by Anne Gibson

Each year since 2000, the Vail School District has gathered to celebrate its many successes and those of its students, faculty, staff, volunteers and community members.

This year was no different when over 10,000 people traveled to the Pima County Fairgrounds to celebrate three days of awards, honors and boisterous cheering.

Under the leadership of Linda Kubiak and Heather Stough, a committee composed of 45 volunteers began working on this year’s three-day Vail Pride Day immediately after last years finished. The first day of this year’s event began on Thursday, February 16th with a Volunteer Appreciation Luncheon. Each school and department recognized their “Volunteer of the Year,” selected from the 450 volunteers serving the District. Emceeing the event were Vail Governing Board Member Mark Tate and Cienega High School Volunteer Coordinator Amy Burton.

The second day found the 1,700 Vail employees standing and cheering as Arizona Governor Doug Ducey entered the hall and spoke of the importance of their role with students. From the podium, Ginny Graves pronounced the nominees and winners from each school for Support Staff of the Year and Teacher of the Year with perfect enunciation. On Saturday, February the 18th on what Vail Pride Day Leader Heather Stough described as a “blustery, windy, rainy day,” over 10,000 people came to the fairgrounds to model the District’s motto, “Where Education is a Community Effort.” Adella Ruiz and Amy Burton raised over $40,000 in community sponsorships to support the program. No tax money is expended for the program, making it truly a community effort.

The day’s program began with the Posting of Colors by the Cienega ROTC and the National Anthem sung by accomplished Desert Sky Middle School student Sophia Zamora. Megan Cloud’s Academic Jeopardy found teams from third to eighth grades from every school competed in categories geared around language, science, math, and the popular Vail Trivia. In a packed room, parents, grandparents, principals, and community members cheered for their students as Aron Schmidt and Ethan Hurley emceed the competition. At the same time in Thurber Hall 18 school band, choir, and orchestra performances were occurring throughout the day. Anka Mischel coordinated the music performances. Anka Mischel serves as Desert Sky Middle School’s exceptional music teacher.

Meanwhile, back at Old Pueblo Hall, students were participating in Math Bowl by teams. Brent Edwards and his Math Bowl Leaders have spent months preparing the students to compete in both locally, statewide and hopefully nationally venues.

The highlight of Vail Pride Day 2017 is the Awards Ceremony. Greater Vail Area Chamber of Commerce President Jeff Logsdon served as Master of Ceremonies. City of Tucson Councilwoman Shirley Scott presented the Board Community "Three Days of Pride" continued on Page 15
We're Listening

I am excited to announce the appointment of Lucretia Free as District 4 Greater Vail Representative. As my representative, Lucretia’s responsibilities will include serving as a liaison to connect you with my office for any issues you may have, and she will be sharing information I want to provide directly to you.

While you may have felt the Greater Vail residents were not heard clearly in the past, know that Lucretia’s appointment serves as a reminder that you have my attention. She will be reaching out to local organizations, homeowner’s associations, businesses and individual residents to listen to your concerns and will serve as your daily contact with Pima County government. As a valuable asset to our team, Lucretia and I look forward to what we will be able to accomplish with your support. Please communicate directly with her via email at lucretia.free@pima.gov or call her cell phone at 520 609-6233.

Many of you attended a community meeting at Andrada Polytechnic High School on February 2nd. Various departments of the State, County, and the City of Tucson were present, including representatives from Administration, Transportation, Sheriff, Attractions & Tourism and Regional Flood Control. The Tucson Police Department, Corona, and Rincon Fire Districts were also present. The approximately 120 attendees seemed to be concerned with Houghton Road conditions, congestion, road safety, and inadequate drainage.

Based on concerns expressed at the meeting, The Department of Transportation (DOT) has committed to the following:

1. Ordering of speed feedback signs: DOT will install new signs on Houghton Road; however, prior to installation of the signs, DOT must conduct a speed study to determine the optimal location of the signs, appropriate coordination with other departments and the process of procurement and installation. This should take about 4 months from start to completion.

2. Review of posted speed limits: DOT is investigating now and plans to have findings presented to the Supervisor’s meeting within the next 3 months. Preliminary data show most motorists travel at 60 mph, although the posted speeds are 45 to 55 mph. This suggests that speed limits should be reduced to 45 mph as a safety measure to reduce accidents. Changes to the speed limits require action by the Board of Supervisors and Tucson City Council.

3. Review DOT proposed expenditure of impact fees and prioritize those concerns shared by the community: These include road improvements and the addition of turn lanes and drainage issues.

4. Review potential funding sources for correcting two dips on Sahuarita Road. Correction of these dips would result in an alternative route to Houghton Road in the event of significant rain. Early cost estimates are $500,000. A funding source still needs to be identified.

5. Work with the City of Tucson on widening paved shoulders at the curve near Andrada. This may improve safety at the curve site of the recent fatality.

Please continue to share your views with us – together we can continue to make the Greater Vail region a wonderful place to live!!

Editor’s Note:

CONSTRUCTION ZONE

Building a Better Community

Will Be Back Next Month!

Ward 4 Update on Mary Ann Cleveland Way and Atterbury Wash Way

by Ward 4 Council Member Shirley Scott

Thank you to Lucretia Free, the publisher of the Vail Voice, for giving me the opportunity to share the status of the intersection improvements at Mary Ann Cleveland Way and Atterbury Wash Way. Unfortunately, incorrect information is being posted on social media forums regarding the status of the project, so I thought it was imperative to discuss the progress and commitment from the City of Tucson.

With the economy changing we are noticing an increase in development. South East Tucson has seen great improvements with the widening of Houghton Road, commercial development along Old Vail Road, Tucson Medical Center’s Rincon branch, and the housing industry starting to build new homes again. But with growth, comes challenges and that is what we are seeing at the intersection of Mary Ann Cleveland Way and Atterbury Wash Way. I have been a strong proponent of addressing the issues at this intersection and brought together a great team to help find a solution that works for the interim and future of Mary Ann Cleveland Way.

Thank you to the Vail School District, Diamond Ventures, President of the Rita Ranch Neighborhood Association Al Wiruth, and all of the City officials who have invested countless hours working on this project.

A traffic study was conducted and the intersection does warrant a traffic signal. The cost of the traffic signal is approximately $500,000 and will be in the fiscal year 2017/2018 budget. I reached out to various entities including the Regional Transportation Authority, Pima Association of Governments and Arizona Department of Transportation to help fund the project immediately; unfortunately, none were a viable funding option. The normal timeframe to install a traffic signal is around 24 months; however, the City Manager has directed the transportation department to start the design immediately and look for ways to expedite the installation. Please keep in mind the traffic signal is not made in Tucson. Once the design specifications have been identified the signal could take over 6 months before it is made and shipped to the City. Traffic engineers have discussed a roundabout for that intersection; however, I have my concerns based on two needs: we need a safe crosswalk across Mary Ann Cleveland Way to Esmond Station School and we need a break in traffic congestion along other parts of Mary Ann Cleveland Way especially near Empire School.

You may have noticed interim solutions to the intersection, including new larger signage and the removal of several trees to allow more visibility when approaching the intersection. The City will also install additional signage along Mary Ann Cleveland Way and add “mumble strips” along Atterbury Wash Way, prior to approaching the intersection. (A mumble strips alert drivers if they drift out of their lane. They are similar to the traditional rumble strips, but a quieter design).

I trust all of these actions demonstrate the commitment we have to address the situation. Thank you to the Tucson Police Department for their increased patrols along this road. We have seen too many recent accidents in our community. Together we must be vigilant drivers and adhere to posted speed limits. Driver safety is something we all share responsibility in. Educating younger drivers and paying more attention to our surroundings will reduce the opportunity for collisions and increase the safety for all of our community.
**HIGHWAYS AND BYWAYS**

**Building Better Roads for Our Community**

by Tom Howard

**Road Construction Update**

**Houghton Road/Over Union Pacific Railroad**

This project has been awarded to Pulice construction and will be starting sometime in March. An open house has been set for Thursday, March 2, 2017 from 6 PM – 7:30 PM at Desert Sky Middle School. 9850 E Rankin Loop, Tucson, AZ 85747.

**Arizona Department of Transportation Updates**

ADOT (Arizona Department of Transportation) Traffic signal installations

The project bid date for Houghton Road is set for bid on 3/17/17. This project will include traffic signals on both sides of the I-10. Ramp improvements and new signage are also in the plans. If the bid date holds and no extensions are needed, the project should kick off sometime the end of April. Stay tuned, much-needed improvements are coming.

**Craycroft & I-10**

Work continues as crews build the temporary bridge structure. Crews have completing dirt hauls and beginning the process of raising the grade for the temporary pavement that will soon become the detour route for traffic. Stay alert in this area, as trucks will be leaving and entering the highway as work progresses.

**I-19/Pima Mine Bridge Deck Rehab**

Bid opening Date 01/13/17. Low bidder for this project was a local company K E & G Construction, Inc. The low bidder is awaiting award by the Arizona Department of Transportation. Award to the contractor was set for 2/17/17. No further information is available from ADOT as of writing.

All ADOT advertisement dates are subject to change.

**Colossal Cave Road**

The contractor continues to progress with this project. Traffic has been switched to the middle of the roadway. This will allow crews to work along the shoulders and finish up driveways and sidewalks. The Union Pacific Railroad has begun installing the new railroad crossing warning lights. Work on the driveways for the local businesses is ongoing and may require temporary closures from time to time to complete. Please be alert for changes in traffic control as this project continues to take shape.

**Mary Ann Cleveland Safety Improvements**

The shoulder of Mary Ann Cleveland is now being prepared for paving for the safety improvements. Please be alert in this area. Crews are working daily on and off the roadway. Paving should happen in the area shortly.

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**The Vail Voice**

Phone: (520) 490-0962  Fax: (520) 398-7742

Publisher: Lucretia Free
lucretia@TheVailVoice.com

Editor: Mike Lavelle
editor@TheVailVoice.com
(520) 222-6617

Advertising: Audrey Moeller
audrey@TheVailVoice.com
(202) 230-4688

Art & Layout: Rick Keen
rick@KeenGraphicDesign.com

Photographer: Bel Colson
BelColson@yahoo.com

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www.vailmedicalcenter.com
Growing Pains

As I read the incoming articles, for this issue, I noticed that many of them address what I would call “growing pains.” In other words, Vail continues to grow, develop, and change. Unfortunately, growth often involves change, and experiencing both growth and change can be difficult. As more homes are built, traffic increases. As traffic increases, accidents and “near misses” happen more often. Increased vehicle traffic may require new traffic signs and lights, and roadway work; (as we have recently seen), and in the coming days on Colossal Cave Road.

However, Vail growing has some very positive aspects to it. It is not always painful. In this issue, you will read about the new Vail Depot Thrift Store, and all the good they are doing for the community. Each issue we report on the new local construction. Specifically, we have more stores located in the shopping plaza on Houghton and Old Vail Road. This, in turn, brings increased tax revenue to add to the budget needed for the Vail School district. More residents also mean more business for small businesses who do landscaping, home repairs, pool cleaning, medical care, car repairs, wine merchants, various home businesses and such.

As our Vail Pride Day coverage reflects, we have much to be proud of, and it is the good work of many people that helps us manage the growing pains common to towns like ours. Managing growth involves all of us being involved.

