

Sept/Oct 2015

PRESCOTT PARENT MAGAZINE

Vol. 2 Issue 1



Whats Inside this Issue

- 9 Is YOUR Family B.I.T. fit?
- 32 The STEM Initiative
- 39 Fall Festivities at Mortimer Family Farms
- 36 Prescott Ghost Talk:
Where Arizona Legends Come Alive!
- 28 Haunted Prescott

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PRESCOTT
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MAGAZINE



A Note From The Publisher



Wow! Our one year anniversary already! Time sure does fly by when you are having fun. When I talk about the magazine, I often refer to it as my fourth child. There is so much work that goes

in to making each issue and with a very busy family of my own I am always grateful for the way things fall into place each month. It has been such a pleasure getting to meet our readers at events. You are all such a great group of parents and grandparents! Your support and feedback for Prescott Parent Magazine has enabled me to continue to talk about the issues that are affecting you and your family. In addition to all the people we have met this last year, Prescott Parent Magazine has had the honor to sponsor the Quad-Cities March of Dimes Walk, partner with Heritage Park Zoological Sanctuary and be a supportive force for many other organizations within our community. Prescott is the best town to raise a family and I love that we can finally show the residents and visitors of Prescott we are much, much more than a retirement community.

We are elbow deep into our new school schedule now and the kids are doing a great job at their new school. The changes Prescott Unified School District has made over the last couple of years has finally blossomed into the kind of school system we have asked for our children. There seems to be breath of fresh air among the teachers, administrators and parents. The new after school programs have begun at Lincoln Elementary and Granite Mountain thanks to a \$700,000.00 grant received by Karen Hughes and Teresa Bruso for their schools. Students are now offered many opportunities to excel with their work, have a chance to catch up on what they need if they are behind and be part of many fun after school clubs not previously offered. I can see the excitement my children have about these new programs and their new schools. A big "Thank You!" to PUSD and all they continue to do for our children.

Halloween will be even bigger and better this year! With Ghost Talk, Week of the Dead, the Corn Maze Festival at Mortimer Farms, and so many new fang-tastic events, even the ghosts of Prescott will be out for a haunting experience. Don't forget to take lots of pictures to share on our website!

Have a great fall!

Heather

What's INSIDE

Is YOUR Family B.I.T. Fit?

By Dawn Foster

9

Education News

11

10 Things You Didn't Know About Arizona Public Schools, but Should

By Lisa Irish, Arizona Educational News Service

14

Lincoln and Granite Mountain Schools Receive 21st Century Community Center Learning Grants

By Karen Hughes and Teresa Bruso

15

Natural Morning Instinct, as Witnessed by Your Mother

By Katie King

16

Awareness into Action: Mountain View and Lake Valley Elementary 6th Grade Legacy

By Kristina Garcia and Mara Kack

19

The Top 5 Tips for Maximizing Your Closet

By JoAnne Colleher

23

Sunbeams, Explorers and Girl Guards! Oh My!

By Heather Turbiak-Lowrance

24

The STEM Initiative

By Judy L. Paris, M.Ed. President/Founder of CMA Inc.

32

The Ghosts of Prescott Center for the Arts: Where Arizona Legends Come Alive!

By Heather Turbiak-Lowrance and Karen Murphy

36

Know the Symptoms of Multiple Sclerosis

By Heather Turbiak-Lowrance and Lynette Hoyt

26

Haunted Prescott

By Samantha Kingsley

28

Week of the Dead: Get Your Dead On In Prescott

34

Fall Festivities at Mortimer Family Farms

39

Halloween Happenings at Heritage Park Zoological Sanctuary

41

Tired of the Same Old Recipes for Taco Tuesday Night?

46

Explore Nature with Edie

47

Around Town - 6 | Event Calendar - 51
Parent Resource Guide - 57 | Classifieds - 63

PRESCOTT PARENT MAGAZINE

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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.

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please send a short
50-250 word article to
editor@prescottparent.org
More information at
prescottparent.org

'Tis Annual 12"x12" Art Auction and Creative Spirit Costume Party



The annual convergence of the Creative Spirits returns to 'Tis with more 12"x12" works by Prescott Area Artists Saturday September 19, 2014 from 3 – 5 p.m.

In its third year, this year's 12" x 12" art auction and Creative Spirit costume party will raise funds to assist 'Tis (a 501(c)(3) non profit agency) in promoting Prescott area artists who have donated their own style of work to the 12" x 12" auction. This event also brings an art history lesson to all who attend; attendees are invited to come in a costume and persona of either an artist, a work of art, or an art movement.

About the 12 "x12" Concept

It began when an art instructor introduced a lesson where the students were asked to take a random "squared" section of the piece they were working on, blow it up and render a new piece measuring 12" X 12" The students were encouraged to add new design elements which allowed them to dig deeper into detail. The results were astounding. It provided the students with a new way of looking at their composition and allowed for the creation of a whole new work. 12" X 12" formatted works have since become a commodity and they are exclusively sought out and purchased for private and public art collections.

The 'Tis Artists Promotion fund provides revenue for additional advertising and marketing opportunities for special shows and events.



Salvador Dali,
Picasso's "Woman in
a Red Chair" and
Beatrice Wood
chatting with Anais Nin.

A Haunting Experience Ghost Tours of Prescott

Prescott, Arizona is an "Old West" town with a diverse history full of legend and lore. Join us as we stroll the streets of downtown Prescott, visiting some of its most storied - and haunted - sites. Our tour begins at a haunted hotel and ends at a haunted saloon. We provide quality tours that blend local legend, history and ghost stories. Come along on a historic adventure, walk back in time to greet some of the spirits that linger here. You will hear stories of the lawmen, outlaws and madams that have walked these streets. This is a 2 hour walking tour, so wear comfortable shoes, bring water, and dress appropriately for the weather. Cameras are encouraged, as some have actually captured ghostly phenomena.

Our tours are not necessarily appropriate for children under the age of 13 because we touch on tragic events and real hauntings. Parental discretion advised. Children must be accompanied by parent or legal guardian.

When everyone leaves the tour at the end of the evening, my goal is for you to see this beautiful, old west town a little differently than when you arrived. This town is somewhat magical, and I hope to be able to convey that so you get a real feel for how the things that happened in the past helped make this town and its people so special.

