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Reflections on CPAC's History

Written by Chris Ashcraft, Executive Director, Community Performance & Art Center



Panoramic view of CPAC exterior

If you are new to Green Valley, or have been living here for some time, hopefully you have become aware of the Community Performance and Art Center (CPAC) and the vast array of programs and opportunities that exist within its walls. For the newer folks who might just know it as “the gray building at the top of the hill”, you might be interested to know a few interesting historical facts. While the construction of the physical building started more than 20 years ago, the Community Performing Arts Center Foundation, the legal entity which operates CPAC in partnership with Pima County, was incorporated in 1999. In fact, the original founders and key community leaders were fine tuning their vision of what the Center would become

more than a decade before that.

CPAC had its fair share of growing pains early on, but with vast community support, along with the hard work of the board of directors, other dedicated volunteers, and staff, the organization developed a sustainable business model with slow and steady growth. Today, CPAC hosts approximately 250 performances and dozens of visual art workshops and ex-

hibits on an annual basis. The Center also serves as the rehearsal venue for its resident theater company, Santa Cruz Shoestring Players, and several community music and arts groups, in addition to hosting many private and public social gatherings on a rental basis.

One of the most common questions asked in the office is how we secure our programming, and this question always yields a multi-faceted answer. However, the overall goal is to present a wide variety of entertainment ranging across as many genres and disciplines as possible. Education is a core tenet set forth in the organization's mission statement and we actively search for opportunities to showcase various cultures, provide education on a particular subject matter, and encourage discussion and understanding.

One challenge when booking acts here at CPAC is our small 200-seat capacity. Of course, an intimate setting has many advantages, but the economics work a bit differently in comparison to a larger venue. Many of our bookings are with artists from within the state or southwest region. However, we are on touring routes for numerous national artists. There are various way that a tour comes together, but often there are a few key anchor dates provided by large venues, with other smaller venues sprinkled in between. Some of this is pure luck, other times, it can be planned over the course of a couple years. CPAC strives to cultivate a good working relationship with its partners, and artists will often vouch for us through their networks after they perform here for the first time. Over the years we have been fortunate enough to book The New Christy Minstrels, Kinston Trio, Thelonius Monk Jr., and many other national



Kingston Trio (performed here last March)

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Expanding Access to Recreation: Sahuarita Launches New Adaptive Programs

Submitted by Sahuarita Parks & Rec

Sahuarita Parks & Recreation is proud to announce the launch of a new set of adaptive programs aimed at making our recreation offerings more inclusive, accessible, and enriching for community members of all abilities.

Beginning this summer, we will begin introducing a mix of adaptive fitness and sports offerings, including Adaptive Aerobics, Adaptive All Stars, and a series of Open Houses in partnership with Southern Arizona Adaptive Sports (SAAS). These programs are designed specifically for individuals with physical, intellectual, and developmental disabilities—but more broadly, they represent a growing commitment to creating a welcoming space where everyone in Sahuarita can experience the joy of movement, sport, and connection.

Michael Garcia, a Recreation Lead with Sahuarita Parks & Recreation, will be rolling out these new programs. “With adaptive sports, we’re trying to bring awareness for people with disabilities—mentally or physically,” Garcia shared. “We’re



trying to get more people active and to try to involve everybody.”

Open House Events with Southern Arizona Adaptive Sports

Our new adaptive programs will kick off with a trio of free open house events in collaboration with Southern Arizona Adaptive Sports. These community events invite participants of all ages and ability levels to try adaptive activities like wheelchair basketball, wheelchair pickleball, hand cycling, and air rifle.

Equipment is provided and no experience is necessary—just bring curiosity and a willingness to learn

and try something new!

Open House Schedule:

- **July 12** | *Wheelchair Pickleball & Basketball*
- **August 22** | *Air Rifle*
- **August 23** | *Air Rifle, Hand Cycling & Wheelchair Sports*

All open house dates will run from 8:00 a.m. to 4:00 p.m. and are open to ages 6 and up. Registration is encouraged, but drop-ins will be accepted throughout the day.

Adaptive All Stars

For adults with intellectual, physical, or other disabilities, *Adaptive All Stars* offers a recreational P.E.-style class that focuses on fun, movement, and skill-building. Each class is designed to help participants gain confidence in various sports while improving physical fitness, coordination, and social interaction.

Activities may include soccer, basketball, kickball, fitness training, t-ball, and more, with instructors trained to adapt each session to the individual needs of participants.

This class will be for ages 16+ and will run on Tuesdays from 12:30 – 1:30 PM and is available for monthly registrations.

Adaptive Aerobics

Another new addition is *Adaptive Aerobics*, a low-impact fitness class designed to improve strength, endurance, and overall health. The class will guide participants through

exercises targeting major muscle groups, with personalized modifications available to ensure that every individual can participate safely and comfortably.

Whether you’re looking to build strength, stay active, or find a supportive fitness community, Adaptive Aerobics is designed for a wide range of disabilities, impairments, and fitness levels.

Adaptive Aerobics will be offered for ages 18+ on Thursdays from 12:30 – 1:30 PM for a daily registration fee.

Get Involved

These new adaptive programs represent an important step forward in making Sahuarita’s recreation opportunities more inclusive and accessible. By offering a variety of classes tailored to different abilities, our goal is to ensure that everyone, regardless of physical, intellectual, or developmental challenges—has the chance to stay active, build confidence, and enjoy meaningful recreation experiences.

Whether you’re exploring adaptive activities for the first time or looking for a welcoming space to connect and move, these programs are designed to meet a wide range of needs in a supportive environment.

For more information, program details, or to register, visit sahuaritaParksandRec.org or call (520) 445-7850.



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JULY 30 7PM	THE REDHOUSE FAMILY JAZZ BAND	
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AUGUST 22 3PM & 7PM	TRIBUTE TO PHIL COLLINS	
AUGUST 27 3PM & 7PM	TRIBUTE TO HUEY LEWIS AND THE NEWS	
SEPTEMBER 3 7PM	SOUTHERN AZ TAIKO SHOWCASE	
SEPTEMBER 5 7PM	COME FLY WITH ME AN EVENING OF JAZZ STANDARDS WITH LIZ CRACCHIOLO	
SEPTEMBER 17 7PM	RON JACKSON AND ERIC PERSON	
SEPT 27 @ 7PM SEPT 28 @ 3PM	GREEN VALLEY SUMMER CHORUS	
OCTOBER 3 7PM	RYAN DAVID GREEN	
OCTOBER 9 3PM & 7PM	THE DREAMBOATS	
OCTOBER 10 7PM	DAN MCCORISON WITH SCOTT NEUBERT	

Buy Tickets Online at www.performingartscenter.org



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CPAC
continued from page 1

acts despite our smaller capacity, often doing two shows in a single day or four shows over two days.

Another core value of the organization is to ensure that as many people have access to the arts as possible. Ticket prices are kept as low as possible and shows are sometimes underwritten or subsidized by grants, corporate gifts, and generous donors throughout the community. As a 501 (c) 3 not for profit organization, all

donations are tax deductible. The community of Green Valley has been incredibly supportive and generous over the years.

Over the past ten years CPAC has grown more than 1000% in budget and number of public programs. The 2025-2026 season ticket sales period has broken all previous records and we hope to continue increasing services to the community for years to come. There is one factor that ties all of this success together, and that is the fact that the Community Performance and Art Center happens

to exist in one of the greatest communities in the nation. The people who live here take pride in their facility. The evidence for this was clear in the early years when the community helped the organization through a difficult first few years of growing pains, and again during COVID-19 when the community made sure that CPAC would survive the pandemic. All of us here at CPAC are grateful for the relentless and unwavering support. If you are new to town or haven't had a chance to visit, we would love to show you around!



Photo from Shoestring Players production of Lucky Stiff

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This column is provided by Hughes Federal Credit Union

money matters

MAKING YOUR MONEY WORK FOR A SECURE FUTURE

By Elisa Ross, VP of Marketing, Hughes Federal Credit Union

In a constantly changing economy, making smart financial decisions is essential. Building long-term financial security doesn't happen overnight, but you can set yourself up for success with the right strategy.

That's where credit unions come in. They offer tools and resources to help you reach your goals. Unlike big banks, credit unions are not-for-profit financial cooperatives that put members first. This means they will structure their products to simplify banking and put more money in your pocket — to make your life easier, not more complicated.

Make the Most of Everyday Banking

Feeling confident about your financial future begins with getting the basics right. Many financial institutions offer basic checking options that provide digital conveniences like mobile deposit, online access and easy bill pay to simplify your day-to-day routine.

But the right checking account does more than hold your money. Some accounts offer cash-back rewards to stretch your budget, or protective perks like cell phone repairs, identity theft assistance or extended warranties on eligible purchases. If you travel, you might even score cashback on airfare, hotels and rental cars. These benefits are smart ways to protect what matters and keep more money in your pocket.

Strategies for Growing Savings

Growing your savings is a cornerstone of financial security. With their not-for-profit structure, credit unions return value to their members through competitive rates, lower fees and higher dividends on savings accounts. This helps your hard-earned money go further.

Money market accounts are an excellent option to consider. They typically offer higher interest rates than regular savings accounts, which means you can earn a greater return on your investment. Additionally, you can access your funds without penalty when needed.

Certificate accounts, or CDs, provide another secure way to grow your savings. You can choose a term length that aligns with your financial goals — whether it's a few months or several years — and lock in a competitive fixed rate. This is a reliable, low-risk method of growing your money, and you'll know exactly how much you'll earn from your investment in advance.