Submit your letter to the Editor at: editor@thevailvoice.com

Dear Editor,

I would first like to express my thanks to the Vail Voice for being exactly that. I appreciate its viability as a networking tool for area residents with which they may stay informed of the fast-paced change that seems all about us. A prime example of such utility would be the recent issue calling attention to water quality issues that are of utmost importance to us all. It was encouraging to read that our newly elected County Supervisor Steve Christy was on hand to “Quote” - The Voice, Asked the hard hitting questions.

A sizeable number of his constituents whose homes and lives are tied to this region encourage Mr. Christy to keep those hard hitting questions handy for future application of interactions with Rosemont Mining Executives. Pre-elections: The “Voice” ran profiles of all hopeful candidates for local office, Kudo’s again, Vail Voice. It was there I noticed that Mr. Christy is a supporter of the Rosemont Mine development? Of course, it was the very same time that Mr. Cristy’s signs were dotting roadways reminding us that Steve knows this, and that, and a few other things too. The particular sign however that most often caught my eye was “Steve Knows Business.”

I couldn’t help but think that these two schools of thought in Mr. Christy thinking were very much at odds with each other. It would seem that if you knew business, you would support those you represent in the protection of their environment and their right to access clean water. We are witnessing a change in our times as more choices come together with respect to sustaining a quality environment for our families into the future. Tucson and surrounding area have long been a place on the map where many love to touch down and bring their pocketbooks with ‘em. The unique qualities of this valley and sharing that with so many is far more dollar friendly than a hole in the ground, and the bad water that will accompany it. After taking the time to consider a bigger picture, I as well as many others will welcome Mr. Christy standing with us in support of clean water and the strong economy that will only be possible with it.

Royce Davenport

Dear Editor,

Imagine you have just returned home after a two-week vacation. You wake up in the morning after a late night return, and head to the kitchen for that well needed first cup of coffee. As you look out at your mountain views through the six windows located across the back of your house you stop dead in your tracks. There is a huge second story addition, taking place right in the middle of the landscape. Where prior to your holiday this single story house was not even visible, there is now framing for an addition that far exceeded the horizon line and any other home in its surroundings. I felt like I had been bally punched. First, you are in shock, then you are confused, then it starts to hurt and then finally you get angry. I’ve reached that “get angry” stage. Where was our HOA, what were they thinking and why were they not protecting our interests in our master planned community?

I live in the gated community of Wingview at Del Lago. I purchased my Pepper Viner home on the Bluff in 2004. I paid extra for my views, this is a premium lot. At that time the homes in the all single story Genesee subdivision that backed up to the golf course had been built.

I called my neighbors here on the bluff and asked if they had ever been contacted by the Architectural Committee (ARC). No one had been contacted and they were all as shocked and concerned as I was. I contacted the management company and was told that we should all write letters to the ARC. I requested minutes from the meetings of the ARC that pertained to this addition. When I finally did get them, I found that only the minutes from the August meeting made a short reference to the owner presenting his plans, a meeting was to follow with the committee and homeowner at the site and the HOA attorney consulted. The additional minutes, which went through December, never mentioned anything again about this proposed addition. Where are the minutes from the meeting with the attorney and the homeowner, where is the approval of the ARC, who voted for it, where is the discussion on the implications of such a request, why were more questions not asked, what kind of research was done to determine if such a thing should even take place in a planned mature development? The vision for the community as stated in the CC&R’s says that the size of residential units, architectural design, and in particular, the regard for the harmony of the design with the surroundings, structures, and typography should conform. A home that is like no others in its neighborhood, that obstructs the views of a number of its neighbors, takes up the entire lot, and comes to within 10 feet of the golf course, is not in keeping with these guidelines.

Christine Bruhn

"Letters to the Editor" continued on next page
Dear Editor,

My wife and I have been residents of Vail for 4 years. We moved here for several reasons. One of the reasons was because of the high rating of the school district. We recently had our parent teacher conferences. We were told by a teacher that our child would have failed a class, so the teacher changed the grade so she would pass. Also, that she did not do very well in spelling and that she would be using computers mostly and spelling was not important. Her grade was changed in spelling also. We were told by our son’s teacher a few years ago that he would be reprimanded for failing a student. What are we teaching our kids? Is this what we want for our future? I am ashamed of the school district for encouraging this behavior. This district is not as good as they look on paper. You can paint a car to look brand new but if you can’t drive it what is the point of having it? That is what is happening in the school system. Our kids are not getting the education they deserve, but the school is looking like one of the best in the state. Just something to think about.

Robert Priest

Dear Editor,

My family, children, grandchildren, great grandchildren, in-laws and father of my children have lived in this area (Vail) since before the 1930’s. I have lived here for over 20 years. My concern, and of many residents also, is that Vail is becoming very overcrowded, but our roads are not keeping up with the population.

Colossal Cave Road out to I-10 is one and Old Spanish Trail north to Escalante or East 22nd is the other. Colossal Cave is being upgraded in front of St. Rita’s Church and in front of two Vail School District schools and between the tracks, down to Walgreen’s and Mary Ann Cleveland. In the past, not long ago, I attended a meeting about the “roundabouts” that were to be installed at the entrance to Rancho del Lago and Camino Loma Alta; two of them, one block apart. I am sure that all the truck drivers that zoom by on Colossal Cave Road carrying sand, gravel, concrete, mobile homes, etc. did not attend any of those meetings. They will love those “roundabouts” as they zoom east on Colossal Cave Road. One early morning, about 7 AM, I drove to Camino Loma Alta and turned North, waiting at the stop sign were 20 cars - I counted them, waiting to turn west to probably get onto I-10. I would assume that the entrance to Rancho del Lago had as many cars also.

Many years ago, when Mr Don Diamond had already built Rocking K Ranch and wanted to build another addition South of Saguaro National Park East near Rincon Creek, he was instructed then to avoid congestion in the area, to open up Valencia from Houghton to Old Spanish Trail. Just think what a relief that would be for drivers in the area? Valencia would have come out just south of his Vulcan Sand & Gravel place that emits dust and noise for all the residents around that area. This entailed him building a bridge over the Pantano Wash, and there it ended because it was too expensive for him. His addition was never built, the economy was not good. Now Pima County has again given him the okay to build a subdivision by Camino Loma Alta, with freebies. Nevertheless, “odd vote will create even more congestion!”

Mr. Don Diamond should be made to follow thru with building Valencia from Houghton to Old Spanish Trail before he is given the go ahead on his subdivision. This goes for all Board of Supervisors and their boss Mr. Huckelberry.

Annie M. Lopez

Dear Editor,

It has been no surprise to those who live in Mountain Vail Ranch that the cogwheels of government would move ever slowly when it came to putting in a stoplight at Mary Ann Cleveland and Atterbury Wash Way. For over two years we have been fighting to place a stoplight at the intersection and the statistics back it up. Since January of 2016 through the year to date, there have been ten preventable accidents at this intersection. Two involving Vail school district buses and one had students on board.

We have seen the traffic counts build up just as Vail has built up with new subdivisions on the three-mile stretch of Mary Ann Cleveland between Empire High School and Cienega High School. The traffic studies conducted at this intersection show that a traffic signal is warranted. With the continued growth the issue of accidents at this intersection isn’t going away any time soon, as traffic is sure to increase on Mary Ann Cleveland.

The sense of outrage for local area residences has grown as each accident happens. The intersection has become one of the area’s most dangerous intersections and local’s in the area, including myself, have been asking the city for help in cutting through the red tape when it comes to making this intersection safer. For me, it’s been a learning experience into the politics of our local government. Advocating for something to be done as when you live so close to the problem and you see serious accidents on a bi-monthly basis, the frustration builds up especially when kids are involved.

The heart of the problem is the intersection is poorly designed and as you approach the intersection, you can often blow past the stop sign’s in place, without knowing it. A stop light will give a visual indicator and provide a mental indication that one must stop as someone is less likely to blow a stop light versus a stop sign. It will also allow for traffic to clear the intersection in a safer manner during peak hour times. This is another growing issue as the community continues to grow and the peak traffic flow increases on Mary Ann Cleveland.

It is no secret that Vail is a growing community and with that the problems are out growing the pace that our elected representatives can keep up. At the same time, projects like Mountain Vail Ranch have been on the books for so long that our representatives should have realized the incoming demand that area would experience and accordingly adjusted incoming tax dollars in order to support the growing community.

Both taxpayers and city representatives need to do their part. One solution to help fund the
Ocotillo Ridge Elementary School Band and Strings Group Performs for Local Seniors

The Band and Strings Performing Arts group, from Ocotillo Ridge Elementary School, shared their musical talents with the residents of Del Webb. Students reported that they were excited and nervous as they took the stage for the second time in front of an audience. Mrs. Tanner, Music Teacher at ORE, thanked the residents for their continued support of the music programs at ORE.

News for Military Veterans

A new program will begin in 2017. Veterans can apply for an identification card directly from the Veterans Administration. This card will allow veterans to obtain discounts at businesses that offer veteran discounts. However, it does not provide proof of eligibility for federal benefits. For more information, https://www.va.gov/

Also, DD-214’s are now available online. The National Personnel Records Center (NPRC) has set up the following website for veterans to obtain their DD-214s: http://vetrecs.archives.gov or www.archives.gov/veterans/military-service-records.
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March 2017 7
Vail Pride Day

by Stacy Winstryg

Vail Pride Day is one of the best and most celebrated events in our wonderful Vail community. It is such a pleasure to see the children’s accomplishments through their artwork, music performances, and academic competitions. Congratulations to all the award winners for Teacher of the Year, Support Staff of the Year, Volunteer of the Year, etc. Education truly is a community effort in Vail.

Making this year’s Vail Pride Day especially memorable was the presence of Governor Doug Ducey at the Staff Awards ceremony. The Governor presented nine awards at the event. After presenting the awards, Governor Ducey spoke directly to the entire Vail staff. He began by quoting Frederick Douglass. “It is easier to build strong children than to repair broken men.” The Governor went on to say, “You are building strong children. We will have a better state, nation, and world because of the work you are doing.” As a thank you, the Vail Parent Network had the privilege of presenting a gift basket full of Vail School’s spirit items to the Governor.

The Student Award Ceremony on the following day was packed with notable and influential elected officials. Senator David Bradley, Senator Gail Griffen, Representative Drew John, Representative Becky Nutt, Supervisor Christy, and Councilwoman Shirley Scott were all there to congratulate students and present awards. Each one of them spoke of their dedication to our area and to the Vail School District.

As always, the Vail Parent Network encourages you to join us and get involved on behalf of Vail’s children!
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thevailvoice.com  March 2017
Virgo and Jupiter Rising

Is it so much, and yet the morn not up?

See yonder where the 'shame-faced maiden comes

Into our sight, how gently doth shee maiden comes

See yonder where the 'shame-faced Virgo and Jupiter

Skyward...

With David H. Levy

With these five lines, an adventure begins in the first months of the new year of 2017.

