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Who Invented Mother's Day?

Happy Mother's Day! The real history of Mother's Day in the United States might surprise you. Three women—who championed efforts toward better health, welfare, peace, and love—contributed to this day. This is also a bittersweet tale.

The Mother's Day holiday in the United States—always celebrated on the second Sunday in May—wasn't born out of a desire to simply treat mothers to a day off or to buy them gifts! It essentially began as a women's movement to better the lives of other Americans.

Who Invented Mother's Day?

The creation of a national Mother's Day is primarily attributed to three women: Ann Reeves Jarvis, Julia Ward Howe, and Ann's daughter, Anna M. Jarvis.

Known as "Mother Jarvis," Ann Reeves Jarvis was a young Appalachian homemaker who taught Sunday school lessons. She also was a lifelong activist who, in the mid-1800s, had organized "Mothers' Day Work Clubs" in West Virginia to combat unsanitary living conditions. Reeves Jarvis was concerned about the high infant mortality rate, especially pervasive in Appalachia, and wanted to educate and help mothers who needed it the most.



Ann Maria Reeves Jarvis

During the Civil War, Mother Jarvis had also organized women's brigades, encouraging women to help without regard for which side their men had chosen. After the war, she proposed a Mothers' Friendship Day to promote peace between former Union and Confederate families.

Julia Ward Howe was a famous poet and reformer. During the Civil War, she volunteered for the U.S. Sanitary Commission, helping them to provide hygienic environments for hospitals and to ensure sanitary conditions during the care

"Who Invented Mother's Day" continued on page 18



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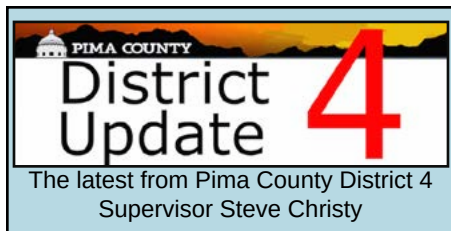
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The tumult and drama at the Board of Supervisors keeps churning on, with new issues and conflicts arising at each meeting. Many people, mostly fresh faces, have been exercising their right to free speech during Call to the Public, making their feelings and opinions known publicly and to the Supervisors. This is precisely the part of democracy that is most precious, and lately seems the most endangered.

The good news is that free speech is alive and well at the Board of Supervisors meetings. After several rancorous sessions, which resulted in the Chair directing the Deputy County Attorney to ban a citizen from attending the meetings for three months, the Board voted unanimously to rescind and lift that ban and allow the citizen to return. Much of this drama could have been avoided a long time ago had the Chair acted judiciously and evenly in running Call to the Public and controlling irresponsible Supervisor behavior on the dais. Obviously, all Supervisors agree that banning attendance and prohibiting free speech are not answers, solutions, or good policy. Further, as is a major concern of mine, such actions will generate expensive lawsuits and large judgements against Pima County. For now, we can celebrate a decisive "win" for freedom of speech.

On another serious note, fixing our roads has always been a priority of mine; one that I ran on in 2016 and concerns me to this day. Recently, some changes came to light within our 10-year Pima County road repair program

that I felt merited public discussion. I placed an agenda item on this topic on the April 18 Board of Supervisors agenda. During the meeting, we learned that when the Board agreed to "front load" scheduled funding from later years in the program in order to accommodate fixing more roads sooner, and because of inflation and debt service, funding for later years was dramatically reduced.



When the Board approved the new \$526 Million road repair plan in 2019, along with that approval came a promise that every road in unincorporated Pima County would be repaired to a "good" condition within 10 years. Now it appears that the road repair plan has been "reimagined". An emphasis on the repair of "collectors" and "arterial" roads has replaced attention to "local" roads. A local road is the street in front of your house, and many have not been touched in decades. The rating of road conditions has been altered as well. The percentages used to help categorize a road from "excellent" to "poor" to "failed" have been reconfigured, with "failed" even being omitted. The County uses these ratings to prioritize what roads will be fixed and when, utilizing a "fix the worst roads first" approach.

During the meeting, the County Administrator conveyed strong assurances to the Board that the original financial commitment would be spent on fixing the roads. That's all well and good. However, my concern is keeping our 2019 promise of fixing every county road in ten years.

Therefore, my response to the County Administrator is to give us the same assurances that Pima County will keep its promise. We will monitor program developments and look at funding scenar-

"Steve Christy"
continued on page 5



Friends & Neighbors, we are in "Budget Season" at the City of Tucson. For nerds like me who love spreadsheets, it's one of the best times of the year. Beyond my excitement about spreadsheets and charts, I'm excited about this opportunity to strategically fund the needs of our organization and community, and address some of our biggest pain points.

In April, we had a speaker attend the "Call to the Audience" opportunity at a Mayor & Council meeting. He shared that he was in an accident and needed the police report in order to file his insurance claim. We weren't able to provide his report in a timely manner, and this set off a series of events in his life that made things much harder than they already were for him.

Our Records Section in the Tucson Police Department has been struggling to get requests processed efficiently starting around 2016, when body-worn cameras came onboard. We added the body-worn camera capability to our department, but we didn't adequately increase resources on the backend to keep up with the additional information/video being collected and provided back out to the community. Additionally, the federal government mandated the



implementation of the National Incident Based Reporting System (NIBRS), which added a major amount of work to the department without providing any funding or resources to comply with the requirements.



Last month, I visited the Records Section to learn more about what our teammates do daily to better understand their needs, challenges, and objectives. These City of Tucson employees have a very important job

that directly impacts Tucsonans, every day. Due to the nature of the information, pictures, and videos they interact with daily, they are exposed to trauma, and they often see the worst of what humans are capable of.

As I observed, I saw the photos that one of our employees, Marta, was reviewing. I asked Marta how she was able to look at pictures like that on a daily basis and not have it deeply impact her. She shared that her goal is "to bring peace to the families" and that her motivation to help Tucsonans keeps her going.

Our budget process gives us the opportunity to make strategic investments in departments, like the Records Section, to implement plans that will help our employees be successful, ultimately delivering better results to Tucsonans.

In addition to the Records backlog, other key areas I'm focusing on for the upcoming fiscal year are the Code Enforcement and Planning and Development Services backlogs. I am specifically looking for plans and funding recommendations so we can really move the needle for the community this year. This is on top of our core mission of delivering high-quality, reliable services to Tucsonans per the City Charter.

"Nikki Lee"
continued on page 6

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INCORPORATE VAIL AZ

Water in Vail

While gold, silver, and copper are valuable, there is one natural resource more precious than that – WATER. All life on earth is contingent on fresh water and in the west, battles are fought over water rights. The fights aren't with guns anymore, but rather with checkbooks and lawyers. The big buyers of Arizona water rights today aren't ranchers, but rather New York investors and Arabian princes.

Water may be thought of in two parts: the sources and the uses. The source of most of our water is aquifer-based groundwater from two different watersheds: Rincon Creek and Cienega Creek. The aquifers are replenished with rainwater and snow melt. In addition, the Vail Water Company and Spanish Trail Water Company have allocations of 1,857 and 3,037 acre feet of water per year respectively from the Central Arizona Project (CAP). This CAP water is 'wheeled' to the Vail area via City of Tucson Water



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infrastructure. In drought, both water sources, ground water and cap water, have been negatively impacted.

Furthermore, access of all ground water in Vail is by way of privately-owned wells. There are privately-owned water companies such as Spanish Trail Water, Saguaro Water, and Rincon Water that draw from the Rincon Creek aquifer, and the Vail Water Company that draws from the Cienega Creek basin. In the Vail area, there are also many water co-ops, well-shares, and individual wells – at least 358 of them! There is no coordinated ground water management of these 358 well owners in our area and it would be challenging to do so. Furthermore, private companies tend to be more profit motivated, not conservation motivated. The more water they sell, the more profitable they are.

Water usage is also inconsistent. New developments, lawns, pools, and irrigation are not subject to a coordinated set of rules. New developments must adhere to Arizona Department Water Resources' "100-year assured water" rules but often developers put in water intensive landscaping for aesthetic reasons. They want to sell more houses. Some neighborhoods require native plants while others landscape with palm trees! Some homeowners build pools and plant grass as if they lived in the tropics while others diligently adhere to xeriscape as if they lived on Mars.

Vail Area Water Companies (incomplete list)

- Vail Water Company
- Colossal Cave Water
- Spanish Trail Water
- Saguaro Water
- Rincon Water Company
- Rainbow Water Association
- Palo Verde Water Users Association
- Nu Water Inc
- Kahlua Well Co-op

"Incorporate Vail AZ"
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INFORM VAIL AZ

Incorporation, Deception at its Finest

When the topic of Incorporation comes to mind, I flash back to my childhood. I grew up in an unincorporated area of Maricopa County that went through what a small number of business people are attempting to do Vail, incorporation. Settled in 1870 by horseback soldiers, the town of Cave Creek was incorporated in 1986.

Growing up in a rural residential community was truly an amazing experience. We had animals, room to roam and one of the best school districts in the state. Dairy Queen was the only fast-food restaurant. Now the area is commercially driven, and the town's main focus is generating revenue. Sadly, the population in the town of Cave Creek is shrinking, while more and more commercial businesses take their place and line the streets. The beautiful landscape and rural nature has been forever changed. Crime has increased and the surrounding area of where I grew up has become a shadow of its former self.

The most interesting twist to this story is that unlike Vail, the incorporators of Cave Creek respected and worked with their entire community on the town's map. Most of the rural communities were simply cut out or were made county islands that are still in existence today. Development in these unincorporated areas is nowhere near the fast-paced development of the incorporated town.

Since incorporation, long-term residents of Cave Creek have had rules and regulations placed upon them, restricting their way of life. One notable example includes:

"DESERT RURAL RESIDENTIAL." Many of Cave Creek's residential areas are in Desert Rural (DR) zones. Ranching and the possession of horses or other livestock is the right of any person who owns at least two contiguous acres in a DR Zone." Anything less than 2 acres, say goodbye to any animals other than regular household pets. The great unknown is what regulations and restrictions a potential town or city of Vail might impose on its residents.

Recently, Cave Creek made the news surrounding the debate of Senate Bill 1063, an attempt to outlaw grocery taxes. Instead of instituting a local property tax, the Town of Cave Creek instituted a 3% grocery tax, the same tax rate as retail purchases. With lower retail taxes and no grocery tax, Cave Creek residents tend to do their shopping down the road in Phoenix. For Vail, this could become a reality as well, since Tucson (Rita Ranch) could potentially have lower tax rates.

Once a rural community, now Cave Creek is sadly a sprawling commercially driven town. Ten years ago, I left and moved to Southern Arizona. At the time, there were a handful of subdivisions, there wasn't an AutoZone, Burger King, or Jiffy Lube, and Walmart was brand new. It was still holding on to some of its rural roots. Today, sadly it's a shadow of its former self and no longer recognizable.

When asked why I don't support Vail incorporating, "I have lived it, and the end results will not be what they are preaching. The end results are not pretty."

If you would like Vail to remain Vail, I am urging you to write Pima County Supervisor Steve Christy and share your feelings about incorporation. For an example or fillable draft letter, visit <https://informvailaz.com/letters>.

By Inform Vail Az, [Informvailaz.com](https://informvailaz.com)

May 2023

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Letters to the Editor



Our Readers Sound Off!

Our Letters Policy

We welcome a diversity of views in The Vail Voice. To submit a Letter to the Editor, please include your full name and **keep the length to 400 words**. Anonymous letters will not be published. We will print a maximum of two letters that writers submit on the same subject. Please send by the 15th of every month for publication in the following month's issue. If you are a subject matter expert and wish to have a more extended Op-Ed published, let us know. Thank you!

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Dear Editor,

In the April 2023 issue of The Vail Voice, there were two articles regarding the possibility of incorporating Vail, AZ as a legal Arizona City or Town. One group, IncorporateVailAZ (www.incorporatevailaz.org) is the group that supports incorporation and the other group opposes incorporation. The IncorporateVailAZ group has held multiple public meetings, sent out three surveys, completed a feasibility analysis, wrote an extensive white paper, hired professionals including consultants and lawyers, and is actively working with The League of Cities and Towns, City of Tucson, Pima County, The Greater Vail Chamber of Commerce, State Land department, etc. to make sure there is accurate information and regional support. The incorporation committee is comprised of local volunteers with specific expertise relative to community building. They have committed an enormous amount of personal time to make Vail a better place.

There is opposition in all things but it should be civil, courteous, and accurate. Personal attacks, false accusations, name calling, distortions of truth, etc. are not appropriate. This public discourse holds true for social media as well. We need to stick to facts and the truth. Whatever the outcome, we need to channel this energy into making Vail a better community for our families and for the future of Vail.

By Rob Samuelson

Dear Editor,

In response to the "InformVailAZ" article in the April 2023 issue in The Vail Voice, consider these facts:

Annexation: The City of Tucson is actively working with the State

Land Department on at least four annexations totally more than 5,000 acres within the initial Vail Incorporation Area of Interest boundaries. They expect these to be completed before the end of the year. The article's assertion that INCORPORATE VAIL AZ (IVA) is using annexation as an emotional argument simply isn't true. Annexation is real and now. State Shared Revenue: Counties and Cities/Towns do NOT share the same bucket of shared revenues. The City/Town bucket is ONLY available to cities and towns. For Vail, it represents close to \$10 million in taxes that we already pay and would flow to Vail if we were incorporated.