Using Credit to Achieve Goals

Strategic, responsible credit use can be a powerful tool for achieving your goals. Whether you're upgrading your home, purchasing a vehicle or consolidating high-interest debts, borrowing can be a great option.

When considering a loan, pay attention to the Annual Percentage Rate (APR). The APR represents the annual cost of borrowing, including interest and certain fees, as well as the repayment terms. Knowing these details upfront helps you make confident choices that align with your budget and long-term goals.

Financial institutions such as credit unions provide various loans designed to meet specific needs. The appropriate loan, utilized at the right time, can open doors, and help you achieve peace of mind.

The Importance of Member-Focused Institutions

The best financial partners prioritize their members' well-being and put people over profits. Credit unions are built on this philosophy. This member-centric approach empowers you to take control of your financial journey.

When you work with an institution that aligns with your values and priorities, you're taking a significant step toward controlling your financial future.

Hughes Federal Credit Union is a local, not-for-profit financial cooperative that has served our members and the community for over 73 years. We aim to make a positive difference in each member's financial life by offering a variety of products and services designed to help members achieve their financial goals at every stage of life.

Members can choose from various account options, including interest-earning fee-free checking accounts and Checking PLUS, which offers cashback rewards, discounts on travel, local dis-



counts and benefits such as cell phone repair and identity theft protection.

To help you grow your savings, Hughes provides Money Market accounts with balance-tiered earnings, as well as CDs with a fixed rate of return. We also offer loan products with a competitive One Low Rate™, ensuring everyone has access to the same great rate, regardless of their credit score.

Explore our specialized seasonal options, such as the Summer Loan, available through August 31. This loan features a fixed APR and flexible repayment terms, making it an excellent way to tackle your summer to-do list. Whether you want to renovate your dream backyard, take the perfect summer vacation or consolidate your bills, Hughes is here to help.

Plus, to make life easy, Hughes offers mobile and online banking options to suit on-the-go lifestyles. Access mobile deposits, overdraft protection, automatic bill payments and more from wherever you are — and get help whenever you need it with 24/7 support.

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Arizona Seniors at Risk Amid Ongoing Cuts to Federal Food Assistance Programs

Written by Chris Firmage, Public Relations Manager, Community Food Bank of Southern Arizona

“The test of a civilization is in the way that it cares for its helpless members.” – Pulitzer Prize winning author, Pearl S. Buck.

Federal cuts to the Commodity Supplemental Food Program (CSFP) are already having a profound impact on seniors in Southern Arizona.

In early 2025, the federal government announced cuts exceeding \$1 billion for funding to programs that support local food purchases for schools and food banks. This decision directly affected CSFP, the only government nutrition program specifically targeting low-income seniors aged 60 and older.

CSFP provides monthly packages of nutritious food, vital for seniors who often live on fixed incomes and face rising living costs.

In response to these cuts, the Community Food Bank of Southern Arizona (CFB) was forced to remove support for 369 local seniors.

These challenges are only mounting. On July 4, 2025, President Trump signed the “Big Beautiful Bill” into law, a sweeping domestic policy package that includes severe cuts to federal assistance programs such as the Supplemental Nutrition Assistance Program (SNAP) and Medicaid. The bill slashes nearly \$200 billion from SNAP and more than \$900 billion from Medicaid.

These reductions could hit communities like Green Valley especially hard. In May 2025, nearly 60% of the individuals served at the Community Food Bank in Green Valley were over the age of 60.

An estimated 10.5% of seniors in Arizona face food insecurity. The emotional toll of this can be profound, leading to feelings of isolation, anxiety, and depression among those affected.

“Neighbors have shared with us that without these programs, it will be difficult to make it through the month. Some have had to rely on the kindness of others just to feed their pets,” said Monica Gonzalez, Associate Director of the Community Food Bank in Green Valley. “The seniors we serve depend on us to stretch their benefits to make it through each month.”

Federal cuts to food assistance programs will force most of the cost burden to individual states and organizations like food banks and pantries.

A recent study by US News and World Report estimates that cuts to SNAP could cost Arizona between \$110 and \$552 extra per person for the 900,000 plus enrolled in the program.¹

Organizations like CFB, already reeling from the loss of CSFP and a \$1 billion cut to the Local Food Purchase Assistance Program (LFPA), are being pushed to their limits.

“We’ve had to reduce the number of food items in our TEFAP (The Emergency Food Assistance Program) boxes,” said Norma Aguilar, CFB’s Director of Supply Chain. “This includes the loss of bonus items like fresh produce, meat, and dairy.”

“With unpredictable USDA funding, we’re relying more than ever on charitable contributions to fulfill our mission: providing locally sourced, nutritious food to underserved individuals and communities.”

Advocacy groups are also sounding the alarm. In a recent letter to Con-

gress, AARP voiced deep concern over the proposed cuts to SNAP, a “lifeline for millions of older adults facing rising food prices and financial strain.”

“Millions of older Americans have worked hard, played by the rules, and now find themselves barely getting by,” the letter stated. “What they need are common-sense policies that lower costs, make health care more affordable, and reflect the contributions they’ve made to this country.”²

Editor’s Note: CFB released the following statement following the passage of the bill.

The passage of the budget reconciliation bill represents a significant setback for families and communities already struggling to access food and essential resources. At a time when food insecurity is rising nationwide, this legislation threatens to deepen the crisis—impacting seniors, children, veterans, and individuals with disabilities.

Every day, we are inspired by the re-

silience and determination of those facing hunger. We remain steadfast in our commitment to support them with the help of our partners, advocates, volunteers, and supporters who stand with us.

We are actively working with communities and policymakers to source food from farmers, government agencies, manufacturers, and retailers to ensure it reaches those who need it most. Now more than ever, we must come together united in action and purpose to ensure everyone has access to the food and support they need to live with dignity and hope.

¹ <https://www.usnews.com/news/national-news/articles/2025-05-22/map-see-how-cuts-to-snap-food-assistance-would-affect-your-state>

² <https://www.aarp.org/content/dam/aarp/politics/advocacy/2025/05/2025-05-21-aarp-reconciliation-bill-letter.pdf>

GV/Amado Community Food Bank Center Volunteers



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

medicalnews

WHAT DOES YOUR OFFSEASON “HEALTH TRAINING” LOOK LIKE?

For those of us that “manage” our way through the summer months, in order to enjoy the amazing weather the rest of the year, here’s a thought exercise for you today.

What does YOUR offseason training look like?

How can you evaluate your health and training, like a professional athlete, to prepare in the offseason so that you can dominate in the next season?

To have it show up for you by intention, instead of what will show up “by accident”, or by simply ignoring the warning signs along the path.

Because there is one thing that is certain as you age. You will need more maintenance. More intentional work to optimize your health and performance. More commitment.

So today, let’s think like an aging athlete. It’s time to “go pro” when it comes to how you approach your health. Planning. Preparation. Practice. That is what translates to the result when game time comes.

First, you must be brutally honest with two questions to assess the current state of your health, and your ability to make it better:

- 1) What do I truly know?
- 2) What can I control?

We must start from a position of truth, and honesty. It’s like the maps app on your phone. Most people have a good idea where they want to go, but without a concrete starting location, you cannot get from point A to point B.

Second, the destination must be equally clear. Most of the time in my consult room I hear generic “wants” like:

- I want to lose weight
- I want more energy
- I want less pain

What I help patients refine is the specificity – the what, and most importantly, the why. Why do you need to lose this weight. So that you don’t become diabetic, have heart/metabolic disease, high

blood pressure, and die a decade or more prematurely. That’s a good start.

Better, is when patients share things like:

- “I want to see my kids or grandkids through to their 60s, and still be independent, functional, and able to travel wherever we have our big annual family reunion get togethers.”
- “I don’t want to be the one rolled in via wheelchair with oxygen up my nose, while I sit in the corner and everyone feels sorry for me.”
- “I want to be a living example of what “older age” looks like to inspire my family to live healthier lives.”

See the difference?

The “**what**” you need to accomplish needs to be specific. The “**why**” behind why you need to achieve is the fuel that pushes you along the path to make it happen. Then, the “**how**” is straight-forward as to how I can help you build a personalized path to get there.

So as we roll into our summer “off season”, there is no better time than now to work through this exercise. To get crystal clear about the “what” and “why” for your health. Then go engage the specific expertise you need. To be more successful. To see the results *you want and need* - **faster**.

Now over to you, my friend.

If you’re sitting on a lingering pain that is currently robbing you of memorable moments in your life, don’t settle. Don’t have that be your existence and what will limit what you experience from here on out.

Example: Knee Osteoarthritis (KOA)

*One of the most prevalent conditions I take care of in my non-surgical Orthopedic practice.

A national survey titled “Standing Up to Knee Pain” revealed that **97%** of individuals with KOA report that their condition negatively impacts their daily lives, affecting activities such



as climbing stairs, sleeping, and social interactions. **97%!!**

With some form of osteoarthritis impacting more than **53 million people in the U.S.**, chances are you yourself may already be impacted by some form of osteoarthritis. And/or there is a strong likelihood that it will show up in your future.

Again, don’t wait and let surgery be your only fate. We have a multitude of non-invasive, no down-time treatments in my practice, to target the pain from osteoarthritis so that you can be more active.

Treatments like extracorporeal shockwave treatment (ESWT), laser, red light, soft tissue work, and corrective exercise. Biomechanical corrections with performance foot orthotics, offloading braces, sleeves, and other “gadgets” to improve your function.

