



## Checkout

### The HUB - Our Three Points/ Robles Junction Community Website

<https://www.friendsofroblesranch.org/>

Provided by Friends Of Robles Ranch

The HUB website team is working very hard to create a valuable community website that meets the needs of our residents. We encourage you to visit the website and let us know what you like about it and what you would like to see added.

## What Will I Find There?

### My Friends Closet Info

Hours of Operation, Events and Specials

### Food Bank Info

Hours of Operation, News and Information

## HUB Resource Guide

A list of organizations that provide help and services.

All Links are live on this list for easy browsing of services.

We want this to be a growing list. If you know of an organization that should be added please let Trish Sargent of the Fence Post know at [fencepost3points@gmail.com](mailto:fencepost3points@gmail.com)



# The Fence Post

You can find the current issue of the Fence Post as well as recent back issues.

## The Fence Post Business Listings

A growing list of local businesses.

You can find the Business Listings in the middle of the HUB homepage with Quick Links

We have many businesses within our community, yet residents do not have a way to find them when they need them.

The Fence Post has created a Business Listing Page for **The HUB** website. This list will also be printed in the Fence Post for the convenience of our readers.

All businesses who advertise in our Fence Post Newsletter are automatically included in this business listing page at no extra charge.

These businesses also have extra space for a brief description of their business in this listing.

There is an option if a local business would like to be on the Business Listing page without placing an ad in the newsletter.

Check Out the new Fence Post Advertising rates which can be found on the Fence Post tab on **The Hub**, <https://www.friendsofroblesranch.org/fencepost>. Advertising options are described in detail. Choose the one that works best for your business.

# Community Calendar Page

**Community Weekly/Monthly Events at  
Serenity Baptist Church**  
15501 W Ajo Hwy 520-822-2026  
Serenity Church events on their website  
<https://serenitybaptist.church>

Caring Food Ministries	Thurs 8-9:30 AM
4-H Robles Ranchers	Meetings Restart on 9/13/24 at 7 PM.
Sierrita Mountain 4-H Livestock Club	Meetings Restart on 9/12/24 at 7 PM.

## Other Events This Month

AVSD School Board	2nd Wed of the month - 6 pm AVMS
<p><b>Fence Post Deadline 20th of the month 5 pm</b>  <b>This is a firm deadline. If you need more time please e-mail Trish by the 20th to request an extension.</b>  <b>E-mail articles to <a href="mailto:fencepost3points@gmail.com">fencepost3points@gmail.com</a></b></p>	

## A Graceful Touch of Hair

### Mom's Back To School Special

**Now That The Kids Are Back In School It's Time To Treat Yourself**

**Pedicure & Foot Reflexology**  
**\$35**



*Gift Certificate Customized for the Special Person In Your Life*

**doTERRA Essential Oils Available**

**Open: Mon - Sat 9 am to 5 pm, Evenings by Appointment**  
**Walk-ins Welcome 520-908-9084**  
**8995 S. Comanche Rd**  
**New Location behind the old Salon**

**Weekly/Monthly Events at  
Robles Ranch Community Center**  
Hours 10 Am to 6 Pm  
16150 West Ajo Hwy 85735 Phone: 520-822-4408

**My Friends Closet will be closed until the Grand Opening in the new building sometime in September**

**Community Food Bank**  
Tues 10-3 Wed 3-6 Fri 10-3

**Friends Of Robles Ranch Meeting**  
August 6th, 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 am- 5:30 pm Monday-Friday.

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

**Robles Ranch Library**  
Open to the public 10 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

**K-5th Grade After School Program Monday - Friday**  
This is the link for registration. <https://www.parksandrecreation.pima.gov/pima/discover/program/b7977f01-5f03-46e3-b684-b06dad31f5fd>

**Mexican Train Dominoes Every Tues. 10 am to Noon**  
Everyone Welcome

**Active Adults Craft Days 10:30am - 12:30pm**  
**Every Monday**  
Unlock your artistic potential and have fun with us while we discover different crafts.

**Coffee, Cards & Board Games 10:30am - 12:30pm.**  
**Second & Fourth Wednesday Of The Month**  
Visit old friends and make new ones as we play a variety of table games.

