

June 2011



# Periodico de Esperanza

Esperanza Estates Homeowners Association, Inc. • P.O. Box 181, Green Valley, AZ 85622-0181

## Farewell for the Summer

By Denise Roessle

As we break for July and August, the Periodico staff would like to wish everyone a wonderful summer. We hope you've enjoyed the changes and expansion we've incorporated this past year and thank everyone who has contributed articles, suggestions and encouragement.

I would personally like to thank Cynthia Surprise, whose enthusiasm and hard work has made our newsletter (almost a magazine now!) better than I'd ever imagined. It's been a pleasure working with her and I am proud to have her as "Lou Grant" (editor) to my "Mrs. Pyncheon" (publisher). Thanks also to Craig Surprise, who makes translating what used to be a paper publication to electronic a breeze for me. And to Mary Hess (our "Lois Lane") and Sandy Reed ("Jimmy Olson"), who have written many wonderful articles.

We have some big plans for the upcoming year — as well as a new look — which we'll be working on during the summer break. As always, if you have ideas or want to get more involved, please contact me: droessle@mac.com or 399-3312.

Remember, if you have access to a computer and are not on the list to receive the Periodico (and Monday Morning Memo), email Craig at: ee-webmaster@msn.com. *Note: For those who read the newsletter on-screen and are frustrated by having to scroll up and down from one column to the next, you can change the page size on the header of your web browser (i.e., make it smaller for less scrolling while maintaining a readable text size).*

Also, if you are not able to pick up your print copy at the Ramada and wish to have it delivered to your home, call Mary and Dean Hess at 398-4829.

See you in September!

## It's a tie!

*The monthly photo contest judges couldn't decide between these two entries. (Too bad it's not February, since we seem to have a "lovebird" theme going...)*

*Congratulations to Colleen Simonsen...*



*...and Jim Lindberg*

*Thanks to everyone who submitted entries over the last few months. We have some very talented photographers in EE! The contest will start up again in September.*

# Committee Reports



## Trash Collection

By Boyd Morse

Happy “dog days” from the Neighborhood Relations Committee.

Since there are no current issues to report, I thought it would be a good time to bring up a problem that affects all of us; namely trash collection. As some of you are aware, this has been a contentious issue in the past and has caused some hard feelings. An initial informational meeting to explore the issue took place a few months ago and provided useful feedback.

The intention of those of us who are looking into potential solutions is to present the facts for your review and let each of you decide who you want to be your trash hauler. There will be no attempt to force anyone to choose a company against their wishes. We will try to get the various haulers to compete for our business thereby hopefully create a cost benefit for you.

The information we will be providing should allow you to make a sensible decision based on facts regarding the degradation of our streets and the unsightly display of trash and recycle containers from Monday thru Friday.

There are two issues to deal with. Number 1 is the size of the trucks. Currently there are single axel trucks and double axel trucks servicing EE. The double axel haulers are several thousand pounds heavier than the single axel vehicles and do significantly more damage to our already fragile street surfaces. This alone wouldn't be a problem except that the chance of resurfacing in the foreseeable future is remote.

Number 2 is the frequency of service. We currently have pickups on three different days. We would like to see this number reduced to one or two days to save wear and tear and also improve the esthetics of EE by not having garbage and recycle bins displayed as often.

We are in the process of gathering additional information and conducting discussions with the trash haulers. We'll update you on our efforts through the Periodico and the Monday Morning Memo and will hold informational meetings in the fall to answer any questions you may have.

Thanks for your consideration. Have a great summer.

## Bienvenidos Committee

Please join us in welcoming Karyn Grob (Placita Nueva) to Esperanza Estates. Karen is originally from New Orleans and moved here from Seattle, where she managed the energy grid for the electric company. She is renovating her new home and would like to get a dog as soon as she is settled.

## Enhancement Committee

By Barb McCalpin

Like the rest of EE, the Enhancement Committee is taking things slow and easy right now. Our only current activity is collecting items for our next Ramada Sale. In that regard, we would like to say thanks to Edie and Doug Webber for their donation of furniture. We've got a good start! If you have items to donate, please call Eileen Stremme (648-2255), Geri Lindberg (777-4972) or Barb McCalpin (867-8067).

Hope you're having a great summer. Stay cool!

## No HOA Board Meetings in July & August

Next meeting: Sept. 19  
1:00 p.m. • Sunset Ramada

# Upcoming Events

## 4th of July Party

Monday, July 4th

4:30 • Dinner served at 5:00

Sunset Ramada

\$5.00 per person



Menu: Italian sausage with onions and peppers, potato salad, and baked beans. Soda, beer, wine and mixers provided.

