

Recently Newsletter Co-Editor Sharon Pierce talked with HOA President Lois Zettlemoyer, about her career experience, not only as an R.N., but also as a member of the specialty, Traveling Nurse. If you have visited or recuperated lately in a hospital, you probably met a Traveling Nurse—a growing trend not only in Arizona, but across the country.

The regular President's letter will return in the January, 2023 issue.

Sharon Pierce: What originally drew you to nursing in general?

Lois Zettlemoyer: When I was young I wanted to become a doctor. By the time I graduated from high school, family funds were limited, so I chose instead to go to school nearby to become an X-ray technologist. I took out a small loan and worked at the local hospital to cover my school expenses. I had my first son on the same day I graduated from X-ray technology school! Since there were no available positions locally in my chosen field, I filled in for technicians on maternity leave, and realized I needed a Plan B.

I went to work at the local telephone company and ended up working there thirty years! The steady advancement and continual challenges made it a very exciting and rewarding career choice, proving once again, you never know where life will take you. When I retired in mid life, I still had a great many new adventures waiting for me and decided to pursue my original passion to become a nurse.

SP: Obviously your first step was to further your education in mid life—a familiar challenge to many working women. What did you do?

LZ: A great deal had happened in those thirty years at the phone company. In addition to raising a family, I also acquired a B.S. in Business Administration from the University of Denver, so I needed only an additional year of prerequisites before I could be admitted to an R.N. program. Because I also lived in Salida, Colorado, a remote small town in the central part of the State, surrounded by three mountain ranges, the reality was that I had to get creative about taking courses. No on campus Connie Coed for me! Instead I chose a two year ADN (Associate Degree in Nursing) program through Trinidad State Jr. College and Alamosa, Colorado extension programs. If there is a will, there is a way! After years of hard work I had achieved my goal at last- a Registered Nurse! I began my career in a smaller hospital in Salida. Little did I know what was to come!



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Lois Zettlemoyer (bottom row, center) in 2005 with her fellow nurses at Heart of the Rockies Regional Medical Center in Salida, Colorado.

SP: Let's talk about one important direction in your nursing career which was to come. We are all becoming familiar with the term, but exactly what is a Traveling Nurse?

LZ: It is a R.N. (Registered Nurse) who signs up with one or more travel nursing agencies in order to be considered for available positions at hospitals nationwide. The standard travel position is for 13 weeks, but there are also positions lasting 4, 6, or 8 weeks, depending on the needs of the hospital. There are also positions available to replace nurses on strike that may last only a few days.

The travel nursing placement agencies take on the responsibilities of the Hospital's Human Resources Department by vetting the potential candidates. This includes evaluating credentials, performing drug testing, verifying licenses, and assuring the R.N. candidates have the required vaccinations, and necessary certifications for each position for which they apply.

SP: Isn't this a growing trend and direction for hospitals to take? If so, why is that?

LZ: Yes it is and for many reasons. Many nurses like the opportunity to visit multiple cities and hospitals, not only for the fun of travel, but more importantly to broaden and improve their skill sets through diversified on-the-job training. This is especially important because many hospitals are cutting back on funding for continuing education, crucial to nurses' remaining on the cutting edge of rapidly changing technology and techniques. Continuing education is crucial to maintaining quality nursing skills! Patients deserve, and the nursing profession must have, nurses who continually improve and broaden their capabilities.

Compensation, of course, is always a factor as well. Traveling Nurses make relatively similar salaries to locally based R.N.⁶ s, but they also receive a per diem and a lodging allowance. If the Traveling Nurse can obtain reasonably priced local housing, the total compensation package is an additional attraction.

SP: How did you personally become interested in this kind of nursing?

LZ: Beginning my nursing career in a smaller hospital in Salida, Colorado, I quickly realized that if I wanted to broaden my skill set and advance, I would need to work in larger hospitals. At

Salida, I originally worked in a Medical-Surgical unit. After two years, I moved into the Newborn Nursery and Labor & Delivery unit, where I remained for one year. That experience strengthened my belief I had to broaden my skill set as soon as possible.

