



## May Is Mental Health Awareness Month

### May We Shatter The Silence

**MAY** is the month for mental health awareness.

**WE** can make a difference by advocating for change and promoting better access to mental health resources in our community.

**SHATTER** the stigma and recognize how mental health impacts a person, their family, and friends.

**THE** awareness of mental health is key to making sure resources are known and available.

**SILENCE** is no longer a threat when a safe space without judgment is provided, and we encourage one another to seek help.

#### Community Resource

We invite you to sign up for a free First Aid Mental Health course by the Pima County Health Department.

This valuable resource will help you learn and equip you to take care of yourself, your family, friends, and neighbors who may struggle with mental health challenges.

Please see our flyer for more information. To sign up, please visit [www.friendsofroblesranch.org](http://www.friendsofroblesranch.org) and click the "First Aid Mental Health" button.

The Friends of Robles Ranch will provide a free lunch for course participants.

#### Help is Available 24/7/365

988 Suicide and Crisis Lifeline

- Call
- Text
- Chat
- Or visit [988lifeline.org](http://988lifeline.org) for more information.



## MENTAL HEALTH FIRST AID LIKE CPR, BUT FOR THE MIND

A person you know could be experiencing a mental health challenge or crisis. Learn what to do.

Just as CPR helps you assist an individual having a medical emergency, **Mental Health First Aid** helps you assist someone experiencing a mental health or substance use challenge or crisis. Like physical illness, the sooner mental illness is diagnosed and treated, the better the outcomes.

If you have questions, please get in touch with The Hub  
Coordinator, Walter Jackson, @  
[friendsofroblesranch@gmail.com](mailto:friendsofroblesranch@gmail.com)

The COVID-19 pandemic adversely affected the mental health of many.

Nearly  
**1 IN 5**  
adults in the U.S. live with a mental illness.  
Source: National Alliance for Mental Illness

On average  
**130**  
people die by suicide in the U.S. per day.  
Source: American Foundation for Suicide Prevention

In Pima County  
**510**  
overdose deaths were reported in 2023.  
Source: Pima County Medical Examiner's Office

### 18th Annual Community Festival

### Community Festival Date Change: Mark Your Calendars for November 8th!

Attention all festival-goers! The highly anticipated annual festival, originally scheduled for the first Saturday in October, has a new date. This year, the festival will take place on **November 8th**.

The change was made to accommodate scheduling conflicts and ensure the best possible experience for attendees. Organizers have promised the same exciting lineup of entertainment, delicious food, and fun activities for the whole family—just on a new date!

"We are committed to making this year's event as memorable as ever, and we look forward to seeing you all on November 8th."

Be sure to update your calendars and spread the word! More details on festival activities, vendors, and ticketing, will be provided in the upcoming months.

Any suggestions or concerns can be brought to us. We appreciate your feedback and look forward to an amazing event! We can't wait to celebrate with you on November 8th!

If you are interested in participating, please contact the Festival Coordinator at 520-777-3877

## Community Calendar Page

### Community Weekly/Monthly Events at Serenity Baptist Church 15501 W Ajo Hwy 520-822-2026

Caring Food Ministries

Thurs 8-9:30 AM

### Weekly/Monthly Events at The HUB Building 16150 West Ajo Hwy 85735

My Friends Closet  
Tues 10-1, Wed 3-6, Thurs 10-1

Robles Ranch Food Bank Please Call 520-343-2353  
Tues 10-3, Wed 3-6, Thurs 10-3



Grub At The HUB May 7th 4 to 6 PM  
Hot Dog, Soda & Chips

**Mental Health Awareness Month**  
Come by and pick up your free Mental Health  
Awareness Bracelet



*From  
A Graceful  
Touch  
of Hair*

**If You Mention This Ad You Will  
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Services**

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By Appointment Only  
520-908-9084**

*Gift Certificate Customized for the Special Person  
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8995 S. Comanche Rd  
We Are Located Behind The Old One Stop

## Other Events This Month

AVSD School Board

2nd Wed of the month - 6 pm AVMS

Sierrita Mountain 4-H  
Livestock Club

Meetings at Fire District Station 303  
second Tues. of the month @ 7:30 p.m.

4-H Robles Ranchers

Meeting are at the Double E Feed Store  
2nd Friday of the Month at 7 p.m.

**Fence Post Deadline 20th of the month 5 pm**

**This is a firm deadline.**

E-mail articles to [fencepost3points@gmail.com](mailto:fencepost3points@gmail.com)

### Weekly/Monthly Events at Robles Ranch Community Center

Hours 10 Am to 6 Pm  
16150 West Ajo Hwy 85735 Phone: 520-822-4408

**Friends Of Robles Ranch Meeting is  
The First Tuesday Of The Month at 6 pm**

**Bookmobile**  
Every Third Tuesday of the month 2:30pm-3:30pm.

**Activities At The Community Center  
Available Every Day**

#### Computer Lab

Open to the public 10:30 am- 5:30 pm Monday-Friday.

#### Billards Table

Open to the public 10:30 am- 5:30 pm Monday-Friday.

#### Robles Ranch Lending Library

Open to the public 10:30 am- 5:30 pm Monday-Friday.

#### Horse Arena

Open for public use M-F, FREE of charge, 10 am-5:30 pm.