**Robles Prime Timers Community Meeting Potluck**  
**Monday August 5th, 10:30am - 12:30pm.**  
Come to the meeting and help plan events

# Youth For Veterans

Momma V and the Youth For Veterans Are Helping The Homeless



Y4V members Penny Bartz, Dallas Harmon & Stephanie Barden prepare food for our homeless Veterans



The homeless line up as Momma V, Penny Bartz, Dallas Harmon & the Y4 V get ready to hand out sack lunches to them. Along with the food, sleeping mats, blankets, hygiene products, small pillows and shoes were handed out.



Y4V member Shaniah Curry Prepares to hand out food to the homeless



Y 4 V members Dallas Harmon & Shaniah Curry work hard stuffing patriotic pillows for our Veterans.

The group has given out 115 pillows, so far, to our Veterans.

Y4V member, Dallas Harmon, presents a patriotic pillow to Utah Veteran Steve Phearson

**Momma V  
& SO. AZ Youth For  
Veterans**

**7184 Marstella Rd. Tucson,  
AZ 85735**

**520-282-1617**

**NOTARY**

**NOTARY SERVICE**  
BEVERLY PAYE/PLATT  
NOTARY

520-822-2310  
520-850-8030

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Any Size Tank or RV

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•Bait -  
•Spray -  
•Traps

**Notary Public**  
By Appointment

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Sun 10am - 4pm

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DoubleEfeed@gmail.com  
15195 W Ajo Hwy. Tucson, AZ 85735  
phone 520-578-3341

**Proudly Serving Three Points and Beyond Since 2016**

**KJ'S** 15150 W Ajo  
520-270-7280

Mon-Thur 6 am - 9 pm  
Fri 6 am -10 pm Sat 7 am -10 pm  
Sunday 7 am - 9 pm

**\$2.29 Gal Propane** Farm Fresh Eggs \$3.99 a doz  
Gas & Diesel, Milk \$3.99 per gal.  
Certified Propane, Ice \$1.99 a bag  
Coffee, Snacks, Beer

**Mini Smoke Shop and More**

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

# Community News



## Three Points Fire District

10351 South Sasabe Highway  
Tucson, Arizona 85736  
Phone: (520) 822-1086

The Three Points Fire District is proud to announce the hiring of two new Firefighters, Marcos Fuentes and Rafael Monreal. With this addition it puts the District close to fully staffed. The District is still looking for Paramedic/firefighters, if interested in applying please go to our web site.

As we all can tell the temperatures have risen and we are officially Hot. We encourage our residents to please stay hydrated, and out of the sun if possible.

These hot temps will bring in the thunder storms and flooding. Please don't cross any running water unless you know it is safe to do so. Another safety factor is to slow down and drive responsible, with wet roads and dangerous conditions.

There is still no burning allowed for any reason, please feel free to call the number above at the end of September to find out when the permitting process will be open.

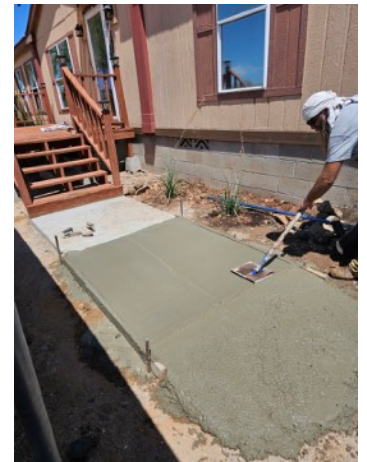
Your local Fire District.



Submitted by Steve Knode

Just want to say thank you to Mike Shusta, alias "Rambo" for laying a concrete sidewalk for a handicapped veteran.

It was an excellent job and very much appreciated.



MARY KAY

## TIMEWISE® MIRACLE SET®

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mobile private tattoo artist

→  
*Text before you call*  
520-591-1384

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prices not shop  
prices

## 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

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**You can contact me: Jorge Leon 1-520-455-3021**

[jorge.leon@ngx.com](mailto:jorge.leon@ngx.com)



# District 3 News

Pima County Supervisor Dr. Sylvia M. Lee

## Hello Three Points/Robles Junction Community!

Can you believe summer break is near the end? This means it's back-to-school season and time to stock up on supplies for the kiddos! A couple of local groups are hosting free events that can relieve the financial burden that back-to-school shopping can bring.

