond explanation. It shocked the roots of his belief system — that something he couldn't see, hear, taste, touch, smell or feel could possibly exist.

As the years have gone by, we've been exposed to more examples of water witching. When the



Santa Cruz County Department of Transportation was going to widen the dirt road we lived on in Tubac, they wouldn't dig a hole until their water witch divined the location of the water pipes below. (Harry was able to find the pipes using their equipment as well).

Skeptics, of course, abound, helped along by charlatans who promote their abilities to find gold, hidden treasures and lost items — all at a

steep price.

This adds to the mysterious intrigue of water witching — but, as for us, we believe.

Have you experienced a supernatural occurrence in your life? If you're willing to share it, please send to:

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## What Small Businesses Need to Know: U.S. Department of the Treasury and the New FinCEN Reporting Requirements

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



In an effort to enhance transparency and combat financial crimes, the Financial Crimes Enforcement Network (FinCEN) has implemented new reporting requirements that will impact small businesses across the United States. Effective from January 1, 2024, these requirements mandate certain businesses to report detailed information about their beneficial owners. This move is part of a broader initiative to crack down on money laundering, terrorist financing, and other illicit financial activities.

### Understanding Beneficial Ownership

Beneficial ownership refers to the individuals who ultimately own or control a company. Under the new FinCEN rule, businesses must disclose personal details of anyone who directly or indirectly owns 25% or more of the company, as

well as those who exercise significant control over the business, regardless of their ownership stake. This includes individuals with substantial decision-making power or influence over the company's operations.

### Key Reporting Requirements

#### Information to be Reported:

- Full legal name
- Date of birth
- Residential or business address
- A unique identifying number from an acceptable identification document (such as a passport or driver's license)

#### Who Needs to Report:

- Corporations, limited liability companies (LLCs), and other similar entities created or registered to do business in the United States.
- Certain types of entities are exempt, including publicly trad-

ed companies, governmental entities, and inactive entities that meet specific criteria.

#### Timing and Frequency:

- Existing businesses must comply by January 1, 2025.
- New businesses formed after January 1, 2024, must report within 30 days of their formation.
- Changes in beneficial ownership must be reported within 30 days.

#### Implications for Small Businesses

For small businesses, these new requirements present both challenges and opportunities. On the one hand, complying with the reporting mandates might seem burdensome, especially for those with limited administrative resources. On the other hand, these regulations aim to create a fairer and more transparent business environment, which can benefit honest small business own-

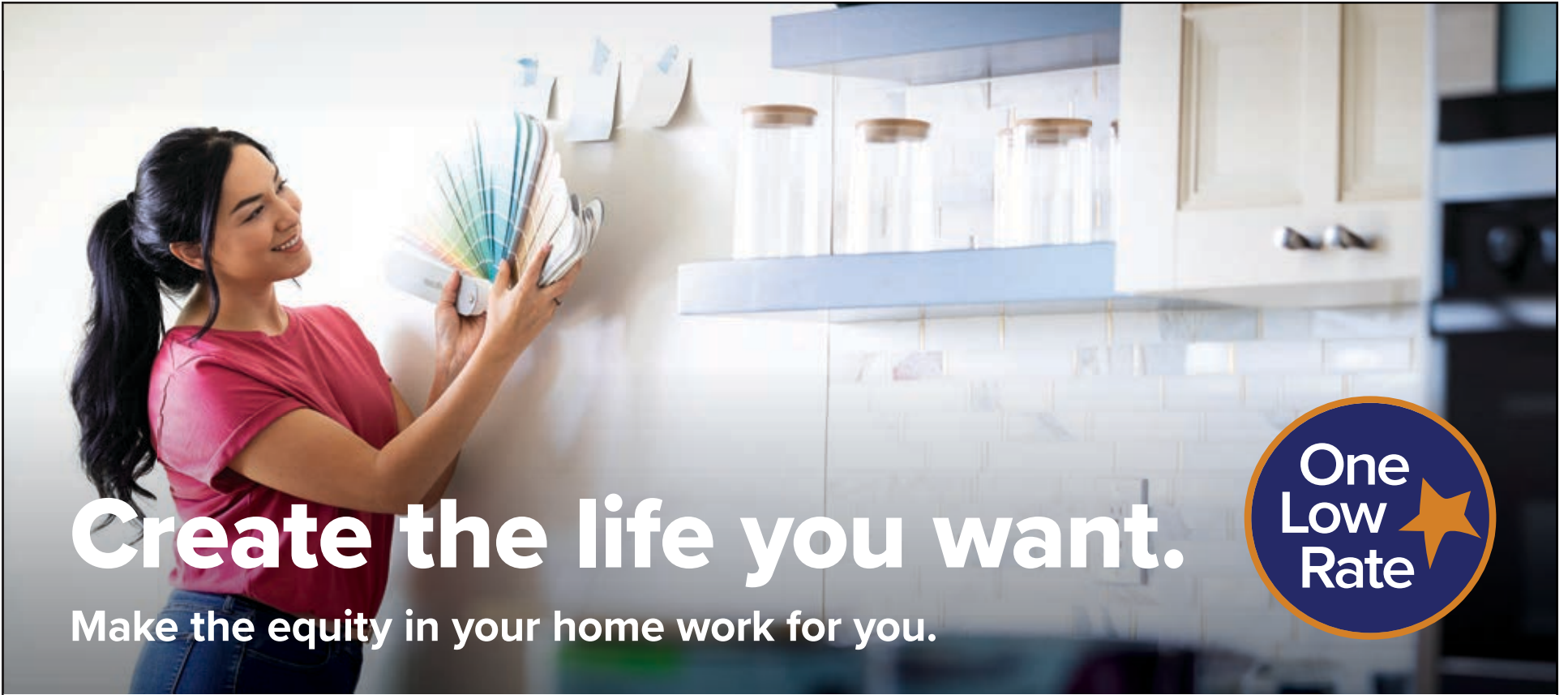
ers in the long run.

### Conclusion

The new FinCEN reporting requirements mark a significant shift in the regulatory landscape for small businesses in the United States. By mandating the disclosure of beneficial ownership information, the government aims to increase transparency and reduce the risk of financial crimes. Small businesses must take the necessary steps to comply with these regulations, recognizing that the long-term benefits of a transparent and secure business environment outweigh the initial challenges. Embracing these changes can ultimately lead to a more robust and reputable small business community.

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# Roy Aguilar Heads up the Green Valley/ Amado Resource Centers

Submitted by Community Food Bank of Southern AZ

Summertime brings its own challenges to the Green Valley Resource Center of the Community Food Bank. A recent Tuesday morning brought a rush of people right when the doors opened at 9am

Volunteers and staff moved quickly to help check people in and then guide them as they chose which food they wanted in their cart. Roy Aguilar, the new manager of the Green Valley Resource Center, says that will be the way things go as the summer unfolds. "We get a big rush in the morning. Everyone wants to get here before it gets hot." Roy started in Green Valley as Warehouse Supervisor 11 years ago. In May he was promoted to Resource Center Manager of Green Valley and Amado.

One of his priorities for the Green Valley Resource Center is to build awareness in the community.

Roy recognizes that when people stop in for food, they may also need other help. Staff members from Valley Assistance Services are often at the resource center to tell people more about their programs which range from finance education and assistance, to friendly phone calls and visits, and even a fall prevention program.

A stop at the food bank can also bring the chance to pick up child or adult size diapers, pet food, get help in applying for SNAP (food stamps) or even make a short visit to the UA Health Clinic, which makes monthly visits. Picking up food is a primary goal, but there are many other resources to help people. Roy says he is looking to expand those kinds of partnerships. "We can't do everything, so we want to know who can be a referral," Roy comments.

Roy brings an extensive grocery background to the Resource Center. He started bagging groceries when he was 15 and a half years old, and worked his way up in a training program at a major grocery chain to hold the position of co-manager.



Roy Aguilar is the new manager of the Green Valley and Amado Resource Centers of the Community Food Bank.



People picking up food at the Green Valley Resource Center get a chance to choose the items they would like, adding respect and dignity to the process.

Joyce stopped in after the immediate morning rush was over to pick up food. She's been coming to the Green Valley Resource Center for the past year, after learning about it from a neighbor. She has a daughter who is disabled who just moved in. "I worked all my life but still once you get to retirement you can need help. Usually what I do is I have a code of conduct for myself. I never take what I can't use. I only come once a month. We're very grateful for what we get. I grew up on a farm in North Carolina. I know how to make food last." Joyce was surprised to learn that frozen catfish was being offered when she visited in June. "Both my daughter and I were pleasantly surprised at the taste of the fish sticks last month," she says. "It's always a surprise."

Joyce was helped through the process by Linda, who retired as a hair stylist after 40 years. Now Linda spends one morning a week volunteering at the Green Valley Resource Center. "I love it. It's about the people. I see how many people are in need."

Donna is a fellow volunteer who started giving her time after her church held a couple of food drives. She comes in once a week to help. "I meet lots of people," she says. "They're from all walks of life. Everyone is so grateful. I feel we're very welcoming. We're here to help." Donna recruited her husband Dennis to volunteer also. He

works once a week in the warehouse, checking the condition and expiration dates of donated food. "I needed something to do," Dennis says. "I get the job done and go home. The only problem is when people are cleaning out their closets. Earlier I had a whole cart of food but it was dated 2013-14." As a partner of Feeding America, the Community Food Bank has to follow strict food safety guidelines. Expiration dates are checked on every food item that is donated.

If it's more than a year past the date shown on a can, the food cannot be distributed. For a box or package of food, the time period is shorter – six months. The Community Food Bank also cannot distribute badly dented or bloated cans, or packaging that is already open.