### Scheduled Activities At The Community Center

#### Active Adults Fitness

Active Adults Fitness 10:30-11:30 May 2, 9, 16, 23 & 30

#### Mexican Train Dominoes

10:00-12:00 May 6, 13, 20 & 27

**Active Adults Craft Days** 10:30-12:30 May 12 & 19.

#### Robles Prime Timers Community Meeting Potluck

10:30-12:30 May 5th . Come to the meeting and help plan events

**Active Adult Trip – Hacienda Azul Restaurant May 14th,  
10 am.** ( must be signed up to attend)

**Yoga for beginners** 10:15am- 11:15am Tuesdays & Thursdays  
May 1,6,8,13 & 15. Whether you are new to yoga or looking for a  
gentle calming practice this class serves as an ideal introduction to  
yoga. ( must register online)

**Coffee & Cards. Wednesday, May 7,** 11:00 a.m.-3:00 p.m.  
Join us as we learn the art of card making as well as other  
paper crafts.

## THE HUB MENTAL HEALTH AWARENESS MONTH

Let's walk it out together and make a difference.



## GRUB AT THE HUB

Wednesday May 7th 4 PM TO 6 PM

Location: 16150 W Ajo HWY

Mental Health Awareness Month

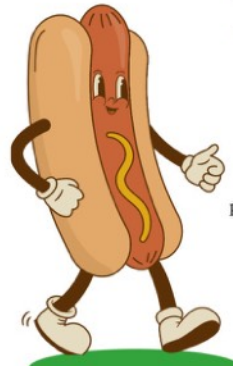
## HOT DOGS

\$3.00

MEAL INCLUDES CHIPS AND SODA

Come hang out with the community!

Pick up your free mental health awareness bracelet!



Music. Eat. Shop. Talk. Dance!



## Visit The HUB Website

Our Community Website provided by  
Friends Of Robles Ranch at

[friendsofroblesranch.org](http://friendsofroblesranch.org)

To Find:

The Scholarship Applications

Volunteer Applications

Hub Resource Guide

The Fence Post

Fence Post Business Listings

And Much More

On Mother's Day I have written a poem for you. In the interest of poetic economy and truth, I have succeeded in concentrating my deepest feelings and beliefs into two perfectly crafted lines:

**You're my mother,  
I would have no other!**  
~Forest Houtenschil, c.1979

A poster for Music Wednesday. It features a red vintage-style radio with a black vinyl record on top. The background is yellow with a sunburst pattern. There are musical notes and a treble clef scattered around the radio. The text "MUSIC WEDNESDAY" is at the top in red. Below it, "VISIT OUR WEBSITE TO SEE THE GENRE FOR EACH WEDNESDAY" is written. Then "4 PM TO 6 PM" and "COME HANGOUT WITH COMMUNITY!". At the bottom, "DJ SOULREAL WILL TAKE YOUR REQUEST" is written. Below that, "SHOP | TALK | DANCE" is written in large letters, followed by "THE HUB CAFE" and the website "WWW.FRIENDSOFROBLESRANCH.ORG".

**MUSIC WEDNESDAY**

VISIT OUR WEBSITE TO SEE THE GENRE FOR EACH WEDNESDAY

4 PM TO 6 PM

COME HANGOUT WITH COMMUNITY!

DJ SOULREAL WILL TAKE YOUR REQUEST

**SHOP | TALK | DANCE**

THE HUB CAFE

WWW.FRIENDSOFROBLESRANCH.ORG

Mother's Day is the cleanest day of the year.  
After dinner the kids sit Mom in a chair and wash all the  
pots, pans, cutlery, and dishes.

They leave. Mom makes sure they're gone. Then she  
washes all the pots, pans, cutlery, and dishes.  
~Robert Orben, *2400 Jokes to Brighten Your Speeches*,  
1984





## Stinknet: Stop the Spread

If I ask you to think of spring in southern Arizona, you will probably picture bright blue skies and fields of bright yellow flowers, green grasses, vivid green shrubs, and some scattered specks of white, pink, and purple flowers sprinkled around. These colors are a showcase of the biodiversity of the Sonoran Desert. Unfortunately, there is a new threat to the Sonoran

Desert: Stinknet (*Oncosiphon pilulifer*). Stinknet is an invasive plant species that gets its name from its pungent or “stinky” smell. It threatens our Sonoran Desert by outcompeting native plants, displacing native wildlife, causing dangerous fires when the plants are dry, and emitting toxic gases when the plants are burned. Stinknet is also a threat to humans and to our dear four-legged friends. For humans, stinknet can aggravate allergies and cause headaches, rashes, and difficulty breathing. It can also cause skin allergies in pets.

So, what does this little noxious weed look like? This plant is usually somewhere between 2 inches to 2 feet tall. Its flowers are small, yellow, spherical, and have no petals. For reference, they are close to the size of a pea or a pencil eraser. Its leaves are dark green, carrot-like, grow in rosette pattern (circular arrangement of leaves), and have the characteristic pungent odor that gives the plant its name.

Stinknet is the most aggressive weed to date in Arizona. It has taken over Maricopa County and is quickly spreading south to Pima County. It is up to us to stop the spread. To help stop the spread, follow these simple steps: find it, report it, and remove it

**Find it!** Look for the small, spherical, yellow flowers and the dark green, carrot-like stinky leaves. You might smell it before you see



it! Use the guide below to make sure that you are looking at Stinknet and not at one of our native plants.

**Report it!** Go to [Stinknet.org](http://Stinknet.org) and click on the big red button that says “**REPORT STINKNET NOW**”. Once the link takes you to the form, complete the form. Make sure to take a good photo where you can see the plant’s flowers and the leaves.

