



A Note From The Publisher



ummer is in full swing and it is a great time to be in Prescott! Festivals, Summer Concert Series on the square, the Rodeo and my family favorite, the Fourth of July celebration at Pioneer Park!

With my kids getting older and so much going on with them throughout the school year, I decided to have the kids attend only a few weeks of summer camp and spend the rest of the time having a good "old fashioned" summer. This has allowed us to have more time for spontaneous activities and the ability to revolve the day around something fun to explore. And in this area, there is SO much to explore!

Being able to have this level of spontaneity with the kids has made them blossom with their own interests and it is always amazing for me to see the amount of growth that happens from summer to summer. My youngest has been able to keep up with many of our outdoor activities this year, which has sparked her determination, seeing she can now do what her older siblings can. My seven year old has been having sleepover after sleepover with her friends and has become quite the social butterfly this summer. She will be going to her first sleep away camp for a week on Monday and she is ready for it. I don't know if I am. They are getting too big, too fast.

It is hard to believe the kids are back to school in 4 weeks! I have put together a detailed list of schools in the Prescott area, from preschool to high school. We also have extended our parent resource guide again this issue!! You will find so many additional resources, as well as a QR code to link in real time to our website for more information, website links, etc.

Hope you are all having a great summer!!



Heather



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PRESCOTT PARENT MAGAZINE

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The views and opinions expressed in Prescott Parent Magazine are those of the authors/contributors and do not necessarily reflect the official views or position of Prescott Parent Magazine.







Prescott Parent Magazine is your family guide to the Quad Cities. Our mission is to provide insights and information to improve your quality of life. In each issue, readers find cutting edge information on parenting, travel, education, health, fashion, arts & culture, date night ideas, community, holidays and many other issues affecting parents and families today. Our editorial content is more relevant, quality and compelling. We interview local personalities, present unique angles and feature topics impacting your life.

Notes From Our Readers

"Great Magazine! My kids are all grown now, but I wish there was a magazine like this in Prescott when they were little."

"Wonderful resource for parents. It is nice to finally have a publication for families in our area. Before your magazine, I had to spend so much time online to get all the information I can now find with one look at your resource guide. I love this magazine!"

"I was in the process of starting to hire a summer babysitter when I just happened to read the article in the May/June issue on How to Hire the Right Nanny or Babysitter for Your Family. The article gave me so many helpful tips and I did everything Heather suggested. It was easy for me to clearly see the ones who were not a good fit for our family, since I was able to be clear on what I needed in a babysitter. After many interviews, we found the perfect person and she has been such a big help for me this summer. Thanks for all the good tips!"

"Never thought of keeping a Tooth Fairy Kit until I saw it mentioned in the May/June issue. Such a great idea! Now I will have no excuse to be unprepared when the Tooth Fairy comes to visit."

"Whoever said Prescott was just a retirement community has clearly never raised children in Prescott. There is so much for families to do and it is a wonderful place to raise children. Love seeing a magazine that finally reflects that!"

"Yay for the Summer Camp Section in the May/June issue!! This is something you MUST continue every year! It was helpful to see so many options and there were camps I never even knew existed. Saved me so much time with my summer planning."

If you want to submit a short testimony please email editor@prescottparent.org

We would LOVE to hear from you!





Prescott's New Park - Vista Park

One of Prescott's newest neighborhood parks, Vista Park, sits on ten acres in the hills on the north side of town, south of Willow Lake Road, and offers park visitors panoramic views of the Dells. The lakes (both Willow and Watson Lake), and the surrounding area. The parkland was donated to the City through the overall Prescott Lakes master plan and development process. Amenities include a rentable ramada (capacity 100), restrooms, a futuristic looking playground for the kids, artificial turf areas for play, and off-street free parking. The path at the park leads downhill to a picnic table, benches, and a bridge over Willow Creek. The path (vista trail) continues on to the Panorama Trail System and is 0.37 miles long. Another trail which leads to this system is located at the back end of the ramada, which trail maps are located. Dogs are welcome but are required to be on a leash. Litter bags are available at the park's path. Written by Nancy Nesbit. Courtesy of Prescott Recreational Services Department.

Fourth of July Carnival & Fireworks at Pioneer Park

Each year on the Fourth of July, Pioneer Park becomes the biggest summer carnival in Prescott. Plan for a full day of fun! Activities include carnival rides for all ages, water slides, face painting, carnival games, live music performances, zip line, bounce houses, water games, food vendors of all kinds and much, much more. Fireworks begin once the sun sets (usually around 9pm). Festivities begin at noon. The event is free, but you will need to purchase wrist bands ahead of time to partake in the rides and games. They are available beginning a couple weeks before the event and can be purchased at Fry's and many other local grocery stores. Wrist bands are \$12, per person, when you buy ahead of time.

Picture Show Summer Movie Series

Every Friday through July, Picture Show Theatre at Frontier Village in Prescott, offers a Summer Movie Series for families. Enjoy a movie for only \$1.00 per person! Purchase a Movie Meal Deal for \$4.50. Includes movie ticket and movie meal. (Tray of popcorn, small drink and fun size original skittles or fun size plain m&m's). Only Valid for Summer Movie Series. Movies are every Friday at 9:45am. July 3: Book of Life; July 10: Shrek; July 17: Shrek 2; July 24: Shrek the Third; July 31: Puss in Boots. Picture Show @ Frontier Village 1771 E Highway 69 - (928)

237-5028 – www.pictureshow.com

Get Your Back-to-School Check Up at **SAGES Healing Center**

Dr. Kathryn Sage has a passion for children. Although trained as a family physician and skilled at treating patients of all ages, Dr. Sage delights in working with younger patients, ages birth to (18) years. As a Primary Care Physician, she incorporates both conventional and naturopathic modalities and provides full newborn, pediatric and adolescent care. Services include, but are not limited to, well-baby/well-child exams, sport/school physicals, acute illness, injury, and chronic illness care.

Dr. Sage's goal is to provide a safe and comfortable environment where healthcare is combined with the best of Western medicine and Naturopathic medicinal principles. As a Naturopathic Pediatrician she seeks to avoid drugs and surgery unless necessary, and treat the root cause of illness and disease with natural and preventative medicine.

Common Issues & Questions:

- Alternatives to antibiotics
- Decision regarding vaccinations
- •Introduction of solid food
- •Should my child take an antidepressant?
- •Should we eliminate all fevers in our children?
- •Does my child need ear tubes?
- •Soy milk vs. cow's milk vs. rice milk: What's best for my
- •Should I give my child sugar free products?

Schedule your child's back-to-school check up today! (928)-458-6748 www.sageshealingcenter.com 1101 E Gurley St. Prescott, AZ 86301

New Habitat Enclosures at Heritage Park Zoological Sanctuary

There have been some welcome additions at Heritage Park Zoological Sanctuary. "We were very excited to get these new enclosures for some of our animals! We now have a large bunny habitat near the Pavilion that the kids adore. We were also able to move some of our permanent animals to habitat enclosures that will better suit their needs. This will also allow us to take on additional animals that need sanctuary." Check out all the new additions next time you are at Heritage Park Zoological Sanctuary! 1403 Heritage Park Road. Prescott, AZ 86301 www.heritageparkzoo.org – (928) 778-4242

The Prescott March of Dimes Scheduled for September 12

Join Prescott Parent Magazine and the March of Dimes September 12th at North Main and Park Ave for the 2015 March of Dimes Walk! Registration begins at 7:30am, walk begins at 8am. Help us reach our goal of \$2000.00 by making a donation on oour website. We are happy to be one of the sponsors for this event and hope you will walk with us!

970-270-2552 www.prescottparent.org





Celebrating 65 Years of Youth Baseball, Prescott Little League, 1950-2015

In our mountain town of Prescott, Arizona youth baseball is an institution. For over 65 years, Prescott Little League has been a thriving organization for youth between the ages of 4 and 15. Bill Vallely brought Little League to Prescott in 1950. Teams played within District 1 and Prescott Little League was the first of its kind in Arizona. Men, business owners, husbands and fathers of the community stepped up and got involved. They became the coaches and mentors of young men. Today, the Prescott Little League organization flourishes with over 125 volunteers each session, coaches, board members, umpires, scorekeepers and Sun-Up Rotary. It also survives because the community supports its efforts. Men in our community are giving back what they learned from the original founders. Lifelong relationships have been forged. Prescott Little League's season generally runs March through June with All Star Teams playing into late June and July. Averaging 500 players a season with 45 teams, it offers a fun packed season. One of the most rewarding programs within PPL started seven years ago with the Challenger Program. It is a great program that offers kids the chance to get out and play a game of baseball. It is not about the skills or ability, it is about the relationship, laughter and smiles. www.prescottlittleleague.com

Courtesy of Prescott Recreational Services Department.

Prescott Parks and Rec Upcoming Projects for 2015-2016

Boating Improvements: Subject to final approvals, the following two projects will use Federal boating funds administered by the U.S. Fish and Wildlife Service, and distributed via an agreement between Arizona Game and Fish Department and the City of Prescott. Goldwater Lake – boat launch area: The entire area and access road shall be paved, with handicap accessible parking, and access to a new combination boating/fishing dock. Watson Lake – south boat launch area: The current south boat ramp does not adequately serve the volume and types of boaters. The ramp shall be widened, lengthened, with improved handicapped access to courtesy dock.

Trailhead for 50-mile Prescott Circle Trail: Subject to final approval, grants, and private funding, the City of Prescott and Yavapai County are working towards constructing a new trailhead to be located at the northeast corner of Williamson Valley Road and Pioneer Parkway intersection. The design will accommodate the anticipated popularity of the Prescott Circle Trail, as it nears completion in the coming years.

Written by Eric Smith, Special Projects Administrator. Courtesy of Prescott Recreational Services Department



ummer is in full swing and the barometer is rising. Lakes have always been a gathering place for those wanting some cool respite and fun during the summer. Many families spend what seems like the entire summer by the edge or dock of a lake.

Growing up in South Carolina, Lake Murray was where I spent my summer days. If school was out for summer, that is where we were. I was very excited when I moved to Prescott because the thought of having lakes (and not just one) within a 15 minute drive of my house was my idea of heaven after living in Phoenix for three years. I could spend summers with my children just as I spent them, by the lake.

Now, when I planned all this out, I had no thought to check if there was swimming allowed at the lakes in Prescott. It was a bit unfathomable to me that you would not be allowed to swim in them. I also did not realize you could not swim in them until I showed up at one with my 3 year old, all excited for what I thought would be her first big lake day.

"Mommy, why can't we go swimming? You said we were going to go swimming."

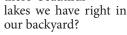
"I have absolutely no idea why! It looks like a perfectly good lake to me."

10 years later, my now 13 year old daughter is still asking me the same question.

Do you think they will ever let people swim in the lakes? Summer would be so much better if we had someplace to swim instead of the pools. You do know how many people pee in public pools, don't you?'

After talking with many other

people over the years during the summer about this very subject, it seems we would all welcome being able to swim in the lakes. So why swimming restricted in these beautiful





During the 1920's - 1950's, Prescott area residents enjoyed swimming at Lynx Lake, Goldwater Lake, Willow Lake (when it was not drained for the nearby grazing and farm fields in Chino Valley), and two public pools in the Granite Dells.

The Granite Dells Resort pool, located on private property on the west side of HWY 89, was fed with water from Watson Lake and local creeks via handmade flumes built on the property in the late 1800's. This only heightened the appeal of the pool and by the 1950's the Granite Dells Resort was known throughout the world.

Longtime Prescott resident Anna Harris, now 96, remembers the Granite Dells Resort fondly, "At that time, the Granite Dells Resort was considered the outskirts of town and the train ride to get there always made it seem like an big adventure. Especially when we were little. There were inner tubes, a high dive, rope swings, music hall and a small beach area. My brother was older and a bit more adventurous than I was. He was always jumping from the high dive. There are many family pictures of him jumping off of it. On weekends, we would stay in one of the cabins and my parents would dance and dance with all of their friends. I can still hear the music play if I think hard enough. It was a wonderful place."

In the 1960's things began to change. The Yavapai County Health Department began enforcing higher water quality standards and after continual violation of these standards, due to the lake water feeding the pool, Granite Dells Resort closed. The common public pool we see today was also becoming more popular among Prescott residents. Many people found the convenience and cleanliness of the outdoor pool located in town (where the YMCA pool now stands) a better option.

The building of the dam at Lynx Lake seems to be the pre-cursor to the end of swimming at Lynx Lake. After Goldwater Lake was developed as a recreational site in the 1970's, it became a water source for the city and swimming was no longer allowed.

In 1998, the City of Prescott purchased both Watson and Willow Lakes. In those early days of planning, swimming and beaches were part of the proposal for both lakes. Committee members and residents rated swimming as a top priority and the city tried very hard to make that a reality. After some further tests were



taken, they concluded Willow Lake being too shallow for a beach and the water levels were inconsistent.

At Watson Lake they discovered ancient Indian ruins occupied the site of the proposed beach and swimming area. The \$300,000 - \$400,000 price tag for the needed archaeological remediation was not the cause for the cancelled plans, but the water quality of the lake was the given main reason at the time.

Seventeen years later, it seems water quality is still the leading reason why there is no swimming in Prescott area lakes.

"Our lakes are fed by local creeks, but none are strong enough to create a current needed to flush them and create those safe water levels we need to see," says Debbie Maneely, the Public Affairs officer for Prescott National Forest.

"This is a question I get all the time, and it is a public safety issue. Where there are people and animals swimming, there are going to be high levels of bacteria." Officials have also stated the mining that used to take place above Lynx Creek has resulted in high levels of metals in Lynx Lake.

The city did experimented for one year in 2001, reinstating swimming at Goldwater and Watson Lakes, but tests did not take long to show increased levels of coliform and the swimming ban was back the following year.

Since there has never been a documented case of someone getting sick from any of the Prescott area lakes due to coliform (going back as far as the 1920's), and we are able to eat the fish that live in these lakes, many wonder how high these coliform levels could actually be.

The Department of Health states:

Coliform is a family of bacteria common in soils, plants and animals. The coliform family is made up of several groups, one of which is the fecal coliform group, which is found in the intestinal tracts of warm-blooded animals including humans. The presence of fecal coliform in drinking water or at swimming sites is evidence that human or animal waste has been or is present. This may be cause for concern because many diseases can be spread through fecal transmission.

The presence of some fecal material in lakes, ponds and rivers is to be expected as part of the environment in which we live. As long as the level of fecal coliform bacteria is low, swimming is relatively safe.

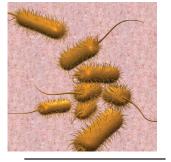
Coliform or other bacteria in drinking or swimming water will not necessarily make you ill. However, since these organisms are present, other disease-causing organisms may also be present. Health symptoms related to drinking or swallowing water contaminated with bacteria generally range from no ill effects to cramps and diarrhea (gastrointestinal distress).

The USGS Water School Science website explains what the difference between naturally occurring coliform and fecal coliform, and goes on to state recent studies have found no statistical relationship between fecal coliform concentrations and swimmer-associates sickness.

Total coliforms are gram-negative, aerobic or faculative anaerobic, nonspore forming rods. These bacteria were originally believed to indicate the presence of fecal contamination, however total coliforms have been found to be widely distributed in nature and not always associated with the gastrointestinal tract of warm blooded animals. The number of total coliform bacteria in the environment is still widely used as an indicator for potable water in the U.S.

Fecal coliform bacteria are a subgroup of coliform bacteria that were used to establish the first microbial water quality criteria. The ability to grow at an elevated temperature (44.5 C) separate this bacteria from the total coliforms and make it a more accurate indicator of fecal contamination by warm-blooded animals. Fecal- coliform bacteria are detected by counting the dark-blue to blue-grey colonies that grow on a 0.65 micron filters placed on mFC agar incubated in a 44.5 C oven for 22-24 hours. The presence of fecal coliforms in water indicates that fecal contamination of the water by a warm-blooded animal has occurred, however, recent studies have found no statistical relationship between fecal coliform concentrations and swimmer-associated sickness.

Now, I did find that E.coli, a member of the fecal coliform group of bacteria, is, "...a preferred indicator for freshwater recreation and its presence provides direct evidence of fecal contamination from warm-blooded animals. Although usually harmless, E. coli can cause illnesses such as meningitis, septicemia, urinary tract,



"Why Is There No Swimming in Prescott Lakes?" Continued...

and intestinal infections. A recently discovered strain of E. coli (E. coli 0157:H7) can cause severe disease and may be fatal in small children and the elderly."

I requested copies of test findings to see what coliform levels were at the time of testing and what particular strain of coliform was present, however, the records could not be located by the Parks and Recreation Department and neither agency has produced direct proof that any bacteria, including coliform or E.coli, has caused problems.

The truth is, people have been swimming in lakes for hundreds, if not thousands of years. Coliform levels and bacteria are nothing new to our lakes. With our awareness and current understanding of how waste creates bacteria, one can only assume those levels are safer than what they were prior to the Department of Health implementing water safety standards.

Why have we implemented so many safety standards, to where the natural act of swimming in a lake is now perceived as dangerous?

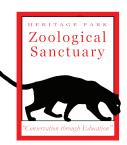
"I honestly don't have an answer for that question," said Prescott Parks and Recreation Director, Joe Baynes. "My main concern about swimming in Watson and Willow Lake is all the submerged boulders. Someone could jump and easily hurt themselves, or worse."

One official reminded me, "It is a different time. In the 1940's if your child was hurt swimming at a pool or lake, you would most likely chalk it up to being your child's fault for not paying better attention, or as just something that happened. Now, people want to hold someone negligent for that kind of action. There are lawsuits left and right in today's world, and people will sue for the smallest things. I feel the safety standards the city and forest departments have put in place are to protect those organizations from lawsuits. Which ultimately protects the people. If we are spending a part of our budget on legal fees, that is less funding that can be applied to our parks, and may eventually lead to neglect of our beautiful lakes and the ecosystem it supports."

So, are we always going to be out of luck when it comes to swimming in Prescott lakes? Joe Baynes says, "Never say never. It would be a long process to be sure we have everything needed in order to allow swimming again, but it is not completely out of the question. You never know what can happen in the future."

Sources:

www.water.usgs.gov/edu/bacteria.html www.azwater.gov/AzDWR/StatewidePlanning/WaterAtlas/ActiveManagementAreas/Water/PrescottAMA.htm www.sharlot.org







Heritage Park Zoological Sanctuary

"Conservation through Education"

Summer Hours

Open Daily from 9am-5pm

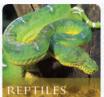
403 Heritage Park Road, Prescott | (928) 778-4242 or toll free (877) 778-6008













ow lucky we are to live in a small community with such talented people; performers and visual artists. In this case, I'm referring to performers.

Prescott Center for the Arts (PCA) celebrated their 45th anniversary in the 2014 - 2015 season, which ends August 31. What a wonderful season it has been, thanks to all of the directors, actors, crews, and visual artists!

Now that the school year is over, what do our local youth, (ages of 6 to 22) do for the summer? If they love performing, they might attend one of the Summer Youth Theatre Programs offered by Prescott Center for the Arts.

For younger performers (6 – 10), there is the Theater Adventurers program. Sandy Vernon, who directs the TA show, stated that "Theatre Adventurers enrollment is full!" The show, Happily Ever After's Top Chef, is a spoof on TV cooking programs; the celebrity contestants are fractured fairy tale characters whose recipes are a bit twisted. The program emphasizes the basics of acting while having a ball." Top Chef runs about 20 minutes and will be presented the last day of the workshop.

The Teen Summer Stock Ensemble, now in its sixth summer, presents eight performances of West Side Story, July 16 – 26. The cast, comprised of ages 13 to 21, along with four adults, has already started working on this iconic musical.

Jon Meyer directs the production. The Music Director, Marissa Ellis, says "There is a lot of talent and enthusiasm in this cast. Everyone is picking up the challenging music quickly. I'm happy to be able to be a part of what promises to be an excellent production." Meyer added, "We've been wanting to produce West Side Story for the past couple of summers, especially once I realized the talent level of the teens and having such an outstanding choreographer as we have in Amanda Woolsey, who has choreographed the last three TSSE productions with dazzling results. I was able to see the dance at the gym choreography at the end of the first week, and I was floored at not only how good the choreography is, but how well executed it is by the entire cast. With the dancing being this good after only a week, I can only imagine how amazing it's going to be by the time we open. Casting the show has been a struggle, but the cast is pretty well cemented now. I'm also very happy with our 'new' Musical Director, Marissa Ellis who takes over



show is going to be stunning and will finally show the Prescott area residents just how professional and talented our teens are!"

Get your tickets for the July 16-26 Teen Summer Stock Ensemble production of West *Side Story at Prescott Center for the Arts. PCA Box Office:* 928-445-3286, tickets@pca-az.net 208 Marina Street, Prescott AZ 86301

EDUCATION NEWS

Congratulations 2015 Teacher of the Year Winners!

The Yavapai County Education Foundation honored these dedicated teachers at an annual banquet designed to celebrate their hard work and exemplary performance in the classroom. Cash awards were presented to the winners and are used to create and sustain innovative educational projects in the classroom. Congratulations to all the 2015 Teacher of the Year winners!!