When I was in my senior year of high school, I got the distinct impression that my father would probably disown me if I did not try to inherit his love of Shakespeare. Even though I was still too young to appreciate clearly what Shakespeare was all about, it was not difficult to follow his advice. I grew to love Julius Caesar, and I adored Macbeth. And as Dad became aware that I was enjoying Shakespeare, he even suggested that other seventeenth-century writers were also worth my attention. To cite an example, he introduced me to Beaumont and Fletcher. I politely ignored him, though now I wish I hadn’t.

About a decade ago, while writing my Ph.D. thesis on the night sky in this period of English Literature, I rediscovered one of the duo’s first plays, possibly the first they wrote together: The Woman Hater. In the very first scene, there is a detailed comment about the constellation of Virgo.

I was particularly impressed with this allusion, not so much for its literary impact as for the idea that except for the bright star Spica, Virgo is one of the dimmest constellations in the sky and hardly worth notice. However, I soon learned that in 1605, when the play was most likely composed, Virgo entertained a special neighbor. The planet Mars was close to Spica. Like two different-colored eyes, Mars and Spica completed the wedding face of Virgo.

As 2017 opens, Virgo is once again complemented by an intruding planet. This time the world is not Mars, but Jupiter, the largest planet in the solar system. By the time you read these words, Jupiter and Spica will be in the southern sky most of the night. To see them, just look toward the southeast for the second-brightest object in the sky. If you train a telescope on Jupiter, you will notice its four largest moons surrounding it—Io, Europa, Ganymede, and Callisto. And Spica will be close by. The “vaile of blushes” surrounding her face will not be red, like Mars, as it says in the play, but Jupiter offers an excellent substitute.

This winter and spring, we get the chance to see and understand the relation between the night sky and literature in a real way. It is likely that either Beaumont or Fletcher actually saw the rising of Virgo and Mars in December 1605 around dawn. And now, as you get to see the 2017 version, may you appreciate how the sky is an enduring thing that has spanned centuries of humans who have seen much the same sky that we see and, despite the passage of millennia, ask much the same questions we ask.
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First Master-Planned Community in 20 Years for Tucson is in Vail - La Estancia

by By Karen Shutte, Real Estate Daily

La Estancia, the first master-planned community in over 20 years for Tucson is being developed by Scottsdale-based Sunbelt Holdings in the Vail area. Housing demand in the Vail area, especially along the I-10 corridor, is strong because of the convenience for workers from Raytheon, University of Arizona Tech Park, DM Air Force Base, and Tucson International Airport, all within 10-15 minutes of jobs and 5-10 minutes to shopping at the new Houghton Town Center and Downtown Tucson for more jobs and more shopping.

Located between Wilmot and Kolb north of I-10, the community has been carefully planned from its inception to detail. The 565-acres will include up to 2,500 homes and a commercial component at full build out.

La Estancia offers a mix of affordable housing but begins first and foremost by setting aside a portion of the community for natural or enhanced open space, linear parks, pedestrian trails, bike paths, environmentally-friendly recreational facilities, and preserved desert wildlands, all integral to the community’s design. The Julian Wash Linear Park, running along the northern portion of the community provides additional trails that will eventually link La Estancia residents to downtown Tucson.

A large park is strategically planned near the center of the community that will encompass several acres and will include a rec center with pool, splash park, shaded playground, multi-purpose field, picnic area, shaded tot lots, and ramadas.

“La Estancia’s park is a signature amenity, offering a hub of connectivity, that fosters a sense of community for residents,” said Bob Bambauer, senior vice-president of Sunbelt Holdings and general manager for La Estancia. The community will build out from this centrally located park to accommodate a variety of single family housing types and styles, that borrow from southwestern architecture.

Meritage Homes has the first 195 home neighborhood going vertical at La Estancia and has already sold 60 homes, ranging in price from the low $200s to $300,000. Briana Radar, Forward Planning Manager at Meritage, told us the homebuilder looked at other eastside communities, but concluded that although they were all ‘good’, La Estancia amenities would have all these, plus more. Something that differentiates La Estancia from other communities, will be ‘brand, product, location and price point’.

“A new master planned community is a huge event for Tucson,” said Will White of Land Advisors Organization in Tucson. “The timing is also very good for the new home market was off to a strong in 2016 and continues with 70% more home permits issued than the prior year. We are currently in discussions with multiple homebuilders for La Estancia. The demand is getting stronger as homebuilders can see the level of quality that Sunbelt is putting into the community,” White added. White represented Sunbelt in the initial land acquisition and continues to represent the developer and community to homebuilders.

Sunbelt is a recognized leader in real estate development, management and investment throughout the Southwest since 1979. Over the years, the firm has gained an understanding of the area’s unique characteristics that only time and experience can teach. Sunbelt entered the local market more than 30 years ago with a strong presence in commercial development and asset management. Early projects like the Phoenix Gateway Center remain successful icons. Recent acquisitions of turn-around assets have provided unique opportunities to add value in the ‘Class A’ office market with the Marina Heights project in Tempe, the largest office development in the state with 2-million square-feet, and the PV303 industrial project in the West Valley. Sunbelt also developed some of the Valley’s most beloved residential communities, including McDowell Mountain Ranch in Scottsdale, Power Ranch in the East Valley and Vistancia in the Northwest Valley. In all, Sunbelt has developed more than 50,000 acres of land during the past 30 years. For more information, please visit www.sunbeltholdings.com.
Why Should My Dentist Care If I Snore?

At Desert Dental, our comprehensive new patient examination is, well, comprehensive. Some of the questions we ask patients may be a first for them at a dental appointment. Here’s a great example of a question most patients haven’t heard from a dentist:

Do you snore?

There are several reasons why your “mouth doctor” should ask. A dentist has a front row seat to your airway. Snoring is a common finding, it is often an indicator of a health problem. Obstructive Sleep Apnea is an example of sleep disordered breathing that many patients suffer from because it’s 90% undiagnosed. The long-term health effects of these conditions are serious.

Sleep disorders can negatively affect your teeth. Patients who snore sleep with their mouths open can suffer from dry mouth. Saliva protects our teeth from decay and our gums from inflammation. If your mouth is dried out all night, your body isn’t protecting itself with its own natural defense system.

Common signs of sleep apnea include:

- Drowsiness during the day
- Personality changes/ irritability
- Weight gain.
- Difficulty staying asleep
- Snoring.
- Awakening with a very dry or a sore throat.
- Morning headaches.

So what should you do? Visit us and get screened. If you are suffering from any of these symptoms, it’s a good idea to share these findings with your physician and your dentist. Together, they can make recommendations that may not only improve your dental health and overall, it may also save your life. If you need a dentist that can serve your smile and health in Rita Ranch we would love for our practice to be your dental home.
Once you’ve made your selections, you’ll feel good checking out. Not only are the prices reasonable, but the money spent in The Depot goes directly back into the community. The profits are split two ways: One part goes to the food bank and another part goes to the Vail Education Foundation.

Although The Depot is off to a strong start, it isn’t enough to support all of the financial needs of the ReSources food bank. ReSources is looking to double sales at The Depot and raise $98,375 to pay for things such as rent, inventory, and the single employee’s salary.

The tagline of ReSources is “Neighbors Helping Neighbors.” To become a neighbor helping another neighbor, shop The Depot and consider writing an extra check to help this new 501(c)3 organization succeed. Visit ReSourcesVail.org to donate and learn more.

The Vail Depot Thrift Store’s Doors are Wide Open

by Kimberly Crossland

If you drive along Colossal Cave road, you’ve probably noticed the sign, “Come In! We’re Open!” This sign is for the Vail Depot Thrift Store, run by Greater Vail Community ReSources (ReSources for short).

A volunteer, who is happy to show you around, will greet you as you walk in. You’re sure to find something you need! There is a small room dedicated just to kids clothes and toys. There is a large bookshelf with reading options for all ages. There are games, appliances, artwork, luggage, and more. There is also a large assortment of clothing.

Every trip into Vail’s newest and only thrift store is unique because the inventory is constantly changing.

Vail Resident Ev Campbell is ready at the register.
Three Days of Pride continued from Page 1

Award to Terry Newman, owner of Rita Ranch Automotive and Tire. Each month Terry Newman selects a different Vail school to receive a percentage of his month’s profits.

new statewide achievement test, said Vail School District Deputy Superintendent Debbie Penn.

Arizona State LD14 Senator Gail Griffin presented the ACT Awards also to students from Vail’s four High Schools. ACT is a standardized exam in the United States accepted by all four-year universities and colleges, explained Deputy Superintendent Penn. All juniors in the Vail School District take the ACT to measure high school students’ general educational development and their capability to complete college-level work in English, math, science and Reading, she said.

Arizona House of Representative from LD14 Member Becky Nutt presented the Academic Jeopardy Awards from the day’s competition. Competitions are held at each school to determine the winning team to compete at Vail Pride Day.

Arizona Senator LD10 David Bradley introduced Arizona House of Representative from LD10 Kristen Engel and presented the awards for the Science Showcase. These winning students will go on to

"Three Days of Pride" continued on Page 16
Community-wide Patio Sale Scheduled at Academy Village

A giant community-wide patio sale will be held Saturday, March 25, at Academy Village, off Old Spanish Trail at 13701 E. Langtry Lane. Proceeds from the sale, scheduled from 8 AM until 2 PM, support activities for residents of this 55+ active adult community.

Sale goods will be organized into 10 categories: clothing, shoes and jewelry; electronics and office supplies; exercise and sports equipment; indoor and outdoor furniture; garden and yard; household (including linens); kitchen (dishes, pots and pans, small appliances); media (audio, video, books); holiday decorations and knick-knacks; shop equipment and tools.

In addition to filling the patio between the community center and the Arizona Senor Academy Building, sale goods will also be displayed in the center's activity room and small dining room.

A large cadre of community residents volunteer to move and organize the sale goods and staff the big event.

This is expected to be the community’s sixth highly successful sale since they were begun in 2004. More than 600 patrons attended the last sale in 2013 that netted nearly $5,000 after expenses.

Cienega High School Presents “Rock of Ages”

80's music aficionados, rejoice! Cienega High School is proud to present “Rock of Ages: High School Edition” on March 31st and April 1st at 7:00 pm. Cafeteria doors open at 6:30, general admission is $10, and students and staff are $7. Directed by Jessica Armistead and Jeremy Vega, Rock of Ages is the product of the hard work and dedication of the Cienega Show Choir and Advanced Drama students. Come join us for a night of rockin’ your face off! Presented with permission from Samuel French Publishing.

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Early Bird Entry is Extra Rewarding

Early Bird Prize #1
2017 Toyota 4Runner 4x4 SR5 + Greece Vacation + $16,000 Cash
$67,000 Value

Early Bird Prize #2
2017 Toyota Avalon XLE + French Polynesia + $15,500 Cash
$64,000 Value

Enter By: Midnight March 9

Tickets $100 or limited 3-packs for $250
3-packs sold out early last year - don't delay!

Plus over 2,500 more prizes!

Enter at TMCmegaRaffle.org or 1-800-395-8805

DEADLINES:
EARLY BIRD ENTRY: Midnight, Thursday, March 9 | FINAL ENTRY: Midnight, Thursday, March 30
Daily Ongoing Events*

Through March 6

All Day - Girl Scout Cookie Sale - Girl Scout Cookies will be available for sale. Please contact your local scout, or look for a booth with the cookie finder website, http://www.girlscouts.org/en/cookies/cookies.html - $5

* These events occur on a daily basis. For complete listings, visit thevailvoice.com/events/.

