

PIMA COUNTY District Update 4

The latest from Pima County District 4 Supervisor Steve Christy

Hold on to your wallets, it's that time of year again when the Board of Supervisors unravel, explore, and discern the mysteries of setting the Fiscal Year 2025/2026 Pima County budget.



It seems the deeper one mines into the budget, the more cryptic, or should I say, puzzling it becomes. Each Supervisor has a favorite area of taxpayer-funded special interest, or in my case as it seems more and more, NOT special interest.

Since the start of COVID, we have witnessed the definition of mission creep by the Board, with the creation of programs that enter into areas that are technically not in the Supervisors' lane.

One such program is the Pima Early Education Program scholarships, marketed as PEEPs, which the board majority kick-started with \$30.2 Million of American Rescue Plan Act funds. PEEPs purpose is to provide a limited number of somewhat income-challenged families with pre-kindergarten school aged children free school district preschool classes, Quality First scholarships, and extended-day Head Start programming.

More succinctly, this program amounts to enhanced day-care for a relatively small number of beneficiaries. Historically, state government directed and paid for public education, but enabling legislation passed in 2021 allows counties to use library district taxes for this

purpose. So far, Pima County is the only county to take the state up on this voluntary cost shift, and that is why you will see on your property tax bill an increase for the library district.

Then there is the litany of COVID-era health related mandates, ranging from eviction and emergency sheltering programs to providing the accommodation and travel of "newcomers". The pandemic is over, and has been for several years, yet many of the programs and their employees remain in place and effect, now institutionalized.

While the County is still assessing and monitoring the impact of potential grant reductions and/or elimination by the federal government, we have the introduction of a Supervisor proposed taxpayer-funded initiative, historically provided by cities or towns, messaged under the deceptive misnomer of "Affordable Housing".

Affordable housing, to most of us means a house you can afford to buy - where one saves money for a down payment and procures a mortgage from a private lender to purchase a single family home. Then, with the discipline of paying mortgage payments over years and maintaining the purchased property, owners benefit from the equity accrued in the property and can use it to purchase a newer or bigger property, or utilize the appreciated value of the property in a number of ways to provide a savings/nest egg in the owner's later years.

Unfortunately, many free and clear homeowners are increasingly finding themselves to be tenants of Pima County because property taxes are levied continuously and must be paid annually, thus creating a significant financial challenge. And, like every landlord, the County can take your home from

"Steve Christy"
continued on page 5

CITY OF TUCSON Ward Update 4

The latest from Tucson Ward 4 Councilwoman Nikki Lee

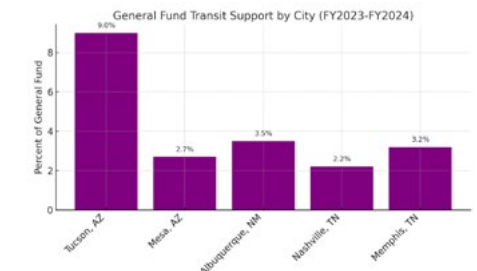
Summer is officially here, and I hope this season brings you some fun and special moments with family and friends. Whether you're cooling off at one of our free splash pads, swimming at a city pool, or just enjoying a slower pace, I hope you take time to make great memories and stay safe out there. As always, I'm grateful to serve you and keep you updated on what's happening in our community.



June is a critical month for the City of Tucson as we move toward adopting our next city budget. While we are facing significant structural deficits in the years ahead, we will approve a balanced budget this month as required by law. I have always been laser focused on our core services and the responsibilities we are required to fulfill under our city charter. Now more than ever, we need to be honest about what is essential and what is simply nice to have. We face tough decisions and many cuts in the future, but I am committed to doing the hard work over the next year to find efficiencies, protect high-quality core services, and keep pushing forward on the big challenges Tucsonans care about most.

This month, we are also revisiting transit funding. Right now, the system is subsidized by approximately \$60 million a year, or 9% of the city's general fund, above what we receive from the federal government to operate the system. This level of support is far above what peer cities contribute. For example, cities like Mesa (2.7 percent),

Albuquerque (3.5 percent), and Nashville (2.2 percent) all contribute significantly less from their general funds. Tucson's general fund subsidy is the highest among these cities, and we have no dedicated transit tax to offset the cost. That means these are dollars we cannot invest in other priorities like public safety, parks, and road maintenance.



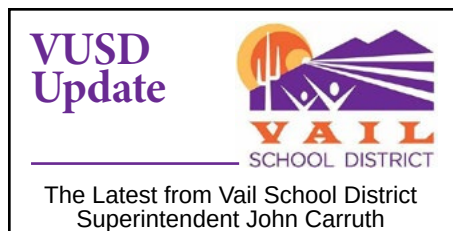
Offering fare-free service at this level is no longer sustainable, especially as we experience reductions in state-shared revenue, the sunset of federal relief dollars, and declining sales tax revenues tied to economic uncertainty. I have been advocating for a return to fare collection for some time, and we have finally begun those conversations. If the majority of Mayor and Council agree, we can begin taking steps to bring transit funding to a more sustainable level by reinstating fares and making other changes needed to make overall funding of the system more sustainable.

We also need to address safety across our transit system. From bus stops to transit centers, recent incidents have made it clear that additional investments are needed to improve safety for riders, drivers, and neighborhoods and businesses near bus stops and transit centers. Restoring fare collection would provide a key revenue stream to help fund those critical improvements.

Now is the time to make thoughtful, strategic decisions to protect the services Tucsonans rely on and avoid more painful cuts in

"Nikki Lee"
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A Vail First Retires

The Vail School District has a long tradition of people dedicating their life's work to our children and community. Among the first were the Trotter sisters, Esta and Lottie, who taught in Vail from 1931 to 1961. For many of those years, they were the district's entire teaching staff! When they retired, the sisters returned to their home state of North Carolina, but their legacy endured. They are remembered in district lore for establishing many "firsts"—including laying the foundation for our district motto: "Where Education is a Community Effort."

Since then, many others have joined the Trotter sisters in committing themselves to Vail's students and our community. As this school year draws to a close, we recognize one of those individuals who also holds a unique distinction: the first high school teacher ever hired in the Vail School District.

Mr. Dennis Barger, principal of Vail Academy and High School (VAHS), is retiring after a long and distinguished career in education—28 of those years spent serving our community. While he may be stepping away, his influence in Vail and across Arizona will continue to be felt.

Mr. Barger and his family moved to Tucson in 1997 when he was hired as a history teacher at Vail High School, a brand-new charter school located in the UA Science and Tech Park. He was the first



high school teacher hired in our district. In addition to teaching history, he helped run a credit recovery program for students who needed a second chance to succeed.

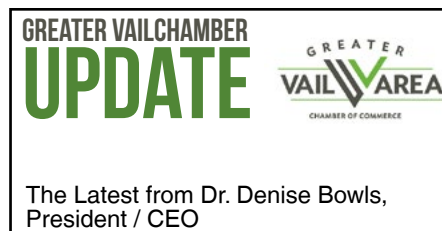
His leadership journey continued in 2001 when he became the first assistant principal at the newly opened Cienega High School. He later returned to lead Vail High School as principal, guiding the school through a major transition into a K–12 program that eventually became Vail Academy and High School.

Mr. Barger's leadership and impact have been widely recognized. He was named Arizona Principal of the Year by both the National Association of Secondary School Principals (NASSP) and the Arizona School Administrators Association (ASA) in 2016. In 2018, he received the Junior Achievement Principal of the Year award. Under his leadership, VAHS earned the prestigious A+ School of Excellence Award three times—in 2014, 2018, and again in 2024. Perhaps most impressively, the school maintained the highest academic ranking from the State of Arizona during all 19 years of his tenure as principal.

But Mr. Barger's most meaningful legacy isn't found in awards or accolades. It's in the deep care he showed for his students. At every graduation, after the formal speeches concluded, Mr. Barger would turn to face the graduating class and speak directly to them—not as a principal, but as a father figure or trusted mentor. His words were personal, heartfelt, and wise. Families knew his guidance came from a place of genuine love and belief in each student's potential.

Mr. Barger often says that his most rewarding moments were handing diplomas to students he had known since kindergarten—

"John Carruth"
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The buzz was unmistakable. Power suits, purpose, and passion filled the air as over 80 business and community leaders gathered for the highly anticipated Boardroom Brunch, hosted by the Greater Vail Area Chamber of Commerce.



Held in true executive style, this signature event brought together leaders from across multiple counties for a morning of networking, vision-sharing, and celebration of women paving their own paths. Ten diverse vendors showcased local products and services, reinforcing the spirit of collaboration and community.

The highlight of the brunch was an exceptional panel of powerhouse leaders who shared their stories, struggles, and strategies for rising in leadership and creating lasting impact:

- Cecilia Mata, Chair of the Arizona Board of Regents
- Sharon McDonough, Chief of Fire for the Rural Metro Fire Department
- Lea Marquez Peterson, Arizona Corporate Commissioner
- Danette Bewley, CEO of the Tucson Airport Authority
- Dr. Dolores Durán-Cerda, Provost and Executive Vice Chancellor, Pima Community College

Their stories electrified the room, reminding every attendee that leadership isn't one-size-fits-all and that resilience, purpose, and voice matter at every stage. While the powerhouse panel inspired the room with their lead-

ership journeys, the event also celebrated the 25 Trailblazer Women in Business, a standout cohort currently enrolled in the Chamber's six-month leadership development program. "These women are entrepreneurs, decision-makers, and legacy builders," said Dr. Denise Bowls, President & CEO of the Chamber. "They're not just stepping into leadership; they are building it. As business owners and changemakers, they're transforming the way business looks in our communities."

The Women in Business Program represent a dynamic range of industries and organizations, including:

- Arizona Transportation Builders Association & Lunch sponsor
 - Aqua Baby Survival Swim School
 - Edward Jones
 - Long Realty
 - Silver Roads Insurance
 - Galaxy Theatres
 - Desert Island Group
 - Card My Yard
 - Mary Kay
 - Tierra Antigua
 - Woofies of Tucson
 - Vail Property Management
 - Rincon Valley Super Storage
 - Omni Home International
 - Colonial Life Sales
- and many more business brands.

The Trailblazers will conclude their journey with a powerful completion celebration on August 21. The celebration will feature professional headshots and a moment to publicly showcase how they've evolved as leaders through mindset, business growth, presence, and purpose.

"This is just the beginning for many of these women," said Dr. Bowls. "They're not just stepping into leadership; they're building it. As business owners and changemakers, they're transforming the

"Dr. Denise Bowls"
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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. - **Thank you!**

Owner and Publisher
Lucretia Free
Lucretia@TheVailVoice.com

Editor
Editor@TheVailVoice.com

Photographer
Bel Coulson
photographybybel.com

Sales
Sales@TheVailVoice.com
(520) 490-0654

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Dear Editor,

We moved to Vail from Southern California in November due to my husband's employment, and I've noticed that there are very few healthy family restaurants available. It seems like a lot of it is Mexican restaurants or fast food.

We have to drive into town to eat at Texas Roadhouse, Zinburger, Trident's, and Cracker Barrel is even further of a drive.

I read that Whataburger is coming to Vail, but what we really need are healthier options out here. I think the community would love to see the restaurants listed above and then some.

Vail is growing and it's time for the family restaurant industry to grow out here as well.

By Karla Serrato

Dear Editor,

Several weeks ago, some person or organization did a wonderful job picking up mountains of roadside trash along Old Spanish Trail. I don't know who was responsible for doing all of this work, but I--and many others, I'm sure--certainly appreciate their efforts. What used to be a designated "scenic

route" in eastern Pima County had become many miles of unsightly mess, especially since the increased development and construction began in the Rincon Valley a few years ago. Thank you to whomever undertook this public service project!