Combined with minimally invasive, and minimal down time, injection procedures including

platelet rich plasma (PRP) and stem cell treatments.

These are just some of the elements used in the personalized pathways we have built for thousands of patients in my practice for more than a decade. To pain less, so that they can live more.

To learn more about the science and success of the treatments, **visit my YouTube channel @DrJohnTait**. We have an extensive educational library of videos explaining exactly how these treatment work, and hopefully how they can help your situation.

If you are one of the bold and brave, weathering the extreme summer temps, and you’re ready to take advantage of this time to build a better offseason plan, my team and I are here to help.

Enjoy those monsoons!

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.

To learn more visit www.origenortho.com, and @DrJohnTait on YouTube

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Green Valley Amateur Radio Club

Written by Tom Lang, GVARC Member

How would you like to sit in your home or car and communicate with people around the world who you’ve never met before? Oh, did I mention, you’re not using your cell phone.



Welcome to the world of Amateur (Ham) Radio and the Green Valley Amateur Radio Club (GVARC).

I’m Tom Lang (K7VOA) and I’d like to take you on a little tour of what you could become a major part of and actually have fun participating in everything the Green Valley Amateur Radio Club has to offer.

So, let’s start from the beginning in the summer of 1979 when six “hams” Dr. Allen Carter, MD (KA7EVH), Jim Brown (KB0KP), Doc Nay (WB7PVN), Ralph Woodward (KA7EDJ), Phil Sterner (WB7ORC), Lou Navarro (WB6TYP) and Phil Doersman (W7JKA) got together to form the GVARC. Those six hams set the groundwork for what would become the GVARC as it stands today with over 100 members including Lou Navarro, one of the original founders.

Now I’ll bet you dollars to donuts that a lot of people think all we do is drive our family members nuts by putting up antennas, talking on the radio, using morse code (good ole (CW) continuous wave), or here’s a new one for you, Digital. Yep, it’s a whole new ball game from the tubes that glowed in the dark when you listened to what was going on a world away when Amateur Radio first got started with the issuing of its first license in December of 1912.

Please remember that besides being a club where our members get together to have fun at different activities, which I’ll touch on later. Our main goal is to provide emergency

communications in case of a major disaster such as the recent L.A. fires or the flooding and hurricanes recently along the East coast. If all else fails, such as commercial radio and television, cell phones and the like, Hams all around the world can get on the air using many different types of communications during emergencies. Amateur Radio is sometimes referred to as the last line of communication.

GVARC has a repeater system with several different “nets” such as the Oatmeal net on Tuesday Mornings, the Simplex net on Thursday evenings and the Cookie Net on Sunday evening just to name a few. These nets serve as platforms for members to practice communication skills, share information, and provide assistance during emergencies.

I hope I’ve held your interest so far, but if for some reason you’ve gotten this far, and I’ve bored you to tears, don’t go away because now the fun part starts.

Believe it or not, Hams actually do socialize. Every Wednesday we have our morning breakfast at El Rodeo Restaurant in Green Valley and have been doing so for at least the last 20 years. On Thursday’s club members gather at different restaurants around the area for a late afternoon meal. We also hold Spring and Fall picnics along with our annual Christmas party, and if we have a special event like setting up our radios and making contacts from the big Discone Antenna at the Titan Missile Museum or at other locations we usually have food. Do you see the pattern setting up here?

Hams like to eat.

As you may know there are so many interesting things to do and see in Southern Arizona. And that brings me to the club drive outs. These are events that we do as often as possible and go to places like Kitt Peak, the mirror labs at the U of A, Paul Bond Boots in Nogales, KVOA-TV, Rolling Thru Time classic car museum in Tucson just to name a few.

On the second Wednesday of each month at 7pm GVARC holds their monthly meetings at the Santa Rita Fire District Headquarters on Camino Encanto to discuss club activities, community outreach and technical topics. We also have demonstrations and guest speakers. Some of our previous speakers have been President Franklin Roosevelt’s granddaughter, actor Don Collier who starred in several John Wayne movies and Gail Halvorsen known as “The Candy Bomber” who dropped candy to children during the Berlin airlift. These meetings are open to all, and non-members are encouraged to attend to learn more about amateur radio.

Now I have an idea what you’re thinking. “He hasn’t told me how I can get an Amateur Radio License”. Well, there are three grades of license. Technician, General, and Ex-

tra class. Depending on the class of license will depend on the privileges you have on the “radio bands”. The questions on the tests are multiple choice. Morse code for the tests was discontinued in 2007 but many “Hams” use CW so it has never really gone away except for testing. GVARC has exams four times per year, and we have a great “Elmer” program to help you study and answer any questions you may have.

By the way, there are about 750,000 “Hams” in the U.S and 3 million worldwide. Just think about how many new friends you can make.

There’s so much more to talk about, and I hope this condensed version has piqued your interest in Amateur Radio and GVARC. If you need any information about GVARC you’re more than welcome to visit our website at www.gvarc.us and contact our club officers.

As they say in Amateur Radio when they sign off “73’s”. I hope to hear you on the radio someday and maybe we can add to that 750,000 when you get your license and call sign.





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Receipt – One Maiden Filly

Written by Ellen March

This took place a long time ago — in 1967. Harry and Ellen were in love and engaged to be married. The only break Harry had in Naval Officer Training was two weeks around Christmas so the wedding was scheduled for December 19 in Tucson, Arizona.

Now, Ellen’s dad was a real card. He knew that Harry was nervous about marrying into a Catholic family and unfamiliar with Church rituals. In addition, this was back in the days when a non-Catholic had to take religion classes in order for such a marriage to take place.

So he had been taking classes for 3 months in Pensacola, Florida at the Naval Air Station.

He flew back to Tucson, arriving a few days before the scheduled events. A great deal of partying and general hilarity ensued, leading to great excitement and anticipation.

The night before the wedding was the rehearsal at Mother of Sorrows Catholic Church, complete with the whole wedding party and the

celebrant, Father Poirer.

Harry and his groomsmen took their places at the altar, eagerly awaiting the bride and her father. But things didn’t go according to plan when the Colonel refused to let go of his daughter. Instead of relinquishing his grip, he just kept trying to hand the groom a piece of paper. Harry finally took it and tried to shove it in his pocket but the Colonel insisted he read it — and sign it. The priest (who was in on it) waited patiently.

The document turned out to be a receipt for one maiden filly (see photo) which Dad had created and hunt-and-peck typed on an old typewriter. Mother refused to participate because she didn’t like the use of the word “urinalysis”.

As luck would have it, Harry’s sister Marcia was in attendance and was a notary public in the state of California and generously offered to notarize the document — so the marriage is to this day recorded and notarized in the records of the state of California as the transfer of one maiden filly.



Christmas in July

Photos and interviews by Guy Atchley at Posada Java



Holly Doyle

The stores put their stuff out in August, right around the same time you start seeing Halloween, but I make my Christmas stuff. I make over 100 ornaments every year, and so I have already started my Christmas presents. Christmas could be year-round, and I'd be happy.



Morgan King

Oh, gosh, I'm last minute with everything, so my Christmas shopping starts in December. Unless I'm really on top of it, and then I'll get a couple of things in October or November. I don't particularly like that the Christmas atmosphere gets started way early, but I think it's good for people who want to get ahead of the game; they can.



Gail Garrison

I do not do any Christmas shopping. My family decided that we were just passing gift cards back and forth, and that didn't make a whole lot of sense, so we do not give gifts at Christmas. We just buy whatever it is we need.



Janet Burr

The season used to begin in November, and now it's getting as early as July. Hobby Lobby puts theirs out early. A lot of times you can get 40 percent off, or 50 percent, and then after the holidays, up to 70 percent.

I only buy for my husband, and I send my daughter-in-law and my son money, so that's easy. They can pick their own presents. I think any time of the year is good to plan ahead. I suppose I begin in October for my husband's gifts because we were married in October on his birthday, and that's also our anniversary month, so I guess I start early.



Celina Schmitz

Well, I think Christmas stuff is put out very early, even before Halloween, and it's a bit overwhelming. I am a store shopper. I'm one of the few people in the world who doesn't have an Amazon Prime account. I do not shop online. I like to see what I'm getting, and feel it, and look around, even though I don't really enjoy shopping, I like it even less online. I'm one of those who begins late in the season, going store to store, getting what I want. What is late? Sometimes December 23rd.



Sharon Rezac Anderson

I don't do as much of it anymore. What I'd rather do is have people in my home, or go visit relatives. I feel that through the years, Christmas has become so commercialized that we have forgotten what the holiday really means for us. I just want Christmas to be a time that we look seriously at what peace means for all of us, and to rid ourselves of hate and move more toward love. When we commercialize the season, we forget what it's all about. We also need to spend time looking at what Hannukah means for our Jewish population.



Jerry Gilmore

At our age, 90, we send checks to everybody, so that's an easy out for me. But then she spoils it all because she wants to send a gift with the check. Haha.



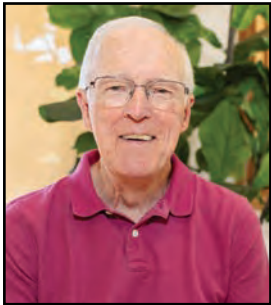
Ann Gilmore

Actually, I like to plan ahead, but it doesn't always work out. Sometimes, regardless of the time of year, if I see something, I'll think that something looks just like my daughter or son, and I'll purchase it for them. But it could also get lost, so when Christmas time rolls around, I have to really search hard for it. That's my story.