Beyond that, Dennis sees a wide variety of items come in. "It's anything and everything," he says. "I got a bag of new paintbrushes this morning. I don't have a problem with that." Donated items that are not food are often sent to partner agencies who can utilize them.

Dennis and Donna moved here from California six years ago after reading about Green Valley in a magazine article about the best places to retire. "I have no regrets whatsoever," says Dennis, who retired from the Navy. "Even with the heat."

It's a lively group of about seven volunteers this morning, and they take care of the morning rush. Sharlene is a nursing student here to volunteer and write a paper about it for her nutrition class. "I would definitely say it's a very humbling experience," she says. "There are people who need services but they're still happy. They're still kind. Everyone here is very kind. I live in Tucson, but I chose to come to Green Valley. I'm interested in the culture here. When you work or go to school full time it makes you realize whatever you can give is definitely very rewarding."

Volunteers expand the work of the five staff members at the Green Valley Resource Center. Besides offering a unique "grocery shopping experience" where people can choose the food they like, the Green Valley team also closes up shop on Thursdays to head to the Amado Resource Center and open it up for food distribution from 9am – 4:30pm.

The Community Food Bank of Southern Arizona has been a presence in the Green Valley/Sahuarita community since 1978. In 2003, the Community Food Bank opened at its current location on Continental Road. The partnership formed decades ago between Green Valley Community Church and the Community Food Bank means that in a year, the Green Valley Resource Center can serve about 7500 people from more than 2,000 households. Of those served, about 29% are children under 18 and 22% are seniors over 60.



Community agencies are invited to talk to people in the lobby to raise awareness about available services.



Dennis volunteers once a week sorting food and checking expiration dates.

Community Food Bank  
Green Valley Resource Center  
250 E. Continental Road,  
Green Valley  
Tuesday 9am – 4:30pm  
Wednesday 9am – noon  
Friday 9am – noon

Community Food Bank  
Amado Resource Center  
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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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# From Restaurateur to Outdoor Living, David Lin Goes with the Flow

Written by Susan Stein Kregar

Southern Arizona’s climate allows us to spend time in our backyards or on the patio year-round, albeit at different times of the day, depending on the heat. But who wants to sit outside and look at a barren landscape?

That’s where Lin Outdoor Living steps in.

David Lin is the owner of Lin Outdoor Living. His name may not be familiar in the context of landscaping, but it will. He is also the owner of Panda House in Continental Plaza.

## A path outdoor living spaces.

At Sahuarita High School, David participated in the Pima County JTED auto mechanic program. He worked in an auto shop for a year or two, which gave him experience in motors. From there, he learned plumbing piping and the intricacies of water flow. His hands-on experience filled him with a lot of knowledge that, come 2020, would shape his career.

During the pandemic when business was slow at Panda House, David worked on waterscapes and water features for his house, and the ideas started to flow. He wanted to create something for his family to enjoy while in lockdown, and an outdoor kitchen and gazebo fit the bill. It was then that Lin’s Pond Design was born.

He changed the name to Lin Outdoor Living and became licensed by the Arizona Registrar of Contractors in January 2024. He changed the company’s name when he added new products and services.

“Before, I was just doing the water features. Now, we offer outdoor kitchens, turf, and whole backyard packages,” David says.

After posting his creations on social media and advertising water features, he received requests from homeowners who wanted to hire him to create ponds in their backyards.

“I am locally owned. People trust me and my workmanship.

One of the features that makes Lin Outdoor Living unique is the company is the only Certified Aquascape Contractor in Southern Arizona. That means he has trained extensively to properly install Aquascape products.

## The Projects & Process

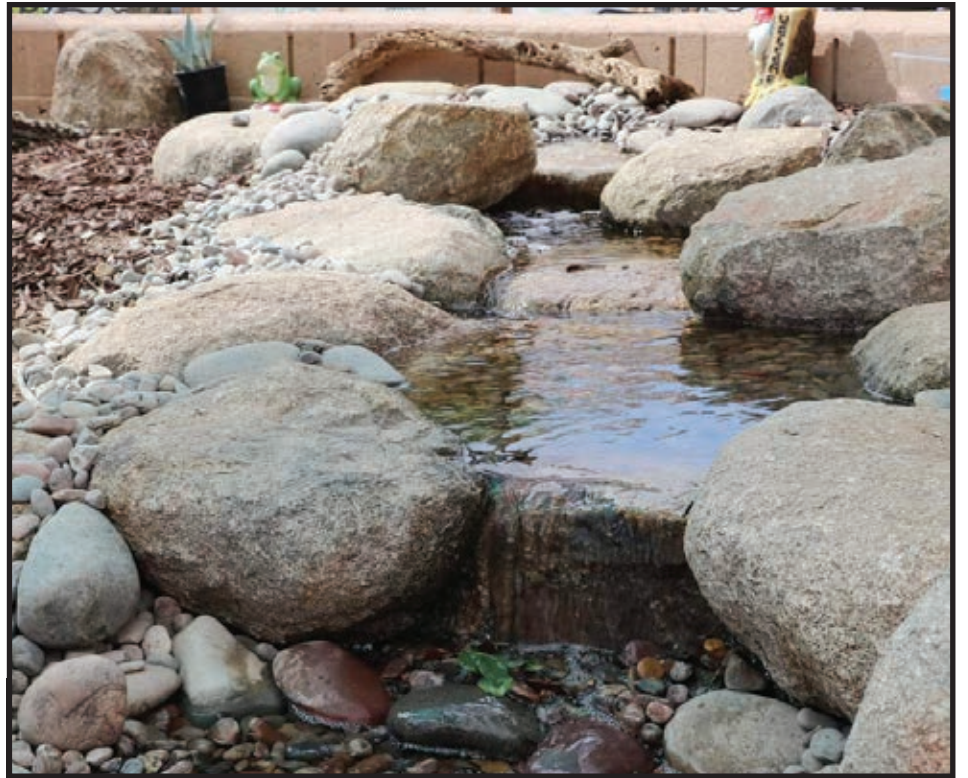
After the initial inquiry, the customer is invited to David’s home to see the projects he has to offer. Seeing his creations in person allows customers to envision how something similar can look in their yard.

“I invite people to my house because it’s like a showcase,” he beams.

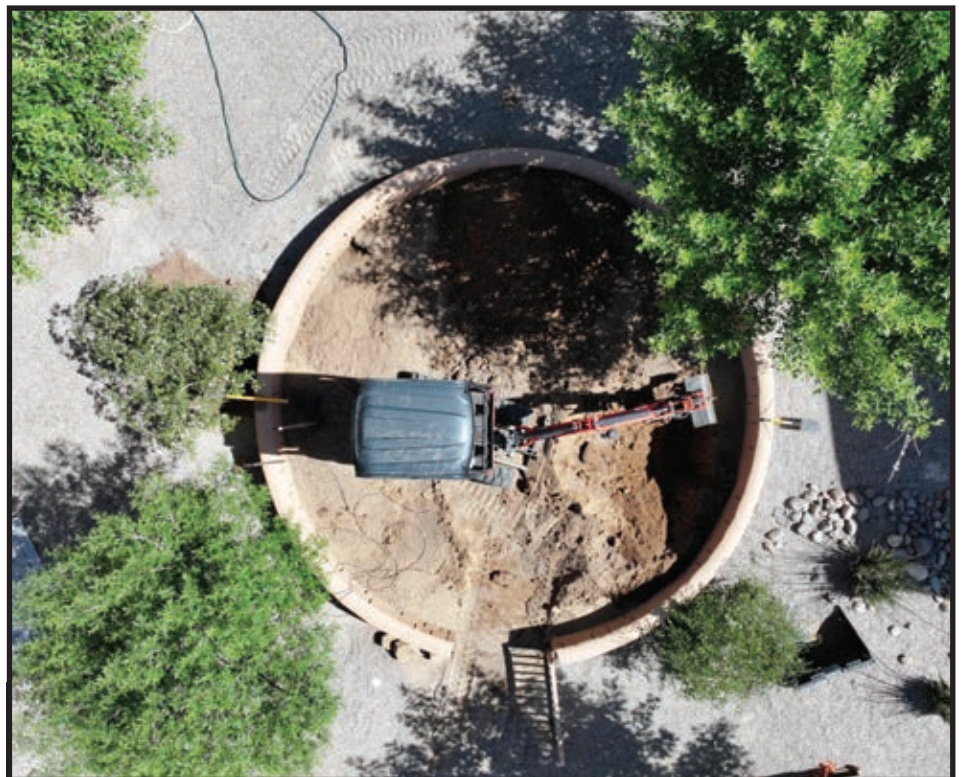
Depending on the scope of the project, it is completed in sessions. David recommends ponds or water features first because it is messier to install the water reservoir than patios and turf. Shaded areas and the outdoor kitchen are added next. The process could take three weeks to a month. Single-product projects generally take three to four days to complete.

David says the most important thing people should consider when redesigning their outdoor living spaces is the view of the house. He needs to know how he will

continued on page 14



Wrighton Ridge School K-8 project



Excavation at Wrightson Ridge School.



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Outdoor living  
continued from page 13

access the yard, whether the construction equipment will fit, the size of the project, and the budget.

He says many customers want water features, but that involves a lot of labor and digging, which increases the cost.

Customers who want a koi pond must consider space, maintenance, and predators.

“If they live in an area with predators, we can install a fish cave or netting so the koi can hide from them.”

Artificial turf is trending, according to David. He also gets a lot of requests for water features with fountains, bubbling rocks, and the boater with piping water spurting out.

“They are easy to install compared to koi pond,” he notes. “I get a lot of requests for pondless waterfalls, too.”

### The Price

Lin Outdoor Living offers a variety of design packages.

On average, David says his customers spend \$28,000 on their projects. The most common package is a water feature, turf, and outdoor kitchen.