I applied for traveling nursing positions across the state of Colorado. I worked in the Medical-Surgical units in Canon City, in Pueblo, and in the V.A. Hospital in Denver. It occurred to me I had the opportunity to explore warmer climates and I worked in Sierra Vista, Oro Valley, and eventually Green Valley. Surprise! My husband Buz and I decided to relocate to Arizona—initially part time as I continued to work in Salida, Colorado in Day Surgery, ER, and the Newborn Nursery.

SP: What do you like best about being a Nurse? Least?

LZ: What I like best is Travel Nursing! It combines my love of nursing and my love of travel. In addition, I really enjoy meeting and learning about new people. Everyone I have worked with as a Traveling Nurse has been just great easy to work with, willing to share information, and glad to have extra hands to pitch in and share the work. Of course the compensation is a great bonus.

What do I like least? Forgive me if I get on my Soap Box for a few minutes. I have to say because I am passionate about the nursing profession and the dedicated people in it, that it is very frustrating and disappointing that too many hospitals are not willing to increase R.N.'s compensation across the board to keep well-trained, exceptional nurses at the bedsides of deserving patients and in positions they love in their local areas. And on the other hand, the same hospitals offer higher compensation including hiring bonuses to new unproven employees to get them in the door. The average cost of orientation training for a new nurse joining a hospital is around \$40,000! It saddens me to say that the trend of qualified nurses leaving their local hospitals to become Traveling Nurses will not only continue, but increase if hospitals do not change their policies.

SP: What do you miss most about your Arizona home and Cielito Lindo in particular when you are away?

LZ: That is easy! I miss my friends and neighbors in Cielito Lindo and in Green Valley. We have such a special community in Cielito Lindo, with neighbors from across the country who gather together to enjoy the Fall and Winter in Arizona. It is a wonderful State with terrific people.

SP: Thank you so much, Lois. We have a new appreciation for how demanding but rewarding your work is and appreciate your giving us this time together. Most of all, we thank you for your dedication and service to Cielito Lindo as our HOA President.



IN 2014, WHEN SHE WAS PART OF THE CARONDELET HEALTH NETWORK, LOIS ZETTLEMOYER (BOTTOM ROW, RT) WAS HONORED AS ONE OF TUCSON'S "FABULOUS FIFTY" NURSES.



Juan Bautista de Anza National Historic Trail aka OUR NEIGHBORHOOD WALKING PATH

We've all often heard that being in Tubac is like being in living history, and our Anza Trail is a perfect example of that at its best. In addition, it is literally in Cielito Lindo's back yard! Let's begin at the beginning.

HISTORY

The Juan Bautista de Anza National Historic Trail is a 1,210 mile trail, created in 1774, going from Nogales, Arizona/Mexico, through the California desert and coastal areas of Southern California, ending in what is now San Francisco. The exploratory Expedition that founded it originally set out from our own Tubac Presidio, led by Captain Juan Bautista de Anza, along with 3 padres, 20 soldiers, 11 servants, 35 mules, 65 cattle, and 140 horses. The historic Expedition's purpose was to secure Northern California for Spain. In order to do that, their strategies were: 1) To establish the site for a major Mission and Presidio at trip's end on San Francisco Bay, and 2) to ease and encourage Spanish colonization of California by creating a major land route, going north from Mexico to California, for many settlers to follow. Along the way, Captain Anza established multiple missions and mission sites (several still operating today), including one that would become the City of Los Angeles.