**Remove it!** First put on some gloves – these stinky plants can cause some nasty skin allergies! Then, grab the plant the plant from its base and carefully pull it up with the roots. Be very careful to not spread the seeds! Now, put the plants into a bag and put that bag in a trash container - where it belongs.

Stinknet is already in Pima County, but there are many simple things that we can do to prevent the spread of Stinknet and other invasive species. Any time that you go from one place to another you could be spreading invasive species accidentally. Whether you are walking, biking, or driving a motorized vehicle, before you leave a site check to make sure that you are accidentally transporting mud or plants. Always check your shoes, clothes, bag, and other equipment for plants or plant parts. If you enjoy gardening, only buy plants native to your area at a reputable nursery. Use only certified soil, hay, and firewood – these are common carriers of invasive species. These small habits can make the difference between losing or saving our Sonoran Desert.

If you would like to learn more about invasive species, please go to [Stinknet.org](http://Stinknet.org). If you have more questions, you can contact Ben Tully ([bentully@arizona.edu](mailto:bentully@arizona.edu)) with UA Pima County Extension.



Photo: Sue Carnahan

### STINKNET

- **Strong smelling,** netlike leaves
- **Spherical, yellow** flowers **without** petals



## Caruthers Construction

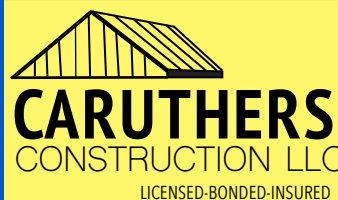
Kris Caruthers is a Three Points resident and has based his construction business out here for over 30 years.



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**For A Free Quote Today**

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## Original Poem and Photograph by Walter Jackson

### Desert Rose

I love the springtime when flowers begin to bloom; it reminds me of new beginnings.

I especially love the roses; their perfume is sweet, and their petals are delicate.

I also relish the thorns.

They protect the elegance of the rose.

I love the diverse colors that have a distinct meaning when given to someone you love, someone you are proud of, or just a simple thank you.

I would love to own a rose garden.

I can imagine rainbow roses in my backyard desert if it's plausible.

I envy the Bee.

If I were one, all I would do is gather pollen and smell roses; that would be my life's purpose.



Written By Walter Jackson

### New, Starting This Month Is The Fence Post Local Artists Page

The Fence Post would like to encourage our local creative talents.

We know there are a lot of talented folks out here and we would like to begin sharing what they create with our readers.

- Do you create original art? This is a broad category. It includes original art in all mediums, like fiber, wood, metal, painting, photography, tattooing, garments, sculpture (hard & soft) and probably others I have not thought of.

- Are you a creative writer? Do you write original poems or short stories?

- Are you musical? Do you write original songs and perform them? Have you performed them and posted them online?

### What The Fence Post Will Not Accept

The Fence Post is dedicated to providing only positive points of view. We will not accept anything negative or derogatory. We prefer nothing political as it is so controversial. We reserve the right not to publish anything we feel could be controversial.

### What The Fence Post Will Accept

- We will only accept original work (not made from a commercial pattern) from folks who live in our Three Points/Robles Junction Community.
- We encourage folks of all ages (especially students) to submit their original work.
- If you are an artist, we will accept one photo of one piece of your original work per issue. We will include the title of the piece, your name and any information you want to include.
- If you are a creative writer, we will accept and print a poem or short story under 400 words. If your creative writing is longer than that and you have a link to where it can be found on line we will include the link, with your name and contact information and any information you want to include..
- If you are a musical talent and have performed your original piece on a social media platform we will include the link with your name and any information you want to include.

**If you would like to share your creativity please contact Trish at [fencepost3points@gmail.com](mailto:fencepost3points@gmail.com) for more details.**

# WANTED!

## NEW CLIENTS FOR INK DATES WITH KRISTINA

*Looking to get some new Ink?*

*Why don't you give me a shout! Please send me a text to 520\*59\*1384*



**BAYADA®**  
Home Health Care

BAYADA offers assistance with activities of daily living/personal care, household support services, and companionship care.

The assessment and care plan are completed by our Registered Nurse, and our trained caregivers provide hourly care up to 24/7. Payors include private pay, long term care insurance, VA benefits, and worker's compensation.

520-648-7170

[gvaoffice@bayada.com](mailto:gvaoffice@bayada.com)

[www.bayada.com](http://www.bayada.com)



**American Legion Presents:**



For more info or to sponsor please call (520) 541-5218

**July 26, 2025**  
9am - 12pm

- ★ Kid/Adult Games
- ★ Petting Zoo
- ★ Arts & Crafts
- ★ Burgers & Hotdogs/Brats
- ★ School Supply Giveaway

**Petting Zoo**

VFW Post 10254  
10111 S. Sassabe Rd. Three Points, AZ 85736

**PIMA COUNTY SHERIFF'S DEPARTMENT**  
**JOB OPPORTUNITIES**

**READY... SET... GO!**



<b><u>Intake Specialist</u></b> <i>Open 4/7/25-4/18/25</i> (Starting pay \$20.10)	<b><u>911 Dispatcher</u></b> <i>Open 4/4/25-5/2/25</i> (Starting pay \$21.11)
<b><u>Safety Loss Prevention Officer</u></b> (Starting pay \$25.12)	<b><u>Public Safety Transcription Technician</u></b> (Starting pay \$17.36)
<b><u>Accounting Supervisor</u></b> (Starting pay \$38.71)	<b><u>Custodian II</u></b> (Starting pay \$16.54)
<b><u>Accountant I</u></b> (Starting pay \$25.12)	<b><u>Fingerprint Technician I</u></b> (Starting pay \$19.14)
<b><u>Custodian I</u></b> (Starting pay \$15.75)	<b><u>Psychologist</u></b> (Starting pay \$117k-176k)
<b><u>Investigative Support</u></b> (Starting pay \$22.16)	<b><u>Public Safety Data Technician</u></b> (Starting pay \$18.23)
<b><u>Corrections Cook I</u></b> (Starting pay \$16.54)	
<b><u>Corrections Officer</u></b> (Starting pay \$24.91)	