The cost can run between \$50,000 to \$100,000, depending on how expensive the materials the customers choose are.

### Seasonal Work

With a crew of three to four people, David’s work is seasonal. He does provide quotes and consultations outside of the winter visitor season. Because the restaurant is busy from November to the end of April, they do not take on projects but can do maintenance. Projects start around March and continue to the beginning of November.

### Flowing Into The Future

Business is better than good because he is the only Aquascape contractor in the area.

He says that last year, he tore out at least 10 concrete ponds installed by other contractors that were cracked or had leaks, which caused a lot of damage.

The Aquascape liner, he claims, lasts a long time. It is safe for fish and will last for a lifetime.

David cautions that if homeowners hire someone not licensed by the Arizona Registrar of Contractors or are not properly trained to do the work, they will likely use cheap materials and overcharge.

“Do your homework to find a contractor to do the work,” he says. “I have to train my people before they can go out. I want to make sure they do a good job. It is our responsibility to provide the customer with a good experience, and my team knows that. That is why they are trained.”

Since diving into outdoor living design, David has learned that he needs to learn from his mistakes.

“Everybody makes mistakes. If I make a mistake, I will fix it, and learn from it. Under the workmanship standards, if anything goes wrong with my work, I will provide a two-year warranty and fix it at no charge.”

Coming down the pipeline, David expects homeowners will redo their water features installed by other contractors.

“The more you try to fix it, the more it will cost you. So just take it out and put in a new one,” he suggests.

With all these considerations, David hopes to expand to Tucson and Nogales. As an Aquascape contractor, he can lean on his counterparts to help with projects outside the Green Valley/Sahuarita area.

Whether they are recreational swim ponds, custom water features, or koi ponds, with his experience, he can do it.

“We have a good variety of customers. We offer yard service and concrete work, tile installation, and can build firewalls, too,” he promotes.

David’s wish is to open a showroom where the public can see everything Lin Outdoor Living offers, including a retail store.

Learn more about Lin Outdoor Living at [www.linoutdoorliving.com](http://www.linoutdoorliving.com) or call David at (520) 262-5980.



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# Exciting Renovations Coming to the New La Villita Community Center!

Submitted by the Town of Sahuarita

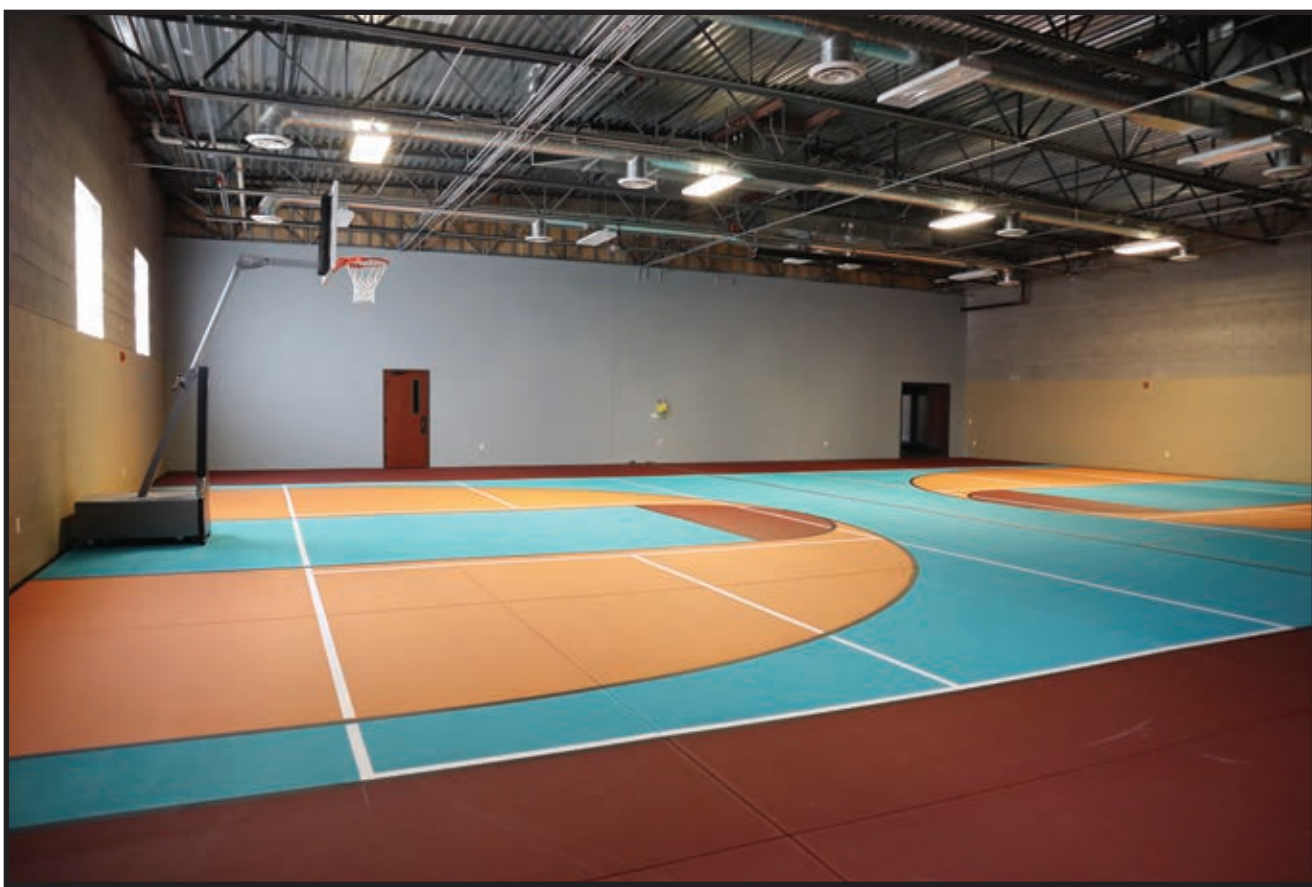
**G**et ready Sahuarita! At the corner of Sahuarita Rd and Rancho Sahuarita Boulevard, stands the newly named La Villita Community Center (LVCC). In the upcoming months, LVCC will be undergoing a series of exciting renovations to enhance its role as a central gathering place for the community and to host expanded recreational programming.

Besides a fresh coat of paint and a few other aesthetic updates, one of the most highly anticipated steps in the renovation process is the refinished flooring! When complete, the renovated building will include a brand-new sport court surface that will let you enjoy indoor pickleball, basketball, and handball all year round. The new setup will include two pickleball courts, one basketball court, and three handball courts. The Sahuarita Police Department will be putting in the handball courts, which will be regularly used by their team. With the new floor and proper markings for each sport, you'll have the perfect place to play your favorite games no matter the weather.

Another update the building will receive before it is ready for standard operations is an expanded office and administrative space for our growing recreation division. This includes three offices, one conference room, and a large front office that will house full-time staff members. The front office will be a welcoming spot where you can handle rentals, register for programs, sign up for events, and take

care of any other transactions. Plus, our staff will have their own dedicated work areas, making everything run even smoother.

Enhanced security measures and accommodating more programs were other factors when planning the renovations needed for the community center. That's why we're adding enhanced security features like a lock-down capability to keep program areas secure and key card access on all doors. With these measures in place, you can enjoy a safer environment while participating in our activities. But that's not all! Recreation Manager, Austin Campbell says, "We are excited to better serve the community, with the addition of LVCC we can now open up more space in our programs for residents who are currently waiting for these programs."



The extra space and security mean we can double our program capacity, so more of you can join in on the

fun. Programs like our school break camps which are currently filling up within days of registration opening

from one program to the next! Once complete, LVCC will be the largest Town owned space, so larger scale meetings and rentals can also take place there! When recreation programs are not scheduled, community members will have the chance to reserve the space for events for their family and friends like birthday parties, baby showers, weddings, and more!

These renovations are set to make a huge difference in the recreational and community services we offer. We're excited to

provide you with expanded facilities, better security, and versatile spaces that will meet the growing needs of our amazing community. We can't wait for you to see La Villita Community Center! While renovation timelines can be a bit unpredictable, we're hopeful to have everything ready by Spring of 2025. Stay tuned for updates on our Sahuarita Parks and Recreation Facebook and Instagram pages and get ready to enjoy the fantastic new La Villita Community Center soon!

And, with the larger space, you can also look forward to new programs we previously were unable to host at Anamax Recreation center like Family Paint Night, pick-up pickleball, and indoor pick-up basketball, along with expanded handball activities thanks to our partnership with SPD. Additionally, with the mobile walls that will be purchased, the entire space itself will be multifunctional. With these mobile walls, we'll be able to host more than one program at a time, and seamlessly transition



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# FIND YOUR FUN *at Gr*

## Visit Del Sol Clubhouse

Visit GVR's Del Sol Clubhouse and check out the completed space with new features including an improved parking lot for easier access, a convenient inner stairway, and an expansive lower-level billiards room. Challenge friends to a game of pool or darts, watch shows on the big-screen TV, play board games, or sit and enjoy the view. The clubhouse is a great place to drop in and cool off this summer.

For GVR Members Only



## Explore Summer Classes with GVR's Leisure Education Program

Engage in programs that provide hands-on learning, live demos, storytelling, role-playing simulations, and so much more. GVR classes offer members and non-members a chance to meet new friends, experience personal growth, and engage in learning. Choose from arts and crafts, writing and language, nature and gardening, dance and music, and special interest classes. With a wide range of options catering to diverse interests, there's something for everyone! To discover the full array of leisure education opportunities, pick up a catalog at any GVR center or visit [GVRec.org](http://GVRec.org).