Bob Dahm

Well, unfortunately, I don't have such good scheduling as my wife does, so mine happens when the wind moves me. That's usually December.



Eileen Dahm

I do my Christmas shopping in October. I have a promise with myself that I'll have everything done by Veterans Day, because I love Christmas and I don't want to be hassled in December. I've been doing this for 60 years. I remember, as a little girl, you never saw Christmas stuff until after Thanksgiving. Now it's in the stores by August. I don't like that.



Karen Morey

Since I have only one grandson under the age of 18, I usually go ahead and send him a check. That makes it easy. I ask him, "The same as last year?" He goes, "Perfect." It's always the right size. As for us, if we want something in the household, we just go buy it. People say they spend \$3,000 for Christmas, I go, "What?"



Elizabeth Heintz

I think Christmas in the shops is too early. I'm one of those late people who doesn't shop until a week before Christmas. I have no plan when I go out. It's more fun that way. Of course, in Arizona, it's so hot all the time, it's just too hot to think about Christmas.



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Fall class registration and ticket sales start August 11!

Find **September–December** classes, entertainment, and fitness options in the fall 2025 GVR catalog. Pick up a catalog at any GVR center after August 3 or go to GVRec.org for the online flipbook and ACTIVENet details.

Many GVR classes are open to everyone!



August Events & Activities

Open to everyone



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FRIDAY, AUGUST 1
West Center Auditorium at 7pm
Member/Guest \$30; General Public \$40



Green Valley Summer Big Band
WEDNESDAY, AUGUST 6
West Center Auditorium at 7pm
All tickets: \$15



SOLD OUT
VIP Wine Tour: The Grape Escape to Sonoita Wineries
THURSDAY, AUGUST 14
West Center Lobby at 9:30am
GVR Members/Guests: \$139; General Public: \$149



Pick ‘n Holler: A Lively Night of Americana
SATURDAY, AUGUST 16
West Center Auditorium at 7pm
GVR Members/Guests: \$30; General Public: \$40



Summer Comedy Night – A Jason Love Production
FRIDAY, AUGUST 29
West Center Auditorium at 7pm
GVR Members/Guests: \$25; General Public: \$35

Green Valley Recreation



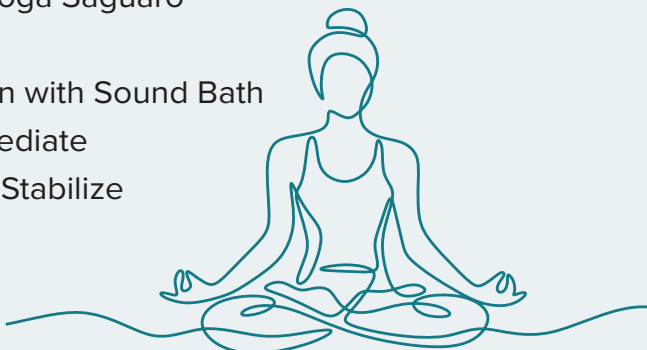
Ready to give a class a try but don't want a long-term commitment?

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Drop-in classes or single sessions could be the answer. It's a flexible, low-pressure way to discover what truly fits your interests and goals. For more information: Pick up a fall catalog or find it at GVRec.org.

AUGUST DROP-IN CLASSES

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- Aqua Yoga
- Beginner/Intermediate Tap
- Fall Prevention for Daily Living
- Happy Back with Yoga Saguaro
- Happy Chair Yoga Saguaro
- Level I–II with Hatha Yoga Saguaro
- Mat/Chair Yoga
- Mindfulness Meditation with Sound Bath
- Step Intervals—Intermediate
- Stretch, Strength, and Stabilize
- 'That's a Stretch' Yoga
- Yoga for Beginners
- Yoga Release



AUGUST SINGLE-SESSION CLASSES

- August 5 The Arizona Monsoon
- August 13 Drum Sound Healing Experience
- August 14 Auto Repair: Things to Know and NOT Get Ripped Off
- August 29 Grasshoppers, Crickets, and Katydid

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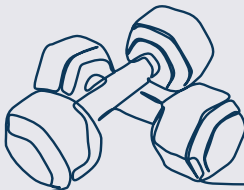
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This column is provided by United Community Health Center

medicalnews

UNDERSTANDING HIGH CHOLESTEROL: WHAT YOU NEED TO KNOW ABOUT HYPERLIPIDEMIA

When we talk about heart health, one condition comes up again and again: hyperlipidemia, more commonly known as high cholesterol. It's one of the most common—and most preventable—risk factors for serious problems like heart attacks and strokes. But here's the catch: most people don't even know they have it.

What Is Hyperlipidemia?

Hyperlipidemia means there are too many fats (lipids) in your blood, particularly cholesterol and triglycerides. While our bodies need some of these fats to function, too much can cause plaque buildup in your arteries, making it harder for blood to flow. Over time, this can lead to heart disease, stroke, and other serious health issues.

Think of it this way: when cholesterol levels are too high, it's like your arteries are getting clogged from the inside, much like pipes can get clogged with grease. That clogging—also called atherosclerosis—can be silent for years until it causes a major health event.

Who's at Risk?

Some people inherit high cholesterol from their family (called familial hypercholesterolemia), but for many, lifestyle plays a big role. Risk factors include:

- Unhealthy diet (high in saturated fats and processed foods)
- Lack of exercise
- Smoking and excessive alcohol use
- Other conditions like diabetes, obesity, thyroid problems, or liver disease

Why This Matters to Our Community

At United Community Health Center, we see patients every day who are working hard to improve their health. Hyperlipidemia is one of the most common issues we help manage. Our goal isn't just to treat numbers on a lab report—it's to help our neighbors live longer, healthier lives.

We take a team-based approach that includes medical treatment, nutrition counseling, and educa-

tion tailored to your unique needs. Whether you're newly diagnosed or just want to take preventive steps, we're here to support you.

How Is It Diagnosed?

A simple blood test called a lipid panel tells us your cholesterol levels. This test looks at:

- LDL (bad cholesterol) – High levels increase your risk for heart disease
- HDL (good cholesterol) – Helps clear cholesterol from your bloodstream
- Triglycerides – Another type of fat linked to heart and liver problems

You don't always need to fast for the test, but your provider will let you know what's best.

How Can I Lower My Cholesterol?

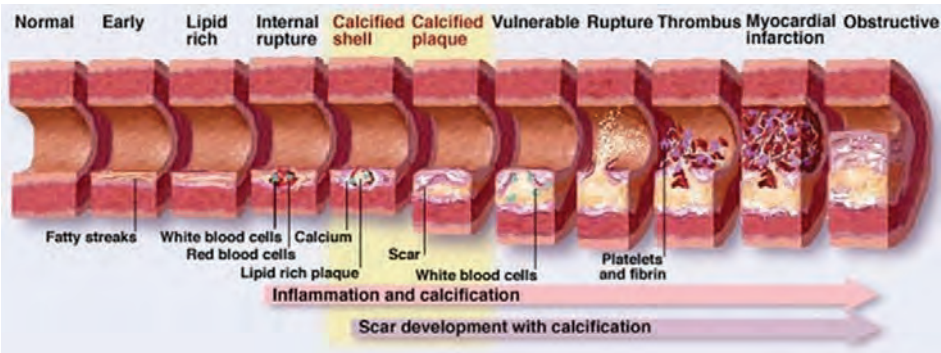
The first step is often lifestyle changes, which can make a big difference:

- Eat heart-healthy foods: Focus on fruits, vegetables, whole grains, fish, nuts, and olive oil. Limit red meat, fried foods, and anything high in saturated fat.
- Move your body: Aim for at least 30 minutes of physical activity most days. Walking, biking, swimming—even dancing counts.
- Quit smoking and limit alcohol: These two factors can worsen cholesterol and overall heart health.
- Maintain a healthy weight: Losing just 5–10% of your body weight can help improve cholesterol and blood pressure.

Do I Need Medication?

Sometimes, lifestyle changes aren't enough—especially if you have a family history or existing heart disease. In those cases, your provider might recommend medications such as:

- Statins – the most common and well-studied option
- Ezetimibe or PCSK9 inhibitors – newer options for certain high-risk patients



- Fibrates or omega-3s – usually for people with high triglycerides

We work with you to find a plan that's safe, effective, and fits your life.

What About Natural Supplements?

Some patients ask about supplements like red yeast rice, fish oil, or soluble fiber (like psyllium). While some have shown modest benefit, not all supplements are regulated or safe for everyone. Always talk to your healthcare provider before starting any over-the-counter product—even if it's "natural."

The Importance of Follow-Up

High cholesterol often has no symptoms, which is why regular check-ups are so important. We typically recheck your lipid panel a few months after making changes, then monitor it once or twice a year. These follow-ups help us make sure your treatment is working and that you're staying on track.

A Personal Note

As someone who not only practices medicine but also teaches and researches topics like hyperlipidemia, I'm passionate about making these complex conditions easier to understand and proud to serve this community. Whether I'm helping a patient at the clinic or playing soccer on the weekend, I'm always reminded of the importance of staying active, staying connected, and staying informed.

Take the First Step

If you haven't had your cholesterol checked recently—or ever—talk to your provider. And if you don't have one, we'd be happy to welcome you to United Community Health Center. We'll work together to keep your heart strong and your health on track.

To schedule an appointment at our Sahuarita Heights location, call (520) 576-5770 or visit uchcaz.org to learn more about our locations.