IVA's Feasibility Study: The INCORPORATE VAIL AZ's 182 page document created was a time-consuming effort by an experienced and qualified team of volunteers. Many of the service elements were based on estimates from outside contractors such as Pima County who gave us a complete service proposal. This was done to determine feasibility, not necessarily as a plan to move forward.

Vail's Identity: Incorporation is all about self-governance and identity. We already have the Southeast Regional Council (SERC) to give us a voice with Pima County. With incorporation, we would also sit at the table with other municipalities as well as entities such as the Pima Association of Governments, Regional Transportation Authority, State Land Department, or Arizona State legislature.

Who Benefits: With incorporation, all citizens of Vail would benefit from being able to direct their current tax dollars for the betterment of Vail. Vail could have its own economic development (non-existent today) initiatives to bring shopping and services closer to us, build parks and recreational facilities for its citizens, improve roads and traffic, conserve water and natural resources, standardize

development for a common good, etc.

The "InformVailAZ" group is opposed to incorporation. Conversely, the INCORPORATE VAIL AZ (IVA) Board is actively working with Pima County, City of Tucson, State Land Department, Arizona League of Cities and Towns, Greater Vail Chamber of Commerce, Vail Preservation Society, consultants and attorneys to mitigate risk and gain support. Help the INCORPORATE VAIL AZ (IVA) effort make Vail, Arizona the Vail we can all be proud of.

By Elaine Schmerbeck

Dear Editor,

I am writing in response to the article in the Vail Voice April 2023 by "Inform Vail AZ". There was much misinformation presented in the article and I would like to address the Vail's identity claim that Green Valley has remained unincorporated with no loss of identity and that Rincon Valley and Corona de Tucson are not included in the Town of Vail boundaries.

Unlike the overall development of the Vail area, Green Valley was a master planned community originally platted with Pima County. Open space, retail, community engagement, and other designations were reserved in the original plan. Their Coordinating Council acts as their mayor and council and has for some time. They are very active in their lobbying of the district for supervisor, who is currently Steve Christy. The population is sufficiently large that the supervisor in the district must pay attention to their needs, and they also tend to speak with one voice, so the supervisor is rarely confused as to what they want or uniformed as to their list of improvement's. Because Green Valley is not incorporated, they do not have a seat at the table of the

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Pima Association of Governments, Regional Transportation Authority, State Land department, or State legislature. Regarding Corona de Tucson, the Incorporate Vail Arizona board met with the leadership for their incorporation movement, they wanted to be separately incorporated and did not want to join in with the Vail incorporation effort. Rincon Valley, which includes the new Rocking K development, is owned by Diamond Ventures and until 70% of the homes are sold, they are the declarant for the development. Diamond Ventures has a legal contract with Pima County which precludes them from becoming part of the Town of Vail currently.

By Pam Kelly



From the Editor

Thank you to those who took the time and initiative to send in your letters and share your opinion. We at the Vail Voice believe in the importance of hearing all voices in the community. However, we ask that you to **keep your submissions to a 400 word maximum.**

Send your letters to:
Editor@TheVailVoice.com



Skyward



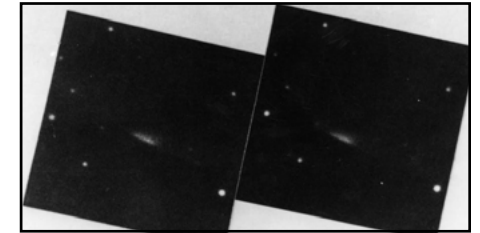
Star Gazing

March 23, 1993: Comet Shoemaker-Levy 9 Thirty Years On

A lot can happen in thirty years, especially when it involves comets and asteroids that creep across the sky, and even more particularly with comets that go bump in the night. Such is the case with Comet Shoemaker-Levy 9, which is by far the most important and seminal of the 23 comets I have discovered. The Jupiter-Comet story began for me on September 1, 1960, when I looked through a telescope for the first time. Jupiter was my target and I still recall that view. Years later, Gene Shoemaker proposed that Comet Shoemaker-Levy 9 might have been orbiting Jupiter as early as 1929, and that it made a close approach to Jupiter during the year I first sighted the planet. Obviously, I did not see the comet that night; neither did anybody else.

On the first night of our March, 1993, observing session at the 18-inch Schmidt telescope at Palomar Observatory, Gene Shoemaker developed the first four exposures and found them all blank. It appeared that someone had opened the film box since our February session and exposed the films to light. Examining the pile of films, I suggested that the ones near the bottom might be partially usable. Gene developed one of them and agreed. We continued most of the rest of that night with the partially damaged films until about 3 am, when we switched to a new set of prepared films.

On that same night, I guided an 8-minute exposure. It was difficult to stay centered on the guide star



since the glow from nearby Jupiter was interfering. We then did three other fields of sky. Clouds arrived before we had a chance to begin the second set of exposures (so that each field would have two exposures). We stopped observing and left the building to examine the sky. I noticed a slight break in the clouds to the southwest. Gene teased me as being the "eternal optimist." We had a strange discussion about money. Gene said that it costs eight dollars each time we load a film into that telescope. When I suggested that \$8 was not too much, Gene quipped, "That's eight American dollars! Not that Canadian play money you try to get away with!" But after Carolyn agreed that there was a break coming, Gene said, "Let's do it!" We somehow managed to take four exposures before more clouds came and ended the night.

On the afternoon of March 25, the sky was completely cloudy with snow flurries. Gene was reading Time Magazine. I was working on a book about my favorite subject, comets. Carolyn was scanning the two Jupiter films. Suddenly she stopped, looked towards me, and exclaimed, "I think I have found a squashed comet." As Gene got up to look, Carolyn approached me. "You are joking, of course?" I inquired. Carolyn shook her head. Gene then looked toward us with the most unusual expression I had ever seen on his face. Then I looked. There was a long bar of cometary smudge, with at least five darker centers, each with a tail going towards the top of the films. There was also a trail of cometary light stretching off either side of the central structure.

"Skyward"

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May 2023

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"Steve Christy"
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"Nikki Lee"
continued on page 2

Budget conversations will continue, and below is the current timeline:

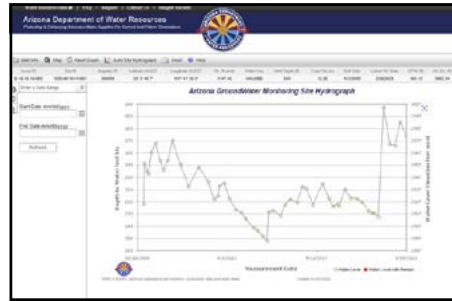
May 9: Continued Study Session
Budget Discussion
May 23: Tentative Budget Adoption / Public Hearing on Recommended Budget
June 6: Public Hearing on Tentative Budget / Special Meeting for Final Adoption

We will also have a Ward Public Budget Participation Meeting and will share those details once they are available. I am interested in your feedback and thoughts on the budget, as well as the challenges and opportunities we're hoping to address in the next fiscal year. Please send your thoughts over to ward4@tucsonaz.gov.

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"Incorporate Vail AZ"
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- *Pocket Knife Co-op*
- *Loma Water Corporation*
- *Colossal Cave Water Group*
- *Vail Road Community Well LLC*



Ground water levels in Vail have been declining for two decades because of drought and growth. However, with the advent of CAP water (Vail Water Company) in 2021, water levels rose dramatically in some high volume 'non-exempt' wells (see hydrograph). 'Exempt wells' are restricted to pumping up to 35 gallons per minute, and are exempt from most water quality and reporting requirements. The vast majority of wells in Vail are exempt low volume wells.

What other desert communities are doing is interesting. Las Vegas has incentivized the removal of "non-functional (cosmetic)" grass -- more than 9,500 acres so far, Ventura County prohibits filling new pools, and Culver City rations irrigation. Many communities offer rebates for low water fixtures and appliances, rainwater recapture systems, or grey water irrigation. Municipalities also use reclaimed water (treated effluent) for construction purposes, industrial uses, and golf courses. The City of Tucson pioneered the use of excess reclaimed water to restore part of the perennial flow in the Santa Cruz River! Imagine if Vail restored the flow of the Pantano Wash!

With municipal government such as the Town of Vail, water usage can be better managed. A coordi-

nated effort of sources and uses no longer pits neighbor against neighbor or separates the haves and the have nots. Good water management could eliminate the "deepest well wins" syndrome. Incorporated communities level the playing field and look strategically at the future. It helps protect our most precious asset – water!

By *Incorporate Vail AZ*
www.incorporatevailaz.org

"Skyward"
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We needed to get a confirming image. I telephoned my friend Jim Scotti, who was observing on the 36-inch diameter Spacewatch camera atop Kitt Peak in Arizona. He simply did not believe me when I explained what we had. He said he would try to find the time to take a confirming picture. Two hours later I telephoned him again. Jim simply grunted. "The sound you just heard," he explained, "was me trying to lift my jaw off the floor. "Do we have a comet?" "Wow, do you guys ever have a comet."

That is the story of how we discovered Comet Shoemaker-Levy 9 in the pinnacle moment of our professional lives. Sixteen months later we watched, along with the rest of the world, as the pieces slammed into Jupiter at the incredible velocity of 60 kilometers (37 miles) per second (a plane travelling that fast would cross the United States in just over a minute.) We spent some time with both then-vice president Al Gore and President Clinton. Impact week was unforgettable. And it all began with a single look at Jupiter through my first telescope, a cloudy night, and some damaged film, on the never-to-be-forgotten night of the 23rd of March, 1993.

David H Levy is arguably one of the most famous amateur astronomers of our time. He has written over three dozen books. Among David's accomplishments are 23 comet discoveries, the most famous being Shoemaker-Levy 9 which collided with Jupiter.



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KEEPING UP WITH KASSIE

At the expense of fear, many live and breathe, not by what they want but by what they need to do to survive in a moment, in time, or in circumstance. This ideal is still as real today in society as it ever was. Fear is an unpleasant, strong feeling that overwhelms a person and causes them to feel in danger, frightened, or anxious. When fear envelopes the mind, the response comes as a reaction framed as what is known as fight or flight. Fight or flight is the body's natural physiological response to the activation of the sympathetic nervous system as a result of fear. Other terminology has been introduced and attributed to measuring reactions to fear that are a combination of fight and or flight.

An organism, an animal, a human will react to what is not good for them with some response that follows the process through the mind resulting in a safe haven. Common knowledge idioms like an eye for an eye, a tooth for a tooth, are the measures that founded justice systems around the globe in our earliest of times. As the justice system has been redefined, formally and informally, it can be said that while the above idioms are no longer acceptable, there still exists a reaction to fear that shares a response that weaves itself into treating others as you would like to be treated.

Kassie Diaz is a USMC Veteran with over 23 years of experience supporting the DoD. She holds multiple degrees and is currently pursuing her PhD in Philosophy, Industrial & Organizational Psychology.



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My name is Jesse Bustamante, and I was born and raised in Tucson as a member of the Pascua Yaqui Tribe. My community fought for, and won, formal tribal recognition when I was a boy in the 1970s. My parents were tribal council leaders which gave me a front row seat to the process of building a community, and all the challenges that come with it. I grew up around construction and by the time I was in my early 20s, I was the CEO of the Pascua Yaqui Adobe Construction Company handling outside sales, logistics, and planning. That hands-on knowledge led to opportunities for formal construction education at the UofA, collaboration with other tribes around the country, and jobs at some of Tucson's biggest construction and civil engineering firms. When the recession hit in 2008, I used all my skills to capitalize on the opportunities around

me and helped build a thriving business as senior project manager at Sonoran Pueblo Contracting. Never happy to rest on my laurels, now is the right time for me to create something of my own.

JB&S Contracting LLC, my new general contracting venture, will use all my knowledge to help develop Tucson in an intentional and sustainable way. I've founded JB&S with the same principles I've lived my life and raised my family. At JB&S we combine traditional, zero waste techniques, creativity, and the best of modern materials with human connection and customer service. We understand how important it is to stick to a budget, and the financial and personal value your home has. If you're looking for a partner who can help you build or maintain your home in a way that reflects your values, I encourage you to reach out to me to discuss your project further.