Portrait of Juan Bautista de Anza by Ira Diamond Gerald Cassidy, El Paso Museum of Art

THE ANZA TRAIL IN TUBAC

The first section of the Trail in Arizona was the 4.5 mile stretch between Tumacocori National Historic Park and our own Tubac Presidio Historic State Park, where it follows the Santa Cruz River through a lush cottonwood and willow riparian forest and mesquite bosque. While there are several trailheads along the trail, the main one is the

> Tubac Presidio with its spacious, free parking lot. The Trail is the home of a major cross section of local animal life including javalina, raccoons, skunks, snakes, deer, toads and frogs, and an endless variety of birds, making it one of the most popular birdwatching destinations in southern Arizona.

LIVING HISTORY IN THE BARRIO

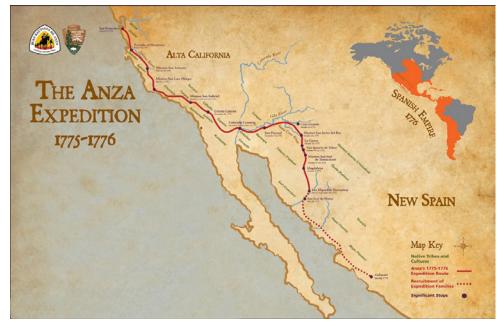
Every morning and evening Barrio de Tubac residents and friends, with and without their four footed furry pals, walk part or all of the stretch of the Trail extending from the Presidio going south along the River and the back yards of the Barrio neighborhoods of Cielito Lindo, Trailshead, and Santiago. Many of us also dash in and out on a regular basis for a quick trip without Fido, taking in the lush, beautiful back garden the Trail provides without giving a thought to the enormous effort it took from the original developers and their partner organizations to preserve public access to the Trail. How did that happen? Let's begin with the culmination of a year long intensive effort to bring the Trail and its treasures to the attention of the public and assure its preservation.

Every year on the second Saturday of March the Tubac Presidio Historic State Park hosts a full blown, reenactment with costumes and mounted riders on horseback arriving in the Park. They are led by their Captain Juan Bautista de Anza who will address the settlers of Tubac (That's us!) regarding his expedition and its purpose. He then receives a blessing from the Padre of St. Ann's Church. Don't miss this live exciting piece of our local history this year on Saturday, March 11. (See accompanying sidebar.) A celebration of success was held in Green Valley on March 8, 1996, to commemorate the significant partnership among private, public and non profit sectors to preserve public access to the Trail and also to dedicate four interpretive and educational Ramadas along the Trail telling the river's stories, adding interest for the many hikers, birdwatchers, equestrians, history and nature lovers who use the Trail. Partners included the Nature Conservancy, the U.S. Fish & Wildlife Service, the National Park Service, and the Arizona State Parks. The non profit sector was represented by the Anza Trail Coalition of AZ, the Nature Conservancy AZ Chapter, and Friends of the Santa Cruz River.

Last but most definitely not least, especially for Barrio residents, was the inclusion of private land owners and original Barrio developers, Roy Ross and Gary Brasher. Ross and Brasher had always been committed to including public access to the Trail in the design of the Barrio. As a result of all these efforts, public access paths to the Anza Trail are found in Cielito Lindo, Trailshead, and Santiago. What an asset, both financial and aesthetic, to Barrio homeowners!

CIELITO LINDO'S BACK YARD

So the next time you go hiking, jogging, bike riding, birdwatching, history seeking, nature loving, painting a canvas, composing a poem, or just contemplating the tranquil beauty of our back yard meadow, woods, and trails, say a big THANK YOU to our visionary developers and many partners who made sure this exquisite little piece of heaven would remain open and preserved for all of us to enjoy every day, free of charge, right in our own back yard! *Happy Trails!*



The Juan Bautista de Anza Historic Trail Map, Courtesy The National Park Service



ANZA RIDERS AT AN ANZA DAY CELEBRATION IN TUBAC. PHOTOS COURTESY TUBAC PRESIDIO STATE HISTORIC PARK

Article: Sharon Pierce

References: Valentine, Nancy, "200 Years of Tubac Times", 2002 Kinsley, Shaw, "Images of America: Tubac", 2009, Arcadia Publishing

MARK YOUR CALENDAR!