**FOOD BANK DONATIONS:** *There will be a collection bin at all EE events held at the Ramada. Please help us support the local Food Bank by bringing a can of food or a non-perishable item.*

## Palm Trimming

Monstrocitiy Tree Service at work trimming common area palms in May. *Photos by Joan Moreaux*



## Green Valley Council

By Dean Hess, Alternate Representative

Desert Hills II had a residency problem and they came up with a Crime Free Environment Agreement. I got a copy from GVC for Tom Cooke to check out.

Senator Antenori and Representative Vogt were supposed to meet with residents on May 21 concerning various bills passed so far this year, but that meeting was changed to May 27. Based on what I have read, EE is pretty much in compliance.

There seems to be a problem with property owners/renters placing their yard waste in the washes. Blowing leaves, etc. into these areas is prohibited.

A report was given by Rafael Payan, Director, Natural Resources, Parks & Recreation, and Chuck Catino from BAJA (Born Again Jocks Association) on the proposed Canoa Preserve Park: [www.pima.gov/nrpr/index.htm](http://www.pima.gov/nrpr/index.htm)

GVC has a new public relations person: Pat Meyer. She will be doing write-ups on the various HOAs. We're adding her to our Periodico email list.



# Your Fascinating Neighbors

## A Country Girl's Life Inside the Beltway

By Cynthia Surprise

Lillie Sheehan planned to be a dancer, but there wasn't much call for ballet dancers in Montezuma, Kansas. Growing up in western Kentucky in the 1930s, she also wanted to become a mountain man. "Jedediah Smith, the famous mountain man and explorer of the American West, was my hero," Lillie says. Although that career didn't pan out either, her life is certainly not without adventure.

Lillie spent a lot of childhood time on her father's family farm in Kentucky where she learned to do farm chores, like churning butter. His family of lawyers, teachers and ministers all played musical instruments, and Lillie remembers family gatherings where everyone played and danced. "In college I earned money by calling square dances," Lillie recalls.

Her love of the outdoors came from her mother's family who had Cherokee and Choctaw ancestry. To her mother's displeasure, Lillie was a tomboy. "I remember winning marbles from all the boys, but my mother said 'Ladies don't do that,' and she made me give them back."

After college, Lillie married Gene Vincent, the owner of a weekly newspaper in Montezuma, Kansas, south of Dodge City. Thus her career as a journalist began. "The newspaper used a Linotype, a 'hot metal' typesetting machine, and I have the scars to prove it. The models in the Smithsonian are newer than the ones we used."

After Lillie and her husband sold the Kansas paper, the couple and their four children moved to Salmon, Idaho where they had another newspaper. Lillie reported on local news such as wildfires, landslides, avalanches and the earthquake that hit Yellowstone, was a "stringer" for metropolitan papers in the Northwest and also covered her area for the three wireservices. "I was paid 10 cents per column inch for the stories," Lillie recalls.



*Lillie dressed in period clothing for Tubac Living History program.*

In 1960, Lillie and her husband moved to the Oklahoma panhandle where they ran a daily newspaper. One day Jed Johnson, who was campaigning for Congress, and his staff came to the newspaper office. "It was raining hard and Jed was soaking wet when he arrived at the office. I took him to my house so he could dry off."

When Johnson won the election, becoming the youngest person in Congress at that time, he invited Lillie to join his staff. She agreed and went to Washington, DC where she wrote press releases for Congressman Johnson.

Lillie remembers an interesting episode that occurred while she was working for the Congressman. Johnson had worked to help certain Indian tribes located in Oklahoma settle some claims with the government based on a treaty from the 1800s. The Arapaho and Cheyenne chiefs came to the Congressman's office to thank him for his efforts. "We knew what day they were coming, but not the exact hour. We could tell when they had arrived because we could hear the buzz of voices from people in the offices the chiefs passed as they walked down the corridor to Jed's office dressed in their full regalia. It was quite a grand sight."

Lillie also worked in the office of U.S. Senator Fred Harris of Oklahoma. While working there, Lillie became involved in setting up a Native American performing arts festival with the Senator's wife, LaDonna Harris. Mrs. Harris, a member of the Comanche tribe and

*Continued on next page*

## Lillie Sheehan

*Continued*

an advocate on issues of concern to Native Americans, founded Oklahomans for Indian Opportunity and Americans for Indian Opportunity.

Lillie's last job in Congress was writing press releases and managing the office of Massachusetts Congresswoman Margaret Heckler.

Life in the nation's capitol was exciting. "When I would come out of the Capitol at night and look up and see the dome all lighted up, it was inspirational. I was a little ole country girl and sometimes I wondered what I was doing there," Lillie says.

