

TONTO TRIBUNE

Brought to you by The Tonto Basin Chamber of Commerce
AUGUST 2024



Monsoon Season Has Arrived At Tonto National Monument

~ By K. Bennett

Monsoon season is here at Tonto National Monument bringing with it one of the wettest months of the year and accounting for up to half of its annual precipitation. Monsoons moderate hot summer temperatures, relieve demands on water resources, and help Sonoran Desert vegetation to thrive.

The Sonoran Desert experiences two wet seasons; summer monsoons and winter monsoons. The Summer monsoons season runs June 15 - September 30 and brings thunderstorms that can produce heavy rains, lightning, and strong winds. The Sonoran Desert's distinct rainy seasons also help sustain some 400 different plants and a wide variety of animals.

In August, prickly pear cactus begin to ripen providing a food source for wildlife. Blooms continue on plants such as barrel cactus and the orange fruits of hackberry ripen. Hummingbird activity increases as many species begin preparing for migration.

Decedent communities of the people that lived in the cliff dwellings and the lands that became Tonto National Monument continue traditional farming practices reliant on monsoon weather.

For example, the Hopi have an agricultural practice called dryland farming that relies on precipitation and was developed through careful observation and years of practice. These farming practices are designed to conserve as much soil moisture as possible to help grow traditional crops like corn, beans, and squash with as little as six to ten inches of rain per year.

The Tohono O'odham also have developed non-

intensive agricultural cultivation reliant on monsoon rains. Using the flood waters that came with summer monsoons, nutritious crops were planted that were well adapted to the short, hot growing season.

The Ak-Chin Indian Community is composed mainly of Akimel O'odham and Tohono O'odham as well as some Hia-Ced O'odham members and is one of the largest farming communities in the U.S. growing corn, tepary beans, watermelon, and other crops. Ak-Chin is O'odham for "mouth of the wash" - the place where it recedes into the ground and refers to the type of farming that relies on washes created by summer rains and winter storms.

Like all communities that live in the desert, the importance of rain and water becomes ingrained in the culture. Although all these cultures are diverse and varied, the importance and continued practice of growing traditional crops support cultural and environmental values, as well as support economic development within the communities. What can we learn during the monsoon season about our relationship with water and sustainability living in a desert environment?

Tonto National Monument welcomes visitors to enjoy the monsoon season with a hike to the Lower Cliff Dwellings seven days a week from 8am to 12 noon. The visitor center is open daily from 8 am to 5 pm, offering a museum, park film, gift shop and other amenities.

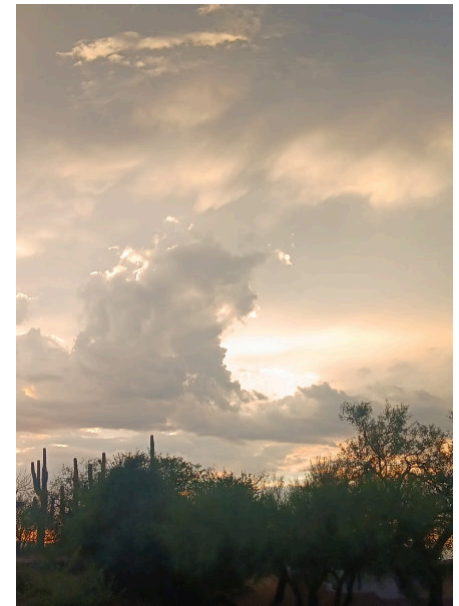


Photo by K. Bennett

TONTO TRIBUNE
The Official Newsletter of the



Tonto Basin Chamber Of Commerce

Contact Information:

Phone: 1-833-4TONTOB (833-486 6862)
Email: Info@TontoBasinChamber.org
Website: www.TontoBasinChamber.org

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MESSAGE FROM THE PRESIDENT

~ Jeff D.

Hurray!! The building is painted and it looks great! Thanks for the GREAT job Randy and Brian, and the paint donor. More improvements and info coming soon. Flooring, Signage and Tech.



Tonto Basin School District #33 will be participating in the School Breakfast Program and National School Lunch Program.