The Pima County Sheriff's Department will be giving away 1,000 backpacks with school supplies along with hearing, physicals, vision, and dental checks, vaccines, and coupons for free kid's meals and haircuts. This event is first come, first served, and gives one backpack per child. This event will be at the Tucson Convention Center, 260 S. Church Avenue on Thursday, August 1st from 4:30 pm – 7:30 pm.

The Arizona Bilingual Newspaper will host its 8th Annual Kids Expo on Saturday, August 3rd from 10:00 am – 2:00 pm at 101 W. Irvington Road, Building 3A. They will have music, games, food, and raffles and be giving 2,500 backpacks away.

## Understanding & Navigating Property Taxes



Property taxes can be confusing, and let us be honest, darn right frustrating to understand, but they are a crucial part of what keeps Pima County infrastructure funded. The Pima County Board of Supervisors voted to keep the rate the same as last Fiscal Year at \$5.1048, which is comprised of Primary Property Tax, Library District Tax, Regional Flood Control District Tax, and Debt Services.

You might be wondering what this means for you or how your Property Taxes are used.

Here are some helpful links that might help you understand Property Taxes a little bit better:

<https://www.pima.gov/619/Property-Taxes>

<https://www.pima.gov/629/Sources-of-Funds-Uses-of-Tax-Dollars>

## Pima Association of Governments



Pima Association of Governments

Pima Association of Governments (PAG) launched the **“Shape Your Transportation Future” survey**, which allows the public to share their transportation priorities and experiences, and where they believe PAG should apply its transportation funding resources for the next 30 years.

Your input matters! The survey is less than 10 minutes and accessed through the PAG website by scrolling to the bottom of the page: [www.pagregion.com/2055-rmap/#overview](http://www.pagregion.com/2055-rmap/#overview)



**Our Summer/Fall session will start August 15th thru November 7th.**  
**Our meetings will be on Thursday nights 6:30 to 8 PM**

*GriefShare is a 13 week, faith based program for those who have lost a loved one.*

**Each session is on a specific topic so you can attend as many sessions as you would like.**

**At Serenity Baptist Church in the West Building. The address is 15501 W Ajo Highway.**

If you are interested in getting more information please go to [www.griefshare.org](http://www.griefshare.org)

You can register online at [www.griefshare.org](http://www.griefshare.org) and use your zip code to "Find A Group".

It should bring up Serenity Baptist Church or contact Trish Sargent about the program at Serenity Baptist Church at [THSargent920@gmail.com](mailto:THSargent920@gmail.com)



*The coffee is always on.*

## The First Day of School

*By Ruth Donnelly*

I've got a brand-new pen.  
My shoes are shiny clean.

I've got a cool new school bag And a pencil case that's green.

But I don't know my teacher  
Or where my desk will be.

I don't know if I'll like the kids, Or if they'll play with me.

I peek inside my classroom  
I stand there for a while.  
My teacher tells us what to do And has a great big smile.

And best of all, she's got  
My favorite book upon the shelf I kiss mother at the door  
And walk in by myself.



## 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**

### New 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.

**We now carry Fresh Eggs & Pickled Eggs from our local**

**Epley Farm Company**

**Coffee Mugs with a Three Points design and Bulldog Bakery design**



**Bulldog Bakery & BBQ**

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

# COMMUNITY FESTIVAL

Three Points / Robles Junction:  
Two Names, One Community, Coming together!

**17<sup>th</sup> Annual**

## The Power of Community

**Saturday, October 5, 2024**  
**2:00 PM to 6:00 PM**

Parking @ VFW

**Robles Elementary School**  
**9875 S. Sasabe Rd**  
**Three Points, AZ 85736**  
**Festival Coordinator-**  
**520-777-3877**

**GAMES**  
**FOOD**  
**RAFFLE**  
**Crafts**  
**Car Show**  
**Rides!**

# August Gardening



## August Gardening in Tucson

[https://www.tucsonlifestyle.com/hg/garden-calendar-august/article\\_f779b4f4-176b-11ed-b5a8-ff1b71673f1d.html](https://www.tucsonlifestyle.com/hg/garden-calendar-august/article_f779b4f4-176b-11ed-b5a8-ff1b71673f1d.html)

Monsoon rains help quench the thirst of summer plants.