By Lynn Harris

Dear Editor,

Vail Preservation Society, the lady states, "Pima County has been a corridor for settlement, communication, and trade since the Hohokam farmed along Cienega Creek." I was wondering where she got the information about the Hohokam farming so far southeast and is there any physical evidence remaining today?

By Lester Stere

Dear Editor,

A group of Vail residents has organized to promote and protect the integrity of American democracy and rule of law.

We hope to highlight injustices, fact check and counter lies, and fight autocracy. We mean to raise awareness and inspire meaningful action against:

- Immoral policies that mistreat vulnerable populations, abuse power and encourage hate and division

- Illegal actions taken in direct violation of existing laws

- Unconstitutional measures that deny the rights guaranteed under the constitution, such as free speech, due process, equal protection under the law, and separation of power practices of the current administration

Unchecked government overreach can set dangerous precedents. Silence allows it to persist and grow. We hope to educate and mobilize the community to hold leaders accountable through legal, political, and social channels.

We are not powerless. History shows that change begins when ordinary people demand accountability. Let us unite to call for justice, defend our constitution and promote a future grounded in

fairness, truth, and respect for all.

We welcome people of all political backgrounds who want to use nonviolent means to protest the increasing autocracy in our government.

We have planned a rally here in Vail for "No Kings Day" on June 14. We will gather at the intersection of Mary Ann Cleveland and Colossal Cave Roads from 9:00 AM – 10:00 AM.

By Lyn Flynn

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. We ask that you to **keep your submissions to a 400 word maximum**.

Send your letters to:
Editor@TheVailVoice.com

Greater Vail Area Chamber of Commerce

Influencing Vail's Future

"To enhance growth opportunities and advance economic development in the Greater Vail Area."

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JUNE BREAKFAST
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7:30AM - 9:00AM
[Register](#)
greatervailchamber.com

Pima Community College
East Campus | Community Rm
8181 E Irvington Rd
Tucson, AZ 85730

Learn more about Pima County's community health task force, Healthy Pima
Members - \$30
Non-Members - \$40

New Members

- HT Metals
- Cottonwood Properties
- Psomas
- MiCamp Solutions
- Scouting America Catalina Council

Renewing Members

- Events By JFish
- Home Instead
- Pima County One Stop
- Stoney Hill Construction
- Mary Kay Cosmetics
- Done Rite Services
- Tucson Electric Power
- Cruise Planners
- WildBerryMD



greatervailchamber.com



Whataburger build out continues. They hope to be open by September.



Multi story self storage facility on Old Vail Rd will have over 100,000 sq. ft. of climate controlled storage. Drive through available.



Stark Electric is a family-owned electrical contractor that has been in business for over 30 years. Stark is building their newest location on Old Vail Rd.



"Steve Christy"
continued from page 2
you if those property taxes are not paid.

Herein lies the problem of definition of affordable housing by my colleagues. They consider taxpayer-funded rental units inhabited by taxpayer-subsidized tenants, nee public housing, as "affordable housing".

Pima County taxpayers are penalized on both ends of this scheme. They will be funding loans to developers (often out of state) to build rent-controlled housing for subsidized tenants - all via increased property taxes.

Imagine retired senior residents living on fixed incomes, opening their annual tax bills and discovering that their property taxes have gone up shockingly, only to further find out that the reason for such tax increases is to pay for somebody else's rent, while the street in front of their home crumbles.

This plan proposed by one of my colleagues, and apparently supported by the other three, originally called for a primary property tax increase of three cents per \$100 of assessed value, and has been now modified to start with a smaller initial amount, which then graduates to a larger increase over the ten year life of the plan. Allegedly, this taxation would raise \$225 Million in the next decade, all

directed and intended for "affordable housing".

Stopping this effort by my colleagues will be next to impossible, not only because of their super-majority, but also because of their ideology. A sterling example of this was stated by a fellow Supervisor during a Board meeting in May, who said that funding public housing through raising property taxes was the most "progressive" way because, "it takes (money) from those who can afford it the most and gives (money) to those who can afford it the least.

It's troubling that my colleagues are so fervent about spending money on programs that are not our jurisdictional responsibility, and none of them cares about where the money is coming from - all Pima County taxpayers, our community's home and business owners who have been doing more with less every day are not being taxed too little, my colleagues are spending too much - and not on our core mandates, like fixing our roads.

The bottom line is that it is not a matter of if your property taxes will be going up; it is only a matter of by how much, and now you know why.

Pima County Supervisor Steve Christy, District 4
33 N. Stone Avenue, Floor 11
Tucson, AZ 85701
520-724-8094
district4@pima.gov



"John Carruth"
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students who spent their entire educational journey at VAHS.

His legacy lives not just in the stone and steel of VAHS, but in the memories and lives of the thousands he touched. Few can claim to have built something so lasting—and even fewer can say they did so with such heart.

Thank you, Mr. Barger, for your years of unwavering service to the Vail community. We wish you the very best in your retirement. Thank you for paving the way—and for being one of Vail's treasured "firsts." You will certainly be missed.

John Carruth began his service to Vail in 1995. He has held many roles since and is deeply honored to now serve as Superintendent. He and his wife live in Vail and are the proud parents of two Vail graduates.

"Dr. Denise Bowls"
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way business looks in our communities."

The event will be open to the public, with community members, supporters, and business leaders invited to join in honoring the Trailblazers' accomplishments. To learn more, visit greatervailchamber.com or contact the Chamber directly.

Dr. Denise Bowls
President/CEO
Greater Vail Area Chamber of Commerce



VAIL ACADEMY & HS



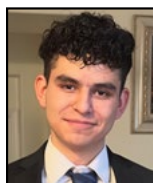
**Bobby Osier,
Valedictorian**

The next thing for me is to go to University of Arizona to get a degree in Applied

Computing with a focus on Software Development and a minor in Film & Television.

Something I learned about myself in high school is that I like a close environment of friends that I can depend upon. My experience at VAHS helped me realize that this is an important thing to me.

The most challenging class this year was Calculus AB. I overcame it by reviewing and practicing the different concepts on my own time so I'd be ready for the questions when I'm in class.



**Manuel Vasquez
Rios, Valedictorian**

Going to college at the UofA.

Describe something you learned about yourself in high school

I learned its easier for me to handle stress compared to others

My most difficult class this year was Calculus and overcoming it was done so by just working with friends and classmates to understand the problem/ method as it is just a matter of perspective.

PANTANO HIGH SCHOOL



**Alyanna Pesce,
Valedictorian**

My future plans are being an esthetician and running my own business.

Challenges that I have overcome are harsh people, choosing between cheer and school and

getting back in school. Another challenge has been giving up my free time in order to get my license in cosmetology while attending Pantano.

My inspiration is my Mommy. She never gave up with everything she has been through. She's always been there for me and has encouraged me to do my best.



**Zakary Iniguez,
Valedictorian**

After high school, I am planning to go to NAU with Sean as my roommate.

Challenges I overcame from my Freshman year are struggling from coming back from Covid and struggling with school work. I arrived at Pantano with zero credits.

My inspiration through high school is just all the teachers and how they pushed me to be better and achieve the best I can.



**Sean Kelly,
Salutatorian**

My future plans are to go to Northern Arizona University, and I plan to study Business.

I've overcome my anxiety and low grades. Since coming to Pantano, I have improved my attendance because my anxiety is lower and now I have high grades.

My inspiration was my mom. She helped me through my early, difficult years of high school.

MICA MOUNTAIN HIGH SCHOOL



**Simranjot Singh,
Valedictorian**

I will be studying Chemical engineering at ASU.

I like doing stupid stuff to entertain people.

The most challenging class was

Calculus BC. I stopped trying in class and learned by myself.



**Sonia Sophronia
Donkeng Okpara,
Salutatorian**

I will be attending the Air Force Academy where I will be playing D1 collegiate volleyball. I am planning to major in biochemistry in hopes of attending medical school in the future.

From my high school experience, I learned that I can rely on God, my family, and my friends to get me through challenging times.

My most challenging class this year was AP Research because designing, writing, and presenting about my own research was something that I had never done before. To overcome this challenge, I leaned on my teacher and classmates for support when I needed help or guidance.

ANDRADA HIGH SCHOOL



**Nicholas Orr,
Valedictorian**

I am going to the University of Arizona to study biomedical engineering as a pre-med student to become a neurosurgeon.

I learned that the biggest advantage you can give yourself is to try. Even if you don't think you will succeed, trying is ½ the battle. I've also learned that life doesn't have to be all work, no play. Instead, achieving a balance of both is what makes life worth living.

What was your most challenging class this year? How did you overcome the challenge?

My most challenging class this year was AP physics. There is so much information, concepts, and equations to learn that all go hand-in-hand with each other in so many different aspects throughout the course. I was able to handle

the heavy workload by having an amazing study/friend group within the class that helped each of us gain new perspectives on difficult concepts, allowing us to succeed and learn new material.



**Autumn Lunde,
Salutatorian**

Attend the University of Arizona in the direct admission nursing program in order

to pursue a career as a pediatric nurse practitioner.

I learned that I am capable of so much more than what I could have thought, and that the relationships I have built mean more than any title I may hold.

My most challenging class was AP physics as it is a lot of information all at once, and I overcame this challenging course by finding people who understood better than I did and truly listening to the advice of others.

CIENEGA HIGH SCHOOL



**Austin Nielson,
Valedictorian**

After high school, I am serving a two year church mission in South Korea for the

Church of Jesus Christ of Latter Day Saints. Afterwards, I will be attending Brigham Young University, Provo.

Throughout high school, I learned to rely on Jesus Christ to help me through my challenges and hard times. I learned to trust Him and His plan for me.

My most challenging class this year has been AP Spanish. Although I don't speak Spanish very well, I studied countless hours outside of class, retok many assignments, and took advantage



**"Best of the Class"
continued on page 7**

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"Best of the Class"
continued from page 6

of opportunities to speak to native spanish speakers (shout out Ms. Barbara!).



**Cailynn Borchers,
Salutatorian**

I plan on attending Colorado Christian University to major in nursing and minor in youth ministry.

I learned that it is important to stand strong in your beliefs and not be pulled into what's popular just to fit in.

This year, my most challenging class was AP English Literature. I overcame the challenges of this class through lots of studying while staying true to myself and my moral compass.

EMPIRE HIGH SCHOOL



**Paolo Leatham,
Valedictorian**

I plan on going to the University of Arizona to pursue a masters degree in Electrical Engineering.

I learned the importance of hav-

ing friends and not taking life too seriously. Some of the classes that I did best in were classes where I was able to relax and have fun. I've also enjoyed the clubs that I've been apart of and they made high school more enjoyable.

My most challenging class was probably AP Chemistry. It was very content dense and hard to conceptualize at times. The way I was able to overcome the challenge was through studying the basic principles then building further knowledge on top of that.



**Zoe Stokes,
Salutatorian**

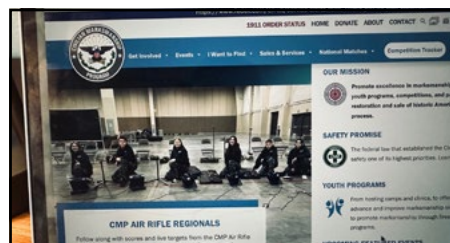
Studying electrical engineering at the UofA.

I learned this year that I am actually a really good leader. I didn't really have a chance before high school to take on a leadership role, but this year, especially, I have had a chance to lead people in clubs and activities on campus.