Overall Teacher of the Year: Larnell Sawyer, Lincoln Elementary School, Prescott Unified School District

Grades K-8 Category: JoLayne Coomer, Del Rio Elementary, Chino Valley Unified School District

6-8 Grade Category: Jocelyn Paris, Granite Mountain Middle School, Prescott Unified School District

Cross Grades 9-12 Category: Bethany Masters, Mayer High School, Mountain Institute | TED

Teacher of the Year High School Category: Pradip Misra, Bagdad High School, Bagdad Unified School District

Outstanding First Year Teacher: Jennifer Estrada, Chino Valley High School, Chino Valley Unified School District

Diane Douglas, Listening on her "We are Listening" Tour

Diane Douglas, Arizona superintendent of public schools recently embarked on a "We Are Listening" in April tour to speak with Arizona residents about their opinions and concerns on all K-12 education issues. During this 14 stop tour, she listened directly from governing board members, superintendents, parents and residents. Topics of discussion were grouped into categories such as standards. curriculum, instruction, general and other topics relevant to Arizona public schools. In an Arizona Education News article, Douglas said "It is paramount that Arizona not only has the highest standards possible, but that its standards belong to Arizona and are continually improved to best represent both student and local community needs," Douglas said in the article. "This process allows us to hear every voice and set high expectations for every child." The State Board of Education will take recommendations and open the standards for comment and can calendar them for a yes or no vote on the changes. The Arizona Department Education is encouraging parents, school districts, education advocates and other members of the public to submit their feedback via email at HearingEveryVoice@azed.gov, online at www.azed.gov/HearingEveryVoice or on their Twitter account, @ azedschools using hashtag #HearingEveryVoice

Find out more on www.azednews.com

Miss Indian NAU Enjoying Outreach in Elementary Schools

By Theresa Bierer

Jayme Biakeddy, from Fort Defiance on the Navajo Nation, said one of her favorite things about being Miss Indian NAU has been the opportunity to talk with grade-school students. When she shows up

to classrooms in full regalia, their young eyes widen and the students listen closely. "I tell them I am a first-generation Native American college student and they can go to college, too," Biakeddy said. She talks about the importance of being a good reader because that skill will serve them throughout their lives. Biakeddy also shares the message that universities like NAU have a lot of support services to help students succeed. When young students ask if being a college student is difficult, she tells them to choose a path that inspires them. "For me, even with a job and my service commitments, I am energized every day because I love what I study," she said. Talking with primary school students is great experience for Biakeddy, who plans a career working closely with children in a health-related setting. "I want to target the younger generation, and inform them on the topics of a healthy lifestyle and eating right," said Biakeddy, who has seen diabetes negatively affect many Native Americans. After graduating in 2016 with an exercise science and chemistry degree, Biakeddy may pursue graduate school or go right to work helping people. "I'd rather work with my people, Native Americans, not just on the reservation but all over Arizona and maybe the nation," Biakeddy added. She plans to use the remainder of her 2015 term as Miss Indian NAU to continue outreach to school-aged children and others, raising cultural awareness and talking about healthy life choices.

This article was originally published on www.azednews.com

Public School Teacher Attrition and Mobility in the First Five Years: Results from the First Through Fifth Waves of the 2007–08 Beginning Teacher Longitudinal Study

This First Look report provides selected findings from all five waves of the Beginning Teacher Longitudinal Study (BTLS) along with data tables and methodological information. The BTLS follows a sample of public elementary and secondary school teachers who participated in the 2007-08 Schools and Staffing Survey (SASS), and whose first year of teaching was 2007 or 2008. The BTLS sample includes teachers who leave teaching in the years after the SASS data collection and those who continue to teach either in the same school as the last year or in a different school. The purpose of the Beginning Teacher Longitudinal Study is to provide a better understanding of the impact that different life events have on teachers careers (such as getting married, moving to a new location, or starting a family). It will also provide some insight on how school and/or district characteristics and policies affect teacher satisfaction, and how teachers respond to transitions in their lives and careers (such as moving to a different school, changing the grade levels or subject taught, becoming a mentor, transitioning into a K-12 administration position, or exiting the teaching field). The study will contribute to policymakers' understanding of teachers and of teachers' careers as they enter, leave, or re-enter the teaching workforce and make important career and life decisions.

See the entire report at www.nces.ed.gov

Lincoln School's Larnell Sawyer is Teacher of the Year

Prescott Unified School District has announced the Yavapai County Teacher of the Year for 2015 is Kindergarten teacher, Larnell Sawyer. Congratulations, Larnell!!



As my children get older, I am finding myself busy with their activities and not having a full day to set aside for cleaning the house like I used to. After moving to a bigger house this year, I feel like I am spending all my free time cleaning and organizing the house. I have always been the one in our family to do most for the household chores, and enjoy doing these things for my family. I am just finding myself not able to keep up with all that needs to be done around here during the weeks without feeling exhausted by the end of the day. How can I keep up on the house and not feel like I am becoming Cinderella?

Signed,

Slowly becoming a Fairy Tale character in Prescott Valley (Melanie)

Answer

Dear Melanie,

It is very easy to feel like you are not yourself when spending most of your free time doing things you don't particularly enjoy doing. I hope by the time this reaches you, you have not begun singing to birds.

All kidding aside, here are some ways that will help.

Begin Creating a Family Schedule

You are probably asking, how would creating a family schedule help not have to clean so much? The answer is time management. When you begin creating your family schedule, begin by writing down a few categories on a piece of paper: The things you have to do, what tasks other family members can begin helping with (or do themselves), and things you would like to begin doing in your free time (instead of cleaning).

Get a Family Daily Planner

Now, many families will cringe when I suggest this, but get a large daily planner. I know, I know, visions of overly scheduled, possibly uptight parents come into mind, but I promise you will not become "that" parent by getting a daily planner.

It can be a spiral binder of sorts, or just a white board calendar. Get the family to work on the family schedule with you. Begin to plug in the things that must be done and/or have set times scheduled (i.e.: school activities, sport practices, music lessons, school projects, homework time, your work schedule, work meetings, etc.).

Schedule Family Time

Next, schedule the time you would like to spend fun time together as a family. I recommend having this a main priority because spending fun time together strengthens your family relationships. We live in a wonderful area of Northern Arizona, and places that are within just a 3 hour drive of Prescott are places people have on their bucket list. Spend every other Saturday exploring another area you have never been together. See the Sinagua ruins, Montezuma Well, the vortexes of Sedona, or the Snow Bowl in Flagstaff. Even having a picnic and spending the afternoon in a rental canoe on Watson Lake can do wonders for your outlook and family bond. If your children are feeling they are an active and needed part of your family, they will most likely want to help and not look at chores as something you are just telling them to do.

Delegate, Delegate, Delegate

Many mothers I know want to take on most of the house and parental duties because that is where their comfort zones are. They love being that person for their family and some even feel asking for help is a sign that they cannot handle it all. Many mothers who do all this and more with a smile on their face, quickly find themselves on the road to burn out and feeling like a Fairy Tale character. Just as you see yourself as the director or manager of your family and want to keep things moving smoothly, you have to think like a director or manager. What is one of the main things successful managers and leaders do? It is the ability to see particular strengths in others, so they can delegate certain tasks and that person can then apply those strengths and take on a leadership role of their own.

Children as little as 3 years old can begin helping by doing small tasks, like sorting socks, bringing laundry to the laundry room, and putting things in the trash. They usually love helping at this age because they feel like big kids. Especially if they have older siblings.

Do you have a child who loves to help you cook? Have them help you with the dinner prep they can handle, like washing the veggies, getting items from the pantry and help set the table. Teens can begin cooking full meals for the family once or twice a week, do the laundry, help drive the younger ones to their sports and extracurricular activities, pick up dry cleaning, and do the grocery shopping. There are many ways to get creative on who can help with what.

Keep Expectations Realistic

One very important thing to remember when your family begin helping with the household tasks is to keep your expectations realistic. We all want to have a house that looks put together at all times but with kids at home, that usually does not happen for more than 5 minutes. Once you begin letting your family assist with more household tasks, you will often find things done not

Continued on page 49



Connect with other local parents on the new

PRESCOTT PARENTS FORUM!

Here, parents have the ability to connect, share insights, create events and get to know one another.

How it Works:

Request membership at https://groups.yahoo.com/neo/groups/prescottparent/info
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discussion, etc. The topics will be listed in our search results and archives.

Messages:

Want to send a group email? Message the group and all members will receive an email in their inbox. Replies to messages will also be sent to all members of the group.

Events:

The calendar was created so all members have the ability to post events. Please specify if the event is a family event or for adults only; leave a detailed description, link to website (if applicable), location and your contact information so people may contact you.

Please contact the page moderator with any questions or problems. The moderator will approve all posts and events to ensure they fall within page guidelines.



U.S. Census: Arizona's Funding for Students Ranks Bottom in the Nation

By Lisa Irish

rizona provides less state funding per student that any state in the nation, according to national data released yesterday.

The data from the U.S. Census Bureau's "Public Education Finances: 2013" also shows that Arizona has become more reliant over the past two decades on federal and local dollars for boosts to education funding. From 1992 to 2013, per pupil funding from federal sources grew 176.15 percent and dollars from local sources rose 76.99 percent, yet state funding increased by 49.3 percent.

As a result and despite the increases, Arizona's per student ranking among states based on a combination of federal, local and state funding dropped from 34th in 1992 to 48th in 2013. Arizona students receive only 69.5 percent of the national per pupil average, when all funding sources are considered. Only Utah and Idaho fund public education less. When ranked by state funding sources alone, Arizona was 39th in 1992 and had fallen to 50th in 2013. The \$3,018 per pupil provided in 2013 is just 53.8 percent of the national average. "We have to have world class funding for education, and yet what's happening now is a tragedy," said Tom Forese, Arizona Corporation Commissioner at the annual Arizona Business and Education Coalition conference last week. "The money does have to go to the classroom. We need a steady increase of funding." If Arizona does not fund education, it will not be ready for upcoming opportunities, the brightest students will leave the state for careers elsewhere and people who could be saved by education won't, Forese said. "Education is what makes us great, Education is what creates the next Steve Jobs in Arizona, saves the 14-year-old kid who's going to be a drug dealer in two years, and takes poor kids on the reservation and gives them opportunities."

While Arizona public schools per pupil revenue rose in fiscal year 2013, it remains 48th in the nation, \$706 below what it was before the Great Recession and 69.5 percent of national education funding. Per pupil revenue for public K-12 education rose \$49 nationally to \$12,380 in 2013 and by \$252 in Arizona to \$8,599, according to the U.S. Census Bureau's Public Education Finances: 2013. The annual report released June 2 includes revenues, expenditures, debt and assets for public schools at national, state and district levels.

New York, New Jersey, and Connecticut led the nation in per pupil revenue in 2013, while Arizona, Utah and Idaho were at the bottom. "Someone's always in the Top 10 on every list relating to education. Why is that? That's because they prioritize education. There is a cause and effect here. They don't have a Legislature that cuts, cuts, cuts, cuts, cuts, said Grant Woods, former Arizona Attorney General at the ABEC conference. "We don't value education or we wouldn't continue to do that."

Funding Sources

What changed? Tom Forese, Arizona Corporation Commissioner speaks about financing public K-12 education at the



annual Arizona Business and Education Coalition's annual conference in Phoenix on May 22. Photo by Lisa Irish/AZEd-News Over the past 21 years, Arizona per pupil funding from federal sources grew 176.15 percent, local sources rose 76.99 percent, and state sources increased by 49.3 percent, ranking Arizona last in the country for revenue from state sources. The portion of Arizona's per pupil revenue from federal sources grew from \$453 in 1992 to \$1,251 in 2013, according to the U.S. Census bureau report. Local funding rose from \$2,391 in 1992 to \$4,235 in 2013. Yet, over the past 21 years, state funding increased from \$2,086 in 1992 to \$3,116 in 2013. Arizona's funding was following the upward national trend of increases in state funding until 2008 when the Arizona Legislature cut education revenues in response to the Great Recession's impact on Arizona's economy. In the late 1990s legislators "wanted to get more resources into education and we wanted to make sure that more resources as a whole were getting into the classroom," said Ken Bennett, who served as Secretary of State from 2009 to 2014 and was a legislator from 1999 to 2007 at the ABEC conference.

"I think you had a unique situation where business and education came together to support the idea and it was supported by the voters as well," Bennett said. "I actually believe that the same situation exists right now." When the recession hit, the Arizona economy dropped 10 percent over three years – 2008, 2009, 2010 – but the revenue coming into the state general fund dropped by a third before it started coming back ever so slowly, Bennett said. To move Arizona to where it was ranked in 1992, the state would need to increase funding to \$10,857 per pupil, about \$2,258 more than the current amount, said Chuck Essigs, director of governmental relations for Arizona Association of School Business Officials.

This article was originally published on June 3 on www.azednews.com

Business, Political Leaders Seek Ways to Increase Arizona's Education Funding

By Lisa Irish



rizona business and political leaders discussed the ways they're seeking to increase state funding for public K-12 education during the Arizona Business and Education Coalition's annual conference in Phoenix on May 22.

Arizona is ranked last in state funding for education, according to the U.S. Census Bureau's "Public Education Finances: 2013" report released Tuesday, June 2. "Arizona has consistently been ranked as one of the lowest education systems in the country and the potential of students is being threatened by the failure to adequately invest in education and raise the bar for education standards," said Mike Huckins, Vice President of Public Affairs for the Greater Phoenix Chamber of Commerce.

"It is understandable that during tough economic times funding cuts and sacrifices have to be made," Huckins said. "Unfortunately, for over five years Arizona's public schools have taken the brunt of the state's cuts."

There is also a noted sense of frustration in the community because reduced education funding impacts student achievement, Huckins said.

"Not only will students suffer, but the state of Arizona will have a high price to pay further down the road," Huckins said. "That higher price is clearly illustrated by the 59 percent of Arizona students who are entering community colleges require remedial courses before they are able to move on to credited coursework.

Michelle Bolton, manager of Cox Communications government relations team, told attendees at the ABEC conference that she believes a larger discussion about the public K-12 school finance system is needed.

"It's hard to say whether a tax increase is the right answer or the wrong answer, but the key is to keep dialogue open," Bolton said. "We have a lot of lawmakers, business leaders, community leaders, and education experts talking about our school finance system and what we should do to help adequately fund our schools so that we can have student achievement. That needs to continue to happen." Former Arizona Secretary of State Ken Bennett said Arizona is "not bringing in enough revenue to meet the state's needs, including education." There needs to be a tax restructuring, not a tax increase, Bennett said. "We need to be, I think, spending a lot of time thinking about how to restructure the tax system of this state so that the revenue that comes into the general fund will flow with the economy, not sky-



rocket in the good years and then fall of a cliff in the bad years," Bennett said. "That's what has been happening over the last 10 to 15 years."

With goods making up less than 19 percent of Arizona's economy, Bennett suggested moving away from a sales tax on goods, which is the biggest revenue portion of the state general fund, to a lower rate consumption tax that would capture more of the services portion of the economy, which makes up over 80 percent. "You could eliminate the income tax for individuals, you could eliminate the income tax for businesses," Bennett said. "A 3.5 percent tax on every transaction in the economy would bring in about \$10 billion in the state's general fund. Today we're at about \$8.9 billion." From the Arizona Joint Legislative Budget Committee's report "THEN AND NOW" - FY 2006 vs. FY 2016 General Fund Spending Even excluding areas of the economy the state might not want to tax, like food, prescription drugs, medical or education, "a 5.5 percent or 6 percent consumption tax on about 60 percent of the economic activity that occurs in the state in any given year, you would have a revenue system that brings in about a billion dollars more than the state general fund receives right now," Bennett said. Education is the single most important public policy issue we have before us, said Arizona Gov. Doug Ducey. "We invest and will continue to invest in K-12 education," Ducey said. "The fact of the matter is we inherited a \$1 billion budget shortfall and my first priority was to balance the state's budget. We made tough decisions, and I realize that many of them were unpopular, but now the budget is balanced."

In addition to reductions at the K-12 level, \$99 million was cuts to Arizona post-secondary education this year, Huckins said. "Maricopa and Pima Community College

Districts, the two largest community college districts in the state, lost all funding, which is a major hit for organizations that train future employees for Arizona's workforce," Huckins said. The impact of cuts to public education will have a ripple effect on Arizona for generations to come, because a strong public education system builds the economy, Huckins said. "A sustainable economy needs a talented, workforce pipeline," Huckins said. "Cutting education funding does not contribute to a more viable workforce, but in actuality, it results in workforce deficit vital Arizona's growing industry sectors." Ducey said there is some good economic news and the state may be in a different situation at this time next year.

"We must put more resources into this system and we must align those resources with strategic goals," Ducey said. "Our funding system is broken." Ducey announced his Classrooms First Initiative Council of education and business leaders that he and Jim Swanson from Kitchell Corporation will co-chair at the ABEC conference and said the group's goal is to improve educational outcomes through state finance reform. "Working together we will develop a funding formula that recognizes and rewards performance, efficiency and innovation," Ducey said. "It's time we started incentivizing student success versus seat time." "When we have a funding system that is singularly focused on student achievement, I will commit to you that we will get more resources into these schools," Ducey said. Arizona Gov. Doug Ducey speaks at ABEC. The business community is concerned that there are not enough students coming out of Arizona schools fully prepared to join the workforce, Huckins said. "It is important for community leaders, concerned citizens, parents and teachers to let their legislators know that education cuts will be detrimental to student success, the economy and will cause businesses that are potentially looking to relocate to look elsewhere than in Arizona," Huckins said. There are many organizations working unrelentingly toward making sure that Arizona continues to move in the right direction, said Reg Ballantyne III, vice president of the Arizona State Board of Education. "We're not there yet, but certainly there are advancements and enhancements to be made," Ballantyne said. "The passion of educational professionals at every level in making a difference is palpable, even in the face of barriers and obstacles still yet to be removed." Arizonans must "step up to the table, fight the fight, work together and truly value education," said Grant Woods, former Arizona attorney general. "Stop talking about it, and put our money where our mouth is."

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Healthy Tamilies

Just show up!

By SGT Steve



'm working on writing a new book. Actually, that's not quite accurate. I'm thinking about writing a book. I'm planning on writing a book. I'm talking about writing a book. I've even posted on Facebook that I am writing a book. I've pretty much done everything except actually sitting down and getting to work on it.

Why am I stalling and procrastinating? After sifting through a pile of excuses, I came to this conclusion: I don't feel like writing a book. When it comes to taking positive action that will help improve my life and/or the lives of others, I have a hard time getting going. Some people might find that hard to believe since I completed a 20 year Army career, wrote and published a book, earned 17 fitness certifications/specializations, and maintain a high level of fitness. Looking back, I rarely ever felt like doing any of the hard work it required to accomplish those things. But I realized something a while back that changed my life: Achieving positive things is about doing what I need to do vs. doing what I feel like doing.

As humans, we are wired to take the path of least resistance. We are designed to conserve energy and seek out Easy Street. However, the way we thrive and grow is when we overcome this tendency and do the hard work it takes to achieve positive things in life. Whether it's getting into

better shape, creating a new career, or any other worthy endeavor, it takes work, consistency, commitment, patience, and dedication. These are qualities that are often overlooked in our culture which is rooted in the myth of 'fast and easy' success.

If you want to make positive changes in your life, I'm going to suggest doing what I do: Just show up. Often just showing up can be the hardest part. I own and operate a fitness boot camp for women which has a 5:30 a.m. class. Most of my clients would agree that the toughest part is getting out of bed and showing up at camp. Once they are there (and finally fully awake), they crush the workouts. They leave with a sense of satisfaction and accomplishment. This approach works in other areas of life too. In the case of writing my book, it's about showing up. That means sitting down, pushing the power button and putting words on the screen. It's that simple. Not easy, but doable. Just show up. You will be glad you did! It's worth it!

SGT Steve is the owner and coach of the 'Kickstart Boot Camp for Women'. As the 'Kickstart Coach' he combines a tough, yet fun and friendly approach to creating a fit lifestyle. His energy and passion for fitness inspire those around him to take action. His guidance is simple: Move more, eat healthy, and rest. He coaches and trains women at his fitness boot camps in Prescott, Arizona. He has earned 17 different health, fitness and nutrition certifications and specializations. He served for 20 years in the U.S. Army and retired in 2013. He is married with two sons.





The Scoop on Sunscreen



any of us are vigilant with checking the ingredients in the food we eat, but how many of us check the ingredient list for sunscreen we put on our body?

"Eating healthy and exercise are important factors with healthy living but often our daily products are over looked, unfortunately," says Allie Bunting, a certified Toxic Free coach in Prescott. "These products are commonly packed with hidden hazardous chemicals that enter our body through our skin. The shocking truth is, it only takes about 30 seconds for many of the chemicals to penetrate the skin barrier and reach the bloodstream. Yikes!"

More than 2 million Americans are diagnosed with skin cancer every year. The incident of skin cancer continues to climb worldwide, even though more and more people are using sunscreen than ever before. Living in sunny Arizona, many of us are applying sunscreen daily. How can you protect yourself from the sun, while protecting your body from the chemicals found in many sunscreens today?

The Possible Dangers of Conventional Sunscreens

The Environmental Working Group (EWG) just published their 2015 Guide to Safe Sunscreens. They reviewed over 2000 sunscreens and over 257 brands. They found, "more than 75% of the sunscreens contained toxic chemicals that may increase your risk of cancer and other health issues."

Some toxic chemicals they found in sunscreen are: Dioxybenzone, Phenylbenzimidazole, Homosalate, Menthyl anthranilate, Octocrylene, Methoxycinnamate, Parabens, Para amino benzoic acid, Octyl salicyclate, Oxybenzone, Cinoxate.

According to Dr. Axe's Food is Medicine blog, The FDA has not established rigorous safety standards for sunscreen ingredients. Sunscreens haven't been regulated since 1978 in the USA. Even though the FDA continues to be criticized for failing to approve new regulations, many other countries are currently aware and taking action against toxins in home and health products, there has not been any concrete action taken to create those safety standards here in the US.