"Ghost stories and experiences are plentiful in our downtown area. Many of the business owners and workers have very interesting tales to tell, some passed down and some personally experienced. The ghost stories I talk about on the tour include those tales that have been shared for many years as well as those that were experienced only recently. And I have had so many of my own personal experiences that I "know" some of the ghosts are still hanging around. Things have happened on these tours to make others believe as well." –Darlene Wilson, Owner and Guide of A Haunting Experience Tours. Tours available Friday, Saturday and Sunday night from 7pm-9pm.
www.ahauntingexperiencetours.com Phone: 928-642-5074



Prescott Courthouse Pumpkin Patch and Carnival

On Halloween from 11am-3pm, come down to Courthouse Square in downtown Prescott for the annual Prescott Courthouse Pumpkin Patch and Carnival. Enjoy inflatables, great food, costume contest, scream contest, games and of course, candy! Pumpkins will be available for purchase at the pumpkin patch to decorate. Then enter your pumpkin in the Prescott pumpkin contest for your chance to win prizes from local businesses. Safe trick or treating for the whole family! A \$5.00 wrist band covers all events and games.
Courthouse Square, Prescott

Shrine Circus

October 3rd and 4th

The Prescott Valley Shrine Circus is presented by the JORDAN WORLD CIRCUS, one of North America's premier traveling circuses, is owned and produced by Jody Jordan of Las Vegas, Nevada. Each performance includes all the elements of a traditional circus show including but not limited to: lions and tigers; amazing aerialists; dashing, daring, dauntless dare-devils; fabulous funny clowns; enchanting elephants; boundless feats of balance and agility; hazardous horsemanship; precision performing animals of all shapes and sizes; plus we can bring in those mania motorcycle manipulators, the amazing Jordan 'Danger Zone' riders in the unbelievable Globe of Death!

RESERVED SEATS:

Adult \$28 - Military \$24

(Incl. 1 free child ticket. limit 2 adult tickets per id)

Child \$21 (12 AND UNDER);

Children 24 months and younger Free.

GENERAL ADMISSION SEATS:

Adult \$21

Military \$19

(Incl. 1 free child ticket. limit 2 adult tickets per id)

Child \$17 (12 AND UNDER),

Children 24 months and younger Free

FAMILY PACKS

Use Online Discount Promo Code FAMILYFUN. Each Family Pack consists of 2 adult tickets and 3 child tickets. May not be combined with any other offers.

Family Pack prices increase by \$10 5 days before the show (Sep 29th for the Oct 3rd show and Sep 30th for the Oct 4th show)

Purchase on the Prescott Valley Event Center now and save!

\$36 General Admission (a \$93 value)

Use Online Discount Promo Code FAMILYFUN

\$52 Reserved Seating (a \$119 value)

Use Online Discount Promo Code FAMILYFUN

INDIVIDUAL TICKETS

Use Online Discount Promo Code FUN4U

Purchase tickets early and save \$4 a ticket! Yes! You may use one free child coupon for each paid adult ticket. Offer ends on Sep 28th for the Oct 3rd show and on Sep 29th for the Oct 4th show.

Prescott Valley Event Center, 3201 N. Main Street, Prescott Valley, AZ 86314 www.prescottvalleyeventcenter.com
Phone: 928-772-1819



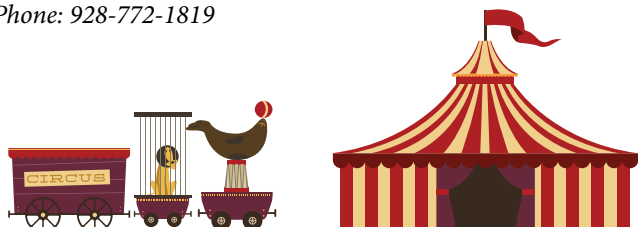
Yoga Intensive Studies at Lotus Bloom Yoga

We are officially licensed by the State of Arizona, and a 200YTT registered school with Yoga Alliance. Come be a part of this tremendous opportunity to further your learning! Lotus Bloom Yoga Studio's Yoga Intensive Studies Program upholds the highest standards of yoga instruction and practice. The Program includes in-depth study of the following areas: yoga asana, pranayama, bandha, mudra, mantra, meditation, yogic/tantric philosophy, yogic texts, anatomy/physiology, Ayurveda, therapeutic applications of yoga, basic Sanskrit... and so much more. Lotus Bloom Yoga Studio is a registered Yoga School with Yoga Alliance, and is in the final stages of becoming a State Licensed Yoga Teacher Training Program. This program will enhance your knowledge and skills in order to build your confidence as a yoga instructor. Students will receive hands on teaching experience in a supportive environment allowing them to practice verbal and physical adjustments, skillful language, effective demonstrations and sequencing. This training will bring together all aspects of great teaching and will support you as you build confidence to express your authentic voice in the world of yoga.

There are truly many reasons a student seeks out a yoga studies program, within the first weekend you soon discover that is not just a program but an authentic journey of self-discovery. Deepening your knowledge through study, discussion and practice of the yogic arts & sciences a student can't stop the expansion within their hearts, giving them permission to go beyond their expectations and limitations. Like a flowing current of Grace, this program will light the way to true transformation, allowing the opportunity time and time again to dive deep into the path of yoga. Ultimately, the study of yoga will bring you back home to your true intrinsic potential.

Visit their website lotusbloomyoga.com or call Cheryl for additional class information and to register 928-499-1553

Lotus Bloom Yoga, 777 W. Hillside Ave. Prescott, AZ 86301



"Take a Hike" Hiking Spree

This community wide event takes place each fall and can be completed at participant's own pace. People from all over the state come to Prescott to hike 8 out of 12 trails within the Prescott National Forest and the City of Prescott between September and December. A collector's medallion is available for purchase when completed brochures are returned to the Highlands Center. Medallions are newly designed each year to reflect some special aspect of Arizona's natural history and are quickly becoming collector's items. Completed brochures are entered into a drawing to win a \$100 gift card from The Hike Shack.

Kickoff Schedule - September 5th

7:30 - 9:00am Early-Bird Morning Walk at HCNH led by Highlands Center Naturalists

9:00 - 10:00am Kickoff Event & Continental Breakfast including a presentation by Nigel Reynolds and the Prescott National Forest, highlighting features of the 2015 Spree Trails.

10:00- 11:30am Mid-morning Walk at HCNH led by Highlands Center Naturalists

Highlands Center for Natural History 1375 S. Walker Road, Prescott, AZ 86303 - Phone: 928.776.9550



Highlands Nature Festival

On September 11th & 12th the Highlands Center for Natural History presents Prescott's first Highlands Nature Festival. This festival has been developed to introduce Prescott natives, newcomers, visitors and nature enthusiasts to the fascinating and diverse world of the Central Highlands of Arizona. Local and regional naturalists and partner organizations will lead interactive hands-on field trips and workshops. Field trips involve many fascinating explorations and observation, including Central Highlands geology, our plant and mammal neighbors, our many species of birds, butterflies and other insects, our precious watersheds and riparian areas, and more. Partner organizations include Prescott Creeks, Yavapai Group Sierra Club, Arizona Native Plant Society - Prescott Chapter, Ecosa, Natural History Institute of Prescott College, Yavapai College, and the Heritage Park Zoo.