AP Language; I talked to the teacher about what I was struggling with and I turned in work early to get advice and revision. Both of these things helped a lot.

**Nationally Ranked Cienega
NJROTC Marksmanship
Team**

The Cienega High School Navy Junior Reserve Officers Training Corps (NJROTC) Marksmanship team is again Nationally ranked in the Nation, with 2nd in the Navy JROTC and 9th in all JROTC sporter's programs. The cadets have won titles from this year's events starting in 2024-2025 with the AZ NRA JROTC State Championship, 24-25 AZ NRA Youth 3PAR Air Rifle State Championship, Arizona State CMP JROTC title, Arizona's Governors Cup and Arizona State CMP, and 2nd place in the Navy National title, 9th place in the All Service JROTC National title.



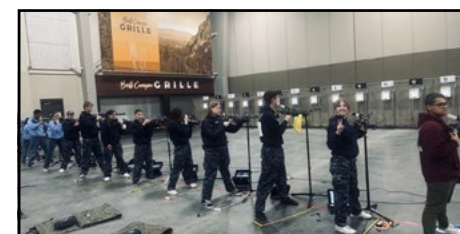
Civilian Marksmanship Program

The Civilian Marksmanship Program (CMP) Western Regionals Air Rifle Match in Sandy, Utah 10-13 April 2025, was the latest title. Cienega was defending their 2024 Western Regional title from last year, and they performed Outstanding at the end of the meet. The team was in second place going into the final day and came out on top by coming together as

a team and securing 1st Place in the CMP Western Regionals. The CMP Regionals are for the top marksmanship programs in the Nation who compete for the title of best team in the nation.



Cadet Jaylie Hays Distinguished Badge

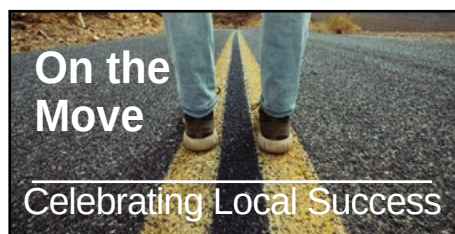


Utah Regionals

Cienega is now qualified for the CMP Nationals in Ohio against the other two Northeast and Southeast regions. The last CMP event will go at Camp Perry, Oh, June 17-22. This is another incredible opportunity for the Cienega NJROTC program to continue

"NJROTC"

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Sarah Powell,
BS, Dental Hygiene Post Licensure. Minnesota State Mankato. Spring Grad of 2025.

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"Nikki Lee"

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the future. Now, let's cover some updates on all the projects happening in our area!

Ward 4 and Southeast Tucson Updates

Houghton Road – Irvington to 22nd Street

Utility work is ongoing through 2026. Please consider alternate routes to support worker safety and ease travel for local residents. RTA road widening is expected to begin in late 2026 after utility work is complete.

Valencia Road – Kolb to Houghton

Road widening continues and is expected to finish in summer 2026. This is an active construction zone. Do not move barricades or enter the multi-use path under construction. TPD will cite trespassing. Vandalism has also caused delays and increased taxpayer costs—please report criminal activity to 911.

Southeast Police Annex

Construction is underway at Kolb and Camino Boleadoras. The annex is expected to be operational by spring 2026 and will support our public safety infrastructure.

City Splash Pads

Now open and free through October 31. Daily use from 8 a.m. to sunset.

City Pools

Free and open for the summer season starting June 1. Visit the Parks and Recreation website for pool schedules and locations: <https://www.tucsonaz.gov/Departments/Parks-and-Recreation/Pools-and-Splash-Pads>

Senior Programs at the Clements Center – 8155 E Poinciana Dr.

Senior Lunch

Monday to Friday, noon to 12:30 p.m.

For individuals 60 and over (or spouses of any age). A \$2 to \$3 donation is suggested. Reservations required by the Tuesday before. Call (520) 791-5787.

Senior Fitness Classes

Monday, Wednesday, Friday, 8:30 to 9:30 a.m.

Senior Club Activities

- Fitness Building: Tuesday and Thursday, 6 a.m. to 8 p.m.
- Recreation Building: Monday to Friday, 8 a.m. to 2 p.m.
- Chair Fitness: Tuesday and Thursday, 8 to 8:55 a.m. and 9:05 to 10 a.m.
- Chair Volleyball: Wednesday, 9 to 10 a.m.
- Other activities: card games, crafts, billiards, exercise equipment, swimming, and monthly day trips.

As always, if you have any questions, please don't hesitate to reach out to our team at the Ward 4 Council Office at ward4@tucsonaz.gov and/or 520-791-3199.



City of Tucson Ward 4 Councilwoman Nikki Lee

📞 520-791-3199

✉️ Ward4@tucsonaz.gov

🌐 www.tucsonaz.gov/ward4

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"NJROTC"

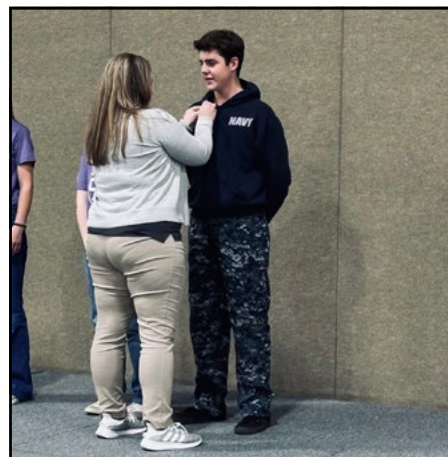
continued from page 7

being the Top marksmanship team in the Nation.



2nd Place Navy Nationals

Our district is proud of these cadets who have demonstrated hard work and commitment while gaining valuable exposure and experience at the national level for our program. The dedication and skill of the cadets were evident as they have consistently performed at a high level throughout the competition. Their teamwork and determination earned them the well-deserved victory, highlighting the excellence of Cienega's NJROTC marksmanship program.



Cadet Bryant Fletcher Distinguished Badge



NRA AZ State Championship

Cadet Jaylie Hays team captain, and Bryant Fletcher received the highest award, the Junior Distinguished badges for the 3 Position Air Rifle Program. Cienega's Marksmanship team; team captain Jaylie Hays Senior, co-team captain Ella Johnson Junior, Bryant Fletcher Sophomore, Hannah Edmondson Senior, Maia Mallett Junior, Rylee Ottersbach Junior, Giada Caccavale Junior, Kalan Johnson Freshman and Robert Eib Sophomore.



Utah Regionals Champions

By Willie Jordan,
MSgt USMC (Ret)
Naval Science Instructor
Cienega High School



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Have You Planted a Tree Yet?

If you recall I recently wrote about why planting a tree here in the welcoming landscape of Vail is so important. Our corner of the Sonoran Desert, with its unique beauty and resilient spirit, offers a special opportunity to contribute to its verdant future, one tree at a time.

Think about the simple act of planting a tree. It's more than just placing a sapling in the ground; it's an investment in shade against the summer's warmth, a haven for the diverse creatures that share our home, and a breath of fresh air for generations to come. Imagine the subtle dance of sunlight filtering through the leaves you nurture, the melodies of birds finding shelter in its branches, and the satisfaction of watching something you planted thrive right inside your yard.



Mexican Bird

Choosing the right tree for Vail is key. Native and drought-tolerant varieties, like the graceful desert willow or the sturdy mesquite, are perfectly adapted to our climate. They require minimal water once established, becoming natural partners in our arid ecosystem, offering food and shelter to local

wildlife. Other drought tolerant varieties like the Chinese weeping elm or fruitless olive tree are also great choices.

Planting a tree is a tangible way to connect with the land we call home. It contributes to soil health and creates a cooling microclimate in your yard. Adding trees to the southern and western facing areas of your yard can seriously help your energy usage. Whether it's a vibrant palo verde adding a splash of green to your yard or a resilient Mexican Sycamore standing strong against the elements, each tree planted in Vail contributes to the collective greening of our community. When you plant your tree don't forget about staking the tree to protect it from the Vail Gale, as well as mulching around the trunk and creating a basin to assist in water retention. Going the extra mile will truly set you up for success. So, as you appreciate the rugged beauty of the Rincon Mountains



Mexican Sycamore

and the delicate tapestry of life in the Sonoran Desert, consider this: have you planted a tree yet? Today is the day to embrace the opportunity to add your own touch of green to the landscape, a living legacy that pays you and our community back for years to come.

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Natural Beauty

By Chuck Colbath

There are two words that work very well together, "natural" and "beauty". In these hectic times with influencers and distractions that can keep us up at night, we often find it hard to see the incredible beauty of nature that surrounds us, for example the early sunrises this time of year. Recently while admiring the early morning light, I was in awe of the clouds that turned bright shades of red and pink. It looked almost like something from a science fiction movie, but it was right there for all to see! This reminded me of how they say, "take time to smell the roses", as it gave me a sense of peace with a feeling of something greater than social media or the so called "news" can provide.

When tragedy strikes, as it can in life, we have natural beauty to remind us there will be another

tomorrow and things are going to be all right! As flawed as we all can be, too often we overlook those around us, the very people that help us get by and share the love of life with us. What a perfect opportunity to take time for our loved ones. Stop and smell those sunrises! A walk in the early morning or early evening can help us appreciate the beautiful topography and abundant plant life of our area.

Things that seem almost impossible today will soon pass as they always do, but the natural beauty that surrounds us is always there. All we need to do is open our eyes!

With regard to nature and beauty, Babilon Salon uses natural and organic American made products, as our love of this planet, our country, our area, and the folks we see every day will hopefully be better off for this effort. John and I care about this very much, as what

we leave behind really affects the quality of life for future generations and helps preserve the natural beauty of the area.

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.

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PERSPECTIVES

Graduation and Reality

When I graduated from high school, I already knew I would have so many responsibilities and expectations of myself. I grew up in a home where we had to struggle and work for everything we had. Nothing is ever certain, and just when you think life will calm down for a little bit, something else comes along to test whether we can make it through.

Graduation night was an overly fun night for me. I hung out with my friends at the time, friends now I only speak to, two of the five. I graduated in December 2021 as Valedictorian of my class. Which coming from a credit recovery is only impressive to some.



But I still worked extremely hard for what I had, and I was genuinely happy that I had made it. I was one of the lucky ones to have already started working when I was in my senior year. I wanted to start working in my junior year, but my grandma was adamant about me. Waiting, she didn't even want me to get a job until after I graduated, but I'm glad I did.

Something I expected was to go to college at least 6 months after graduating from high school, but I still have not gone to school. I don't even know if school is going

to be happening for me anymore. I wanted to go for my English degree, but I don't have the means to at the moment, and honestly can't tell if it's worth it anymore.

I thought I would at least be driving before I turned 21, but here I am, almost 22, and I still don't have my license. I have driven, yes, but only twice because I was doing it through driving school, which is just way too expensive. At least I have a car. I'm determined to get my license now, but probably with driving with friends instead of spending two times my pay-

check for a two-hour lesson with a promise of a discount on driving insurance when that's not even something that most insurance is allowing anymore.

Health care was a big thing for me. When I moved to working full time, I was instantly taken off access and told I worked too much to continue being on it when I didn't even make enough to live alone. I still don't have health insurance, and that is also something I am making a priority. You don't realize how important health insurance is until it's gone.