### Tip of the Month

Herbs are one of the easiest plants to grow in your garden or in containers. Warm-season herbs — both perennial and annual — should be in abundance at this time of year. Rosemary, mint, lemon balm, sage, basil, lavender, thyme and oregano thrive in warm weather. Harvest them in the early morning when the essential oil levels are highest. Use some of this bounty to create a refreshing summer mocktail or a favorite cocktail.

Mint is always a favorite when muddled to make mojitos or mint juleps. It is a vigorous spreader, so plant it in a pot.

To make a flavorful tea, steep herbs in boiling water for a few minutes then drain and serve over ice. To sweeten, make a simple syrup by combining equal parts water and sugar or honey and heat until the sugar dissolves.

You also can use simple syrup infused with a sprig of basil for example, add a few strawberries and serve with sparkling water over ice.

### Planting

Plant native and low-water-use species now, when summer rains make digging easier.

Plant palms, whose root systems thrive when planted in the heat.

Plant bougainvillea, yellow bells, oleanders, acacias, cassias, mesquites and palo verdes.

### Pruning

Prune back any surviving tomato plants.

Deadhead bedding flowers.

Vincas that wilt but do not recover with a deep watering should be discarded.

### Harvesting

Pick okra and squash regularly to keep plants producing until frost.

### Fertilizing

Fertilize citrus toward the end of the month.

Avoid fertilizing frost-tender shrubs now, as this will encourage new growth that may freeze later.

Look for plants with chlorosis — yellow leaves and green veins. Treat plants with an application of chelated iron.

Give roses a late-summer application of specially formulated rose food.

### Watering

Water citrus deeply once a week or more. Too much water can result in chlorosis.

Water summer-blooming flowers and shrubs.

Water large, established cacti and succulents every 5 weeks if rains have been scarce.

Small specimens benefit from watering every 3-4 weeks.

Ocotillo canes cover themselves with green leaves during the monsoon season. Adding extra watering in between storms can stimulate new growth.

### Blooming

Red bird of paradise produces showy clusters of brilliant red and orange blossoms until frost. The fern-like foliage adds a tropical look to desert gardens.

### Transplanting

Set out transplants of basil, chives, lemon verbena and nasturtiums.



## Kestrel Kafe & Market

### Monsoon Madness

**Take A Break - Chill Out, Let Us Do The Cooking**

Menu available on our Facebook Page

<https://www.facebook.com/KestrelKafeMarket>

**Deli Meat Subs, Chicken Tenders, Burgers  
Philly Cheese Steaks, Reubens, Patty Melts,  
Club Sandwiches, Real Ice Cream Shakes,  
Rattlesnake Shakes, Smoothies, Salads, Wraps,  
And So Much More**

**BREAKFAST - LUNCH - DINNER  
Pet Friendly Dine In, Patio Dining, Call In/ Take Out**

**Produce, Deli, Groceries, Meats, Beer & Wine,  
Fax & Copy Service, CBD Oil**

**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

## Kestrel Kafe & Market Is For Sale

**Looking For A Business Opportunity?  
You Should Check Out This Cafe**

**She is open to Lease/Purchase options  
or other possible purchase options.**

For more information please call Christine Esala, Tierra Antigua Realty at (520)222-9310.

**Feel free to stop by and take a look!!**

# Church Information



If you are not plugged into a church somewhere and are looking for a church family, we would love to have you join us!

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)

## Our Lady of The Desert Catholic Church

Open Range Pizza, off Sierrita Mtn Rd is currently serving as Our Lady of The Desert Catholic Church



**Regular Mass Times**  
**5:30 Saturday**



## Serenity Baptist Church

*By Patzi Hughes,  
Ministry Assistant, Church Clerk*

Please join us and then meet with us for the main service at 10:30 AM in the Main Sanctuary for Pastor Jerry's series, The Apostles Creed.