By Jess Bustamante

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In Your Dreams



Nocturnal Interpretations

There are many different types of dreams. However, most dream experts concur that there are three main categories: physical dreams, review dreams, and symbolic dreams. Physical dreams are just that: we have an immediate physical need, hunger, thirst, discomfort and etc., and our brain is sending us messages, by way of our dreaming mind, in order to fix the immediate physical problem. The next type, review dreams, are believed to function as a type of sorting and selecting process, where the brain reviews the events and experiences of the day and decides how to process and store this information for possible future use, or for possible elimination. The third category, symbolic

dreams, the dreams that psychologists and psychotherapists utilize and study for their therapeutic potential, are strongly believed to be encoded messages sent from the subconscious mind in order to alert/remind the dreamer of problems needing to be solved or issues needing to be addressed. The following would be an example of this type of dream (and I have received multiple versions of the following "Vampire Theme," all in recurring dreams):

"Dear Claire,

I have been having this terrifying dream where my husband is a vampire. I have been having this dream for more than a few years, now. It is always the same, but, sometimes, the place changes. In my dream, my husband has grown fangs and turns to me and starts biting my neck. I try to run away, but I can't move. I am paralyzed. Then, as he is sucking the blood out of me, and I am dying, I wake

up. I just don't understand why I keep dreaming this. He has never done anything to hurt me. He is very loving and gentle, and I love him very much. I feel like there is something wrong with me for dreaming this. I just want to know why I keep having this dream, and if there are any ways to stop it."

After communicating with the dreamer, it was determined that she seldom, if ever, watched vampire movies/television programs. She described her husband as working tirelessly to ensure a certain quality of life for them, and always sacrificing himself in order to provide material items that might ensure her happiness (clothing, automobiles, and etc.). Her husband had no friendships outside of work and no separate, personal interests outside of their home; he had made her his entire world. As a result, she felt obligated, and was often pressured, to

"In Your Dreams"
continued on page 12

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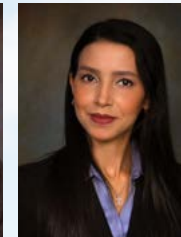
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Twinkle, Twinkle, One Eyed Car

By Chuck Colbath

Hair extensions were featured in our article last month. I am happy to say that one of our loyal clients was excited to be the first to add extensions here at Babilon. She was so thrilled with the results that she came back for more, this time tinsel extensions, which add bling, are inexpensive, and we keep on hand.

After a week without cookies, my defective new mixer has been replaced and I am back to making 20 dozen a week. One of our stylists kiddingly said one might think our clients were coming for the cookies!

As a child, my parents told me of an advertising campaign by a shaving cream company called Burma Shave. The campaign

consisted of a series of small roadside signs on posts, each with a part of the message, often humorous, with the last sign always being "Burma Shave". A quick look on-line showed this campaign ran from 1925 until 1963. This left a lasting impression as I thought it was a great advertising idea.

Here are a few examples as I remember them. I hope you enjoy them.

"Spring has sprung/the grass has riz/where last year's/careless drivers is" "Don't stick your arm/out too far/it might go home/in another car" "Around the corner/lickety split/Was a beautiful car/wasn't it" "To escape/from hairy apes/ladies jump/from fire escapes" "Hardly a soul is now alive/who passed on hills/at 75" "Slow down, Pa/sakes alive/Ma missed signs/four and five" "Twinkle, twinkle/one eyed car/how we wonder/where you are" and "Her chariot raced/at 80 per/they hauled away/what had

Ben Hur". Back then these signs were all across our great nation, providing entertainment with a dose of advertising for a new mobile generation that had found the open road.

At Babilon, our efforts to bring like minded, positive, caring and above-average stylists together has been important to us. We have searched nationally and found some truly amazing stylists. One moved three thousand miles to find her home with us four years ago. Having everyone on the same page really makes working together a pleasure. Elbert Hubbard once said "We awaken in others the same attitude of mind we hold toward them." Setting a good standard just seems to make sense.

In a time when old fashioned caring service seems to be a thing of the past, you can still find it at Babilon Salon. Free unhurried consultations with the stylist of

your choice is a great way to get acquainted. It is a co-operative environment in which the stylists recognize they all have different approaches, and work as a team to best satisfy clients' varying needs.

Please stop in for a look! We look forward to the opportunity to please. Our stylists' profiles, full menu with fair up-front pricing, and easy on-line booking are all at Babilonsalon.com. Or call us at (520) 762-8787 and we will be happy to assist you.

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The Rabbi's Corner



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The Time for Kindness

The period of Sefirat HaOmer is a time of mourning that is observed between the holidays of Passover and Shavuot. During this time, we remember the loss of Rabbi Akiva's 24,000 students who died from a plague. As a result, many observant Jews refrain from listening to music, attending weddings, and other joyous activities during this time.

However, this period is also a time for personal growth and introspection. It is a time when we focus on improving our character traits and becoming better people. One of the most important character traits that we can work on during this period is kindness.

The Rebbe, Rabbi Menachem Mendel Schneerson, emphasized the importance of kindness in all aspects of life. He believed that kindness was the foundation of all mitzvot and that it was essential for building strong communities and relationships.

During Sefirat HaOmer, the Rebbe encouraged people to focus on acts of kindness. He believed that by doing so, we could help to counteract the negative energy that led to the death of Rabbi Akiva's students.

The Rebbe taught that kindness should be practiced not only towards our friends and family but also towards strangers and those who may not be as fortunate as we are. He believed that by doing so, we could create a more compassionate and caring society.

Some ways that we can practice

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kindness during Sefirat HaOmer include volunteering at a local charity, visiting the sick or elderly, and helping a neighbor in need. We can also make an effort to be more patient and understanding with others and to offer words of encouragement and support.

In conclusion, the Rebbe's opinion on kindness during Sefirat HaOmer is that it is essential for personal growth and for building strong communities. By focusing on acts of kindness during this time, we can help to counteract the negative energy that led to the loss of Rabbi Akiva's students and create a more compassionate and caring society.

Rabbi Shemtov, ordained at the Rabbinical College of American in Morristown, New Jersey, has served as a student rabbi in communities across the world. Including in Bulgaria, Wyoming, South Dakota and California where he has led educational and holiday programs. He has taught children through Torah Tutors, an online Jewish studies platform.



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"In Your Dreams"

continued from page 9

stay home and spend her leisure time exclusively with him, instead of going out and spending time with friends and family, or pursuing personal interests of her own. For these reasons, the most likely explanation for her "Husband as Vampire" dream is as follows:

Suppressed emotions and issues will seep through to our dreams, and, unlike our conscious/waking mind, our dreams will not lie to us. Our dreaming mind will force us to examine situations and facts which our conscious mind may not be willing to face, and may refuse to accept due to the resulting, negative feelings (such as guilt) which could arise. Our dreams will tell us the "hard truth" and will often continue to repeat this truth until our waking mind will finally accept it and act upon it.

Due to her love for her husband and her guilt over his sacrifice, this

dreamer's conscious mind did not want to acknowledge the fact that he was, metaphorically, "sucking the life out of her," and leaving her feeling powerless by not allowing her to have a life of her own, separate from him. However, her dreaming mind, wanting her to be as emotionally healthy and happy as possible, refused to allow her to live in denial and discontent and kept sending her this dream message in order to force her to confront the issue, talk to him about it, and try to find resolution (because that is the brain's job: our physical AND mental-emotional well-being). If the dreamer deals with this situation and, subsequently, is allowed the personal freedom and expression needed to feel less constricted and "drained of life" and power by her husband, this dream should/could retire itself. However, merely acknowledging the issue, and talking openly and honestly about it, can often be cathartic enough to halt the recurring "bad" dreams.

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April Happenings

A group of ladies in the Corona de Tucson area decorated Easter eggs for Corona Cares recipients who do not have family locally with whom to celebrate the Easter holiday. Pat Sutton organized the group, and they all gathered at Dee McAlpine's house to decorate the eggs. The group included Mary Franklin, Dee McAlpine, Joey Schneeberger, Diane Marler, Joan King, Sandi D'Amore, Carmela D'Amore, and Jan Tschida.

Corona Cares bought Easter baskets and added candy and Peeps, while some got CORONA, BETTER THAN THE BEER T-shirts.

Darsey Didier's church sewing group made walker caddies for the recipients. These caddies have pockets to carry items, for the walkers that do not have baskets. Each caddy came with a note from the creator, some were signed



with a name, some were signed with XOXO.

Thank you to all these wonderful and caring people for their thoughtfulness and time to bring joy to our recipients.

By Ellie Abraham

Happy Earth Day Corona de Tucson!

How incredibly awesome our community is! This morning the Corona de Tucson Community Alliance (CDTCA) joined by its board of directors, community volunteers, friends, neighbors, and students of our school district celebrated Earth Day by working together to make and keep Corona de Tucson clean, safe, and beautiful.



From Left to Right: Jill Gibson, Ellie Abraham, Edward Buster, Lisa Larivee, and Jackie Coward.

Multiple organizations pulled together to support this amazing effort. Over the course of nearly 5 hours 30+ volunteers pruned overgrown trees, cut back wayward shrubs, and eliminated invasive vegetation along the historic stretch of our village. All volunteers gladly lent their yard tools, caring, and a bit of elbow grease to clean and clear away the mounting debris, trash, overground vegetation, and fire hazards along our Houghton roadsides and pathways in front of Sycamore Elementary and Corona Foothills Middle Schools.

Huge thanks to the members of the Corona de Tucson Community Alliance, Corona Cares, the Corona de Tucson Church of Latter-Day Saints, Janicek Properties, Four Arrows Garden, L4

Wood and Metalworks, and Vail ReSources. We are so incredibly proud of the herculean efforts of these amazing individuals and the benevolent groups they represent.

Enormous appreciation to Corona's matriarch as she undoubtedly is the catalyst and our success rests with the incomparable Ellie Abraham for coordinating this incredibly successful event. A huge appreciation to Four Arrows Garden for the gorgeous flowerpot, stand, and plant AND to L4 Wood and Metalworks for the donation of a professional plaque. These items were dedicated to honor our own Sycamore Elementary Crossing Guard "Mr. Ricky". He is sincerely respected and appreciated for going the extra mile in taking pride in his work, safeguarding our school children, and ensuring a sense of community through his efforts and example to our little village and its people.

Again, we so very much appreciate everyone who helped in celebrating Earth Day in our little hamlet, in beautifying our Corona de Tucson home, and ensuring the majesty of our wonderful community now and into our future.

Meet CdTCA 2023's Most Outstanding Crossing Guard

Ricardo Gonzales, known as Mr. Ricky at Sycamore Elementary, is a long-time resident of Corona de Tucson. He has been a crossing guard for several years and has always been kind, respectful, and loving. Mr. Ricky handles traffic, parents, and students with grace. He does an excellent job deescalating conflict at this busy area

and always ensures the safety of families crossing.

As a steward of our community, Mr. Ricky goes above and beyond by picking up trash, clearing hazardous brush, relocating dangerous animal life from pedestrian pathways, and removing debris from roadways. He does this all with a smile. His dedication and enthusiasm are inspiring to everyone. He makes an effort to learn the names of both kids and parents, and he never fails to greet families with a warm smile.



Mr. Ricky also keeps a watchful eye on his crossing guard team to create a safe environment for families crossing, and he does an exceptional job keeping everyone safe. He makes sure children can safely cross and reminds drivers of the presence of those children. As soon as families see him, they know that their morning will be a breeze. Students learn a lot about safety from Mr. Ricky's example.

If you get a chance, please say hello and thank Mr. Ricky for all he does for the CdT Community.

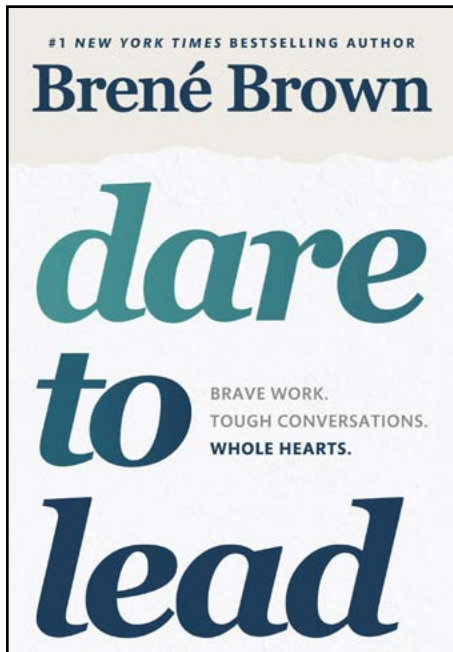
*By Edward Buster,
President, CdTCA*

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Book Review

Behind the Words



"Dare to Lead"

"Dare to Lead" is a book on effective leadership that couples vulnerability, empathy, and courage together to form a foundation to lead.

If you're new to growing as a leader, this book may give you concepts to latch onto, something to help you understand your feelings in a position that makes handling those feelings volatile.

Brown shares personal stories that are relatable and honest, and her work is backed by data collected over years. Brown appears to genuinely care about her work and the reader.

"Before I go onstage, I whisper the word people, three to four times to myself."

My issues begin here: she places an outsized amount of focus on

shame as a catalyst for leadership problems. As she puts it: "The only people who don't experience shame are those who lack the capacity for empathy and human connection. Here's your choice: Fess up to experiencing shame or admit that you're a sociopath."

From this you'd think she respects the protective power of shame, but to her, the concept of "shame" is a universal negative. She presents the idea that "shame" and "guilt" are functionally distinct feelings, and that shame is correlated with immorality and, contradicting herself, lack of empathy. Guilt, however is not, despite these two feelings only being differentiated by a subjective sense of morality. I have difficulty imagining someone with self-esteem issues being able to divorce themselves from the idea that what they are feeling is not the "right" one.