Moving out is something every kid has dreamed of: finally being your own person and having a place to call your own. I plan on moving in with some friends shortly, but the car has to come first. I also don't have a credit card, so I will probably be taking out loans. Every apartment I've looked at in my

"Perspectives"
continued on page 17

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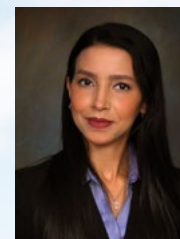
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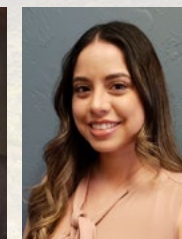
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SEAC Community Meeting, May 8

Introduction and Opening Remarks:

Vice President Jayme Kahle welcomed Linda Broadwater, the newest member of the SEAC Board. With Linda, the SEAC Board is now complete with four officers and nine directors! The theme of this month's community meeting centered around trails in the Vail area, discussion about those managed by the county and how the public can assist in preserving them.

Trails Program Manager Patrick Goodnight, Pima County Conservation Lands & Resources (CLR)

Originally part of Pima County's Parks and Recreation, the new Conservation Lands and Resources (CLR) department focuses on land management, cultural resource preservation, and environmental education.

CLR oversees 170 miles of trails including 25 trailheads, relying heavily on volunteers for maintenance and improvements. These trails include Tucson Mountain Park, Tortillita Mountain Park, Colossal Cave Mountain Park, Cienega Creek Preserve, McKenzie Ranch Trails Park, and the Arizona Trail. Most trails in Pima County are multi-use, welcoming equestrians, hikers, and bikers (no motorized vehicles allowed). Some trails exclude certain users, such as accessible trails designed



Patrick Goodnight, Mike Mucker and VP Jayme Kayle

for wheelchair users where horses are not allowed. For parks on state lands, the annual permit costs \$16 per person or \$22 per family.

There are a few important trail rules to follow –

- Follow existing paths.
- Don't build any new trails.
- Don't install any signage.
- Don't harass any wildlife or livestock.
- Keep gates closed.
- Leave no trace.
- Observe rights-of-way (mountain bikers yield to hikers and equestrians, hikers yield to equestrians)

Pima County also has active ranches that manage cows with some contracted out to private ranchers to run. Additionally, CLR is working to make Agua Caliente and Canoa Hills parks completely accessible for mobility needs. The Colossal Cave Mountain Park was recently expanded by 315 acres and has six miles of trails. There is ongoing work in mapping and planning trails, including distinguishing between constructed and planned trails within the Eastern Pima County Trail System. Trails serve as an important resource for local groups, including scouting programs and recreational users.

Trails conservation advocate and volunteer Mike Mucker

The Vail Vortex trailhead is at Camino Loma Alta across from Garrigan's Gulch. Open to bicyclists, hikers, runners and horses, it is comprised of over twenty miles of trails. The trails are accessible to all levels, including

"SEAC"

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Skyward



Star Gazing

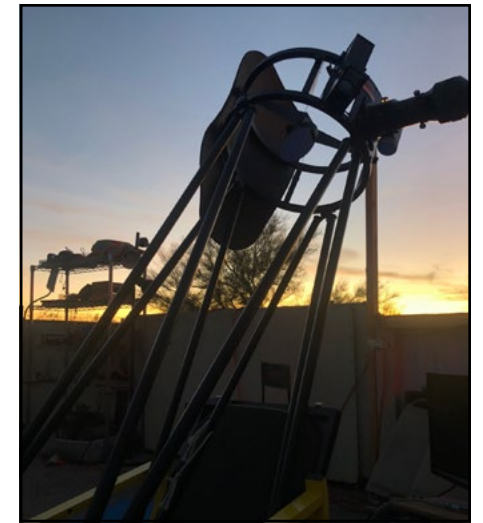
A Tail of Three Comets!

In just the last few months, we have enjoyed a parade of no fewer than three comets. Last fall there was Comet Tsuchinshan-ATLAS, discovered by the Purple Mountain Observatory in east China, near Nanjing. The comet sported a very long tail and it was visible without a telescope for several weeks. It was the highlight of an observing session a local high school shared with its students. As the students sat and gazed at the sky, they could easily spot the tail stretching proudly across the western heavens.

Just a few weeks later, in December, a second ATLAS comet began to brighten significantly. I tried hard to see it as it was apparently visible for less than an hour during evening twilight, but couldn't find it.

My close friend Steve Edberg, however, did. He and his family had to evacuate their home in La Canada due to the fires burning at the time. On the evening of 14 January, while strolling along San Francisco's Golden Gate Bridge, he spotted Comet Atlas low in the west. He is one of the very few observers in the northern hemisphere to see it. He was so excited about it that he called me over the telephone. Our conversation was the first in more than two years but it resumed a friendship that has lasted for decades. I was proud of him that night over his sighting, and still am.

Over the next few days, until Comet ATLAS sank below the southern horizon, I attempted unsuccessfully to spot the comet. But then, on 25 January, I was outside looking



at some cirrus clouds. Behind them, in the southern portion of the sky, there was something else, strange, misshapen. It might have been the tail of Comet ATLAS. I recorded it as a possible sighting.

When Sky & Telescope's June issue appeared with its pictures of the great "ghost comet," meaning that the head had disintegrated, the actual tail looked identical to what I saw on photographs taken just two days earlier than my sighting. I changed my record from "possible" to "probable." Comet ATLAS is the 236th comet I have seen since Comet Ikeya-Seki in 1965.

There was yet a third comet. Comet Swan (C/2025 F2) was discovered in March 2025. The discoverers used the Solar and Hemispheric Observatory spacecraft's SWAN (Solar Wind Anisotropies) instrument. The SWAN instrument has discovered over five thousand comets. I saw this lovely comet on the morning of 10 April 2025. This SWAN instrument aboard SOHO, and SOHO itself, by the way, has discovered more than five thousand comets.

Three wonderful comets over just a few months is unusual, interesting, and fun: But all three have departed. As Hopkins wrote in 1864,

"Skyward"

continued on page 15

To place an ad call: 520-490-0654



Tony being awarded

Heart of Vail Award

Every now and then, someone in our community steps up—not out of obligation, but out of a genuine desire to make a difference. That is what the Heart of Vail Award is all about!

Last month manager Tony Dahnke, from Safeway, was honored with the very first Heart of Vail Award for his outstanding efforts in building strong ties between our business and the local school community. His dedication to fostering educational opportunities and his genuine interest in student success have made a lasting impact in Vail. This award was presented in front of his entire staff, district manager, family, and school community. Vail School District Foundation celebrates Tony's commitment to collaboration and his role in creating a vibrant, supportive environment for the students of Vail.

Thank you, Tony!

By Emma Williams



Family Cruising to Alaska

Cruising is one of the best ways for a family to visit Alaska for one of the best reasons: the convenience and comfort of unpacking once. Unlike land travel, families on a cruise don't need to constantly move luggage between hotels. Having one room allows for families to make their getaway like a little home away from home. An Alaskan cruise is an amazing option for families. Most cruise lines have kids' clubs, pools, teen zones, and babysitting services. Now that is something special to give the adults just a little break.

The journey itself is the highlight: glaciers, mountains, wildlife (whales, eagles, bears) are visible from the deck. Cruising the Inside Passage offers protected waters and breathtaking views without long drives. Cruises are able to visit places typically harder to get to on land, like such places as Glacier Bay National Park, Tracy Arm Fjord, and Hubbard Glacier, as well as small towns like Skagway, Sitka, and Ketchikan. This journey will also allow families to find excursions for all ages.

Family-friendly shore excursions include dog sledding, whale watching, zip lining, gold panning and nature hikes with wildlife guides. All of this ensures that families will always be kept busy and have fun!

There are many different state-rooms on a cruise ship, but when it comes to Alaska I will always recommend a verandah state-room: the main reason is for the scenic viewing. Alaska is about the scenery—glaciers, mountains, wildlife—and a balcony lets you take it in privately without fighting for rail space on deck. Wildlife spotting is very possible: you might see whales, eagles, and bears right from your room. Of course the glacier viewing days are the best part: Cruising in Glacier Bay or Tracy Arm is a full-day event, and being able to relax on your balcony is a huge perk.

There are many cruise lines that



cruise Alaska. There are adult-only, high-end, and everything in between. Two of the best for families are Disney Cruise Line and Royal Caribbean Cruise Line. They will give you both an amazing experience for the money, and will also have the most kid-friendly fun!!

Booking an Alaska cruise is easy. Just remember the Alaska Cruise season is typically late April to Early October, with prime time being June and July!! If you have a question, reach out! Happy Sailing!!!

By Gigi Annunziato



RISE AND SHINE

Saturday, June 21st • 9am to Noon
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- Arizona and Vail Historic Timeline activity
- Art, Vendor Booths and Food Trucks
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- For Vendor information contact greatervailchamber.com

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Tucson's 55th Juneteenth Festival: A Celebration of Freedom, Unity, and Legacy

On Saturday, June 14, 2025, the heart of the Old Pueblo will beat with the rhythm of freedom as the 55th Annual Tucson Juneteenth Festival unfolds at the Kino Sports Complex. From 5:00 PM to 10:00 PM, the community will gather to honor a pivotal moment in American history—the emancipation of enslaved African Americans—and to celebrate the rich tapestry of African American culture that continues to shape our nation.

Juneteenth, commemorating June 19, 1865, when news of emancipation reached the last enslaved people in Galveston, Texas, stands as a testament to resilience and hope. The Tucson Juneteenth Festival, organized by the Tucson Juneteenth Festival Committee, embodies this spirit, aiming to educate, advocate, and celebrate the enduring legacy of African Ameri-



Wilbur Wildcat at Juneteenth

can heritage.

This year's festival promises an array of vibrant activities:

Live Performances: Local artists Nia Elilse, Troy Covington, Mark Willis, Zay, and Tyrique to name a few, will grace the stage, offering soulful melodies and dynamic rhythms that echo the journey of a people. Hosted by Comedian Janize Handy. There will be a line dance class and "Boots on the ground" at 8pm

Cultural Exhibits: Attendees can explore displays that delve into African American history, art, there will be over 50 retail vendors to choose from.

Informational Vendors- over 100 vendors dedicated to making southern Arizona better, Mental health, personal health training, financial wealth building, and free food boxes.

Family-Friendly Activities: A dedicated kid-zone ensures fun for all ages, fostering an environment of learning and joy. Gaming Truck, bounce houses, face painting, free hot dogs for children under 12.

Culinary Delights: Various food vendors will offer flavors that pay homage to traditional and contemporary African American cuisine. Mama Carey, Big E boy BBQ, PC wings...

Beyond entertainment, the festival serves as a platform for reflection and education, reminding us of the strides made and the journey ahead. As the sun sets over Tucson, the community will stand united, honoring the past and embracing a future rooted in equality



Plates of food from vendors at Juneteenth

and understanding. June 21st the first ever Juneteenth Festival in Rocking K will begin at 9 am on Charles Young Way, continuing with history and fun for everyone, bands, food, and culture.

For more information and updates, visit the official Tucson Juneteenth Festival website at tucsonjune19.org.

Let us gather, remember, and rejoice—celebrating freedom's song that continues to inspire generations.

By Larry Starks



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Dear Vail Community,

"You have made us for yourself, O Lord, and our heart is restless until it rests in you." These words are from the Book of Confessions, written by St. Augustine, the bishop of Hippo, northern Africa. St. Augustine was a profound example of conversion from his earlier life as a Pagan and a practitioner of Manicheism. Little did St. Augustine know that in the 12th century, a Religious Order would

take on his name and charism. See the following link: <https://www.augustinianorder.org/sermons>

Our new Pope, Pope Leo XIV, is a religious member of the Augustinian order and has a rich formation in the faith and the Rule of St. Augustine. Our patron Saint, Saint Rita of Cascia, was an Augustinian nun during her lifetime. So, this is a fantastic connection to our newly elected Holy Father, Pope Leo XIV.