The festival will begin with an opening symposium on Friday evening. Saturday will include a wide variety of innovative field-based workshops, some at the Highlands Center site, and others traveling to local nature destinations. This event will inspire those adults who love and want to learn more about the natural world.

Highlands Center for Natural History 1375 S. Walker Road, Prescott, AZ 86303 - Phone: 928-776-9550

Gymnastics for Preschoolers @ Flip City

In this class, students will continue developing their motor skills and coordination while gaining a stronger understanding of gymnastics and tumbling. Studies have shown that active preschool aged children are more socially adapted by the time they are in kindergarten. All of the classes will focus on the four gymnastic events (floor, vault, beam, bars) using our safe, scaled down equipment. In addition, they will use trampolines, a rope and enjoy our HUGE foam pit! By starting at a very young age, your child will be getting a head start on developing self-confidence and enhancing their physical capabilities.

Tiny Turtles Level One: Monday 9:15am - 10:00am

Ages 18 months to 2 years, attend class with a parent.

Tiny Turtles Level Two: Monday 10:00am - 10:45am

Ages 3-4 years old. Children attend class on their own.

Flip City Gymnastics and Cheer

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Is YOUR Family B.I.T. Fit?

By Dawn Foster

Brain Integration Therapy (B.I.T) can eradicate common learning difficulties such as ADD, ADHD and dyslexia, and restore the innate ability to learn - dramatically affecting how children function not only in the classroom but also in all aspects of life. B.I.T. improves reading comprehension, spelling, mathematical skills and physical coordination - all of which contribute to greater confidence. Your athlete can expect benefits in terms of hand-eye coordination, gross and fine motor skills, stamina and energy levels. Even children with autism, developmental delays, and spina bifida that have learning difficulties have experienced improvement in their capabilities after B.I.T treatment.

B.I.T. isn't just successful in children. It is especially beneficial to parents who simply want to improve their organizational skills, problem-solving abilities and interpersonal relationships. For those who have suffered closed-head injuries through accident or stroke and those who have lost function after brain tumor removal, all are likely to see improvement - and often complete restoration of function—after B.I.T. treatment depending on the degree of brain damage that has been sustained.

What is B.I.T.?

B.I.T. is a cutting-edge practice based on the principles of applied physiology and acupressure developed by Susan McCrossin, AP in the 1980's. It's a non-invasive, drug-free procedure that is suitable for all ages. Recommended by neurologists, physiologists and other healthcare professionals, it consistently produces improvements measurable by standard psychological and neurological tests. Most traditional treatments involve medication and exercises that need to be performed indefinitely. B.I.T. works with the electromagnetic flow of information in the brain and re-wires this flow internally. The work of B.I.T. encompasses the re-wiring of approximately 80 different components involved in learning to ensure the brain is at optimal function. In short, brain integration improves learning ability, creativity, and physical co-ordination by pinpointing stress affected learning centers and relieving this stress for optimal performance. The work is permanent unless there is severe emotional trauma or head injury after the procedure.

Beth Tom, owner of SONRISA BIT, is certified in the Crossinology® Brain Integration method. Beth completed her certification at the Learning Enhancement Center of Boulder, Colorado. She specializes in the drug free eradication of ADD, ADHD and Dyslexia. Beth has used B.I.T. to aid in treatments for PTSD, stroke rehabilitation, and addiction therapy. She has also used the work to help her clients with Autism and Downs Syndrome. Beth also specializes in a technique called muscle reactivation that is also a noninvasive and drug free treatment for pain and



is

yon University with the energetic support of her two wonderful sons, Jonathan (14) and Jeremy (7).

SONRISA BIT, conveniently and centrally located at 223 White Spar Road in Prescott. To learn more about BIT and if it can help you and your family, contact Beth today for more information. She can be reached by email at sonrisabit@yahoo.com or by phone at 928-713-4507. She is accepting new clients and would be happy to speak with you in regards to your needs. Please mention this article for our back to school special pricing.



Here are a few testimonials from some of Beth's clients:

"I didn't come for BIT because I had a learning disorder, I came because my mom made me. I had self-esteem issues from being bullied in school. I am very quiet and I don't like confrontation. After having BIT done, I was able to assert myself in confidence and I no longer have those issues." J.T., age 13

"I was referred to Beth by my MT for heat stroke symptoms. Within the first session, my heat stroke symptoms have diminished, my mental clarity and brain fog are vastly improved, as are my ADD symptoms." D.A.

"After experiencing the obvious improvements in my wife's mental clarity and physical health, I started BI therapy with Beth Tom. After just my first session I noticed more mental clarity, speech improvement, and reduced pain." R.A.

Continued on page 50



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>

Topics: Topics are when you want to reach all past and future members of our group, start a 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.



EDUCATION NEWS



Teacher Shortage Pinches AZ Pipeline for District Leaders

Teachers aren't the only educational leaders in short supply in Arizona. School district superintendents are, too. About 47 of Arizona's 225 public school districts, or about 20 percent, will have a new leader for the school year starting in August and more than half of them have no previous superintendent experience.

"This is a higher number of superintendent vacancies than we have had in the past five years," said Dr. Debra Duvall, executive director of the Arizona School Administrators Association, who noted it's not uncommon to have 30 superintendent vacancies. "Of the 45 plus superintendent openings this spring, seven are still unfilled, 28 are filled by persons with no district superintendent experience (first year in the position) and the remaining are filled by persons moving from the position in one district to another," said Duvall, a former Mesa Public Schools superintendent. Read full article at: <http://azednews.com/2015/07/01/teacher-shortage-pinches-az-pipeline-for-district-leaders>

Can AZ Lead In Career and Technical Education Despite Millions in Cuts?

While Arizona is a leader in career and technical education, continued cuts in state funding remain a challenge for programs that helped 5,000 high school students statewide graduate last year with national-, state- or industry-recognized credentials. Pima County Joint Technical Education District students in the Aviation Technology program. Photo courtesy Pima County JTED For example, Desert View High School's precision manufacturing program in Tucson "serves as a model CTE program for South Korea," yet it could be in jeopardy

because of recent legislative budget cuts to joint technical education districts, said Tina Norton, assistant superintendent and chief operations officer for Pima County Joint Technical Education District. In Arizona, career and technical education programs are delivered through traditional high schools as well as joint technical education districts, or JTEDs. A JTED provide specialized CTE programs to students in its partner districts. There are 14 JTEDs in Arizona. After losing two override elections, Saddle Mountain Unified School District recently cut career and technical to focus on core academics, said Diane McCarthy, director business partnerships, government, public policy and legislation for West-MEC. "As for the legislative cuts that will take effect in FY 2016-17, they will be devastating to the CTE programs in Arizona," Norton said this week. Read full article at: <http://azednews.com/2015/08/04/can-az-lead-in-career-and-technical-education-despite-millions-in-cuts/>

From Testing to Teachers: Five Things to Follow This School Year

As the new school year begins, here are five K-12 public education issues to watch for developments in during the next several months. Some are new, and some are things Arizona leaders have been working on for a while. But they will all have a big impact on education for years to come.