Shame seems to be her number one enemy in leadership. But

there are so many more factors than shame, and from Brown, you never see a truly nuanced approach to the wide spectrum of past and present trauma and fear that can underlie the leadership issues.

What about when it isn't you? I've worked with so many individuals in leadership where the real issue is not their self-esteem holding them back but with corporate management issues beyond their control. Placing the responsibility on the "leader" to have "hard conversations" misses the point in a corporate America that already puts the burden on employees.

She models the difference between "armored leadership" versus "vulnerable leadership," with vulnerability as what we should strive for. But is vulnerability the right approach when struggling against dismissive and abusive leader-

"Book Review"
continued on page 17

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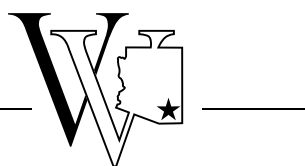
NexTrex's Community Recycling Challenge

Using resources wisely and being good stewards of the environment is an integral part of being a Girl Scout. Members of Girl Scouts of Southern Arizona Troop 122 took this value to the next level with their ambitious recycling project. Joining NexTrex's Community Recycling Challenge, Troop 122 collected over 500 pounds of plastic over six months, allowing them to earn a recycled composite bench which they assembled and donated to Canyon Del Oro High School.

The Girl Scout Seniors learned that film plastic is ultimately recyclable but requires special collection and processing not available with traditional city recycling through residential blue bins. Typically, film plastic voids all recycling objects in a residential bin since the plastic can clog municipal facil-

ities' recycling machines. NexTrex offers film plastic drop-off locations at various grocery chains in Arizona, such as Fry's and Safeway, where the community can recycle used shopping bags and other acceptable items. Troop 122 took advantage of these community drop-off locations collecting and weighing their plastic before donation. At the end of each month, they entered the total weight recycled for that month as they worked toward their goal of 500 pounds.

Several schools and businesses partnered with the troop to have collection locations at various sites more accessible to the public. Troop 122 saved approximately 40,500 plastic bags from sitting in a landfill or polluting the environment and as a result, they were rewarded with a bench crafted from the recycled plastic film that they worked tirelessly to collect. To find out more about this unique recycling program, visit nextrex.com.



Girl Scouts of Southern Arizona
20 CAMP 23

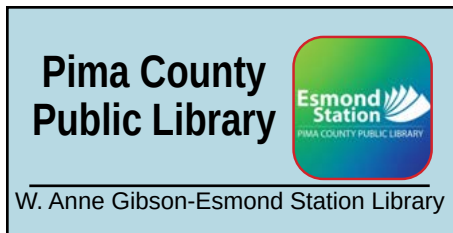
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May Finds Friends & Esmond Station Library Warming Up

As May temperatures rise in Vail, so raises the involvements of the Friends and the W. Anne Gibson – Esmond Station Public Library and its partners and relationships.

Your Esmond Station Library wants tweens and teens ages 9 - 18 to a Plant-Based Tattoo Workshop on June 2nd from 2 p.m. to 4 p.m. In simple steps, learn how to apply these special, safe, fun tattoos that look like the real thing! Plant-based, henna-like tattoos use non-toxic, food-based dye that is more convenient and versatile than henna. It does not last as long! Register for Plant-Based Tattoo Workshop before it closes June 2 at 12:00 p.m. To register call the library at 520-594-5460.

Watch for library's summer program "All Together Now" coming soon to your W. Anne Gibson – Esmond Station Library. What is known for May is Family Storytime will continue on Tuesdays or Thursdays (May 2 or 4, 9 or 11 and, 16 or 18) at 10:30 a.m. Baby Storytimes will continue on May



Pictured are the five founders of the first Friends organization who established the foundation for the Friend's group to serve the Esmond Station Public Library. Pictured left to right is Ethan Hurley, Pam Kely, Anne Gibson, Kristina Knauer, and founder and member of the Pima County Library Commission Member Ed Buster.

3 and 17 at 10:30 a.m. All require registration.

For the adults on May 17 from 11 a.m. to 12 p.m., Garden Talk will feature a free presentation on Shade Gardening by Master Gardeners from the University of Arizona Cooperative Extension Service. The topic of Shade Gardening in a too-shady yard can be an opportunity to create an unusual plant environment.

It was in March that the Friends received an email notice from Judy Moses, Assistant to the Library Director for Pima County Public Library, announcing the annual Pima County Public Library Advisory Board, Friends and Foundation Retreat will be held on Saturday, May 6th from 8:30 a.m. to 2:00 p.m. at the W. Anne Gibson - Esmond Station Library. The retreat is by invitation only.

Friend's President Anne Gibson

"Book Review"

continued from page 15

ship? Vulnerability is, in fact, often what employers want to take advantage of most. The good nature of a person who takes the blame is a potent source of capital. It's a vulnerability nightmare.

Your leadership will fall flat. You as a leader will become dejected in your role because you can only go so far. That's not what's going to happen to everybody who reads this book, but it does serve as a reinforcement of this cycle of self-blame and failure for those who aren't privileged to read it in the right circumstances.

Rocking the boat may lead to losing your leadership entirely. She addresses how to put empathy into practice. Listening to your coworkers, handling their concerns with genuine care. However, it's listening that I feel is the component missing from this book. There's a bit of deeper compassion that I don't feel from Brown's approach. I wouldn't be surprised to find this book in the hands of the very same upper management who make leadership – and vulnerability – a living hell in the workplace, and so difficult to achieve for the people at the bottom rung of the ladder.

Dare To Lead is a feel-good book – and one that can trick you into a false sense of leadership, without being the lead in your own life.

Amunet Burgueno is a writer, voice actress, and master hypnotist. While supporting over 100,000 people with their spiritual and personal growth, she learned the meaning of life is to embrace your humanity, play, and be creative.



**"Who Invented Mother's Day"
continued from page 1**

of sick and wounded soldiers. In 1861, she authored the famous Civil War anthem, "The Battle Hymn of the Republic," which was first published in February 1862.

Around 1870, Julia Ward Howe called for a "Mother's Day for Peace" dedicated to the celebration of peace and the eradication of war. As expressed in what is called her "Mother's Day Proclamation" from 1870, Howe felt that mothers should gather to prevent the cruelty of war and the waste of life since mothers of mankind alone bear and know the cost.

Howe's version of Mother's Day was held in Boston and other locations for about 30 years, but died a quick death in the years preceding World War I.

Nothing new happened in this department until 1907, when Miss Anna M. Jarvis, of Philadelphia,



Ann Maria Reeves Jarvis

took up the banner.

After her mother, Ann Reeves Jarvis, died in 1905, Miss Anna Jarvis from Philadelphia wished to memorialize her mother's life and started campaigning for a national day to honor all mothers. "I hope and pray that someone, sometime,

will found a memorial mother's day commemorating her for the matchless service she renders to humanity in every field of life," Ann Jarvis once said. "She is entitled to it."

Anna's ideas were less about public service and more about simply honoring the role of motherhood and the sacrifices made in the home. She bombarded public figures and various civic organizations with telegrams, letters, and in-person discussions. She addressed groups large and small. At her own expense, she wrote, printed, and distributed booklets extolling her idea.

Why Mother's Day in the U.S. is in May

In May of 1907, Anna memorialized her mother's lifelong activism with a memorial service held at the Methodist Church in Grafton, West Virginia, where Anna's mother had taught. The following year, on

May 10, a Mother's Day service was held at that same church to acknowledge all mothers. Thus was born the idea that the second Sunday in May, be set aside to honor every mother, whether living or deceased.

Her efforts came to the attention of the mayor of Philadelphia, who proclaimed a local Mother's Day. From the local level, she went on to Washington, D.C. The politicians there knew a good thing when they saw it and were quick to lend verbal support.

While West Virginia was the first state to officially adopt the holiday, others followed suit. Proclamation of the day by the various states led Representative J. Thomas Heflin of Alabama and Senator Morris Sheppard of Texas to present a joint resolution to Congress that Mother's Day be observed nationwide. The resolution was passed by both houses.

**"Who Invented Mother's Day"
continued on page 19**

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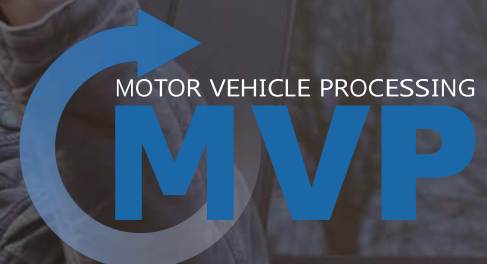


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**"Who Invented Mother's Day"
continued from page 18**

In 1914, President Woodrow Wilson signed a bill designating the second Sunday in May as a legal holiday to be called "Mother's Day"—dedicated "to the best mother in the world, your mother." For the first few years, the day was observed as a legal holiday, but in absolute simplicity and reverence—church services were held in honor of all mothers, living and dead.

A Bittersweet Legacy

According to many sources, Anna simply wanted to honor her mother, claiming that her mother was the originator of the real Mother's Day. As the holiday went mainstream, she was dismayed to see it become more commercialized with the sending of greeting cards and flowers; she also didn't even want the holiday promoted by women's organizations, charitable foundations, or public health

reformers to raise money—some-what ironic considering her mother's public health mission. In 1948, Anna Jarvis died in a sanitarium in a state of dementia.

Mother's Day Today

Mother's Day endures and evolves. Just as Mother's Day was the creation of multiple women, the modern Mother's Day celebrates the varied roles of mothers today. We commemorate the many ways mothers have fought to better the lives of their children, from social welfare to non-violence. We also honor the way mothers have raised and nurtured their children with love and courage.

Source: *Almanac.com*

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Three Things You Should Know About Scorpions

With a tail curled over its back, a set of appendages that resemble lobster claws, and a peculiar way of scuttling around on its eight legs, a scorpion can strike fear into the bravest of hearts. Beyond the fact that they all have four sets of legs, scorpions bear little resemblance to their spider and tick cousins. If you have lived in Vail for a while, you have probably seen at least one scorpion. If you are new to the area, you may be wondering how dangerous these bizarre creatures truly are. Whether you are native to the area or a newcomer, here are three things about scorpions that you should know.

1. Arizona is home to the most dangerous type of scorpion in the United States. Worldwide, there are about 1,500 species of scorpions. Twenty-five of which are potentially lethal. Approximately 90

species of scorpions can be found in the United States, but only one — the Arizona bark scorpion — is considered dangerous to humans. People who are allergic to scorpion venom, the elderly, and young children are considered to be at the highest risk if they are stung by an Arizona bark scorpion.

2. The size of the scorpion and the strength of its venom are inversely proportionate. For example, the Arizona bark scorpion is usually between two and three inches in length; the giant desert hairy scorpion is often more than five inches in length, but because its venom is relatively weak, its sting is usually compared to that of a honeybee. However, it should be noted that scorpions have the ability to sting repeatedly as well as control the amount of venom that they inject.

3. Scorpions glow blue under a black light. When ultraviolet light strikes certain proteins in a scorpion's exoskeleton, the UV light

makes the proteins visible to the human eye. Scientists are still researching why this is so. One theory is that the glow helps them identify each other. Another theory is that it is a type of sunscreen to block harmful rays. Other scientists have proposed that it is a useful adaptation to help confuse prey. Currently, research is being conducted to test whether scorpions are using the UV light that is reflected off the moon as a type of alarm clock that lets them know it is time to leave their hiding place and go hunting for food.

If there is a great deal of construction activity in your area, the disturbance of their habitat may increase the chance of a scorpion finding its way into your home. A rock garden in your yard or the crawl space under your home could offer scorpions a hospitable environment to seek refuge during the day. Scorpions may also be attracted to your yard by an infestation of spiders, crickets or other insects that are prey for scorpions.

Whether you need help to control scorpions or any other pest, contact Bill's Home Service Company for professional assistance. Visit www.BillsHomeService.com or call (520) 625-2381.



Beauty Tip

Keep your used green tea bag in the fridge. The tannins and caffeine in the tea bag can help reduce some of the swelling and puffiness under the eye. Apply cold bag below eye for 20 to 30 minutes, as needed.



Health Tip

Although skin cancer is more common in fair-skinned people, no one is exempt and anyone can develop it, even ones who are not prone to sunburn or who tan easily. Remember you can get skin cancer in places where the 'sun don't shine,' including your palms, bottom of feet, breasts and buttocks. Remember to apply sunscreen even on cloudy days!



Judee and husband Bob moved to az from Michigan. Where she owned a 2 floor clothing and gift shop. Her career years in Tucson was managing 3 different clothing stores in park place and Elcon mall, Before full time RVing for 10 years they were the 1st to build at Rita Ranch, then moved to vail in 2018.





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Events

Monday to Friday until May 30

Arizona Senior Academy — Art Wall exhibit of creations by two Academy Village residents. Marianne Rowe's acrylic paintings explore the challenges facing our world using bold brushwork and vivid colors. Chari Jagelka's marble sculpture reflects her interest in combining spiritual practice with realist traditions. The Art Wall is located in ASA Building lobby at 13715 E. Langtry Lane, and is usually open to the public weekdays from 9 a.m. to 4:30 p.m. and during all ASA programs.