The core tenets of the Augustinian Order are to love God above all else, and to love your neighbor. In this instance, love, known in Greek, is known as agape love. That means we have unconditional regard towards others and will for their good. Love does require honesty, integrity, and charity. Love demands that we help each other grow as better human beings and strive to be the very best version of ourselves. Sometimes, we must correct one another lov-

ingly if our behaviors are missing the mark of true discipleship in the Lord. (Matthew 18:15)

As we enter the summer months and take our vacations from the business of work, school, and other tasks, may we strive to do everything in the name and love of the Lord. May our loving God bless Pope Leo XIV and our nation and the world with a new vision of peace, joy, and love! Have a most blessed and joyous summer!

By Reverend Alonzo M. García



"Skyward" continued from page 12

*"But then her tether calls her; she falls off,
And as she dwindles sheds her smock of gold...
And then goes out into the cavernous dark.
So I go out; my little sweet is done:
I have drawn heat from this contagious sun:
To not ungentle death now forth I run."*

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.



"SEAC"

continued from page 12

beginners due to their smooth, non-technical paths. It also contains connections to Colossal Cave Mountain Park as well as the Arizona Trail. There's an ongoing effort to educate trail users about etiquette, particularly regarding interactions between bikers and equestrians.

According to Mucker, most of these trails are part of the state land trust which unfortunately does not have a recreation or conservation plan. Many of the trails in the area are zoned Rural Homesteading (RH) so a potential developer could purchase it and change the zoning in order to build houses.

Pima Regional Trail System Master Plan is a regulatory document guiding trail planning across Pima County. It includes land planning components and establishes standards for trails. The plan is approved by the County Board of Supervisors and the trails marked on the map must be incorporated into subdivisions if the land is developed. The current plan hasn't been updated since 2012, but a new update is forthcoming, likely in late 2025 or 2026.

Additionally, **Pima Prospers 2025** is another key initiative currently open for public comment until June 15th. Residents can participate by submitting feedback on pima.gov. A major focus is the land east of Loma Alta Road and west of Colossal Cave Mountain Park, which has high conservation value of protecting wildlife corridors and vegetation. Mucker recommends the area be classified as low intensity rural, not low intensity urban as it is now designated. "If we can encourage the county to change the designation to low intensity, rural or resource sensitive, then that's going to protect the land."

SEAC Vice President Jayme Kahle

Jayme Kahle wrapped up the meeting by discussing the SEAC (South East Area Council) structure. SEAC evolved from a previous community effort SERC. A transition committee worked for over a year to help establish a new board with four officers and nine board members.

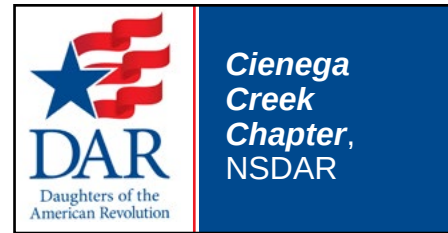
The organization's primary aim is to provide information to residents and encourage civic engagement. The board is currently creating a business plan to define operations and funding strategies. Suggestions on how best to interact with the community were given such as continuing regular community meetings, outreaching through social circles, and hosting casual conversations at local coffee shops.

Currently, SEAC is self-funded by board members. Discussions explored potential revenue sources, including public donations, corporate grants, membership models, and small business contributions. The group seeks to improve awareness through social media, establishing a website, determining the frequency of meetings, and refining strategies to involve more residents.

Meeting closed with an appreciation to Gerald Lamb for continuing technical assistance and a reminder that the next SEAC meeting will be held July 8th at 6pm at the Rincon Valley Fire District off Marsh Station (14550 E. Sands Ranch Road).

seac@seazcouncil.org
<https://www.facebook.com/SEArizonaCouncil>
South East Area Council (SEAC),
Serving the Communities of
Southeastern Pima County

By Elaine Schmerbeck



Bronze Honor for Outstanding JROTC Leadership

Cienega Creek Chapter, National Daughters of the American Revolution is honored to sponsor the Vail JROTC (Junior Reserves Training Corps) program again this year.

The JROTC curriculum focuses on citizenship, leadership, and maritime heritage, covering naval operations, seamanship, navigation, and meteorology. Students engage in competitions, community service, field meets, visits, marksmanship, and physical fitness training.

Elizabeth Irwin, a senior at Cienega High School, has been awarded this year's Bronze JROTC Award by the Cienega Creek Chapter. Elizabeth exemplifies academic excellence, dependability, strong character, and adherence to military discipline. She has demonstrated outstanding leadership and a deep understanding of the fundamental values and patriotic principles of the Junior Reserve Officers' Training Corps. Elizabeth has a passion for history and dedication to education and strives to challenge herself and grow in every endeavor she undertakes.

As JROTC Captain Irwin, led her Academic team to 1st place in the Academic Area Championships. "As Public Affairs Officer, she maintained the Unit's Social Media as well as performed Master of Ceremonies for major NJROTC events like 'Pass in Review', 'Annual Awards Night', and the 'NJROTC Navy Ball'. Cadet Irwin was also the class leader for 6th period and was commended as

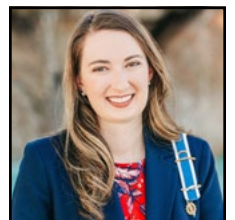


Elizabeth Irwin, Bronze JROTC Award Winner and
Sierra Hansen, Chapter National Defense Chair.

best class leader for the year", reported Commander Mica Brewer.

The National Society of Daughters of the American Revolution (NSDAR) is a non-profit, non-political, worldwide service organization devoted to Historic Preservation, Education, Patriotism, and family history. If you are interested in joining, contact Registrar, JoAnne MacInnis at cienegacreekregistrar@gmail.com. Questions and inquiries for the Regent, Kelly Hansen please email cienegacreekregent@gmail.com
By: Sierra Hansen, Organizing Chapter Regent & Chapter National Defense Chair

Sierra Hansen - Sierra Hansen State Junior Membership Committee Chairman & Junior Club President; Organizing Chapter Regent & Historian, Cienega Creek Chapter; Arizona Children of the American Revolution State Organizing Secretary; Arizona Daughters of the American Revolution.





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Understanding of Memorable Moment Open to Interpretation

When a serendipitous event occurs in your life, do you call it an amazing coincidence or a God thing? Maybe you can help me decide what to call mine.

"John" was my life coach for over 30 years. He understood me as few do. His advice was stellar. I didn't always voice it, but deep down, I knew how fortunate I was to have him in my life. Available to talk when needed and very down to earth were among his other great qualities. John's wisdom far surpassed my own insights into my life. As my mother used to say, all gifts weren't given to the same person.

And then over seven years ago, the little annoying cough he complained about in a lighthearted way turned out to be much more—inoperable lung cancer was the diagnosis for this extraordinary man who had done some smoking so long ago that, according to the doctors, it didn't even count.

Even after hearing that heart-wrenching diagnosis, I didn't lose hope. After all, new cancer-fighting drugs are invented every day, aren't they? John, who gave so much to others, just had to live....

For over a month, John had been absent from my radar screen. Messages were not returned. Did he suddenly find a miracle cure and move with his wife to Tahiti? Did he decide to seek treatment elsewhere? The mystery intensified.

Finally, no longer able to deal with this unknown, I went to his office and asked a colleague how he was doing. With strangers around, she announced, "Oh, John passed away several weeks ago."

Less than a year and a half after diagnosis, John was gone at the age of 74. His wife in this second marriage had made the decisions—only, as I found out later, a private funeral service for a few close family members and friends...not even an obituary in the paper. Voicemails left for his wife went unanswered. Since I knew none of his other contacts, I was left to grieve alone for the next six years.



Barbara (left) and Amber share conversation during Amber's break

And then just last week fate intervened in a most unexpected way. I was at the checkout of my favorite cashier "Amber" at the neighborhood grocery store.. Her friendliness, hard work and excellent customer service had impressed me from the beginning.

I was sometimes willing to bypass other available cashiers to wait and enjoy the minute or two of conversation with Amber while she rang up my groceries.

I happened to mention that I lost my fiance Ben many years ago to that evil pancreatic cancer. "All cancer is evil," she answered. "My father died of lung cancer; he was a wonderful guy who had smoked so little years ago." "How old was he?" I asked slightly absentmindedly, my attention focused on the mounting bill. Somehow when she said, "Seventy-four," things started to click into place. Still, I would

imagine that lots of nonsmoking men, many right here in Tucson, died of lung cancer six years ago at age 74. I decided to go out on a limb. "By any chance was your dad named John?" I asked. Indeed it was.

Amber and I looked at each other in stunned silence. The person I had been searching for all these years to celebrate John's life and mourn his passing was standing right in front of me.

Amber and I shared a few warm memories of her dad, hugs, even a picture of John which she gave me. Other stories remain to be exchanged. While processing this fortuitous circumstance, I again ask myself-- was it just an amazing coincidence or perhaps a God thing? What do you think?

Barbara Russek, a local writer, welcomes comments at Barbette2@comcast.net

"Perspectives"

continued from page 11

area is two times my pay, so I will probably need two roommates to make it livable, but I have plans. I was originally planning to move out again, at least before I turned 21, but here we are. There have been moves made, but when you need to live with others, you have to make compromises and understand that life gets in the way.

I knew my life was going to be hard once school was over. I knew I would have to pull my weight in my family's house, and I have. I pay for groceries, gas, phone bills, and our dog's grooming appointments from time to time, I just didn't think that my goals would take so long to achieve. But I haven't given up hope yet. I know life gets in the way and a lot has happened this year for my family that has pushed things to the back burner, but I will continue to try to make these goals a reality. I'm



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not too sure about school. I still want to pursue it, but I don't know if, financially, it's a smart decision anymore. Right now I have a good job that will pay tuition if I want to go.

But for now, I'm just trying to take it day by day and make my goals closer to reality.

The thing is, I haven't given up, and I think that's very important. I continue to search and make sure I'm able to achieve some victory at the end of the day, even if it's small. It will move me forward to what I want to accomplish.

My name is Seán Colbert. I am working towards making my passion a reality. I love writing and being able to share that experience with others or telling stories. Writing is so important in the world and I want to be a part of that impact.

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Map showing location: E. Colossal Cave Rd, E. Mary Ann Cleveland Way, E. Colossal Cave Rd, E. Success Rd, OLD VAIL VILLAGE.

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TO ALL THE VOLUNTEERS THAT SERVED ON OUR SITE COUNCILS THIS YEAR!!
THANK YOU FOR YOUR LEADERSHIP AND COMMITMENT TO OUR SCHOOLS!

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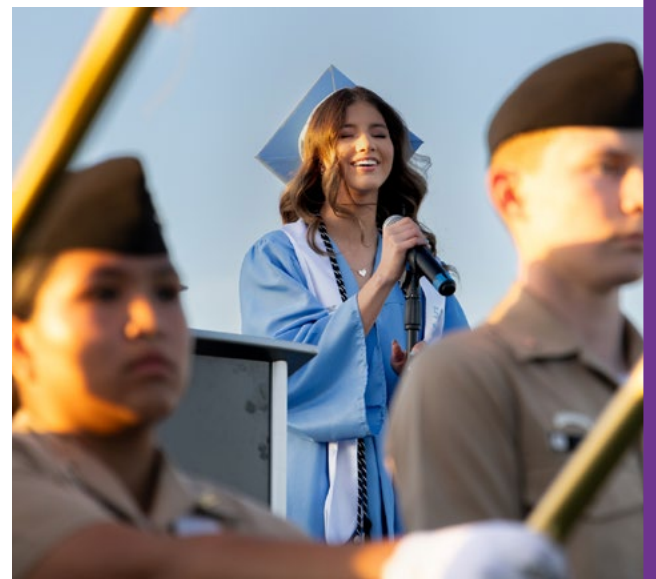


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Vail Preservation Society

Discovering Vail's History



Florence Estella's Birth Certificate - the Beginning of One Life and a Larger Family Story

A Birth Certificate:

...it's a small paper but it actually establishes who you are and gives access to the rights and the privileges, and the obligations, of citizenship.