Recruit Teachers: With 62 percent of public schools reporting unfilled teaching positions, the Arizona Department of Education's Educator Retention and Recruitment Task Force seeks ways to attract and keep teachers. Its January 2015 report suggested raising salaries, removing obstacles to certification and mentoring new teachers. Its next report is due this fall.

School Funding: Governor Doug Ducey formed a team of business and education leaders to simplify and modernize current school finance code to ensure more funding goes to teachers and classroom instruction. The initiative is called Classrooms First. The team's preliminary recommendations are due in September 2015 and final recommendations to the governor in December 2015.

AzMERIT Impact: Students tool AzMERIT for the first time in March to test their mastery of math and English standards adopted in 2010. While unofficial results indicate most students are not proficient, parents will receive scores in October. The Board of Education will met August 14 to discuss and possibly adopt the four proficiency levels.

Parent Advocacy: Last year, parent involvement in local schools increased, more community members voiced their

Continued on page 50



THE GREAT PRESCOTT PUMPKIN PATCH

PRESCOTT COURTHOUSE PUMPKIN PATCH AND CARNIVAL

OCTOBER 31, 2015
11AM - 3PM
DOWNTOWN AT THE COURTHOUSE

-  **SAFE TRICK OR TREATING FOR THE WHOLE FAMILY**
-  **PUMPKINS FOR SALE AT THE PUMPKIN PATCH**
-  **PUMPKIN CARVING STATION**
-  **FOOD AND DRINKS AVAILABLE**
-  **INFLATABLES**
-  **COSTUME CONTEST**
-  **SCREAM CONTEST**
-  **JUDGED PUMPKIN DECORATING CONTEST***

FUN FOR THE WHOLE FAMILY

* Must buy a pumpkin at the event to be entered in the contest.
The Prescott Pumpkin Patch and Carnival is a community based event supported by local merchants from throughout Prescott.

Parents, YOU have a choice for your child's education!



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preschool
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K-8 PROGRAM

- Christ-centered nurturing environment
- Test scores rank in the top 25-30% nationwide
- Small class sizes
- PE, music, art, Spanish and computer classes
- Extended care and after-school enrichment programs

PRESCHOOL PROGRAM (ages 2 1/2 - 5)

- Active hands-on learning
- Biblical principles integrated into weekly themes
- Handwriting Without Tears and Kindermusik programs
- Extended care 7:30 am - 8:30 am and 11:30 am - 5:30 pm
- Full 3 hours of instruction each day



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ASK

Mama
CLEAN



Question

Dear Mama Clean,

My daughter's birthday is a couple weeks before Halloween and this year we decided to have pumpkin decorating as one of our activities. I was originally going to do it outside, but the weather was colder than usual and we decided to carve the pumpkins in the dining room. Needless to say, there is now pumpkin everywhere! How do I get it out of, well, pretty much everything.

Sincerely,
Never Carving a Pumpkin Again in Prescott (Ida)

Answer

Dear Ida,

My dear friend, Taylor Flanery, has some tips that has always worked for me! You can follow her on pinterst. The instructions below are for removal of the pumpkin itself, but if you've got other ingredients mixed in with it, such as cream or spices, you may have a "combination stain."

As with most stains, the sooner you treat these stains the better so they don't get as much time to set in.

Clothing:

- Step 1: Scrape off any excess pumpkin pulp or puree from the **fabric**.
- Step 2: Run the fabric, inside out, under the cold water to flush out as much of stain as possible.
- Step 3: Pretreat the stain with a laundry stain remover.
- Step 4: Launder the clothing in the hottest water the fabric will allow to get out the stain, and either chlorine bleach if the fabric will allow it, or color bleach if not.

Hint: Make sure the stain is gone after washing, but before you place in the dryer or you may set the stain. Repeat if necessary.

Upholstery:

- Step 1: Scrape off any excess pumpkin puree or pulp from the upholstery with a dull knife.
- Step 2: Mix a solution of two cups cool water and one table-spoon dishwashing liquid.
- Step 3: Using this solution, sponge the stain from the pumpkins with a clean white cloth.
- Step 4: Next, blot at the solution until the liquid is absorbed.
- Step 5: Repeat steps 3-4 until the pumpkin stain is removed from the upholstery.
- Step 6: Now that the stain is removed you should get plain cold water and a new white cloth and sponge the area to remove the cleaning solution, and then blot dry.

Hint: Be sure to get the upholstery only as wet as necessary for pumpkin stain removal.

Carpet:

The instructions for pumpkin stain removal from carpet is the same as for upholstery.

However, if you don't have luck with this stain removal method above you can also do something additional with the carpet stain, which is to mix a solution of one tablespoon of ammonia with two cups warm water, and use this as a stain removal solution.

Mama Clean

Have your own question for Mama Clean?

Email your questions or comments to editor@prescottparent.org



10 Things You Didn't Know About Arizona Public Schools, but Should

By Lisa Irish, Arizona Educational News Service

Arizonans this week are celebrating Dobson High School graduate Julie Johnston being featured on the cover of Sports Illustrated as a member of the winning USA Women's World Cup team. In that spirit, AZEdNews is highlighting a year's worth of some of the most cover-worthy news about Arizona public schools. Some think it's about time to focus on progress and success. As Arizona strives to raise student achievement, retain teachers and increase K-12 funding, 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. "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," Ballantyne said.

1. Arizona is 4th in the nation in reducing the reading gap among students who qualify for free-and-reduced-lunch. Also, Arizona is 8th in the nation on fourth-grade math achievement gains, and the state is 16th in the nation on eighth-grade reading achievement gains.



2. 57 Arizona high school students were honored as Gates Millennium Scholars in 2015.

Gates Millennium Scholars



3. Arizona's after-school programs were ranked 6th best in the nation this year.
4. With 20 years of school choice, Arizona leads the U.S. in public school options.
5. Other states are interested in adopting Vail USD's Beyond Textbooks' program. It adapts curriculum to boost achievement.



6. 92 percent of ASU's iTeachAZ graduates are still teaching in AZ after three years, 12 percent more than nationally.