Educating the Community



Luis Lozano, PA-C

Luis Lozano, PA-C is originally from Louisiana but grew up in Southern Arizona. Prior to joining United Community Health Center, Luis worked with the Maricopa County Health Department as an Epidemiologist and later with Dignity Health as a Sr. Quality Analyst. He earned a Master of Public Health degree from Yale, and a Master of Physician Assistant Studies from Northern Arizona University. When not in the office, Luis enjoys the great outdoors and urban farming.

Luiz provides care to patients at UCHC Sahuarita Heights.



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- 2

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- 3

The first bill for the new program arrives on Aug. 15
(Bill to include service dates Sept. 1 – Nov. 30)
- 4

All carts will be collected and replaced by Dept. of Public Works on the current service schedule **at no cost to residents**
- 5

Residents will receive notice by mail of the new service schedule
Centralized service begins the week of Sept. 1



Contact: solidwaste@sahuaritaaz.gov



Program Details

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Valley Assistance Services Assists with the Needs More Than Ever

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

Valley Assistance Services, a community health and social service agency, sees the need for assistance growing each year. These needs include transportation, access to healthcare, housing and eviction prevention, homelessness, benefit assistance, grief, isolation and loneliness, falls, work readiness, nutrition and health changes.

VAS’ wrap-around services and programs assist, empower, and encourage independence, health and safety.

RN Advocacy: in-home health education and medical support; health advocacy between patients and physicians, coordination of a personalized care plan, medication education and management, and health education classes weekly.

SHiM®: (Safety and Health in Motion), is an evidenced-based fall prevention program designed to identify fall risks: home, medication/health, lifestyle, and environment.

Neighbors Helping Neighbors in Green Valley/Sahuarita and Santa Cruz Transportation: Trained volunteers provide transportation to medical appointments, grocery shopping, and other essential trips, as well as performing errands for homebound, isolated seniors.

MAP (Map-a-Plan program): Monetary assistance for rent, mortgage, and utilities, to prevent evictions and homelessness, including financial literacy classes, benefits information and resources including on-line SNAP (food stamps) application assistance and Arizona Self-Help program.

Workforce Training/Career Path Building and Workforce Navigation: including resume writing, mock interviewing, and job search, each individual works with a workforce coach. Internships.

Neighbors AIM (Awareness in Memory Loss): ongoing support classes and peer-support groups support loved ones, family, friends, and neighbors of dementia sufferers, and those with early-stage dementia through creative events, simulation



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# What? Welding Classes at a Food Bank?

Submitted by Sahuarita Food Bank & Community Resource Center



Yes, that's true! Here's the story of how the Sahuarita Food Bank & Community Resource Center became a licensed vocational school, along with many other services.



Poverty is not obvious in our area, so many don't know that one out of 8 people lives below the Federal Poverty Level and one out of 4 people cannot meet all their financial obligations—this even though most people of working age are employed at least part-time, but don't earn a wage that can support a family.

The Sahuarita Food Bank & Community Resource Center (SFB-CRC) is only one of two nonprofit organizations with a physical presence in Sahuarita. We have been providing food distribution since 2009 and today serve up to 450 households a week—that is about 1700 people throughout our region every week.

In addition to meeting the urgent need for food in our community, we set up our Community Resource Center to provide basic and vocational skills, family support, and health and nutrition programs. The Community Resource Center gives our participants the tools, support, community connections, and skills to become economically self-sufficient—to be able support themselves and/or their families.

In the last eighteen months, our Saguaro Skills Center has been licensed as a vocational school by the State of Arizona and today we have two classes running simultaneously teaching Fundamentals of Welding, a 400-hour class. This is a high demand, high wage skilled trade and pays well.

Our next welding class starts on August 11 and we are taking registrations. Many can qualify for scholarships. More than 30 people are on our waiting list. Successful graduates get a nationally recognized certificate that is valued by employers.

Also, we provide a rigorous on-line Google IT support certificate program that's getting folks launched on a career track that pays very well for entry-level positions. One of our students was unemployed but after earning a nationally recognized certificate, promptly got a \$50,000 a year entry-level job and one of her classmates got a \$20,000 raise.

For information and registration on these classes, contact [registrar@sfb-crc.org](mailto:registrar@sfb-crc.org) or call (520) 777-7675. To help with scholarships, go to [www.sahuaritafoodbank.org/make-donation](http://www.sahuaritafoodbank.org/make-donation).

Other programs we offer:

- A Family Resource Center for little ones 0-5 (and their parents/guardians)
- Basic computer skills
- GED preparation
- English classes
- Spanish classes
- Financial coaching from Vantage West Credit Union
- Free tax preparation
- Assistance to Veterans in applying for disability benefits
- Intergenerational learning and play
- Prescription for Health—a series of workshops designed to help the younger and older in our community choose and cook foods that are both delicious and nutritious. The goal is to prevent and manage chronic diseases, and the program includes lots of movement and enjoyable physical activity.
- A mobile service unit Project AZUL visits rural communities in southern Arizona bringing many of our programs to those who live at a distance from our main hub in Sahuarita.

We welcome volunteers, who will join the 240 volunteers who donate over 36,000 hours a year to us—the equivalent of over 18 full-time staff. Food donations as well as financial support are incredibly valuable as we serve the community that we all share. We love your cardboard too. Go to [sahuaritafoodbank.org](http://sahuaritafoodbank.org) or call (520) 777-7675.



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# On the Move: The Best Food Trucks You Need to Try Right Now

Written by Sydney Watts

Food trucks have rolled far from their humble beginnings, they're now a community staple, bringing the flavor to the people. Found at events, business parking lots, breweries, and even roadside, they serve up family traditions, delicious meals, and tasty treats. The same hand that takes your order is often the same one that cooks it—creating a customer connection that's unique to the food truck industry. Even in the scorching summer heat, food trucks are revving up, and we're diving deep into some of the stories fueling these tasty rides.

**Family Joint Pizzeria**  
**520-500-2695**

Serving fresh brick oven pizza since 2020, Family Joint Pizzeria is truly a family affair. Like their pizza, the first oven was built from scratch by owner Vince Bencomo and his uncle. Vince owns Family Joint Pizzeria along with his wife, Celina. While Celina works behind the scenes prepping ingredients at the commissary, Vince tosses the dough and loads toppings for orders. Family members like Vince's brother, Gabriel, help at the front, taking orders and firing up pizzas in the wood-burning oven.

The menu offers traditional pizza options and toppings that reflect the family's Mexican culture, such as carne asada, elote, and calabacitas. If the timing is right, you might even catch their Sonoran Hot Dog Pizza, only offered during special menu drops.

The family enjoys serving the community they grew up in. "We are really thankful for everything that we have. We're a successful food truck, and that doesn't happen for everyone." Vince also gives credit to his cousin, Leo Garcia. "My cousin Leo and I started this adventure together. Without him, I wouldn't be doing this. He taught me a lot." It's clear that for Family Joint Pizzeria, the secret ingredient isn't just in the dough—it's in the family.

Craving a slice? Catch Family Joint Pizzeria by following their weekly schedule on Facebook and Instagram. They're regulars at community events and at Tractor Supply

in Green Valley every Wednesday. Feeding a crowd? They've got you covered—catering is available!

**Los 3 Bandidos**  
**520-389-9934**

At Los 3 Bandidos, you'll find three brothers proudly serving up their authentic Mexican cuisine from not one but two food trucks right here in the community. Owner Santiago Mora and his brothers Victor and Gilberto come from a large family of restaurant and food truck owners. The family's Mexican heritage inspired many dishes they serve, including the Sonoran Hot Dog and Pastor. "It's food from where we're

tured in movies and food review shows, Jeff became fascinated with the food truck industry and fell in love with its culture. Jeff was determined to have his own food truck (and feed the neighborhood) by the time he was fifty.

Jeff started working at the neighborhood deli when he was 12, where his favorite sandwich became the Italian Combo. "I would have it every single time I worked there, and since I was in the neighborhood, I probably had 1,000 of them. I loved that sandwich," he says.

With the support of his wife, Nisa, Jeff turned his dream of owning a food truck into reality—just three weeks before his 50th birthday. The first dish they served was the Italian Combo. National Eats serves up classic foods with vintage flair echoing the 1920s through 1940s. Flavors from across America embody their motto: Food for the People.

The community connections Jeff and Nisa have built run deep. Several menu items have been inspired by customer suggestions, including their #1 selling item, the Hatch Burger. It didn't take long for it to become a hit among the community, with fans raving about it on social media.

Hungry for nostalgic flavor? You'll find National Eats on Sahuarita Road, just east of La Cañada Drive, Tuesday-Friday from 11 a.m. to 6 p.m. On Saturdays, they pop up at special events around town—including the 2nd & 4th Saturday Farmers Market at Tractor Supply. Stay updated on Facebook, Instagram, or Nextdoor.

**Nandi's Sonoran Hot Dogs**  
**520-274-9181**

Catalina Isabal grew up just down the street from where she now operates Nandi's Sonoran Hot Dogs. Many years of managing retail had left her burnt out, and she knew it was time for a change. She set her sights on starting a food truck featuring her style of hot dog that her three boys couldn't get enough of growing up. In addition to the Sonoran hot dog, customers can enjoy Cóctel de elote: street corn that can be topped with various condiments and spices.

Nandi's is a labor of love for the whole family. Catalina's family and friends often pass by on the road. "They will call me to see if I need anything, just to check in on me," she says. One of her sons, Fernando (nicknamed "Chiquis"), helps on Wednesdays, while Marcos and Jesus pitch in at events. The support of the family runs both ways: soon Catalina will be holding a fundraiser for her grandson, Aiden. "That's my #1 customer," she says proudly. Aiden, who excels in academics and sports, is raising money to go to Las Vegas. Keep an eye on Nandi's social media for dates and to help support Aiden's journey.