**Learn more at GoPCSD.org**




**Post 10254**  
10111 S Sasabe Rd  
Call 520-822-5047.

**You can find the VFW Events, Menus and Up To Date Information on their Face Book Page**  
<https://www.facebook.com/VFWPost10254AZ>

**NOTARY SERVICE**  
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520-822-2310  
520-850-8030

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**Kestrel Kafe & Market**



**Happy Mother's Day To All You Special Mom's Out There.**  
Flowers and treats will be here for your special Mom.

**Fresh Baked Treats, Organic & Healthy Selections Galore**  
**Stop By And Check Out Our New Fruit & Treat Cooler**  
**Real Ice Cream Shakes, Rattlesnake Shakes, Sundaes, Banana Splits, Smoothies, Salads, Wraps, Speciality Sandwiches, Burgers and so much more.**  
**Many Vegetarian Options**

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**We Have Triple Secure Mailboxes With Package Service \$100/Year.**

**AS ALWAYS WE REMAIN FULLY COMMITTED TO SERVING OUR COMMUNITY**

10390 S Sierrita Mtn Rd, - (520) 822-1714 Hours 8 am to 7:30 - 7 Days

## The Power Of Our Positive Attitude

By your 3-Pts resident Anita K..Diamond Bell.



We often forget the power of our Positive Attitude during these chaotic times.- I call it chaotic because it really sounds like one daily newspaper quoted that America is fighting America !!!!

We hear and read about all this surprising moves by the present government and like it or not, they are scary. People being fired or let go, Government Offices closed, many familiar services disappearing and nobody knowing how this all will end. It is scary for most of us anyway!

But, we all possess an inner characteristic called Positive Attitude, which most of us take for granted and do not use with thinking. Now is the time to bring forth that power !

Next time you hear so called scary general news, services disappearing or whatever, you can think Positively! All will be OK,

actually A-OK when our attitude is Positive. We can handle anything with thinking "it will be OK" and " we will go through this OK, too".

How many scary moments have each of us gone through ? Many, at least those of us who lived during last World War. One just had to concentrate on daily matters to get through. Or the last big thing called Covid! That was scary as it was all new.

But repeating to oneself that your Positive Attitude will carry you through, talking positively and not falling into the trap of who is right and who is wrong in all kinds of opinions!

A good part of this attitude is spiritual, or even religious if you you think so. But **basically it is a new tool to go through these complicated times. Its worth trying ! -**



## The Bulldog Bakery & BBQ

The Old One Stop Market

**STORE HOURS 5 AM to 11 PM SEVEN DAYS A WEEK.**

**With coffee ready at 5AM.**

**Phone Number 520-578-6160**

### Take & Bake Pizza

**We Make Them Fresh You Bake Them At Home**

Call us 30 minutes in advance so we can prepare your Pizza fresh. Take & Bake Pizza available everyday.

**Call in food orders can be made until 10PM for all menu items except pizza.**

**Friday, Saturday and Sunday cooked Pizzas can be ordered until 9:30PM.**

**Saturday & Sunday BBQ Available Starting At Noon (While Supplies Last)**

**Check Out Our FaceBook Page to find our specials**



**Bulldog Bakery & BBQ**

**Like Us On Facebook and watch for announcements on advertised specials and new items.**

## Bulldog BBQ Menu

**Saturday & Sunday**

**BBQ Available Starting At Noon**

**(While Supplies Last)**

### Dry Rubbed Brisket, Ribs & Chicken

Can be purchased by the plate or A la Carte

#### Brisket Plate

3 slices Brisket, choice of side and bread - \$19.99

#### Ribs Plate

3 Ribs, choice of side and bread - \$17.99

#### Chicken Plate

Half a chicken, choice of side and bread - \$15.99

#### Sides

Potato Salad	Bulldogs Ranch	BBQ Beans
Macaroni Salad	Bacon Pasta Salad	Coleslaw
Bulldogs Supreme Pasta Salad	Bulldogs Drunken Beans	

#### A La Carte Menu

##### Chicken

Whole Chicken	\$20.00
Half Chicken.	\$12.00
Quarter Chicken.	\$6.00

##### Ribs

Full Rack.	\$31.00
Half Rack.	\$17.00
Per Bone.	\$3.50

**Brisket.** Per Pound \$23.00





## U of A Cooperative Extension Monthly Garden Reminders for May

<https://extension.arizona.edu/publication/pima-county-monthly-garden-reminders-may>



Cactus and desert adapted plants are the safe bet for planting in May as they love the heat, but there are still some veggie starts you can get in this month. Keep an eye on weeds as they are much easier to deal with before they die off and go to seed. Temperatures climb into the 90's, but overnight temperatures are generally cool so start to shift your gardening schedule towards morning. Hydration is key this month for both you and your plants!