Kids Karpel time with Ms Cindy, Pastor Jerry's wife, is just before the offering. She has a special story each week and a "bag of goodies" for each child. The children go to to the West bldg every other week for Kids World.

Youth Group is Wednesday night: 6:30-8:00 pm in the Main Sanctuary.

Membership Class will be August 25, 2024, at 9am-10:15am in the West Building. Please sign the list in the Main Sanctuary or contact Patzi or Pastor Jerry if you would like to become a member of Serenity Baptist Church.

## Food Ministry



Thursday morning from 8-9:30 AM is our Food Ministry. (Except Holidays) This is a drive thru ministry. We prepare the boxes inside & deliver to the front of the parking lot.

We are blessed to receive this FREE food from Caring Ministries in Tucson. When we have dessert (which isn't every week), we make sure each box has a dessert. Could be cake, cookies, pie, turnover or something else until we run out of dessert.

We make boxes with the food we receive but not all boxes are the same. Please come early as the food goes fast.

Office hours are M-F. 9 am-1 pm. If you have questions or a need, please call 520-822-2026. Leave your name, phone # and a brief message and you will be called as quickly as possible.

*Victoria*

*Wharton-Greenhow*

INDEPENDENT CONSULTANT

(520) 419-1426

[vwgreenhow@gmail.com](mailto:vwgreenhow@gmail.com)

Go straight to my site to shop at

[www.avon.com/repstore/vwgreenhow](http://www.avon.com/repstore/vwgreenhow).

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An inexpensive backyard hobby.

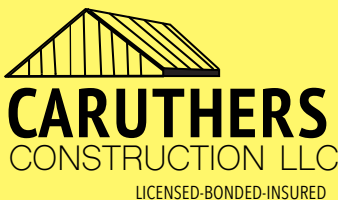
We have 25 lofts in the Tucson area now.

Races 100/500 miles, they fly non-stop to their loft.

Young bird races 100/300 miles begin in October

Still time to join and race 2024

Jimmy 573-604-1201 [ASIALOFT@GMAIL.COM](mailto:ASIALOFT@GMAIL.COM)



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

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# UNITED COMMUNITY HEALTH CENTER

Serving Southern Arizona Since 1983

JOIN US FOR AN

# Open House

Tuesday, August 6

3:30 pm-5:00 pm

Come and meet your Healthcare team!



Angela Robbins, FNP-BC  
Family Nurse Practitioner

*Light refreshments will be provided and a chance to win a Raffle Prize*

Located at the Three Points location  
15921 W. Ajo Hwy, Tucson, AZ 85735  
520-407-5700

[www.uchcaz.org](http://www.uchcaz.org)

# Community News

## PIMA COUNTY SHERIFF'S DEPARTMENT JOB OPPORTUNITIES

READY... SET...



- 4000 - Corrections Officer (\$24.91/Hour)
- 5904- Corrections Cook (\$16.53/Hour)
- 5504 - Accountant I (\$25.12/Hour)
- 5392 - Accountant II (\$27.69/Hour)
- 5918 - Process Server (\$16.53/Hour)
- 5714- 911 Dispatcher (Ajo) (\$21.10/Hour)
- 5853 - Public Safety Data Technician (\$18.23/Hour)
- 5886 - Public Safety Specialist (\$17.36/Hour)
- 5549 - Latent Print Examiner I (\$25.12/Hour)
- 1139- Finance Administrator (\$47.73/Hour)
- 5887- Public Safety Transcription Technician (\$17.36/Hour)

## Sheriff's Auxiliary Volunteers

Always accepting applications

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



**The 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**

I'm sure most everyone remembers the old General Store before the remodel, part of it is actually still there. It's just hidden behind a metal rollup door.

Coming up here, in the near future we are looking to finally do something with this space. Before we do that, we are asking the local community for its input regarding what type of business it would like to see added to the neighborhood.

Maybe a laundromat, restaurant, car wash, or something else.

Please let us know your ideas. You can call us at (520) 822-1071, email us at [threepointsgeneralstore@yahoo.com](mailto:threepointsgeneralstore@yahoo.com), or just let a sales associate know in person.