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Wednesday, March 1

3:00 PM - Video on “Saud Arabia in Transition,” produced by the Foreign Policy Association, followed by a discussion led by George Scholz, Academy Village resident and former foreign service officer with the State Department, @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Thursday, March 2

3:30 PM - Video of lecture by Keith R. Dienes, U of A professor of physics and mathematiccs, “Rethinking the Rules of Reality,” (presented earlier in the U of A College of Science lecture series Rethinking Reality), @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Saturday, March 4

9:00 AM - CLV MOPS Spring Fling Carnival fundraiser helps to support the local CLV chapter of Mothers Of Preschoolers (MOPS), @ Christ Lutheran Vail, 14600 E Colossal Cave Road, Vail - FREE

Tuesday, March 7

11:30 AM - Concert by award-winning marimba player Trevor Barroero and percussionist Dan Kruse, @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Wednesday, March 8

9:00 AM - Video on “Saudi Arabia in Transition,” produced by the Foreign Policy Association, followed by a discussion led by George Scholz, Academy Village resident and former foreign service officer with the State Department, @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Thursday, March 9

3:00 PM - Video on “Latin America’s Political Pendulum,” produced by the Foreign Policy Association, followed by a discussion led by John Evans, Academy Village resident and retired clinical psychologist, @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Friday, March 10

4:00 PM - Book talk by author Joe Hayes, “Tales of the Southwest,” @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Thursday, March 16

3:30 PM - Video of lecture by Feryal Ozel, theoretical astrophysicist and professor of astronomy and physics, “The Journey to the Extreme” (presented earlier in the U of A College of Science lecture series Rethinking Reality), @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Friday, March 17

ST. PATRICK’S DAY

Tuesday, March 21

11:30 AM - Recital by bassoonist Martin Van Klompenberg @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Wednesday, March 22

9:00 AM - Voyager RV Resort Market Daze/Farmers Market @ Voyager RV Resort Market Daze/Farmers Market, 8701 S Kolb RD, Exit 210, I-10 & Kolb Rd., Tucson - FREE

Wednesday, March 23

8:00 AM - 2017 SBIR/STTR AZ Regional Summit @ RadissonSuites, 6555 E. Speedway Blvd., Tucson - $80 to $100

Thursday, March 24

8:00 AM - 2017 SBIR/STTR AZ Regional Summit @ RadissonSuites, 6555 E. Speedway Blvd., Tucson - $80 to $100

Saturday, March 25

8 AM to 2 PM - Giant community-wide patio sale with proceeds supporting activities for seniors at Academy Village, off Old Spanish Trail at 13701 E. Langtry Lane

Tuesday, March 28

11:30 AM - Concert by Run Boy Run, the Telluride Bluegrass Festival winners, featuring 3-part female harmonies with virtuosic fiddle, mandolin and cello, @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

6:30 PM - Lifetree Cafe - “The Mystery of Music,” @ Hacienda Cafe at del Lago Golf Course, 14155 E. Via Rancho del Lago, Vail - FREE
Wednesday, March 29
2:30 PM - Illustrated lecture, “Hidden Ireland” by Ann Quinlan, native of Ireland and founder of Spiral Journeys, an organization that arranges unusual cultural experience visits to Ireland, @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Thursday, March 30
3:30 PM - Lecture on “Home Safety” presented by a representative of the Rincon Valley Fire Department @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Saturday, April 1
11:30 AM - Concert featuring violinist Michael Fan and pianist Daniel “Sly” Slipetsky performing classical/jazz crossover music, @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Tuesday, April 4
11:30 AM - Concert featuring early choral music by Collegium Musicum @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Wednesday, April 5
2:30 PM - Presentation on “Water Harvesting Options in Academy Village,” moderated by Joe Helgert, village resident and professor emeritus, Grand Valley State University, @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Sunday, April 6
3:00 PM - Video on “Prospects for Afghanistan and Pakistan” produced by the Foreign Policy Association, followed by a discussion led by Fred Volkman, Academy Village resident and vice chancellor emeritus at Washington University, St. Louis, @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Tuesday, April 10
7:30 PM - Concert featuring early choral music by Collegium Musicum @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Wednesday, April 12
3:30 PM - Lecture (followed by discussion) on “The Constitution and Federalist Papers, Part 5 - Conclusion and Current Issues” by Jed Kee, Academy Village resident and professor emeritus of public policy and public administration, George Washington University, @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Thursday, April 13
3:30 PM - Lecture by Richard Hanson, professor emeritus of the U of A School of Theatre, Film & Television, “Over the Rainbow - Songs of Conscience and Hope” @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Saturday, April 15
10:30 AM - Presidio Museum and Tucson Museum of Art and Historic Block - Presidio District History Tour, @Presidio San Agustín del Tucson Museum, 196 N. Court Ave. Tucson - $40

Tuesday, April 18
3:00 PM - Vail Chorale Spring Concert “Salute to American Composers.” @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - Free admission, donations welcomed. More info at www.thevailchorale.org.

Monday, April 17
11:30 AM - Recital by award-winning pianist Aryo Wicaksono, membership Manager for Chamber Music America, the national network for small ensemble music professionals, @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Wednesday, April 19
3:30 PM - Video of lecture by Pierre Meystre, U of A professor of physics and optical science, “Domesticating the Quantum” (presented earlier in the U of A College of Science lecture series Rethinking Reality), @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Thursday, April 20
2:30 PM - Lecture by Leslie Tolbert, U of A professor of neuroscience and cellular and molecular medicine, “The Neurobiology of Taste and Smell,” @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE

Thursday, April 27
3:00 PM - Lecture by Emily Verdugo, program coordinator for the American Friends Service Committee of Arizona, “‘Community Cages: the Privatization of Our Criminal Justice System,’” @ Arizona Senior Academy, 13715 E. Langtry Lane, Tucson - FREE
Haley Harris, partially obstructed, scores on this kick in the first round playoff game.

Cienega pitcher Anicela Parra winds up and throws against Apache Junction.

Senior NaKeva Mack #20 dribbles low and through two Ironwood defenders.

Senior Darius Williams hangs in the key and scores two points against Buena.

Cienega High School

More of Mark’s photos can be seen on our website: www.thevailvoice.com

Mark Hutchinson and his spouse Annette are relocating from Pennsylvania to Vail. For years he has photographed local school sporting events and provided those photographs to the students, parents, and schools. Mark is a strong advocate of building the self-esteem and confidence of student athletes. His photographic "action shots" connect the students and parents long after the sporting event is over.

Empire High School

Junior Jack Plouck drives past a Sahuarita defender for two points.

Senior Cheyenne Owens passes the ball inside during the Ravens big win over Catalina.

Empire pitcher, Drake Bannerman, throws against Cienega on Saturday, Feb 18th.

Softball pitcher for Empire, Emylee Perry, winds up against Sahuarita.
Spring Has Almost Sprung in the Garden

by Elizabeth Smith, Director of The Community Gardeners

As the days continue to grow warmer and longer, it’s easy to spend time in the garden anticipating spring’s renewal. While you are enjoying the sunshine and warm breezes, take stock of what trees or plants might need some trimming. Has anything been damaged by frosts? Is anything dormant and brown? Are your deciduous trees still bare? Deciduous trees (trees that drop their leaves) can be pruned now when you can easily see all the branches. Pruning will encourage fruit production, eliminate deadwood and help create a more pleasing shape. Pruning will also encourage new growth that will be damaged if we get a few more cold snaps, so hold back on frost sensitive plants like bougainvillea, oleander, rosemary and cacti.

It’s difficult to say when spring will be here to stay, but old-timers believe it’s when the mesquite trees leaf out, usually indicating no more cold nights. Now is the ideal time to amend your garden beds and trees too. All fruiting trees and soil that will have edibles will benefit greatly from the addition of a well-balanced fertilizer, preferably organic. But just like we need more than just protein, carbohydrates and fats, plants need more than just nitrogen, phosphate and potassium (NPK), so amend your soil with minerals like Azomite and mycorrhizae (beneficial fungi and bacteria). Remember, if you feed your soil properly, your plants and trees will be very healthy and productive. For a more detailed look at how to prune deciduous trees, take a look at our video on YouTube.com/RitaGardens.

If you would like to see local gardens up close, join us for our 5th Rita Ranch Garden Tour coming up on Saturday, April 22nd from 10 AM - 3 PM. See The Vail Voice Calendar for more details or go to www.facebook.com/RitaGardens, RitaGardens.org, or email us at: TheCommunityGardeners@gmail.com, or call/text us at 520-591-2255.

“The Shack” is Coming to Vail

Have you read the best-seller “The Shack?” In this book, a father tragically loses a young child and he subsequently has a remarkable personal experience with God. Lionsgate has made the book into a movie that releases on March 3rd. In Vail, our Lifetree Café will show exclusive footage of the movie in a one-hour session called “Meeting God, Face to Face” on March 7th at 6:30 P.M. The movie scenes will be used to spark a conversation on how we each perceive God and possibly how our perception has changed over time.

“Recent surveys show that 90 percent of Americans say they believe in God, but there is little consensus on how God interacts with humanity,” says Lifetree Café representative Craig Cable. “We’ll take time to examine different viewpoints people hold and how their views impact their lives.”

Lifetree Café is a comfortable place and time to gather weekly to explore life. It looks and feels like the kind of place you’d typically meet a friend for food, drink, and fun. Where the atmosphere encourages conversations, questions, and personal stories. Every Tuesday, the Vail Lifetree Café gathers friendly people at 6:30 P.M. at the Hacienda Restaurant at del Lago Golf Course to experience the intriguing stories of life around us. There is a fearless non-judgmental conversation in small groups where everyone’s opinion is respected. It is free to the public and snacks are provided.
## BUSINESS AND PROFESSIONAL SERVICES

**Tucson Grill Cleaning LLC**  
Local, award-winning grill cleaning service, dedicated to getting your barbecue grill pristine. Parts, repairs, advice are part of our repertoire. For A Clean Grill Of Health call 245-7967. Google us!

**Victory Alarm LLC**  
Installing, servicing, and monitoring alarms in Vail for 15 years. Month-to-month agreements with no credit checks. Licensed and insured. 520-647-3169. [www.victoryalarm.com](http://www.victoryalarm.com)

**2 Guys & A Sponge**  

**Andy’s Irrigation**  

**Bright N Shiny Window Cleaning**  
Honest, efficient, reliable! Clear, streak free windows. Tracks and screens cleaned; mineral stains, re-screening. On time or I will call. Choose the best! Please call Eric at 520-730-3637

**Haul ‘N’ Otis**  
A local tractor and hauling service offering trenching, grading, hauling and clean up. Large dump trailer and Bobcat with all attachments. Otis has 27 years of experience in precise grading, landscape projects, demolition, excavation, pool fill ins, arena work, utility digs, new construction and more. We make your tough projects manageable. Tight access specialty. Otis 520-419-9501.

**I will weed, trim and prune your bushes, trees and roses.**  
General cleaning and painting services. Very reasonable rates! Call 520-971-1801.