7. 98 percent of AZ students in career and technical education graduate, well above Arizona's 76 percent grad rate.



8. At more than 40 Arizona public schools, pre-K through high school students learn a second language in dual-language immersion classes.

9. UA's Teachers in Industry, the only program of its kind in the U.S., gives teachers experience in STEM industries they bring back to the classroom.



10. Stanfield Elementary earned USDA Gold with Distinction for excellent nutrition and physical activity, thanks to P.E. teacher Yvette Hernandez' efforts. It's the first AZ district to do so.

This article was originally published on July 15th, 2015 on www.azednews.com

Lincoln and Granite Mountain Schools Receive 21st Century Community Center Learning Grants

By Karen Hughes and Teresa Bruso

Prescott Unified School District (PUSD) is proud to announce that Lincoln and Granite Mountain Schools will each receive \$700,000 in grant money over the next five years. Both schools were recently notified that they have been “pre-approved” to receive the 21st Century Community Learning Center (CCLC) grant to provide afterschool tutoring and enrichment opportunities for students. As a result, Granite Mountain and Lincoln School can now provide their students and families academic support and enrichment possibilities that every child deserves. These schools will create community learning centers to promote high-quality, standards-based learning options to support higher academic achievement for all of their students.

With over 150 applications, these two Prescott schools are honored to receive two out of thirty-eight state-wide grants awarded this year. PUSD schools are receiving over 5% of the state awards disbursed. The final approval from the Arizona Department of Education (ADE) will come at the end of August. Each school anticipates a start-up date for their before and after school programming to being around September 15th.

The 21st CCLC program has been designed and customized to address specific, realistic, and comprehensive targeted academic intervention and youth enrichment activities for students. These programs will use best practices in afterschool programming for elementary age students combined with current successful interventions at the school. It is designed to provide targeted interventions by identifying at-risk students and ensuring they have access to researched-based activities and strategies to address academic needs. Specific tutoring and classes will be developed based on student needs with highly qualified teachers and professionals who will deliver instruction, assess, and monitor student progress to make adjustments to instruction as needed.

In addition to tutoring, academic support, and intervention options, students will also have a vast array of enrichment experiences which extend student knowledge and learning of the classroom standards. Students will be able to build their knowledge of Science Technology Engineering Arts & Mathematics (STEAM) through robotics, engineering, and other inquiry based enrichment clubs. In addition, students will be able to expand their knowledge and interests in writing, reading, drama, art, athletics, music, and much more.

As we start the year, PUSD schools are blending school cultures, neighborhoods, and families. The family en-



gagement portion of these grants will allow the schools to blend all aspects of the new school communities together. It will also help ensure that support is available to students and families to reach their highest potential. The family engagement program design provides meaningful and engaging activities that families want to attend. Current school activities for families will expand to include family literacy events, English classes, math nights, parenting classes, parenting academies and seminars, as well as family homework assistance after center hours.

Community support is another vital component to the grants. Both schools will have some exciting opportunities for partnerships with local businesses and neighbors. Additionally, social/emotional growth is a need that is addressed through the youth development activities of the 21st CCLC grant. Students will be able to participate in leadership, character building, random acts of kindness, as well as other service-oriented projects to promote positive social/emotional growth and development.

Many students at school have limited access to extracurricular activities due to economic disadvantages, transportation, and uninvolved caregivers. Students do not have the practical experience in project based learning, which is at the core of the program design. Offering different teaching methodologies helps students gain experiences that align with classroom learning objectives. Through the implementation of these grants, Lincoln and Granite Mountain Schools will provide our students and families with a full-service community center experience.

Courtesy of Karen Hughes

Natural Morning Instinct, as Witnessed by Your Mother

By Katie King

The beginning of being surprisingly amazed is astounding. It painted my heart absolutely. I'm not one of those "The best is yet to come" people. The first chapters of my son's life were the most wildly lovely of mine. I wish someone would have told me that that sweet initial honeymoon period of mother + son had an expiration date. I remember the morning I woke up and was not stunned that this incredible being was lying next to me. I remember the very second it became habit. I try not to judge that as good or bad.

I remember my son used to smile the morning into existence. I awoke to billions of smiles and patterns of glee emanating from his face. It was as if he truly enjoyed living. Not all children greet the morning so gently. I have to tell you, it was the most wonderful thing I have ever experienced to date. Waking up like this. There were values and varieties of these smiles that a legion of libraries would not give justice to. Each layer of movement was noticing wonder and embodying comfort. It was stirring. Just how much he loved to be present and accounted for, admiring the sensations of the morning straight from the love nerves in his face. I remember thinking, as a performer, we are born expressing...

We spent a lot of time on that bed. We did nothing for practically a year. It's not for everyone, but for me personally it was the best decision I've ever made to invest into his first life like that. Meaning, to invest in some stillness in my own during a vital transition. He was very young, but the facial (spasms? expressions? communication?) were long withstanding and vibrant. Anyone who wakes up that happy in the morning is a very special soul. This was before sound, before being able to stand up or roll over. But not before I was at a total energy peak.

I did not experience postpartum depression. In fact what I experienced was what I'll dub a postpartum mania. Maniacal joy. Before six months we experienced so much heartfelt happiness as mom and son. Weirdly so. I only spoke to him in a silly voice. We played nothing but games. Everything was an inside joke. I felt like he understood them and still does. I may have had a different character made up for each of his toys. I forgot my own voice and only knew the one I spoke to him in. We napped an incredible amount. In his first year I rarely changed a solid poop diaper, rarely lost sleep, rarely heard him cry, and rarely got bored.

I found parenting a breeze. I thought it strange when people would tell me "It will get better." I was having the time of my life. I didn't think this would happen. I wasn't ever planning on having biological children. I had already been through a marriage and we were happy to not have kids. Children were not something I wanted anything to do with. But we rarely know what we want.

I remember when the smiles stopped. For months I searched the inside of his eyes for them. I pretended they were



still there. I slaved over trying to make them come back. For half a year I didn't confess to anyone that I would have given anything to see them again. Anyone in his life wouldn't understand that a baby so expressive had actually seemed MORE expressive in those young sunrises with me. Sincerely uncontrolled. In acting this is something we study for years. His face like a snake charmer, raising and lowering his eyebrows to try to get my attention. Smiling like the sun had gotten stuck in his mouth and could not be let loose.

But they've been gone for a while. I've had to come to terms with the fact that I will never see them again. They were my most cherished moments of life. There will be other things, later on my son learned to stand and walk. To say words and dance and use his sweet voice. To love and connect with other people. To pet the dog, to shout with excitement. These are all great and wonderful things. But in my mind nothing can yet compare to the natural instinct he had to show spontaneous and complete satisfaction at the simple act of awakening.