Monday, May 1, 2:30 p.m.

*Arizona Senior Academy — Lecture David Pietz, Ph.D., U of A Regents Professor of Chinese History, UNESCO Chair in Environmental History, "Death and Life on the Yangtze: Environmental Change in Modern China."

Wednesday, May 3, 2:30 p.m.

Arizona Senior Academy — Lecture by Steve Sarper, independent researcher, "The Life and Music of Composer Gustav Mahler."

Friday, May 5, 11:30 a.m.

Arizona Senior Academy Concert: Tucson folk legend Don Armstrong returns to the ASA with good friends "Liz & Pete" — i.e. vocalist Liz Cerepanya and singer-songwriter-guitarist Peter Dalton Ronstadt. As a trio, they trade solos and complement each other with exquisite harmonies accompanied by Don's guitar and banjo and Petie's guitar and stomp box.

Monday, May 8, 2:30 p.m.

Arizona Senior Academy — Lecture by Abby Hung, Managing Director, The Owl and the Panther, refugee support non-profit, "The Owl and the Panther: Expressive Arts for Refugee Families."

Wednesday, May 10, 2:30 p.m.

Arizona Senior Academy — Lecture by Dr. Carol Barnes, Ph.D., Regents Professor, U of A Department of Psychology, and Director, Evelyn F. McKnight Brain Institute, "The Precision Aging Network."

Friday, May 12, 11:30 a.m.

Arizona Senior Academy Concert: The husband and wife team of pianist Alexander Tentser and violinist Anna Gendler are joined by cellist Robert Marshall to perform Beethoven's Piano Trio No. 7, Op. 97, known as the "Archduke Trio." Dedicated to Beethoven's benefactor, Archduke Rudolf of Austria, it was the last of his piano trios, and its premiere was the last of Beethoven's public performances due to his increasing deafness.

Monday, May 15, 2:30 p.m.

Arizona Senior Academy — Lecture by Mary-Francis O'Conner, Ph.D., U of A Associate Professor of Psychology, "The Grieving Brain."

Wednesday, May 17, 2:30 p.m.

Arizona Senior Academy — Lecture by Ian MacSpadden, Chief Technology Officer, Arizona Public Media, "Upcoming Changes in Television Technology: Why ATSC3 Is Our Future."

Friday, May 19, 11:30 a.m.

Arizona Senior Academy Concert: Chamber music from an eclectic mix of classical composers including Haydn, Villa-Lobos, Ibert and Debussy, will be presented by a circle of Tucson's elite classical musicians: Zach Warren (flute), Emily Chao (violin and viola), Carla Fabris (harp) and Juan Mejia (cello).

Monday, May 22, 2:30 p.m.

Arizona Senior Academy — Lecture by Jaye-Lynn Trapp, Docent, Tucson Museum of Art, "Kandinsky and Klee."

Wednesday, May 24, 7 p.m.

Arizona Senior Academy — Lecture by Astrophotographer Adam Block, "Ancient Echoes of a Forgotten Sky: Astrophotography."

Friday, May 26, 11:30 a.m.

Arizona Senior Academy Concert: "Minute2Minute" makes their first appearance at the ASA. The 6 musicians include 4 vocalists, and all band members play a variety of instruments including guitars, mandolins, accordion and wind instruments. They describe their music as "Pulk Fonk = Punk & Folk."

Tuesday, May 30, 7 p.m.

Arizona Senior Academy Concert: Returning to the ASA, the Puer-ta-Vazquez Duo is made up of classical guitarists Jose Luis Puerta, University of Arizona faculty artist, and his colleague and friend Alfredo Vazquez. With a history of performance in multiple ensembles, the duo was formed during pandemic lockdown as a virtual partnership and has since promoted the classical guitar repertoire in live performances.

Wednesday, May 31, 2:30 p.m.

Arizona Senior Academy — Lecture by Jennifer Shi, Audiologist, "Hearing Loss."

***The Arizona Senior Academy is located at 13715 E. Langtry Lane off Old Spanish Trail. ASA Lectures are available via Zoom using the link at the end of detailed lecture descriptions on the Academy's web site:**

arizonasenioracademy.org

Saturday, May 20 starting at 4 p.m. Empire High School's, class of 2013, 10 year reunion Ramada 1 in Purple Heart Park (closest to the pool). Please contact Brianna Ward

at briannadward01@gmail.com or at 520-449-9917.

Saturday, June 3rd from 10 a.m. to 1 p.m. will be an Open House at the W. Anne Gibson - Esmond Station Library, 10931 E. Mary Ann Cleveland Way. Come and tour, play games, and eat cake.

A fun and dynamic experience, KidzArt camps and workshops help spark creativity. Projects are developed to provide each camper with a unique experience that nurtures their individual creative spirit while building friendships, gaining artistic understanding, and, most importantly, having fun!

June 5-9 – Clay Experience – 9 a.m. to Noon

Cottonwood Elementary School
For 3 years to incoming Kindergarten; Children will learn, play, and develop fine motor skills with different types of clay during this half-day camp.

June 12- 16 – Medieval Times – 9 a.m. to 4 p.m.

Cottonwood Elementary School
Incoming 1st – 3rd grades
Dragons, knights, castles, are the starting point for this themed art camp. Campers will use a variety of mediums to create their own coat of arms, kingdom map, wooden crest and more.

June 20, 21, 22, 23 – Workshops – 2 p.m. to 4 p.m.

Esmond Station School
Incoming 2nd – 5th grades
Participants will be painting and sculpting during these single days workshops. You can sign up for one, two, three days or all four for a discounted price.

If you have an event to submit and the event is taking place in zip code 85747 or 85641 please email to: events@thevailvoice.com



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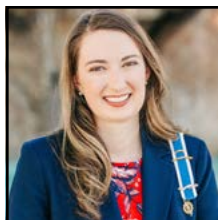
Vail Organizing DAR Chapter



The DAR is a non-profit, non-political, worldwide service organization devoted to Historic Preservation, Education & Patriotism, and family history. Any woman 18 years or older who can prove lineal bloodline descent from an ancestor who aided the American Revolution is eligible to join. DAR and the Cienega Creek Chapter will help you with your genealogy research, if needed, and they have a database of research to assist in the application process. If you are interested in joining, contact Registrar, JoAnne MacInnis at cienegacreekregistrar@gmail.com.



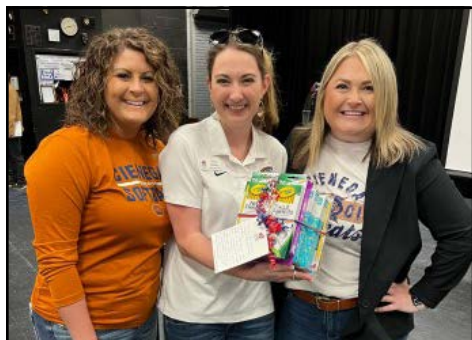
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and Arizona
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American Revolution



Today's DAR

Cienega Creek Chapter in its mission to support Education and build a relationship with the Vail Schools, donated 280 pencils to Cienega High School to support ACT testing. Pictured Cienega Creek Regent, Sierra Hansen presenting pencils to Cienega High Schools testing coordinators. We look forward to having many more moments and opportunities like this in the Vail Community.

By Cienega Creek Chapter, NSDAR



Ronald Reagan once stated, "Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free."

Chris and Bobbie Jo King would like to invite you, the citizens of the United States to join us at Purple Heart Park on Independence Day, July 4, 2023, at 8 am, for a participatory reading of the Declaration of Independence. This will be a family friendly, patriotic event that seeks to reawaken the spirit of exceptionalism in our nation. Join us and take an active part in reciting the infamous words which gave birth to a new nation, an experiment that has lasted for 247 years.

Proverbs 22:6 states "Train up a child in the way he should to, even when he is old, he will not depart from it."

and Friend's Treasurer Pam Kelty accepted the kind invitation of Kristin Salerno, M.A.Ed., Student Achievement Teacher to serve as Judges for Senior Exit Project on Wednesday, May 3rd, from 3:00 to 7:30 p.m. at Cienega High School. The judges score the senior's formal exit presentation.

The Friend's Board of Directors at its April 19th meeting appointed Friends Vice President Tanya Hoose as the Chairman of an Open House to be held to celebrate the opening of the Esmond Station Library. The opening was delayed due to construction supply shortages and the Pandemic. The open house will be at the library, 10931 E. Mary Ann Cleveland Way on Saturday, June 3rd from 10 a.m. to 1:00 p.m. Tanya Hoose joined the Board on Thursday, February 26th, 2019. She has a BS in Education for Northern Arizona University with a math endorsement from the Arizona Department of Education. She has taught Math in the Vail School District for 11 years and currently teaches Math at Vail's CIVANO Middle School. Tanya is married to Matt Hoose and together they have seven children.

The Board also approved unanimously a plan by board member Jessica Harrington to redesign the Friend's Webb site to make it more user friendly. Jessica Harrington was elected to the board of directors at the Thursday, February 26th, 2019 meeting. Jessica is married to Adam Harrington and they have two children. She is currently employed as a Senior Regional Director for the Southeast Area with First Things First /AZ Early Childhood Development and Health Board through the State of Arizona. She was the featured speaker at a National Literacy Conference at the National Library of Congress in Washington, D.C. emphasizing the important of building coordinating and maintaining community partnerships between child care providers and

local libraries. Mrs. Harrington has a long record of services to the youngest children.

It was at lunch that Linda Kubiak and Heather Stough, co-chairs of the Vail School District's Vail Pride Day, extended an invitation for the Friends of Esmond Station Library to return to Old Pueblo Hall at the Pima County Fairgrounds in February 2024 to sell books at the 25-year anniversary of Vail Pride Day. At the April 19th, 2023 board meeting, the Friend's Board voted enthusiastically to accept the kind invitation.

The W. Anne Gibson – Esmond Station Library is located at 10931 E. Mary Ann Cleveland Way, Tucson 85747. In order to register for an event or to ask questions call 520-594-5460. Mary McKinney is the Managing Librarian. To contact the Friends, write P. O. Box 35, Vail, AZ 85641 or call Anne Gibson at 520-347-6346 to donate books or to ask questions regarding the Friends.

Whitley "Anne" Gibson is a third generation Tucsonan and alumni of the University of Arizona. She has been an active community member in the greater Vail area since the late 1970s.



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When All Else Fails

Think about it...how each day, every one of us relies on our cell-phone or home phone to communicate to our friends or to reach out to the Fire Department to report a fire, call the Police or Sheriff to report an accident or a crime, to contact Emergency Medical Services to seek medical aid.

What if none of these communication devices worked? How would you get help or check the news?

That actually happened in the Silicon Valley one day about 18 years ago and I was one of the Amateur Radio operators (HAMS) that

stepped in and created an emergency radio network to dispatch Fire, Rescue, EMS and critical services. A major phone line was cut by disgruntled employees or a domestic terrorist, but it could easily occur today by a construction company severing a trunk line in error.

At that time, as a licensed amateur radio operator, I was the Public Information Officer (PIO) for the Santa Cruz County Amateur Radio Club and the Amateur Radio Emergency Services. Our team of radio operators fanned out across the county to provide essential, critical communications for the citizens and created a backbone network to dispatch the Fire, Rescue and EMS calls.

Hams, have been called upon for many years to provide critical communications capabilities in times of hurricanes, wild fires, earthquakes, flooding and even

after the deadly events of 911. Ham radio is an important component of FEMA and the Red Cross response in America.

Hams train for many hours each year to be ready and prepared to answer the call for emergency communications. Each Ham operator utilizes their own personal



Bill Conklin, AF6OH is an Extra Class licensee. Mr. Conklin has been involved in communication security since the seventies and recently retired after 26 years of providing advanced counter terrorism equipment to US agencies, the Military, State and Local law enforcement and Fire / Rescue / EMS organizations both here in the U.S. and worldwide.

radio equipment to perform these important duties and their services are provided to the community for free, at no charge.

Hams use all sorts of radios and antennas on a wide variety of frequencies to communicate with other hams across town, or around the world. They also use ham radio for personal enjoyment, for keeping in touch with friends and family, for public service communications and to experiment with radio technology.

You always hear "when all else fails, amateur radio works". That's usually referring to some sort of failure to the power grid or a breakdown in normal methods of communication. We don't usually think about the merits of amateur radio during normal times, but Amateur Radio becomes a critical, reliable backup communications network when all else fails.

"Hamming It Up"
continued on page 26



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"Hamming It Up" continued from page 23

So, when you see an antenna on one of your neighbor's homes please realize that without the antenna, they cannot provide these important emergency services in times of need to you and your neighbors.

By Bill Conklin

Nothing Better Than a Good Antenna

I've got a lot of replies to the "HAMMING It Up" articles sense starting the series in Feb. Most replies and questions are from newer licensed operators. That's good. Lots of these people are using a 'HT' commonly known as a Walkie-Talkie or Handy Talkie. Their 3-5watt signal with the default 'rubber-ducky' antenna leaves a lot to be desired, especially if they're in the house or garage.