As part of this program, Tonto Basin School will offer healthy meals every school day. Breakfast will cost \$2.10 and lunch will cost \$2.80. Your child(ren) may qualify for free or reduced-price meals. Reduced-price meals cost \$.30 for breakfast and \$.40 for lunch.

To apply for free or reduced-price meals, households can fill out an application and return it to the school Office. If you are unsure of your eligibility, application forms are available at the School Front Office, Cafeteria and are being distributed with a letter to most "known" eligible households. Households receiving SNAP, FDIPIR or TANF should be notified by mail of their eligibility.

For more information, you may call **Jeannie Cline** at **928-970-0002** or e-mail at jcline@tontobasinschool.org.

JULY CROSSWORD SOLUTION

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FISHING



Fishing report for Roosevelt Lake/Tonto Basin for August

By: Tracy Purtee from Let's Talk Fishin' (LTF)

Roosevelt Lake is 87% full. All the Boat ramps are open Bobcat @ Windyhill is the lowest and it has 18 feet of water at the end of the ramp.

The water temperature is about 80.34 degrees. If you find a creek or a wash with water running into the lake that is a good place to start fishing. Due to the cool water running in, the fish are going to a place to cool off!

In a recent LTF Night tournament the fishing was great except for 1 team. The team that didn't weigh in a limit was Jimmie and Trevor Johns from Tonto Basin because they picked up a hitchhiker not because they wanted to, but he wouldn't let go. A Rattlesnake swam toward the boat, and they avoided the snake until it appeared on the engine (see picture) taking a break from his



~ Jimmy & Trevor's Rattlesnake Hitchhiker

swim. He was asked several times to move on and did not, so they helped him along. Fishing just wasn't the same after that and so Jimmie and Trevor decided to call it a night. They will be back next month but

hopefully without the hitchhiker.

On July 13, local team Luke Weissner & his son Milo finished 2nd place with a 13.14 lb bag for 3 fish and their big fish was 4.83 lbs. Jimmy &



~ Luke & Milo Weissner

Trevor were back

and finished in 9th Place with 10.03 lbs. and had the 4th place big fish at 5.61 lbs and no hitchhikers.

Be careful running to the boat ramps when the monsoon hit might not be the best thing to do. Arizona Game and Fish recommend that you should find a cove position your boat into the wind and stay away from shore to keep the boat from being damaged and ride out the storm.

Bass are still being caught on a Texas Rig Senko in the bushes, Spinnerbaits, Frogs, Topwater Baits & Chatterbaits.

If you're interested LTF offers Night & Day Tournaments. Please check it out at www.letstalkfishin.com.



DAD JOKE:

What happens when frogs park illegally?

They get toad.



Tonto Basin Community Meeting

Tuesday July 2, 5:00 PM

Supervisor Humphrey opened the meeting with the Pledge of Allegiance. He then gave residents an update on his recent activities which

included attending 3 Agenda Meetings, attending the ribbon cutting for the Tonto Creek Bridge on June 22nd, attending a District 2 Project Teams Meeting on June 26th, attending the Globe-Miami Chamber of Commerce candidate forum on June 26th, and being on KIKO Radio on July 1st at 9:30. He will hold a Roosevelt Community Meeting on Monday the 8th at 1 PM and will be on KQSS Monday the 8th at 5:30 PM.

Supervisor Humphrey let everyone know that the Tonto Creek Bridge Project has been completed on time and under budget. He gave the following Public Works Updates. County crews will fog seal over the completed chip-seal projects in September. Crews installed the gates at Bar – X and will continue with vegetation control. Crews will be blading A-Cross road as well.

Supervisor Humphrey presented Chief Stoltenberg with a check for a grant to Tonto Basin Fire District. Chief Stoltenberg sent us a letter requesting a grant of \$6,628.58 to purchase critically needed equipment for the department. Supervisor Humphrey was happy to assist the Fire Department in this way.

Justin Quarles of the Gila County Emergency Department discussed the GilaReady Program. In June 2016, Gila County implemented the ReadyGila Alerts notification system. ReadyGila Alerts is a communitywide emergency notification system that enables users to send notifications to individuals or groups using lists, locations, and visual intelligence. This comprehensive notification system keeps everyone informed before, during and after all events whether emergency or non-emergency. Justin provided residents with forms to sign up for this program.