A recent study published in Environmental Science Technology has also shown the common sunscreen ingredients oxy-

benzone, methoxycinnamate, and PABA are estrogen disrupting chemicals linked to cancer.

According to Katie Mc-Donough from Johnson Compounding and Wellness, there are generally two types of sunscreens: non-mineral and mineral. Some sunscreens combine both.

"Non-mineral sunscreens may penetrate the skin, are potentially disruptive to hormones, are

allergenic, and can release free radicals when they break down. Oxybenzone is the most common ingredient found in sunscreens. Scientists recommend not using sunscreens containing oxybenzone on children because it's found to cause hormone disruption.

Mineral sunscreens are ones containing zinc, or titanium. These do not breakdown in sunlight, are not usually absorbed (so do not disrupt the body's hormones), are not allergenic and are more effective at blocking UVA rays than non-minerals. These sunscreens are a good choice for children and according to EWG have the best safety profiles of the choices in the United States."

Have you noticed most children who are allergic or sensitive to sunscreen can use zinc oxide without breaking out? It is because it is a mineral sunscreen and does not contain the chemicals that would break down and penetrate the skin barrier.

Nathan Rivas states, "There is a crucial distinction between penetration and absorption where measurement of chemical risk is concerned.

Skin Penetration represents the amount of a topically chem-

ical that exists between the top layer (stratum corneum) and the bottom layer (stratum basale.) During penetration, the body does not yet absorb the chemical, and it cannot affect the body systems.

Skin Absorption occurs when the topically applied chemical breaks the skin barrier to reach the bloodstream. Whether this chemical becomes a risk is determined by what occurs after absorption. Your body can filter (The bouncers!) out the chemical via bodily fluids, or bioaccumulation (build up) occurs.

Many variables affect the speed (or probability) of penetration and absorption. First, the composition of the chemical to which skin is exposed. The area of skin that is exposed (thinner-skinned areas are more susceptible to penetration and thicker skin is less) and the condition of the skin are all significant factors."

Although many sunscreen companies see their product's penetration of the skin barrier an effective way to prolong the protection from the sun, many wonder if continually absorbing these chemicals and possible "build up" is worth it, when there are many other safer alternatives.

Natural Sunscreen Alternatives

"There are options for those who want something safer for their family," says Allie. "Kiss My Face SPF 30, 100% Pure Hydration Organic Pomegranate, Aubrey Organics SPF 30 Children's Unscented Sensitive Skin. And last but not least, my personal favorite, The Healthy Home Company sunscreen. I love Healthy Home because all Healthy Home product ingredients are openly disclosed and their website verifies all certifications. PLUS Non GMO, BPA Free and is very affordable."

"It's important to know what to look for when shopping for environmentally friendly and safer products." Allie has outlined for us some of the certifications and seals you should keep an eye out for when trying to buy safer products for your family.

EcoCert: The Ecocert label guarantees a product is certified organic, has a neutral origin and is a plant-based product that comes from an organic origin. Plus, it verifies a product contains no parabens, no synthetic dyes or synthetic alcohol.

Leaping Bunny: The Coalition for Consumer Information



on Cosmetics' Leaping Bunny Program administers a cruelty-free standard and the internationally recognized Leaping Bunny Logo for companies producing cosmetic, personal care and household products. The Leaping Bunny Program provides the best assurance that no animal testing is used in any phase of product development by the company, its laboratories, or suppliers.

ToxicFree®: All products with the ToxicFree® seal are verified by the ToxicFree® Foundation and are ensured to be free from any toxic, carcinogenic and mutagenic components for any ingredient used. All ingredients are researched down to the composition for each component that make up that one ingredient. When you see the ToxicFree seal, you can be confident what you are using for you, your family, friends and pets is truly ToxicFree.

USDA Certified Biobased: Biobased certification is based on a product's biobased content only, as measured by a standard test method (ASTM D6866). The BioPreferred program encourages manufacturers to share, with the program and with customers, other product attributes such as life cycle analysis (LCA), environmental and human health effects, life-cycle costs, sustainability benefits and performance.

USDA Organic: USDA Certified Organic foods are grown and processed according to federal guidelines addressing, among many factors, soil quality, animal raising practices, pest and

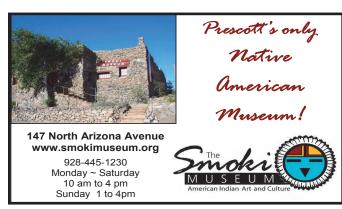
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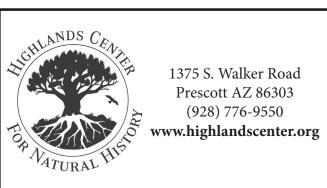
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For Better Sleep, Teach Your Kids Good Habits

By Dr. Rosenberg



ing that some parents really don't have a clue as to how much sleep their children need. However, the second and more extensive is the proliferation of electronics in the bedroom and the failure of parents to take charge and set limits.

In a recent study published in the International Journal of Mental Health and Addiction, 1,200 Australian high school students were studied. They completed a questionnaire assessing electronics use and sleep duration. Sleep duration on schooldays was reported to be less than optimal by 71% and by 53% on weekends. In one out of five, the major cause for a delayed bedtime was use of electronics. In fact, 10% were deemed pathologically addicted to electronic devices.

We know that lack of sleep in children and adolescents has severe consequences. Among these are irritability, problems with impulse control, inattentiveness, and depression. Additionally, childhood obesity and early onset diabetes can be linked to insufficient sleep.

The good news is that you as a parent can make a big difference. In the 2014 National Sleep Foundation (NSF) Sleep in America poll it was clear that parents can make a big difference. When parents enforced such things as bedtimes,

caffeine drinks, and how late electronics could be used, their children slept on average almost one hour more than those who did not. In addition, roll modeling is important. Children of parents who have interactive electronics in their bedrooms are far more likely to have them as well.

What is the take-home message? First, educate yourselves about how much sleep your children require. A schoolaged child of six to twelve should be getting 10 to 11 hours while a high school student needs 9 to 10. Second, don't be afraid to set some rules. All interactive electronics and televisions should be off a minimum of one hour before bedtime, and if possible, they should not be part of the bedroom environment. In the end, once you get through the moaning and groaning you will be rewarded with a much happier and healthier kid. After all, isn't that a parent's responsibility?

Dr Rosenberg is a Board Certified Sleep Medicine Specialist and the author of Sleep Soundly Every Night, Feel Fantastic Every Day, A Doctor's Guide to Solving Your Sleep Problems. He has dedicated an entire chapter in his book to the sleep problems of children and adolescents.



The Serious Problem of Premature Birth



very year, about 450,000 babies are born too soon in the United States. After rising by 36 percent over 25 years (1981-2006), our country's preterm birth rate has been steadily declining. However, at 11.4 percent it remains higher than that of most developed nations. Our goal is to reduce the United States rate of preterm birth to 5.5 percent by 2030.

Premature birth costs our country more than \$26 billion a year and takes a high toll on families. Babies born just a few weeks early are at risk of severe health problems and lifelong disabilities. Premature birth is the leading cause of death of children under 5.

The Prematurity Campaign

The March of Dimes Prematurity Campaign, launched in 2003, has stimulated widespread action and attention around the problem of premature birth. Over the course of the Campaign, we have set ambitious goals for reducing the number of babies born prematurely and have rallied others to join us. Together, we speak out for legislation that improves care for moms and babies. Through our annual Premature Birth Report Card we demonstrate our progress and focus the nation's attention on the serious problem and the work ahead.

A Multimillion-Dollar Research Investment

In most cases, the cause of a premature birth is unknown. Premature birth can happen to any woman, even if she has no risk factors. That's why the March of Dimes has established a network of five Prematurity Research Centers where the brightest minds

from many different disciplines work together to uncover the causes of premature birth and develop new ways to prevent it.

Preventing Premature Birth

Healthy Babies are Worth the Wait* is a comprehensive initiative by the March of Dimes to prevent preterm birth by improving the quality of care that women receive during pregnancy. We're helping pregnant woman and health professionals understand that if a pregnancy is healthy, it's best to wait until at least 39 completed weeks of pregnancy before scheduling a delivery.

World Prematurity Day

Each year on November 17, the March of Dimes and people in countries around the world mark World Prematurity Day and ask everyone to help spread the word about the serious problem of premature birth. The day has grown to include millions of people in more than 100 countries. The World Prematurity Network is made up of groups of parents in many countries who work year round to advance advocacy initiatives, hold events and support families.

Prescott Parent Magazine is honored to partner up with March of Dimes for the Prescott March of Dimes Walk on September 12th! Register on our website to walk with us. If you can't make it for the walk, please consider making a donation to support the campaign for healthier babies. www.prescottparent.org

Courtesy of March of Dimes, Southwest Chapter. www.marchofdimes.org



Saturday, September 12, 2015
Prescott Valley Entertainment District Plaza
Registration: 7:30 a.m.
Official Start: 8:00 a.m.

Register to walk with us, or make a donation on our website today! www.prescottparent.org

start your team at marchforbabies.org



Tis the Season...For Travel!

By JoAnne Golleher



myself am a product of the 80's. So I remember the days of the swishy, matchy-matchy windbreaker suits. Anyone with me??? They were awful, even then, so thank goodness those days are gone! So, what's one to do if they don't want to wear those super sweet windbreakers suits of the 80's but still want to be comfortable while traveling? We're here to help!

Your first method for comfort is layering. When you layer your clothes, as well as those of your family members, you have options. A lightweight shell or tank should be your first versatile layer. It also camouflages any "lumps and bumps" you're trying to hide. Your second layer can be a lightweight cardigan or sweater. If it's hot, you take off the sweater or cardigan. If it's cold, you wrap back up. If it's hot, you take off the sweater or cardigan. If it's cold, you wrap back up. The less bulky it is, the better. Then you can easily stuff it into your purse or extra bag or even tie it around your shoulders. Pants aren't a layer but be sure you're bottom half is dressed with something comfortable and even a bit stretchy, free flowing or loose so you're not constricted or cramped. These ideas will help keep you comfortable at all times!



Your second tool is a scarf. Scarves add dimension and flair to any outfit. If your top is plain, wear a lightweight printed scarf. If your top if printed, wear a solid color scarf. It livens up your outfit and serves many purposes. It can add a layer if you're chilly. It can be a shawl if you're wearing a tank style dress or a cami with a skirt. It can keep your neck warm. It can be a pil-

low, a drape over your eyes to sleep or even a blanket for a sleepy child. It can also act as a mask if someone is sick nearby. If you don't want to wear the scarf, simply tie it around a the strap of your handbag for an adorable addition to your purse!

Your second tool is shoes. Do not, I repeat, do not wear brand new shoes if you know you'll be walking or standing a lot. The last thing you need are sore and blistered feet when you are traveling. Pick a shoe that is comfortable, versatile and can stand whatever you put to the test. Not only will you be comfortable this way, you'll also have a great pair of shoes to wear during your stay. There are loads of cute options these days so there's no reason to not be cute and comfortable.

Your third tool is your handbag. Every woman has a different preference when it comes to their handbag. Big or small, vibrant or plain, functional or fun. There are lots of options. If you prefer something small but functional, a crossbody handbag is a great option. They're smaller so you won't be lugging a large bag around and you have everything right at your hip. Just about every brand makes them so you can choose whatever style suits you, from fabric to leather and Designer to store brand. Larger tote bags can be cumbersome but they also

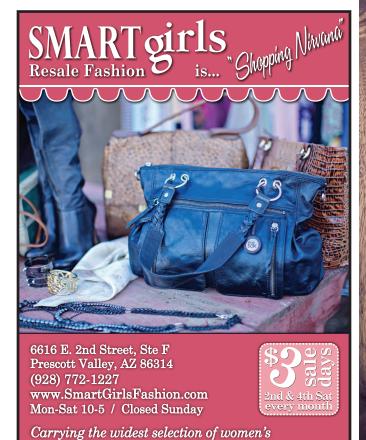
store more items. So you'll have more at your fingertips and even less to potentially pack. Larger bags are especially helpful when you're traveling with kids as you may need to have extra clothes, snacks/cups and entertainment. I would recommend choosing a larger bag that is a little more sturdy though so it's less likely to tip over and spill it's contents. They also make it easier to find what you need in a snap. There are also a plethora of options out there for large handbags so you're sure to find one that fits your needs and your fashion tastes, best!

So, with the many fashionable options you have, there's no reason to look frumpy! You can look fashionable and fantastic while feeling great when you travel.

For more fashion advice or fabulous fashions at great prices, come see us at SMARTgirls Resale Fashion 6616 E. 2nd St. Ste F in Prescott Valley or online at www.smartgirlsfashion.com!







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5466th St. | Prescott, AZ 83301 | (923) 899-4539 Synergygymnasticsaz.com nce a year, the large lawn at Heritage Park Zoological Sanctuary is transformed into every child's dream of the perfect backyard water party for Wet and Wild Water Day. With a water slide, dunk tank, water toys, buckets and buckets filled with a never-ending supply of water, it is easy to see why families in Prescott love this event.

"We drive up from Phoenix every year for Wet and Wild Water Day. My kids have the best time!" Kelly Capona looks like she is having just as much fun as her kids. She is hiding behind a tree with her 4 year old daughter, soaking wet, mascara running, water gun in hand and a huge smile on her face.

"Here they come! Here they come!" her daughter, Emma shouts in excitement.

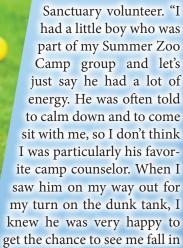
"There they are! Get them!!" Yell her 6 and 9 year old sons, followed closely behind by a hand-ful of giggling children.

This will be the third year for Heritage Park Zoological Sanctuary's Wet and Wild Water Day. The event was created to encourage families to get out together and enjoy the summer weather with fun, water games and activates to "cool" off during summer break. It is organized by the Sanctuary's Marketing and Educational Departments as an event for children to do something different at the Sanctuary while learn-

ing and exploring through water play.

What we love about Wet and Wild Water Day is there is something for every age and interest to explore. The playground is located directly across from where the water activities are set up, making it easy for parents to keep an eye on those who want to play at the park and those who want to do water activities. Water guns and the dunk tank a little too much for your little one? They can splash in the buckets of water or play on the splash pad.

"My favorite is seeing how proud the kids are when they get to dunk someone one of us in the dunk tank," says one



the water. He has a great arm too! Made me dunk every single time! You know he is having a good day!"

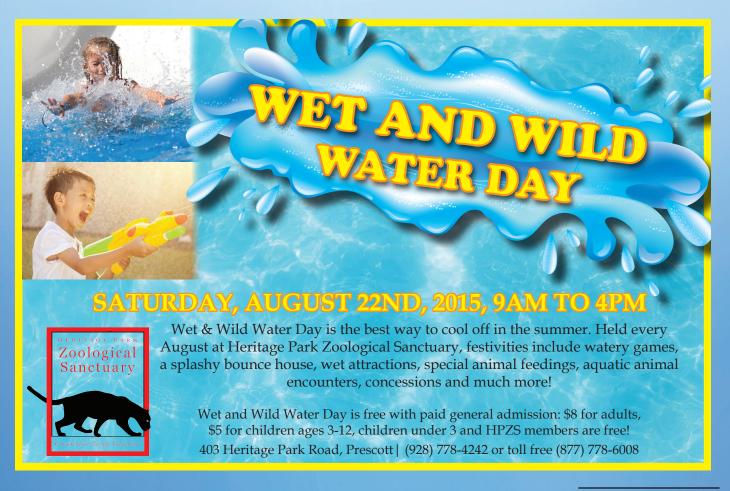
The pavilion area is quickly becoming a new favorite spot among families who visit the Sanctuary and there will also be water activities set up in that area this year. When you are at the pavilion don't forget to check out the new rabbit enclosure and all the new baby rabbits. They are quite the cuties!

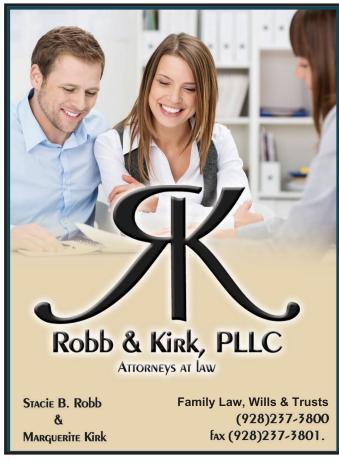
A concession stand will be running throughout the day, selling many summer BBQ favorites. Hotdogs, hamburgers, chips, drinks and water will be available for purchase. In the Zoo Gift Shop, you can always buy ice cream and additional sweets. Visitors are also welcome to bring a small cooler with drinks and lunch or snacks to the event. There are many picnic tables throughout the zoo, and a picnic on the grass while the kids play is always a fun option. Glass containers are probably not the best of ideas since so many little feet will be running around, so be sure to use plastic or other materials that will not shatter.

In addition to all the water activities, visitors are able to experience the full experience of the animals at the sanctuary with special feedings and talks scheduled throughout the day. "We have received many new habitat enclosures at the Sanctuary over the last few months. We will enable us to accept more animals in need of sanctuary and move some of our permanent animals to enclosures better suited for their needs. It has been an exciting year for the Zoo and we made a lot of new changes that our visitors will enjoy."



Wet and Wild Water Day is happening on Saturday, August 22nd from 9am to 4pm. It is free with general paid admission of \$8.00 for adults, \$5.00 for children ages 3-12. Children under three years of age and Heritage Park Zoological Sanctuary Members are always free!







Join Us For The Summer Concert Series

If you and your family want to visit the programs this summer, the Summer Concert Series starts June 2nd and goes until September 5th.

Tuesdays, Jazz on the Square plays from 6:30pm-8:30pm (with a 7:30 intermission).

Wednesdays, the Movie Under the Stars series starts at sundown (generally 7:30-8:10 pm) and a schedule of the films is available at www.cityofprescott.org.

Thursday is another music night on the square with Prescott Karaoke Idol! at 7pm alternating with the Arizona Concert Band every third Thursday.

Fridays and Saturdays from 7pm-9pm are a number of bands varying from blues to country to rock and more.

For more information on any of these programs, you can visit www.cityofprescott.org, or you can pick up more information at the Prescott Chamber of Commerce, located in downtown Prescott across from Courthouse Square.





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Natural Confealing Garden.com

Growing Up in the Garden

By Richard Maranville

s we become parents, grand-parents, aunts and uncles, we all have one singular focus in life; we want our kids to have the best opportunities that life has to offer them. This looks different for each parent, but there is consistently one basic element that every child needs in their lives and that is food. As a child comes into this world they look to the adults to form their opinions and to help them develop cognitive decision making skills. What more important part of developing these skills than inspiring them to discover the joys in diversity of choice for healthy eating options.

We all face a choice as parents; are we going to choose pre-prepared foods for our children and not concern ourselves with the potentially harmful side effects of preservatives and unknown additives? Or are we going to be active in getting to know what we feed our children and help them understand why it is better to know where their food comes from? This raises the question of why it is important to know, where does our food come from. Do we know what potentially harmful chemicals the farm that provides our food uses? How long has that food sat on a boat, then a train, then a truck, on a loading dock, and then in the grocery store before it gets prepared on our table? Is there any actual nutritional value left after that much time in transit? What mix of chemicals does it take to keep things looking good after so much time in transit and why wouldn't those harm us? And in 2012 the CDC stated that more than one third of children and adolescents were overweight or obese, which causes significant health problems now and in their future. Isn't it our responsibility and our promise to them to keep them healthy ad protect them? Plenty to think about isn't there?

With all of these decisions in front of us how do we make up our mind as to what is wrong and what is right? How do we juggle full-time careers, limited budgets, and not enough time and still make these decisions? There is no



easy answer to all of these things but I can give you a couple of options to start the ball rolling and make Healthy Eating Fun.

Option one starts with the assumption you have space for a garden of some type. Whether you start small or crazy big (I just finished planting 3500+ square feet of garden) a garden can be a beautiful thing to help your child off to a fantastic start. So we take them outside to get their own hands dirty, planting a garden. As we look at the tiny seed and explain to our children the miracle of how this, in just a short period of time, will become a big healthy vegetable is so much fun. Then as we plant these the joy of seeing the first sprouts appear the excitement of putting these in the ground. This gives us a wonderful opportunity to reinforce the joys of patience to our children and helps give them tools to overcome some real life scenarios that don't exist with our current instant world. We can build a daily routine of watering each day, and that gives us a chance for them to slow down long enough to talk to them about their hectic young lives. Watering is a fabulous gateway to sharing the importance of meditation with our children. As time goes by the sprouts flower and then ultimately become our meals. There is no better way to get a child



Debbie and Richard Maranville

excited about vegetables than to have them help grow and harvest them.

Our second option allows for those not blessed with time or space to garden a fabulous alternative to reinforce the same values. Go visit your local farmers market and let your children meet the farmers, taste the different varieties of foods and mingle with others. A farmers market is a wonderful place to teach our kids the value of fresh local food, and more importantly help them and yourself by embracing your community and all it represents. It is very easy to forget the phrase that it takes a village to raise a child but I know of no more truthful statement than the latter. As a father, grandparent and uncle I encourage you to give your children as many tools to thrive in life, starting with the discovery of healthy eating and where that food comes from.