In one of my first articles I mentioned that I'd eventually throw in my two-cents on "how to get out farther". That's a simple statement, although, the answer can go on page after page. Sense I only operate 2meter VHF and 70cm UHF my answer is fairly easy. IMO there is nothing better than an antenna's altitude for getting the signal 'out farther'.

Hot, cold, rain, snow and Mother-Natures attitude also comes in to play as far as how well you 'get out'.

External Antenna's that I use ~ There are simple 'Groundplanes' made from coathanger wire, 'Dipoles', 'J-Poles', half wave and 5/8th wave vertical 'sticks' that are 4ft to 18ft high, Beams, Quad's and Quagi's, Moxon's and the simple 'Long Wire'. A 2meter Groundplane is only about 20 inches vertical. A 70cm UHF Gndplane is 6-7 inches. Cost can be \$10 bucks of material from ACE or \$250.00+ for a quality hi-gain multi-band "Comet" (my personal favorite). Re-

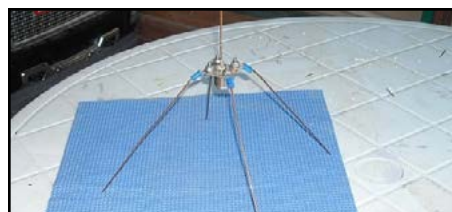
gardless, whatever antenna you have, get it up as high as safely possible. Safety is paramount, no excuses or cutting corners. Getting an antenna higher than the highest 'peak' of the roof is best. Sometimes that's not possible be-



Beam aimed North to Phoenix - VHF 2meters



Dipole for 2m VHF - 38" tip to tip



Groundplane for UHF - 7" verticle element

cause of HOA restrictions.

I had a commercial 5/8th wave (16ft) 'Tram' antenna concealed in the tree out front. It worked 'ok'. I could talk to my regular buddies in town and key-up the popular Tucson Repeaters. The tree branches and only 10-12ft off the ground really limited the output.....but it worked ok and was hidden from the HOA Drive By.

There was a time this 'Tram' antenna was at the back of the property on a 20ft mast and it easily cleared the 16ft peak of my single story house. I could talk in to Red Rock, Marana, Rio Rico, Nogales, SierraVista..... My average range was 60-75 miles+. Except for a few neighboring palm trees there was no obstructions.

At the moment I'm using a 6element 'Yagi' beam antenna on a rotor (rotator). There are Pros &

Cons using this antenna, but in general I love it. I can talk in to Phoenix no problem.

Years ago I had my first DIY vertical 'Dipole' (2-3 dbd of gain) on the roof at 25+ft off the ground and I could talk almost just as well as the 6element (8+ dbd) Beam which is only 14ft off the gnd at the moment. There are reasons for this that can be discussed for days, but like I said above, antenna elevation is #1 IMO. Location and topography is a big deal too. Bottom line - get whatever antenna you have up as high as possible. You'll be amazed.

An alternative, or addition to, a good quality high up antenna is a RF Amplifier. That'll get ya 'out there' for sure, but not as clean and clear. ~ Look up "RF Signal Multipath(ing)" ~. Using hi power, your signal could be heard way out in Phoenix or N.M. but you won't hear the station(s) trying to come back to you. Yes, most RF amplifiers have a receive buffer that boosts the received signal a little bit. Regardless, you're still transmitting much stronger than you're receiving. To me that's ludicrous. 50watts (typical mobile radio pwr) and a decent external antenna will keep you happy for a long time.

Those that "DX" (bounce their signal around the world) know how much-when & where to use 'power'. It is possible to use too much power. Theoretically, too strong of a signal can blast your signal all the way through the refractive atmosphere rather than bounce the signal off an appropriate layer. Different Layers, Different Bands - another story. Pat?, Jim?

By Greg Warnstedt



A Family Story

My father was in the military and was stationed in the Philippine

Islands in the early 1930's. While he was there, he became an Amateur Radio Operator. I found his Amateur Radio Operator License issued by the Government of the Philippine Islands from 1938-1941. He moved our family to Fort Huachuca, Az in 1955. Dad continued his love of talking on his Ham station to people all over the world. My mother and dad would spend hours in his workshop talking to people and exchanging interesting stories about each others experiences.

I found over a hundred Ham cards from around the world from other Ham operators. They range from the early 1930 through 1949. Do you know if there is a Ham Club who would be interested in these cards? I hate to throw them away.

By Deb Matthews

Greg Warnstedt - call sign KJ7OJX. My family and I moved from El Segundo Ca to Tucson in 1999. In 2013 I retired from Raytheon after 38 years, and now volunteer at the Vail Resources Food Bank. I've been an Amateur HAM Radio operator for 3 years.



May Gardening



Written by
Mel Shipley ACNP

Whether you're looking for ways to help mom out in her garden on Mother's Day (May 14th), or just hoping to set your own garden up for summer survival, this month is sure to keep you busy outdoors! There are plenty of blooming beauties we can still plant before the heat of summer comes on, our fruits and veggies are ripening, and we're stepping up watering frequency to keep many of our garden plants happy. Here is Civano Nursery's gardening list for May!

Fertilize your trees & shrubs



What to Plant in May

- Summer annuals: coreopsis, cosmos, gaillardia, globe amaranth, vinca, marigold, portulaca, zinnia, Arizona poppy... and so much more.
- Trees – the best time to plant a tree was 20 years ago, the next best time is now! Get Shade! Plant your own fruit hand pick stand - Citrus, Apple, Plum and more
- Warm-season cacti and succulents. Houseplants on the patio or indoors.
- Summer-growing, heat-loving shrubs and vines such as, bougainvillea, lantanas, red & yellow bird of paradise, salvias, and firecracker bush (*Hamelia patens*) and more...
- It's a great time to plant palms as weather warms this month they love it.
- Veggies: Soy bean, cantaloupe, cucumber (by mid-month), eggplant (by mid-month), muskmelon, okra, peppers, sweet potato, pumpkin, summer squash, watermelon – get your herbs planted too.



Garden Goal - Help out our pollinators
by planting a butterfly garden

Life is better with fresh fruit – Mel Shipley



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Easy Sudoku

See the solution on this page
- no cheating!

	1	2	3	4	5	6	7	8	9
A			2	9				8	6
B									
C		4	1	2	6				
D	5			1			3	9	
E									
F		3	4			7			8
G					4	5	6	3	2
H							8		
I	4	2				6	1		

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.

Medium Sudoku

See the solution on this page
- no cheating!

	1	2	3	4	5	6	7	8	9
A	1					8		7	
B	6				1		9		
C	4				2		3	1	5
D			5						1
E				2	6	3			
F	2						7		
G	7	2	6		8				9
H			1		5				6
I		9		6					7

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.

Hard Sudoku

See the solution on this page
- no cheating!

	1	2	3	4	5	6	7	8	9
A	8					1	7		
B				6		7			4
C					3		9		8
D			4		6	9			
E	1		7				6		5
F				3	7		4		
G	5		2		9				
H	4			5		3			
I			3	4					6

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.

Solution to easy Sudoku

5	7	1	9	6	8	3	2	4
9	8	4	1	8	3	2	1	5
2	3	6	5	4	7	4	5	6
8	1	2	7	5	6	4	9	3
7	6	7	1	8	2	3	9	4
3	6	8	9	2	6	8	9	5
8	9	6	5	7	3	4	2	1
6	8	7	4	1	4	7	8	9

Solution to medium Sudoku

7	8	1	2	3	9	4	6	5
6	2	4	7	5	6	1	3	8
9	3	5	4	1	8	6	2	7
3	9	7	4	1	5	8	6	2
4	5	8	3	6	2	7	1	9
1	9	2	6	7	8	5	4	3
5	1	3	6	7	2	4	8	9
8	4	8	9	7	2	6	3	1
2	8	6	7	2	3	1	5	4

Solution to hard Sudoku

6	5	2	8	1	4	3	7	9
9	7	8	3	2	5	1	6	4
3	4	1	9	6	7	2	8	5
1	2	4	5	7	3	8	6	9
5	6	9	2	4	8	7	3	1
8	7	3	9	9	1	4	5	2
8	6	9	4	3	2	5	1	7
4	1	5	7	8	9	6	2	3
2	3	7	1	5	6	9	4	8

Welcome to The Sudoku Page

Hey Sudoku fans! You asked for it, so here it is: a little something for everyone. Start with the Easy puzzle and work your way up to the Hard one.

If you have trouble reading the solutions, just turn the page upside down! Enjoy!

- The Puzzle Master

Word Finder

See the solution on page 39!

Pizza

Find and circle all of the pizza ingredients and toppings that are hidden in the grid. The remaining letters spell four additional pizza toppings.

B A O N T L P O S E O T A M O T C H
 A K O G I O Y E N A S E M R A P V I
 C E C S A S M O P S U S C R T S H I
 O C A A T I L A K P H S T E E N M Z
 N B S E J O S M T R E I A V F O E U
 G A R O V Y R A I O C R I G Z I S C
 O S T O N B E M T H S L O Z E L M C
 A A R L O E P R O N O A A N S O O H
 T P L I L M P K E K A R U N I C O I
 C R S M I A E A C T E L O C R C R N
 H I C A V H P A L L N I P U E O H I
 E C I L E P L I L A N O S G N R S G
 E O L A O B L A E O J T M A G B U O
 S T R S I F E E B D N U O R G E M U
 E T A P L P B L A S P A R A G U S D
 S A G S R E P P E P A N A N A B E A
 S P I N A C H G R E E N O L I V E S

ARTICHOKE HEARTS	CRUST	JALAPENOS	PROVOLONE
ASIAGO	EGGPLANT	MONTEREY JACK	RICOTTA
ASPARAGUS	FETA	MOZZARELLA	SALAMI
BACON	GARLIC	MUSHROOMS	SAUSAGE
BANANA PEPPERS	GOAT CHEESE	OLIVE OIL	SHRIMP
BASIL	GOUDA	ONIONS	SPINACH
BELL PEPPERS	GREEN OLIVES	OYSTERS	TOMATO SAUCE
BLACK OLIVES	GROUND BEEF	PARMESAN	TOMATOES
BROCCOLI	HAM	PEPPERONI	ZUCCHINI

Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>

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Contemplations



Thoughtful Ponderances

Off the Beaten Path

Take a hike or ride a bike. Discovering the depths of our desert.



I recently surprised myself, and probably a few people who know me, with my newfound sport of off-road, single track, desert bike riding. It was quite accidental, really. After my double knee replacements in 2018, I acquired a TREK bicycle designed for trail riding. For the first two years I pedaled around the neighborhood each day; all of it on asphalt. It was a lovely way to spend 30 peaceful minutes in the late afternoon, and my knees healed up perfectly.

One day I ventured across Colossal Cave road here in Vail, and found myself in the open desert. I embarked on in this solo adventure, past saguaros and prickly pears, far from the drone of traffic and human voices, and suddenly realized that I was in a place both isolated and mysterious--and absolutely silent except for the chirping of birds, the swish of lizard legs on sand, and the soft whistle of the wind wafting through my safety helmet.

And before the dust settled, I was hooked.

I began to ride our local Vail trails regularly, slowly getting the hang of barreling through sandy washes and over uneven terrain, while taking in the sights and sounds of our living desert, the smell of the creosote bushes, and blooming cacti.

As I learned to navigate the trails while avoiding the fish-hook cactus grasping at my ankles, I started to pick up some rudimentary skills of desert riding. Technically, a "single track" trail is a narrow mountain bike trail that is just wide enough for one rider, as the trail width is about that of the average bike. Consequently, one rider must yield the trail to another when passing. Single tracks are ridden in single file and many single tracks are also multi-use trails and are shared by hikers, so there are some unwritten rules of safety and civility to follow.

I always make it a point to give pedestrians the right of way. On those rare occasions when I see hikers ahead, I pull over and pause so as not to kick up dust, and more often than not we share a few friendly words about the beauty and tranquility of the day.

The thrill of the ride is in never really knowing what's around the next bend, whether it be another rider, a large cactus or reptile or perhaps a rock or branch of some sort that has fallen onto the path. On most days in the 25 square mile patch of desert I often ride in, I never see another human being. But I've learned to carefully scan the horizon for oncoming bikes, people and animals. The high desert here in Vail is filled with trees and cactus and rocks and surprises, so a rider must always be on "high alert" just underneath that sense of serenity and solitude that open range riding offers. And it's hard to describe the splendor and majesty of our desert terrain, since to many people, the word "desert" conjures up images of endless sand and desolation and

the bleached bones of hapless animals who struggled to survive the blistering inferno.

I have to admit that as a young man, growing up on the beaches of southern California, I, too, fell for that misconception of Arizona. It's interesting to note that more than 25% of Arizona is forest land. And Vail, at an altitude of 3,200 feet offers a stunning variety of flora and fauna.

Many years ago when I was in my late 30's, I purchased a half acre of land at the edge of a small lake in rural Oregon, and in 1991 I had a cabin built there. There were no television dishes in those days and the Internet had not yet reached my neck of the woods, so I spent much of my free time hiking through the timberland. Other than the deer and coyotes and an occasional herd of wild elk to add a splash of excitement to my wilderness rambling, the old growth forest was my personal, solitary playground to wander and enjoy. I imagined that there was no place more beautiful, peaceful or quiet on Earth. Little did I know that as I reached my 72nd birthday, I would discover the magnificent Sonoran Desert! And on a bicycle no less.