Saturday, March 11, 2023 @9:30 am, Tubac Presidio Historic Park Don't miss the reenactment of the Anza Riders arriving at our Tubac Presidio. 10:00am: Speech, Capt. Juan Bautista de Anza Blessing of Expedition by St. Ann's Priest Departure Processional

For more information as it becomes available, visit: **tubacpresidiostatepark.org**

Neighborhood friendly DARKSKY LIGHTING

Have you ever wondered when you look up at our Tubac skies at night, why it looks like a midnight black blanket of stars; why the stars are so much brighter than in other places; why the natural beauty is almost overwhelming? This doesn't just happen. True, Tubac is free of smog and light from cities. But in addition, legislation at the neighborhood, town, county, and state levels support practices to regulate and preserve our dark skies. We take great pride in their beauty, and, in the end, it is the responsibility of each of us to keep them that way, beginning in our own neighborhood, Cielito Lindo de Tubac. That is why our own CCSRR's include specific guidelines regarding our property artificial lighting. Here is more information and tips to help every one of us preserve our starry, starry night.

Does the light serve a clear and necessary purpose?

Light is useful for safe wayfinding and to help perform specific tasks. In this example, the light illuminates only the entryway and stairs, where it is needed. Light levels are measured in lumens. Choose outdoor light fixtures that are 900 lumens or less (no more than 60 watts incandescent or 15 watts LED).

Is the amount of light appropriate for the intended task?

Evaluate your outdoor light sources and use the lowest lumens necessary to perform the task. Excessive light causes glare which makes it harder to see clearly at night, especially as we age.

Does the light fall only where it is needed?

Direct the light down, not up into the sky. The light source should not be visible from beyond your property. If the light spills beyond where it is needed, install proper shielding and/or re-orient the light. At a minimum, replace visible bulbs with those not exceeding 900 lumens. Spot lights and flood lights should be aimed so that they do not shine across property lines.

Is the light source warm in color?

Most light bulbs have a Kelvin rating printed on the bulb. Low Kelvin ratings (3000 K or less) are considered 'warm' in color, and they emit less of the harmful blue wavelengths than 'cool' white lights. For home lighting, there are good options at 2700 Kelvin or less.

Is the light connected to active controls?

All outdoor lighting should be connected to a light switch, timer, and/ or motion sensor so that they are used only when they are needed. Outdoor lights that cannot be easily controlled with an on/off switch should be connected to a timer or motion sensor. Motion sensors should be set to times of 5 minutes or less. Dusk-to-dawn sensors are strongly discouraged as they release light when it is not needed. Spotlights and flood lights should not exceed 1200 Lumens (roughly 75 watts Incandescent or 19 watts LED).

IDA approved light fixtures can be found at:

darksky.org/our-work/lighting/lighting-for-industry/fsa/ fsa-products/

SAVE THE DATE

Upcoming Board Meetings & Work Sessions

SEPTEMBER 26, 2022: *work session*

OCTOBER 10, 2022: *Board Meeting*

NOVEMBER 28, 2022: *work session*

DECEMBER 12, 2022: *Board Meeting*

JANUARY 16, 2023: work session

FEBRUARY 1, 2023: Annual Meeting MARCH 27, 2023: work session

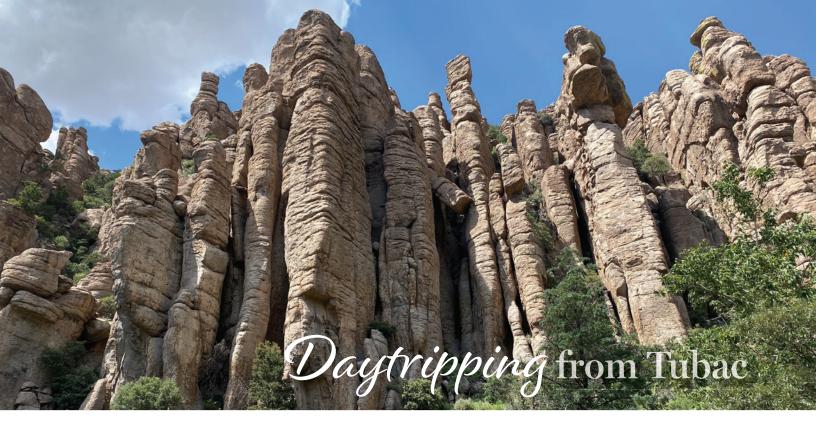
APRIL 10, 2023: *Board Meeting*

MAY 22, 2023: work session Meetings are held via Zoom until further notice.

JUNE 12, 2023: Board Meeting

SEPTEMBER 25, 2023: work session

OCTOBER 9, 2023: *Board Meeting*



This is the second in a series of articles about interesting places that can be visited from Tubac in one day.

Chiricahua National Monument

A "Wonderland of Rocks" is waiting for you to explore at Chiricahua National Monument. The 8-mile paved scenic drive and 17 miles of hiking trails provide opportunities to discover the beauty and inhabitants of this 12,025 acre site. Located near the town of Willcox (about 90 miles from Tucson), visitors come from all over to experience this site of unique rock formations. There is no entrance fee.

This area was the homeland of the Chiricahua Apache. They arrived in this region in the 1400's and used these mountain ranges as an area of refuge, a source of food, and a place to live off the land.

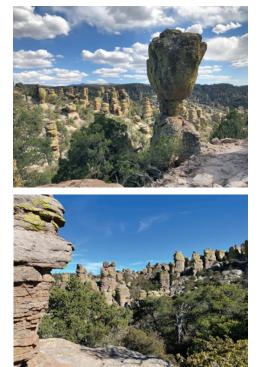
The monument was created 27 million years ago when the volcanic eruption at Turkey Creek threw an enormous amount of ash into the air that fell back to the earth and eventually hardened into volcanic rock. Over the years, that rock eroded into a wonderland of rock spires which creates a kind of rock garden you might expect to have been designed by Dr. Seuss. The spires — precarious, surreal pinnacles that can be several hundred feet in height — dominate the park's landscape.

One of the most stunning hikes is through the Echo Canyon Grottoes (near the end of the 8 mile drive), which takes you through 1.6 miles (or a tougher 3.3 miles loop) of amazing rock formations.

The monument is also home to a large variety of birds, which makes it an attraction for birders and nature lovers alike. Some of the species that visitors can see are the Mexican Jays, Cactus Wrens, and Sandhill Cranes.

For those who wish to camp overnight, there is Bonita Canyon Campground, located in a shady pine and oak grove near the riparian area of Bonita Canyon wash. Reserve campsites through Recreation.gov. (There are no hookups or showers; fees are \$20 per night or \$10 for holders of an Interagency Senior Pass.

Official site: nps.gov/chir/index.htm



Best time to visit:

Spring is the optimal time to visit, with high temperatures ranging from the mid-60s in March to the low-80s in May. Autumn is also mild, with highs reaching the mid-80s in September and the mid-70s in October.

Getting there:

Approx. 157 miles one way from Tubac. Plan for approx. 4 hour 40 minutes round trip **plus** time at the Monument.

Head north on the 1-19. Take the 1-10 east towards El Paso. You will drive past Benson and exit the 1-10 in Wilcox (exit 336). Head into Wilcox and follow signs for Highway 186. Continue south on the 186 for approx. 30 miles and look for signs for Highway 181 and Chiricahua National Monument.

Tips:

This is a full day trip so plan accordingly. Places to eat along the way are scarce and you should consider packing a lunch (there is a single picnic table at the beginning of the Echo Canyon trail). Once you leave Wilcox there are no gas stations. Make sure to bring water and good hiking shoes!