Many GVR classes are open to the general public



## Find Your Fun with GVR Fitness Programs New! Join Lee Smith for Band Blast: Resistance Band Training

For GVR Members Only

Explore GVR's latest offering: Band Blast, a resistance band training program. Experience the benefits of resistance band workouts, a low-impact exercise method suitable for all fitness levels. Led by Fitness Coordinator Lee Smith, these sessions offer dynamic, full-body workouts with expert guidance. The focus is on improving functional fitness for life, ensuring you feel your best.

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Contact GVR Fitness Coordinator Lee Smith at [LeeS@gvrec.org](mailto:LeeS@gvrec.org) to sign up for Band Blast or inquire about other group training and personal training options.





# Green Valley Recreation



## Sizzling Summer Events

### Purchase tickets:

1. Online at [GVRec.org](http://GVRec.org)
2. By phone at 520-625-0288 (Ask about reserving a table for eight)
3. In-person at the West Center Box Office (1111 GVR Drive), Monday–Friday, 8am–4pm



Many August and September events are completely sold out! Don't miss out on future happenings—visit [GVRec.org](http://GVRec.org) and sign up for the eBlast to stay updated on upcoming GVR events.

### FRIDAY, AUGUST 16

**For GVR Members Only**

## Hawaiian Luau Party



Join GVR friends for a lively Hawaiian-themed party featuring delicious island cuisine from Hawaiian Bros. Your ticket also includes two adult bevies, music, and endless fun. Upon arrival, you will receive a festive lei. Be sure to wear your brightest shirts and grass skirts for the Hawaiian attire contest.

Whether you're dancing to the rhythmic beats, savoring delicious luau favorites, or simply soaking in the aloha spirit, this is one island adventure you won't want to miss. Mahalo and see you there!

The menu includes Huli Huli chicken, Honolulu chicken, rice, macaroni salad, and pineapple. A vegetarian option is available upon request.

5–8pm, Las Campanas  
Member/Guest \$30

### FRIDAY, SEPTEMBER 20

**For GVR Members Only**

## 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



### FRIDAY, SEPTEMBER 27

## NEW! Dominick DeCarlo's HYPNOVIDEO™ Show



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

# medicalnews

## AI-NON-SURGICAL ORTHOPEDIC TREATMENTS??

You can't flip through news headlines today and not see something about AI (Artificial Intelligence) and how it is radically changing just about every industry on the planet.

Across industries companies are using AI in an attempt to streamline efficiencies. From ordering a hamburger in the drive thru - which by the way McDonald's has already abandoned due to colossally frustrating their customers. To use for predictive analysis of liquid biomarkers to detect cancer before it is even detectable at stage 1 on an imaging study.

Even reading your mind! I'm not joking. A recent article published in Nature reported on scientists now being able to interpret brain signals and converting them to speech. A mind-blowing technological achievement to aid and assist people with speech deficits.

It is certainly in the infant stages, however AI will revolutionize much of what we are doing "manually" today.

So how is this impacting my specialty in Orthopedics?



In quite a few ways! From early osteoarthritis disease detection by interpreting a combination of lab biomarkers and very subtle imaging findings that would trigger treatments to intervene sooner. To later stage disease interventions, using this technology and big data to determine more precisely the specifications of knee and hip replacement implants best suited to the individual having surgery. Even after care models of rehabilitation or identifying when someone may have problems such as loosening of a surgical implant.

You are witnessing an evolution in medicine that will transform every

aspect of healthcare, and hopefully for the better. So that more time and focus can be returned to the human aspect of the interactions with patients. Because fortunately we're not quite ready to replace doctors and nurses with robots!

Now, on to something I want to update you with today.

A different version of AI that I'm using in my non-surgical Orthopedic Regenerative Medicine practice. For more than a decade I've been using PRP (platelet rich plasma) and stem cell treatments to stimulate healing of injuries. In many of these cases, when treated early in the injury/degenerative disease cycle, we see fantastic results with pain reduction and functional improvements. Returning function, independence, and for a lot of patients - the ability to avoid surgical interventions all together.

Now to be clear, I'm not saying that these will replace the need for surgery. Some cases are not appropriate for these tools and treatments, so the right thing is to move them along to one of my surgical Orthopedic colleagues.

Back to my practice now and how we are using a different form of AI to get better and faster results with our patients. What we are calling AI-Orthobiologic Treatment. In this context AI stands for Augmented, Integrative, and Orthobiologics referring to cellular injection interventions such as PRP and stem cell treatments.

### Two technologies we are now integrating, to augment our treatments:

1. Extracorporeal shockwave treatment (ESWT), a.k.a. Shockwave treatment
2. Class IV laser

Extracorporeal shockwave therapy (ESWT) was first introduced in the medical field in the early 1980s for the treatment of kidney stones (lithotripsy). The application of ESWT for orthopedic conditions began in the late 1980s and early 1990s.

**In the past 15 years, extracorporeal shockwave therapy (ESWT) has emerged as a leading option for the efficient treatment of musculoskeletal disorders such as:**

- tendinopathy/tendinitis (rotator cuff, hip/gluteal tendonopathy, achilles, patellar tendon)
- lateral and medial epicondylitis (tennis and golfer's elbow)
- calcific tendinitis (rotator cuff, achilles tendon)

Lasers for medical/therapeutic purposes have been around since the 1960s, the first documented use of high-power Class IV laser in Orthopedics in the early 2000s. In 2002, a pivotal study by Mester et al. demonstrated the effectiveness of high-intensity laser therapy in reducing pain and promoting tissue repair in musculoskeletal conditions.

In the United States, the Food and Drug Administration (FDA) has approved several specific shockwave and laser devices for these treatments.

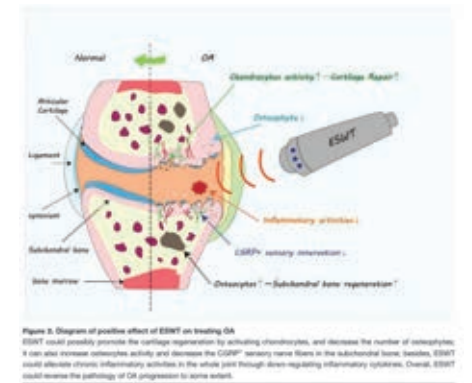
I'll spare you the deep-level physics on both technologies to keep this high level today.

**Extracorporeal Shockwave Therapy (ESWT):** Uses high-energy acoustic (sound) waves to induce microtrauma, which promotes blood flow, stimulates cell regeneration, and reduces pain by initiating the body's natural healing processes.

**Class 4 Laser Therapy:** Uses high-intensity light for photomodulation of tissues enhancing mitochondrial activity, promoting cell activity, release of growth factors, and tissue regeneration. It reduces inflammation and pain by modulating inflammatory mediators

and increasing circulation.

Bringing this full circle to non-surgical treatment options for stubborn osteoarthritis of the knee.



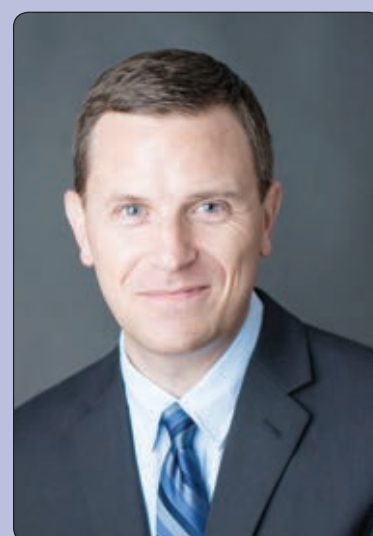
Cellular treatments including PRP and stem cell, like any other technology, have improved over the past decade that I've been deploying them in my practice.

Stacking ESWT and laser treatment on top of these treatments has been shown to augment and accelerate the results. Deeper and more complete healing equals more and longer lasting pain relief.

What we are now seeing in clinical practice is that Orthobiologic procedures using "AI" Augmented and Integrative treatments with ESWT and Class 4 medical-grade laser therapy can offer superior clinical outcomes for pain reduction and tissue healing compared to one treatment used alone.

That is why I'll remain laser focused staying on the leading edge of these technologies in my practice. To accelerate and enhance healing, to help more patients pain less, so that they can live more - and hopefully without surgery.

### Educating the Community



Dr. John Tait, D.O.

Dr. Tait is the founder and Chief Health Strategist at ORIGEN 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](http://www.origenortho.com), and @DrJohnTait on YouTube



# Handing Over the Reins...

Written by Karen Lavo, General Manager, The White Elephant Thrift Store

2024 marks the 60<sup>th</sup> Anniversary of the Country Fair White Elephant, one of the most prolific and generous organizations here in Green Valley. For the past 17 years, since March of 2007, this or-

ganization has been a huge part of my life and a second home for me personally. Not just a job, but a family of volunteers and staff who feel an ownership and an obligation to make this organization be worthy of the fine reputation it has throughout the area we serve.

In 2007, from the moment that Jay St. John, White Elephant Board Member and then Superintendent of Sahuarita Schools, called to offer me the position of General Manager of the White Elephant Thrift Store, everything I did was done with intention and thought for the good of this wonderful group. But as they say, all good things must come to an end. For me, this year will be my last as GM of the White Elephant. My most favorite job I have ever had will come to an end at the close of 2024.



Chris Cota, General Manager In Training & Karen Lavo, General Manager

I truly thought I would be able to work a full 20 years here and then hand the reins over to a new keeper of the Elephant. But health issues would not allow it...I will be handing the reins over to a new person at the end of this year.

I'm pleased to announce that our Board of Directors has selected Chris Cota to assume the General Manager position in January of 2025, after working with me as General Manager in Training until November of this year. Chris started working with us in 2020, at the height of the covid epidemic. He was soon promoted to Facility Manager where he learned the inner workings of the store operations and has done an excellent job working as Manager of the Day on Fridays along with fulfilling all of his Facility Manager duties. He has proven himself in these positions and is much loved by everyone here at the Elephant. Chris deserves to be rewarded for his hard work and I'm thrilled to be working with him.