Supervisor Humphrey went over the proposed park

project for Tonto Basin. The initial property he wished to use was deemed to be too small, so county staff is now looking for a property that would be suitable for a park for the community.

Chief Stoltenberg shared a copy of the fire department's budget which totaled \$1.8 million dollars. He said that of that amount \$530,000 are grant funds. He went over the budget and how the department made \$60,000 dollars last year in Wildland Fire fighting. A resident asked the Chief if fireworks would be allowed on the 4th of July. The Chief responded that the USFS is in Stage 1 fire restrictions and that in Arizona it is illegal to shoot fireworks into the air. The resident acknowledged that they had experienced a problem with fireworks in their neighborhood last year. A resident asked the Chief if the department was reimbursed for calls on the Lake or on Forest Service land. The Chief said this is a gray area. DFFM manages these areas and if the department is called out, but does not transport a person, they are paid \$500 per call. He said if the department does transport from the Lake or Forest Service land, they can't bill for the service. The Chief said he was working on a \$150,000 grant to rebuild the station in Roosevelt. The grant calls for a \$16,000 in kind match.



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Positive Change Brings Healthy Aging

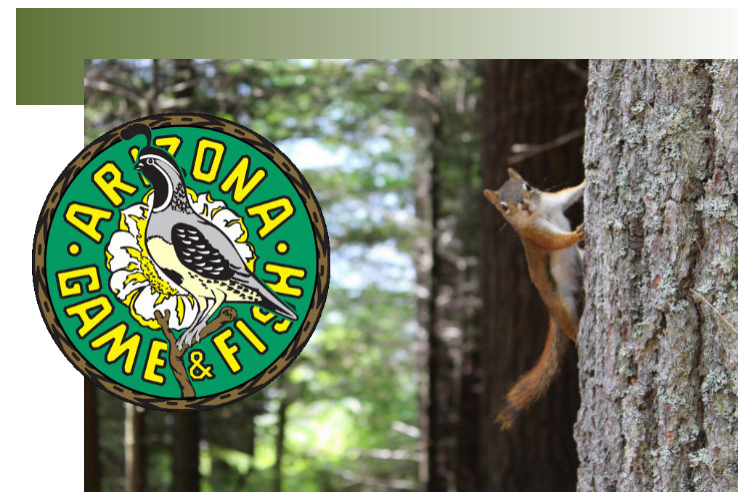
Keeping our thoughts positive, focusing on the good, and practicing healthy habits are challenging at any age. When you add the element of aging into the mix, it becomes even harder. Simple tasks we performed easily, now take more time and effort. Activities that used to bring joy, now are accompanied by physical discomfort and seem meaningless. Social isolation, inactivity, loss of interest, and focus are common as we

age. The habits we created throughout our lives no longer apply and the thought of changing is exhausting. Growing old happens to all of us. It is a time of guaranteed change. How we navigate these changes makes the difference between balancing holistically or struggling.

Our attitudes and thoughts create our 1st obstacle. How we perceive ourselves during adulthood may no longer apply. We are no longer an employee, manager, or supervisor. The skill sets we use in our careers often do not transfer to retirement and we lose purpose and meaning. This leads to frustration, loss of focus, poor self-esteem, and isolation. Forming new attitudes and habits is necessary to move forward and adopt positive choices.

Taking control of our growth brings enormous benefits. Adopting flexibility, active listening, not being judgemental, letting go of the past, and engaging in self-care are steps in the right direction. Learning new skills, forming new memories, and improving communication are all achievable goals. Even though it is a fact that cognitive learning slows, it does not impede our ability to learn and adapt to change.

~ Silver Chats continued on page 7



Arizona Wildlife Photo Contest now open

The deadline is 5 p.m. MST on Aug. 9, 2024.

Do you want to see your photo on the cover of Arizona Wildlife Views? Do you have a knack for capturing great photos of wildlife? Then you won't want to miss the Arizona Game and Fish Department's 18th annual wildlife photo contest.