Perhaps the greatest lesson I've learned over the years as an avid hiker, and several decades working in environmental education, is that the natural world doesn't operate in a mode of one place being "more beautiful than another". No place that I've ever discovered on our planet is more "beautiful" than the Rincon valley here in Vail. And this is not just a case of "an old guy living in the last home of his life rationalizing to make it all seem better!"

I've had the good fortune to travel through dozens of countries over the years and to experience what many consider to be the most significant natural wonders of the world. I'm not kidding when I say that here in Arizona we inhabit one

of the great treasures of our planet. And if you take a little time to ramble through some of our open spaces here in Vail, or Saguaro State Park, you'll see an amazing array of astonishing life that has evolved for eons.

Imagine stepping outside the front door of your home and nearly tripping over a large ground sloth. Just down your street you see an endless wave of white sand dunes, 200 feet tall, surrounded by a warm and shallow swirl of saltwater and tropical vegetation. This was Vail, Arizona 50,000 years ago. And you can still see the remnants of those times in our local desert. All of this sand, after all, was once the bottom of a shallow sea.

Rather than feeling isolated and alone in the vastness of this place, there's a good chance that connecting with the natural world in this way can be a remarkable conversation—and one that you can experience over and over again. Walking or riding a bike in the local desert and taking a stroll off the beaten path; knowing that you are very likely standing in a place that no human being has stood before can be a humbling thought, and a quiet moment that is yours and nature's to share--if only for a brief moment in your otherwise very busy day.

Khevin lived for years along the California coast, on a lake in the Oregon wilderness, high atop the Mojave Desert and tucked away on the island of Honolulu before finally discovering the paradise known as Vail, Arizona. Home at last.





ReSources Honors Volunteers

Like many nonprofits in the nation, Greater Vail Community Resources ("ReSources") depends on the critical service of volunteers to complete its mission of feeding those in need. These volunteers, many retired from impressive careers or working in challenging positions, give of their time to work cooperatively with each other to get the job done. For ReSources, that may mean working a shift in the Depot Thrift Store or distributing groceries to food bank clients. Whatever the job, these volunteers are indispensable elements in carrying out the mission and they deserve all the honor and



4/17, ReSources Volunteer Appreciation Luncheon thanks. They were duly feted at the April 17th Volunteer Appreciation Luncheon, which was marked by a decidedly festive atmosphere and the theme of "Making Service Music Together."

Guitar stylings by Silver Bill Smith greeted guests at the Christ Lutheran Vail multipurpose room, and volunteers had time to chat it up with friends while grabbing their Arby's box lunches. Mistress of Ceremonies, Callie Tippett, offered a metaphor of volunteers as musical instruments led by skilled conductors in the persons of the

food bank managers and thrift store managers. And speaking of conductors, the entire gathering was treated to many classical tunes beautifully interpreted by the Cienega Chamber Winds ensemble, led by Mr. Grant Knox, Director of Instrumental Music at Cienega High School.

Between raffle drawings, Thrift store manager and assistant manager, Leida Robinson and Tabitha Johnson respectively, presented certificates to Carol Porter (most volunteer hours), and Cindy Lachin ("Steamy" award for her expertise in prepping thrift store garments.) Student volunteer, Jai-Rahn Johnson was recognized with the "Bam-Bam" award for his helpful spirit and brawn when heavy lifts are required.

Food Bank manager, Liana Hicks, and Assistant Manager, Regina Tiedemann, presented certificates to Chris Young (most hours volunteered), Glenda Copeland (most

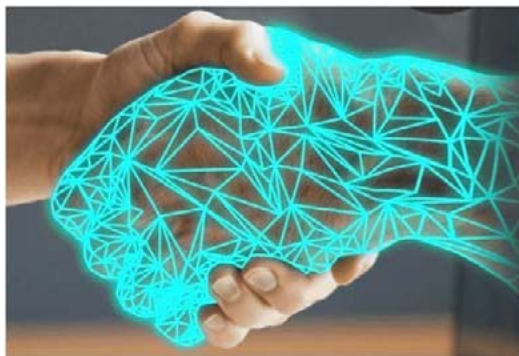
combined hours volunteered at food bank and thrift store), and the "First Responder" Award went to Grant Coe for always being ready to volunteer when needed.

Many special guests also were in attendance for their roles in supporting the ReSources mis-



ReSources volunteers enjoying the luncheon held in their honor.

sion: Julie Wilson, TSW vocational training teacher; Diana Spencer and Charlene Naranjo, (Coach and team lead) at Walmart, Houghton Town Center; Valeria



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Legal Brief



Protecting our Community

What's My Business Worth?

There are several ways to determine the market value of your business. Here is a summary of methods that are used to assess the value of your business:

•**Determine net asset value.** Everything that is owned by the business assets such as: equipment (computers, machinery, tools) and operating supplies. Some property may be difficult to value: such as policies and procedures, client lists, skilled employees, you and your skills, and established relationships that help the business, e.g., vendors, community relationships with organizations. What these intangible assets are worth may be hard to assess, but the value can be negotiated with a prospective buyer of your business. The next calculation is to subtract the debts and liabilities. The business's balance sheet may be a good baseline in valuing the business, but the business is likely worth more than the net assets.

•**Analyze the Revenue.** How much revenue has the business generated in annual sales? How many years of revenue do you have? The longer the better. You may want to contact a professional such as a business broker (a professional that helps business owners sell their business) to help you learn what a business within your industry could be worth based on revenue as well as what other data you will need to determine an accurate marketable sale price.

•**Earnings.** Determine a multiple of the company's earnings, or the price-to-earnings (P/E) ratio. The

P/E ratio, which is calculated by dividing a company's current stock price by its latest earnings per share, is thought to be a reliable basis for valuing a business. For example, if the P/E ratio is 10 and the estimated earnings are \$200,000 a year, the business would be worth \$2 million. The P/E ratio is a better evaluation tool for companies with at least a few years of annual earnings. Profits are the metric that will be used to get to a reliable price to earnings ratio.

•**Perform a cash-flow analysis.** A cash-flow analysis (discounted) is a formula that looks at the business's annual cash flow, projects it into the future, and then discounts the value of the future cash flow to today's net present value. Here is a link to the Investopedia website with an explanation of net present value, why you would use it in various investment situations, there is a (NPV) calculator at the site as well to help you determine your business' net present value.

The model you should use to value your business depends on your circumstances. Some of the methods identified here may not be feasible for you, because your business may not have the metrics for a particular method. It is important to know that when buying or selling a business various valuation method will not necessarily produce equivalent results. If you are interested in selling your business or valuing it to obtain financing, it may be worth finding a professional to help you. Asking a divorce lawyer for a recommendation may be a useful source as they often need to use such professionals as part of a marriage dissolution.

Also, worth mentioning this month, is the Small Business Administration's National Small Business Week 2-day virtual summit (free!) on Tuesday, May 2 – Wednesday, May 3, 2023.



This event is expected to include online seminars by experts, opportunities for networking, and a "mentoring lounge" where you can ask questions and get answers. The event is free to attend. Here is the link to more information about the event.

Christine Anderson Ferraris and her firm, A. Ferraris Law, assist consumers and business owners harmed by the government, or another business. She has been for several years the race director for the CV50/50 children's trail run in Colossal Cave Mountain Park each November.



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Williams, Vail Safeway store director, and Michael Chalker, Safeway management trainee; Rob Davis, Pastor, Living Branch Church, and; Mary O'Donoghue, Volunteer Services Coordinator, Pima County Council on Aging.

If you'd like to join the volunteer team at ReSources, visit: resourcesvail.org

During the month of May, Resources is collecting pasta and Pasta sauce (or other canned items) at Resources Vail Food Bank and the Vail Depot Thrift Store, both located on Colossal Cave Road.

By Susan Summers

VAIL FUN FACT!

The Old Vail Post Office was referred to as Vail's 'Federal Building' during the 1930s because the mail was delivered there, and it had a flagpole.

[@vailpreservationsociety](https://www.instagram.com/vailpreservationsociety)

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Discovering Nature



Enchanted with Sonoran Snow

He was a hardened cowboy with a leathered look, stained Stetson, and old truck. He spoke with a drawl and fiddled with his long gray mustache. He dressed the part. I looked for a gun but was distracted by a camera. It looked out of place; incongruous to my stereotype -- yet it was obvious that we were here for the same reason; he was shooting, not with a Winchester, but rather a Nikon!

On rare occasions, we find ourselves in situations that don't fit the mold; hiking with wingtips or barbering in a beauty shop. It's a Where's Waldo in a sea of consistency. His contrasting archetype was as unusual as the scene we were witnessing, a cowboy photographer wrangling frames as deftly as he might a steer, reveling at the magical spectacle of Sonoran snow!

Desert dwellers love the rain, but snow is special. The conditions must be just right. Rare! Unusual! As I hiked back into the thick grove of saguaros, it was a serene, supernatural feeling of quiet



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and amazement. It seemed like my camera was more enthralled than I was. It knew exactly what to do. Everything merited a photograph, and it kept clicking away at all, the smallest leaf to the largest mountain. Its operator, me, just went along for the ride letting the camera do its own thing. It's hard to take a bad shot when the scene is so special because there are very few things more enchanting than snow in the desert. So here I was deep in the Saguaro National Park following the instincts of my camera.

It was still snowing intermittently after an overnight blanketing of seven inches. The occasional break in clouds acted as a shutter, causing brief pockets of sunbeams to spotlight the landscape below, almost as if the heavens were taking pictures too. Perhaps there's a wintertime photo of me hanging in the heavenly halls today!

I knew the window for filming was limited because it was starting to melt, filling the rivulets and arroyos with snow melt. I bounded between rocks and bare spots trying to get the best perspectives I could without disturbing the foreground with footsteps. Several times I slipped. The driving wind had painted the west flanks white while the east side of things were mostly snow free. This created a unique display of contrast of green on the east side and white on the west. My camera was determined to capture it from all angles! It was another miraculous choreographed set design by the Almighty. By the time I returned to my vehicle, most of the path had already melted leaving my muddy footprints as the only proof of my snowy sojourn.



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I looked for the camera cowboy but I found no footprints, no evidence of his whereabouts. I had taken the only trail in, leaving me to ponder his existence. Was he a hallucination? His truck was still there. I figure his camera got the best of him too, as he was undoubtedly lost in the beauty following the navigational instincts of his Nikon, just like me.

Rob Samuelsen is an executive and adventurer supported by his long-suffering but supportive wife!



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le Tucson Ponders Incorporation

any are looking to ensure these small sanctuaries are undisturbed by intractable pricing by Tucson Water, local Highway User Revenue Funds (HURF) taken away and urban sprawl development created by a growing City of Tucson to our north, while wanting convenience of having services close to their homes.

ing Lubell and Glenn Taylor residents and founders of the CdT Futures movement, have stepped forward to lead and guide local residents in seeking information about the drive towards incorporation.

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There is so much potential for us here. CdT is a natural for incorporation. We seek to incorporate to have a voice for our community's destiny. We are currently at the mercy of Pima County when it comes to basic services such as road repair. With all the CdT residents in our area, we are far beyond the need to be



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Healthy Guidance



Transforming Lives

Constraint and Rebellion

Ever seen a three-year-old throw a fit at the grocery store, kicking and screaming about something they want to have or do and aren't getting to? Ever seen or been the adult version of that? The proverbial mom and dad figure is telling you what to do and you're not having it? Is that authority figure your parents still, your school, job, religion, social groups, or government? Is there an outside influence telling you what to do and you're sick of it?

Like a rubber band getting stretched to its limits, we can only stretch so far before we snap.



When we do what others want, even if we don't want to, for long enough, we can have an equal and opposite reaction. What are you allowing to constrain you so much so that you are having a reaction against it?

When we stop listening to our inner world of emotions and feelings in order to please another, we can get into trouble. Yes, balance is needed, but ignoring our own intuition and promptings does not promote a healthy life. Our bodies, minds, and spirits have information for us. When we lean too much on outside ideas to deter-

mine our actions, we can get out of equilibrium.

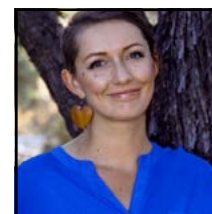
What are you not allowing yourself to do? What are you depriving yourself of that causes angst inside your body and mind? Sometimes we think it's noble to withhold things from ourselves. Sometimes we think that "sacrifice" is virtuous, when it is just self-deprecating. The line is thin between doing what is right for our own personal life and what is "right" according to the authority figures.

When we only look to the external to set the standard on what is true for our lives, we can lose sight of ourselves. This can cause a rebellion inside. Sometimes, that rebellion is a health crisis. At other times, it is a binge of food or other addictive behaviors and substances. When we allow an entity outside of ourselves to make all of our decisions, the pendulum must eventually swing the other way. In-

stead of heading for a health crisis or regrettable revolt, get your inner dialogue going. Find out what is right for you and do that activity.