### Maintenance

- Prepare for the extreme heat of summer. Check your irrigation system for leaks and perform maintenance as needed. Consider a free "water efficiency audit" of your home and garden. If you live in the City of Tucson, look into their "Zanjero" program.
- Most vegetables and many newly planted landscape plants will need some shade when temperatures reach 95 or more. One solution is a 30%-40% shade cloth. Maintain 3 inches of mulch to keep roots cool, suppress weeds, and reduce moisture loss. Leave 3" of clearance around trunks. Use of mulch is also good fire-wise strategy.
- Citrus may drop some fruit; this is normal as the tree drops what it can't support. They may drop old leaves to replace them with new ones. If you notice leaf curling, it may be a sign of drought stress.
- Spray Italian cypress, juniper and other evergreens as well as roses and pyracanthas with a strong jet of water to remove spider mites. Yellowing needles or leaves and fine webbing are the first signs of spider mite damage. Inspect and take action if necessary at least weekly (Refer to Spider Mites, Backyard Gardener below).
- Leaf-cutter bees, one of our common pollinators, may cut circles in the new leaves of tender plants such as roses and bougainvillea. While unsightly, it does not harm the plant and no action is necessary.
- Plan or install active or passive Water Harvesting systems to capture the rainwater before monsoon begins.
- Pull dead annual wildflowers or collect their seeds.

### Planting

- Plant heat loving flowers such as moss rose, gaillardia, zinnia, Madagascar periwinkle, verbena, celosia, and salvia, as well as desert-adapted perennials such as autumn sage, gaura, and bulbine.
- Plant starters of basil, eggplant, and peppers into the soil. Plant seeds for cantaloupe, cucumber, peppers, watermelon, okra, cowpeas, asparagus beans (also called "yard-long beans,") and summer squash. Plant sweet potatoes.
- Plant and transplant agaves, palms, and other heat-loving plants such as desert trees.
- Plant heat-loving native or desert adapted trees. Plant or transplant palms.
- Remove pups from agaves & yuccas and transplant them if desired. If planting in a location without shade, consider adding shade cloth until they are established.
- Plant or transplant cacti this month because the warm soil temperatures facilitate root growth. Raised, slightly mounded, and open locations with fast-draining soil provide good homes. Plant at the proper depth and orient in the same direction. This

helps the plant adjust and limits the risk of sunburn. If the original orientation is unknown, protect the cactus with at least 30% shade cloth until new growth appears.

### Fertilizing

- For oranges, tangerines, and grapefruit, this will be the 3rd of 3 annual feedings for these varieties of citrus. Lemons are later. Evenly spread it under the tree, starting one foot from the trunk and continuing out several feet. Water the fertilizer into the soil immediately after applying. If young leaves remain yellow, apply chelated iron to the soil following label directions.
- Fertilize palms in mid-spring and early summer, ensuring thorough watering within 24 hours. Use a palm-specific fertilizer, which typically contains about three times more nitrogen and potassium than phosphorus (the first and third numbers on the bag are about three times the middle number). These fertilizers also include magnesium (Mg) and other essential micronutrients tailored for palms.
- Fertilize roses every 3-4 weeks.
- Fertilization is not necessary for native cacti but will benefit flowering hybrid cacti such as trichocereus species. If used, apply an all-purpose fertilizer at no more than half-strength.

### Watering

- May is one of the hottest and driest months of the year, often with hot, dry winds. Plants need more frequent irrigation to keep them healthy.
- Vegetable and flower gardens may require daily watering.
- Non-desert trees and shrubs will need a good soaking every 7-10 days. Use a soil probe to assure water is getting down to a 24" depth for shrubs and 36" for trees.
- Desert-adapted trees and shrubs may require a soaking irrigation once this month to prevent drought stress. Water slowly to reduce runoff and you need to reach the same depths as above.
- Cacti generally do not require irrigation, but during a particularly dry summer they will benefit from some irrigation – but no more than every two weeks.
- Bermudagrass should be irrigated to a maximum depth of 6" every three days.

*Victoria Wharton-Greenhow*  
INDEPENDENT CONSULTANT

(520) 419-1426  
[vwgreenhow@gmail.com](mailto:vwgreenhow@gmail.com)

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Age	Male	Female
25	\$9.00	\$8.00
35	\$9.25	\$8.75
45	\$15.50	\$13.75
55	\$31.25	\$25.00

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## Friday Night Hoops



**Come join us!**

**Every 1st & 3rd Friday of the Month**

**5:00-7:00 p.m.**

**6th-12th Grade – All Skill Levels**

*Learn new skills or improve the ones you already have!*

3 vs 3

5 vs 5

Free Throw Contest

3 pt Contest

H.O.R.S.E.

Knock out and more

Robles Ranch Community Center

16150 W. Ajo Highway

Call the center for more details 520-822-4408



**Three Points General Store Hours Sunday thru Thursday 6am to 9pm,  
Friday & Saturday 6am to 10pm.**  
**Ace Hardware Is Open Monday - Saturday 8am to 6pm, Sunday 9am - 5pm**  
**General Store 822-1071. Ace Hardware 822-1353**

Three Points General Store and Ace Hardware would like to thank the local community for its continued business and support.

Ace Hardware now offers UPS package service with no in-store service fees, just pay UPS's shipping fees.

We also fill propane tanks, have a water machine, an Amazon locker, and a deli that serves hot & fresh pizzas and wings until 6pm daily.

Other services available on site are gas & diesel, lottery, bagged and block ice, fresh produce and meats, snacks & cold drinks, air compressor, and a USPS mail drop.

Ace Hardware has many monthly specials for May, including bird seed, soils, and yard tools.