## PERSONAL SERVICES

**Professional Housecleaning**  
Insured and bonded. [**$90.00**] CLEANING SPECIAL. Serving the Vail area for over 20 years. Call for detail. Kris Sanchez, Maid 4 U Cleaning. 520-647-0929

**VIGA TAILS, WOOD BEAMS, LOG POST COLUMNS, REPAIRED OR REPLACED**  
We offer a protection system against the elements. Work guaranteed. Bill DeHaven Painting and Home Repairs. Bonded & Insured. 520 448-2169

**Professional Landscaping**  
Lawn care, trimming, hauling, maintenance and more! Licensed and insured. Call today for a free estimate! 520-207-3206

**Calling all Stylists, Barbers, Makeup/Permanent Makeup Artists, or a business that pairs well with the beauty industry. Styling Etc. has Salon Suites for lease in Rita Ranch. Call Linda for details. 520-247-5901**

**THE ARIZONA WATERMAN**  
Water heaters, Whole house water treatment systems, Water softeners, RO Systems, Repipes, Water mains 520-390-5525 arizonawaterman@gmail.com [www.arizonawaterman.com](http://www.arizonawaterman.com) All work done under ROC K-37 287403

## FOR SALE

**FOR SALE: 1994 HORNET 30’ 5th WHEEL IN BEAUTIFUL SHOW LOW AZ. YEARLY 6 MONTH RENTAL (MAY-JUNE) ASKING $11,300 OBO. LOTS OF EXTRAS. CALL 520-834-7333 (MSG) FOR INFO. PLEASE, “BUYERS ONLY”!”

## New Cinderella Miss for Pima County

**Civano Exercise Studio**  
Stretch+Strength, Pilates and Aerobics weekday classes in an open club. Instructor focuses on student safety and fun. Studio is behind Civano Coffeehouse, 5278 S. Civano Blvd. Call Susan 270-4440; [www.tucsonstretch.com](http://www.tucsonstretch.com)

**Busy Bee Reading Remediation**  
Is your child struggling with learning to read? I can help. I have 22 years experience as a reading intervention specialist. Contact me today to schedule a free assessment. 928-965-5411

**Congratulations to Lucabella LaEace, a 12 year old student at Old Vail Middle School. She is the New Cinderella Miss for Pima County, crowned on January 15th, 2017 in the annual Cinderella Pima County Pageant. She competed against young ladies from throughout the entire area.**

Over the next year, Lucabella LaEace, of Vail, will represent Pima County Cinderella organization through charity and community service. This includes visiting a nursing home, collecting items for “adopt a family” at Christmas, appearing in parades and spreading the word about the organization itself. She is excited to spend the year with her Royalty Sisters, each from Pima County.

Lucabella and her Royalty Sisters will compete for the privilege of representing the state of Arizona in June 2017 at The El Conquistador. Should she win in June, she will continue on for the title of International Miss in Dallas TX in July of this summer. She is also looking for support through sponsors, donations and words of encouragement. If you see her, please wish her luck!

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### Advertise in VAIL VOICE Classifieds

**To place an ad call:** 520-490-0962

**They Get Results!**
March is one of the most active months for gardeners in Southern Arizona, and many of the chores we busy ourselves with this time of year will set us up for success through the tougher weather to come. Insects are active, weeds are plentiful, and many of our favorite plants are ready to be pruned or planted! Stay ahead of the curve with this month’s gardening checklist.

**What to plant in March:**
- Plant warm season annuals.
- Sow warm season annual seed (cosmos, gaillardia, Mexican sunflower, sunflower, zinnia, and hollyhock).
- Plant amaryllis, caladium, calla, crinum, manfreda, and spider lily near the end of the month (when soil temperatures are above 65°F and air temperatures are steady above 70°F).
- Plant warm-season succulents now through May.
- Plant citrus and shade trees.
- Plant ornamental grasses now through May.
- Plant spring and summer flowering perennials.
- Sow seed of black-eyed peas, cucumber, melons, okra, amaranth, basil.
- Set out sweet potatoes, and Jerusalem artichokes.
- Plant tomatoes now and then peppers and eggplant before mid-month.

**What to fertilize:**
- Fertilize newly planted annuals after 2 weeks, or when they start showing signs of new growth.
- Fertilize overseeded lawns with high-nitrogen or a complete balanced fertilizer, but refrain from fertilizing a bermuda lawn that isn’t overseeded.
- Fertilize shrubs once in spring and again early in fall.
- Fertilize summer-growing herbs with a low-nitrogen plant food.

**General Chores:**
- Cut back prickly pear and cholla if they’re overgrowing their spaces. Treat cuts with dusting sulfur to prevent fungal growth on the cut.
- Prune dead or damaged wood and crossing branches from citrus trees and remove low-growing suckers.
- Prune winter damage out of frost tender perennials, shrubs, and trees after all chances of freezing temperatures have passed.
- Get out and see the wildflowers!
10 TIPS FOR THE BUYERS & SELLER

5 Tips for the BUYER

1. Get your credit in shape. If you plan to finance your home purchase, check your credit history, especially if you’re a first time home buyer. That way, you can correct any errors, and take measures to boost your credit score if necessary.

2. Get pre-approved for a mortgage. Early in your search, meet with a mortgage lender who will take a look at your credit history, savings and out going bills. They can give you a better picture of what you can afford and the financing options available.

3. Establish your budget. Whether you’re financing your purchase or paying cash, it helps to establish a budget. This will help you focus your search on great homes within your price range.

4. Make a list. Buying a home is a process of elimination, not a process of selection. Make a list of your ideal home’s “must haves and deal breakers”. This will help you narrow your search so that you can find a home that fits your current and future needs.

5. Think about resale. The average homeowner lives in their home for nine years. While you may purchase your home as a long-term investment, keep in mind that you may need to sell it one day. Consider the homes resale value when you’re looking at properties.

5 Tips for the SELLER

1. Clear the clutter. Before you put your home on the market, clear the clutter that’s accumulated over the years. Tackle one room at a time, and divide your items into three piles: KEEP...DONATE...and TOSS.

2. Get packing. Although you don’t want to pack belongings, it helps to start boxing up items that you want to keep, but won’t use for a while, such as out of season clothing or sporting equipment. Also, think about packing away sentimental and valuable items. Packing up your belongings will help potential buyers pictures themselves living in your home.

3. Research the local market. Knowing how much the homes in your neighborhood are selling for and how long they stayed on the market can help you gauge your home’s value and estimate a time frame for the sale.

4. Repair and Improve. Boost your home’s curb appeal first and for most. Do those minor repairs and improvements inside that you have wanted to do and put off. Paint with neutral colors and replace the light fixture or appliances that are damaged or out of date. Don’t forget to clean...potential buyers can’t enjoy the views if the windows are dirty. Shine up those tubs and showers and don’t forget to scrub the oven.

5. Be realistic. While it’s good to get a feel for the local market, be realistic about the selling process. Having realistic expectations for you sale will help relieve some of the stress of selling your home.
March Sudoku

Place a Number in the empty boxes in such a way that each row across, each column down and each 9-box square contains all of the numbers from one to nine.

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March Word Search

Find the words that describe this time of year!

AQUAMARINE
ARIES
CABBAGE
CORNERBEAR
DAFFODIL
GREEN
GOLD
IRELAND
IRISH
LEGEND
LEPRECHAUN
LUCKY
MARCH
PARADE
PATRICK
PISCES
RAINBOW
SAINT
SHAMROCK
WISH

See the Solution on Page 27 - No Cheating!
Springtime Means Snake Season

by Heather Redmon, DVM of Madera Veterinary Hospital

Spring and warmer temperatures bring an abundance of life to our desert. Wildflowers and plants flourish and all sorts of little critters are seen scampering about. In addition to cute rabbits, ground squirrels and quail, the warm weather also means the end of hibernation for one of their main predators: snakes.

Although many species of snakes are harmless to people and pets, the rattlesnake is both abundant and dangerous. When we think of rattlesnakes, we usually think of their loud, distinctive buzzing rattle. However, not all rattlesnakes will have their loud, distinctive buzzing rattle. Rattlesnakes, we usually think of the Western Diamondback. Diamondback venom has multiple toxic effects on the body. The first symptoms are small puncture wounds followed by localized swelling. The punctures may be difficult to see at first, but as the anticoagulant properties of the venom take effect, the wounds continue to seep blood. Sometimes dirt may stick to the crusted blood, giving the appearance of dried mud. Severe shock and death can occur. The severity of symptoms, however, depends on the type and age of the snake and the size of the pet. The majority of pets who are bitten will survive, but medical attention is vital to ensure the best outcome. The most effective treatment is antivenin along with supportive care in the hospital.

If your dog or cat is bitten, keep your pet and yourself calm. Be careful handling your pet since snakebites are painful and animals in pain can bite. Do not attempt to capture or kill the snake, and do not bring the snake into the veterinarian’s office!

Any animal with the sudden development of swelling should be evaluated by a veterinarian. Preventive measures can be taken before a snakebite occurs. These include snake avoidance training and administration of the rattlesnake vaccine. The vaccine can help to minimize the effects of the venom. Snake season starts in February and lasts until November, so be aware that snakes can be anywhere most of the year.

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Resourceful Thinking

by Angela deVestry

Community Service. Simplified: Neighbors helping Neighbors.

In a society that places much emphasis on social networks, there is one thing we are certainly lacking, community involvement. Yes, it takes more than a few clicks on a keyboard, but research proves that interaction with your community is crucial to your health and happiness as well as the health and happiness of those around you.

If you’re reading this, it’s likely that you call Vail home. Whether your network consists of friends, neighbors, colleagues, church or community groups, you are the one who can make an impact in the service department! If your group has 20 members, and each of you donates an hour of your time once a month, you’ve just contributed 240 annual hours of community service! If your group has 90 members, and each of you brings a jar of peanut butter to your next meeting, your one simple gesture just provided a “must have” staple to ReSources Vail Food Bank. “Spring cleaning? It’s that time! The Vail Depot Thrift Store will turn your clutter into funding for our ReSources community service projects. While you’re there, find something that speaks to you. Your purchase supports your neighbors and the Vail Education Foundation too. Community Service takes a community, and we need you! Visit us at: www.ReSourcesVail.org
projects needed in our area is a tax increase. Without the necessary funding, projects like this continue to be delayed. I often hear people say they want a park, or a library or it would be nice to have a police substation. Taxpayers need to fund these projects through the bonds as they appear on area ballots. When voted down the same taxpayers often complain about not having these services, even though they had an opportunity to fund these often necessary services. At the same time, our representatives need to actually apply the funds to much-needed infrastructure projects over nice to have pet projects which voters often scrutinize. After all, it’s crazy to think that we have better bike trails than roads, but that is the reality we live in today.

With that said, it’s not all doom and gloom. I am happy to report that there is progress happening at this intersection. Recently, some improvements were made with more coming in the near future. More and bigger stop signs were placed at the intersection in early February and trees were recently removed to make the intersection more visible. Over the next few weeks, Mary Ann Cleveland will be getting signs indicating an intersection is approaching as you approach this intersection. Rumble strips will be placed at all four corners of the intersection as well in the coming weeks.