But working on Capitol Hill was hectic, and as a single mother after her divorce, Lillie needed to find a job that gave her more time to spend with her four children. She found it in the Information Office of the U.S. Department of Agriculture, where she wrote booklets on a variety of topics as well as a monthly newsletter for USDA employees. Occasionally, she received calls from Walter Cronkite and Roger Mudd, personally, when they were fact checking stories they were covering.

She also worked on the yearbooks published annually by the USDA to summarize the USDA's research developments and to make agricultural information more readily available to farmers and other interested citizens.

Lillie remembers holding an event to introduce the press to the 1978 yearbook *Living on a Few Acres*. "One sure way to get the press to attend was to feed them. So, we found a tour group from Mississippi who came to Washington to cook catfish and hushpuppies in the courtyard of the Department of Agriculture. It was a very popular event." And Lillie was happy since she loves catfish.

Being a career woman was difficult in the 1970s. Among the seven writers in her branch of the Information Office, Lillie was the only woman. Someone thought they were complimenting her by saying "You write press releases like a man." When she first arrived in the Information Office, the other writers looked at her when they wanted someone to get coffee. Lillie made it clear she would get it the first

time because she was the newest in the office, but after that they could get it themselves.

Lillie also recalls other challenges of being a career woman. "I applied for a credit card, but without a credit history on my own, they wanted my husband's signature." She also had to battle for a promotion to GS 14. "I was recommended for it, but there was a freeze on promotions. When the freeze was lifted, mine didn't come through. I had to become a squeaky wheel, and I wrote a letter that was passed up the chain of command." Finally, her promotion was approved, and Lillie became the first woman in the USDA to become a GS 14.

Not a fan of DC rush hour traffic, Lillie took a commuter bus to work. "Everyone on the bus knew each other and we had parties right on the bus." One day "a handsome man with amazing blue eyes" started taking the bus. I'm sure you can guess the rest of the story. Dick Sheehan and Lillie struck up a friendship during their daily commute, and they eventually married.

"We came to Green Valley to get away from the snow." After renting in the Villas for several months, they sold their home in Maryland and moved to Esperanza Estates. Interestingly, Dick had worked with the famous Navajo Code Talkers when he was in the Marine Corps, and once in Arizona he was able to renew his acquaintance with several of them.

Since her husband's death, Lillie has kept busy with volunteer work. She developed a living history program at Tubac Presidio State Historic Park, which won the Governor's Award for Excellence in 1997 and the International Museum Curators Award. Currently, she volunteers at Joyner Library and Madera Canyon, serves on the board of the Greater Green Valley Arts Council and is a member of the Esperanza Estates Neighborhood Watch. She was also the auctioneer at several of the auctions held by the predecessor of the Esperanza Enhancement Committee.

Lillie may not have fulfilled her childhood dream of becoming a mountain man, but this spunky lady has certainly had an adventurous life. If you have the good fortune to run into her around Esperanza, ask her to tell you about some of them. I guarantee you'll be entertained.

# Life at the Top of the World

By Bill Pratt

**A**s you bake in the bright sun and intense heat of another Green Valley summer, keep cool by reading about life in the High Arctic.

In the 1980s, I worked at Resolute Bay, North West Territories, near the magnetic North pole. I was a pilot flying a C-130 Hercules aircraft for Pacific Western Airlines, a small airline that had a contract with Panarctic Oil to move oil rigs and camps around the Arctic exploring for oil and natural gas.

Resolute Bay, a small Inuit village on Cornwallis Island, is an important weather station located 300 miles north and 1000 miles east of Prudhoe Bay (north shore of Alaska) and 550 miles north of the Arctic Circle. The nearest trees are 800 miles to the south.

At Resolute Bay, the sun goes down on November 7th and comes back up for the first time on February 7th. That day is cause for celebration because the sun is above the horizon for 10 minutes. During the winter, midnight and high noon look the same – dark. But the stars and the moon are quite bright compared

to the way they look down here in Green Valley.

In the winter, the earth tips away from the sun and you can see Polaris, the North Star, overhead going around in a circle until the earth starts to tilt back in the other direction and spring starts. Here in Green Valley, you gain and lose sunlight at a rate of 2 or 3 minutes a day, so it's hardly noticeable. In Resolute Bay, it happens at a rate of up to 25 minutes a day, so by mid-March the sun is full up and midnight and high noon again start to look the same, but this time with 24 hours of daylight. We had to tape tin foil over our bedroom windows so we could sleep.

Winter temperatures in the High Arctic can be extremely cold. I worked outside at minus 60° F on more than a few occasions. During mid-winter, minus 35° F to minus 40° F began to feel normal and minus 20° F would be considered a warm day.