-Archbishop Desmond Tutu, February 2005



This home is believed to be the home built by Carter Crane on his homestead. Monthan Collection

January 3rd 1894 was a wonderful day for Dora and Carter Crane this was the day they welcomed their first child, Florence Estella, into the world. Florence Estella was born on her parents' homestead in the village of Vail, in Arizona Territory. Even in 1894 there was paperwork to be completed and filed with the Arizona Board of Health. Carter's response to question 11 related to "color or race" made me wonder about his answer. What did he mean by Am.? Was Am. an abbreviation for American? What else is there to learn about Carter and his family?

Visionary, is how the 1897 Arizona Daily Star described the ranching and farming operation of Carter Crane and John Fraker at Vail's station. The article goes on to say, "[they] have probably the finest

thevailvoice.com

single ranch there is in Southern Arizona. They have 600 acres under fence with more than sufficient water to irrigate the whole tract. This water they developed by cutting into the Cienega and the results more than justified their judgement and exceeded their expectations... the crops grown are equal to the best in the country. The harvest this year yielded 1,500 sacks of wheat and barley and something over 100 tons of alfalfa and barley hay... When these men first settled on their present homestead they were regarded as visionary in their ideas so far as it affected their water supply, but they went to work themselves and by hard labor developed one of the finest bodies of permanent water there is in the entire country. This place is well worth a visit."

Originally from Arkansas, Carter Crane was born in 1853. His 1932 obituary states that he served with Buffalo Bill Cody in the Black hills of South Dakota during the 1870s. It was probably in 1878 that his brother Peter convinced him to head to Arizona. The two walked much of the over 1,200 miles to Arizona, living mostly off of the land—their marksmanship key to their survival. By 1879 they were in the San Pedro River area, near Bisbee, where they hauled some of the first timbers for the Copper Queen mine. Arizona Territory's 1880 census lists Carter Crane as a lumberman, Age: 25, Race: B, living at Lutrell, a mining camp 80 miles south of Tucson. Peter is listed as living in Tucson, he is also a lumberman, Age: 30, Race: W. Arizona Territory was untamed and unregulated, a place where hard work made almost anything seem possible. Carter and Peter were industrious, resourceful, and bent on success.

They invested their earnings in a ranch in the San Pedro Valley, Crane's Ranch. That is where Carter and Dora were married in 1893. Peter stayed in that area. Carter saw opportunity near the

Southern Pacific Railroad siding at Vails where he filed a homestead entry application in July 1891. A few years later John Fraker homesteaded adjacent to Carter. They dug a two-mile-long irrigation ditch, by hand, to bring the water from Cienega Creek to the fertile soil of their homesteads. By the late 1890s, Crane and Fraker were supplying not only a livery at Vails, but both ends of the Tucson to Helvetia Stage Line. By 1899 Vails had become the bustling break of bulk point for copper from the Helvetia Mine in the Santa Rita Mountains as well as cattle from nearby ranches. Carter called his ranch and farm several names: La Loga, La Cienega Ranch, and Vail Ranch. It was located in Section 10, Range 16 Township 16, where the Rancho del Lago homes and golf course are today.

Records indicate that Carter was civically minded and consistently registered to vote. In 1900, Carter was appointed to Vail Station—Vot-



Historic preservationist practitioner Simon Herbert and Cienega H.S. Construction Tech students with the window they are restoring for the Old Vail Post Office.

ing Precinct No. 6's Election Board to serve as a Judge along with D.C. Cage and Inspector, H.A. Man. In 1907, Carter sold his farm to the Tattersfield family. Carter Crane made his vision a reality through hard work, laying a foundation that the Tattersfield's and others would build upon. If Carter Crane had decided that he would let society define his possibilities, or that the walk to Arizona Territory

"Vail Preservation Society"
continued on page 24

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In Vail, Arizona, the Arizona bark scorpion is a common, and concerning, pest — especially during the summer. It's the most venomous scorpion in North America, and while it's only 2–3 inches long, its sting can cause serious reactions, especially in children and older adults.

What to Look For:

- Light tan to yellow coloring
- Slender pincers and a curved tail with a venomous stinger
- Nocturnal and glows under UV light

These scorpions are native to the Sonoran Desert and thrive in hot, dry conditions. They often hide under rocks, bark, or in closets,

bathrooms, and even shoes. Because they can squeeze through tiny openings, prevention is key.

Tips to Help Keep Them Out:

- Seal cracks and install weather stripping
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"Vail Preservation Society" continued from page 23

would be too long and too hard, he would never have experienced his visionary success.

SAVE the DATE: Greater Vail's Juneteenth Festival — June 21, 2025 — 9:00-Noon — at Rocking K, Mountain View by Lennar Homes
Hosted by: Lennar Homes, Juneteenth Festival, LLC, Rocking K Development / Diamond Ventures / Rocking K South HOA, Vail Preservation Society, Greater Vail Area Chamber of Commerce
Preservation@Work
Two Sides of Heritage Preservation — Bricks and Mortar and Engaging the Next Generation

Every community benefits from having a place that represents its heritage and where its stories connect. The Old Vail Post Office (OVPO), the sole remaining Territorial-era building in Vail, is that place. The support of the Arizona State Parks Heritage Fund (ASPHF), Santa Cruz Valley National Heritage Area (SCVNHA) grants and continuing local donations makes the rehab and adaptive reuse of the 1908 Old Vail Post Office, to serve as the Vail Welcome & Heritage Center, possible.

The 1908 adobe's foundations have been underpinned and waterproofed, the walls are plumb, adobe restored, window and door restoration is in progress, the new roof will soon have its vintage corrugated metal outer layer, and the original lime plaster exterior is being carefully restored using traditional materials and methods. VPS's attention to detail highlights the building's historical significance, reinforces its regional role, and ensures traditional preservation skills are passed on to future generations.

Grant support empowers VPS to engage Cienega H.S. students, under the guidance of preserva-

tion practitioner Simon Herbert, to be part of the team working to restore the historic windows. Additionally, Esmond Station K-8 Section Gang Museum Club students will sew curtains for the National Register listed Old Vail Post Office using treadle and modern sewing machines. One of our key organizational goals is to invest in the next generation by providing meaningful opportunities to participate in local preservation work. This is an opportunity to learn new skills while making a local impact.

VPS believes this hybrid approach, hands-on historic preservation trades work and community-based heritage learning opportunities for youth is essential to building a strong future for the Vail and Corona de Tucson area. Every community needs a place to anchor their stories and people dedicated to telling them. The backing of ASPHF and SCVNHA makes that possible and gives VPS the support to continue investing in Vail's future. Learn more at vailpreservationsociety.org
J.J. Lamb, Vail Preservation Society 2020, 2025

J.J. Lamb is President & CEO of Vail Preservation Society. A U of A graduate, her family has lived in Vail since 1971. She was named an Arizona Culture-keeper in 2011 and an Arizona Friend of the Humanities in 2020.



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Events

Until June 13, the Art Wall at the Arizona Senior Academy* will feature paintings by Academy Village resident Victor Herrera. Beginning June 17, the gallery will present works by village residents enrolled as students in art classes sponsored by the ASA.

Every Thursday, 7 p.m.

Vail Al-Anon Family Group Meeting at St. Rita in the Desert Church, 13260 E. Colossal Cave Rd. A fellowship of relatives and friends of alcoholics who come together for mutual help. Families, friends and observers are welcome. al-anon.org

Monday, June 2, 2:30 p.m.

ASA*: Lecture by Alex La Pierre: Citizen Diplomat, Co-founder Borderlandia., "Who was Juan Batista de Anza?" This speaker explores the challenges faced by Juan Bautista de Anza as a Spanish frontier soldier in the 1700s

Friday, June 6, 11:30 a.m.

ASA* Concert: The Kevin Pakulis band makes its first appearance at the ASA, with veterans of the Tucson music scene, Kevin Pakulis (guitar), Heather Hardy (violin), Karl Hoffman (bass), and Gary Mackender (drums).

Monday, June 9, 3 p.m.

ASA*: Lecture by Kevin Albert Kasper: U of A Biomedical Engineering Candidate, "Frailty Assessment Project and Wearable Technologies."

Friday, June 13, 11:30 a.m.

ASA* Concert: The Bryan Dean Trio improvises on solid blues tunes with Arizona Blues Hall of Famers Bryan Dean (guitar), Koko Matsumoto (bass) and Ralph Gilmore (drums).

Saturday, June 14th

Release & Reclaim: A Circle for Women Who Are Done With Surviving and Ready to Reclaim Their Inherent Derservingness at Four Walls Movement & Music: 2585 N 1st Avenue Tucson, AZ 85719. Doors open: 9 a.m. Circle: 10 a.m. - 12 p.m. Lunch offerings: 12 p.m. - 1 p.m.

Monday June 16, 3 p.m.

ASA*: Lecture by Monica King: Board of Directors, Southern Arizona Beekeepers Association; Arizona Director, Western Apicultural Society, "Pollinators, Pesticides, and Africanized Bees."



Friday, June 20, 11:30 a.m.

ASA* Concert: Superb singer/guitarist Gary Roberts debuts at the ASA with unique stylings of classic rock, Mo-town favorites and contemporary pop.

Saturday, June 21, 9 a.m. - noon

Juneteenth Celebration. Rocking K Lennar Mountain View Neighborhood 8183 S. Charles Young Way, Vail

Monday, June 23, 3 p.m.

ASA*: Lecture by Mary Ricker, M.D., Director of Integrative Medicine in Residency, Andrew Weil Center for Integrative Medicine, "The Culinary Medicine Movement: Academic Approaches."

Friday, June 27, 11:30 a.m.

ASA* Concert: The McCallion Band plays original Americana, folk/rock and traditional country, with singer-songwriter-guitarist Nancy McCallion, guitarist/slide guitarist Danny Krieger, bassist Neil McCallion, and drummer Les Merrihew.

Monday, June 30, 3 p.m.

ASA*: Lecture by Brian Mayer, Ph.D., U of A Associate Professor Sociology, "The Tucson Poverty Project." Stu-

dents led in an experiential learning project to investigate and report on poverty in Tucson.

Friday, July 11, 11:30 a.m.

ASA* Concert: Female barbershop quartet "Havin' a Blast" brings stellar a cappella harmonies to the ASA: Molly Jean Gerbi (tenor), Elissa Fazio (lead), Becky Clowers (baritone) and Teresa Taylor (bass).

Sunday, July 20, 9 a.m. to 3 p.m.

TCC Coin Show with 38 tables of dealers. Admission free. Event Location: Tucson Woman's Club, 6245 East Bellevue St., Tucson, Arizona 85712. Contact: www.tucsoncoinclub.com - The Tucson Coin Club is a non-profit organization

**The Arizona Senior Academy (ASA) is located at 13715 E. Langtry Lane off Old Spanish Trail. The latest ASA program information is available under "Schedule" on the academy's web site: arizonaseniioracademy.org. The lectures are available via Zoom using the link at the end of detailed lecture descriptions.*

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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Happy Father's Day

from your friends at The Vail Voice.