The City of Tucson is also working to create a final solution for everyone in the area to help make the intersection safer for all. The city has started the design phase of the intersection for the stop light, which is estimated to cost around 250,000 dollars. The developer of the area has offered to help the city in covering the design costs of the light and pedestrian crosswalks. The city has committed to placing the light in their 2017-2018 year budget and intends on starting construction as soon as funds in the fiscal budget become available.

I personally would like to thank all of those involved as getting the appropriate parties together, to be forthright, can often be like herding cats. After some persistence and illustrating the severity of the intersection it was quickly realized that this was a problem that wasn’t going away. Once everyone was on the same page, work quickly started on bringing a final resolution and relief to those who travel through the area. It’s disappointing that it took a series of unfortunate events to bring a community together, but in the end, we were able to come up with a resolution before any fatality’s occurred. To me, this is a win for everyone as no one’s life was lost in the process of cutting through that red tape.

Robert Nemitz

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& Live Music by Johnny Bencomo

11th - Seed Exchange - Gardeners Day
Live Native American Flute Music
by Diane

18th - St. Patty’s Day Festival
Pet Day - Pet Shots 9am to Noon
Live Music by Johnny Bencomo
& Community SALE behind the Barn

25th - Community SALE behind the Barn

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8:00am - 1:00pm
Saturday, March 11, 2017

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Benson Hospital

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- Helicopter and emergency vehicles on site
- DJ & Entertainment

More information: (520) 720-6516 or visit www.bensonhospital.org

Admission and Vendor spots FREE!!
Edna, Mera, and Lillian, Three Little One’s Resting to the Wind’s Lullaby

by J.J. Lamb

Three small graves rest on a small rise on the north bank of the Pantano Wash in Vail. Edna and Mera Harris and Lillian Lively were born to early Vail families who were no stranger to hard work. George Harris, the father of Edna, was born in Utah, just three years after his parents had been a part of the first wagon train led westward by Brigham Young to the Salt Lake Valley. Lillian was born to David Lively and his wife Annie. Mera’s parents were Alma and Florence Harris. The families had worked together as teamsters since meeting in 1882. The mining boom in the Santa Rita Mountains presented them with fresh opportunities. First, they found work in the Greaterville area where gold was discovered. Next, they moved to Vail, the shipping point for copper ore from Helvetia in the Santa Rita Mountains. Business was good in Vail, and the population jumped from 25 to 100 around 1900.

The families lived in what is now called Rancho del Lago, on the Carter Crane and John Fraker homesteads. Their homes overlooked the Pantano Wash where the Harris’s and Lively’s were tenant farmers. They grew crops for Carter Crane and John Fraker whose operation supplied feed for both ends of the Tucson to Helvetia Stage line. Most of the farm work likely fell to the women. They were resourceful, harvesting and selling honey, as well as cheese made from the milk of wild cows. In addition to ore, George, Alma and David also hauled hay. The Vail livery was located at the west end of Vail’s Store. The wooden building burned in 1908 and was rebuilt from adobe. In 2017, we call it the Old Vail Store & Post Office. This was the break of bulk point for the stage line where fresh horses were hitched up for the second stage of the journey. Coaches ran daily, ferrying passengers and mail between mines in the Santa Rita Mountains, Vail, and Tucson.

The families worked together, but life was harsh in the Arizona Territory, especially for the very young. In 1900, 17% of infants did not reach their first birthday. These pioneers were masters of multi-tasking, working hard to make a life for themselves and their families. More often than not, their dream of forging a more comfortable life, owning their own land and a home with glass windows and a real floor, not dirt, was not realized until the next generation. They were faced with the harsh reality of an endless daily grind of work just to provide for basic needs.

Infants Lillian and Edna died as young infants. Little Mera, whose laughter delighted her parents as she played with her brother Bob, was three or four when she became ill. Alma and Florence hitched up their wagon and took Mera to the doctor in Tucson for help. Sadly, she passed a few days later. The three little girls have been at rest along the northern bank of the Pantano for over 100 years.
Tucson Water Shares Lead Information with Corona de Tucson Customers

by Fernando Molina, Tucson Water Public Information Officer

On January 12, 2017, Tucson Water hosted a meeting to discuss results of lead testing at one of their water systems in Corona de Tucson. During presentations made by Tucson Water leaders, including Director Timothy Thomure, several main points were made to reassure the community that their water is safe to drink and that residents were never put at risk. The actions taken in the area were voluntary and investigative in nature to identify potential sources of lead at the tap.

The Arizona Department of Environmental Quality (ADEQ) requires community water suppliers to test for drinking water contaminants and report the results to ADEQ and the public. In 2016, the Corona de Tucson system was tested for lead to comply with triennial monitoring requirements regulated under the Environmental Protection Agency’s Lead and Copper Rule (LCR). Tucson Water’s laboratory is state certified and tests for lead locally.

Water samples are taken at homes identified as most likely to leach lead. These worst-case homes are typically built prior to 1986, and while they do not have lead pipes, there is lead solder and plumbing fixtures that can release lead if water is too corrosive. Lead solder was banned in 1986, and while these homes were identified as the first point in the investigation to ensure the source of the single high reading.

Two groundwater wells serve 7,879 people in Corona de Tucson, and were the first point in the investigation to ensure the source of the water was not causing the problem. Water quality testing from the wells indicated that the water was not corrosive enough to result in lead leaching from home plumbing. Several of the homes that were tested under the initial round of sampling were checked again. During the course of their investigation, Water Quality and Water Maintenance staff also monitored for lead at sites outside the homes. There were no levels that concerned staff members enough to implement corrective actions within the distribution system.

The distribution mains were flushed to improve the water quality. Additional samples were taken at multiple points in the system and the results were reviewed by Tucson Water staff. The data showed that disturbing materials containing lead, such as valves, temporarily increased lead levels in the water. As a result, Tucson Water is implementing a flushing program after meters are repaired or replaced. In addition, the data substantiates that flushing is an excellent method to remove lead temporarily introduced into water through our own maintenance activities.

While Tucson Water testing shows that water delivered to customers has low corrosive potential, Tucson Water suggests the following tips to further minimize exposure to lead, if it may be present in your home. Upon waking, or when your water has sat unused for at least six hours, flush your kitchen tap for one to two minutes. Flushing moves water that has been in contact with your plumbing fixtures for several hours and replaces it with new water from the mains that are not in contact with lead. Clean your aerators on your kitchen and bathroom taps at least annually to remove any solid material trapped in the screen and improve water quality in your home. If you choose to purchase a filter, look for those certified to remove lead by the “National Sanitation Foundation” and change the cartridge according to the manufacturer’s recommendations.

Lead more adversely affects children under six years old. Use cold water to make baby formula, as lead, if present, more readily dissolves in hot water. The formula can then be warmed in the microwave. If you are concerned about your child’s blood lead levels, contact your pediatrician to request a blood test. The Arizona Department of Health Services (ADHS) licenses labs for lead testing.

If you are interested in having your water tested for lead, use a lab from ADHS’s website:app.azdhs.gov/bfs/labs/elbis/drinkingt watertestinglabs/drink ingwatersearchcontentpage.aspx.

For more information about lead, see Tucson Water’s Lead Public Health Goal web page at tucsonaz.gov/water/lead-and-copper, or refer to your annual Water Quality Report that is posted online every July. It is available at tucsonaz.gov/water/annual-water-quality-reports.

Hard copies and additional information about water quality information can be obtained by calling Tucson Water’s Water Quality and Operations Division at 520-791-2544.
Dear Claire,

I have this dream where I am driving in a line of cars that are on a side/frontage road, parallel to a main road. In the space between the main road and the side road, there is this wild-eyed, bushy-eyebrowed, long-haired man in a big, dirty-white, classic-type of car. The man is holding a rifle, and his car is facing the side road. He is watching as, one by one, the cars pass him and then make a right turn on to the main road (the cars do this right after they pass him). When it is my turn to turn onto the main road, I see that he has spotted my target, even though he shot at me, not being shot at, he/she is not the actual target, knowing that I was not his actual target, even though he shot at me, and wanting to warn my son, my friends, and others. I’d like to know what this dream means.

There are multiple symbols and themes which run through this dream: roads, cars, out-of-control, dangerous people, the ditch - and lots of driving, shooting, turning, running, and hiding. Then, at the end of the dream, there is this strong desire to warn others, especially those who the dreamer cares deeply about. Without even speaking to this person, it is pretty clear that there must be some type of situation which has caused this dreamer to feel attacked or unsafe. In addition, this dream is probably resurfacing every time the dreamer is exposed to the same, or similar situation. Unless the dreamer has fallen asleep watching war movies, it is relatively certain that his/her being shot at in the dream reflects feelings of being “shot at” - or attacked, in his/her waking world. What is particularly interesting in this dream is that, while the dreamer is being shot at, he/she is not the actual target. This could indicate that the dreamer is in a situation where there is a constant threat of attack - or it could be a reflection of anxious feelings caused by witnessing attacks on those around him/her.

As I have noted previously in my column, driving a vehicle is a symbol for being in control - yet, the dreamer gets out of the vehicle to run undetected. The fact that the dreamer gives up control in order to escape the attacker is interesting, to say the least. And the fact that the dreamer intentionally runs down into a ditch to avoid detection is even more curious. Again, this not only symbolizes giving up control— but giving up status and rank, as well—in order to take a path of ease and avoidance. It seems that the dreamer has given up his/her original pathway to avoid threat, conflict, and outright danger. Running alongside the main road, “undetected” while in the shadowy ditch, appears to be symbolic of staying in the shadows to avoid becoming a target or experiencing threatening situations and trouble. The fact that the dreamer is running to warn family and friends would indicate that the threatening environment must be outside of the dreamer’s family and personal life— because he/she is moving far away from the site of the shooting to warn them.

What area of the dreamer’s life could be so traumatic or disturbing that it would cause him/her to want to “move into the shadows” of a ditch to avoid detection? As it turns out, the dreamer did experience an extremely damaging “attack” at the workplace. He was subjected to intensely negative scrutiny, to the point of near persecution, by an unstable, unethical, micro-managing supervisor. The crazed, wild-eyed, wild-haired shooter in the dream was, obviously, a symbol for the dreamer’s emotionally unbalanced supervisor; and the resulting anxiety from this furious and widespread workplace attack caused the dreamer to go to great lengths to avoid any type of interaction or attention whatsoever, even after the emotionally damaging period was over. In fact, the dreamer stated that he would even go so far as to turn around or slip into a side room upon spotting approaching supervisors or co-workers — and this is reflected by all of the turning, running, and side roads found in the dream. In the dreamer’s mind, no attention was preferable to the risk of negative attention—and so promotions and opportunities in the spotlight were forfeited in order to avoid ever experiencing this type of workplace trauma again.

Because this dream now recurs any time the dreamer experiences even minimal threat or scrutiny at the workplace, the dreamer has indicated that he may take advantage of employee counseling services in order to work through the trauma and inhibit the self-protective responses which keeps presenting themselves in his waking and his dreaming world. If there is such a thing as PTWSD— “Post Traumatic Workplace Stress Disorder” - this dreamer definitely suffers from it. I, myself, would make plans for a change of workplace, if possible.