If you want to bypass Tucson, you can exit the I-19 at Sahuarita Road, heading east. You will dead end at the S. Sonoita Mountain View Hwy (Highway 83). Turn left and you will intersect the I-10 where you can head east toward El Paso.

Photos courtesy of Hilde McNeil. Information courtesy the National Park Service, visitarizona.com and the McNeils.

Meet Your Tubac Neighbor THE MOUNTAIN LION

Mountain lions (Puma concolor), also known as cougars, pumas, panthers or catamounts, have one of the most extensive ranges of any land animal extending from the southern tip of South America to the Canadian Yukon. In Arizona, they occur in all areas except the low desert surrounding Yuma and highly urbanized metropolitan areas. Here, their distribution coincides with their primary prey species, deer. In recent years, human/mountain lion interactions have been increasing. This is attributed to a range of factors including habitat loss from development, increased outdoor recreation, and periods of drought. Since we live in lion country, we should understand and appreciate their habits. *They have been spotted here in Cielito Lindo, and even captured on film, as provided courtesy of our neighbor Silas Towler (see below).*

FUN FACTS:

- Adult mountain lions are capable of breeding at two to three years of age. Mountain lions may breed at any time of the year and consequently litters may be born in any month. However, summer is the peak period of kitten births and litter sizes of two are most common in Arizona.
- Young remain with the mother for 15 to 22 months. During this time, the kittens learn hunting and survival skills.
- Mountain lions are usually nocturnal hunters, but are occasionally active during the day. Whitetail and mule deer are their principal prey species in Arizona. Elk, javelina, bighorn sheep, coyotes, turkeys, rabbits, livestock, pets, and other species are also killed and eaten by mountain lions.
- Adult mountain lions are essentially solitary animals. Their home range often extends up to 100 square miles. The separation between individuals assures that each has resources necessary to survive. If these separations are not maintained, mountain lions will kill each other, which is the normal method of population regulation in undisturbed mountain lion populations.
- Mountain lions are stalk and ambush predators that hunt primarily at night and rely on ambush to kill their prey. They prefer to stalk from above, using rock ledges and steep terrain.

- The Arizona Game and Fish Department (AGFD) estimates that between 2,500 and 3,000 mountain lions live in our state.
- While uncommon, mountain lions are known to attack humans on occasion.
- Cougars are strong, sleek and agile. Adult males average 2.0 to 2.7 feet tall to the shoulders with a nose to tail length of about 8 feet. They generally weigh between 115 to 160 pounds. Females are slightly smaller.
- With large paws and strong hind legs, mountain lions possess the ability for short powerful sprints. They can jump 18 feet vertically and up to 40 feet horizontally.
- Mountain lions were classified as a "predatory animal" by the territorial legislature in 1919 and were subject to a bounty of \$50 dollars. This status continued until 1970 when the mountain lion was classified as a big game animal, and a tag was required to hunt one. In 1981, a mandatory reporting requirement was instituted by the Arizona Game and Fish Commission.
- If you come across a mountain lion in the wild, *do not corner or antagonize it*. If you feel threatened, try to look menacing and larger than you actually are by maintaining intense eye contact, shout loudly but calmly and flare a jacket or sweater to make yourself look larger. Slowly back away, don't run in panic and do not play dead. If the mountain lion continues in your direction start throwing things at it.







Whether you are a full time or part time resident, renter or visitor, welcome to our community. In order to make your time here as enjoyable as possible, it is crucial we all adhere to the following Rules and Regulations that govern our HOA. The following are some of the most pertinent rules that apply to us all. If you need to consult the full CC&R's, you can find a copy posted on our website at cielitolindohoa.com.