To do what is actually right for yourself, listen to your inner voice. You can do so by cultivating self-awareness and emotional intelligence. Spend time alone journaling or meditating to find yourself. This way, you get to determine what works for you on your own terms. No one else can give you that answer. Look inside; that is where your wisdom resides.

Hollie Warnick is a Behavioral Kinesiologist and Reiki Master, the secretary of the GVC ReSources board and mother of 4. Join her world via podcast, personal transformation sessions, classes and more at HollieWarnick.com or call (520) 800-4383.



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UCHC at Old Vail Middle School was awarded the Dr. Daniel T. Cloud Outstanding Practice Award in recognition of their leadership and dedication in the field of immunizations in the Toddler category.

Climate Review



A Look Back

March 2023 Climate Report

March started out like much of January and February, cold and wet. A winter storm hit on the 2nd and dumped 7" of snow on much of the Vail area, the most reported in the Tucson metro area. I reported about 7" of snow March 2nd at my place in Central Del Lago and when melted, was exactly 0.7" of water. A second storm system hit the middle of the month bringing my total March precipitation to exactly 1.0," which is exactly double my 12-year average of 0.50."

Another storm system hit the area on March 22nd and I was hopeful this would make my December through March total the wettest the past 12 years as I reported last month. However, this storm completely missed the Vail area. It hit in town and the base was the hot spot where nearly ½" of rain fell that day. So, the December through March total of 6.21" that I recorded is the second wettest behind 2014-2015 as I reported last month. The Tucson airport recorded 0.66" of rain for March, which is just above its 30-year average of 0.56."

Interestingly, March 2023 was the first time the airport recorded above average March precipitation since 2004, ending 18 straight March's with below average precipitation. In general, the Tucson metro area recorded between ½ to 1" of rain. See rainlog.org for reported rainfall near your place. On the temperature side, March was cold. The average high temperature was 4 degrees below average and the average low temperature was 1.7 degrees below average. At the time of this writing on April



17th, we have already had a few days in the upper 90s, almost hitting 100 degrees. However, most days have been quite seasonable. In addition, there has been no measurable rainfall, just a couple days with very light rain. My average April rainfall is only about ¼ of an inch and several April's the past 12 years have recorded no rain. For next month, I will report on April and give an update for Spring 2023.

John Simpson has lived in southern Arizona the past 34 years and Vail for 18 of those years. John has a bachelor's degree in Atmospheric Science from the University of Missouri and a master's degree in Atmospheric Physics from the U of A. He loves exploring the outdoors with his family and photographing weather and the beauty of southern Arizona.



Notes from a Grandson

Since the day I was born, I've faced unfairness: not because of anything that I've done, but because of the poor decisions of my parents; another injustice that I was born with. Sometimes people face unfairness and discrimination for the choices and decisions of their parents, even though that has nothing to do with them. That's just the way the world works.

To begin with, I was never meant to be born. My mother's pregnancy was an accident and she conceived me at a rather young age; she was meant to get an abortion. However, due to my mother's nature rather than getting an abortion, she used the money provided to her for the procedure for God knows what. My mother went M.I.A and nobody was able to find her, until one day my father's friends found her, very pregnant, in a bar drinking. My dad immediately rushed to pick her up and keep tabs on her, since he'd discovered that I had not been aborted. Everything was smooth sailing from that point until I was born.

Shortly after giving birth to me, my mother ran away and never told anyone where she was taking me. Because of the warrant out for her arrest, my mother and I would move from house to house, and often stayed in Motel 6's. I was never enrolled in school, and for the first 5 years of my life I dealt with never having a stable home, and neglect from my mother. Eventually, I was put into foster care, and while some of my families were amazing, one of them was horrible. In this home with my "Aunt", I recall being spanked for throwing up because I didn't like tuna and was forced to eat it anyway. Among other things, the experience, as a whole, was horrible and it sends shudders down my spine just recalling the memories. At some point, my mother herself

must have realized the gravity of the situation, and opted to go to court with my grandmother to give her custody of me: that's when my life changed for the better.

From the age of six, I lived in Arizona with my lovely grandmother. My quality of life since moving to Arizona has been amazing, all thanks to her, and I'm so glad I moved here. My grandmother took care of me, enrolled me in school and helped me become the outgoing and social person I am today. Initially, I had never really interacted with other people besides my mother, and I was very shy, but through help from my grandmother I was able to change that. Once I was finally enrolled in school, I found that I was actually extremely intelligent, and I was put in gifted programs to help me excel at a pace that was better fit for me. All in all, my grandmother saved me from whatever life had in store for me in Ohio, and allowed me to develop into the young man I am today.

To summarize, if not for my grandmother, it's unlikely that I would have developed the way I did; becoming such an outspoken, and loved, young man. I love my grandmother for everything she's done for me and I want to become just like her one day. When I grow up I hope to save another child from the life I lived in my adolescence, and help them become the best possible version of themselves, the same way my grandmother did for me.

By Jordy Mosely



Jordy and His Grandma

KIDS



CORNER

Time to color!

May is for Mom

Elisabeth Bell's
Coloring Page



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Summertime

With summertime here, it's the perfect time to start thinking of vacation. May, being summer, is the perfect time for families to get together and spend some quality time together.

I remember, as a kid, one of the best things for me was going to different places. We couldn't afford to do it often. But going to Disneyland and my family reunion in Michigan meant a lot to me as a kid.

Having that time with family, going to see different places and having that moment together could mean a lot for a family. With summertime here, it's the perfect time to start thinking of vacation. The heat is getting worse and worse due to climate change, and Arizona is not looking good when it comes to heat warnings, so maybe taking a vacation this May might do the trick to keep that fear of heat away.

I remember going to the lake and going swimming, fishing, and going down the lazy river. There's so much you can do as a family on vacation depending on the place. And even if you don't have that family, going as friends could be a fun time too. Just spending time with people you love and getting that relaxation in.

Another great thing about vacations is it requires our brain. It's thevailvoice.com

good for you to go out and explore and try new things. Vacations can do that for you. New experiences are the key to opening pathways in your brain. Traveling can make you happy. And this is all because it leads to new creativity and different outlooks on life.

So, even if you don't have the money to do it this year, maybe save up for yourself, because taking that time for yourself is important. It's not always easy, but there are ways to have a small vacation and still get that relaxation time. Because you need that time for yourself.

Séan Colbert is 19, and working towards making her passion a reality. She loves writing and being able to share that experience with others or telling stories. Writing is so important in the world and she wants to be a part of that impact.

Rincon Valley Fire Department



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Rincon Valley Fire District Services

Aside from responding to emergencies, Rincon Valley Fire District has many services we provide our District residents. Please go to our website www.rinconvalleyfd.org or call us at 520-647-3760 to learn more.

Annexation

Joining the Rincon Valley Fire District is now easier than ever. If you haven't yet joined the fire district, please consider updating your property so that we can provide you with an emergency response.

Reptile Removal

If you are a District resident, we will relocate the reptile from your property.

Smoke Detector Check

It's essential to test Smoke Detectors once a month and replace them every ten years. Our firefighters can change your batteries, review your equipment, and ensure that your first line of defense against a fire is working properly.

Car Seat Installation & Inspections

Our car seat technicians will schedule an appointment with you to review the proper set-up for your child's car seat and answer any questions you have.

Knox Box

A Knox Box is a key vault to help first responders enter your home in an emergency. You may obtain a Knox Box directly from the vendor at www.knoxbox.com. You are responsible for the cost and installation. Once it is installed, contact us to request your keys to be locked inside the box.

Station Tours

Meet our firefighters and check out the fire engine while learning about fire safety!

These are just some of the many services we provide. It is the mission of the Rincon Valley Fire District to educate our community about staying healthy and safe. You can follow us on social media @RinconFire on Facebook, Twitter, and Instagram. We are always happy to discuss safety with you!

Jim Tucker started his career with Rincon Valley Fire District in 2005 where he rose through the ranks. Currently serving as the District's Fire Chief, he has a strong commitment to the community.



Photography by Bel



Doctors' Day: A time to thank and recognize our caregivers – and give our community a boost in their honor

March 30 is Doctors' Day, one day out of the year to recognize the physicians who take care of us every day of the year. Physicians are confidants, detectives, sources of comfort, and healers. And they are here for us during the most memorable moments of our lives – when we joyfully greet new life coming into the world, as well as when we receive a difficult diagnosis or grieve the loss of a loved one.

During the COVID-19 pandemic, doctors on the front lines risked their lives to help those in need. Their heroic efforts were a reminder of the vital roles they fulfill in our communities.

We recognize that being a physician requires time, sacrifice and a willingness to put others first. Whether it's in the Emergency room, a hospital room, or an urgent, primary, or specialty care clinic, doctors are here to help us along the way by providing quality, personalized care each and every day.

In lieu of receiving traditional gifts for Doctors' Day, our physicians opted to give instead. Our hospitals presented a total of \$13,100 in charitable contributions to the following local non-profit organizations:

- Borderlands Produce Rescue
- Clínica Amistad
- Community Food Bank of Southern Arizona
- Tu Nidito

"Each of these organizations is

dedicated to improving the health and well-being of people in the communities we serve," said Brian Sinotte, FACHE, market CEO of Northwest Healthcare. "We are so proud of our physicians for the passion they bring to healing others, both physically and emotionally. They are truly an inspiration.

"We hope you will reach out to thank the physicians you know for their contributions, sacrifices, skills and compassion."

Northwest Healthcare is an integrated healthcare provider committed to delivering Tucson and surrounding communities with high quality, accessible healthcare. Northwest Healthcare includes Northwest Medical Center, Oro Valley Hospital, Northwest Medical Center Sahuarita, Northwest Medical Center Houghton, Northwest Emergency Centers in Vail and Marana, Northwest Urgent Cares, Northwest Women's Center, Northwest Primary & Specialty Care, Northwest Tucson Surgery Center, Tucson Surgery Center and Northwest Transitions, an inpatient rehabilitation facility. To learn more, visit HealthierTucson.com.

Northwest Healthcare offers Live Healthy, a free e-newsletter with a monthly dose of health and wellness inspiration sent directly to your inbox. Sign up at healthiertucson.com/enewsletter-sign-up-thank-you



Vail Students Place High at State Science fair

Last month, the Southern Arizona Science and Engineering Fair (SARSEF) was held. There were several students who won awards in the Vail School district.

You can see the list of winners here: <https://sarsef.org/2023-sarsef-fair-winners-list/> You can sort and filter the winners list here (I've attached a filtered version with just the Vail 1st place winners listed): <https://airtable.com/shrDRhY0i7dAO2MFK/tblWRcX5l1jukdozH?background-color=blue>

Students who won first place at SARSEF, and who were in fifth through 12th grade, were eligible to compete at the Arizona Science and Engineering Fair (AZSEF), which was held on March 30th and 31st.

The list of students who won awards at AZSEF is here, but the list doesn't include the school names: <https://www.azscience.org/events-programs/arizona-science-engineering-fair/awards/>

Two students in the Vail School district won awards at AZSEF:



Julie Rodriguez, Andrada Polytechnic, 2nd place in the High school division. Project: Automatic Aquaponics



Lillian Bridgewater, 6th grade, Esmond Station, 1st place in the Elementary division. Project: Keeping Your Food Cool at School





How to Plan for Big Purchases Like a Car or Home

Planning for big purchases like a car or home is essential to ensure you don't overspend, take on debt, or face unexpected costs. Here's how to get started on planning for your next big purchase.

Determining the Cost of Your Purchase

The first step is to determine the cost of your purchase, with rough estimates for common big purchases ranging from \$20,000 to \$40,000 for a car, \$200,000 to \$500,000 or more for a home, \$30,000 to \$50,000 for a wedding, and \$5,000 to \$10,000 for a vacation.

Assessing Your Current Financial Situation

Next, assess your current financial situation by reviewing your income, expenses, debts, and savings to determine how much you can realistically afford to spend. Create a timeline for your purchase and set up a separate savings account to keep your savings separate from your regular spending. Consider automatic transfers from your checking account to your savings account to ensure you're staying on track with your savings goals.

Cutting Back on Expenses

Cut back on expenses if necessary by eating out less often, canceling unused subscriptions or memberships, and finding cheaper alternatives for things like groceries, utilities, or insurance. Utilize saving and budgeting apps like

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Hughes' myHUB to get a comprehensive view of your finances and find more ways to save.

Considering Financing Options

If you can't afford to pay for your purchase in cash, consider financing options like taking out a loan or using a credit card with a low-interest rate. Before taking out a loan or using a credit card, make sure you understand the terms and fees involved and choose the one that offers the lowest interest rate and the most favorable terms.

Making Informed Decisions

When making informed decisions, research different options, compare prices, and read reviews before making a decision. Work with a real estate agent if you're buying a home to help you find the best deals and negotiate with sellers.

The most important part of planning for a big purchase is sticking to your plan. This means sticking to your budget, saving enough each month, and making informed decisions about your purchase. Be flexible and make adjustments when necessary if unexpected expenses come up or if you need to save more money.

It's never too early to start planning for your big purchase. The sooner you start saving and planning, the easier it will be to achieve your goals. Remember to prioritize planning and saving to avoid financial trouble and make your big purchase a reality.

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