Just a little about Richard Maranville. I have been a massage therapist since 2000. I have 2 kids and a 3 month old Grandson. I have had the opportunity to help expand two food companies and enjoy sharing these foods in a variety

of farmers markets. I am currently the proud owner of The Natural Healing Garden Wellness Center at 119 Garden Street in Prescott Az. The Natural Healing Garden offers a variety of wellness treatments including massage therapy, healthy eating classes, skin care, organic hair care, and starting July 1st a wonderful interactive farm stand. I have been blessed enough to grow up around the hard work of farming and enjoy the values it has taught and reinforced in me. We will be sharing not only great fresh produce but will be hosting a variety of our local farmers and gardeners and sharing different classes on how to garden. www.naturalhealinggarden.com for more information or 928-237-4116. The first class will be a healthy eating class on 7/15 with our very own Debbie Maranville!



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PRESCOTT AREA SCHOOL GUIDE

Although it may still be summer, August 6th is the first day for most Prescott area schools. We have compiled a list of pre-schools, elementary schools, middle schools, high schools and tutoring services for you. Listings include information about each school, contact information for registration and website. Schools are listed alphabetically.

PRESCOTT SCHOOLS

Abia Judd Elementary

Elementary School 1749 Williamson Valley Road Prescott, AZ 86305 928-717-3263 www.prescottschools.com

American Lutheran School

Pre-school, Elementary School 1085 Scott Drive Prescott, AZ 86301 928-445-4348

Email: info@americanlutheran.net

www.americanlutheran.net
American Lutheran School offers a program that will provide the child with a variety of learning experiences. In a Christian atmosphere, the child will be free to explore his or her environment and will receive guidance in participating in activities in which he or she can experience success and spiritual growth.

BASIS Charter School

K-10

1901 Prescott Lakes Pkwy Prescott, AZ 86301 928-277-0334

Email: info@basisprescott.org http://basisprescott.org/

BASIS schools offer students something no other American public school does: An education that prepares them according to the highest, most rigorous international standards. Our schools have been ranked consistently among the best schools in the United States--and the world. BASIS Schools are uniformly held to a high standard of student achievement and accountability. Without which, schools cannot maintain the BASIS name. While BASIS schools currently operate in several juris-

dictions, the governance structure of the schools is similar to ensure each school operates the BASIS model that produces extraordinary academic results.

Cedar Tree Montessori

12 months through 1st Grade 129 North Pleasant Street Prescott, AZ 86301 928-771-8785

www.cedartreemontessori.com

Montessori emphasizes learning through all five senses, not just through listening, watching or reading. Children learn at their own individual pace through an exciting process of discovery. Offers programs for children 12 months to 1st grade.

The Children's Garden Pre-school

Pre-school 13 Brookside Blvd. Prescott, AZ 86303 928-777-9150

The Children's Garden is a preschool where little sprouts blossom. We learn, play, and grow in harmony with each other and with the earth.

Christian Academy of Prescott

Pre-school, Elementary, Middle School 148 S Marina Prescott, AZ 86303 928-445-2565 www.cap-prescott.com

Christian Academy of Prescott is a non-denominational Christian school for preschool through 8th grade, committed to excellence in education since 1981. We offer outstanding academics, dedicated teachers and small class sizes, ensuring every child receives the individual attention they deserve. We are centrally located in downtown Prescott, Arizona.

Discovery Garden's Pre-school

Pre-school and Early Education Prescott, AZ 928-442-1283

www.pusdonline.com

Prescott Unified School District's Discovery Gardens Early Childhood Center welcomes preschoolers who are 2 years, 10 months to 5 years of age who love to have fun and learn new things, no matter what their ability level. Offering a developmen-

tally appropriate preschool, along with the full range of special needs services for exceptional children.

Family Enrichment Center

Early Education, Pre-school 1100 E. Sheldon St Prescott, AZ 86301 928-445-7300

www.yc.edu/v5content/family-enrichment-center

Nurturing child-centered program that focuses on promoting children's learning through exploration and engagement. Programs for children three months old to five years of age.

Granite Mountain

5th & 6th Grade 1800 Williamson Valley Road Prescott, AZ 86305 928-717-3253 www.prescottschools.com

Beginning in the 2015-2016 school year, Granite Mountain will be Prescott's 5th and 6th grade school. Across the curriculum, students use the most modern technology and equipment to support their exploration of new subject matter alongside a child-focused faculty. From daily TV productions in the school's video lab to orchestra, fine arts and sports, students at Granite Mountain gain rewarding experiences and build the maturity and confidence.

La Tierra Community School

Elementary School 124 N. Virginia Street Prescott, AZ 86301 928-445-5100

Email: office@latierracommunityschool. org

www.latierracommunityschool.org
La Tierra Community School is committed to providing a transformative education to all of its students. Our ambition is to inspire in our children the knowledge to become citizen scholars. Our model for teaching and learning challenges students to think critically and take active roles in their classrooms and communities, resulting in higher achievement and greater engagement in school.

PRESCOTT AREA SCHOOL GUIDE CONTINUED...

Lincoln Elementary Elementary School 201 Park Ave Prescott, AZ 86303 928-717-3249

www.prescottschools.com

Known as Prescott's "Hometown School" and a haven for academic achievement and growth, Lincoln is a neighborhood campus with expansive sports and playground areas. A team of award-winning teachers work closely with students to nurture a sense of individuality and love of learning. A curriculum rich in the arts, literature, science and technology is fortified by patriotic traditions and community service activities that foster a school-wide spirit of citizenship.

Mountain Oak School

Pre-school, Elementary School 1455 Willow Creek Road Prescott, AZ 86301 928-541-7700

www.mountainoakschool.org

Waldorf, the fastest-growing independent school movement in the world, operates under the philosophy that in order to develop critical thinking, a child needs an active and creative imagination. Our focus is on educating the whole child—head, heart and hands. Movement, handwork, music and Spanish language classes are an integral part of the student's daily curriculum.

Northpoint Expeditionary Learning Academy

High School 551 1st Street Prescott, AZ 86301 928-717-3272

Email: info@northpointacedemy.org www.northpointacademy.org

I remember when Northpoint was just a dream: a dream of a mother who envisioned a school that would not only nurture and challenge her son's mind, but also his heart. Ten years have passed and the dream is a reality. Northpoint is thriving because its teachers, leaders, students, parents and community members value the principles that shape our daily intention of creating the healthiest and most vibrant learning community possible.

Pine Grove Preschool

Pre-school 217 Grove Ave Prescott, AZ 86301 928-277-1424

Email: info@pinegrovepreschool.org www.pinegrovepreschool.org

Pine Grove Preschool is staffed by fully qualified, enthusiastic and caring professionals all of whom have extensive training and background in the field of child development, possess CPR/ First Aid Certification, and are active participants in professional workshops in order to enhance their knowledge, growth, and development as teachers guiding young children and their parents. As a Christian preschool, our approach to learning is from a God-centered perspective.

Prescott Adventist Christian School

Pre-school, Elementary and Middle School 2980 Willow Creek Rd Prescott, AZ 86301 928-445-3663

www.prescottsdaschool.com

We are a Seventh-day Adventist elementary school located in Prescott, Arizona. Our staff is committed to providing quality education in a Christ-filled environment. Our school is part of the world-wide Seventh-day Aventist school network. The Seventh-day Adventist educational system includes elementary and high schools, colleges and universities in countries around the globe.

Prescott Head Start

Early Education, Pre-School 828 Rodeo Drive Prescott, AZ 86305 928-445-8534

NACOG Head Start uses The Creative Curriculum and The Creative Curriculum for Infants and Toddlers. These resources were developed by Teaching Strategies, Inc. and offer quality early childhood curriculum materials for preschool children and for infants and toddlers. As required by Head Start Performance Standards, these resources are based on sound child development theories about how children grow and learn and are inclusive of children with disabilities.

Prescott High School

High School
1050 N. Ruth Street
Prescott, AZ 86301
928-445-2322
http://prescottschools.com/
Prescott High School offers the full spec-

trum of academics, including Advanced Placement courses and dual credit courses in conjunction with Yavapai College. Our academics are complemented by athletics, theater, fine arts, choir, band, and Career and Technical Education programs. The effectiveness of such an educational experience as a competitive edge for the future is demonstrated by the accomplishments of PHS graduates who have received the nation's most prestigious scholarships and attended its top colleges, including all four service academies. PHS prepares students to live a responsible, creative, ethical, dynamic life in an ever-changing world. As such, the school's comprehensive curriculum and diploma requirements offer many choices.

Prescott Mountain High Middle School

Middle School 300 S. Granite St. Prescott, AZ 86303 928-717-3241

www.prescottschools.com

A Mile High and Climbing" is the guiding principle on this historic campus located just off Courthouse Square, and with good reason. A veteran faculty inspires and supports a diverse mix of determined students as they "climb" toward proficiency in academics as well as in the arts, technology, athletics and life skills. In addition to such resources as sophisticated computer, media and science labs, counseling services and Alternative Learning Programs (ALPS), Mile High features a 1000-seat auditorium, two gyms and a football field and track where students can gain meaningful experience beyond the classroom.

Prescott Preparatory Academy

High School 325 N. Washington St Prescott, AZ 86301 928-541-1090 www.prescottpa.com

Our Mission is to provide quality educational opportunities by recognizing individual student needs, in a safe and supportive environment. We encourage self-empowerment by teaching the intellectual and social skills necessary to meet the challenges in our society. We will support an alternative school population that needs to recover credits in order to graduate on time.

PRESCOTT AREA SCHOOL GUIDE CONTINUED.

Primavera School

Pre-school through grade 6 1446 Moyer Road Prescott, AZ 86303 928-445-5382

www.primaveraschool.org

Primavera School is committed to preparing children for the future as life-long learners by encouraging high academic standards across a progressive curriculum and demonstrating a productive and meaningful interaction among families and between teachers and students within a small classroom setting. School is a nut free zone.

Sacred Heart Catholic School

Pre-school, Elementary, Middle School 131 N Summit Ave Prescott, AZ 86301 928-445-2621

www.sacredhearteducation.com Strengthened by the Father, led by Jesus, and guided by the Holy Spirit, Sacred Heart Catholic School is a community of faith dedicated to teaching the whole child, by providing a Catholic education promoting academic excellence, quality of character, social responsibility, and spiritual growth. Open enrollment based on space available.

Skyview School

Prescott, AZ 86303

125 South Ruth Street

practical experiences.

High School

928-776-1742 Email: admin@skyview.k12.az.us www.skyviewschool.org Skyview School's mission is to enrich the lives of students and to ensure that future generations are well prepared to live their lives with meaning, dignity, and the ability to work together for a better world. Respect and responsibility toward self, others, and the natural environment are our guiding principles. We believe that children possess a blend of multiple intelligences and, drawing on "the best practices in education", we celebrate each child's uniqueness, tailoring education to develop the fullest potential of each learner. Encouraging a sense of competence and self-motivation, classroom life is interwoven with community life through

Taylor Hicks Elementary

Elementary School 1845 Campbell Ave Prescott, AZ 86301 928-717-3276

www.prescottschools.com

An Arizona A+ School, Taylor Hicks is a modern campus where students develop the ability to make wise choices and form independent judgments. In addition to gaining a solid foundation in language, math, science, and social studies, students participate in a nationally recognized arts program and an award-winning physical education program.

Tri-City College Prep High School

High School 5522 Side Road Prescott, AZ 86301 928-777-0403 www.tricityprep.org

Tri-City College Prep is a public charter high school designed to enhance students' academic opportunities and college readiness while providing access to a wide array of educational, artistic and athletic endeavors. TCP offers dual enrollment courses on campus through partnerships with Yavapai College and Graceland University. The school has received recognition for outstanding academic performance from U.S. News and World Report, is labeled an "A" - Excelling school with the Arizona Department of Education and maintains college prep accreditation with AdvancedEd (formerly NCA).

Trinity Christian School Pre-school, Elementary School

1077 Mogollon Road
Prescott, AZ 86301
928-445-6306
www.trinitychristianaz.com
Trinity Christian Preschool believes in the development of the whole child: spiritually, physically, emotionally, socially, and intellectually. We seek to accomplish this through the use of a loving and stimulating Christian atmosphere in small group settings.

YMCA

Pre-School, After School Care 750 Whipple St Prescott, AZ 86301 928-445-7221 Child care and an environment for learning that prepares children with all the We are aware of, and adhere to the state requirements for kindergarten readiness and incorporate these standards into our classrooms using High Reach Curriculum. Our after-school program is for children in grades pre-school to 5th grade. Students will take part in a variety of activities that will keep them engaged. Available until 6pm. Scholarships are available for those who qualify.

PRESCOTT VALLEY SCHOOLS

Acorn Montessori School

Pre-Kindergarten, Elementary, Middle School 8556 E. Loos Drive

Prescott Valley, AZ 86314 928-772-5778

www.acornmontessori.com

Acorn Montessori Charter School is a blended Montessori / Traditional program. Montessori activities promote academic and social growth. Our uniquely prepared classrooms offer a wealth of learning materials. Our instructors provide necessary resources, including opportunities for children to function in a safe and positive climate. We have achieved individualized success in exceeding state standards. Please contact us to register. In addition to teaching the Montessori philosophy; Acorn also uses Saxon, a traditional curriculum that focuses on mathematics, phonics and reading. Both Montessori and Saxon are currently taught from Pre-K through 8th grade, in a low teacher-to-student ratio.

Bradshaw Mountain High School

High School 6000 Longlook Road Prescott Valley, AZ 86314 928-759-4000

www.ms.humboldtunified.com

A comprehensive high school serving students in grades 9-12. It is fully accredited by the North Central Association Commission and a member of the Arizona Interscholastic Association. BMHS is committed to providing an exemplary education that inspires excellence and success while preparing all students to become educated, responsible participants and leaders in a democratic society. BMHS offers the following athlet-

Continued on page 47



Traveling WITH YOUR FAMILY Tricks

A Backyard Road Trip on 89A

By Samantha Kingsley



tate Route 89A is an 85 mile state highway that runs from Prescott to Flagstaff. It is one of our favorite backyard road trips to take with the kids because there is so much to do along this relatively small highway.

As 89A moves to the northeast from Prescott and Prescott Valley, it begins to ascend the Black Hills mountain range. The roadway follows the terrain through a series of hairpin turns as it climbs in elevation. Once SR 89A passes over the mountains, it begins its descent into the Verde Valley. During its descent, SR 89A enters the historic town of Jerome. From Jerome, the route then heads to Cottonwood and Sedona. The highway is notable for its scenic value as it passes through Sedona and the Oak Creek Canyon. The route then enters Flagstaff, where it crosses Interstate 17 (I-17) and I-40 before ending in the Flagstaff business district.



Ierome

Set dramatically on the side of Mingus Mountain, the town of Jerome is propped on a thirty-degree mountainside two thousand feet above the Verde Valley. This small, quirky mountain town has 3 main roads, which switchback through the downtown section of Jerome.

Beginning around 1876, miners started to seriously mine the rich copper reserves. Eventually a fortune in copper, as well as gold and silver was extracted. The United Verde would become the richest privately-owned copper mine in the world—producing \$29 million worth of ore in one year alone.

Between 1897 and 1899 Jerome caught fire numerous times. But each time the residents quickly rebuilt, and by 1900 it was the fifth largest city in Arizona with a population of over 15,000. If you were in Arizona during this period, Jerome was the place to make your fortune. Fortunes in Jerome were based on the price of copper, and after the stock market crash of 1929 the towns' population slowly plummeted. In 1953 the last mine closed. After the closing of the mines, many of the residents left for better opportunities and for more than 20

years, Jerome sat quietly and soon became the largest ghost town in America

In the 1970's groups of artists moved into the empty buildings and the ghost town was rebuilt as an arts community. Slowly Jerome became what it is today, a collection of late 19th and 20th century buildings housing restaurants, shops, saloons, B & B's, and art galleries. The town boasts its ghost town past with restaurants like The Haunted Burger, and The Asylum Restaurant and Lounge. There are many locations throughout the town that claim to be haunted. The United Verde Hospital lay closed for 44 years, then reopened as The Jerome Grand Hotel, a very popular tourist attraction in Jerome.

The Gold King Mine (a couple miles past the firehouse and visitor parking) is a must see! This former mining town is now an eclectic collection of old mining cabins, cars, work vehicles, collector items and so much more. I guarantee you have never have, and will never see any place quite like it.

Clarkdale

Leaving Jerome, you will enter the small town of Clarkdale. Clarkdale was founded in 1912 as a company smelter town by William A. Clark, for his copper mine in nearby Jerome. Clarkdale was one of the most modern mining towns in the world, including telephone, telegraph, electrical, sewer and spring water services, and was an early example of a planned community. It is now a small town, with late 19th century architecture and a small museum. The entire original town site is also on the National Register as the Clarkdale Historic District. A portion of the Yavapai-Apache Nation is within Clarkdale's boundaries.

Tuzigoot

Just off of Highway 89A, Tuzigoot is a small national monument, one of several sites in the area where the remains of

dwellings of the 12th century Sinagua Indians are preserved. Unlike the single cliff house of Montezuma Castle 20 miles southeast, Tuzigoot comprises a cluster of buildings, on top of a small sandstone ridge rising above the Verde River valley. The Verde River Valley looks nothing like it did during the height of Tuzigoot due to the many years of mining and



dredging this part of the valley.

There is a small visitor center, built in a similar style to the ruins, and containing a fine display of Indian artefacts, most of which have been found on-site. A short wheelchair-accessible loop path that leads up the hill, round some of the ruins to the summit and then back to the carpark. Most of the rooms are partly-preserved walls a few feet high although the largest dwelling, on top of the hill, is complete - with a reconstructed ceiling plus a ladder up to the roof, and it provides a cool refuge in summer. At one time the settlement was home to around 250 people and had up to 110 rooms, some on two stories, but all were abandoned sometime in the fifteenth century. The entire museum and ruins can be toured in 30-40 minutes.

Cottonwood

According to a Cottonwood Travel website, "In 1874 soldiers from Camp Verde were stationed at an adobe house, but at that time there was no name for the present Cottonwood (where the house existed). As settlers moved in and the community developed, it took its name from a circle of sixteen large cottonwoods growing about one-quarter of a miles away from the Verde River. Malaria and dysentery were severe problems as mosquitos rose in thick clouds from stagnant pools left by receding floods. Nevertheless, by 1879, several families had settled there." By 1920's Cottonwood was called the 'Biggest Little Town in Arizona'.

Today, the small town of Cottonwood is a quiet community with convenient shopping, hotels, restaurants, and a picturesque Historic Old Town, complete with high sidewalks and false fronted buildings that lend to the old west atmosphere. There are some terrific attractions near Cottonwood. The Verde Canyon Railroad is a wonderful experience. Visitors will travel down the railroad lines viewing scenic spots and wildlife. There are two hiking trails that give visitors an up close look at the culture from long ago. The Clemenceau Heritage Museum is a neat place to visit to see a room of working model trains and to discover more about the Verde Valley's past. Cottonwood has so many outdoor activities. Dead Horse Ranch State Park is close to town. This park has camping, picnicking, fishing and horseback riding. The Sycamore Canyon Wilderness Area is a 26-mile canyon perfect for hiking, known as one of the most breathtaking spots in the area.

Sedona

Sedona's main attraction is its array of red sandstone formations. The formations appear to glow in brilliant orange and red when illuminated by the rising or setting sun. The red rocks form a popular backdrop for many activities, ranging from spiritual pursuits to the hundreds of hiking and mountain biking trails.

No matter how much time you have in Sedona, you can't see everything. With clusters of natural wonders in every direction, it's difficult to pin down a specific list of attractions. But what follows are a few premier highlights.

If you've ever seen a photo of Sedona, chances are you've seen Crescent Moon Picnic Area, known locally as Red Rock Crossing. That image of Oak Creek flowing in front of majes-



tic Cathedral Rock is one of the most photographed images in the Southwest. Don't be surprised to find radiant brides and glowing grooms posing for their wedding portrait on the rocky banks. The shallow stream meanders past the base of Cathedral Rock and through forested groves. On the bank opposite Cathedral you'll notice dozens of stacked rock totems, looking like a miniature Stonehenge. This is Buddha Beach, considered to be the site of a powerful energy vortex.

There is no drive to or from Sedona that doesn't qualify as spectacular. For those who also like a challenge, Schnebly Hill Road makes a twisted ascent through red rock tablelands to the pine forests of the Colorado Plateau with sprawling vistas along the way. The rugged wagon road was scratched from rocky hillsides by Sedona pioneers at the turn of the last century, and it hasn't changed much in the years since. The first mile is paved but don't be fooled. The road quickly turns primitive, a lane pockmarked, ledged and veined with rocky fragments. Making a steady climb, views sweep across an expanse of sandstone formations to the wall of Mingus Mountain at the far edge of the Verde Valley. If you don't have a high clearance vehicle, consider taking a jeep tour.

Red Rock State Park is just southwest of town, the park exists as a bit of wilderness snatched from development and reinvented as living laboratory. The 286-acre nature preserve contains a network of trails, everything from creekside rambles to high dramatic vistas. Staff and volunteers conduct daily activities such as bird watching tours, wildflower walks, moonlight hikes and geology discussions.

Oak Creek Canyon

Oak Creek Canyon Scenic Drive is about a 14 mile drive along Route 89A between Sedona and Flagstaff, Arizona. It has been recognized as one of the Top 5 Most Scenic Drives in America by Rand McNally. Oak Creek Canyon is a breathtaking stretch of beauty on a winding road that climbs 4,500 feet from Sedona to the top of the Mogollon Rim. The Oak Creek Canyon – Sedona area is second only to Grand Canyon as the most popular tourist destination in Arizona.