June 15, 2025



June, 2025 - Time to color!



Helping Hands: How You Can Make a Difference

According to Feeding America, over thirty-four million people in the U.S. experience food insecurity each year. We are fortunate to have The ReSources Food Bank and Thrift Store between the tracks in Vail to help alleviate hunger in our community, but we need your help. ReSources is recruiting new volunteers for both the Thrift Store and the Food Bank.

Bonnie is one of our newest Food Bank volunteers, helping to pack food boxes for families. She shared, "This is one of the most rewarding experiences of my life. It's wonderful to be with people who are all working towards the same goals and seeing that a few hours of volunteering can change lives."

The need for food assistance is growing, and our greatest need is for Food Bank Intake Volunteers. An intake volunteer is an outgoing, people-person. Volunteers greet our participants and enter their information into our system with an iPad. They also need to multitask as there are no two participants alike. The volunteer gets to know our participants by taking the time to understand each unique person's circumstances and needs. The intake specialist is part of a volunteer team that works together to ensure each household gets the assistance they need. It's also an opportunity to create wonderful friendships and connections with participants and other volunteers in the community.

At the Vail Depot Thrift Store, we are always looking for volunteers, especially on Saturday. We are also looking for some strong



volunteers who are willing to help move heavier items. Volunteers in the Thrift Store may be assigned to help sort donations, dust shelves, or revamp a window display, among other roles. The Thrift Store is a fun and friendly place to serve!

Most of our volunteer positions require a weekly commitment of 3-4 hours, one exception is our student volunteer program. Young volunteers can sign up for more flexible service opportunities on Saturdays. If you have any questions about young volunteers or any questions about volunteering, please contact our volunteer coordinator, Laura Gile, at volunteer@resourcesvail.org

Getting involved is easy. Fill out the volunteer application on our website www.resourcesvail.org, and we will contact you via email in 2-3 days.

If you are not able to volunteer but want to help, you can donate food, gently used clothing, or household items at the Food Bank or Thrift Store, or you can make a monetary donation at www.resourcesvail.org/donate.

As the saying goes, "No one can do everything, but everyone can do something." When it comes to feeding those in need, every little bit truly counts.

By Laura Gile
Volunteer Coordinator



Heat Optimist Club News

The Heat Optimist Club held their Education Awards Dinner on April 17th. They honored 3rd grade teacher Gigi Annunziato as their Partner in Education. Creation School principal Jennifer Hook, writes that Gigi Annunziato has been a driving force in the Vail community for many years. Her work with the Vail School District and non-profit organizations all point toward a love of children and the importance of community connection. She has been with Creation School in Vail now for 3 years, and her efforts to make the world a better place only continues to grow. Recently Gigi partnered with the Heat Optimist Club



Ava Martinez (left) and Gigi Annunziato (right)

to teach her Home Economics students sewing machine skills.

The Heat Optimist Club honored Creation School student Ava Martinez with our Student Achievement Award. Ava perseveres with her studies and continues to find ways to reach her full potential at her school.

The Heat Optimist Club meets the third Thursday of each month at 6:00 at Denny's in the Houghton Town Center. Guests are welcome. Visit our website <https://heatoptimistclub.org> for more information.

By Marcia Aurand
President, Heat Optimist Club



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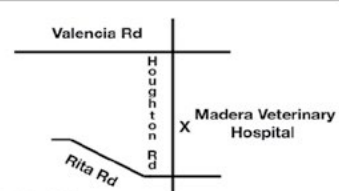
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Game Time! DIRECTIONS: Place a number in the empty boxes in such a way that each row across, each column down and each 9-box square contains all of the numbers from one to nine.

Easy Sudoku

Solution - No cheating!

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

Medium Sudoku

Solution - No cheating!

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

Hard Sudoku

Solution - No cheating!

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

The Rabbi's Corner

JewishVailAZ.com

Why Are The 10 Commandments So Simple

On Monday, June 2nd we will be celebrating the holiday of Shavuot, the giving of the Torah.

Here are some thoughts I had on the 10 Commandments.

When one hears about the "Ten Commandments," the foundation of the Torah, it's natural to expect something profoundly mystical or lofty. Yet, a closer look reveals that many of the commandments are quite "basic": don't steal, don't murder, honor your parents, don't lie. These are moral values shared by almost every civilized society. Why would G-d Himself descend upon Sinai to deliver what seems like elementary moral instruction?

Some answers I thought of, I used ChatGPT to help me edit this ;)

Chassidic philosophy teaches that G-d desires to dwell in this world. This explains why the commandments are so grounded in everyday life: not murdering, not stealing, not lying.

The purpose of creation is not for the lofty spiritual angels but that the infinite light of G-d should be revealed within the physical world, within human relationships, within business ethics, within honoring parents.

The fact that G-d chose to address these topics at Sinai shows us that these "mundane" acts are exactly where G-d wants to be found.

Another explanation, the Rebbe elaborates on the idea that while other countries may have similar ethical standards, the Jewish people are unique in that we derive

morality from G-d's command, not from consensus or logic.

For example, "Thou shalt not murder" might be obvious, but in a time of societal breakdown, or when murder is politically sanctioned, people can justify the worst atrocities. However, if this command is from G-d, it remains absolute, independent of human logic or change.

Or "Thou shalt not steal" an example I like to give is, if you were to receive an extra item in your Walmart + delivery, or Amazon sends an extra item, it's very easy to say they are a massive company they don't care about this, let me keep it. When we know that our morals are not based on logic, but G-d's command we follow the command.

To conclude, what appears "basic" in the Ten Commandments is actually profoundly radical. Chabad Chassidus teaches us that G-d's greatest desire is not that we live in the clouds, but that we reveal His oneness in our daily lives, honoring our parents, in avoiding gossip, in not coveting. Etc.

As the Rebbe put it: The Ten Commandments teach us that the "simple" aspects of life when done for G-d are not simple at all. They are where G-d Himself is revealed.

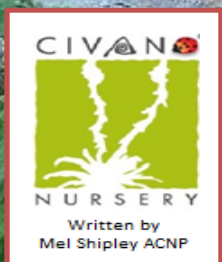
You can reach me at rabbi@jewishvailaz.com

Rabbi Shemtov, ordained at the Rabbinical College of America 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.



Gardening & Happiness

There's no denying that getting outside in nature can give you a positive feeling. They say after a stressful day, even a five minute wander around the garden pulling a few weeds and maybe picking some fruit or herbs can have a meditative effect. I have to say that my favorite time to be outside is early morning just before the day begins, there is just sometime magical about the early morning light...ok and maybe moonlight night too!



What did one
cactus say to the
other cactus?

"You're looking sharp!"



Get Planting!

Edible Gardening: Cucumber, Eggplant, Pumpkin, Squash, Watermelon, Herbs, Citrus, Blueberry, Grapes, Pomegranate, Figs, Apple, Plum etc.

Herbs: Basil, Mint, Oregano, Rosemary, Sage and Thyme are all fine to plant in the summer months and just in time for barbeque season.

Plant Something for shade and habitats: Trees, shrubs and vines can be planted now and with a little extra attention they will benefit from summer of growth & root development.

Summer Annuals: Zinnias, vinca, marigolds, and celosia will handle the heat pretty well; just make sure to give them sufficient water. More variety in store.

Succulent: Decorate the patio with some beautiful succulents. Remember to be careful not to over water.

Shade Annuals: Enjoy begonias, caladiums, dahlias, inpatients...

Houseplants: Spider, zz, dracaena, philodendron, ficus, pothos... Get the indoors spruced up and the air purified with houseplants!

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WOMEN'S HEALTH

Perimenopause and Our Changing Bodies

Perimenopause means “around menopause” and can start in your 30’s and 40’s. This can be a volatile time where ovarian function fluctuates, which may lead to symptoms and irregular menstrual cycles. Symptoms may include intolerance to heat and cold, hot flashes, fatigue, brain fog, drops in libido, irritability, random itchy skin, feeling more emotional and overwhelmed, weight gain or weight redistribution around the midsection, puffiness around ankles, bloating in lower abdomen, joint pains, overall more aches and pains, and sleep disturbances to name a few! Menstrual cycles may also become more irregular where they can become delayed or you may have 2 cycles in a month.

How is this different to menopause? Menopause is when your periods stop altogether for 12 consecutive months and hormone output of estrogens and progesterone drop significantly to very low levels, indicating that the ovaries are done. Perimenopause

is complex and can last over 10 years until menopause occurs.

Did you know that only 7% of physicians and practitioners across the United States are trained in Hormone replacement therapy?! People assume that Gynecologists receive training for this in medical school or residency, but they do not! Physicians have to seek out this training and thankfully Physicians are becoming more interested in women’s health. Research has evolved over the past few decades, demonstrating the importance of hormones and longevity of health. I became interested in changing hormones myself when I was in my late 30’s when I realized that what I was experiencing is perimenopause! Know that you are not alone and help is out there. As a Naturopathic Physician, my approach is individualized, taking your health, lifestyle, nutrition, fluctuating hormones into account to create a customized treatment plan. Your health plan will evolve as your health changes. There is nothing cookie-cutter when it comes to perimenopause, menopause and beyond.

Dr. Alicia Miller is a Licensed Naturopathic Physician and has been in practice since 2007. She graduated from Southwest College of Naturopathic Medicine (now Sonoran University of Health Sciences) in Tempe, AZ. She is an expert

in Functional medicine, Women’s medicine, gut dysfunction, autoimmune conditions, weight management, thyroid regulation, and anti-aging medicine.

Originally from Chicago, IL and moved back to IL after graduation to start her practice. While in Chicago, Dr. Miller was adjunct faculty at National University of Health Sciences for the Naturopathic medical and Chiropractic program for over 8 years while in practice. In 2016, Dr. Miller relocated to Las Vegas and worked for Life Extension supplement company where Dr. Miller embarked into Anti-Aging medicine and Hormones.

In 2019, Dr. Miller finally relocated back to Arizona with her husband, David, and daughter, Chloe. Dr. Miller worked for 2 clinics and recently launched a fully Telemedicine business, My Menopause Doctor, to serve and support Women’s Health during perimenopause, menopause, and beyond. Dr. Miller is a current member of The Menopause Society, American Academy for Anti-aging medicine, Functional Medicine University, Association for the Advancement of Restorative Medicine, and Arizona Association of Naturopathic Physicians.



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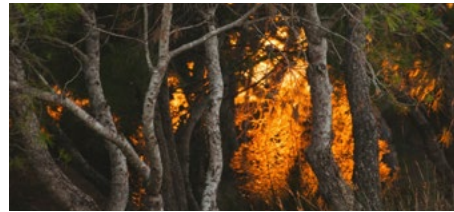




Corona de Tucson Unites to Honor Local Firefighters in honor of International Firefighter Appreciation Day

On Monday, May 5, 2025, Corona de Tucson celebrated International Firefighter Appreciation Day. The heart of Corona de Tucson beat stronger than ever as the community came together to celebrate and honor the men and women of the Corona de Tucson Fire District. With warm gestures of gratitude, heartfelt tributes, and generous contributions from local organizations, the event showcased the unwavering respect and admiration the residents have for their firefighters.