One best in show and 11 winners will be showcased in

the 2025 calendar, which is published as part of the November-December 2024 issue of Arizona Wildlife Views. The best-in-show photo is published on the cover of the issue and as one of the photos representing a month.

We're partnering with Arizona Highways to provide an easier way to submit photographs. Use the online form to submit your Arizona wildlife photos. Each contestant may submit a maximum of three photographs, which must be uploaded as separate submissions through the form.

Please review the Official Rules prior to entering. Entrants are responsible for complying with the Official Rules or may result in disqualification. This contest is for images of Arizona wildlife. All photos must depict wildlife native to and found in Arizona, and all photos must have been taken in Arizona settings.

Winners will be announced after Nov. 1, 2024.

SOURCE: <https://www.azgfd.com/about-arizona-game-fish/azgfd-press-room-and-media/publications-and-videos/az-wildlife-photo-contest/>



Arizona
Native
Plant
Society



To those who love our Sonoran desert and want to keep it beautiful while healing from the summer fires, then planting our native Velvet Mesquite is a primary path to this beauty.

When it comes to keystone species, the glue that holds ecosystems together, the Velvet Mesquite is right up there in premier importance along with the Fremont Cottonwood and Saguaro Cactus.

So why is this so important to us? Well when it comes to landscaping our own yards, nursery stock is pushing the Chilean mesquite and not our native Velvet Mesquite. Nursery and landscapers may give numerous valid reasons to encourage Chilean Mesquite. BIG PROBLEM if the Sonoran Desert is what you want.

You see when it comes to keystone species, like the Velvet Mesquite, they support HUNDREDS of different species, including birds and insects. Non native, lucky if they support 10 species. The evolutionary dance between native plants and animals is best seen in our native mesquite and the **Lucy Warbler**. This is a voracious insect eating bird that comes to our desert to breed, nest and raise its young. These birds come to our area in time when the Velvet Mesquite are starting to bud, this strats the nectar flow, attracting the bugs so that the Lucy can start their feeding frenzy and make more little Lucy's.



Problem with non natives, they bud out earlier, before the Lucy Warbler and other species arrive, so they are

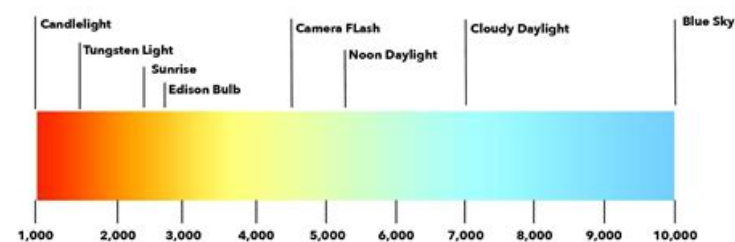
not able to utilize these mesquite for food.

Remember that the insects not only provide food for the birds, but pollinate the flowers for more flowers and the healing and health of our desert.

As we go summer to summer and deal with the devastation of fires, remember You Can Do Something! Keep the desert blooming and plant those keystone natives, start with the Velvet Mesquite.

More info on how to grow you can check out Spadefoot Nursery, on FaceBook or in person.

Kelvin Color Scale



~ Teri Balaska RN

Did you know that your foundational health is related to the light in the sky? Among the Sun's many wonders, it regulates when we make cortisol, to fuel motivation, and when to make melatonin, to fuel healing and sleep.

Within the first hour of sunrise, our eyes and pineal gland get the signal to both get cortisol flowing in our body, and shut off the melatonin production. As the sun goes through the sky, our cortisol peaks with the

sun, and as the sun starts to set, our cortisol level should drop and our melatonin level start to rise.

This sets in place the flow of many other hormones effecting our mood, digestion and healing. One call melatonin the Master Hormone for effects so much of the chemistry of our body.

Point is, the light we see with our eyes, effects the health of our body. Exposing ourselves to natural sunlight within the first hour of awakening and then having warm amber lights on at night, keep our natural cycle moving.

The use of blue lights at night: television, computer/tablet screens, cell phones, fluorescent lighting stops our cortisol from dropping and melatonin from rising.