Oak Creek Canyon is located within the Coconino Nation-

al Forest. Portions of the canyon have been designated federal wilderness areas as part of the Red Rock-Secret Mountain Wilderness. The crystal clear Oak Creek flows throughout the year ensuring beauty filled with lush greenery during spring and summer with golden colors emerging in the fall. The canyon's deepest point lies about a mile and half from the top of the rim. The canyon's walls are quite steep, but visitors marvel at the various colors of the rocks that seem to tower above the quiet waters below. At the top of the canyon, various Native American vendors sell hand-crafted authentic works of art at Oak Creek Canyon Vista Point. It is a great place to stop and enjoy the views into the canyon.

The United States Forest Service operates several campgrounds, picnic areas, and recreation areas within the canyon. Slide Rock State Park, home to a natural water slide along Oak Creek, is also located

within Oak Creek Canyon. Other recreational activities include swimming and fishing in Oak Creek. Hiking the many trails that lead into side canyons or up to the rim of the canyon is a popular activity for the area. The trail leading the first 3 miles (4.8 km) up the West Fork of Oak Creek, a 14-mile (22.4 km) long narrow side canyon, is the most popular trail in the Coconino National Forest

Oak Creek Canyon is also home of the famous West Fork Oak Creek Trail, perhaps the most popular hiking trail in Arizona. West Fork hiking trail beckons in all seasons. The first few miles are easy hiking along the creek. You might get a bit wet walking across the creek, but you will love the tranquil feeling of this trail.

Flagstaff

At an elevation of 7,000 feet (2,135 m), in the midst of the world's largest ponderosa pine forest, Flagstaff is a hub of activity where "an eclectic mix of small town charm and endless outdoor adventure beckons." Echoes of a rugged pioneer past blend with modern-day innovation to create a destination full of activities to keep you busy both inside and out.

Some favorite trails include exploring an ancient underground tunnel at the Lava River Cave, hiking to the highest point in Arizona via the Kachina Trail, or simply enjoying a stroll at Buffalo Park.

History buffs will delight in the Route 66 nostalgia and the museums and attractions dedicated to Flagstaff's Native American culture and old west legacy. Those who like to hit the town will have a hard time choosing between all of the locally-owned shops, restaurants and galleries in historic downtown.

For a few hours of fun, visit one of Flagstaff's four disc golf courses. Each one offers different challenges that wind through the Ponderosa pines with incredible views. For ex-



treme adventure head to Fort Tuthill County Park to try your hand at Flagstaff Extreme Adventure, a unique tree-top obstacle course. Each hurdle is suspended 15 to 45 feet above the ground, with increasing difficulty as you work your way through.

At 7,150 feet in elevation, The Arboretum at Flagstaff is a unique destination, specializing in plants native to the high elevation habitat of northern Arizona.

Elden Pueblo is a 60-80 room pueblo inhabited by the prehistoric Sinagua culture, an ancestral Hopi site. It is open for public visitation year round, with a self-guided tour brochure available at the entrance. Tours and Archeological Programs for youth and adults are available by appointment.

The Flagstaff Nordic Center is northern Arizona's premiere outdoor recreation area, featuring the largest rental fleet of fat tire bikes in the Southwest. Hiking, biking, wildlife viewing, yurt and cabin camping are all available during the summer season. Rentals available.

The Lowell Observatory is one of our favorite! Peer through telescopes at night, and even during the day with a solar telescope, or visit the instrument that helped Clyde Tombaugh discover Pluto. Tour the facility with friendly, knowledgeable guides. Experience the Universe through widescreen multimedia shows, exhibits, live presentations, and SlipherVision, the immersive space theater.

Founded in 1928, the Museum of Northern Arizona inspires love and responsibility for the beauty and diversity of the Colorado Plateau. View exhibits relating to the museum's four main disciplines: anthropology, biology, geology and fine art; attend annual Zuni, Hopi, Navajo and Latino Festivals of Arts & Culture; discover the Colorado Plateau with leading archaeologists and geologists on week-long outdoor adventures; and purchase authentic Native American art.

Continued on page 49

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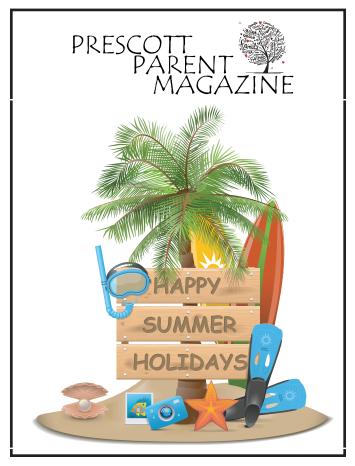
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PLANS!







Dear Miss Mary,

My husband and I moved to Prescott a couple years ago with our 2 children. The nature, outdoor activities, artist community and history of the town is everything I want from a place to raise my children. One thing I have not found to like is the amount of gossip that happens in this town. I am in my mid-thirties, have lived in a few different cities during my life and I have never experienced it to the magnitude I have here. It is not just one specific group either; I see it at my husband's business parties, at school when I am picking my children up and at social occasions. Recently, I was invited to a party where the majority of the nightly conversation between the women was about a new business owner in Prescott. I kept my mouth shut for most of the night, as well as my friend, who kept giving me the "can you believe they keep talking about this?!" eyes. I found out by the end of the night that they never even met her! I have seen so much of it that I have become a bit guarded myself and prefer to not go with my friends if they are going to go to an event. I support my husband and all that he does, so I would not expect him to go to business parties alone, but it is putting a bit of a stress on him because he knows I am not having a good time listening to all of that. I used to be very social, had people over all the time when we lived in Colorado, was a big part of the community and I miss doing all of those things. I love to entertain and know a great party or networking event can happen without the gossip involved. Is it natural for grown women to gossip the way they do? Have I just been really lucky with my past social scenes?

Sincerely, Shocked at the Gossip Stephanie

Dear Stephanie,

You are not the first, and probably will not be the last, to find themselves in an uncomfortable social situation where gossip seems to be running the show. The verb to gossip, meaning "to be a gossip", seems to first appear in Shakespeare. In the 16th century, the word assumed the meaning of a person, mostly a woman, "one who delights in idle talk, a newsmonger, a tattler." In the early 19th century, the term was extended from the talker to the conversation itself.

The act of gossip, or gossiping, is actually "normal" and probably as old as human history itself, as it was a very important origi-

nal human survival trait. It also dates back to the times where we had many women only social events, such as in the story of The Red Tent, during childbirth and other ceremonies. Women bond through talking and the gossip that was going on was not negative like we refer to most gossip today. It was more like finding out what was going on with the other women in your town to make sure everyone was doing well and had everything they needed. It strengthened communities.

The work world pulls together folks of different backgrounds, different generations and requires they develop commonality in order to become a community. Regardless of who is in the group, this is a forced community. It takes effort to build a new and ever changing community and gossip simply plays a part in creating a shared interest and getting insight to community members' lives. It takes a great deal of discipline not to get sucked into destructive or petty gossip. But there's sometimes a fine line between gossip and networking; and sometimes everyone gets caught in the blur.

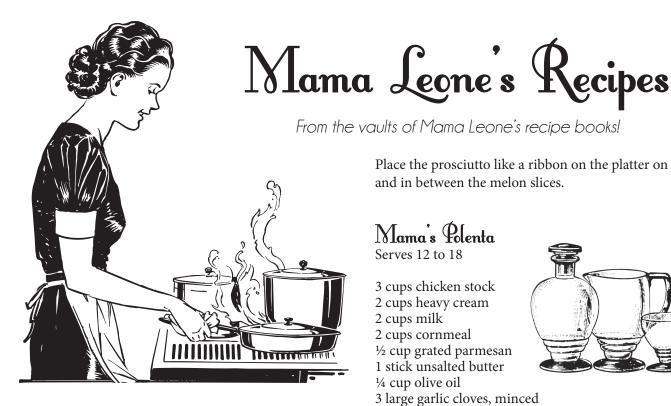
In history, there has always been stories of people who have negligently used gossip for their own social advantage. History also shows these people to often have a thread of other personality traits like jealousy, envy, anger, hate, and most importantly fear. For whatever reason, these people have misinterpreted what gossip is supposed to be meant for. To strengthen human bonds, not to ostracize people for others advantage. Whether they know the person or not, anything with a negative slant directed toward another person is in my eyes a sign of immaturity.

We do live in a very immature society. Some of the top rated shows are about women talking about each other behind their backs, our social media feeds (and even professional news feeds at times) are filled with stories of negative gossip, at the grocery store there are gossip magazines. Ever wonder why they put it by the register like they put the candy there for kids? Gossip is constantly shoved in our faces and we have become a society where we support gossip in all the ways it can be destructive.

I would throw those parties and start to entertain again! If and when any negative gossip does begin, you can simply change the energy by saying something nice about that person. If it a small group, moving to a different part of your house to show them something can often easily change the subject. Shove another appetizer in their face (just kidding!) and if all else fails, after the event, in private, tell the ones who were speaking the most damage in private about the fact that you don't feel right speaking about someone you do not know in your home. They will respect you for not calling them out publically and they may not even know to which extent their gossip has become negative and makes people uncomfortable. By not being one of those people who partake in negative gossip, your guests will quickly see that and should begin responding to your cue accordingly and enjoy their time with you that much more.

Have a question for Ms. Mary? Send them to editor@prescottparent.org and possibly see it published in one of our issues.

All submission will remain anonymous.



Insalata Caprese

Tomato, Mozzarella and Basil

6 medium tomatoes 2 pounds fresh mozzarella 15-20 medium to large basil leaves, chiffonade 5-6 tablespoons extra virgin olive oil Kosher salt Fresh ground black peppercorns

Slice the tomatoes and mozzarella in thin slices. Arrange with the basil leaves on a large platter in the pattern of tomato, mozzarella and basil, repeating in 2-3 rows on the platter until all are gone. Drizzle with olive oil. Sprinkle with salt and pepper. Serve at room temperature.

Prosciutto e Molone

Prosciutto and Melon

Three to five pounds prosciutto di parma 2 ripe Cantaloupes

Peel or cut off the skin of the melon. Clean out all the seeds and make sure all of the skin and rind is cut away. Cut the melon into thin slices using a very sharp knife and place on a large platter.

Place the prosciutto like a ribbon on the platter on top of and in between the melon slices.

Mama's Polenta

3 cups chicken stock

2 cups heavy cream 2 cups milk

2 cups cornmeal

½ cup grated parmesan

1 stick unsalted butter

½ cup olive oil

3 large garlic cloves, minced

1 teaspoon red pepper flakes

½ teaspoon kosher salt

½ teaspoon ground black pepper



Heat the butter and olive oil in a large saucepan. Sauté the garlic, red pepper flakes, salt, and pepper for one minute. Add the chicken stock, heavy cream, milk, and bring to a slow boil. Remove from heat and sprinkle the cornmeal into the hot milk while stirring constantly with a whisk. Cook over low heat, stirring constantly, for a few minutes, until thick and bubbly. Take off the heat and stir in the parmesan. Pour into a 9x13x2 inch pan, smooth on top, and refrigerate until firm and cold.

Cut the chilled polenta into 12 inch squares. Lift each one out with a spatula, being careful to not break the polenta. Cut in half so they are triangles. Dust each with flour. Heat 1 tablespoon olive oil and 1 tablespoon butter in a large sauté pan. Cook the triangles in batches over medium heat for 3-5 minutes, turning once, until browned on the outside and heated inside. Add more oil and butter as needed. Serve immediately. Top with meats, cheese, or caponata.

Palermo Caponata

2 ¼ pounds eggplants

2 artichokes, sliced into eighths and blanched

1 pound squid, cleaned

½ pound green olives packed in brine, pitted

6 ounces salted capers, rinsed

1 ¼ pounds celery ribs

1 cup flour

1 cup tomato sauce

2/3 pounds onions

2/3 pounds tomatoes

1/3 cup vinegar

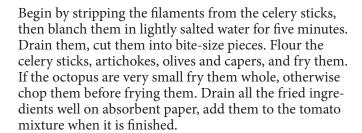
2 tablespoons sugar

Basil

3/8 cup pine nuts (optional)

Olive oil

Salt

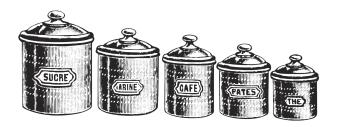


Wash the eggplant, dice them, put the pieces in a strainer, sprinkle them liberally with salt, and let them sit for several hours to draw out the bitter juices. While they're sitting, blanch, peel, seed and chop the tomatoes.

Once the eggplant has sat, rinse away the salt and pat the pieces dry. Finely slice the onion and sauté them in olive oil; once they have turned translucent add the capers, pine nuts, olives, and tomatoes. Continue cooking, stirring with a wooden spoon, until the tomatoes are done, about 15 minutes, and then remove the pot from the fire.

While the tomatoes are cooking heat a second pot of oil and fry the diced eggplant, in several batches to keep the oil from getting chilled. When the last batch is done, return the tomato pot to the fire and stir in the eggplant, together with the previously sautéed celery. Cook for several minutes over a low flame, stirring gently, then stir in the vinegar and the sugar; when the vinegar has almost completely evaporated remove the pot from the fire and let it cool. Serve at room temperature or cold.

Serve the caponata cold with a garnish of fresh basil on polenta with strips of Parmesan Reggiano. It keeps for several days in the fridge.



Stewed Berries and Ice Cream

3 half-pints of fresh raspberries, divided

2 half-pints fresh blueberries

1 ½ cups sugar

2 tablespoons raspberry brandy (optional)

2 pints good vanilla ice cream

Combine 2 half-pints of raspberries, all the blueberries, sugar, and ¾ cup water in a saucepan. Bring to a slow boil. Lower the heat and cook uncovered over medium-low heat, stirring occasionally, for 10 minutes. The juice will become a syrup and the berries will be slightly cooked. Turn off the heat, stir in the remaining half-pint of raspberries and the raspberry brandy, if desired. Set aside until warmed through.

Place ³/₄ cup of warm berries in each bowl and top with a scoop of ice cream.

Mama Leone was born into a first generation, very large Italian family in Brooklyn, NY in the 1940's. She has amassed a large collection of family recipes that go back generations, which she has agreed to share with the readers of Prescott Parent Magazine. She now lives in Prescott, where she cooks for her very happy family. If you smell an amazing pasta sauce in the air one night, it may very well be from the kitchen of Mama Leone!



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There is nothing quite like camping under the stars in Prescott. With so many camp grounds in our area, you could camp at a different one every summer weekend and still not stay at them all. Doug Peterson, is a general manager at REI and a father of 2 daughters. This month, he gives us his advice for a successful camping trip with kids.

Kids and Camping



Fresh air; amazing scenery; glimpses of wildlife; vast starlit nights. Nature delivers a full-on sensory experience, and a great way to initiate anyone age 16 or younger is to invite them along on a family camping trip. It may take only one meteor bolting across the sky to persuade any young adventurer-in-the-making that camping is cool. Here are some tips for camping with kids that will ensure everyone on the trip has a good experience.

Before an Overnight Trip

•Practice camping at home: If your kids are outdoor newbies, pitch a tent in the backyard or even inside your home. Let them hang out in it and sleep in it so they become comfortable with a new sleeping environment.

•Take a trial run: Before your overnighter, try a family day outing at a close-to-home park. Spend a half-day or so at a lakeshore or park and see how your kids react to the experience.

• Take notes: Write down reminders for future trips: "Pack more sunscreen." "Bring long pants." "Leave bongos home."

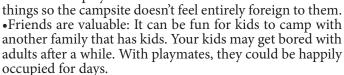
Preparing for a Trip

•Be enthusiastic: Why should kids get fired-up about a family camping trip if you're not?

•Involve your kids: Make trip planning a family affair. Ask kids for ideas of things to do or see at your destination. Take their input seriously.

•Kids as packers: Give children the responsibility to pack their own camping gear at home (using a list you've created). A parent should double-check a child's packing job before leaving home.
•Keeping kids
(somewhat) organized: Have your
kids pack personals item in a duffel
bag and encourage
them to always return those items
to that duffel.
Each child's duffel
should be a different color for easy
identification.

• Favorite toys: Let kids bring some of their favorite play-



•Bring bikes: If it's a long way from your campsite to the beach or play area, it's faster (and more fun) to use a bike instead of walking or firing up your vehicle. Bikes keep kids entertained, too.

•Check fire restrictions: Planning on a campfire? Before you leave home, make some calls to determine if campfires are permitted at your chosen campground. If not, make sure everyone in the family knows in advance. There's no bigger disappointment to a kid who has packed all the s'more fixings than to discover that a burn ban is in effect.

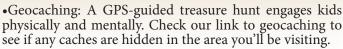


At the Campground

•Exude a positive vibe: The first rule of camping with kids? Be prepared to cope with inconvenience. Everything is in a different place. The bathroom is no longer down the hall, it's 6 campsites down the path. As an adult, you must lead by example with an upbeat, cando attitude.

•Organize: Establish fixed locations for important items, such as, "The forks and spoons are in the blue







•Share time together: "Hey, mom, remember when we saw that deer?" Great memories are one of the payoffs of a camping trip. Come home with the sort of stories that can only be created outdoors. Shakespeare must have been camping when he wrote, "One touch of nature makes the whole world kin."

tub," and "flashlights are in the green stuff sack."

•Then stay organized: Remind everyone to always return items to their established locations so others can find them. If you're especially industrious, create a reference list of these items and tape it someplace obvious.

•Keep everyone oriented: Help kids memorize the number of your campsite or point out landmarks ("We're 4 sites from the amphitheater") to help them remember its location.

•Make kids feel important: Kids like to be involved. Assign them some meaningful camp chores, such as gathering firewood or collecting water from the pump. Recognize their contributions with praise or a treat (or both).

•Be safe: Your kids should always carry a whistle (teach them to blow it if they become separated from you) and have easy access to a flashlight or headlamp. Attach a lanyard to both the whistle and light and tie them to one of the child's belt loops.

•Wildlife: Ask park rangers about wildlife activity in the area you are visiting. As the adult, you need to take the lead and understand any precautions necessary (such as proper food storage or how to react during an up-close encounter) for safely coexisting with wildlife. Educate your children about the importance of not feeding wild animals (it negatively alters their food-gathering patterns) and treating wildlife with respect and caution so everyone stays safe.

Spending Time Outdoors

•Make the most of nature: Look for wildlife. Check out bugs. Examine rocks. Identify birds, flowers, clouds, constellations. Lead kids on a rock scramble. Show interest in things that interest them. Bring a field guide to help you identify and learn about the things they find.

•Be active, stay loose: Try to keep your kids active without following a regimented schedule. If they're entertained by skipping rocks on the water, give them time to perfect the multiple-skip fling.

• Attend ranger talks: If you're camping at a state or national park, attend the ranger's evening talk. Ask staff if the park offers a junior-naturalist program or other kid-focused activities.

tun Stuff You Can Bring

Browse our online toys and games department to get all sorts of clever ideas for campground fun. Some of our cur-

•Paddleball set: At one of our photo shoots, the kids accompanying our crew couldn't put this game down.

•Marshmallow launcher: Traditionally you toast them. Now you can shoot them at one other, too. Imagine: The common marshmallow, transformed into a summertime snowball.

•Animal-shaped flashlights: Leapin' lizards! Sharks, orcas and toucans, too.

•Kits, discs and flying toys: If it flies, it's probably a heap of fun. Our faves include lighted discs and Djubi balls.

•Make ice cream: Have some low-tech fun (with delicious results) with a bootaround plastic ball that doubles as an ice cream maker.

•Water fun: Camping in warm weather? If you can tolerate a little flying water, these water toys are a great way to cool off.

•The glowing, multicolor flying disc: Whoa . . . it's psychedelic, man. Illuminated with LEDs, this disc changes colors while you play.

•Foot bags: So simple, so entertaining.

•Educational games: What? You haven't played "Pass the Pigs" or "Why Knot?" Well, why not?



PRESCOTT AREA SCHOOL GUIDE CONTINUED...

ic programs: football, golf, swimming, cross-country, basketball, soccer, wrestling, baseball, track and tennis. In addition for girls the following athletic programs are offered: volleyball, swimming, cross-country, basketball, soccer, softball, track, and tennis and spirit line. Clubs and activities include Art, AVID, Band, Bible, Chess, Choir, Debate, Future Educators, Garden, German Honor Society, HOSA, MESA, Mu Alpha Theta, National Honor Society, PALS, Pokemon, Skills USA, Student Council, Theatrical/Drama, Upward Bound Warriors, Wrestlerettes, and Yearbook.

Bradshaw Mountain Middle School

Middle School

12255 Turquoise Circle,

Dewey, AZ 86327 928-759-4000 www.ms.humboldtunified.com Bradshaw Mountain Middle School prides itself on providing a positive and safe school climate where students can thrive in a personalized atmosphere that meets the needs of all students. BMMS offers a rigorous and cohesive curriculum driven by the Common Core Standards. Our course offerings provide both advanced classes, AVID, Gear-Up, and a variety of elective classes, and a successful after-school athletic program along with many clubs and activities to help cultivate well-rounded students. Parents are also encouraged to get involved as family involvement is crucial to a student's success. The middle schools provide an opportunity for students to participate in interscholastic competition at the sixth, seventh and eighth grade levels in volleyball, basketball, football, cross country, wrestling, baseball, soccer, and track. In conjunction with the Quad-City League, BMMS implements the "Victory with Honor" program in all extra-curricular

Bright Futures Preschool

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Bright Futures Preschool and Humboldt Unified School District welcomes 2.9 to 5 year olds who love to have fun and learn new things, no matter what their ability level. The preschool offers a developmen-

tally appropriate curriculum, along with a full range of special needs services for exceptional children. Bright Futures Preschool is a loving, warm and nurturing place where each child develops skills in the areas of social/emotional, self-help, concepts, physical, and language skills according to individual readiness.