Please submit your dreams for analysis to:

dreams@thevailvoice.com

Of special interest is recurring dreams; otherwise, a most recent and remembered dream will work. Ms. Schild may need to establish contact with you for additional information. However, your name, email contact and shared information will stay anonymous and private. Feel free to use an alias.
Circlestone
by Rob Samuelsen

Before the gold miners, pioneers, trappers, explorers, padres, and before Columbus, there were ancient civilizations inhabiting much of Arizona. As evidence, believed to be formed about 2,000 years ago, the Salados or perhaps the Hohokam created circular ruins to worship, signal, or provide an astronomical calendar. One of the best preserved of these ruins resides high in the Superstition Mountains. The only way to get there is by foot or horseback along trails and a “last mile” bushwhack.

Circlestone is a mysterious 140-foot wide circular stacked-stone structure with three foot wide and six foot tall walls. Remarkably, researchers have aligned its spoke and wheel architecture to match the solstice and equinox! This astronomically correct ruin is within the line of sight of Weavers Needle, Tortilla Mountains, and other significant geographic markers. The medicine wheel layout appears to be ceremonial rather than living quarters. The stones were carried some distance from a quarry below which would suggest an organized civilization, not just of nomadic hunters and gatherers. Of particular note, the symmetry of Circlestone strongly resembles the Nabta Playa Calendar in Egypt and a Scarab beetle artifact, a commonly found sacred ancient Egyptian amulet, was found within 25 feet of Circlestone. I just had to get there!

The Superstition Mountains are better known for the Lost Dutchman Mine, a secretive deposit of gold purportedly discovered by Jacob Waltz. Many have searched for the rich deposit, but other than Waltz, the only other man to have found wealth in the rugged Superstitions wasn’t a prospector but rather a hermit farmer who never shaved or bathed. Born in 1829, Elisha Marcus Reavis was a teacher, prospector, horsemanship, civilian packer/freighter, and Marshall. During his travels, he found a remote perennial stream, the only one in the Superstitions, which offered him the solitude he so desperately sought for his homestead. He planted an orchard (which still exists) and a large vegetable patch. Capitalizing on Waltz’s story, Reavis would haul vegetables and fruit from his mountain hideout to the booming mining camps along the eastern edge of the Salt River valley (now Phoenix.) Ironically, after Reavis died, they found his cabin stocked with books, perhaps the largest library in the territory!

I followed the Arizona Trail down Rogers Canyon and up Grave Canyon, Elisha Reaves’ final resting place, to the Reavis saddle. This section of trail is rugged, rocky, and menacing for weak ankles. In the first mile, I twisted my ankle, which later revealed itself as an avulsion fracture. Little did I know that I hiked the remaining 21 miles with a broken foot. The Reavis saddle overlooks the gorgeous and unexpected tall grass meadows of upper Reavis creek. Punctuated by occasional giant alligator junipers, the lush meadows are the headwaters for Reavis creek. It’s no wonder that Reavis found his paradise here.

Eventually, I turned eastward on trail 118 which climbs up part of the northern flank of Mount Mountain. Some distance after Whiskey Spring, someone had placed a small cairn to note a bushwhack spur trail to Circlestone. Given my GPS prowess, this cairn might have saved me from another 10 miles of hiking! It’s a bit of a climb through chaparral brush and scrub oak to eventually reach Circlestone.

Much of Circlestone is overgrown but the exterior walls are mostly intact. There is a “window” on the western edge that lines up the spring equinox sunset with Tortilla Mountain in the far distance. The spokes and central pit house are mostly indistinguishable because of the state of ruin and overgrowth. Researchers have aligned other Circlestone markers with Ursa Major (the Big Dipper), Orion, and Ursa Minor (the Little Dipper) confirming Circlestone as an astro-archeological site much like Stonehenge.

It was in the mid-afternoon by the time I reached Circlestone and I was anxious to get back to my vehicle before dark, but I couldn’t imagine bolting without some minutes of contemplation and appreciation for this hallowed site. I lingered while I ate lunch and thought about these people’s efforts and what motivated them to go to such efforts.

I wondered how they acquired the math and precision in an era thought to have been illiterate. I pondered about the person who might have rested in the same spot I was sitting 2000 years ago. Did he ever think about me – a person 2000 years later discovering his work for the first time?

Because of my miscalculation, I had to hurry back. I retreated by the same trail that I come, but by the time I reached the Reavis saddle, it was dark. I descended the Grave Canyon watershed by moonlight and didn’t need to use my flashlight until I came to the shadows of the riparian growth in Rogers Canyon. When I arrived at the trailhead, I started shivering uncontrollably as my exertion and perspiration met the high altitude late winter cold. As I drove away, I thought about how the Circlestone ruin, not particularly awe-inspiring itself and its mystery, piques the imagination and forces reverence. It was peaceful, and I feel humbled to have been there.

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First Responders of Rail Incidents

by Trent Thomas

In July of 2016, a former NFL player was killed while jogging on the railroad tracks near Rita Ranch Road. In February of this year, we've already heard about two more accidents. One accident is still under investigation by the Pima County Sheriff Office, when remains were found on the tracks 1.5 miles east of the Colossal Cave Road crossing. The second and most recent accident occurred in early February when two teenagers were caught on the train tracks at the trestle near Marsh Station Road. One of the two teenagers was killed.

First responders inspect trains with hands on application

Coincidentally, in mid-February, approximately 150 first responders received training on railroad safety and incident response in Tucson. Constituting over 30 different agencies, including Rincon Valley Fire, Rural Metro Fire, Tucson Police, Tucson Fire, Border Patrol, Drug Enforcement Agency, and Pima County Sheriff, the event was designed as an educational and hands-on training session.

The course stressed the dangers of the general public being on or near the tracks. When safety protocols are broken, first responders have to intervene to what becomes an incident or accident. "It was all about first responder safety," said Pete Dugan who is a sergeant with the Tucson Police Department. "First responders who were responding to emergencies have been injured or killed. (This training) gave first responders things to look for when responding to those locations."

The course highlighted the numerous hazards of working in the vicinity of the rail and how to implement control measures. Attendees were informed of communication procedures for stopping trains, emergency rail car hand brakes, emergency extraction of victims from rail cars, and incident scene safety and security.

Justin Jacobs is a director for corporate relations for Union Pacific Railroad (UP). He explained how in Arizona, UP owns nearly 700 miles of railroad. The Arizona tracks that run east-west from the New Mexico border to Yuma and also from Nogales to Phoenix are all owned by UP. Jacob stressed that, "Safety is always a priority for us. The only safe and legal place to cross tracks are at the designated crossings when the signs and signals permit."

*Union Pacific tracks are private property. People are trespassing when on the tracks. We take trespassing seriously since we don’t want to see anybody hurt." Justin added.

Battalion chief Eddie Cornejo works at our local Rincon Valley Fire Department. Eddie and his crew were one of the very first teams to respond to the tragic accident near the Marsh Station Road train trestle. Understandably, he struggled to comment on this accident. "I love my job and it is a privilege to work for this community. It is a difficult profession but I am proud to work with extremely competent people. However, incidents like this make it humbling." Eddie added that when people make dangerous choices, the forces and factors that were once preventable now have serious consequences. "It makes you realize that even though we are there (as first responders), at times there is simply nothing we can do to help."

Trent has lived all over the country and several places in Europe while he was in the U.S. Army and later as an airline pilot and business manager. Trent and his family have lived in Vail since 2007.

Tracks are for trains, not for people.

Telomeres - the Key to Longevity

by Gaga Barnes

A telomere is a protective cap of the chromosome. It does not contain genetic information, but acts as a physical protection for our DNA. It shields the end of the chromosome from deterioration. Without telomeres, our cells would lose the ability to divide and eventually would die off. We inherit telomeres from our parents, but no matter the length of our telomeres at birth, they shorten every time a cell divides. As we get older and partner with ongoing stress and a lack of self-care, our telomeres get shorter and contribute to premature cellular aging. The shorter the telomere is, the larger risk to our health and the shorter our projected lifespan.

Scientists and researchers have been fascinated by telomeres for decades. For the past few years, with baby boomers growing in numbers each day, the science of aging is on the front burner. Elizabeth Blackburn, Carol Greider, and Jack Szostak were awarded the 2009 Nobel Prize in Physiology or Medicine for the discovery of how chromosomes are protected by telomeres and the enzyme telomerase. The telomerase can slow, stop or even reverse the telomere shortening. But as we age, the amount of telomerase in our bodies declines.

Are there any other ways to lengthen telomeres and slow aging? There is scientific evidence that there are a variety of lifestyle changes you can make today to lengthen your telomere. Here is your prescription to lengthen telomeres and your lifespan:

Reduce Stress - chronic stress contributes to aging in a very real way.

Exercise regularly- it will boost your happiness and keep your cells young.

Eat antioxidant rich foods – it will slow down aging and reduce cell damage.

Practice Meditation and Yoga - both practices involve slow, regular breathing which relaxes us physically by calming the fight-or-flight response. They allow us to come back to our bodies and to the present moment. The only moment we have.

Do not forget about a daily dose of laughter – the natural de-stressor! It may protect your telomeres and stop or reverse aging too!

Gaga Barnes is an enthusiastic student of life, artist, life coach and Laughter Yoga teacher. She is passionate about supporting people in expressing their deepest truth, creativity and personal power. She lives in the Del Webb community in Vail, AZ

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Black-tailed Jackrabbit

by John R. Leeper

All the little furry creatures in the Cienega Creek Natural Reserve make quick exits whenever I get too close, leaving me with only a fleeting glimpse of their tail ends. So, it was a pleasant surprise when a jackrabbit posed for a series of photos. I eventually got too close for comfort and it hightailed it away. I later learned that sitting up on their haunches is the first way jackrabbits view and evaluate potential threats.

The jackrabbit is really a hare. The difference between hares and rabbits is that hares are born with fur and their eyes open while rabbits are born naked and eyes shut. Another differentiating feature is female rabbits typically give birth in a den or burrow while jackrabbits are born in the open.

The hare I encountered turned out to be a black-tailed jackrabbit, also called the American desert hare, known scientifically as Lepus californicus. The generic name is Latin for hare and is also the name of a constellation in the southern hemisphere, just south of Orion, which represents a hare that Orion is hunting. The species name californicus honors California, the location of the type specimen.

Systematist can’t seem to agree on the number of L. californicus subspecies. The clumpers have it down to two subspecies. The western subspecies, L. c. californicus, present west of the Colorado Rocky Mountains and the Colorado River, and the eastern subspecies, L. c. texianus, residing to the east. The splitters have broken out 17 subspecies. The species range from east of the Cascade Mountains in Washington to Missouri and south into south-central Mexico. It has also been successfully introduced into Florida, Virginia, Maryland, and New Jersey.

Characteristically, jackrabbits have long ears, long, slender front legs and large hind feet. Add black fur at the tips of the ears and tail and you have the black-tailed jackrabbit. The long ears act as cooling towers to help lower a jackrabbit’s body temperature in the desert heat.

Another adaptation, that helps jackrabbits spot predators, is the placement of their eyes near the top of a slightly flat head allowing for nearly 360° vision.

The black-tailed jackrabbit’s preferred habitat includes the desert scrub of the Sonoran Desert. Although I only observed a solitary jackrabbit, they can be found in groups, particularly on moonlit nights. They typically seek shade in the heat of the day, but do not habitate in burrows. They feed mostly at night on grasses, low hanging foliage, and even cacti.