Your Sonoran Hot Dog is waiting at Nandi's! Find them at Continental & White House Canyon Road, Monday-Friday from 10 a.m. to 4 p.m. (summer hours may vary). You can also catch Nandi's at community events, and yes—they cater! Stay up to date by following them on Facebook and Nextdoor.

**El Checo Mexican Food**  
**520-982-5338**

Serving Sahuarita since 2008, El Checo is arguably Sahuarita's longest-running food truck. Established in 1989 by Miguel Juarez Sr. and Maria A. Juarez, El Checo has been serving authentic Mexican food for decades. The name "El Checo" holds a deep personal meaning for the family—it's the nickname they gave their son, Sergio, who tragically passed away just before his first birthday.



Family Joint Pizzeria



Nandi's Sonoran Hot Dogs



National Eats: Food for the People



El Checo is now run by Miguel (son) and his wife Julie. However, the family still runs the operation together. “My mother-in-law makes her red chili—that’s her baby. It’s her secret recipe, and she has it perfected. And her salsa, she wants to handle all of that,” Julie says.

“The community has been so good to us. We are very thankful for them. Without them, we wouldn’t be out here,” Julie says. Over the years, El Checo has built a loyal following. Customers have turned into lifelong friends, sharing memories, pictures, and gifts—even bringing Miguel and Julie drinks when it’s hot outside.

El Checo serves tacos, burritos, tortas, and more. They offer daily specials, summer features, and even take special requests.

Simple menu, serious flavor—El

Checo is the spot. You’ll find them Monday-Friday parked in front of the Pecan Factory on Sahuarita Road. While they’re not at many special events just yet (the kids keep them busy!), they do offer catering. Follow them on Facebook for updates!

**Pulgarritos Mexican Food**  
**520-554-6572**

Recently known as “Cheritos,” Pulgarritos Mexican Food has become a local favorite. Pulgarritos carries on family traditions rooted in the flavors of Sonora and San Luis Potosí. This small, family-owned business is operated by Norberto, his wife Zulema, and Norberto’s mother Maricela. The name Pulgarrito comes from Norberto’s childhood. “That’s what everyone called me when I was little, Pulgarcito,” Norberto says.

Norberto and Zulema are proud to say Pulgarritos isn’t just about food—their truck has become a gathering spot. Strangers often strike up conversations and laughter while waiting for their orders, turning the food truck into a little community hub. The favorite dish

among customers is the Quesabirria tacos. Customers also enjoy other dishes, including desserts like churros and flan. They plan to celebrate their one-year anniversary in September by offering \$1 tacos to thank their customers.

Be sure to ask for a dessert with your meal! You can find Pulgarritos at 171 W Continental Rd, by the Chevron station. They’re open Tuesday-Sunday from 10 a.m. to 8 p.m. Stay connected with them on Facebook, Instagram, NextDoor, and TikTok. Plus, they offer catering and delivery through DoorDash.

**Fueling the Dream**

Running a food truck doesn’t come free of challenges. From navigating a maze of permits, licenses, and inspections at the county, state, and local levels, the process is time-consuming and complex. Operating a food truck in Sahuarita requires meeting both Pima County and town-specific regulations. Trucks must be licensed by the Pima County Health Department, meet sanitation standards, use a commissary kitchen

(often rented in Tucson), and pass a fire inspection.

All food handlers need certification, and businesses must have a TPT license, EIN, and liability insurance. In Sahuarita, vendors must also register with the Town Clerk, undergo a background check, display safety signage, and follow set operating hours. These rules keep the local food truck scene safe and professional for everyone to enjoy.

Owners juggle rising costs, maintenance issues, extreme heat, and the pressure of wearing every hat—from cook to mechanic to business owner. Seasonal shifts in customer flow and securing that perfect spot add to the complexity. Yet despite it all, these owners keep rolling—driven by pride, persistence, and a deep love for both their craft and the community they serve.



Pulgarritos Mexican Food



Los 3 Bandidos



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# How the “Grow in Sahuarita Program” is Empowering Small Business Success

Submitted by the Town of Sahuarita

Sahuarita, Arizona may be a small town, but its commitment to entrepreneurship and business growth is anything but modest. At the heart of that commitment is the *Grow in Sahuarita* program—an innovative initiative designed to empower small business owners with the tools, knowledge, and personalized support they need to succeed.

Since its launch, Grow in Sahuarita has evolved into a dynamic business coaching and technical assistance program that supports startups, early-stage ventures, and established local businesses alike. The program is a cornerstone of the Town’s economic development strategy, aligning with Sahuarita’s P3 Master Plan and its vision of a diversified, resilient economy driven by local ingenuity.

### A Tailored Approach to Business Coaching

Unlike many one-size-fits-all business programs, Grow in Sahuarita takes a highly personalized approach. Entrepreneurs and small business owners who sign up receive access to one-on-one coaching sessions with economic development specialists and industry advisors. Through these sessions, business owners can tackle specific challenges—whether it’s building a marketing strategy, refining a business plan, improving financial literacy, or preparing to access capital.

For example, Juan Omar Leyva, general manager of Unlimited Services LLC, worked closely with the Grow in Sahuarita team to refine his business strategy and expand his service offerings. His success story, marked by new partnerships and a stronger brand presence in the

Green Valley–Sahuarita area, highlights the tangible impact of personalized business support.

### Workshops That Empower and Educate

Grow in Sahuarita isn’t just about coaching—it’s about building a community of confident, informed entrepreneurs. The program hosts regular workshops and events that focus on timely and practical business topics. In 2025 alone, the program has organized events on AI financial readiness, business lending, and crafting compelling investor pitches.

These events don’t just deliver information—they deliver impact. Business owners walk away with new skills, real-life tools, and a better understanding of how to grow sustainably. Events such as the *AI for Small Business* webinar and the hands-on *Financial Readiness Workshop* provide critical guidance for entrepreneurs navigating an increasingly digital and data-driven economy.

### Connecting Entrepreneurs to Capital

One of the most powerful ways Grow in Sahuarita supports business success is by connecting entrepreneurs with access to funding. Through events like the Business Lending Expo, business owners

meet one-on-one with banks, credit unions, and alternative lenders to explore funding opportunities and understand what it takes to get loan-ready.

This kind of access is invaluable in a region where many small business owners are underserved by traditional financial institutions. By demystifying the lending process and helping participants prepare, the program bridges the gap between ideas and investment.

### Building a Resilient Business Community

Grow in Sahuarita is also a key part of the Town’s broader strategy to build a more resilient and inclusive economy. The program plays an essential role in business retention and expansion (BRE) by providing long-term support—not just to new entrepreneurs, but to legacy businesses that form the backbone of the local economy.

With protocols modeled after best practices in regional BRE programs, Sahuarita’s approach emphasizes customer service, proactive outreach, and deep resource coordination. This alignment with the Town’s economic development goals ensures that Grow in Sahuarita not only supports individual business success, but also contributes to a stronger local economy.



Alex Magallanes, Economic Development Specialist and team member responsible for Grow in Sahuarita.

### Open to All, Rooted in Community

One of the greatest strengths of the Grow in Sahuarita program is its accessibility. Whether you’re starting a side hustle, launching your first business, or scaling an established venture, the program is designed to meet you where you are. It’s free to join, open to all local businesses, and backed by a team that’s deeply invested in the community’s long-term prosperity.

Entrepreneurs can schedule a free coaching session through a simple online booking system. And for those new to the area or just starting their business journey, the program also offers a welcome email that introduces resources and invites business owners to connect.

Learn more and connect with Grow in Sahuarita at [sahuaritaaz.gov/1079/Grow-IN-Sahuarita](https://sahuaritaaz.gov/1079/Grow-IN-Sahuarita).

### Let’s Grow Together

At its core, Grow in Sahuarita is more than a program—it’s a movement. A movement to create a thriving, diverse, and resilient local economy built by and for the people of Sahuarita.

If you’re a business owner in Sahuarita or thinking of starting something new, now is the time to tap into this incredible resource. Visit [Grow in Sahuarita](#) or book a session at [Grow in Sahuarita Bookings](#) to get started.

Because in Sahuarita, all things grow—especially when we grow together.



Mayor Murphy speaking to the group of small business owners who gathered for the workshop.





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# Better Together: Why (Positive) Socialization is Essential for Your Dog’s Well-Being

By Camp Jimmydog, Tucson, Sahuarita, Vail, AZ

Whether at the dog park, daycare, or just lounging in a backyard with a buddy, dogs thrive on connection. At Camp Jimmydog, we’ve seen how socialization isn’t just a fun extra—it’s a core part of a happy, well-balanced dog’s life.

Our pups are more than pets—they’re family. And just like people, they benefit greatly from regular social interaction. That doesn’t always mean full-speed play and wild romps (though we love that too!). Sometimes, just being around other dogs in a relaxed environment is exactly what they need.

### The Power of Positive Socialization

Dogs are pack animals by nature. Social time with other dogs—whether it’s structured play or quiet companionship—helps keep them emotionally and mentally healthy.