I wish someone would have reminded me that something can only be new once. I would have recorded video every morning. I may not have been as present. I may not be able to remember exact details even now but the surprising response has let itself known in my soul. Seeing him like that was the most sensational thing anyone has ever exposed me to.

What happened after those three months is that I realized I had burnt out. I had spent 300% of my energies into soaking up those smiles, spending hours of playing without leaving the bed, and creating a world filled with character and light and long sleep and easy baby wonderment.

The first year of my son's life was not very typical. We leap frogged from one big change to another moving from west coast to east coast to north east and back again to Arizona. All with less than \$1,000 to our name. I didn't know at the time I was embarking on one of the most important adventures to cement my new identity as a mother, but I was.

Continued on page 50

*To my son: but mostly myself for now,
because he is only 1...*

Ivan,

May you speak to all sides of how you feel. May you do so with one of those fun click-y pens that change colors. May you not hide any of them away in seemingly safe places or high dust bunny-d shelves in hopes of protecting yourself or the opinion of others. Even if you feel darkness, give it a high five. Your truth will be more protection for this world than lies or quieted thoughts. I can't say this will save your life, I can't say it will make you popular-but it will save your heart. May you not emphasize those dark shade vegetable emotions, if only because light overcomes them. Lemon-Banana-Starfruit-Power!

What?

Just go with it.

Remember the earth isn't fueled with emotional energy but bells and whistles that just do their job when they need to. May I be a well receiving place for your fears, disappointments, frustrations and discomfort. I hope I never tell you to "just be grateful" or "accept your circumstances without question." I also hope I don't let you wallow.

Mostly, maybe selfishly - I hope we're both here for a very long time. I hope I not only believe in your choices and decisions, but in your indecision, mistakes and regret. Supporting you as I stand by them like memorial candles that don't burn out because you'll need them later on. I may be weeping but I'll be your flag-waving-mom, proud of the regrets you gather just as I am fiercely proud of my own. Each one like a trophy in my gut. (But don't worry, at 8 pounds 6 ounces you will always be my biggest gut trophy).

Now. That doesn't mean I'll believe in all your feelings. I hope to mind smack you the way Markus did last winter in Harlem while an over-attentive pug drooled effortlessly into my lap, as I told him I didn't feel like I was really living my life and he said, "I'd question that thought sister, this is it!"

I hope to take your side even if the world doesn't for no other reason but that I am your mom. The same mom that delights in dressing you in orange heart leggings for absolutely no reason.

Ivan, the more sides you speak to, the greater prism you build. Reflecting all of you. You were born whole. Not an arm one day and a leg days later. Thank God. That would have been awful. Every time you speak to that wholeness you loosen a snare. You set free a tiger.

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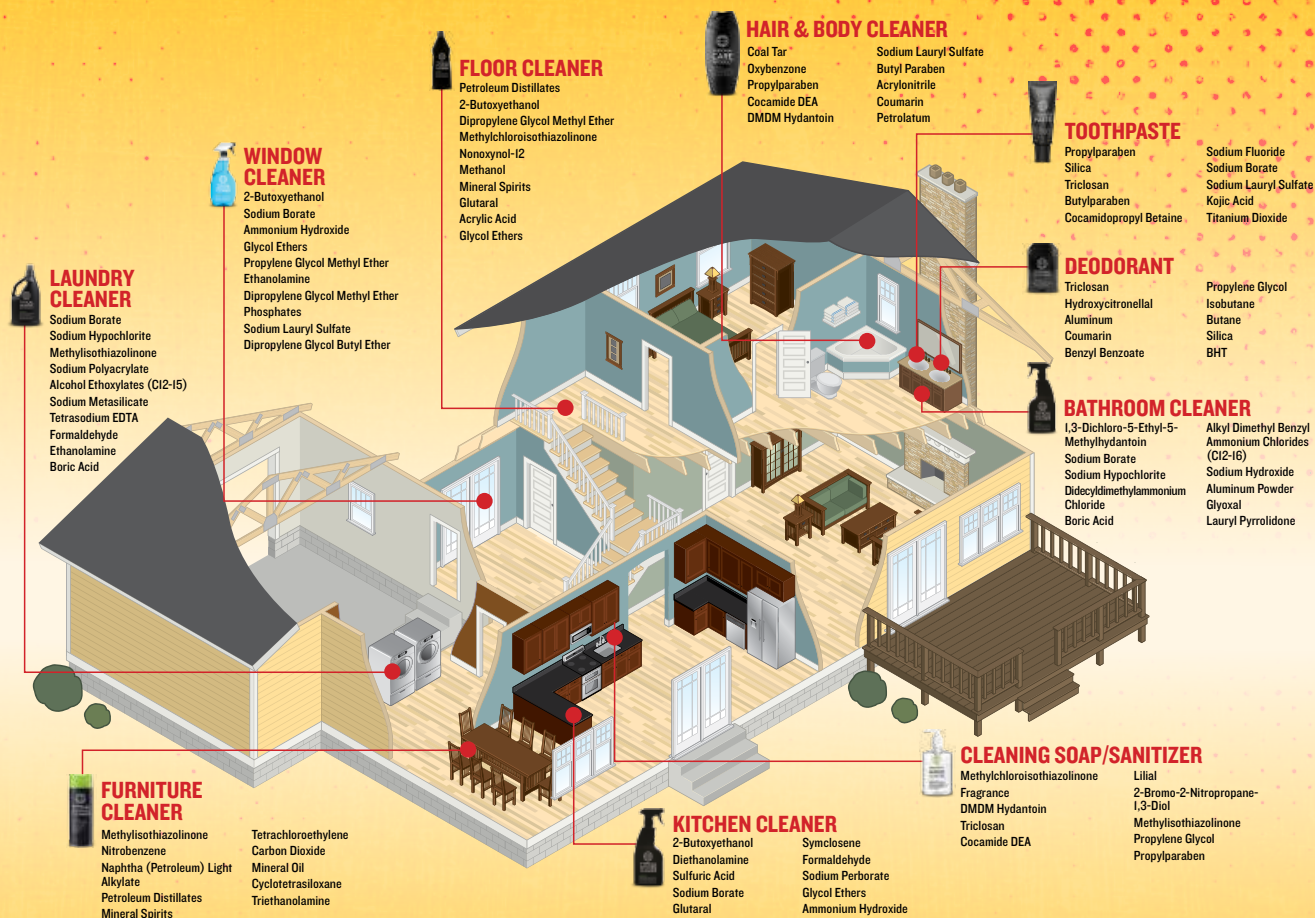
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Awareness into Action: Mountain View and Lake Valley Elementary 6th Grade Legacy

By Kristina Garcia and Mara Kack



We want our legacy to be to help conserve water and decrease the amount of water usage. That solution is to place a rainwater catchment system in our Habitat. It will help decrease the amount of water taken from the Aqua Fria Aquifer.” –

Sarah (Mountain View Elementary)

A little over a year ago, the Highlands Center was approached by Prescott College with an opportunity for a sub-grant to support their newly acquired Environmental Protection Agency (EPA) Grant. The EPA “Protecting Arizona’s Waters” grant was acquired to generate community awareness of local water issues through the Environmental Problem Solving Process. The Highlands Center partnered with three schools, overall receiving three sub-grants, which are now being used to implement a unique 6th-grade curriculum with real-life applications at Lake Valley and Mountain View Elementary, and 7th-grade supplemental lessons at Glassford Hill Middle School.