Chris will have a great team to assist him in his new endeavor. Manny Jacques has been promoted to the Facility Manager position, Susie Sierra continues to be such a strong supporting coordinator of our main office and all of the duties that happen there, Richard Cramer is our truck crew backup employee, and Stacy Kafka is our facility custodian who keeps our building up and running in fine order. Along with these employees, Chris will be surrounded by his team of Managers of the Day, Gail Bush, Helen Clapp, Vicky Albrecht, and P.J. Pickford, and our Truck Manager Tony Viola, all who are volunteers who take their jobs as seriously as any paid employee. They all deserve recognition for jobs well-do-

ne and for their ongoing support and hard work here at the Elephant. I will miss working with every one of them.

Along with the management team, our roster of nearly 500 volunteers continues to be the foundation of the work that goes on here. From all walks of life, from all kinds of backgrounds, our White Elephant volunteers are here for a number of reasons but with one goal: to volunteer at an organization that gives back to the community. We are one huge family with the same goal and I will miss being a part of it and the everyday camaraderie that goes along with a job like this.

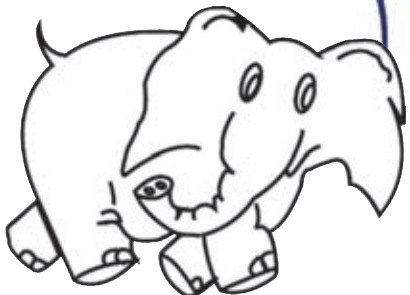
As Chris and I work together to assure that he will confidently take over in January, we are focusing on all of the duties that he normally was not responsible for as facility manager. Chris is doing a great job of learning the new position. I'm sure he will assume these duties and take the White Elephant into a new era. A good foundation, a fresh outlook, and a character and personality that is made for serving the public will serve Chris and the White Elephant very well.

So, as I prepare to hand the reins over to Chris, it is with great sincerity that I say "Thank You" to every single person who has crossed my path here at the White Elephant throughout the years. I wish only the best for this great organization and all who give back to the community by being involved with the Country Fair White Elephant.

Karen Lavo, General Manager  
The White Elephant Thrift Store  
Country Fair White Elephant, Inc.



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## A New First Responders Tribute at Parque La Coraza in Rancho Sahuarita

Shared with KGVY by Sahuarita Mayor Tom Murphy



Featuring the First Responders Flag and sixth plinths (honoring Police, Fire, DHS, DOJ, EMS, and Law Enforcement (representing Sheriffs and Troopers)), the special tribute is designed to serve as a place of contemplative reflection and gratitude in honor of all first responders who selflessly serve on the front lines protecting our families and communities.

## Green Valley Council – Your Community Voice Since 1973

Thank you to all the attendees and presenters who attended Monsoon Madness 2024, our annual monsoon preparedness forum. It was a great success, and we look forward to seeing you at the Third Annual Monsoon Madness Forum in 2025. Mark your calendars for March 1<sup>st</sup>, 2025, when we will be hosting the Third Annual First Responders Fair at Historic Canoa Ranch.

Your Green Valley Council is hard at work preparing for the Fall/Winter Forums Season. Be in the know! Subscribe to our email list by contacting us at 520-648-1936 or by emailing info@gvcouncil.org to receive information on all our upcoming forums and workshops. You can also subscribe to our monthly community emergency response message that contains important public safety and emergency information.

Here are just a few of the forums we are planning for the Fall/Winter Season:



- Health and Wellness with the Pima County Health Department
- End of Life Planning and Care
- Environmental Quality
- Living with Urban Wildlife
- Fraud Forum with the Pima County Sheriff's Department
- Estate Planning Forum

This year the Green Valley Council, an Arizona 501(c)(4) nonprofit organization, is celebrating 51 years of service to the Green Valley community. We are proud to be your community voice.



# Valley Assistance Services

## Caring for Our Community



**Stay Healthy:**  
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Dementia/Memory Loss Education Wrap Around Services  
Caregiver and Senior Support Groups  
Health Education



**Stay Vibrant & Active:**  
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Sahuarita/Green Valley/Tubac Rio Rico  
Older Adult Support

If you would like to volunteer in one of our programs or at our offices, please contact us at 520-625-5966 or [c.gomez@valleyassistanceservices.org](mailto:c.gomez@valleyassistanceservices.org)



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

EPIC classes (Engaging and Prevention in the Community) weekly on Mondays at 10 am. Please register at 520-625-5966. Go to [valleyassistanceservices.org](http://valleyassistanceservices.org) for more information. Classes are held at the UCHC Training, Education and Development Center 18090 S. La Cañada Dr., Sahuarita AZ 85629



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# “Why Should You Join a Rotary Club?”

Written by Sue Horton, Photos by Gary Friedman

There are many folks in our audience that are saying “It’s time to give back” and asking “How do I do it?” Churches, volunteer organizations and service clubs are always looking for help. But today I would like to talk about Rotary Clubs in particular.

## What is Rotary

Rotary is an international service organization made up of over 1.4 million members in 46,000 clubs in nearly every country and geographic territory in the world. Locally there are six Rotary clubs between Green Valley and Nogales along the I-19 corridor. Even though each club has its own unique personality, all Rotary Clubs focus on “Doing Good in the World” whether it be local or international projects.

Our club is involved in several “hands-on” local events. Members especially love the projects that support children. A few examples: Each August club members accompany selected students from Sopori School to Walmart so they can select new school clothes. Another favorite project is “Birthday Books” which club members give to all elementary students at Continental and Sopori Schools. Annually in early March the club hosts its biggest fundraiser, “Jazz in the Desert” which features nine middle and high school bands from Green Valley down to Nogales performing at Desert Diamond Casino. This past April the club awarded over \$24,000 to the schools to support their music programs. Another favorite project is cooking meals for clients at the Fisher House on the VA Campus in Tucson. We ring bells for the Salvation Army and sponsor an Angel Tree during the holiday. But it is more than work and service. Club members make new friends and have many opportunities for fellowship and fun.

## Finances

Everyone says that its expensive to be a member of Rotary. Is that true? Dues expense vary between clubs. Valle Verde due are \$75.00 a quarter. Members are encouraged to make a minimum \$25.00 donation annually to the Rotary International Foundation which funds worthy projects throughout the globe. Charity Navigator gives Rotary its highest 4-star rating to ensure your donation is used wisely. But more than finances, club members have many opportunities to select one or more of the club projects to support either financially or by participating in a hands-on event.



Valle Verde Rotary Club Members



Valle Verde Rotary Birthday Books project



Valle Verde Rotary Fisher House project.



Valle Verde Rotary Dress for Success program



Valle Verde Rotary Dress for Success program



Valle Verde Rotary Jazz in the Desert Program



Valle Verde Rotary Jazz in the Desert Program

## I like what I’m hearing...how do I get involved?

Visit one of the three local Clubs and see if one of the local clubs is a good fit for you. Green Valley Club meets Tuesdays at Noon at Grill on the Green, Valle Verde Club meets at

6:30am at the Rec Center on the La Posada Campus and the Sahuarita club meets every other Wednesday at 6pm at Northwest Medical Cen-

ter. Talk to members, participate in a project, or attend a fellowship event. All clubs will welcome you with open arms.

Green Valley Rotary Club—[rotaryclubofgreenvalley.org](http://rotaryclubofgreenvalley.org)  
 Sahuarita Rotary Club - [rc.sahuarita@gmail.com](mailto:rc.sahuarita@gmail.com); 520-260-9224  
 Valle Verde Rotary Club – [valleverderotary.org](http://valleverderotary.org)



# Greater Green Valley Health Education Association

Written by Ellen March

The first Monday in March 2024 was the date of the 31st annual Green Valley Health Fair.

Begun in 1993 by a broad based group of area providers, the Fair provides an opportunity for local residents to undergo various tests, including blood pressure, foot assessments, vision and hearing screenings, glucose testing, memory screenings and many more. All of these are provided free of charge.

They also are made aware of health and wellness providers in the Valley in attendance and are able to discuss their needs and get answers to questions about their health.

The Association also publishes a Green Valley Health Services Di-



Rio Rico High School - Cynthia Valencia, scholarship recipient America Cardenas, Ellen March



Sahuarita High School - Ellen March, Mia Carlsen and SHS Principal Stephanie Magnuson

rectory each year where providers list their services for free. This Directory is available at the Fair and is updated annually to assist local residents.

In 2024, GGVHEA presented its first educational scholarships to 4

students who are pursuing careers in the health care field.

Chosen from a large group of applicants, the awardees were Mia Carlsen from Sahuarita High School, America Cardenas from Rio Rico High School, and Andrea Garcia and Mariangel Tzintzun from Nogales High School. The Board is confident these fine scholars will complete their education at their respective universities and enhance their communities in the future.

The ten dedicated Board members who currently make up the GGVHEA Board are:

Audra Barney (Harmony Community Health Care)—President, Olivia Winkler (Bayada Assistive Care)—Vice President, Dru Sanchez (Green Valley News)—Secretary, Ellen March (Member at Large)—Treasurer, Sandy Wahl (La Posada), Linda Martin (Arista Healthcare), Donna Campbell (Member at Large), Gail Rudzinski (Member at Large), Laura LeFever (Holistic Therapies) and Cynthia Valencia (Silver Springs). This group meets 10 months of the year and does a tremendous amount of work to better the community.