- **Improved behavior** – Social dogs are more confident, less anxious, less reactive and more adaptable to new environments.
- **Reduced stress** – Dogs that have an outlet for energy and companionship are less likely to develop nervous habits or destructive behavior.
- **Better communication skills** – Dogs learn from each other: body language, boundaries, and respectful play.
- **Mental and physical enrichment** – Whether it’s a game of chase or just observing from the sidelines, there’s always something stimulating going on.
- **They learn from each other** – They will learn good or bad. It’s important to make sure they are in social situations with dogs and humans that will provide good experiences and proper guidance.

### Why Cage-Free Boarding Makes a Difference

Since we started our cage-free boarding business nearly 20 years ago, we’ve seen a growing shift in how people care for their dogs. What was once a unique approach has become increasingly popular, with more pet parents seeking out environments that offer freedom, comfort, and positive socialization.

Dogs should be given the space to interact, play, and relax, safely and comfortably. Cage-free environments allow dogs to do just that.

Some pups LOVE to play but not all dogs are social butterflies—and that’s okay. Some are happiest just relaxing on a comfy bed or soaking up sunshine. That’s why we focus on providing a **low-pressure, cage-free home environment**.

### In smaller, less crowded facilities:

- Dogs aren’t overwhelmed or pressured
- Supervised and guided socialization
- Encourages and reinforces positive behaviors
- Feels less confined, more at ease
- Personalized care based on their individual needs and preferences.
- More affection, more fun, and way less boredom

Even dogs who prefer people over play often enjoy being **near their own kind**—it’s part of who they are. Just lying in the same space as other dogs offers a sense of pack connection that brings comfort.

### The Downside of Traditional Kennels

While traditional kennels may seem convenient, they can have real drawbacks:

- Limited social interaction
- Increased stress and anxiety
- Noise and overstimulation
- Less human touch

While kenneling may be the right choice in some cases, it’s important to understand how the environment affects your dog’s well-being.

### Let Dogs Be Dogs—In Their Own Way

Southern Arizona is a community of pet lovers, and we’re lucky to live in a place where dogs can enjoy sunshine, fresh air, and friendly faces—both human and canine. Whether it’s a playgroup, or a walk with a friend’s dog, giving your dog opportunities to socialize is one of the best gifts you can give them.

Dogs with strong social skills are not only easier to live with—they’re happier, healthier, and more connected to the world around them.

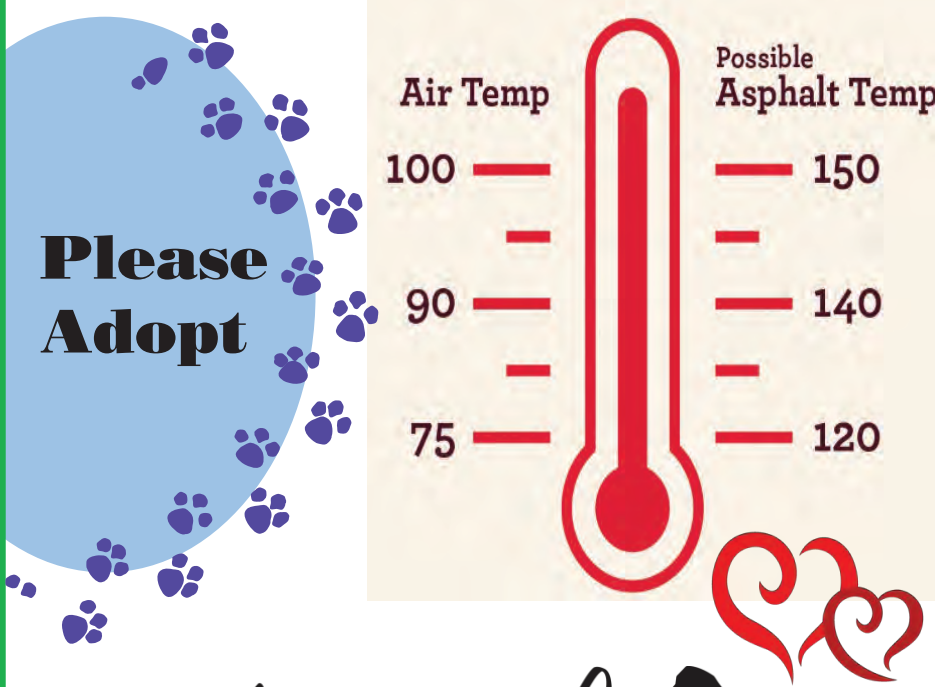


### About Camp Jimmydog

Camp Jimmydog has been a cage-free boarding and daycare facility in Southern Arizona since 2006. Founded by Kristen Codianni, a longtime trainer and behaviorist, the business began by caring for clients’ dogs while they traveled. That experience inspired a better approach—one focused on comfort, freedom, and connection. Today, we offer a relaxed, safe, and social environment where dogs can play, rest, or just enjoy the company of others.

Learn more at [CampJimmydog.com](http://CampJimmydog.com) or call 520-710-6667.

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# Equine Voices Offers Freedom, Hope and Healing

Written by Diane Russell, Equine Voices Volunteer. Photos courtesy of Callie Jackson, Office Manager.

Planning is almost complete for an event celebrating the lifesaving work performed daily by the staff and volunteers of Equine Voices Rescue & Sanctuary in Amado, AZ. For 21 years, this non-profit organization has rescued hundreds of horses, burros, and mules from abuse, abandonment, neglect, starvation, slaughter, Bureau of Land Management (BLM) Wild Horse Round-Ups, and the Premarin industry. This year's event will be held on Sunday, October 26<sup>th</sup>, from 4:00 to 8:00pm, at the Tubac Golf Resort located at 65 Avenida de Otero, Tubac, AZ 85646. The theme is "Mystic's Masquerade". Mystic is a beautiful 26-year old Percheron-cross mare who was rescued by Equine Voices in 2006, along with 35 other mares, from a closed Premarin farm in Canada.

This event promises to be a magical



Mystic



Star's Wind

night for all and an opportunity for attendees to raise funds for a very important project: the purchase of additional land to give some of the herd the chance to experience more freedom, like they once enjoyed. One special Equine Voices' horse is very deserving of a chance to live the life and freedom he once knew. Star's Wind is a 24-year old wild Mustang stallion who was among many rounded up by the BLM using helicopters flying at low level to stampede them into a trap. Separated from his family and traumatized from the experience, he was brought to a holding facility

and left exposed to the elements with 100's of other captured Mustangs. Star's Wind was then inhumanely trucked to an auction where he was finally adopted. He lived in Arivaca, AZ until his owner passed away in 2024 leaving no arrangements for his care. Star's Wind was abandoned and left to fend for himself on 20 acres of desert land. Through sheer determination and perseverance, he was able to survive on his own. He was rescued by Equine Voices in April 2024 and today continues his transition to a better life. Star's Wind is a symbol of the spirit of freedom, hope, and heal-

ing that Equine Voices stands for!

"Mystic's Masquerade" will feature a gourmet three-course dinner, silent and live auctions with unique items to bid on, and music by Ivan Orellana. To make a reservation, log on to equinevoices.org or contact the office at 520-398-

2814. They recommend reserving early as there is limited seating and the event sells out quickly. To donate auction items or for info on becoming an event sponsor, go to equinevoices.org or call 520-398-2814. By attending, donating auction items, or becoming a sponsor, you are helping Star's Wind and other rescued horses live the life they were meant to have. So, put on your mask, open your heart, and be part of helping Equine Voices turn a dream into reality – let's set Star's Wind free again!

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# Ayers Painting: A Family's Journey of 25+ Years

Submitted by Ayers Painting

Mark Ayers started his painting business to create a stable livelihood utilizing the skill and integrity that he and his wife, Ruth, have built their life upon. For this team with over 25 years in the industry, this journey has been built on trust, hard work, and a commitment to delivering quality service. Here's how Ayers Painting has turned their passion for painting into a successful local business, and the lessons they've learned along the way.

## Building a Loyal Client Base

Customer satisfaction has always been the cornerstone of Ayers Painting. By offering consistent, high-quality painting services at competitive prices, they've built a loyal client base over the years specifically in Sahuarita and Green Valley, Arizona. Word of mouth has been invaluable, and they rely on repeat business from homeowners and industry professionals who trust them with their property. Mark has always understood we are working within a person's home; therefore integrity, respect and dependability are paramount to being trusted and successful.

## Specializing in High-Quality, Detail-Oriented Work

From residential homes to commercial projects, their focus has always been on delivering top-tier results. They don't just paint walls—they bring a sense of artistry and professionalism to each project. Whether it's choosing the right colors, providing expert advice, or ensuring a flawless finish, their attention to

detail has set them apart from other companies.

## Learning Through Challenges

Every business faces challenges, and Ayers Painting's journey is no exception. They've weathered economic downturns, seasonal lulls, and the challenges of growing a small business. But through each difficulty, they've always supported their family and community while adapting to changing market needs and found creative solutions to keep their business thriving.

## Expanding Services and Improving Skills

Over time, Ayers Painting has expanded their offerings beyond basic interior and exterior home painting or re-painting. This includes services like epoxy patio and garage floor finishes, and adobe, brick, and paver sealing. They also continually educate themselves on the latest techniques, products, and industry trends to ensure they remain competitive and knowledgeable.

## Managing Finances Wisely

One of the keys to Ayers Painting's long-term success has been their careful management of finances. By staying frugal, keeping overhead costs low, and reinvesting profits back into the business, they've created a sustainable operation that can weather the ups and downs of the market while staying debt free.

## A Legacy of Craftsmanship

After more than two decades of building this successful, local painting business, Mark Ayers and his team, have created a legacy of quality craftsmanship, loyalty, honesty, and dependability. Their story serves as a reminder that with dedication, a focus on quality, and a passion for your work, you can turn a simple idea into a thriving, long-lasting business.