Black-tailed jackrabbits are food for snakes, raptors, coyotes, foxes, bobcats and cougars. When being pursued by a predator, a black-tailed jackrabbit will typically take flight with a zigzag pattern of leaps and bounds and, for short bursts, can attain speeds of up to 40 mph.

Black-tailed jackrabbits are also game animals with their flesh reportedly being very tasty. Successful hunters need to take care in the handling, cleaning, and consumption of their bag. L. californicus are hosts to a wide range of arthropod ectoparasites that can transfer to humans while being carried. And jackrabbits are carriers of tularemia, equine encephalitis, brucellosis, Q fever, and Rocky Mountain spotted fever. These diseases can be transferred to humans through cuts on hands. The diseases also make it imperative that a jackrabbit be cooked thoroughly before it is eaten.

Female black-tailed jackrabbits, called does, are larger than males and can grow to be 24 inches in length and weigh up to 8 pounds. In Arizona, breeding is synchronized around the winter rains and summer monsoon. Young, called leverets, are fully ambulatory within minutes of birth and are weaned within 8 weeks.

Adult size and sexual maturity are typically attained in less than a year. In the wild, black-tailed jackrabbits can live up to 5 years.

Although the black-tailed jackrabbit is not a threatened or endangered species, it is native to and fills a vital niche in the Sonoran Desert.

For those interested in more information on the black-tailed jackrabbit, conduct a web search on Lepus californicus.

John’s interest in nature began as a child while hiking in the mountains and playing on the beaches of his native Hawaii. Formal training in field ecology and tropical agriculture led to a global career in agricultural development. He has published both technical and non-technical papers and since his retirement observing, studying and writing on nature has become a hobby.
Neruda Movie Review
by Jared Free

I’m going to be honest. In this political climate, when it seems as if far right fascism is taking a stronghold in our country’s government and citizenry, I had high expectations for Neruda. A political revolutionary and an artistic genius, any film about this subject has a lot of difficult ground to cover. On top of that, the work of Pablo Larraín currently occupies a central spot in American film criticism, as his Natalie Portman-led Jackie has been receiving critical acclaim. While that film felt like a sort of Darren Aronofsky-cosplay, Neruda certainly feels more unique, but not necessarily any better.

The film struggles to grapple with the contradictions that make Pablo Neruda an interesting person. The most intriguing moment of the film comes when Neruda, a leader of the Chilean Communist party, is confronted by another member of the party, a woman who has been cleaning bourgeoisie toilets her whole life. She asks him if when the communist revolution will happen, the people will all be equal to Neruda—who is currently living an incredibly bourgeoisie lifestyle—or if they will all be equal to her.

Neruda is visibly upset at the comment (essentially the only time we see any true emotion from him), and right as things are starting to get interesting, the fan walks away from the table, and the scene ends. It is these tensions that make mid-century political figures so incredibly engaging, and to see Larraín so aggressively shy away is frustrating to say the least.

My other central frustration with the film the way that it builds character. Larraín and his screenwriter Guillermo Calderón rely on telling, instead of showing. We never get a glimpse of what the central characters are going through; instead, voice-over fills in information that the filmmaker needs to demonstrate and earn.

The second central character, a policeman who chases Neruda for the duration of the film, poses a problem for me but instead of an aesthetic or structural issue, here we have a political one. In a time where fascism is on the rise globally, the romanticization of a fascist character is deeply troubling.

All this is not to say that Neruda isn’t worthy of discussion or of viewing. Larraín’s narrative experimentation and the blending of fact and fiction certainly make it a stimulating movie, if nothing else. But for this reviewer, the film ultimately left me cold. It was afraid of the most interesting political problems in the lives of its characters, and avoids any attempts to imbue them with a sense of humanity.

Jared Free is a senior at NYU, where he studies acting and cinema studies. He is currently studying abroad in Seoul at Yonsei University.

Is Dropping a Few Pounds One of Your New Year’s Resolutions? – Consider Cycling

by Steve Watts DayRides@BikeGABA.org

If 2017 finds you carrying a few pounds that are not really working for you, dropping the pounds could improve your health and help you to avoid such pleasantries as heart disease or diabetes. If you’ve decided that losing weight will be beneficial for you – then consider cycling as a way to go about it...

Running is often the go-to solution for quickly incinerating a few calories. The problem is that running is also ‘high impact’. Every step sends shock waves through your feet, ankles, knees and low back. As a result, running injuries are common (ask my right knee). Cycling, by contrast, is low impact. As well as being a cardiovascular exercise that burns calories, it also strengthens your muscles without too much risk of injury. Cycling adds the benefit of offering great social connections as well. Riding with friends allows you to see new sights, breathe fresh air and enjoy the sunshine. Or, you can sweat it out in a gym spin class for the ultimate high-intensity workout.

So, where to begin? The first question you might ask yourself is who do you want to cycle with?

In the Vail area, group bicycle rides are offered by GABA (Greater Arizona Bicycle Association). Group rides are offered every day and cover all experience levels. For more information go to the GABA website at www.BikeGABA.org or email DayRides@BikeGABA.org

Will you do long and slow rides or short and hard rides?

If you’re just getting back in the saddle after a time away from cycling or if you are just starting on your new fitness program, you might want to enjoy the rides and feeling of being more active. Just getting started is half of the battle and you may not need to worry about intensity right away.

As you get fitter, GABA offers a wide variety of group rides at various levels of difficulty. Easier paced rides, where you can ride and hold a conversation are called ‘fat burning rides’. These are great for getting into the sport as you start burning fat.
Commitment To Health – Getting Started
by Rick MacKay

It is important to set realistic goals and not to look for instant gratification. Doing this gives you a better chance to stay with a program. You need to look for a fitness program that will keep you focused on your path to a long-term health commitment for yourself.

Regardless of your fitness level, you can get a great workout. This program allows, more than any other, to focus on yourself. There is so much that you can do in the water and you do not have to be a strong swimmer.

It is very important before starting any program that involves elevating your heart rate to take the following precautions. First, find your resting heart rate. Very simply, on two consecutive mornings before you get out of bed, check your pulse and divide that by 2 and this will give you your resting heart rate. Once you have determined your resting heart rate, you want to determine your heart beat exercise range.

You can do this yourself: for example, take a resting heart rate of 70 of a 65-year-old, subtract 65 (age) from 220 equals maximum heart rate of 155. Subtract 70 (resting heart rate) from the maximum heart rate which equals 85. From 85 we will be able to determine that the 50-75% range you should aim for.

So, we take 50% of 85 is 43 plus 70 (resting heart rate) gives us a heart rate of 113. 75% of 85 is 64 plus 70 (resting heart rate) this gives us a heart rate of 134. The beginning range of your heart rate for cardio the would be 113 to 134 beats per minute.

Remember, only you know your body best and when working out, pay attention to any discomfort that you might be experiencing. You might experience some muscle discomfort after the first few workouts and that is normal. A simple thing to remember if it hurts, stop.

Rick MacKay, is a Certified Fitness Trainer who has spent past five years working with seniors. His focus is to put together a workout plan that motivates people to commit to a better and healthier lifestyle, one that would help them feel better about themselves and have some fun doing it.

Living well, with Assistance
by Gary D Fensternacher

For many of us, the last thing we think about as we age is being elderly. As I recall my own middle age, I had little idea of the very different world my parents were experiencing as they moved through their fifties and sixties, on into their seventies and eighties. Perhaps it is not too surprising that I was so unaware; my own world at the time was consumed by family and work. And my parents spoke hardly at all about what they were experiencing as they aged.

Eventually, though, I could no longer remain ignorant of their circumstances. They had reached the point of needing more support than they could provide for themselves. For many of us, this is a most frightening time. We realize how ill-prepared we are to make decisions on behalf our parents, as they were always the ones who made decisions on our behalf.

My brothers and I had to act far too quickly when seeking care, a situation that resulted in stumbling several times before we found the right support and the right place.

When all this was happening, I had no idea that I would later become so involved with elder care in the Vail area. That happened because the residents of Academy Village sought an eldercare residence that would be available not only to them, but to all residents of Vail and the Eastside. Today it consists of two, stunningly beautiful buildings, accommodating 14 and 16 residents respectively, and staffed by extraordinary professionals.

If you would like to prepare yourself in a way that I did not, call Academy Villas at 647-7500, visit www.academyvillas.org, or even better, visit the Villas to see what they mean by “living well, with assistance.”

First, ask yourself what type exercises have I enjoyed in the past and like to do. If you feel interacting with others is something that would work for you there are several choices. These classes all have music and which I have found to really motivate its participants.

Circuit Classes are normally programs that incorporate Cardio, Strength, Stretch and Balance. This class allows all participants to work at their own pace. You do not have to try and keep up with anyone and just focus on what you can do. As you progress in this class you can increase the speed of your cardio movements and the number of reps in the strength phase. Through this whole process, you are creating better balance and improving your range of motion.

Jazzercise Classes combine aerobic and dance fitness with music. This truly targets all age groups. Having fun and getting fit at the same time.

Zumba Classes for those who really like to dance and incorporate that dancing into fitness

Aqua Fitness Classes are for all age groups and even the fittest can reap the benefits of Aqua Fitness.

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thevailvoice.com
The Pima County Department of Transportation and the Regional Transportation Authority in collaboration with their contractor, Southern Arizona Paving and Union Pacific Railroad (UPRR), will close Colossal Cave Road at the railroad crossing **Monday, March 13** through **Sunday, March 26**.

This closure will allow UPRR to perform critical work at both crossings and allow the contractor to install drainage pipes and pave the area.

**This is the anticipated closure schedule:**

- **March 13 and 14:** UPRR will work on the north track. Once finished, Southern Arizona Paving will begin paving.

- **March 15 – 26:** UPRR will close the south tracks to perform upgrades and Southern Arizona Paving will install new drainage pipes and pave the area.

If the closure schedule changes or any major changes occur, Pima County Transportation will inform the Vail community.

During this time, please plan alternative routes and allow additional time for your travels.

If you have any questions regarding the project, please contact Carol Brichta, Pima County DOT Community Relations Office at (520) 724-6410 or Carol.Brichta@pima.gov.

**Thank you in advance for your cooperation.**

Para información en español, contacte a Annabelle Valenzuela al (520) 724-6410.

**Businesses will remain open during the construction project. Please support our local businesses!**

- Acacia Elementary School
- Arizona Pizza Company
- Bavlion Salon
- Be & Q Nail Salon
- Body Temple Group Personal Training
- Dairy Queen Ltd Brazier
- Fito’s Taco Shop
- Greater Vail Area Chamber of Commerce
- Greater Vail Community Resources Food Bank
- Montgomery’s Grill & Saloon
- Mountain View Animal Clinic
- Old Vail Middle School
- Quik Mart
- St. Rita in the Desert
- State Farm Insurance
- Trail Boss Outfitters Guns & Gear
- United Community Health Care
- US Post Office Annex
- US Post Office Retail
- Vail Family Dentistry
- Vail Internal Medicine & Medical Weight Loss Center
- Vail Realty
- Vail School District
- Vail Self Storage
- Valeria’s Comida Mexicana
- Walgreens