Coyote Springs Elementary

Elementary School 6625 N. Cattletrack Road Prescott, AZ 86314 928-759-4300

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It is our proud mission to create a culture of Caring Outstanding Youth through high quality Education with a focus on Excellence in LEARNING, COLLAB-ORATION, and CHARACTER. Coyote Springs Elementary School is committed to creating a 21st Century Education for ALL students that encompasses the local community and environment as a focus point to teach Communication, Collaboration, Critical Thinking, Creativity, and Community Connections across the curriculum. Our 21st Century Education Signature Program is intended to offer families a high quality education with rigorous expectations for academic performance and reflect the local community - in particular the parents, students, staff and community members who choose to participate in the school.

Franklin Phonetic School

Elementary, Middle School 6116 E. Highway 69 Prescott Valley, AZ 86314 928-775-6747

www.franklinphoneticschool.com Franklin Phonetic Primary School believes that it is important to encourage and enable students to successfully use higher level thinking skills. Today's knowledge is growing at an exponentially rapid rate. Unlike schools of the previous century, memorization of rote facts and figures will not be enough to gain academic success. Instead students must learn to collect, interpret, evaluate and understand information. They must be able to critically evaluate and intellectually process the high amounts of information and data that are presented to them on an ever continuing basis. At Franklin Phonetic School we are very focused on providing research-based curriculum with high standards for achievement. Our approach is also multi-sensory with students reading, writing, and speaking as a means of providing instruction that appeals to all types of learners.

Glassford Hill Middle School

Middle School 6901 Panther Path Prescott Valley, AZ 86314 928-759-4000

The Mission and Vision of Glassford Hill Middle School is to provide an environment where everyone is focused on individual academic and social growth, accepting diversity and promoting harmony, and making choices and owning learning thereby showing maturity, self-discipline, and individual responsibility. Our staff is dedicated to providing every student with the best educational opportunities possible. Parents are our partners in the important job of educating the children of this community. We believe communication between the home and school is essential to student success and we look forward to your involvement in our school community. We are Panthers Stalking Success.

God's World

Early Education, Pre-school, Before & After School Care through age 12 3950 N. Valorie Drive Prescott Valley, AZ 86314 928-772-0460

Infants through 12 years of age. A Christian based childcare/preschool, with before & after school program. All our teachers are faithful Christians who are also early childhood educators. We are here to provide the best education possible as well as introduce them to the love of Jesus. Preschool to School-Age programs.

Grandpa's Farm

Infant Care, Early Education, Pre-school 7117 E. Addis Street Prescott Valley, AZ 86314 928-772-8009

A nurturing, loving atmosphere equipping children with the foundation for a happy, successful life. Grandpa's Farm also strives to incorporate Christian principles and manners into our daily pre-school activities. The goal at Grandpa's Farm is to help each child develop within him or herself the fundamental habits, attitudes, skills, appreciation and ideas, which are essential for a lifetime of creative learning. We also provide infant care once they are 6 weeks old.

PRESCOTT AREA SCHOOL GUIDE CONTINUED...

Granville Elementary

Elementary School 5250 N. Stover Drive Prescott Valley, AZ 86314 928-759-4800

www.ge.humboldtunified.com

We strive to provide a well-rounded school experience for the whole child. At Granville, focus is centered on student achievement through data review of each child. Our teachers work diligently at providing research-based instruction based on current state standards. Teachers at Granville stay current in instructional practices through continuous professional development of their craft. At Granville we have opportunities for children to develop extracurricular skills to compliment their academic abilities. We provide Physical Education and Music as standard courses for all students during the school day. In addition, we offer Art Club, Choir, Drama Club, Book Clubs, Conservations Core, Student Council, and Recorder Ka-

Growing Kids Preschool

Pre-School
Prescott Valley, AZ
928-710-2539
Email: info@growingkids.com
www.growingkids.com/preschool
Pre-Kindergarten program for ages 3 to
5. Morning and afternoon classes available. Ministry of LifePointe Church. Also
offers summer science and math focused
programs for Pre-K and 1st-4th Graders.

Lake Valley Elementary

Elementary School, Middle School 3900 N. Starlight Drive Prescott, AZ 86314 928-759-4200 www.lv.humboldtunified.com Lake Valley Elementary School is a K-6 school with an enrollment of approximately 500 students and a staff of over 50 competent, caring educators and support staff. The education of your children is a shared responsibility between the school and home. We want parents and students alike to feel that they are an integral part of our school. Therefore, we encourage your questions, suggestions, and volunteer efforts at Lake Valley Elementary School. Lake Valley has a Student Council with elected officers, and offers a variety of clubs & sports to our students.

Learning Castle Day Care & Preschool

12 months through Pre-school 4701 N. Robert Road Prescott Valley, AZ 86314 928-775-9677

www.learningcastlechildrenscenter.com Non-potty trained 12 month olds through preschool. Learning Castle Children's Center is dedicated to providing a warm and inviting atmosphere that allows children to develop at their own pace. We believe that children need to have a positive self-image and partner with you to meet that goal. We foster that image, along with their developmental growth in the areas of intellectual, social, physical and emotional skills, through a variety of group activities, individual play, and quiet periods. Our goal is to make sure your child is ready for their move to kindergarten.

Liberty Traditional School

Elementary School 3300 N. Lake Valley Road Prescott Valley, AZ 86314 928-759-4500

www.lib.humboldtunified.com

Our educational philosophy is to develop the necessary skills, attitudes and abilities that will allow a child to grow and prosper in the future. It is our job to work with young people in ways that inspire them to learn and choose well - for now and later. The Liberty staff continues to challenge our students academically and behaviorally by setting high expectations and guiding them toward high achievement. Parents are responsible for taking an active role in the educational process. It is our responsibility to ensure that your child has the opportunity to progress as far as possible toward mastering the specific objectives that are set forth in the curriculum.

Mountain View Elementary

Elementary School 8601 E. Loos Drive Prescott Valley, AZ 86314 928-759-4700

www.mv.humboldtunified.com

The Mountain View Community values the individual, challenges the mind, and nurtures the heart. Our mission is to create a nurturing and challenging environment that honors all students' diverse educational needs and talents; helping them achieve their fullest potential for life-long learning and success. Intramural sports include basketball, flag football, volleyball, and track. Students compete against

other schools in the district, learning how to play the game while honing valuable social skills such as dealing with diversity and team building. Principal's Book Club meets regularly throughout the year. Children read highly challenging books and have meaningful dialogue that goes beyond expected academic standards.

Park View Middle School

Middle School 8300 E. Dana Dr. Prescott Valley, AZ 86314 928-775-5115 www.parkviewschool.org

Park View is a small middle school with a high academic program. We focus on our kids as individuals and prepare them for a college prep high school program. We offer clubs, sports, activities, tutoring, and

dedicated professionals. Please review our page links for full information on our Academics, Culture, Sports, and Clubs.

Prescott Valley Charter School

K-12 9500 Lorna Lane Prescott Valley, AZ 86314 928-772-8744

www.prescottvalleyschools.com/

We believe that each student can go beyond basic academic requirements to meet new, exciting challenges, and encourage our students to come ready to take an active role in their education. Family involvement is the key ingredient in a successful learning process, and we welcome your input in the education of your child.

Prescott Valley Head Start

Early Education, Pre-school 6955 Panther Path Suite A Prescott Valley, AZ 86314 928-772-7726

NACOG Head Start uses The Creative Curriculum and The Creative Curriculum for Infants and Toddlers. These resources were developed by Teaching Strategies, Inc. and offer quality early childhood curriculum materials for preschool children and for infants and toddlers. As required by Head Start Performance Standards, these resources are based on sound child development theories about how children grow and learn and are inclusive of children with disabilities.

PRECOTT AREA SCHOOL GUIDE CONTINUED...

Yavapai High School

Middle, High School 6325 Baja Circle Prescott Valley, AZ 86314 928-759-8126

www.Yasd99.com

Yavapai Accommodation School District provides educational opportunities to 7th thru 12th grade students. Our district and schools are designed for students who are experiencing academic or behavioral issues in traditional settings or students who are at risk of not completing their education. We welcome students returning to high school after dropping out or are in poor academic or attendance standing. Emancipated teens and pregnant/ parenting teens and juvenile probationers are also welcome. We offer basic skills education through small group and individualized instruction with an emphasis on independent study. Small class enrollment gives students an opportunity for close tutorial assistance from the academic faculty. Computer assisted instruction allows for individualized class work and course work is designed to provide the student relevant and practical life applications. Experiential learning is available for students through elective courses. Support services provide the personal assistance students frequently need to get through the day. Emphasis is placed on integrating counseling into the general curriculum to provide services to the student and family both on the school campus and through linking students and families with community services.

TUTORING

KUMON Math and Reading Center

843 South Miller Valley Road Suite #202 Prescott, AZ 86301

928-445-4855

Email: edithwelsh@ikumon.com

www.kumon.com

For more than 50 years, Kumon's after-school academic enrichment program has helped children achieve success worldwide. We strive to instill in children the desire to achieve and the motivation to learn on their own. Whether your child is seeking enrichment, needs help catching up or is just beginning his or her academic career, Kumon is designed to help him or her develop a love of learning. Open M-F from 3pm-7pm.

Prescott Valley Public Library Free Math Tutoring 928-759-6196

Free Math Tutoring for ages 12-18 Tuesdays, Wednesdays, and Thursdays from 6:00 to 8:00 pm.

Traveling with Your Family ... Continued from page 40

Take in the dramatic scenery of northern Arizona from a bird's eye view atop an extinct volcano at 11,500 feet (3,500 meters) at the Snow Bowl. Join in for interpretive talks, go hiking, play a round of disc golf, or treat yourself to lunch with a view. Historic lodges offer the perfect setting for group trips, summer weddings and special events.

Willow Bend Environmental Education Center has a sustainable building made of straw bales and heated by the sun; tour the five habitat gardens with plants native to the Colorado Plateau; and explore the new exhibits tracing the path of a drop of water featuring a 3-D relief map of northern Arizona showing volcanoes, canyons, watersheds and fire scars. Access a trail along an incised section of the Rio de Flag through a lush riparian area that is great for birding.

Sunset Crater Volcano National Monument - Born in a dramatic series of eruptions 900 years ago, Sunset Crater is still the youngest volcano on the Colorado Plateau. Visitor Center exhibits explain the powerful geologic forces and their aftermath. See for yourself on the one-mile, self-guided Lava Flow Trail

Get out this summer and see for yourself all there is to do along Northern Arizona's 89A!

Sources

http://www.sedonaverdevalley.org/jerome/introducingjerome.html http://en.wikipedia.org/wiki/Arizona_State_Route_89A http://www.americansouthwest.net/arizona/tuzigoot/national_monument html

http://www.azjerome.com/cottonwood/attractions/ http://visitsedona.com/what-to-do/ http://en.wikipedia.org/wiki/Sedona,_Arizona http://en.wikipedia.org/wiki/Oak_Creek_Canyon http://www.arizona-leisure.com/oak-creek-canyon-drive.html http://www.flagstaffarizona.org/



Continued from page 15

the exact way you would have done it. Give your family members the opportunity to help you in their own way. Asking for them

to take on responsibility for a certain task and then "fixing" it when they are done to look how you would have done it will only imply they are not doing it well enough. Just as you would feel with any job you are asked to do, and having someone continually change it after, they will begin to feel inferior in their ability to complete the task and most likely not want to help anymore. Always remember, childhood is fleeting. You will have many years to have your home looking like it just came out of a page in your favorite design magazine. While they are still home, just have fun with it together.

Once everyone is set with their new tasks, you will find yourself having more time on your hands to do the things you have to do more than 5 minutes at a time. And maybe even start taking more time to check off those things you would do if you had more time to yourself!

~ Mama Clean

Have a question for Mama Clean? Email them to editor@prescottparent.org and possibly see it featured in one of our issues!

Healthy You, Healthy Home Continued from page 21

weed control, and use of additives. Organic producers rely on natural substances and physical, mechanical, or biologically based farming methods to the fullest extent possible.

If you're not sure if your sunscreen product is safe, you can head to www.ewg.org

There you will find the rating of many popular sunscreens and much more!

A great FREE helpful tool is the SKIN DEEP app for your Smart Phone. Have this entire data base at your fingertips to make sure the cosmetics you use are truly safe.

Foods that Protect Skin from Free Radicals

Another great way to protect yourself from the sun and the chemicals found in many sunscreens, is from the inside out. HealthStatus.com has done the research for you and outline some foods that will help protect you from free radicals and their ORAC (Oxygen Radical Absorbance Capacity) score.

Goji Berries 25,300 Dark Chocolate 13,120 Black Raspberries 7,700 Milk Chocolate 6,740 Prunes 5,770 Pomegranates 3,307 Raisins 2,830 Blueberries 2,400 Red Raspberries 2,400 Blackberries 2,036 Garlic 1,939 Kale 1,770 Cranberries 1,750 Strawberries 1,540 Spinach 1,260 Raspberries 1,220 Yellow Squash 1,150 Brussel Sprouts 980 Plums 949 Alfalfa Sprouts 930 Beets 840 Avocado 782 Oranges 750 Red Grapes 739 Red Bell Pepper 710 Cherries 670 Kiwi 602 Baked Beans 503 White Grapefruit 460 Kidney Beans 460 Onions 450 White Grapes 446 Corn 400 Frozen Peas 395 Eggplant 390 Cauliflower 385 Potato 300 Sweet Potato 295 Cabbage 295 Apples 218 Banana 210



Watermelon 100 Cucumber 60

Want to take another step to be sure you are not harming your body with toxic chemicals? Try this homemade, completely natural sunscreen recipe from DIY Naturally!

1oz. coconut oil
0.8oz. shea butter
0.1oz. jojoba, sesame, or sunflower oil
0.1oz Vitamin E oil
30 drops essential oils (optional) 15 lavender, 10 eucalyptus,
5 peppermint
Zinc oxide powder

Different amounts of zinc oxide are needed depending on what SPF you would like your lotion to be. Once you have chosen the SPF a little math is involved. The zinc oxide must be a certain percentage of the weight of your ingredients (before adding the zinc oxide). For this reason, it's easiest to use a kitchen scale when making your sunscreen. For example, if you have 2 ounces of lotion and you'd like to make SPF 10 sunscreen, according to the values below you will need to add .2 ounces of zinc oxide to the lotion. Use the zinc oxide recommendations below.

SPF 2-5: Use 5% zinc oxide SPF 6-11: Use 10% zinc oxide SPF 12-19: Use 15% zinc oxide SPF 20: Use 20% zinc oxide

Add coconut oil, shea butter, and jojoba/sesame/sunflower oil to a makeshift double boiler. (To make your own double boiler, place a Pyrex measuring cup containing ingredients inside a small pot filled with a few inches of water). Heat gently until shea butter is just melted. Remove from double boiler and allow to cool a little. Put on a mask that covers your nose and mouth (to avoid breathing in the fine particles of zinc oxide powder), and measure out your zinc oxide. Add zinc oxide, Vitamin E oil, and optional essential oils to the other ingredients. Stir well to combine. Store in a dark jar in the refrigerator. Apply liberally to exposed skin. Reapply every few hours, or more often if swimming or sweating. Has a 6 month shelf life and should be refrigerated when not being used.

Contact Allie Bunting with your questions or comments at alliebun.ab@gmail.com. See all her favorite Healthy Home products at www.HealthyHomeCompany.com/503061

Sources:

 $www.natural compounder.com/whats-sunscreen \\ http://breakingnews.ewg.org/2012 sunscreen \\ www.ToxicFreeBlog.com \\ www.ewg.org/2015 sunscreen/report/executive-summary \\ www.allnatural health reviews.org/the-true-colors-of-green washing \\ http://draxe.com/75-of-sunscreens-are-toxic-what-to-do-instead \\ http://personalcaretruth.com/2011/01/the-imperme-able-facts-of-skin-penetration-and-absorption \\ www.healthstatus.com/health_blog/wellness/foods-that-fight-free-radicals \\ www.diynatural.com/homemade-sunscreen \\ \end{cases}$

www.diynatural.com/homemade-sunscreen www.HealthyHomeCompany.com/503061

Carrot 210

Tomato 195 Pear 134

Calendar of Events

Send your event to events@prescottparent.org for submission

July

2-Jul Zoo by Moonlight

It's a full moon at the zoo, join us for a howling good time.

928-778-4242

Heritage Park

Zoological Sanctuary

1403 Heritage Park Road

Prescott, AZ 86301

www.heritageparkzoo.org

July 2-4 Prescott Frontier Days Inc. Rodeo Dance

8pm-1am
Prescott Towne Center.
(Windsock/Goodwill parking lot) 1365 Iron Springs Rd.
Prescott, AZ
Tickets can be purchased at the door and are \$ 5.00 per person
www.worldsoldestrodea.com

3-Iul Kiwanis Kiddie Parade

8:30am-10am Downtown Prescott Cortez and Goodwin Streets Prescott, AZ 86302 www.prescottkiwanis.com

July 3-5 Prescott Rodeo Days Fine Art & Crafts Show

Friday & Saturday 9-5; Sunday 9-4 The weekend's activities also include daily entertainment on the Courthouse Plaza Historic Courthouse Plaza 120 S. Cortez Street Prescott, AZ 86303 www.prescottdowntown.com

4-Jul Grand Canyon Railway #4960 Steam Engine Run

8:30am-6pm
On select dates in 2015 our 92-year-old historic steam locomotive No. 4960 will pull the Train to the South Rim of Grand Canyon National Park and back.
Grand Canyon Railway Depot 233 N. Grand Canyon Blvd. Williams, AZ 86046 1-888-484-7245 www.thetrain.com

4-Jul Prescott Frontier Days, Inc. Rodeo Parade

9am-12pm Downtown Prescott -Courthouse Plaza

4-Jul Model Train Exhibit at Gateway Mall

11am-4:30pm
FREE Model Train exhibit is open to the public on the first Saturday of each month near the Gateway Mall Children's Play Area and features different layouts each month. The Prescott Gateway Mall 3250 Gateway Blvd.
Prescott, AZ 86303
www.theprescottgatewaymall.com

4-Jul City of Prescott 4th of July Celebration

Noon-10pm
All-day carnival includes ziplining, water slides, bungee trampoline jumping, climbing walls, carnival games, spinning gyro, electric swings and more for the whole family! Pre-sale carnival wrist bands can be purchased for \$12 (\$15 at the gate). 928-777-1349
Pioneer Park
1200 Commerce Drive
Prescott. AZ 86305

July 4-5 John Hanna Men's Fast Pitch Invitational

Ken Lindley Field Call 602-390-6740 for more information.