A warm day in the summer would be plus 50° F. There are 24 hours of sunlight at that time of year, so shrubs and ground cover grow rapidly. As soon as the ice breaks up and open water comes along, so do the mosquitos and black flies. But in the spring before the bugs, it's quite nice, and after a few shots of frost about the second week in August, the bugs are tolerable. Then it is nice for a month until the temps start to dive again.

*Continued on next page*





## Life at the Top of the World

*Continued*

My job at Resolute Bay involved moving drill rigs and camps so that the oil companies could drill for oil and gas year round.

In order to fly the aircraft in and out of the area, airstrips were build out on the ocean ice. This required about a month of work. As soon as the ice was thick enough to support a skidoo, they would travel out to the drilling location, drill a hole with an auger and measure the thickness of the ice. When the ice was thick enough to support a sled with a gasoline powered water pump on it, they would start flooding the area which would become the airstrip. When the ice was thick enough to support a Twin Otter aircraft, they would bring bigger pumps out and pump 24 hours a day. Incidentally, did you know that when ocean water freezes all the salt goes out of it and it becomes pure unsalted water?

I worked in the Arctic before computers, satellites and GPS technology were commonly used for navigation, making navigation in the north more challenging than it is now. When we departed Yellowknife north bound in the C-130, we entered an area called the "area of compass unreliability." We had to disconnect the compass system in the aircraft and fly on calculated headings, and we would confirm the headings by using an Astro Compass. While parked on the ground at Resolute Bay, which is only 100

miles from the magnetic pole, the compass would just wander and be very unstable.

If you walk by our house in Esperanza, you may notice a pile of rocks in the shape of a human figure near the front gate. It's called an Inukshuk (pronounced inook shook), and I built it there as a reminder of my time in the Arctic. Inukshuks are used as markers out on the Arctic tundra to let people know someone was at that spot. The direction the Inukshuk is facing indicates which way the people were heading when they left the spot. Mine faces north toward our home in Canada.

Enjoy the Green Valley summer.

*Bill Pratt is a retired commercial airline pilot and is the husband of Rosella Bjornson, whose story appeared in the December 2010 issue of the Periodico.*



## In Memoriam

*Robert M Kawalski  
1031 Calle del Regalo  
May 14, 2011*

*Former long time EE resident  
George Kormas  
May 26, 2011*

# TECH TALK

*Dr. Geek, a well-known technology expert, is a member of the Periodico staff and will answer technology related questions submitted by EE residents. If you have a question (basic or advanced), please submit it to [droessle@mac.com](mailto:droessle@mac.com).*



Dear Dr. Geek,

My neighbor (who always brags about his latest “toys”) was telling me that he calls his grandchildren by using his computer instead of his telephone, and says he can even see them while talking. Can you tell me how I can do this too? Thank you.

GV Gramps

Dear Gramps,

I'm happy to help you. You can make no-cost or low-cost voice and even video calls using your computer with some simple software available on the Internet from a VoIP provider. VoIP stands for “Voice Over Internet Protocol,” which is the way to make calls over the Internet. There are a number of VoIP providers, Skype (Skype.com) currently being the most popular.

VoIPs are popular because they are generally cheaper for making long distance calls, including overseas calls. If the party you are calling, whether for voice or video calls, uses the same VoIP provider, the call is free. If you call someone's landline or cell phone or call someone who uses a different VoIP provider than you do, you'll pay for the call but the per-minute rates are generally low -- just a couple of cents per minute.

To make calls from your computer, you'll need some equipment. To make voice calls only, you'll just need a microphone and speakers (or a headset combining them) and if you want to make video calls, you'll also need a webcam. Some computers have built-in webcams, but if yours doesn't, you can purchase one separately. Before you purchase any equipment, make

sure your computer has a place to connect it (most computers less than 5 years old do).

After all of the equipment is installed, simply download the free software from the VoIP provider you chose, then install the software and register for a free account. Most VoIP providers make it really easy to start the software and follow the step-by-step instructions to configure your equipment and make a free test call to be sure everything is set up properly.

Go ahead and give it a try. Your grandkids will love seeing you.