Being aware of the type of lights we use at night is important for our health and wellbeing. When we purchase light bulbs, look at the Kelvin rating. For nighttime lighting a rating 3000 or below, for daytime lighting, above 3000.



Tonto Basin BIBLE CHURCH

45239 HIGHWAY 188

P.O. Box 84 • (928) 479-2299
Pastor Robert Melotti

www.TontoBasinBibleChurch.org

SERVICE SCHEDULE

Sunday School (Nursery to Adult)...9:30 a.m.
Worship (with Nursery + Kids Church)...10:45 a.m.

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~Silver Chats continued from 5

Here are 5 easy tips for embracing positive growth and change:

-Self-Reflection

I can't think of a better way to spend time! When you take the time to meditate on, think about, and seriously reflect on yourself, you can gain insight into your behaviors, attitudes, emotions, dreams, and thinking. You can recognize patterns, and choose healthier more positive ways to live.

-Embracing Change

It can be frightening and exhilarating to choose change. The motivation for change has to be a desire to live healthier and be your best. Accepting change is an important part of developing a positive attitude. That attitude will help you adopt healthier habits and motivate holistic aging

choices.

-Spend Time with Others

There is nothing more important than having connections with others. Those of you who do not are at a higher risk of loneliness, isolation, and developing depression. If you are lucky enough to be surrounded by family and friends, you understand the bond of love that grounds you. Find a source for connection. Neighbors, clerks at the store, gyms, clubs, groups, committees, churches, restaurants, anywhere there is a

connection with others and reap the benefits of socializing.

ABC Appraisals



Sheri Terrell
602-350-0801



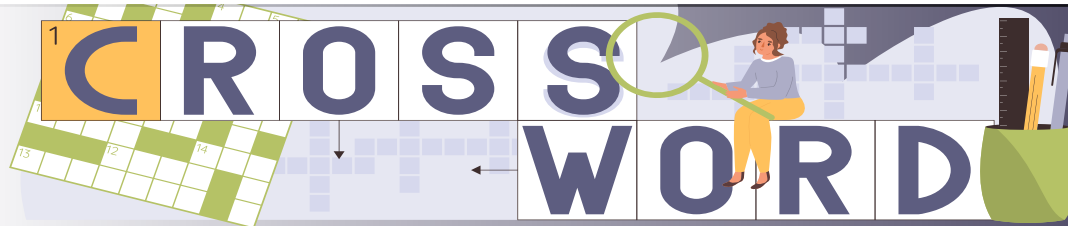
DESERT COMMUNITY

CHRISTIAN FELLOWSHIP
Hwy 188 & Stephens Way
Tonto Basin, AZ (928) 479-2216

(Livestreaming Sunday Morning
Service on Facebook)

Sunday School 9:15 AM
Sunday Morning Worship: 10:45 AM
We have Children's Church & Nursery for little ones
Sunday Evening Bible Study: 6:00 PM
Thursday Evening Bible Study: 6:00 PM
B.L.A.S.T. every 2nd & 4th Sunday at 5:30 PM
www.dccfchurch.com

All Are Welcome!