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Nogales High School - Andrea Garcia, Ms. Penny Lopez, senior English teacher and Mariangel Tzintzun



# The Secret Waters of Montezuma Well

Written and Photos by Roger Naylor

**M**orning sun glints off the water at Montezuma Well. Ducks glide across the surface, occasionally diving with a flip of tail feathers. I'm standing on the rocky overlook where I see ancient cliff dwellings tucked in an alcove, the pond, and mountains beyond. It's a peaceful scene, but I'm not fooled in the least.

I know when the sun sets, the seemingly placid waters teem with thousands of leeches. These endemic invertebrates don't suck blood like their slimy brethren, instead snacking on amphipods, which are tiny crustaceans. Still, the thought of leech hordes snaking through dark waters searching for meat is enough to give me the willies.

## When a castle is not a castle

While many Arizonans have visited imposing Montezuma Castle, an exquisitely-preserved five-story cliff dwelling in Camp Verde, only a fraction will continue to Montezuma Well, which lies 11 miles northeast.

First, let's get something straight. It's not really a castle and Montezuma didn't build it. The 20-room structure is however, one of the best-preserved examples of Native American architecture in the country. The prehistoric high rise is the very definition of a cliff dwelling, tucked into a limestone alcove 100 feet above the canyon floor. Montezuma Castle was built by the Sinagua people more than 800 years ago high above the Beaver Creek floodplain. The first Euro-American explorers to discover it presumed that anything so complex must be Aztec in origin, hence the name.

Montezuma Castle was designated

a national monument on December 8, 1906. It was one of America's first four national monuments. But just as startling as the manmade wonder of the castle is the natural wonder of Montezuma Well. It's an unexpected oasis carved from the earth's skin. On this warm summer day, I'm drawn to the dark waters of the well, which is a detached unit of Montezuma Castle National Monument.

## Still waters run deep

What appears to be a quiet pond is actually a limestone sinkhole formed by the collapse of an underground cavern. Subterranean springs replenish the well, pumping out 1.5 million gallons of water each day. Yet the well doesn't overflow because there is an opening that drains off the water. Like a bowl with a crack near the brim, water flows through a limestone cave where most ends up in Beaver Creek. Some is also channeled off by an ancient canal system built by the Sinagua. They used this to irrigate crops. You can still see their small cliff dwellings perched atop a sheltered ledge above the pond.

Because of the water's high concentration of carbon dioxide, fish can't live in the well. But that doesn't mean that the pond isn't filled with life. In fact, Montezuma Well actually supports five endemic species—plants and animals that exist nowhere else in the world. It



Montezuma Castle National Monument is located in Camp Verde.

likely contains the highest concentration of endemic species of any single spring in North America—a single-celled plant called a diatom, a tiny snail, a water scorpion, an amphipod that resembles a miniature shrimp, and a predatory leech.

At dusk, the seemingly calm waters churn with thousands of leeches rising from the depths to feed on the amphipods. The amphipods try to survive by limiting movement and resting on plants at night. Although they can't get too comfortable because the water scorpions live in the weed beds along the shore and enter the open water in the darkness to hunt the tasty amphipods.

The thought of dark waters full of leeches always reminds me that it's time once again to watch *Attack of the Giant Leeches*, a 1959 low budget and unintentionally hilarious sci-fi film. I don't want to spoil it but the leeches appear to be played by men in Hefty trash bags

with suckers glued on. And if that doesn't make you reach for the popcorn, then you and I are very different people.

## A shady oasis

A paved, signed path climbs a short hill to an overlook of the well, which is almost 400 feet in diameter. A short spur trail comprised mostly of steps, leads down through tangled greenery and jumbled boulders to the edge of the pond, where the water spills into an underground stream. At the base of the limestone wall is a cave and the remains of a Sinagua dwelling.

Climb back up the steps to join the main trail, which traces the rim before gently descending a grassy slope dotted with cactus. At the bottom of the hill the trail continues on to the parking area. But if you return without taking the short

continued on page 28



A shady trail leads past an ancient canal to the outlet of Montezuma Well with water spilling into the creek.



Sinagua structures are still visible at Montezuma Well.



Montezuma Well  
continued from page 27

spur trail to the outlet, you'll miss a magical part of your visit.

Follow the path into a dark tunnel of trees for one of those amazing Arizona moments. Step out of the scorching summer sun and immerse yourself in a cool and shady sliver of paradise. The trail hugs the cool limestone wall beneath a jungle-dense canopy of trees. Water flows past in a canal built more than

1,000 years ago. Just beyond the canal and the dense undergrowth is Beaver Creek. Temperatures plunge in this riparian refrigerator. It's often 20 degrees cooler here than on the rim.

In Arizona we're accustomed to varied climates stacked at differing elevations but they are generally spread out over a few miles, not a few steps. In all my travels around the state, I can't think of a single place where the climate and scenery changes so abruptly. I love being here in summer, inhaling that

sweet chilled air. Even the leeches can't keep me away.

### When you go

Montezuma Well: Take I-17 to Exit 293. Continue through the towns of McGuireville and Rimrock, following the signs four miles to the park entrance. Free admission. 928-567-3322, [www.nps.gov/moca](http://www.nps.gov/moca).

Montezuma Castle: \$10 per person. Children aged 15 and under are free. 928-567-3322, [www.nps.gov/moca](http://www.nps.gov/moca).

### About the Author

Roger Naylor is an award-winning Arizona travel writer and author. In 2018, he was inducted into the Arizona Tourism Hall of Fame. He is the author of several books including *Arizona's Scenic Roads and Hikes*. His next book, *Arizona National Parks and Monuments* will be released in October. For more information, visit [www.rogernaylor.com](http://www.rogernaylor.com).



Montezuma Well, once the home of the Sintra people, is a detached unit of Montezuma Castle National Monument.



Montezuma Well is a limestone sinkhole in the Verde Valley pumping out 1.5 million gallons of water per day.

# Closed During the Summer? Not Arizona Family Restaurant!



We take our job seriously, which means we are staying open 7 days a week throughout the summer. We're dedicated to serving our community and offering fun new specials all summer long. Check out our website to stay up to date on all our fun activities and delicious food specials: [ArizonaFamilyRestaurant.com](http://ArizonaFamilyRestaurant.com)

We know that many community members rely on us to for meeting space; groups like the Optimists, Amigos, Quail Creek Dog Park, and the Corvette Club. We also know that our employees rely on steady income to support their families. This is why, even though we're working on a few renovation projects, we will only be closed 2 days this entire summer! July 17th and 18th we'll be closed for painting, but that will be the perfect opportunity for you to cook up our family recipe: panzanella salad.

We are genuinely grateful to be part of this southern Arizona community. We're working hard to support Sahuarita and Green Valley through good food, happy employees, and giving back to music and youth programs in our city. If you would like to join us in our effort to support local sports and arts programs for kids you can contact Katie at the restaurant. She has a large list of quality youth programs that would appreciate your donations!

Today I'm sharing one of our family's favorite summer salads. This is an Italian salad that even our 4 kids love to eat! It is full of delicious summer veggies and the best part is that you can add or subtract ingredients to your taste. You can think of it like a pasta salad, but instead of noodles we use delicious, crisp bread! Be sure to get your baguette either really stale or well crisped in the oven. This could easily be made vegan by omitting the cheese or make it a hearty meal by adding chicken. Any way you enjoy this salad it will be a refreshing and healthy meal to enjoy during these hot summer days. With love, Katie Laws, owner Arizona Family Restaurant.

## Katie's Family Recipe

### Panzella Salad

- 2 cups of Spinach or Mixed Greens
- 8 oz Mozzarella Pearls
- 1 Baguette
- 1 Bell Pepper, chopped
- 1 Cucumber, chopped
- 1 cup halved Cherry Tomatoes
- 3/4 cup Balsamic Vinaigrette

#### Optional add-ins

- Artichoke hearts
- Parmesan Cheese
- Chicken Breast
- Avocado
- Olives



Chop your baguette into bite-sized cubes and toast them in the oven for 15 minutes at 250 or until crisp and dry. Chop all your vegetables. Combine all ingredients in a large bowl and mix to combine and coat everything in dressing. If you choose to make this salad ahead of time combine all ingredients EXCEPT the dressing. It will hold in your fridge for 2 days without sacrificing quality. Then add dressing when you're ready to eat!







## Celebrate Life at Every Age



At **Prestige Assisted Living at Green Valley**, our assisted living residents enjoy our popular Celebrations wellness and lifestyle program, which helps residents explore different hobbies, passions, and skills.

For residents living with Alzheimer's disease or dementia, our award-winning wellness program Expressions helps honor their important moments and enhance their lives.

### TRY A TASTE OF PRESTIGE ON US!

When you visit our community for a tour, make sure you stay for a complimentary meal courtesy of our talented culinary team.

Visit [prestigecare.com/greenvalley](http://prestigecare.com/greenvalley) to learn how we redefine memory care, and explore all that Prestige has to offer you or your loved one.

Prestige Senior Living

Prestige Assisted Living at Green Valley

1175 S. Abrego Dr · Green Valley, AZ 85614 · 928-955-7229



## 2024 Golf Event

Canoa Ranch Golf Club  
Saturday, August 3rd

6:30 Registration - 7:30 Shotgun

For information and to sign up go to:  
[GreenValleySahuarita.com](http://GreenValleySahuarita.com)



Adopt-a-Golf Ball  
Ball Drop

Stop by and purchase your Chamber Foundation Ball Drop tickets to support the GVS Chamber Foundation and for a chance to win cash!