7-Jul Summer Concert Series @ Courthouse Square

6:30-8:30pm Mike Vax Jazz Band Downtown Prescott

8-Jul Movie in the Park @ Courthouse Square

7pm An Unfinished Life Rated PG-13, 108 Minutes Downtown Prescott

July-August 2015

9-Jul Prescott Idol @ Courthouse Square

6:30pm-8:30pm Downtown Prescott

10-Jul Summer Concert Series @ Courthouse Square

7pm-9pm Retrofitter Downtown Prescott

11-Jul Free Audubon Bird Walk

Beginning and experienced birders welcome. Highlands Center for Natural History 1375 S. Walker Road Prescott, AZ 86303 928-776-9550 www.highlandscenter.org

11-Jul Monsoon Madness Plant and Yard Sale

7:30am-1pm
Free admission, cash only sales, rain or shine.
928-771-0915
Prescott Rodeo Grounds
840 Rodeo Drive, Parking Lot Prescott, AZ 86303
www.extension.arizona.edu/yavapai

11-Jul Arizona History Adventure

10am-3pm Sharlot Hall Museum 415 W. Gurley St. Prescott, AZ 86301 www.sharlot.org

11-Jul Summer Concert Jazz Series @ Courthouse Square

6:30pm-8:30pm Jeff Weisel & the Cool Azul Downtown Prescott

11-Jul One of these Nights - An Eagles Tribute

7pm-9:30pm The Elks Theatre & Performing Arts Center 117 E. Gurley St. Prescott, AZ 86303 928-777-1370 www.prescottelkstheater.com

Send your event to events@prescottparent.org for submission

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18th Annual Indian Art July 11-12 Market

10am-5pm Admission \$10.00 Sharlot Hall Museum 415 W. Gurley St. Prescott, AZ 86301 www.sharlot.org

Summer Concert Jazz Series 14-Jul @ Courthouse Square

6:30pm-8:30pm leff Weisel & the Cool Azul Downtown Prescott

Movie in the Park @ 15-Jul Courthouse Square

7pm Niaht at the Museum - Secret Tomb Rated PG, 97 minutes Downtown Prescott

Summer Concert Series @ 16-Jul Courthouse Sauare

6:45-7:45pm Central Arizona Concert Band Downtown Prescott

July 17- ASA Best of the West Girls Fast Pitch Invitational

Pioneer Park, Heritage Park, Bill Valley and Ken Lindley Fields. For more information, call

928-420-5675 www.tournamentasa.com

Summer Concert Series @ 18-lul Courthouse Square

6:30pm-8:30pm **Impact** Downtown Prescott

Lunch n' Learn @ Highlands 22-lul Center

11:30am-1pm Bring your lunch and come learn about the forest's tiniest inhabitants, the fascinating insects of the Central Hiahlands. Highlands Center for Natural History 1375 S. Walker Road Prescott, AZ 86303 928-776-9550

www.highlandscenter.org

22-lul Addressina Food Intolerances

6:30pm-8pm \$20.00 per person. Registration required. Nectar Apothecary 219 W. Gurley St. Prescott, AZ 86303 928-445-3929 www.nectarapothecary.com

22-lul Movie in the Park @ Courthouse Square

7pm Big Hero, Rated PG, 102 minutes Downtown Prescott

23-lul Summer Concert Series @ Courthouse Square

Prescott Idol 630pm-8:30pm Downtown Prescott

24-Jul 4th Friday Art Walk

5pm-7pm Downtown Prescott Art Galleries

24-lul Summer Concert Series @ Courthouse Square

7pm-9pmIn Exile Downtown Prescott

25-lul Summer Concert Series @ Courthouse Square

7pm-9pmFunk Frequency Downtown Prescott

July 25- 10th Annual Shootout on 26 Whiskey Row

9am-4pm The celebration take's place in Prescott's historic downtown. The re-enactment groups come from Arizona, California and other Western states. The event also includes a costume contest featuring 1870's through 1890's era ensembles. There will be Kids Games, many Western Vendors, and a Cowboy Dance starting at

6pm on Saturday, July 25th. www.prescottregulators.org

July 25- Iris Rhizome Sale

Saturday 10am-4pm; Sunday Noon-3:30pm Join the Prescott Area Iris Society (PAIS) for our annual Iris Rhizome Sales with hundreds of Iris varieties for sale, all colors of the rainbow. Come early for best selection www.prescottirissociety.ora president@prescottirissociety.org Sharlot Hall Museum 415 W. Gurley Street, Prescott, AZ 86303

HOPI Summer 25-Jul

10am-4pm Daily life on the Arizona mesas will be shared via letters (Ethel Muchvo, First Mesa), interviews and vintage photos that snapshot Hopi life and history during those pre-World War II days on the reservation. 2 p.m. Admission is Free with museum pass Sharlot Hall Museum 415 W. Gurley St. Prescott, AZ 86301

28-Jul Summer Concert Jazz Series @ Courthouse Square

6:30pm-8:30pm Rosemary Chaves Jazz a la Mode Downtown Prescott

July 28- ASA 14U B Western Aug 2 National Championship

Pioneer Park, Heritage Park For more information, call 928-777-1557 www.tournamentasa.com

29-lul Movie in the Park @ Courthouse Square

7pm Alexander & The Terrible, Very Bad Day; rated PG, 81 Downtown Prescott

Railway Depot 233 N. Grand Canyon Blvd. Send your event to events@prescottparent.org for submission

			oena your evenino (everibe piec	been parentially for sobmission
30-Jul	Summer Concert Series @ Courthouse Square Prescott Idol 6:30pm-8:30pm Downtown Prescott	1-Aug	Williams, AZ 86046 1-888-484-7245 www.thetrain.com Iris Rhizome Sale 10am-2pm		scrub board, and sudsing in the big tub. Admission \$7 for Adults, \$3 for ages 12-17 and all children under 12 free. Sharlot Hall Museum
31-Jul	Summer Concert Series @ Courthouse Square 7pm-9pm A night of disco music. Downtown Prescott		Join the Prescott Area Iris Society (PAIS) for our annual Iris Rhizome Sale with a large selection of Iris for sale. www. prescottirissociety.org president@prescottirissociety.org	8-Aug	415 W. Gurley St. Prescott, AZ 86301 www.sharlot.org Howlin' at the Highlands Concert - Susannah Martin
31-Jul	Zoo by Moonlight 8pm It's a full moon at the zoo, join us for a howling good time. 928-778-4242 Heritage Park Zoological Sanctuary 1403 Heritage Park Road Prescott, AZ 86301	1-Aug	Dan's Garden 17618 Foothill Road, Yarnell, AZ 623-980-6627 www.prescottirissociety.org Summer Concert Series @ Courthouse Square 7pm-9pm		7pm-9:30pm Tickets are \$20.00 each Highlands Center for Natural History 1375 Walker Road Prescott, AZ 86303 928-277-1576 www.prescottjazz.com
July 31-	www.heritageparkzoo.org 12th Annual Prescott Gem		Mudd Groove Downtown Prescott	8-Aug	Summer Concert Series @ Courthouse Square 7pm-9pm
Aug 2	and Mineral Show Fri & Sat. 9am-5pm, Sun 9am- 4pm	4-Aug	August 4 Summer Concert Jazz Series @ Courthouse Square		Prescott Playboys Downtown Prescott
	Adults \$5.00; Children under 12 Free www.prescottgemmineral.org		6:30pm-8:30pm Bill West Quintet Downtown Prescott	August 8-9	65th Annual Prescott Fine Art & Crafts Festival Saturday 9am-5pm; Sunday 9am-4pm
August		5-Aug	Movie in the Park @		Come see the fine art and
Aug. 1- Aug. 2	Prescott Antique Auto Club Watson Lake Car Show 7am-5pm \$5 admission for both days. Wrist band required for entry. Free parking. Under 15 free with adult. Military in uniform free admission.	6-Aug	Courthouse Square 7pm The Hundred Foot Journey, rated PC, 122 minutes Downtown Prescott Summer Concert Series @ Courthouse Square 6:30pm-8:30pm		unique crafts in charming downtown Prescott! Courthouse Plaza - Downtown 120 S. Cortez Street Prescott, AZ 86303 928-445-2510 www.prescottartfestivals.com
	Watson Lake Park Hwy 89 Prescott, AZ 86303 www.paacaz.com	Aug. 6-	Prescott Idol Downtown Prescott Arizona Cowboy Poets	August 8-9	ASA Women's Senior Summer Softball Smash Pioneer Park and Heritage Park For more information,
1-Aug	Grand Canyon Railway #4960 Steam Engine Run 8:30am-6pm On select dates in 2015 our 92-year-old historic steam locomotive No. 4960 will pull the Train to the South Rim of	Aug. 8	Gathering 7PM Thurs,,Fri,,Sat. / Fri,Noon- 5PM / Sat.9-5 Yavapai College 1100 E Sheldon Prescott, AZ 86303 928-925-5041 www.azcowboypoets.org	11-Aug	Summer Concert Series @ Courthouse Square 6:30pm-8:30pm - Jazz Downtown Prescott Movie in the Park @
	Grand Canyon National Park and back. Grand Canyon	8-Aug	Arizona History Adventure 10am-3pm	12-Aug	Courthouse Square 7pm McFarland USA, rated PG,

Come by and experience

washing clothes on a wood

www.prescottparent.org

128 minutes

Downtown Prescott

www.heritageparkzoo.org 22-Aug Monsoon Madness Plant Summer Concert Series @ "99 Bottles of Wine at the 13-Aug 15-Aua and Yard Sale Courthouse Square Hall" - Prescott Crush 7:30am-1pm 7pm-9pm 4pm-8pm Nicole's Band Sharlot Hall Museum features Free admission, cash only sales, rain or shine. Downtown Prescott tastings of premier local wines, 928-771-0915 craft brews and specialty Prescott Rodeo Grounds The Appleseed Collective distilled spirits, plus samplings 15-Aug 840 Rodeo Drive, Parkina Lot at PCA of hors d'oeuvres from area Prescott, AZ 86303 7:30pm-9:30pm restaurateurs, and ""live"" www.extension.arizona.edu/ The Ann Arbor based entertainment. Advance yavapai Appleseed Collective tickets \$25 per person (\$30 represents Americana music at-the-door) Available at 13-Aug Arizona History Adventure rooted in traditions from all Sharlot's Depot and Museum 10am-3pm store, 928-445-3122 over the world and from every \$10.00 Kids Free decade, creating a live Sharlot Hall Museum Sharlot Hall Museum 415 W. Gurley St. experience that welcomes 415 W. Gurley St. Prescott, AZ 86301 every soul and is impossible Prescott, AZ 86301 to replicate. www.sharlot.ora www.sharlot.org Reserved Seats: \$20.00 22-Aug Box Office: 445-3286 Summer Concert Series @ 13-Aug Summer Concert Series @ Prescott Center for the Arts Courthouse Square Courthouse Square 220 Marina Ave 7pm-9pm Prescott, AZ 86301 Torn Speakers 7pm Prescott Idol 928-830-0607 Downtown Prescott Downtown Prescott www.pca-az.net 23-Aug Afternoon Tea at the 14-Aug Summer Concert Series @ 18-Aug Summer Concert Series Hassayampa Inn Peacock Courthouse Square 6:30pm-8:30pm Room 6:30pm-8:30pm lazz 2pm-4pmLittle Larry Downtown Prescott High Tea is back at the Downtown Prescott Hassayampa Inn. 4th Sunday 19-Aug Movie in the Park @ of every month from 2 - 4 pm. 15-Aug Beat the Heat Courthouse Square Please call the Peacock 9am-1pmDining room for reservations Central AZ Model RR Club Captain America - Winter at 928-777-9563. presents annual model train Soldier Hassayampa Inn Rated PG-13, 136 minutes 122 East Gurley Street swap meet. Liberty Traditional School Downtown Prescott Prescott, AZ 86303 330 N. Lake Valley Road www.hassayampainn.com Prescott Valley 20-Aug Summer Concert Series @ 25-Aug Courthouse Square Summer Concert Series @ 15-Aug Frontier Arizona 6:45pm-7:45pm Courthouse Square Experience Central Arizona Concert 6:30pm-8:30pm 10am-2pm Band lazz Downtown Prescott Downtown Prescott Fort Whipple Museum includes a sick call as part

22-Aua

54 Prescott Parent Magazine

of its ""day-in-the-life"" of a

working soldierAdmission is

Fort Whipple Museum

V.A. Center Hwy 89

Prescott, AZ 86301

www.sharlot.ora

928-445-3122 ext. 31

Prescott, AZ 86301 www.prescottparent.org

Park Zoological.

928-778-4242

Sanctuary

Wet and Wild Water Day

Cool off this summer at Wet &

Wild Water Day at Heritage

Heritage Park Zoological

1403 Heritage Park Road

@ Heritage Park Zoo

9am-4pm

26-Aug

27-Aug

Movie in the Park @

Courthouse Square
7pm - Maleficent, rated PG,

Downtown Prescott

Courthouse Sauare

6:30pm-8:30pm

Downtown Prescott

Prescott Idol

Summer Concert Series @

98 minutes

28-Aug Prescott's 4th Friday Art Walk

5pm-7pm Visitors & local residents can experience an evening of fun, conversation, food, music and ART! For event information ao

28-Aug Summer Concert Series @ Courthouse Square

7pm-9pm Five in the Wheel Downtown Prescott

to www.artthe4th.com

28-Aug Evening Concert at The Elks Opera House Theater

7:30pm-10pm
Evening Concert at the Elks
Opera House Theater.
Elks Opera House Theater
117 E. Gurley Street
Prescott, AZ 86301
928-277-1576
www.prescottiazz.com

29-Aug Jazz Workshop at Ruth Street Theater

1pm-3pm
Afternoon workshop at the
Ruth Street Theater - Prescott
High School. Tickets are \$15
per ticket depending. We
are offering early bird ticket
pricing until August 1, 2015
(discounts are \$5 off of each
ticket
Ruth Street Theater - Prescott
High School
1050 Ruth Street
Prescott, AZ 86301
928-277-1576

29-Aug Summer Concert Series @ Courthouse Square

7pm-9pm Fallen Arrow Downtown Prescott

www.prescottjazz.com

29-Aug Evening Concert at the Ruth Street Theater

7:30pm-10pm Evening Concert at the Ruth Street Theater. Ruth Street Theater - Prescott High School 1050 Ruth Street Prescott, AZ 86301 928-277-1576 www.prescottjazz.com

29-Aug Zoo by Moonlight

opiii It's a full moon at the zoo, join us for a howling good time. 928-778-4242 Heritage Park Zoological Sanctuary 1403 Heritage Park Road Prescott, AZ 86301 www.heritageparkzoo.org

30-Aug Brunch/Morning Concert- The Club at Prescott Lakes

31-Aua

10am-1pm
Brunch & Morning
Concert at the Club at
Prescott Lakes.
The Club at Prescott
Lakes
315 E Smoke Tree Ln

Prescott, AZ 86301

www.prescottjazz.com

Afternoon Concert & Optional Wine Tasting

1:30pm-3:30pm
Prescott Jazz Summit Afternoon Concert at the
Club at Prescott Lakes and
Optional Wine Tasting.
The Club at Prescott Lakes
315 E Smoke Tree Ln
Prescott, AZ 86301
www.prescottjazz.com

LOOKING AHEAD...

12-Sep Breakfast with the Bears

9am-10:30am Join Heritage Park Zoological Sanctuary and have Breakfast with the Bears, Shash and Augustus. Reservations are required. Limited seats are available 928-778-4242 1403 Heritage Park Road Prescott, AZ 86301 www.heritageparkzoo.org

Save The Date

March for Babies Prescott Quad-Cities

Saturday, September 12, 2015
Join March of Dimes, Prescott Parent Magazine, local residents, families and other local businesses in the biggest walk for stronger, healthier babies! New to the event in 2015 will also be a 5k run. Day of registration begins at 7:30 a.m. with the walk/run beginning at 8 a.m. at Prescott Valley Entertainment District Plaza.

Register online today at www.marchforbabies.org.

For more information about March of Dimes visit www.marchofdimes.org.

2nd Annual Cooks & Chords Prescott - MS Society

September 19th, 5pm-7:30pm - Cooks & Chords is the National MS Society, Arizona Chapter tasting event, and for the 2nd time will be in the community of Prescott. This year's event will take place at Watters' Garden Center with its natural beauty of foliage and flowers. Stations of local chef-prepared dishes paired with delicious spirits and wonderfully-appointed acoustic music will tantalize guests as they browse packages in our raffie and silent/live auction.

Limited tickets available and will not be sold at the door. Contact Lynette at 480-455-3962 for tickets, to be a volunteer or to be a sponsor.

Watters Garden Center

1815 Iron Springs Road, Prescott, AZ 86303

Boo at the Zoo

Boo at the Zoo is held every October 31st from 6pm to 9pm. Come in costume and trick-or-treat at different stations around the Sanctuary. Bring a flashlight and see all the nocturnal animals out and about. Special Admission Prices are \$3 for HPZS Members, \$5 for Non-Members. Heritage Park Zoo

Heritage Park 200 1403 Heritage Park Road Prescott, Arizona 86301 (928) 778-4242 or toll free (877) 778-6008

19-Sep Wild West Mud Fest 5K

Opens @ 10am, Race starts at 12 noon
Boys & Girls Clubs of Arizona present the Wild West Mud Fest, a 5K obstacle fun Mud Run for all ages.
Cost is \$35 for adults; \$20 for children under 12;\$30 per

for children under 12;\$30 per person for teams if 4; \$50 Elite Athlete

Registration is open at www.wildwestmudfest.com

26-Sep AIDS Walk Northern Arizona 9am-12pm

The 2015 AIDS Walk Northern Arizona is hosted by Northland cares (www.northlandcares.

org) and will take place in downtown Prescott, AZ Start time is 9am and closing ceremonies at 12pm. \$20 registration fee/person \$15 for students \$10 for dogs Kids free under 12 Courthouse Square 120 S. Cortez St Prescott, AZ 86301 www.northlandcares.org

27-Sep Wander the Wild

2:30pm-7pm
The 7th annual Wander the
Wild, the Highlands Center for
Natural History's biggest yearly
fundraiser, will be held Sunday,
September 27 at Talking Rock
Ranch.
www.highlandscenter.org/
discovery-gardens
928-776-9550
Talking Rock Ranch
15075 N Talking Rock Ranch
Rd, Prescott, AZ 86303
www.HighlandsCenter.org

28-Sep

Zoo by Moonlight

It's a full moon at the zoo, join us for a howling good time. 928-778-4242
Heritage Park Zoological Sanctuary
1403 Heritage Park Road Prescott, AZ 86301
www.heritageparkzoo.org

ONGOING

Mon-Fri

Mom's Play-date at Synergy Gymnastics

10:15am-11:15am Ages 4 years and younger. Synergy Gymnastics 546 6th St. Prescott, Arizona Ph: 928.899.4589

Wed

Poetry Discussion Group

1pm-3pm Join Dr. Janet Preston to enjoy and discuss great poetry in an informal setting. Copies of poems will be distributed at the gathering. Prescott Public Library 215 E. Goodwin Prescott, AZ 86303 www.prescottlibrary.info

Preschool Story Time

10am & 11am Children's program room, 2nd floor. Prescott Valley Public Library 7401 E. Civic Circle, Prescott Valley Ph: 928.759.3044

Thursdays

Toddler Story Time

10am & 11am Children's program room, 2nd floor. Prescott Valley Public Library 7401 E. Civic Circle, Prescott Valley, Arizona Ph: 928.759.3044

Genealogy Mentoring Sessions

Register online, at the Ask a Librarian desk or call 928.777.1526. 215 E Goodwin St, Prescott, AZ 86303 www.prescottlibrary.info

Third Thursday Star Talks

6:30pm - 8:30pm Prescott Public Library 215 E. Goodwin Prescott, AZ 86303 www.prescottlibrary.info

Fridays

Go Bananas Drop Off Available

5:00pm - 9:00pm Prescott Gateway Mall, 3250 Gateway Boulevard #204, Prescott, AZ 86303 (928) 583-7655

Open Gym at Synergy Gymnastics

7pm-9pm Synergy Gymnastics 546 6th St. Prescott, Arizona 86301 Ph: 928.899.4589

Prescott's 4th Friday Art Walk

5:00pm – 7:00pm On the 4th Friday of every month. Various Prescott Art Galleries Prescott, AZ 86303 www.artthe4th.com

Saturdays

SMARTgirls \$3 sale days

2nd & 4th Saturday of the Month SMARTgirls Resale Fashion 6616 E. 2nd St. Ste. F Prescott Valley, Az 86314 928-772-1227 Info@smartgirlsfashion.com www.smartgirlsfashion.com

Drop-in Chess

2pm-4pm
Players of all ages and skill
levels are invited to drop in
and play chess. Chess sets
are available to check out
for use in the library.
Prescott Public Library
215 E. Goodwin
Prescott, AZ 86303

Nocturnal Nature Nights

Every Saturday night, starting June 6th running through August 29th, the zoo will be open until 8:00pm.

Heritage Park
Zoological Sanctuary
1403 Heritage Park Road
Prescott, AZ 86301

www.heritageparkzoo.org

Open Gym at Synergy Gymnastics

12:00pm -2:00pm Synergy Gymnastics 546 6th St. Prescott, Arizona 86301 Ph: 928.899.4589

High Tea at Lavender Herb Farm

2:00pm (Every third Saturday of the month).
Reservations required.
Ph: 928.636.5270

Go Bananas Drop Off Available

5:00pm - 9:00pm Prescott Gateway Mall, 3250 Gateway Boulevard #204, Prescott, AZ 86303 (928) 583-7655

Parent Resource Guide

Activities

4-H

www.extension.arizona.edu 4-H is for all youth, ages 5-19, who want to have fun, learn new skills, and explore the world. Kids 5-8 join Cloverbuds – a non-competitive, fun introduction to the many projects available through 4-H.

Boy Scouts Prescott, AZ: Troop 7006 www.scoutlander.com/publicsite/unithome. aspx?UID=11806

Flip City Gymnastics and Cheer 546 6th St. Prescott, AZ 86301 928-899-4589 www.synergygymnastics.com

Freedom Station 2992 N Park Ave, Prescott Valley, AZ 86314 (928) 775-4040 www.freedomstationfun.com

Girls Scouts
Prescott, AZ
Email: girlscoutsprescott@gmail.com
www.facebook.com/pages/Girl-Scouts-of-PrescottArizona/205516859488271
www.girlscoutsaz.org/programs/activities-for-girls/
activity-calendar

Go Bananas 3520 Gateway Mall Prescott, AZ 86301 928-583-7655 www.gobananasprescott.com

Happy's Dream Ranch: Horse Boarding & Lessons for all ages.
12897 North Tonto Ranch
Prescott, AZ 86305
928-899-3373
Email: Debbiejamsa@HappyDreamRanch.com
www.happysdreamranch.com

Heritage Park Zoological Sanctuary 1403 Heritage Park Rd. Prescott, AZ 86301 928-778-4242 www.heritageparkzoo.com

Highlands Center for Natural History 1375 Walker Rd. Prescott, AZ 86303 928-776-9550 www.highlandscenter.org Phippen Museum 4701 Arizona Hwy 89 Prescott, AZ 86301 928-778-1385 www.phippenmuseum.com

Salvation Army 237 S Montezuma St. Prescott, AZ 86303 928-778-0150

Sharlot Hall Museum 415 W Gurley St. Prescott, AZ 86301 928-445-3122

Smoki Museum 147 N Arizona Ave. Prescott, AZ 86304 928-445-1230 www.smokimuseum.org

The Spot Museum 3250 Gateway Boulevard, Prescott Gateway Mall, Prescott, AZ 86303 (928) 771-0241 www.thespotmuseum.org

The Launch Pad Teen Center 885 Sunset St. Prescott AZ 86305 Open M-F from 3-6pm. www.thelaunchpadteencenter.org

Birthday Parties

Artistic Magic 928-821-4120 www.artisticmagic.net

Bounce House Express 928-277-9018 www.bouncehouseexpress.com Email: DAChappelle@aol.com

Bouncety Bounce Inflatables & Party Supply wwwbouncetybounce.com 928-277-1749

Freedom Station 2992 N Park Ave, Prescott Valley, AZ 86314 (928) 775-4040 www.freedomstationfun.com

Flip City Gymnastics and Cheer 546 6th St. Prescott, AZ 86301 928-899-4589 www.synergygymnastics.com Funny Faces Face Painting
Prescott Valley, AZ 86312
928-899-9922
Email: facepainter777@gmail.com
www.facebook.com/pages/Funny-Faces-FACEPainting

Go Bananas 3520 Gateway Mall Prescott, AZ 86301 928-583-7655 www.gobananasprescott.com

Kiddie Caboose www.kiddiecaboose.com/Gallery.html www.facebook.com/kiddiecaboose

Natty Faces Face Painting 480-710-1160 nattyfaces@gmail.com www.facebook.com/nattyfaces www.nattyfaces.com

Quest Character Parties 928-533-1519 kalisonnier@yahoo.com

The Spot... a Child's Museum 3250 Gateway Boulevard Prescott Gateway Mall Prescott, AZ 86303 928-771-0241 www.thespotmuseum.org

Birthing & Breastfeeding Classes

Bradley Method of Natural Childbirth http://bradleybirth.com Type in your zip code and find teachers in your area.