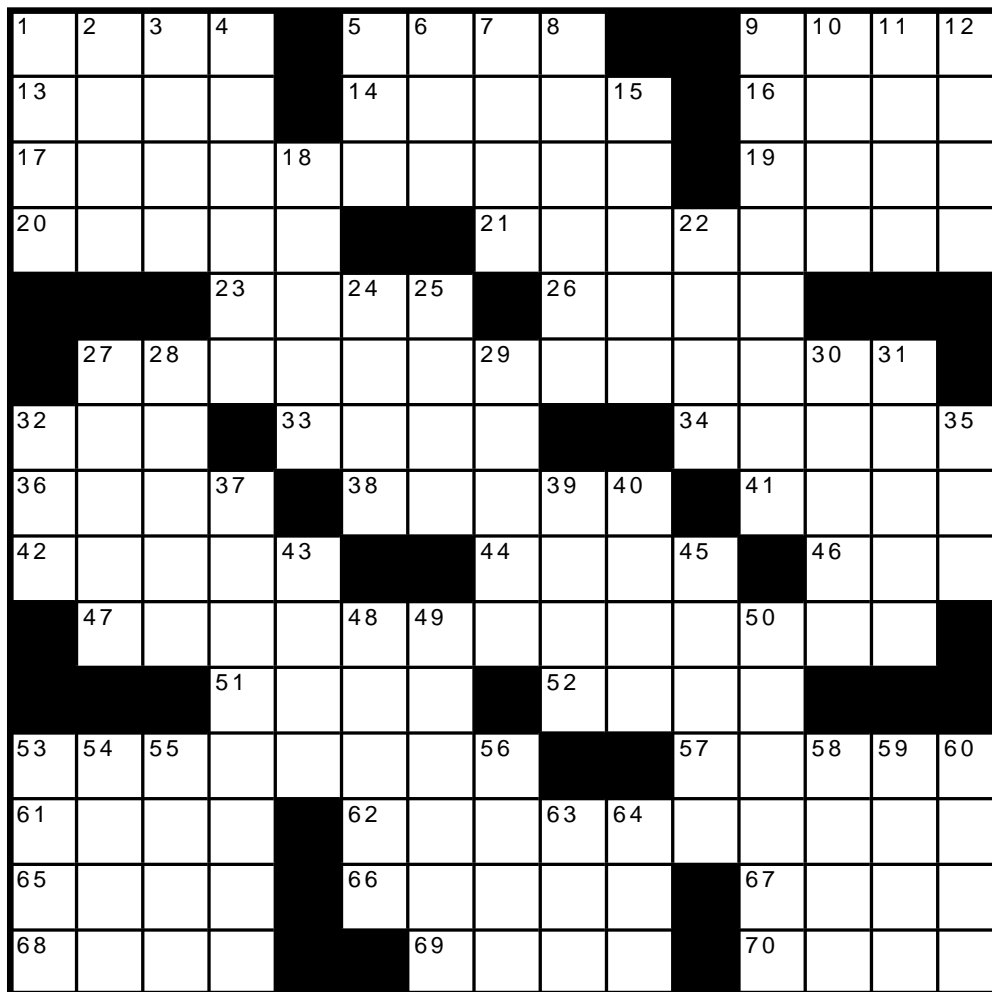
See last month's crossword puzzle solution on page 2

Across

1. Pain in the neck
5. College teacher, familiarly
9. Verve
13. Notion
14. Takes to the sky
16. Decor item that, in the UK, rhymes with "Oz"
17. One who spoils the fun
19. Director Kazan
20. Debate topic
21. Area along the Mediterranean, e.g.
23. Lengthwise ship part
26. Agile
27. One who won't try anything new
32. Vietnamese soup
33. Odysseus, e.g.
34. Stun gun
36. Miscalculates
38. Indian term of respect
41. Entry form entry
42. Brio
44. Andean tubers
46. Part of a fed's URL
47. One who's too inhibited
51. Zag
52. Gas used in signs
53. Cousteau's "World"
57. Famed fabulist
61. Part of a yard
62. One who's too shy to mix
65. Capital west of Stockholm
66. Lawn tool
67. Nothing, in Nogales
68. Ooze
69. Work that makes a long story long
70. Crafters' site

Down

1. New Zealander
2. Midmonth date
3. Takes home
4. Classical Japanese theater
5. "Buckle up" ad, e.g.
6. Friend of Harry and Hermione



7. Mighty trees
8. Most liberated
9. Gary Cooper character-type
10. Composer Schifrin
11. "B ___ boy"
12. Like Felix Unger
15. Type of infection
18. Swamp sucker
22. Agonize
24. Just manages, with "out"
25. Milan money, once
27. Movement with "Beats me"
28. Trunk
29. Not at all, slangily
30. "The Elements of Style" concern
31. Singers' submissions
32. Steely Dan hit in '77
35. Gun
37. Easy stuffing mix brand
39. Desktop clickable
40. Diamond point?
43. German border river
45. Sandbank
48. "___ have no bananas"
49. Tire ribs
50. Soccer tie score, maybe
53. ETs' rides
54. Schnozz
55. Pineapple company
56. Aquatic plant organism
58. Type of police team
59. British ref. sets
60. Recite the Rosary
63. Part of a journey
64. Monastery title