We value your input and are looking forward to hearing your ideas.

The General Store and Ace Hardware have nearly everything you need, and great service right here in Three Points.....and as always many thanks to the community for its business and support.

Chris Boyer



Select Reading Glasses, Lighters, Scissors, Magnifying Glasses and More



### YOUR CHOICE



Ace® Bird Suet, 11 Oz.  
8039376, 8039378, 8039379, 8039377



# The Fence Post & HUB Business Listing Page

Here are our list of local businesses and their contact information. Businesses that advertise in our Fence Post newsletter have the page number where you can find their ad in the Fence Post **in RED**.

This Business Listing is included in the Fence Post for our readers to keep if they choose. It is also on The HUB website Homepage at <https://www.friendsofroblesranch.org/>. You will find it halfway down the homepage on Quick Links.

If you would like to be included in this list you can find our Price List at [www.friendsofroblesranch.org/fence-post](http://www.friendsofroblesranch.org/fence-post) under New Advertising Rates.

## Artist - Craftsperson

<b>THS Studio, Fiber Landscape Artist</b>	
Trish Sargent	520-247-8222
<a href="http://www.ths-studio.com">www.ths-studio.com</a>	<a href="mailto:trish@ths-studio.com">trish@ths-studio.com</a>
<b>Ink Dates With Kristina</b>	
Kristina Black	520-591-1384
Mobile Private Tattoo Artist Fair & Honest prices, not shop prices. Running \$40 Tattoo Flash special until end of October.	
Text Before You Call	
<b>See Ad On Page 4</b>	

<b>Auto Repair</b>	
<b>Robby's Auto Service</b>	
Robby Springer	520-488-1228
<a href="mailto:rlspringer5366@gmail.com">rlspringer5366@gmail.com</a>	

## Contractor - Handy Person

<b>Caruthers Construction LLC</b>	
Kris Carthers	520-730-7335
Repairs - Additions - Remolding & more	
Call For Free Quote	
<b>See Ad On Page 8</b>	

## General Shopping

<b>Double E Feed</b>	
Blake & Kaity Epley	<a href="mailto:doubleeefeed@gmail.com">doubleeefeed@gmail.com</a>
On Ajo, Feed Supplies, Chickens & Mailboxes and <b>Notary Service</b>	
<b>See Ad On Page 5</b>	

## Groceries - Hardware

<b>Ace Hardware &amp; Three Points General Store</b>	
All Your Hardware Needs	
Ace Phone #	520 - 822-1353
Groceries, frozen foods, Beer & wine	
General Store #	520-822-1071
<b>See Ad On Page 9</b>	

<b>Bulldog Bakery &amp; BBQ</b>	
Located on Ajo, the old Onetop Market	
520-578-6160	Facebook look for Bulldog Bakery & BBQ
Groceries & Prepared Food, Beer, Wine	
<b>See Ad On Page 6</b>	

<b>Kestrel Kafe &amp; Market</b>	
Donna Derosia	(520) 822-1714
10390 S Sierrita Mtn Rd,	
Groceries & Prepared Food, Beer, Wine	
<b>See Ad On Page 7</b>	

<b>KJ's Connivence Store &amp; Gas</b>	
15150 W Ajo	520-270-7280
<a href="mailto:kjsconvenientstop@icloud.com">kjsconvenientstop@icloud.com</a>	
Groceries, Beer, Wine, Gas	
<b>See Ad On Page 4</b>	

## Hair & Beauty

<b>Graceful Touch of Hair</b>	
Grace Rico	520-908-9084
Off Ajo, Behind Bulldog Bakery. (Old One Stop)	
Hair Cuts, Perms, Pedicures, Foot Reflexology	
<b>See Ad On Page 2</b>	

<b>Hairy Cactus</b>	
Lisa Wagner	(520) 861-9230
<a href="mailto:lisahestylist1965@gmail.com">lisahestylist1965@gmail.com</a>	

<b>Mary Kay Cosmetics</b>	
Ann Wetsmoreland	520-245-7490
<a href="mailto:amwmk5@gmail.com">amwmk5@gmail.com</a>	
Call For Appointment	
<b>See Ad On Page 5</b>	