Technically yours,

Dr. Geek

## Congratulations, EE Celebrities!

Two Esperanza Estates residents were recently featured in articles by Ellen Sussman in the *Green Valley News*:

**Claire Coon:** Who reconnected with a war-time penpal after finding his letters among her mementos. See the article at — [http://www.gvnews.com/lifestyle/article\\_a4394212-9060-11e0-b0c2-001cc4c002e0.html](http://www.gvnews.com/lifestyle/article_a4394212-9060-11e0-b0c2-001cc4c002e0.html)

**John Meek:** About the award he received for his contributions to the space program, which appeared shortly after Mary Hess' article in our May Periodico — [http://www.gvnews.com/lifestyle/article\\_9a96ec20-897e-11e0-af42-001cc4c03286.html](http://www.gvnews.com/lifestyle/article_9a96ec20-897e-11e0-af42-001cc4c03286.html)

*(To see the GV News articles, simply copy and paste the address into your browser's “go to” space.)*

More proof that Esperanza is loaded with fascinating people!

## Your Fascinating Neighbors

*Esperanza Estates is populated by many folks with interesting pasts and brushes with fame. If you know someone who would make an interesting profile — or maybe it's YOU — please email Cynthia Surprise at [cjsurprise@verizon.net](mailto:cjsurprise@verizon.net). We welcome your suggestions!*

# New Arizona HOA Laws

**S**tarting July 20, 2011, Esperanza Estates and all other HOAs in Arizona will have to comply with newly enacted laws. The intent of a number of the new laws is to create transparency about how an HOA is run. Fortunately, our EEHOA board already supports an open environment, so major changes will not be necessary for EE.

Here is a summary of the new laws.

*Recording Meetings.* Owners will be able to audiotape or videotape the open portions of HOA member meetings or board meetings. The board can adopt reasonable rules to govern the taping as long as the rules don't preclude taping.

*Board Committee Meetings.* Regularly scheduled board committee meetings, if any, will be open to owners. None of the EE board committees currently holds regularly scheduled meetings.

*Member Participation in Meetings.* An owner will be allowed to speak once at any HOA or board meeting after the board has discussed a specific agenda item but before it votes on that item. The EE board currently permits members to speak before the board makes a decision.

*Board Meeting Agendas.* The board must make agendas of board meetings available to owners. Currently, a copy of each EE board meeting agenda is included in the Monday Morning Memo sent on the day of the board meeting.

*Closed Meetings for Violations.* The board may hold a closed session to discuss an owner's appeal of a violation or a penalty unless the owner asks that it be considered in an open meeting.

*Emergency Meetings.* Minutes of an emergency meeting (defined as a board meeting to discuss issues and take action that "cannot be delayed until the next regularly scheduled meeting") must state the reason for the emergency, and the minutes must be read and approved at the next regularly scheduled board meeting.

*Meetings by Teleconference.* Board meetings may be held by teleconference as long as everyone attending the meeting can hear each other.

*Definition of Board Meeting.* HB 2609 clarifies that if a quorum of the board is meeting informally to discuss HOA business, that constitutes a board meeting and is subject to the open meeting laws unless it is an emergency. The EE board currently follows this practice. A quorum of the EE board is five members.

*Flags.* The Gadsen Flag (a coiled rattlesnake over the motto "Don't Tread on Me") will be added to the list of flags an HOA may not prohibit. The HOA may limit an owner to no more than two flags and may prohibit flag poles that are higher than the owner's house. EE currently has no restrictions on flags.

*For Sale Signs.* HOAs may not charge a fee to owners putting up For Sale or For Rent signs. EE does not impose this type of fee.

*Administrative Hearings.* Aggrieved owners may file a complaint with the Department of Building, Fire and Life Safety against their HOA.

*Political Signs and Activities.* HOAs may not limit the number of political signs owners may place on their property and may not prohibit door-to-door political activity during daylight hours on property normally open to visitors.

*Resales.* A "purchaser's authorized agent" is entitled to receive a resale statement disclosure statement. The new laws also puts new restrictions on the HOA transfer fees charged when a home is sold.

## Welcome New Owners!

Delaine & Kristin Bean  
759 W. Calle Del Ensalmio  
Lot #100

# Rules of the Road: Roundabouts

By Cynthia Surprise

Until I moved to Green Valley, I never gave much thought to how states in different parts of the country manage traffic control. Then I learned that the traffic roundabout we are so accustomed to in the Northeast (in Massachusetts we call it a “rotary”) is unfamiliar to motorists in many parts of the country. It seems it’s a fairly new phenomenon here in Green Valley, and several EE residents have asked the Periodico to discuss the traffic rules that apply to these roundabouts.

According to the Arizona Department of Transportation, the modern roundabout is a safer way to move traffic through an intersection, reducing injury accidents by 75% and fatal accidents by 90%. A roundabout also costs less than traffic signals and does not require expensive equipment or maintenance.

The DOT offers these simple rules for using a roundabout.