In partnership with the Daughters of the American Revolution (DAR), American Legion Post 109, and Corona de Tucson Community Alliance, firefighters were treated to complimentary coffee and pastries from Caffeine Dealer and Purple Devil Donuts at American Legion Post 109. DAR extended their generosity by sponsoring the treats, ensuring that every firefighter felt appreciated for their dedication. The local support did not end there: Corona Cares provided a special gift card for each



firefighter, acknowledging their selfless service. Boy Scout Troop 770 presented thank you cards to each firefighter. Starbucks of Vail donated drink cups for all. Students from Copper Ridge Elementary played an integral role in the celebration, with Principal Krista Fields proudly providing artwork and drawings created by the students, each piece a reflection of deep gratitude and admiration for the firefighters who serve our community.

Roosevelt McKnight, commander of American Legion Post 109, provided lunch for the firefighter staff. Special recognition is given to Ellie Abraham and Jane Russ of the Corona de Tucson Community Alliance for their dedication to organizing the event.

Fire Chief Steve Lunde and his exceptional team were praised not only for their emergency response but for their integral role within the Corona community. They are more than just first responders—they

are caregivers to the elderly, role models to students, and protectors of all who call Corona de Tucson home. Whether it is ensuring homes have proper safety measures, offering comfort during distressing moments, or even handling unexpected wildlife encounters, they serve with unwavering commitment and kindness.

The event also honored firefighters nationwide who have made the ultimate sacrifice. A solemn reflection on their courage and service emphasized the profound commitment every firefighter makes when choosing to protect their community. In the words of McKnight, "You are the reason we sleep soundly at night. You are the reason we walk through our days knowing that, should the unthinkable happen, you will be there—ready, steady, and unshaken."

On this day of gratitude and appreciation, Corona de Tucson reaffirmed the importance of recognizing and supporting its firefighters, not just on International Firefighter Appreciation Day, but every day.

By Edward Buster,
president, Corona de Tucson
Community Alliance

Corona de Tucson Community

Bringing our community
together, sharing our
resources and laying the
foundation for a
promising future
together



OUR MISSION

We strive to foster,
support, and sustain
improvements for the
welfare of the
Corona de Tucson
Community

Happy Father's Day

from your friends at The Vail Voice.



June 15, 2025

Climate Review

A Look Back



April 2025 Climate Report

On the rainfall side, I only recorded 0.04" of rain and my 14-year April average is a whopping 0.22." The Tucson airport recorded 0.05", and their 30-year April average is 0.24." April is the 2nd driest month behind May. Looking at rainlog.org, the Tucson metro area's April rainfall varied from a low of a trace to a high of 0.20," with the higher amounts on the North side / Oro Valley areas.

On the temperature side, the Tucson airport was about 1 degree above average for the entire month (averaged) and April 2025 was the 21st warmest April on record since the 1880s. The Tuc-



son airport met or exceeded 100 degrees on one day in April, the 11th when the high temperature hit 101 degrees and was the earliest 100+ degree day in Tucson history as I mentioned last month. At the time of this writing on May 20th, the Tucson metro area has experienced several cool spells for May and we have yet to hit 100 degrees for May. However, that is forecasted to change later this week.

Well, that is all for this month. As typical for Spring, the climate reports are typically very quick to write as weather events are

at a minimum. For next month, I will write a full report for May and Spring 2025 and discuss more of what we might expect for Summer and the monsoon.



John Simpson has lived in southern Arizona the past 36 years and Vail for 20 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.



Word Search

Old TV Shows 3

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Discovering Nature



Hubbell Trading Post

In a land of scarcity, survival means it must be a land of movement—of people, goods, and ideas flowing like the intermittent carving rivers, whirling dust devils, and ever-changing sand dunes. Long before highways and railroads, ancient trading routes crisscrossed the Southwest region, linking cultures and economies in a vast network of exchange. It was a barter society with no currency other than the goods themselves – family food for woolly warmth. The Ancestral Puebloans, also called the Anasazi, were among the early traders, navigating rugged landscapes to barter turquoise, pottery, and textiles with distant civilizations for Macaw feathers, seashells, and seeds. Their routes stretched from the Four Corners region to Mesoamerica, carrying not just goods but knowledge, traditions, and even religious practices.

Centuries later, motivated by convenience and efficiency, entrepreneurial merchants set up the Southwest's trading posts as the modern hubs of commerce – the Walmart of the day. Among them, the Hubbell Trading Post was es-



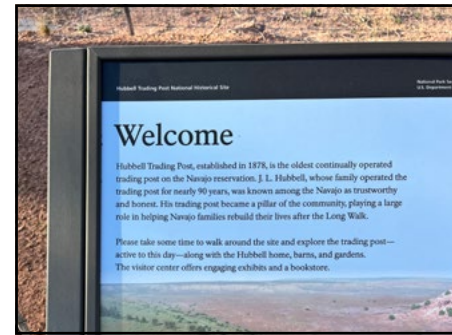
ablished in 1878 by John Lorenzo Hubbell, in Ganado, Arizona, which became a lifeline for the Navajo people returning from their forced exile at Bosque Redondo. Hubbell didn't just sell goods—he fostered craftsmanship, encouraging Navajo rug weaving and silversmithing, shaping the artistic traditions that thrive today. His Ganado location remains the oldest continuously operating trading post in the Navajo Nation today, still open, still the smell of native goods, but now preserved as a National Historic Site.

Further west and 55 miles north of Flagstaff, the Cameron Trading Post emerged in 1916, founded by brothers Hubert and C.D. Richardson. Situated near the Grand Canyon, it was initially a place where Navajo and Hopi traders bartered wool, blankets, and livestock for dry goods. The journey to Cameron was arduous, often taking days by wagon, but traders were welcomed like family, fed and housed during their stay. Over time, as roads improved and tourism flourished, Cameron evolved into a gateway for travelers, blending its historic role with modern hospitality.

These trading posts were more than commercial centers—they were cultural crossroads, places where Native traditions met the expanding American economy. But as the Southwest modernized, the role of trading posts

diminished. Today, only a handful remain, overshadowed by big-box stores in urban centers and online worldwide commerce.

Just as ancient traders navigated terrestrial, political, and economic barriers to exchange goods, today's businesses must also contend with sophisticated and shifting trade policies. The Southwest trading post, once a hub of barter and bargaining, currently faces global trade challenges that impact everything from Native artisans to agricultural exports. Now, the hardscrabble Navajo sheep-



herder competes with stockyards in Argentina and the Hopi weaver competes with Asian sweatshop textile factories. The spirit of trade endures, but it is now tariffed, regulated, and exploited by suit-wearing financiers and slick politicians sitting in plush offices in the biggest cities of the world. Even so but still rooted in the same basic supply and demand principles that guided the Ancestral Puebloans centuries ago, the Southwest remains a land of exchange—whether through ancient footpaths or digital marketplaces, the movement of goods and ideas continues, shaping the region's identity in ways both old and new.

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



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Healthy Guidance

Transforming Lives

Our Favorite “Elements”

No, they aren’t on the periodic table, but that doesn’t mean they aren’t key to human existence. People have been working with the four (sometimes five) elements for ages. Earth, Fire, Water, and Air are represented in astrology. Indigenous people, the globe over, have practices that incorporate these seemingly magical or holy elements. Traditional Chinese medicine and Ayurvedic principles include these basic elements. The Greeks and Romans observed them too. You can even find them in children’s stories on shows like “Avatar” or the movie “Elemental”.

Why do we care about them so much? They build a narrative of the world around us by using familiar forces from nature to explain attributes that we encounter daily. Surely, you’ve heard someone labeled as either earthy, airheaded, fiery, or watered down? Descriptors like hot, flowy, long-winded, and stone-cold, portray characteristics of the elements as well. See if you can relate...

Earth: formation, structure, nutrients, protection, richness, solid, dense, sturdy, nourishing, prosperity, stillness, rest, deeply rooted, resistant, endurance, luxury

Fire: transformation, metabolism, consumption, strength, willpower, vitality, ego, hot, aggressive, bright, penetrating, courage, destruction, renewal, spontaneous, active imagination

Water: transportation, wet, solvent, flow, cool, fluid, liquid, cleansing, calm, healing, introspection, sensitive, emotional, imaginative, skill, adaptability, appeal



Air: mobile, dry, light, cold, subtle, movement, communication, exchange, ideas, intellectual, analytical, reason, lively, enthusiastic, sociable, open

Spirit/Ether: void, empty, clear, light, soft, immeasurable, creativity, vast, communication, spontaneity, inventiveness

Certain colors likely come to mind with each element, maybe even smells and sounds. See if you can immerse yourself in each element using your imagination to connect to aspects of your own being. This symbolism can allow you to more fully encounter and embrace the world without as well as within.

Hollie Warnick is a Behavioral Kinesiologist and Reiki Master utilizing behavioral health concepts, applied kinesiology, and energy medicine to help clients love themselves and their life forward, backward, inside, and out. Join her world via podcast, personal transformation sessions, classes and more at HollieWarnick.com or call (520) 800-4383.



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Make This Summer Unforgettable with a Little Help from Hughes

Summer in Southern Arizona are something special. The smell of carne asada on the grill, weekend drives to Mount Lemmon, and backyard gatherings under string lights, it's the time of year when everything feels more relaxed and full of possibility. But those summer dreams sometimes come with a price tag. That's where a Summer Loan from Hughes Federal Credit Union can help, turning big plans into manageable projects.

Upgrade Your Space to Match Your Summer Goals

When the temperatures rise, refreshing your living space isn't just a good idea, it's essential. Whether setting up the perfect patio or tackling that long-awaited garden project, a few simple upgrades can transform your space.

• **Small Budget (Under \$500):** Add drought-resistant plants like agave or a potted lemon tree from local nurseries. String lights or solar lanterns can create a cozy evening ambiance.

• **Medium Budget (\$500 - \$2,000):** Beat the Arizona heat with a misting system or shade sail. Consider a quality barbecue to make your backyard the go-to spot for summer evenings.

• **Big Budget (\$2,000+):** Dreaming of custom fire pits, built-in seating, or even an outdoor pizza oven?

A Hughes Summer Loan can help make it happen, without maxing out your credit cards.

Hit the Road with Southern Arizona Adventures

There's nothing like a summer road trip. From cruising up Mount Lemmon to exploring Bisbee's artistic charm, Southern Arizona is packed with hidden gems.

• **Small Budget (Under \$500):** Spend the day exploring Tubac, Patagonia, or Oracle. Prep your car with an oil change or a detailing session before hitting the road.

• **Medium Budget (\$500 - \$2,000):** Plan a weekend getaway to Sedona or catch the breeze in San Diego. Consider upgrading your tires or adding a roof rack for smoother travels.

• **Big Budget (\$2,000+):** Take a cross-country trip up the Pacific Coast Highway or explore New Mexico's scenic byways. Feeling adventurous? Rent an RV and experience Arizona like never before.

Create Your Own Backyard Getaway

Tucson sunsets are even better when enjoyed from your own backyard oasis.

• **Small Budget (Under \$500):** Add native plants like ocotillo or palo verde and light up your garden with solar lights.

• **Medium Budget (\$500 - \$2,000):** Install a pergola or shade structure

to escape the sun. Upgrade your patio furniture for comfort and style.

• **Big Budget (\$2,000+):** Build a custom fire pit or outdoor kitchen to make your backyard gatherings unforgettable.

Big Plans Without the Big Price Tag
Big summer dreams don't have to come with big stress. A Hughes Summer Loan lets you fund your adventures, home projects, and road trips with manageable terms and One Low Rate™. Forget high-interest credit cards, Hughes makes it easy to pay over time with rates that fit your budget. Ready to make this summer unforgettable? Visit HughesFCU.org/SummerLoan to learn more and start planning your best summer yet.



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