The General Store has Bud & Bud Light 6 pks, 1 for \$6.99 or 2 for \$11.99. 24 pks for \$21.99, and Natural Light 30 pks for \$19.99.

Our liquor section has some specials also, Camarena tequila, 2 for \$40, Smirnoff 750ml assorted flavors 2 for \$25, and 1.75L Buzz Balls for \$22.99.

### Bud or Bud Light

1 - 6 PACK 12oz CANS **\$6.99**  
2 - 6 PACK 12oz CANS **\$11.99**

**Buzz Balls**  
**\$22.95**



**Camarena Tequila**  
**2 For \$25**



**Smirnoff**  
**2 For \$25**





## DISPELLING THE MYTHS OF HOSPICE

By Ala'Di Goodman, RN, Executive Director  
Soulistic Hospice, A Non-Profit Service

When I mention the word 'hospice' some think, "That's not for me!" It might not be at this time; however, anyone can become an advocate for others who do need help - perhaps someone from your church, a neighbor, a friend or a relative. When one of our Registered Nurses does a no-cost assessment to evaluate if someone might be eligible for hospice services, some of what they assess includes a person's physical decline over the past year such as weight loss, falls, infections, increased fatigue and weakness, frequent visits to the doctor or hospital, and the amount of assistance and care they need.

Often it is a spouse or family member who cares for their loved one at home. Hospice care assists not only with physical needs, but also with the spiritual, financial, and emotional needs of both the patient and the family/caregiver. It also provides relief (respite care) for the caregiver and assists with bathing, personal care and light housecleaning.

Hospice care places an emphasis on keeping the patient in their own home if possible, and has a team that consists of nurses, physicians, social workers, and spiritual-care coordinators, to name a few. Hospice provides medical equipment such as hospital beds, wheelchairs, etc., as well as medications and incontinent supplies.

Hospice focuses on comfort care, which includes relief of pain and other uncomfortable symptoms. This choice is made when curative care is no longer recommended because it is not adding to a person's quality of life.

Here are some common myths about hospice:

**Myth #1:** Hospice is only for the last days or weeks of life.

Truth: Research shows that families benefit the most when they have more time with hospice care than only days or weeks. Hospice care can be provided for up to 6 months and sometimes longer if a person still qualifies.

**Myth #2:** Hospice care is expensive.

Truth: Most people over 65 years old are entitled to the Medicare Hospice Benefit which covers hospice services 100%. Hospice care is also covered by AHCCCS/Medicaid and most private insurances. As a non-profit service, Soulistic Hospice provides quality hospice care regardless of ability to pay.

**Myth #3:** Hospice is a place; you have to leave your home.

Truth: Hospice care takes place wherever you call home - usually this is in the patient's private home but sometimes it is in an Adult Care Home, Assisted Living Facility or a Nursing Home.

**Myth #4:** Hospice can only help when family members are available to provide care.

Truth: We recognize that people with a life limiting illness may live alone, or with family members who are unable to provide care. Therefore, we will assist with the coordination of in-home care or help you to find an alternative safe location.

**Myth #5:** Hospice is only for people with Cancer.

Truth: Hospice provides care for people with many life-limiting illnesses such as Heart, Lung, Kidney or Liver disease, as well as chronic conditions such as Diabetes, Parkinson's disease, Dementia, Alzheimer's and Neuromuscular diseases. We specialize in comfort care for those who qualify with any condition, including the advanced aging process.

**Myth #6:** Hospice will hasten death.

Truth: Hospice neither quickens death nor prolongs life. Our focus is on comfort care and quality of life. Statistics show that those who receive hospice care at the right time actually live longer than those with a similar diagnosis who are not receiving hospice care.

For more information, please call Soulistic Hospice at (520) 398-2333 or email [info@soulistichospice.org](mailto:info@soulistichospice.org).

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**VOTED BEST HOSPICE - THE LAST 4 YEARS**  
In the Green Valley & Sahuarita Readers Picks Awards - 2024

**VOTED FAVORITE - BEST NONPROFIT - SOULISTIC HOSPICE**  
In the Arizona Daily Star Readers Choice Awards - 2024

**You can choose Soulistic Hospice with complete confidence**

**19 Years of Consistant Local Ownership and Leadership**

### **DOES YOUR LOVED ONE QUALIFY FOR HOSPICE CARE?**

- Frequent visits to Doctor or Hospital
- Frequent Falls
- Uncontrolled or Increased Pain
- Frequent Infections
- Increased Confusion
- Shortness of Breath; may need oxygen
- Incontinent of bladder and/or bowel
- Losing weight and/or interest in food
- Difficulty swallowing and/or choking on food
- Increased Weakness and Sleeping
- Requires more assistance with Daily Care
- Has Heart, Pulmonary, Kidney or Liver Disease, Cancer, Diabetes, Dementia, Parkinson's Disease, or Stroke.

Hospice services are 100% Covered by Medicare, AHCCCS and most private insurances.

We support the physical, emotional, and spiritual needs of your loved one as well as providing medical equipment, incontinent supplies, medications and light housekeeping.

*As a 501(c)(3) tax-detuctable organization, Soulistic Hospice appreciates your donations to help us continue to provide charity care.*

**Contact us for a free evaluation for you or your loved one.**

**(520) 398-2333 [www.soulistichospice.org](http://www.soulistichospice.org)**



# Community News



## Trico Electric Cooperative Hosts 2025 Arizona Lineman's Rodeo on April 16

Trico Electric Cooperative hosted the 2025 Arizona Lineman's Rodeo on Wednesday, April 16, 2025.