- Slow down. When approaching a roundabout, slow down and get your bearings. Know where you want to exit the roundabout before you enter.
- Yield before entering. If you are trying to enter, you must yield to the vehicles in the roundabout. Do not merge. The vehicles in the roundabout already have the right of way. If there is no approaching traffic in the roundabout, you are not required to stop before entering.
- Look left, move right.
- Keep moving. Once you are in the roundabout, stop only to avoid a collision. Be sure to use your turn signals to let other drivers know when you are exiting to the right or left.
- Take care. Watch for pedestrians, bicyclists, emergency and large vehicles.

## *History of Roundabouts*

The first circular intersection was built in 1903 in Paris at Place de l’Etoile (now Place Charles de Gaulle).

The United States built numerous circular traffic systems (rotaries and traffic circles) during the early half of the 20th century, but their design and the lack of uniform rules of the road led to severe problems, and these early systems became unpopular.

The first modern roundabouts in the United States were built in Nevada in 1990.

*Continental Road  
Roundabout in  
Green Valley*



## **Fall Prevention Services Available to Green Valley and Sahuarita Seniors**

*Did you know?*

- One out of three adults 65 years and older fall each year.
- Up to 30% of seniors who fall suffer severe injuries.
- One in four individuals restrict the activities because of fear of falling.

Safety and Health in Motion (SHiM), a Fall Prevention Program, is a collaborative partnership with Valley Assistance Services, Green Valley Fire District and the Green Valley Council.

The program provides eligible residents with free home visits to look for hazards, assessment of fall risks, and handyman support to correct problems and install equipment, such as grab bars and hand/bath tub rails.

For more information and to schedule an appointment, call Valley Assistance Services: 625-5966. Also, watch the *GV News* for details on their Fall Prevention Fair, coming on September 23, 9-1, at Presidio Pointe.

## July: National Auto-Theft Prevention Month

Statistically, more auto thefts take place in June and July than any other time of year. Here are some common sense tips to protect your vehicles:

1. Lock your car. Half of all vehicles stolen are left unlocked.
2. Take your keys. Nearly 20% of all vehicles stolen have the keys in them.
3. Park in well-lighted areas. Car thefts occur at night more than half the time.
4. Park in attended lots. Car thieves do not like witnesses.
5. Don't leave your car running, even for a minute. Convenience stores, gas stations, and ATMs are common hunting grounds for thieves.
6. Completely close your car windows.

7. Do not leave valuables in plain view.
8. Do not hide a spare set of keys on or in the car. The pros know where to look.
9. Park with your wheels turned toward the curb.
10. Always use your emergency brake when parking.
11. If you have a garage, use it. Be sure to lock both the vehicle and the garage door.

The Watch Your Car Program is a free, voluntary program which operates between 1:00 and 5:00 a.m. daily. Participants enroll in the program, then receive decals, which are placed on the front and rear windows of the vehicle. If a police officer witnesses the vehicle in operation between program hours, they have the authority to stop the vehicle and will verify that the rightful owner is driving.

You may enroll online at [www.azwatchyourcar.com](http://www.azwatchyourcar.com). The decals will be mailed to you.

## TechConnection

### Green Valley's Technology Expert



**Doug Webber**

(520) 648-1330

[techconnection@cox.net](mailto:techconnection@cox.net)

<http://www.alphalinkloan.net/tech>

**\$50 / hr**

- *iPad Setup & Consulting*
- *TV Connections to iPad*
- *Netflix "Streaming" Advice*
- *HDTV Setup with DVD players*
- *iPad Uses in Business*
- *VHS Tapes to DVD Discs*
- *Mac & PC Computer Support*
- *Preserve Photos on Disc*

# EE Name Badges Available

Name badges for Ramada gatherings are available for \$6.00 each. The badges are plastic with a magnet (not advisable for those with pacemakers) and will have the name of the individual and their street name. They can be kept at the Ramada so may be used for every occasion. The profits from sales will go to the Enhancement Committee.

If you would like to order a badge, please contact Melodye Cooke at 399-0455 or email her at [melodye1@cox.net](mailto:melodye1@cox.net) and provide the following information:

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Street: \_\_\_\_\_

Your phone number and/or email: \_\_\_\_\_

## Don't Put It Off Any Longer! Have Your Roof Inspected FREE!

***Your Roof  
Must Be  
Maintained!***

**CALL  
TODAY**

- Cleaning
- Pressure Wash
- Rubberized Coating
- 5 Year Warranty

**Roof Coating  
By Tom**  
**886-3234**  
*Locally Owned & Operated  
In Green Valley*  
Not a licensed contractor.



# Minority Report

By Sandy Reed

The ad in our local newspaper went something like this:

*"Chair exercises for adults, although sometimes off the chairs. Perfect for reformed couch potatoes, determined retirees, and tired cooks and golfers. Three times per week for one hour at a local church. Call..."*

I've been retired a long time. I never liked golf much, but I've jogged a bit most of my life. I don't jog any more; it makes the ice jump out of my glass. Tennis, yes. But my legs have sort of worn out playing the game. So exercising sitting down sounded like something for me. My wife goes to her own jazzercise group, and she was pleased that I still had the ambition to do something to stay fit. I figure that if we exercise, we'll all die healthier.