275 W. Continental Rd., #123  
Green Valley, AZ 85622  
(520) 625-7575

## Community Performance and Art Center

### SEASON TICKETS FOR 2024-2025 SEASON NOW ON SALE!

**AUGUST 2-  
AUGUST 11**

VIEWING ROOM:  
Santa Cruz  
Shoestring Players



**AUGUST 13  
7PM**

MUSIC OF NEIL  
DIAMOND  
Starring David  
Fanning



**AUGUST 14  
7PM**

ARVEL BIRD:  
JOURNEY OF A  
PAIUTE



**AUGUST 23  
7PM**

NIGHT OF MAGI-  
CAL LAUGHTER:  
With Magician  
Isaac Torres and  
Comedian David  
Membrila



**AUGUST 30  
3PM & 7PM**

TRAVELIN' MAN:  
A SALUTE TO RICKY  
NELSON & TEEN  
IDOLS



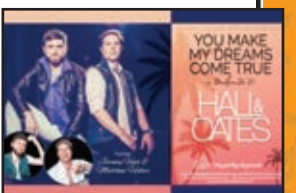
**SEPTEMBER 6  
7PM**

HOMERO CERON  
AND THE  
SUNSHINE TRIO



**SEPTEMBER 13  
3PM & 7PM**

YOU MAKE MY  
DREAMS COME  
TRUE: A TRIBUTE  
TO HALL & OATES



**SEPTEMBER 21  
7PM**

CHAIN BREAKER:  
TRIBUTE TO PAT  
BENATAR & THE  
PRETENDERS!



**SEPTEMBER 23  
7PM**

LACY J DALTON  
WITH SPECIAL  
GUEST DALE  
POUNE



**SEPT 28, 7PM  
SEPT 29, 3PM**

GREEN VALLEY  
SUMMER  
CHORUS



Buy Tickets Online at [www.performingartscenter.org](http://www.performingartscenter.org)



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*United Methodist Church of Green Valley*



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

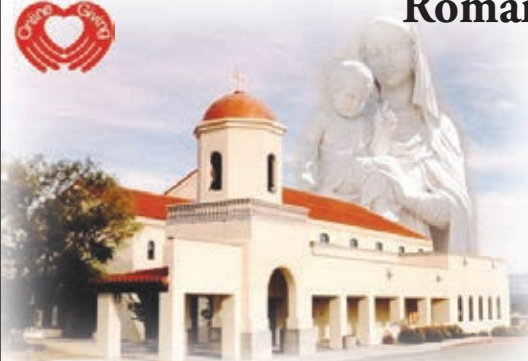
Saturday Worship  
 Country Gospel ■ 3p ■ 5p  
 Sunday Worship  
 Traditional ■ 8a Blended ■ 9:30a  
 Contemporary ■ 11a

**Desert Hills**  
 LUTHERAN CHURCH

2150 S Camino Del Sol, Green Valley, AZ  
 520-648-1633 [www.DHLC.org](http://www.DHLC.org)

LOVE BELONG  
 AWARENESS PURPOSE

**Our Lady of the Valley**  
 Roman Catholic Church



**Religious Gift Shop**

Sunday  
 10AM-12:30PM

Monday & Wednesday  
 Closed until Sept 9th

Located off of the North parking lot near the Holy Family Center entrance.  
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 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

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 Together In Christ +  
 To Gather His People

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 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.

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[www.risen-savior.com](http://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

**First Church of Christ, Scientist in Green Valley**

*Sentinel Watch has inspirational broadcasts changing each week by calling (602) 200-7002 and on [www.greenvalleychristianscience.org](http://www.greenvalleychristianscience.org)*

**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 at 4PM  
 Sunday at 7AM - 9AM & 11AM - 1PM (Spanish)  
 4PM Sunday Mass 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

**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](http://www.stfrancisgvaz.org)



# What QR Codes Are and How To Use Them

Written by Susan Stein Kregar

You have seen the image everywhere. On TV and print ads, billboards, flyers, product packaging, and stickers on restaurant tables telling you to “Scan Me,” what is that black and white square that looks like a funky crossword puzzle, and why do you scan it?

## What is a QR Code?

That funky-looking box is a QR Code. It may seem as if QR codes are relatively new, but they aren't. The QR Code, which stands for Quick Response, was invented in 1994 by Denso Wave, a Japanese company and subsidiary of Toyota. Then, the purpose of the QR Code was to track vehicles and parts as they moved through the manufacturing process. Today, they are used for online shopping, boarding a flight, movie theater tickets, restaurant menus, and many other uses too long to list.

QR Codes are the genius cousin of barcodes. They store more and different types of information and encode phone numbers or internet addresses.

There are two types of QR Codes; static and dynamic.

A static QR Code cannot be changed once created and may not allow for analytics on how many times the code may have been scanned.

A dynamic QR Code can be modified as often as needed, has design options, and tracks and measures advertising statistics.

... and that's about as techie as we will get here.

## How does a QR Code work?

A smartphone or tablet is used as a QR Code scanner, displaying the code and converting it to a standard URL for a website, you know, the www. that you type in the browser. The codes give an instant link to a specific web page within a website for the product or service being advertised.

## Who is using QR Codes?

The short answer is millions of people.

According to an AARP article in February 2023, QR code usage surged early in the pandemic as restaurants tossed paper menus in fear of COVID-19 contamination. Half of full-service restaurants added digital menus accessed through QR codes by the end of 2020, according to a National Restaurant

Association survey.

Businesses use QR codes in advertising campaigns to direct consumers to product information or special offers.



Point your phone's or tablet's camera to the QR Code to access the information stored in the tiny squares. Photo credit Open Clipart-Vectors

## How to Scan a QR Code

Scanning a QR Code depends on the type and age of the device you use for scanning. You must have a scanning app on your phone or tablet. Most come with them installed. Google Lens is built into many Android devices, allowing users to point their camera at a QR code to scan it. If you have an older phone, don't use your camera because it may not be secure. Download a free app with good reviews from Google Play or the Apple Store.

Before you scan, find out where the QR code is coming from.

Check for signs of tampering.

Does the QR Code on the material look original and fit with the design? The original QR Code may have been replaced with a sticker of a malicious one, particularly when scanning QR Codes from print materials in public places.

If all looks good:

1. Open the device and point the camera at the code. It doesn't matter if the phone is vertical or horizontal. The phone can read the code upside down.

2. The web address you see as you hover over the code should be something you expect, a company's website or a restaurant's menu, for example.

3. The camera will automatically scan the QR code and populate an icon or web address on the screen near the code. Tap it.

4. After tapping, the phone's web browser should automatically launch the webpage.

Once you've scanned the QR Code and are redirected to a website, use the same verification process on the website. Verify the company and given URL.

- Does this company look legitimate?
- Does the design look professional?
- Does the QR Code match?



Scan this real QR Code. If you follow the steps in the article, you should be directed to KGVY1080 website.

## QR Code Security & Quishing

The software used to generate QR Codes does not collect personal information from users. However, the location, time of a scan, number of times a code is scanned, and the operating system of the device that scanned the code can be accessed by the code's creators.

A QR code can't be hacked, but a hacker can generate a malicious QR Code that sends you to a fake website where they'll steal your personal data and track your location. To prevent that from happening:

- Check the URL and see if it's composed strangely, differs from the website graphics, or has two different names.
- Do not provide personal information if directed to another website.
- Red flags should wave if you are asked to make a financial transaction using a QR code. Don't do it!

## Why you may want to create a QR Code.

If you coordinate events such as fundraisers, concerts, community activities, or anything where attendees need to access more information or buy tickets, set up a QR Code. It will make it easier for people to find your website or event page than typing in a website address.

[QR Code Generator](#) is one free tool to help you set up a QR Code.

Understanding why and how to use QR Codes is just one more step into the ever-expanding digital age.

## A note on QR Codes from the SAV SCAM SQUAD

[Green Valley Sheriff Auxiliary Scam Squad](#) warned the community about “quishing.” This new scam involves nefarious hackers obtaining your sensitive information through QR Codes.

Many quishing attacks are now showing up in email inboxes. You will see a QR Code and a message on how urgent it is for you to scan the code immediately to get whatever phony bargain is being advertised. A sense of urgency is always a scammer's tool. When you scan the QR Code you will not find a great bargain, but your phone will be loaded with malware that will allow the criminal access to whatever else is on your phone.

[The Federal Trade Commission](#) reported a more than 500% increase in complaints of scam texts from 2015 to 2022. Their report in October said social media scams accounted for a combined \$2.7 billion loss for Americans between January 2021 and June 2023.

Your best defense against quishing is to simply not scan a QR Code unless you are absolutely sure it's legitimate. Never scan a code from an unexpected email or text, or advertising you see on the street.





Taken deep in the Tohono O'Odham Reservation.  
Photo courtesy of Guy Atchley

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Please feed me. Photo courtesy of Ed Freedman



Please feed me. Photo courtesy of Ed Freedman



# Sahuarita's First Bond Package: What It Means For You

## Community Recreation and Infrastructure Projects

Written by

Since Sahuarita's incorporation as a Town in 1994, the number of residents has increased by over 1900%. The Mayor and Council consider it the Town's responsibility to ensure sufficient infrastructure is in place to support Sahuarita's current and anticipated population. With input from Town planning processes, community research, and citizen feedback, Town staff recommended projects for a general obligation (GO) bond package.

The projects, related to recreation and infrastructure, will appear on the November 5, 2024 General Election ballot for voter approval. It is the intent of the Mayor and Council of the Town to fund the various projects described here.

### What is a general obligation (GO) bond?

GO bonds are commonly used by municipalities to fund public improvement and infrastructure projects using a secondary property tax to retire the bonds. Similar to a home mortgage, selling bonds allows municipalities to build a facility or public infrastructure project now, and then pay for them over time.

### What are the bond projects?

#### Recreation Projects

- **Multigenerational Recreation Center:** Construction of a new recreational hub for the community containing aquatics facilities, gymnasium, cardio and

weight training, multipurpose rooms, and other recreational amenities.