Events started at 8 a.m. and last throughout the day, until 3:30 p.m.

The Rodeo is a competition where Arizona co-op line workers showcase their skills and knowledge in events based on traditional linemen tasks like pole climbing, hurt-man rescue and cross-arm change out, while promoting safety and camaraderie.

Approximately 50 participants from nine utilities competed this year, with an expected turnout of 300 attendees.

This event was held at Trico Electric Cooperative, 8600 W. Tangerine Rd., Marana, AZ, 85658.

For more information, please contact Roberta Lopez-Suter at [rlsuter@trico.coop](mailto:rlsuter@trico.coop) or (520) 954-0435.



## UCHC at Three Points!



Family Nurse Practitioner  
Angela Robbins, FNP-BC

Angela has been serving the community of Three Points for over 6 years! ❤️



Behavioral Health Therapist  
Gabie Davenport, LMSW, BHP

Our services are expanding! Gabie is UCHC's new Mental Health Therapist at our Three Points location! ❤️



UCHC at Three Points  
15921 W. Ajo Way  
Tucson, AZ 85735  
(520) 407-5700

Learn more: [uchcaz.org](http://uchcaz.org)

**We got you covered!**  
At UCHC, we welcome all patients! Whether insured, uninsured, or self-pay. We also offer a sliding scale fee program to ensure affordable care for everyone in our community.



**UNITED COMMUNITY  
HEALTH CENTER**  
Serving Southern Arizona Since 1983



# Church Information

## Faith Baptist Church

Worship service is on Sunday mornings at 11:00

Adult Bible study is on Wednesday evenings at 6:00

Youth Group on Wednesday evening from 6:00-7:30 where we enjoy food, singing, activities, and Bible study. Elementary through high school. Parents are welcome to join the youth or attend the adult Bible study.

Faith Baptist Church  
11080 South Brandywine Lane  
[faithbaptistchurch-robles.com](http://faithbaptistchurch-robles.com)

JUNE 2-6 5:15-8:15

Games  
Skits  
Lessons  
Songs  
Crafts  
Science Projects  
Dinner  
**FREE!!!**

Classes for 1st-8<sup>th</sup> grade  
FAITH BAPTIST CHURCH  
11080 South Brandywine Lane

<https://faithbaptistchurch-robles.myanswers.com/wonder-junction/>



## Serenity Baptist Church

By Patzi Hughes,  
Ministry Assistant, Church Clerk

Please join us at 10:30 AM on Sunday for our worship service in the Main Sanctuary. Pastor Jerry Griffin is starting a new series on May 4 called "Engage: Living with Purpose".

His wife, Cindy, has a special lesson for the kids (ages: infants-thru 5th grade), during Kids Karpets time. A special bag of treats is given to the kids (also some adults have been able to convince her to give them one!). Every other Sunday, the kids go to Kids World in the West Bldg with Scott & Jennifer Kruger, for fun & Bible story time.

Membership class on May 4, 2025 at 8:45-10:15 AM in the West Building.

We have signs on the campus facing East & West so look for upcoming events.

We recently had 8 people baptized! We are growing again & invite you to join us. When you do join us for worship, we have refreshments (coffee/cookies) in the lobby. Also please check out our free booklets in the lobby and we do have a prayer wall for you to request a prayer or if you have a praise to share.

### New Program At Serenity Called "The Gathering"

The Gathering is a new group meeting starting on Thursday, 6:30 PM, May 1, 2025

We will be meeting on the first and third Thursday of the month.



This will be a time of praises, prayer, prayer requests and worship songs.

Please join us in the Sanctuary so we can get to know each other.

**All Are Welcome.**

**Serenity Sisters**, meet at 6:30 pm on Tuesday evening in the West Building.

**Youth Group** is on Wednesday night, 6:30 pm (ages 6th grade-12th grade) in the Main Sanctuary. Pastor Jerry leads the study time, Scott Kruger leads the game time. Jennifer Kruger, and Jennifer Williams help to serve food to the group.

### Food Ministry

**Thursday morning is our drive-thru Food Ministry. We do our best with the donations we receive. Please come early, food goes quickly. And we need to know how many boxes we need for that day.**

The FREE food is received from Caring Ministries in Tucson, Volunteers box the food inside the Main Sanctuary, and distribute the boxes to the community folks of Robles Junction/ Three Points.

**The Ministry hours are 8 am-9:30.** We sometimes run out of food before 9:30 am but we try to make sure each vehicle gets a box. Come early to get in line, food goes quickly!



Office hours are M-F, 9am-1pm, except holidays. If you have a question or have a need, please leave your name, phone#, and a brief message. Your call will be returned as quickly as possible.

## The GROCH Team



Jackie [jackie@realestatetucsonaz.net](mailto:jackie@realestatetucsonaz.net)  
520-240-8844

Josh [josh@realestatetucsonaz.net](mailto:josh@realestatetucsonaz.net)  
520-867-0113

Jeremy [jeremy@realestatetucsonaz.net](mailto:jeremy@realestatetucsonaz.net)  
520-440-0986

**"Honesty, Integrity & Results!"**



## Message from Superintendent Dr. David Dumon

### AVSD Family Survey Summary 2024–2025: Robles Elementary & Altar Valley Middle School

Dear Altar Valley Families,

Thank you for taking the time to share your feedback through our recent family surveys. Your voices are vital in shaping the future of our schools, and we are grateful for your continued partnership. We're excited to share some key takeaways and next steps based on what we heard from you.