When I called the number in the ad, a pleasant female voice gave me the details - times and days - and told me to bring some three-pound hand weights. I committed to attend. The voice confused me. It didn't sound like the chisel-faced, retired Army drill instructor I had in mind. Thus, with certain trepidation - I had a feeling I was plunging into the unknown - I attended my first session.

Thank God the sessions are in the morning; I've got to do any exercising in the mornings before my brain figures out what I'm doing. A few minutes before the hour to start, I walked slowly into a large hall that I knew from my very irregular attendance in the main church. I saw a sea of cushioned metal chairs in very irregular rows of maybe eight chairs each. Several ladies with various shades of gray hair were standing and talking animatedly with each other.

I couldn't spot the tough, stocky female army sergeant I had in mind as our instructor. Instead, a tall, slim, good-looking, blonde faced this assemblage from one side of the room. It was obvious that she was the trainer or instructor or boss or whatever you call such people. No matter the title, she looked like an excellent start.

But who were to be my fellow athletes? All women? As I proceeded across the room to introduce myself nervously to the instructor, several more women came pushing in behind me, all carrying bags, water bottles, rubber balls, and small hand weights. But I had eyes only for the instructor, who looked my way with a smile that would keep anyone happy for a week.

We exchanged a few pleasantries, I paid a month's fee and was directed to any seat of

*Continued on next page*



Comfort Every Hour, Every Season\*

## Scott Guerin Heating & Cooling

### Sales - Service - Installation

**520-648-2504**



- ♦ Air Conditioners
- ♦ Heat Pumps
- ♦ Furnaces
- ♦ Duct Cleaning



### Affordable, Professional Heating & Air Conditioning





## Licensed - Bonded - Insured ROC 252995

## \$1,000 OFF

New Heating & A/C Rooftop Units  
Coupons May Not Be Combined with Any Other Offer.

## FREE

### DUCT CLEANING

(\$150 value)  
With Heating Or A/C Unit Purchase  
Coupons May Not Be Combined with Any Other Offer.

## TAX CREDIT

TEP Rebate on 14.5 SEER Units  
Coupons May Not Be Combined with Any Other Offer.

## Minority Report

*Continued*

my choosing. As I turned around, I eyed a short, florid, absolutely bald guy sitting in a far corner. Rather than team up with him, I felt it more politic to take my own seat far in the rear and to be as inconspicuous as possible. I really had no idea what was coming, except that we would do some things sitting down. Fine by me.

Okay, the gathering eventually totaled maybe thirty people and slowly settled down. It was apparent that I and my bald pal were to be the only males. Oh well, this kind of exercise would seem in the unisex category, and the ladies all looked decent and determined.

The exercises themselves did indeed start with the assemblage sitting in their chairs. Over the next half hour the instructor ordered arms and legs extended in every direction, hand weights lifted and circled about, and bodies swayed forward and back, sometimes way forward. All to be done with the participants hopefully sitting as erect as possible and chins up. If God had meant me to touch my toes, he surely would have put them further up on my body. There was also a good bit of humorous give and take between our teacher and participants. I began to relax and actually enjoy the simple movements. But I quickly realized that maintaining the rigid, erect posture our blonde goddess called for, and maintained herself, was the core of the system. Trying to emulate her, I pulled hard at abdominal and back muscles I had long ago forgotten. In fact, I felt the simplest exercises right down in my quadriceps. If I still had quadriceps?

I am now in my sixth month of these so-called chair exercises. I'm liking most of it. But about half way through the hour we stand and perform a variety of stretching and balancing movements that would have me sprawling on the floor except that I cheat. Some of my colleagues also cheat.

This is meant to be a report. I would therefore like to categorize the participants. The men are very simple. We are simple sorts, aren't we?

We come in three categories: 1) muscle-bound couch potatoes who suddenly realized what is happening to them, 2) weak men dragged in by their stronger spouses, and 3) retired old athletes like myself.

Women have several, broader categories. 1) Some very nice very old ladies who can barely swing their arms or stand without help, but who want to do their best and have little to do at home. This is part of their social life. Good for them. 2) Women in late middle years who alarmingly discover extra cellulite under their upper arms and thighs. 3) Ex-tennis players, college softball enthusiasts, and golfers, who are determined to stay fit and put a lot of energy into their participation.