- **Trails Development:** Connect the community for pedestrians and cyclists through expansion of the trails system with associated amenities in accordance with the 10-year Parks and Recreation Master Plan.
- **Anamax Park Field Improvements:** Improvements to the ball fields at Anamax Park are expected to include artificial turf, batting cages, replacement bleachers, and a new concession stand.
- **Sports Court Complex:** 12-16 additional pickleball courts, 10-12 new handball/racquetball courts, and 8-10 gaga ball pits, all public, with lighting, seating, restrooms, and supporting features are planned to be installed at an existing Town of Sahuarita park location.

#### Infrastructure Projects

- **Police Department Building Expansion:** A two-story addition to the north wing of the Police Department building to accommodate Police Department growth for the next 10-15 years. The expansion will also include replacement of major mechanical systems that are nearing the end of their useful life.

- **Public Works Maintenance Building:** Construction of a 2,900 square foot office/administrative space and a 1,500 square foot two-bay garage facility where Public Works staff can perform fleet maintenance operations for Public Works vehicles plus store equipment and materials.
- **Town Hall Efficiency Remodel and Capacity Enhancements:** Renovations include interior remodeling of the building to accommodate projected staff growth for the next 20 years and reflect current technology needs, such as video conferences. The remodel will also include the replacement of HVAC, plumbing, and electrical systems and components, as well as technology and security upgrades.

### What will the bond package cost?

If approved, the proposition will authorize the issuing of \$66 million of GO bonds to enhance community safety and improve quality of life through parks and recreation, police/public safety and infrastructure improvements. By issuing GO bonds, the Town agrees to pay the bondholders back over time through secondary property taxes.

Pima County calculates that the average assessed valuation for homes in the Town of Sahuarita is \$232,067. Using this average figure, the monthly cost for a homeowner in the Town would be \$17.12.

To learn more, follow the Town of Sahuarita Facebook page or visit [www.sahuaritabonds2024.info](http://www.sahuaritabonds2024.info)

### What are the bond program features?

- New health and wellness activities, recreational opportunities, and community gathering spaces.
- Facilitates increase in police services to the community.
- Expected increased capacity for programming, services, and Town staff to accommodate continued growth of Sahuarita.
- Delays the need to build new, more costly, Town facilities.



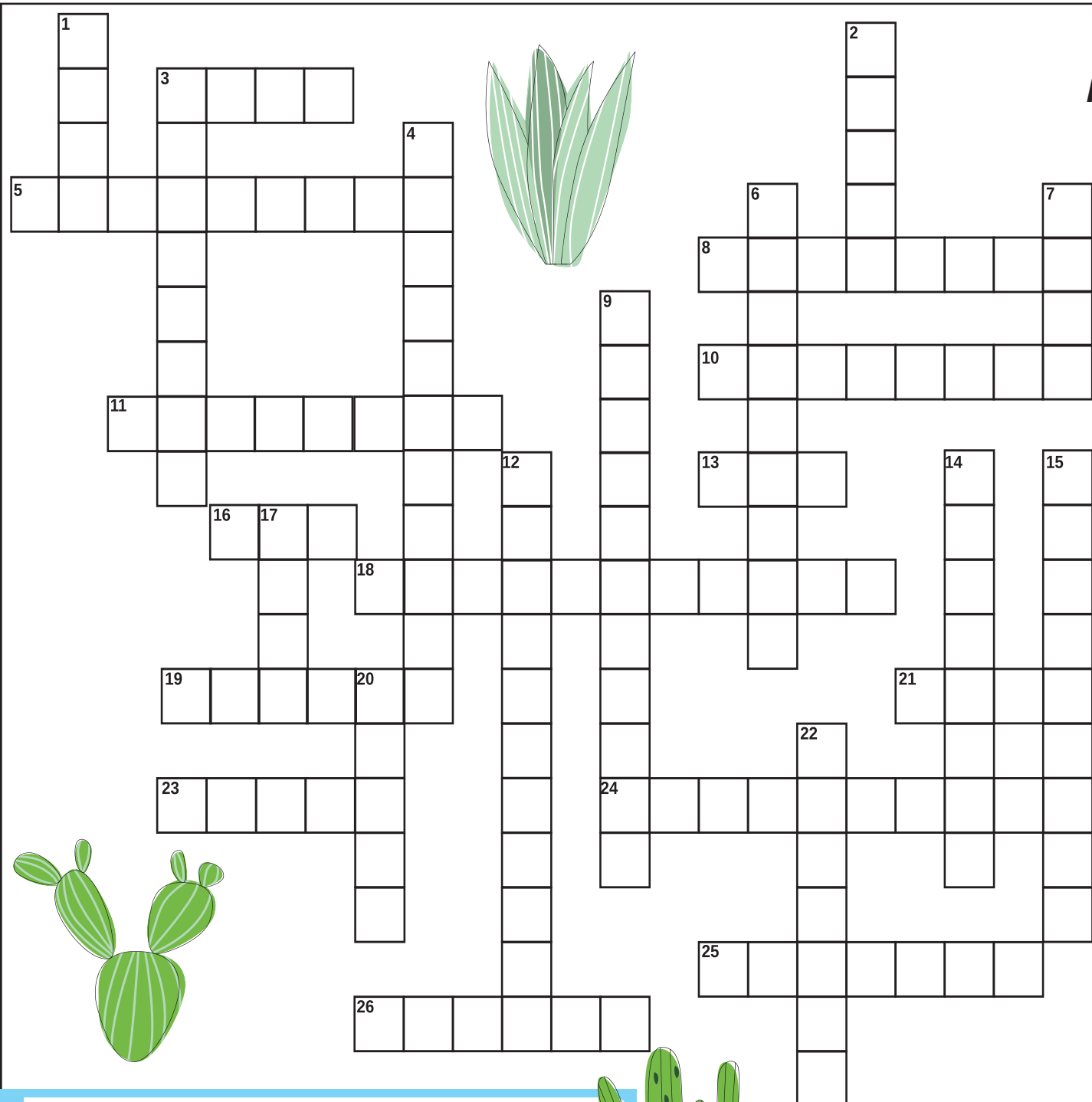
Police Department Building Expansion



Multigenerational Recreation Center

**DISCLAIMER:** To optimize the allocation of public funds for these projects, the actual construction may differ from the representations depicted in the supporting visual materials. Such visual materials are presented for informational purposes only.





**HOW WELL DO YOU KNOW GREEN VALLEY & SAHUARITA?**

**ACROSS**

- 3. familiar favorites home
- 5. mountains
- 8. street
- 10. school mascot
- 11. similar to a pig
- 13. describes our heat
- 16. auxiliary
- 18. local school
- 19. howls
- 21. elephant
- 23. resembles a small partridge
- 24. Wile's nemesis
- 25. abundance of rain
- 26. canyon

**DOWN**

- 1. county
- 2. local ranch
- 3. observatory
- 4. local school
- 6. town
- 7. patrol
- 9. tiny colorful bird
- 12. nope rope
- 14. most everyday of the year
- 15. four times a year
- 17. 'Salvation' is the name of one
- 20. shelter
- 22. supporters of the library

**CROSSWORD PUZZLE MANIA** *La Posada*  
• GREEN VALLEY •

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 9/15/2024

This edition's puzzle is HOW WELL DO YOU KNOW GREEN VALLEY & SAHUARITA?! 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 September 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

**KGVY OFFICIAL ENTRY FORM**

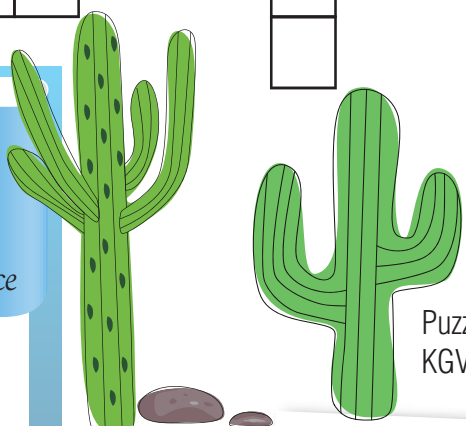
Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_



Puzzle designed by Steven Wagner  
KGVY Social Media Guru and DJ



**KGVY and La Posada congratulate Eileen Amos from Green Valley on her April Community Quarterly puzzle winnings. Eileen was congratulated by Guy Atchley. Eileen 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

## RETAIL



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

## ☆☆☆ EVENT CALENDAR ☆☆☆

### Sidewalk & Art Sale

- **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
- Edward Jones
- H&R Block
- Professional Financial Advisors
- State Farm
- Walter Henderson, P.C.
- The UPS Store
- Professional Tax Advisors
- Insurance Professionals Choice Agents LLC

## REAL ESTATE SERVICES

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



## HEALTHCARE

- Alvernon Optical
- 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

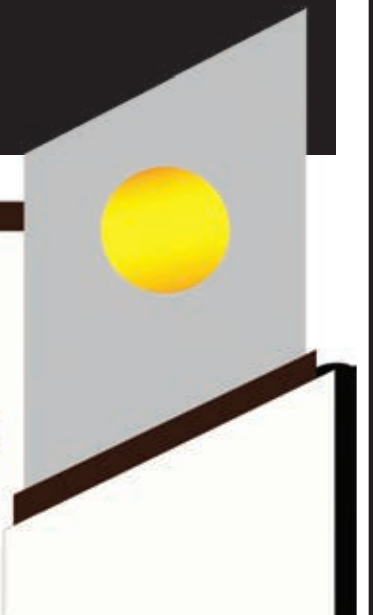
- Mama's Kitchen
- Panda House
- Findley's Restaurant
- Brindis Bistro & Bar
- The Hot Dog Lady and More



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**\$100 OFF\***

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