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KGTV and La Posada congratulates Deanie Johnson of GREEN VALLEY on her April community quarterly puzzle winnings! Deanie receives \$250 and has chosen The Animal League of GREEN VALLEY for her nonprofit winner of \$250.



# Cajun Crab Rodeo — Yeehaw!

Written by Ellen March

Our son, HJ March, although raised in Tubac, spent 24 years in the U.S. Coast Guard. Upon retirement, he went back to work as a civilian for Homeland Security in his home of Broussard, Louisiana and now, 11 years later, he has a wealth of friends and acquaintances who are lifelong Cajuns. His family has adopted the best Cajun customs and both his sons have said that their favorite Christmas presents ever were gumbo pots.

The origin of the Cajun Crab Rodeo, now in its sixth year, came about when HJ needed to keep some crabs alive overnight and decided to throw them in his backyard salt-water swimming pool. This worked well until he tried to retrieve them the next day. The solution involved diving in with barbecue tongs to capture the little devils. He discovered that the longer the tongs, the less chance he had of painful pinch wounds.

At any rate, someone suggested cre-

ating a contest out of this and the Cajun Crab Rodeo was born.

Last year's event showcased an impressive display of competitive spirit. HJ purchased seven dozen vibrant blue crabs and 20 two-person teams participated, coming together to create a lively atmosphere filled with laughter and excitement. Each team consisted of one participant in the pool and another on the edge with a laundry basket or bucket, ready to catch the crabs.

Giving the crabs a 5 minute head start (as if they had anywhere to go), the tonged participants dove in on a countdown signal and chaos ensued. With arms and legs flailing, cheers and catcalls echoing and dogs barking, the pool was a frenzy as the brave crab hunters fought it out for as many crabs as they could capture. 2024's winning team ended up with 17!

After the team was awarded their lovely \$6 trophy, all the crabs were combined in a massive crab pot



with potatoes, corn and 20 pounds of fresh shrimp for the competitors and their fans to enjoy. The pool was shocked and ready for swimmers when the feast was complete.

No pinch injuries were reported although the first aid supplies were ready if needed.

HJ's wife Sherri said the main question she received as people left to go home was "when do we get to do this again???"

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# gardeningtips

By Charlene Westgate, Permaculture Landscape Designer

## MANAGING PESTS IN THE GARDEN (AND BEYOND)

Does a yard free of insects sound appealing—especially after dealing with insects like termites or scorpions or a picnic invaded by ants? Since fewer than 2% of insects are deemed nuisances, remember that insects pollinate our flowers and food, are food for a host of birds and other animals, aerate the soil, aid in decomposition, disperse seeds, and control pests. Instead, when thinking about insects, imagine a garden buzzing with life, where every insect plays a vital role in the ecosystem.

To balance pest control with ecology, the University of Arizona advocates for Integrated Pest Management (IPM). IPM recommends asking questions, observing garden practices that may attract bugs in unwanted places, applying an “ounce of prevention,” and relying on Nature’s pest control.

### Ask Questions

Before taking action against pests, ask, “Is this a problem?” Nibbles on leaves might be from a leafcutter bee, a pollinator that snips leaf pieces for its nest. Similarly, the caterpillar eating your citrus leaves becomes a giant swallowtail butterfly. Understanding this helps us appreciate minor plant damage as a small price for the ecological benefits. If there is a problem, next ask, “What is the problem?”

Consider the documentary, “The Biggest Little Farm,” where John and Molly Chester misidentify coyotes as the predators who kill their chickens and shoot the coyotes only to discover the real culprits are their dogs. Their story serves as a cautionary tale about the importance of correctly identifying problems before

acting. The coyotes controlled the mole population, and with the coyotes gone, the moles damaged the Chesters’ crops, trading one problem for another.

Have you ever heard grubs blamed for a dying agave and the solution given as applying grubicide? Grubs, the larval form of beetles, play a role in aerating our hard soil and recycling nutrients, **but grubs do not kill plants**. Too much water likely caused the agave’s demise, and the grubs acted as the “clean-up crew,” converting the rotting roots into organic matter for the soil. Grubicide would not have solved the problem, but would have contaminated the soil and killed other beneficial insects as well as any grubs.

### What about Chemicals?

Pesticides—like grubicide—often fail to address the underlying issues and don’t differentiate between beneficial insects and “pests.” Over time, insects can become resistant, requiring stronger poisons. Pesticides also pose health risks, such as a poison hazard to children and pets and a soil and water contaminant. Pesticide application can be like bringing a bomb to a knife fight. So, consider garden practices, prevention, and natural pest control instead of reaching for chemicals as a first resort.

### Garden Practices

Garden practices involve plant care activities like site and plant selection, irrigation, and pruning. As with humans, healthy plants are more resistant. Choose Sonoran Desert natives which are hardier because they’re adapted to our conditions. For example, Asian oleanders succumb

to the glassy-winged sharpshooter, whereas our native alternatives are not susceptible to this insect’s bacteria. Then, plant the right plant in the right place allowing it to get the sun or shade it needs to thrive. A plant needing afternoon shade will constantly be stressed if planted in full sun. Plants become stressed with too little or too much water, so irrigate properly for plant health. Appropriate pruning also keeps plants healthy, while over-pruning removes foliage protecting against our intense heat. All these garden practices strengthen a plant against pests. For help with your garden practices, visit the Green Valley Master Gardeners office.

### An Ounce of Prevention

As with grubs, termites, scorpions, spiders, ants, and other insects play an important role in the Sonoran Desert. Termites recycle dead wood, reducing fire risks, while scorpions control pest populations and provide pharmaceutical benefits. Ants turn the soil and disperse seeds, while spiders feed on other insects, and hummingbirds use their webs for their nests. But we want none of these insects in our homes. Benjamin Franklin suggested, “An ounce of prevention is worth a pound of cure.” Preventing infestations is more cost-effective than repairing the damage. Manage these creatures around homes by:

- Inspecting regularly
- Keeping wood piles 30 feet from the house
- Protecting wood from soil contact
- Keeping moisture and plants away from the house foundation
- Sealing cracks, gaps, and knot holes
- Avoiding standing water
- Keeping patio furniture clean

### Calling Nature’s Pest Control

As we’ve seen, Nature is interconnected, with organisms evolving together and relying on each other. For example, nectar-rich flow-



Lucy’s warbler feeding insects to her chicks. Photo courtesy of Paula Redinger.

ers and butterflies have a mutually beneficial relationship, with flowers blooming to meet the butterfly’s feeding schedule and the transfer of pollen by the butterfly ensuring the plant’s reproduction. And Nature always seeks balance, with predators keeping each other in check.

Rather than viewing plants in isolation, learn to create mini-ecosystems in your yard to naturally manage pests. Plant a variety of native species to attract birds, lizards, pollinators, and beneficial insects. Add rock piles for lizards and butterflies and small brush piles for ground-feeding birds. These creatures help control pest populations, and their visits will entertain you as they flit, soar, and skitter around your yard. To learn more about creating a backyard oasis, register for my GVR class in September on “Gardening to Attract Pollinators,” join the Tucson Bird Alliance’s Habitat at Home Program ([tucsonbirds.org/habitat-at-home](http://tucsonbirds.org/habitat-at-home)), or visit Spadefoot Nursery ([spadefootnursery.com](http://spadefootnursery.com)).



A roadrunner with its dinner. Photo courtesy of iStock



Giant swallowtail larva and butterfly



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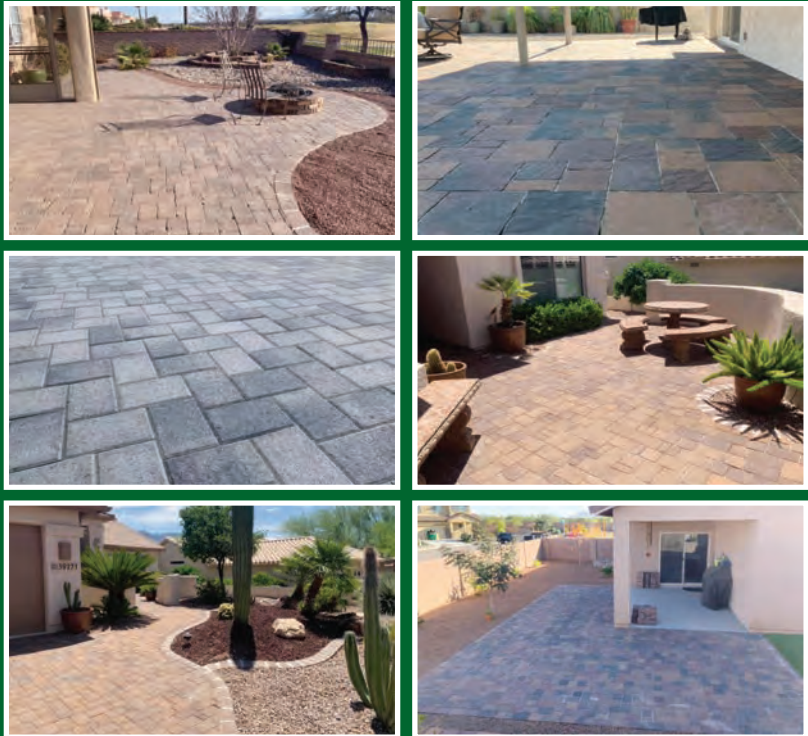
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