This brief tour of chair exercising is mistitled "Minority Report." While I may have felt a minority at the start of my attendance, this attitude quickly dissipated in the easy mixing of the group. This type of exercising brings out some of the best in every participant, so that we all suffer together, make silly comments, and laugh.

**Let our family  
care for yours.**

*Safe, compassionate home care.*

**Homewatch  
CareGivers®**

*Affordable Care Solutions:*

- Personalized Home Care
- Nurse Supervised
- Specialized Dementia Care
- Flexible 2 to 24 hour Care

**Tammy and Larry Kempton**  
**75 W. Calle de las Tiendas, Ste 133B**  
**Green Valley AZ, 85614**  
**(520) 282-4088**  
[greenvalley@homewatchcaregivers.com](mailto:greenvalley@homewatchcaregivers.com)



## Absolute Home Services

*For your peace of mind while you're away*

**Year-round EE resident**

**Home check  
Maintenance  
Handyman Services  
References**



**Call Joe Vitello**  
**Res.: (520) 625-1404**  
**Cell: (520) 241-9525**  
**Email: vitellom@cox.net**



**520-906-5500**

### LONNIE BORGSMANN BROKER/OWNER

921 Circulo Napa  
Green Valley, AZ 85614  
Email: lonnieb1@cox.net  
www.LonnieBorgmann.com



**Over 25 years real estate experience working for YOU.**  
**Interview me If you are selling your home or buying another home.**

2007-2010 Director of Green Valley Board of Realtors®  
Member of Green Valley Chamber of Commerce  
Esperanza Estates homeowner  
Green Valley/Sahuarita & Tucson Multiple Listing Service



**MLS**

**Live Your Dream Now!**

## FREE FLAT ROOF INSPECTION



### AVOID THE ONE COAT ROOFERS

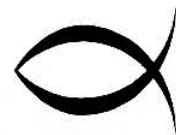
(I apply a three coat process every time)

**POWER WASH ALL SURFACES  
REPAIR TROUBLED AREAS  
APPLY ONE PRIMER COAT  
APPLY TWO TOP COATS  
TRUE 5-YEAR WARRANTY**

I specialize in low pitch and problem flat roofs. I believe it is better to remove and replace troubled roof components than to apply yet another band-aid.

### T.J. VANDIVER CONSTRUCTION

P.O. BOX 792 • GREEN VALLEY, AZ 85622  
ROC163600/ROC184151  
**(520) 603-6718**



## Periodico Staff & Advertising

Designer/Publisher: Denise Roessle  
399-3312, droessle@mac.com

Editor: Cynthia Surprise  
205-2742, cjsurprise@verizon.net

Contributing Writers: Mary Hess, Sandy Reed,  
Cynthia Surprise

Electronic Distribution\*: Craig Surprise

Print Distribution: Mary Hess, 398-4829

*\*To receive your Periodico electronically (and/or the Monday Morning Memo), please send your email address to Craig Surprise at ee-webmaster@msn.com.*

Are you a business owner? The Periodico is an excellent way to promote yourself to your neighbors! Have you done business with a company that provided reliable, high quality service? Ask them to consider placing an ad in the Periodico.

### RATES:

	3 months	6 months	10 months
Full Page	\$140	\$270	\$440
1/2 Page	\$80	\$150	\$235
1/4 Page	\$50	\$90	\$140
Bus. Card	\$40	\$70	\$90

*The EE HOA Board of Directors, Committee Chairs and other personnel are not responsible for the business credentials of those that advertise in the Periodico. It is the responsibility of each homeowner interested in a service to verify credentials and see referrals.*

For additional information, contact:

Denise Roessle, 399-3312, droessle@mac.com



## House Sitting

Year Around EE Residents  
EE Owners for 8 Years • Responsible & Honest

Larry & Tammy Kempton  
(520) 403-8766  
1210 Circulo del Norte



## AMERICAN LANDSCAPING & HANDYMAN

### LANDSCAPING SERVICES INCLUDE:

- Landscape Design
- Initial Clean-up
- Tree Removal or Trimming
- Irrigation Install & Repairs
- Decorative Gravel & Sod Installation
- Weed Control
- Follow-up Maintenance available

### HANDYMAN SERVICES INCLUDE:

- Electrical
- Plumbing
- Painting
- Flooring
- Drywall Install or Repair
- Roofing
- Custom Flagstone
- Carpentry

## KEN WAISANEN

520-822-8986 or 520-305-7518 (cell)

## AFFORDABLE RATES • 18 YEARS EXPERIENCE

Senior Citizen / Military Discounts 10%

Free Estimates • References Available