Prescott La Leche League
Meets twice a month in the Prescott area.
Olga: 928-493-0199
www.lllofazorg/prescott.htm
www.facebook.com/LaLecheLeaguePrescottAz

Yavapai Regional Medical Center 7700 East Florentine Road Prescott Valley, AZ 86314 928-442-8800 www.yrmc.ora/services/family-birthina-center

Chamber of Commerce

Prescott Chamber of Commerce 117 W Goodwin St. Prescott, AZ 86303 928-445-2000 www.prescott.org

Prescott Valley Chamber of Commerce 7120 Pav Way #102 Prescott Valley, AZ 86314 928-772-8857 www.pvchamber.org

CPR and First Aid Classes

Central Yavapai Fire District
www.centralyavapaifire.org
CPR classes are available monthly, please check
the schedule by clicking on the link below for
available class options.

New Life 928-445-5024 www.newlifena.com Email: lesa@newlifena.com

Life Line Ambulance 1099 W. Iron Springs Road Prescott, AZ 86305 Email: info@lifelineaz.com

Custom Wall Murals

Artistic Magic 928-821-4120 www.artisticmagic.net

Community Nature Parks

Acker Park 421 S. Virginia Prescott. AZ

Granite Creek Park 554 N 6th Street Prescott, AZ

Community Nature Center Open Space Preserve 1981 Williamson Valley Road Prescott, AZ www.cityofprescott.net

Downtown Prescott Greenways Trail www.visit-prescott.com

Flinn Park 280 Josephine Street Prescott, AZ www.cityofprescott.net/services/parks/parks/index. php?id=2

Heritage Park 1497 Heritage Park Road Prescott, AZ

Heritage Park Zoological Sanctuary 1403 Heritage Park Road Prescott, Arizona

Highlands Center for Natural History 1375 Walker Road Prescott, AZ 86303 928-776-9550 www.highlandscenter.org Willow Creek Park 3181 Willow Creek Road Prescott, AZ

Community Skate Park
E Willis Street and S Arizona Avenue (inside Ken Lindley Park).
Prescott, AZ
www.skatepark.com/skateparks/Prescott/AZ

Peavine & Iron Kings Trail 1626 Sundog Ranch Road Prescott, AZ

Pioneer Park 1200 Commerce Drive Prescott, AZ

Stricklin Park 1751 Sherwood Drive Prescott, AZ www.cityofprescott.net

Vista Park 1684 Sarafina Drive Prescott. A7

Galleries

Prescott Center for the Arts 208 N Marina St, Prescott, AZ 86301 (928) 445-3286 www.pfaa.net

Tis Art Gallery 105 S Cortez St. Prescott, AZ 86303 928-775-0223 www.tisartgallery.com

Groups

Prescott MOPS 1085 Scott Dr, Prescott, AZ 86301 (928) 445-4348

Health & Fitness

Kickstart Boot Camp for Women SGT Steve www.prescottbootcamp.com

Lotus Bloom Yoga 777 W Hillside Ave. Prescott, AZ 86301 928-499-1553 www.lotusbloomyoga.com

The Natural Healing Garden Wellness Center 119 Garden St. Prescott, AZ 86305 928-237-4116 www.naturalhealinggarden.com

www.prescottparent.org

Ponderosa Pediatrics (928) 778-4581 2120 Centerpoint West Drive Prescott, AZ 86301 www.ponderosapediatrics.com

Prescott Hypnosis 223 White Spar Rd. Prescott, AZ 86303 928-771-2333 www.prescotthypnosis.com

Sages' Healing Center 1101 E Gurley St. Prescott, AZ 86301 928-458-6748 sages@sageshealingcenter.com

SONRISA, Crossinology Brain Integration & Wellness Center
Beth Tom
928-713-4507
sonrisabit@yahoo.com
Crossinology.com

Holistic healing/ alternative care/ drug free permanent correction for ADD/ADHD/DYSLEXIA/ Therapy/ PTSD and Stroke care/ Emotion, trauma, allergy and hormone balance.

YRMC Family Resource Center 3262 N. Windsong Drive Prescott Valley, AZ 86314 (928) 771-5651 www.yrmc.org/support-and-community/family-resource-center

Family support specialists provide information, connect you to resources and answer your questions. Learn more about our voluntary, free programs (First Steps and Healthy Families) and give your children the best possible start in life.

YRMC Partners for Healthy Students In-School Clinics: (928) 771-5662 Mobile Kids Clinic: (928) 771-5123 www.yrmc.org/support-and-community/partners-for-healthy-students

School-based and mobile health clinics at no cost for children who are uninsured, underinsured, or AHCCCS eligible. Call for more information.



Home-School Resources

Prescott Center for the Arts 208 N Marina St, Prescott, AZ 86301 (928) 445-3286 www.pfaa.net

Lakes & Rivers

Fain Lake 2200 North 5th Street Prescott Valley, AZ www.bradshawmountains.com/fain_lake.htm

Coldwater Lake 2900 S Goldwater Lake Rd Prescott AZ 86303 www.cityofprescott.net

Granite Basin Lake
Prescott AZ
www.allprescott.com/lakes_rivers_falls/granite_
basin_lake.php
To reach it, take Montezuma Street north until it

To reach it, take Montezuma Street north until it becomes Whipple Street, and shortly thereafter Iron Springs Road. Take Iron Springs Road to Forest Road 374 and then follow this road for approximately four miles until you see the entrance to the lake.

Hassayampa River 49614 Highway 60 Wickenburg, Arizona 85390

Lynx Lake 4505 E Forest Service Rd. Prescott, AZ 86303 Lynx Lake store and Marina: 928-778-0720 www.arizona-leisure.com/lynx-lake.html

Watson Lake 3101 Watson Lake Rd Prescott AZ 86301 www.tripadvisor.com

Willow Lake Park 1497 Heritage Park Road Prescott AZ 86301 www.cityofprescott.net

Libraries

Prescott Public Library 215 E Goodwin St, Prescott, AZ 86303 (928) 777-1500 www.prescottlibrary.info

Prescott Valley Public Library Prescott Valley, AZ 86314 (928) 759-3040 www.pvlib.net

Music

Desert Mountain Music Prescott, AZ www.desertmountainmusic.com www.facebook.com

Park Avenue School of Music Prescott, AZ 928-273-7358 www.parkavemusic.com

Piano Lessons for all ages with Henry Flurry www.henryflurry.com

Tri-City School of Music 1223 Linda Vista Lane Prescott, AZ 86305 928 717-2555 www.nfusemusik.com Guitar, Voice, and Piano lessons

Violin and fiddle lessons with Katie Peterson
Prescott, AZ 86305
928-776-9824
Email: katieandroy@gmail.com
www.violin-fiddle-teacher-prescott-arizona.com
\$25.00 for 30 minutes of one on one instruction.

Violin and Piano lessons with Kristin Garson Prescott, AZ 928-442-6817 www.kristingarson.com

Parenting Education & Support

Arizona Children's Association Adoption & Foster Care Services 1-800-944-7611 www.arizonaschildren.org/index.php?id=164

Del E. Webb Family Enrichment Center - Add to Early Childhood Development and Education http://www.yc.edu/v5content/family-enrichment-center/928-776-2111

Workshops and other support resources for

Mommy & Me Classes

Synergy Gymnastics 546 6th St. Prescott, AZ 86301 928-899-4589 www.synergygymnastics.com

Museums

Phippen Museum 4701 Arizona Hwy 89 Prescott, AZ 86301 928-778-1385 www.phippenmuseum.com Sharlot Hall Museum 415 W Gurley St. Prescott, AZ 86301 928-445-3122

Smoki Museum 147 N Arizona Ave. Prescott, AZ 86304 928-445-1230 www.smokimuseum.org

Pediatrics

Ponderosa Pediatrics (928) 778-4581 2120 Centerpoint West Drive Prescott, AZ 86301 www.ponderosapediatrics.com

Sages' Healing Center 1101 E Gurley St. Prescott, AZ 86301 928-458-6748 sages@sageshealingcenter.com

YRMC Partners for Healthy Students In-School Clinics: (928) 771-5662 Mobile Kids Clinic: (928) 771-5123 www.yrmc.org/support-and-community/partners-for-healthy-students

School-based and mobile health clinics at no cost for children who are uninsured, underinsured, or AHCCCS eligible. Call for more information.

Performing Arts

Prescott Center for the Arts 208 N Marina St Prescott, AZ 86301 928-445-3286 www.pfaa.net

The Elks Theatre & Performing Arts Center 117 E. Gurley St.
Prescott, AZ 86303
928-777-1366
www.prescottelkstheater.com

Yavapai College Performing Arts Center 1100 E Sheldon Prescott, AZ 86301 928-776-2000 www.ycpac.com

Playgrounds

Flinn Park 280 Josephine Street Prescott, AZ www.cityofprescott.net

Goldwater Lake 2900 S Goldwater Lake Rd Prescott, AZ www.cityofprescott.net

Granite Creek Park 554 N 6th Street, Prescott, AZ

Heritage Park 1497 Heritage Park Road Prescott, AZ www.cityofprescott.net

Heritage Park Zoological Sanctuary 1403 Heritage Park Road Prescott, AZ 928-778-4242 www.heritageparkzoo.org

Ken Lindley Field and Park 702 E. Gurley Street Prescott, AZ www.cityofprescott.net

Peppertree Mini-Park 220 W. Delano Avenue Prescott, AZ (at the corner of Tamarack Lane and Delano Street) www.cityofprescott.net

Vista Park 1684 Sarafina Drive Prescott, AZ www.cityofprescott.net

Watson Lake 3101 Watson Lake Rd Prescott, AZ www.cityofprescott.net

Willow Creek Park 3181 Willow Creek Road Prescott, AZ

Shopping

SMARTgirls Resale Fashion 6616 E 2nd St Ste F, Prescott Valley, AZ 86314 928-772-1227 info@smartgirlsfashion.com www.smartgirlsfashion.com

Summer Camps

Camp Daisy & Harry Stein 3400 W Camp Pearlstein Rd Prescott, AZ 480-951-0323

Camp Wamatochick 5101 S. Senator Hwy Prescott, AZ 86303 http://teenroundup.org/free-summer-camps.html Challenger Soccer Camp 1-800-878-2167 Prescott Valley

Embry Riddle Sports Camps 3700 Willow Creek Rd Prescott AZ 86301 1-800-645-3226

Friendly Pines Camp 1-888-281-CAMP info@friendlypines.com

Girl Scouts - Arizona Cactus-Pine http://www.girlscoutsaz.org/en/camps/types-ofcamps.html

Nature Camp 928-445-5446 marianasht@msn.com

Orme Summer Camp HC 63 Box 3040 Mayer, AZ 928-632-7601

Ponderosa Ranch w/ The Salvation Army 928-778-0150 ext. 113

Prescott Center for the Arts 208 N Marina St Prescott, AZ 86301 www.pca-az.net

Synergy Gymnastics 546 6th St Prescott, AZ 86301 928-899-4589 www.synergygymnasticsaz.com

Valley of the Sun YMCA Summer Camps http://azycamps.org/our-camps/

YMCA Prescott Summer Day Camp 750 Whipple St Prescott, AZ 86301 928-445-7221 www.prescottymca.org/index.php

Humboldt Unified School District 8766 Arizona 69, Prescott Valley, AZ 86314 (928) 759-4000 www.humboldtunified.com

Mile High Middle School 300 S Granite St Prescott, AZ 86303 928-445-5400 Primavera School 1446 Moyer Rd. Prescott, AZ 86303 928-445-5382 www.primaveraschool.org

Schools

Abia Judd Elementary Elementary School 1749 Williamson Valley Road Prescott, AZ 86305 928-717-3263 www.prescottschools.com

American Lutheran School Pre-school, Elementary School 1085 Scott Drive Prescott, AZ 86301 928-445-4348 Email: info@americanlutheran.net www.americanlutheran.net

BASIS Charter School K-10 1901 Prescott Lakes Pkwy Prescott, AZ 86301 928-277-0334 Email: info@basisprescott.org www.basisprescott.org

Cedar Tree Montessori 12 months through 1st Grade 129 North Pleasant Street Prescott, AZ 86301 928-771-8785 www.cedartreemontessori.com

The Children's Garden Pre-school Pre-school 13 Brookside Blvd. Prescott, AZ 86303 928-777-9150

Christian Academy of Prescott Pre-school, Elementary, Middle School 148 S Marina Prescott, AZ 86303 928-445-2565 www.cap-prescott.com

Discovery Garden's Pre-school Pre-school and Early Education Prescott, AZ 928-442-1283 www.pusdonline.com

Family Enrichment Center
Early Education, Pre-school
1100 E. Sheldon St
Prescott, AZ 86301
928-445-7300
www.yc.edu/v5content/family-enrichment-center

Granite Mountain
5th & 6th Grade
1800 Williamson Valley Road
Prescott, AZ 86305
928-717-3253
www.prescottschools.com

La Tierra Community School
Elementary School
124 N. Virginia Street
Prescott, AZ 86301
928-445-5100
Email: office@latierracommunityschool.org
www.latierracommunityschool.org

Lincoln Elementary Elementary School 201 Park Ave Prescott, AZ 86303 928-717-3249 www.prescottschools.com

Mountain Oak School Pre-school, Elementary School 1455 Willow Creek Road Prescott, AZ 86301 928-541-7700 www.mountainoakschool.org

Northpoint Expeditionary Learning Academy High School 551 1st Street Prescott, AZ 86301 928-717-3272 Email: info@northpointacedemy.org www.northpointacademy.org

Pine Grove Preschool
Pre-school
217 Grove Ave
Prescott, AZ 86301
928-277-1424
Email: info@pinegrovepreschool.org
www.pinegrovepreschool.org

Prescott Adventist Christian School Pre-school, Elementary and Middle School 2980 Willow Creek Rd Prescott, AZ 86301 928-445-3663 www.prescottsdaschool.com

Prescott Head Start Early Education, Pre-School 828 Rodeo Drive Prescott, AZ 86305 928-445-8534

Prescott High School High School 1050 N. Ruth Street Prescott, AZ 86301 928-445-2322 www.prescottschools.com/ Prescott Mountain High Middle School Middle School 300 S. Granite St. Prescott, AZ 86303 928-717-3241 www.prescottschools.com

Prescott Preparatory Academy High School 325 N. Washington St Prescott, AZ 86301 928-541-1090 www.prescottpa.com

Primavera School Pre-school through grade 6 1446 Moyer Road Prescott, AZ 86303 928-445-5382 www.primaveraschool.org

Sacred Heart Catholic School Pre-school, Elementary, Middle School 131 N Summit Ave Prescott, AZ 86301 928-445-2621 www.sacredhearteducation.com

Skyview School High School 125 South Ruth Street Prescott, AZ 86303 928-776-1742 Email: admin@skyviewk12.azus www.skyviewschool.org

Taylor Hicks Elementary Elementary School 1845 Campbell Ave Prescott, AZ 86301 928-717-3276 www.prescottschools.com

Tri-City College Prep High School High School 5522 Side Road Prescott, AZ 86301 928-777-0403 www.tricityprep.org

Trinity Christian School Pre-school, Elementary School 1077 Mogollon Road Prescott, AZ 86301 928-445-6306 www.trinitychristianaz.com

YMCA Pre-School, After School Care 750 Whipple St Prescott, AZ 86301 928-445-7221 Acorn Montessori School
Pre-Kindergarten, Elementary, Middle School
8556 E. Loos Drive
Prescott Valley, AZ 86314
928-772-5778
www.acornmontessori.com

Bradshaw Mountain High School High School 6000 Longlook Road Prescott Valley, AZ 86314 928-759-4000 www.ms.humboldtunified.com

Bradshaw Mountain Middle School Middle School 12255 Turquoise Circle, Dewey, AZ 86327 928-759-4000 www.ms.humboldtunified.com

Bright Futures Preschool Pre-school HUSD Family Resource Center - Room 422 6411 N. Robert Road Prescott Valley, AZ www.bfhumboldtunified.com

Coyote Springs Elementary Elementary School 6625 N. Cattletrack Road Prescott, AZ 86314 928-759-4300 www.cs.humboldtunified.com

Franklin Phonetic School Elementary, Middle School 6116 E. Highway 69 Prescott Valley, AZ 86314 928-775-6747 www.franklinphoneticschool.com

Glassford Hill Middle School Middle School 6901 Panther Path Prescott Valley, AZ 86314 928-759-4000

God's World
Early Education, Pre-school, Before & After
School Care through age 12
3950 N. Valorie Drive
Prescott Valley, AZ 86314
928-772-0460

Grandpa's Farm Infant Care, Early Education, Pre-school 7117 E. Addis Street Prescott Valley, AZ 86314 928-772-8009

Granville Elementary Elementary School 5250 N. Stover Drive Prescott Valley, AZ 86314 928-759-4800 www.ae.humboldtunified.com

Growing Kids Preschool
Pre-School
Prescott Valley, AZ
928-710-2539
Email: info@growingkids.com
www.growingkids.com/preschool

Lake Valley Elementary
Elementary School, Middle School
3900 N. Starlight Drive
Prescott, AZ 86314
928-759-4200
www.lvhumboldtunified.com

Learning Castle Day Care & Preschool 12 months through Pre-school 4701 N. Robert Road Prescott Valley, AZ 86314 928-775-9677 www.learningcastlechildrenscenter.com

Liberty Traditional School Elementary School 3300 N. Lake Valley Road Prescott Valley, AZ 86314 928-759-4500 www.lib.humboldtunified.com

Mountain View Elementary Elementary School 8601 E. Loos Drive Prescott Valley, AZ 86314 928-759-4700 www.mv.humboldtunified.com

Park View Middle School Middle School 8300 E. Dana Dr. Prescott Valley, AZ 86314 928-775-5115 www.parkviewschool.org

Prescott Valley Charter School K-12 9500 Lorna Lane Prescott Valley, AZ 86314 928-772-8744 www.prescottvalleyschools.com/

Prescott Valley Head Start Early Education, Pre-school 6955 Panther Path Suite A Prescott Valley, AZ 86314 928-772-7726 Yavapai High School Middle, High School 6325 Baja Circle Prescott Valley, AZ 86314 928-759-8126 www.Yasd99.com

Tutoring

KUMON Math and Reading Center 843 South Miller Valley Road Suite #202 Prescott, AZ 86301 928-445-4855 Email: edithwelsh@ikumon.com

Prescott Valley Public Library Free Math Tutoring 928-759-6196 Free Math Tutoring for ages 12-18 Tuesdays, Wednesdays, and Thursdays from 6:00 to 8:00 pm.

Youth Sports

BEARS Youth Football and Cheer Prescott Valley www.pvyfca.org

Prescott Area Tennis Association Email: info@prescotttennis.org www.pataonline.org

Prescott Family Karate
720 North 6th Street
Prescott, AZ 86301
928-713-8264
928-220-0566
Email: info@prescottfamilykarate.com
www.prescottfamilykarate.com

Prescott Little League Baseball www.eteamz.com/prescottlittleleague The registration to this little league fills very fast! Registration for each coming season begins in January and tryouts are held in March.

Prescott Valley Little League Baseball and Softball Email: prescottvalley@yahoo.com prescottvalleylittleleague.weebly.com

Prescott Valley Youth Hockey Program

@ Prescott Valley Event Center
928-583-6086
youthhockey@prescottvalleyeventcenter.com

youthhockey@prescottvalleyeventcenter.com www.prescottvalleyeventcenter.com

Prescott YMCA www.Prescottymca.org 750 Whipple St Prescott, AZ 86301 Prescott Youth Hockey Association Email: info@prescottyouthhockey.com 928-441-2520 www.prescottyouthhockey.com

Self-Defense Academy of Northern Arizona Prescott Valley 928-710-2579 Email: sifurick@gmail.com Wing Chun Kung Fu for children and adults.

Shinpu-Ren Family Karate 6570 E. 6th Street Prescott Valley, AZ 86314 928-308-8001 www.prescottkarate.com AYSO Youth Soccer Prescott, AZ Email: playprescottsoccer@gmail.com www.eteamz.com/prescottsoccer

Yavapai Soccer League Quad Cities 928-458-7290 Email: info@yavapaisoccer.com www.yavapaisoccer.com

Water Play

Heritage Park Zoological Sanctuary 1403 Heritage Park Road Prescott, Arizona 86301 928-778-4242 www.heritageparkzoo.org

Mountain Valley Splash 8600 E. Nance Lane Prescott Valley, AZ 86314 928-775-3165 www.pvaz.net/356/Mountain-Valley-Splash

Yavapai College Swimming Pool 1100 E. Sheldon St Prescott, AZ 86301 928-445-7300 wwwyc.edu

YMCA Aquatics Center 750 Whipple St Prescott, AZ 86301 928-445-7221 www.prescottymca.org

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