1. PARKING

Please be aware of our parking regulations. They are strictly enforced. Vehicles must be stored in your garage with the doors closed, not in the driveway, on the street, common area, guest parking, or easements. RV's cannot be parked on any public street except for temporary loading/unloading. A limited number of visitor parking spaces are provided in designated areas for temporary parking (up to two weeks) for short term visitors only. Please make sure your visitors place a guest parking permit in their vehicles on the dashboard when parked in guest parking. Visitors are also allowed to park in your driveway for 48 hours as long as no part of the street is blocked. If your guest(s) are staying for more than two weeks, an extended permit must be obtained from the Design Review Committee (DRC). Likewise, if you require a temporary parking variance because your garage is unavailable due to construction or other reason, please apply with the DRC. Full regulations are posted on our website.

2. NOISE & LIGHTING

No loud or offensive noise is allowed at any time. Cielito Lindo is part of the "dark skies" initiative and outdoor glaring lights are not permitted. Outdoor fixtures should be 40 watts or less, yellow bug lights. If exterior light fixtures are changed, they must cast their light downward only, due to our "dark skies" policy. Decorative ground lighting shall be low-profile, low-voltage, shielded, and directed downward with a limited radius.

3. DESIGN GUIDELINES

To preserve property values as well as overall beauty in a planned community like ours, it is

essential that common design guidelines be followed by everyone. Please consult the HOA CC&R's and make no alterations to the outside of your property (including landscaping) without first applying for a permit from the Design Review Committee. Permit applications are available at cielitolindohoa.com.

4. PETS

House pets are welcome at Cielito Lindo; the general rule is two pets per household. No pets may be confined unattended in the garden/ patio for an unreasonable amount of time. All pets taken outside garden/patio walls must be kept on leashes at all times (Santa Cruz County Leash Law) and owners must pick up after their pets.

5. ANZA PARK

Owned and managed by our Master Association, Barrio de Tubac, this park is for the enjoyment of homeowners in all the associations. Please help keep the park clean. Doggie bags are available on both the east and west sides of the park. Do not deposit personal trash in the park trash containers.

6. COMMON AREAS

Any land outside your home and walls is considered a common area. No outdoor decor of any kind - including statues, bird feeders, or ornamental art - can be placed in the common area without permission from the Design Review Committee.

7. POOL

Pool use is limited to Cielito Lindo HOA members and their guests. Keys are to be carried at all times when using the pool area. Gates are to be closed and locked at all times; they should never be propped open. Absolutely no noise is permitted between 9pm and 9am. No pets are allowed in the pool area. Smoking and glass containers are prohibited. Children 17 and under must be accompanied by an adult and children under 12 are not permitted in the spa. Please remove your trash as you leave as there is no pickup.

8. TRASH

Cielito Lindo has no trash pickup. You must arrange with a service (Canyon Disposal or Rio Rico Sanitation) or take your trash to the local landfill. Covered containers for trash should always be hidden from view, except trash pickup day. No trash of any kind should accumulate on any lot including patios or porches.

Cielito Lindo HOA Website:

cielitolindohoa.com

Cielito Lindo HOA Property Management:

Tammy Censky

Stellar Property Management, LLC tammy@stellarpmllc.com P.O. Box 18108, Tucson, AZ 85731 Office: 520.561.8497

Services:

Electric and Gas Trash Service: Unisource Energy Canyon Disposal 877-837-4968 uesaz.com

Internet/Phone

Century Link

855-807-3452

Sprocket

centurylink.com

Communications

getsprocket.com

520.740.9700

520-287-2511

Rio Rico Sanitation 520-761-1604

Landfill and

Recycling: Santa Cruz Landfill 520-761-7892 M-F: 8am-4pm Sat: 8am-2pm

Water:

Southwestern

520-398-3177

Utility Mgmt Inc.

(formerly Baca Float)

southwesternutility.com

Simply Bits 520-545-0400 simplybits.com

Satellite TV: Dish Network 800-333-3474 my.dish.com

Direct TV 877-768-7754 directtvdeals.com

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