The curriculum for 6th graders at both Mountain View Elementary and Lake Valley Elementary in Prescott Valley supported the overarching goal to use the Environmental Problem Solving Process to tackle local environmental issues. The curriculum used a focus on the Verde River and Agua Fria Watersheds to insure that students were not only generating problem-solving skills for their future, but also working toward understanding a large issue within their own community.

In 2014, Highlands Center staff began working with Cassandra Crowser (6th-grade social studies and science teacher, Lake Valley) and Mark Feeney (6th-grade science teacher, Mountain View). Through a joint effort these teachers and

HCNH staff successfully implemented the curriculum titled, “Problem Solving for the Future of Water in Arizona.”

The curriculum was taught in conjunction with the Highlands Center’s Schoolyard Habitat Program at each school. Through the technique of the Environmental Problem Solving Process students began to differentiate between an environmental problem and an environmental issue and develop an understanding of global water availability, various results of human interactions with the environment, and local watersheds. Through hands-on learning, real-life problem solving, and scientific practice, students develop applicable solutions to current issues within their community. Community support showed through special guest speakers like Hugh Denno (co-producer of the film *Viva la Verde*) and cooperation of the Humboldt Unified School District to support the implementation of solutions generated by students. “What I learned about the Environmental Problem Solving Process is that we can think about the problem in an easier way. It is good to use and will help me learn better. I learned more about our watershed. I did not know what a watershed was until I learned about it in Habitat,” – Tyler (Mountain View Elementary student).

This experience has impacted the 6th graders to become more aware of their local watershed issues and the impact their daily chores have on their watershed. “My behavior changed about water because I thought it will always be a renewable resource, but I learned that it can become a non-renewable resource if we use too much of it,” – Tyler.

Through this process, students not only gained the tools to look at an Environmental event and identify the problems and issues, but also they gained the ability to address how individual’s and group’s beliefs and values affect the process of developing solutions and thus insuring sustainable resolutions. These tools gave empowered the 6th graders to leave a legacy at their schools and continue to make positive changes in their community. As a result, children in both Habitats decided to install water catchment systems, which will be operational in the near future.

This article was originally published in the April issue of the Highlands Vision newsletter.

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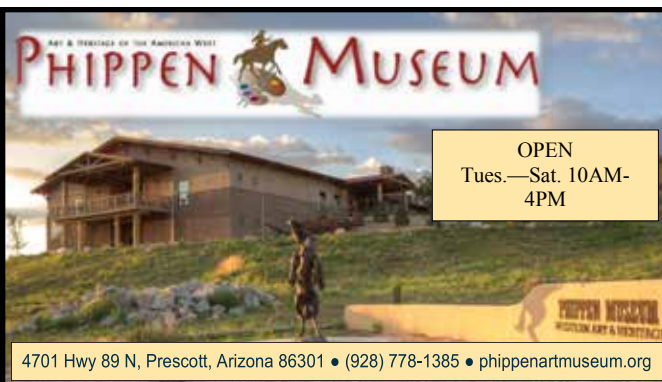


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One Step at a Time

By SGT Steve



I have been working on my new book for about 6 months. And by working, I mean thinking and talking about it a lot. As far as actual pen to paper (or keyboard strokes), not much has materialized yet. This week I set a deadline for the book to be completed. That means it's time to get to work for real.

Today I woke up and felt anxiety building inside of me. My new book has 60 chapters, which is going to require a lot of time, effort and emotional energy. I started to feel discouraged and overwhelmed at the task ahead of me. In addition to that, I am going to be launching a home fitness program in conjunction with the book.

Then I remembered something important that has eased my anxiety and brought things back into a more relaxed perspective; I don't have to write the entire book today. In fact, based on my deadline, I only have to write 3 chapters a week for the next 20 weeks. That's less than a chapter a day, and they will be short chapters. That is something I can handle today. The 'One step at a time' approach works wonders with anxiety and apprehension.

Perhaps you are considering taking action on getting more fit and have even set some goals. However, when you think about how far you are from your goals, you feel intimidated and overwhelmed. As with my book project, you will not get results overnight. It may be a long road ahead of you, but that does not mean you can't take some steps today to improve your health and fitness. When you wake up tomorrow, do it again. Keep adding up days like this and you will keep making progress. If you get enough miles behind you, you may just find yourself standing at your destination. The journey will be tough at times, but those times are what will make you stronger and more confident.

Bottom line, don't worry about far you have to go. Just focus on kicking booty today in pursuit of your goals. Each step, no matter how small is better than no steps at all. And even the smallest steps add up.

I wish you well along your health and fitness journey!

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.





Family Connections

Dear Miss Mary,

I have four children, ages 6, 8, 11 and 13. My 11 year old was diagnosed with Autism when he was 3 years old. As he is getting older, he is starting to act out more and working with him has required more time from my husband and I. Our other children are starting to express feeling like we are spending most of our family time with Brian, which is not unreasonable because we are spending a lot of time with Brian. They are also beginning to resent their brother and are not wanting to spend time with him as much as they used to. My youngest has been asking many questions about his brother, *why is he different, why do other kids make fun of him* kind of questions. Brian is a beautiful person and I do not want Autism to define him, especially with his siblings. How can I show our kids that we love all of them equally when so much time is needed for Brian and his needs?

Sincerely,
Martha in Prescott Valley

Dear Martha,

There are many things parents can do within the family to improve interactions among the children in the family, and to ensure brothers and sisters grow up feeling they have benefited from the love and attention we all need.

Common sense tells us and research supports the idea that children need to understand what autism is all about. The rule of thumb: Do it early and do it often! It is important that your children know about autism and that the information you give them is appropriate for their developmental age. From early childhood, they need explanations that help them understand the behaviors that are of concern to them. For the preschool-age child this may be as simple as "Brian doesn't know how to talk," while for the adolescent, it may involve a conversation about the possible genetics of autism.