#### What We Heard from both Schools:

- **High Marks for Both Schools:** The majority of families gave Robles and AVMS an overall grade of A or B, reflecting strong satisfaction with the quality of education and overall school experience.
- **Strong Relationships:** Families from Robles and AVMS value the positive relationships students have with teachers and staff. The caring, supportive environment is seen as a major strength.
- **Communication:** Families consistently praised the school's strong communication. At the same time, they expressed a desire for more opportunities to engage in two-way communication, where they can ask questions, provide input, and be part of the conversation.
- **Academic Support:** Both schools are recognized for their dedication to student success. Families stated that they would like to see continued emphasis on literacy and math, along with more opportunities for enrichment and extracurriculars.

#### Next Steps:

##### Strong Relationships:

- Continue to focus on relationship-building to enhance our caring and supportive community.
- Highlight student-staff connections in newsletters and social media to celebrate.
- Create more informal opportunities for families to connect with teachers and staff such as Pastries with the Principal, meet-and-greets.

#### Communication:

- Continue to provide timely updates and look at ways to increase two-way communication.
- Offer regular surveys and open feedback forms to gather input throughout the year.
- Create intentional opportunities for two-way conversations, such as family listening sessions, classroom Q&A nights, and parent advisory groups.
- Provide ongoing support to staff on communication tools to ensure messaging is responsive and engaging.
- Ensure all communication is accessible (translated, clear, and timely), and promote family feedback.

#### Academic Support:

- Continue to refine our support systems to ensure every student is challenged and supported.
- Expand literacy and math opportunities by providing targeted professional development on our new ELA curriculum and ongoing training for our math program.
- **Expand Enrichment and Extracurricular Opportunities** by exploring new or enhanced programs that offer students a variety of experiences beyond the classroom, including clubs, activities, and creative learning opportunities.
- Communicate academic goals and progress clearly with families—share how students are doing and how families can support at home.
- Continue professional development for teachers around differentiated instruction and accelerated learning strategies.

We are proud of the strong foundations at Robles and AVMS and are committed to continuous improvement with your input at the center of our efforts. Thank you for being an essential part of our Altar Valley family.

Build, Grow, Flourish, Succeed!

Dr. Dave Dumon

Buy land - they're not making anymore! Mark Twain

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hamburger buns, new flavors of ice  
cream and frozen meals

**Swap Meet** available for set up on Friday Saturday & Sunday  
please call 520-270-7280 for details.



Full articles, and more pictures are on the AVSD website Please click on the links to read the articles.



Welcome the New Principal of Altar Valley Middle School for 2025-2026 School Year!

Riki Valdez

<https://sites.google.com/avsd.org/may2025>

## Robles Elementary News

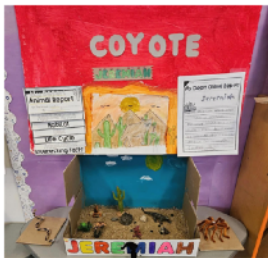
<https://sites.google.com/avsd.org/may2025/bobcat-bulletin>

### Message from Principal

A Year of Growth and Success at Robles Elementary

### Exploring the Sonoran Desert: A Hands-On Animal Habitat Project

by Jackie Bauerelen, SAILS Program, Special Education PK-5



## Altar Valley Middle School News

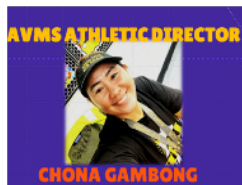
<https://sites.google.com/avsd.org/may2025/eagle-pride>

### Message from Principal

A Grateful Farewell and Exciting Year-End Highlights

### Altar Valley Middle School Sports in Full Swing: 2024-2025 Season Kicks Off Strong

by Chona Gambong, Athletic Director and Physical Education Teacher



## Family Resource Center

<https://sites.google.com/avsd.org/may2025/family-resource-center>

Great things are happening at the Family Resource Center!

### 4th Annual Egg Hunt Extravaganza a Huge Success!

Families from all around joined us at Three Points Veterans Memorial Park on Saturday, April 12th for an unforgettable, windy afternoon packed with fun, laughter, and community spirit!



### Book Reading with Ms. Herker: The Night Defenders

We were thrilled to host a very special book reading featuring *The Night Defenders*, written and illustrated by our very own Ms. Danielle Herker!

### Move and Groove Playtime: Learning Through Movement!

Our littlest learners had a blast at the latest Move and Groove Playtime—a fun, interactive class designed for children ages 2–5 and their parents! Each session is filled with music, dancing, and playful movement to help kids build coordination, balance, and creativity, all while spending quality time with their grown-ups.



### Hands in Nature

Join us for a nature-inspired class designed especially for children ages 2–5! Each session encourages little explorers to engage with the natural world through creative and sensory-rich activities.

### Pre-K Pioneers Homeschool Support Group

Join us for a nature-inspired class designed especially for children ages 2–5! Each session encourages little explorers to engage with the natural world through creative and sensory-rich activities.

### Improving Credit and Managing Debt Class

Unlock Financial Wellness for you and your family!

### Family Cafe-May 19th at 9-10AM

Join us for a welcoming gathering to share the joys and challenges of raising children, offer mutual support, exchange ideas for the FRC, and build community. The cafe will take place in the playroom, so bring your children and let them play!

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# Trico's thermostat program puts money in your pocket

Let Trico manage your thermostat for the summer, and we can both save money! Members who sign up for Trico's Thermostat Energy Management Program (TEMP) will receive a \$50 incentive after enrolling in the program.

As long as they remain in the program, Members will receive a \$15 bill credit each month from June – September.



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