<b>Avon</b>	
Victoria Wharton-Greenhow	(520) 419-1426
<a href="mailto:vwgreenhow@gmail.com">vwgreenhow@gmail.com</a>	
Go straight to my site to shop at <a href="http://www.avon.com/repstore/vwgreenhow">www.avon.com/repstore/vwgreenhow</a>	
<b>See Ad On Page 8</b>	

## Health Care

<b>United Community Health Care Three Points Clinic</b>	
15921 W Ajo Hwy	
Call For Appointment	520 -2407-5700
<b>See Our Ad On Page 9</b>	

## Business Listing Page 2

### Hobbies & Clubs

#### Tucson Racing Pigeon Club

Jimmy 573-604-1201

[ASIALOFT@GMAIL.COM](mailto:ASIALOFT@GMAIL.COM)

JOIN THE TUCSON RACING PIGEON CLUB AN INEXPENSIVE BACKYARD HOBBY

**See Our Ad On Page 8**

### Utilities

#### Trico

520-744-2944 [www.trico.coop](http://www.trico.coop)

**See Our Ad On Page 12**

#### NGX Networks

Jorge Leon 520-455-3021

[jorge.leon@ngx.com](mailto:jorge.leon@ngx.com)

Residential & Commercial Internet Plans

Call For Appointment

**See Ad On Page 4**

### Notary

#### Notary Service

Beverly Paye/Platt 520-822-2310  
520-850-8030

Call For Appointment

**See Ad On Page 5**

#### Notary Service

Momma V 520-282-1617

Call For Appointment

**See Our Ad On Page 3**

### Real Estate Agents

#### The Groch Team

Jackie Groch 520-240-8844

Tierra Antigua Realty

**See Ad On Page 4**

#### Kelly Medlock PLLC

[kellymedlock75@gmail.com](mailto:kellymedlock75@gmail.com) 520-240-8844

Tierra Antigua Realty

**See Ad On Page 8**



**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>



## Here's what to pack in kids' school lunches

<https://www.mother.ly/health-wellness/childrens-health/kids-school-lunch-ideas/>

**The magic formula: Pick 1 from each of the following categories:**

**1 protein + 1-2 fruits + 1 veggie + 1 dairy + 1 crunchy snack + 1 small sweet.**

#### Protein

- Ham and mayo on wheat bread
- Turkey roll-ups on tortilla
- Salami slices
- Tuna salad (on bread or with crackers to dip)
- Egg salad
- Pasta salad with white beans
- Sunbutter and jelly sandwich
- Roasted chicken shreds
- Chicken nuggets and dipping sauce
- Hard-boiled eggs
- Jerky
- Chia pudding made with coconut milk
- Baked tofu with teriyaki sauce
- Dumplings
- Fried rice
- Edamame
- Roasted chickpeas with cinnamon and salt

#### Fruit

- Hummus and dippers, like pita chips or carrot sticks
- Berries
- Apples (a squeeze of lemon juice helps them stay fresh)
- Bananas
- Oranges
- Grapes (halved)
- Watermelon
- Pineapple
- Pear
- Mango (fresh or dried)
- Kiwi
- Dried apricots
- Dried cranberries
- Raisins
- Dates (pits removed)

#### Veggies

- Cucumbers
- Celery
- Carrots

- Bell peppers
- Snow peas
- Cherry tomatoes (halved)
- Avocado with everything bagel seasoning

#### Dairy

- Yogurt with frozen blueberries
- Bagel with cream cheese
- Cheese sticks, slices, or cubes
- Moon Cheese
- Babybels

#### Crunchies

- Crackers
- Pretzel sticks or thins
- Dry cereal
- Tortilla, corn or potato chips
- Goldfish
- Nori seaweed snacks
- Pirate Booty
- Animal crackers
- Veggie straws

#### Sweets

- Dark chocolate-covered raisins
- Granola bars
- Yogurt- or chocolate-covered pretzels
- Fruit leather
- Fruit gummies
- A small amount of candy
- Mini cookies

# Monsoon season is here!

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SmartHub or by texting "OUT"  
to 855-937-1858.



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