The key is to remember to adjust your information to your child's age and understanding. For example, very young children are mostly concerned about unusual behaviors that may frighten or puzzle them. An older child will have concerns of a more interpersonal nature, such as how to explain autism to his/her friends. For the adolescent, these concerns may shift to the long-range needs of their sibling with autism and the role they will play in future care. Every age has its needs, and your task is to listen carefully to your child's immediate concerns.

Another key to success is to remember that children need to be told about autism again and again as they grow up. Young children may use the words they hear us use, but not understand the

full meaning of those words until they are much older. Don't be misled by a young child's vocabulary of words like "autism" or "discrete trial." That does not mean the terms have real meaning for him/her. Just as you would not expect an early conversation about the obvious physical differences between boys and girls to constitute a sufficient sex education for children 5 or 10 years later, similarly, you must explain again and again, in increasingly mature terms, what autism is all about.

Because of the nature of autism, it is usually difficult for a young child to form a satisfying relationship with a brother or sister who has the disorder. For example, your child's attempts to play with his/her brother are probably rebuffed by his ignoring her, fall flat because of his lack of play skills, or end abruptly because his tantrums are frightening. How many of us would keep trying to form a friendship with someone who turned her back when we spoke to her or, even worse, seemed angry when we approached? It is not surprising that young children may become discouraged by the reactions they encounter and seek playmates elsewhere.

The good news is that young children can be taught simple skills that will enable them to engage their brother or sister in playful interactions. Research has shown that siblings can learn basic teaching strategies to engage their brother or sister with autism. These skills include things like making sure they have their brother's attention, giving simple instructions, and praising good play. One research study showed that videotapes made before and after the children learned these skills showed in a very touching manner that, after training, they played together more and seemed much happier than they had been prior to training.

Along with ensuring the child with autism is a fully integrated member of the family, it is important to remember that other children in a family need their times to be special. Families are often urged to find some regular, separate time for the children in their family who do not have autism. It may be one evening a week, a Saturday morning, or even a few minutes at bedtime each night. If your child with autism has a home-based program or exhibits serious management problems, you may have neither the stamina nor the energy to give your other child exactly the same amount of attention. It is not necessary that everything in childhood be exactly the same. What is important is the opportunity to feel special to your parents and to feel an overall atmosphere of equity in your home.

There are activities that should be shared by the entire family and those that should not. Along with having regularly scheduled special times for each child, it is also important to remember that there will be some events when one child in the family deserves to be the focus of everyone's attention. Children have told us that it is sometimes frustrating to have to do everything with their brother or sister with autism. In fact, there may be times when it may not be fair to insist that he or she be included. For example, if your child with autism cannot sit still for a school play, then it may be better if he or she stays home while your other child performs.

While growing up as the sibling of someone with autism can certainly be trying, most siblings cope very well. It is important to remember that while having a sibling with autism or any other disability is a challenge to a child, it is not an insurmountable obstacle. Most children handle the challenge effectively, and many of them respond with love, grace and humor far beyond their years.

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.



The Top 5 Tips for Maximizing Your Closet

By JoAnne Colleher

Do you ever feel overwhelmed when you look in your closet? Too many choices, not enough choices, wrong season, wrong color, wrong size! Ugh. Some days getting dressed is daunting and you run through a dozen tops before finally settling on something to wear and then often don't even like the way it looks! I so know the drill, all too well. Here are some tips for making your closet work better for you, every day and every season.

#1- Don't be intimidated!

I know sometimes it can feel like, "Where do I even begin?!?" If it's overwhelming to tackle the whole thing, pick one category or section and tackle it first. This will help you see the light at the end of the tunnel while still attaining some great results that will immediately benefit the outfit shopping time in your closet each day.

#2-Time-Out

Take a time out and schedule yourself a window of time. Maybe it's 30 minutes or maybe it's an entire day. You know how much time you can afford to spend on a small closet project or a full overhaul. If you only have 30 minutes, simply go through your hanging items and immediately pull out anything you know you don't like, doesn't fit or won't wear ever again. If you have a whole day, you may likely have time to do an entire overhaul.

#3- Rate It

As you go through the items in your closet, rate them on a scale of 1-10. If it's anything below a 7 or 8, it needs to go. If it falls below those numbers you likely don't feel good in it and won't wear it again. If it's extremely sentimental and you can't part with it, fold it up and stick it in a corner knowing you won't ever wear it but are keeping it simply to reminisce once in awhile. (I even have one of these in my closet!) You can also use this scale when you're shopping. If it's not a 9 or 10, you'll buy it but probably never wear it. Don't waste your money.

#4-Piles are your friend!

Ok, I know you may be thinking, "My closet is already full of piles

and they are definitely NOT my friend!" But it's not those kind of piles! Make your piles in a box or laundry basket and have one for each of the following: Donating to thrift, giving to friends and consignment. For thrift donations, if you have items that are stained or torn and you think you should just trash them, don't! I recently discovered that many thrift stores sell these sorts of items to a bulk wholesaler who recycles all of these. Email or Facebook friends with a concise list of your items to see if anyone is interested in the items you're getting rid of. It could be a real blessing to someone! And lastly, for consignment, find out what season your favorite consignment shop is taking and how your clothes should be brought in for consigning to maximize your consignment experience.

#5-Have a party!

If you're a little unsure about what works for you in terms of style, shapes, colors and patterns, invite a few honest but loving girlfriends over and have them help you! It can be a fun way to declutter your closet, have a girl's time and maybe even revamp your style by putting together items you'd never have thought to put together!

All of these tips combined will help you have a clear vision of what you have in your closet. It will give you the ability to be intentional about your clothing decisions for each day without all of the extra fuss of digging through piles or trying items that no longer work for you. You then can be confident that you look great in whatever you've picked out because you know what you have fits your style and personality while complementing your body type and shape.

After all, "Fashion is what you buy. Style is what you do with it"

Until next time,

~ JoAnne

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See ad on page 5



Sunbeams, Rangers, Explorers and Girl Guards! Oh My!

By Heather Turbiak-Lowrance

“**L**ook at all the badges I have!” With a smile from ear to ear, Jordan shows her parents her Sunbeams sash with the timeless rewards of a job well done. “I almost have the whole thing covered!”

In its 4th year, The Salvation Army Adventure Club offers children Pre-K – 12th grade a wonderful after school program each Thursday. At The Adventure Club, children make new friends and take part in many activities to earn different badges for their hard work.



Shona Heineman

Shona Heineman, Adventure Club Leader, has been part of The Prescott Salvation Army for many years. Her parents were Salvation Army Officers at the Prescott location where she now instructs The Adventure Club program. “I have been part of this location in Prescott since 1993. My eldest was just 6 months old when I began attending church and working at The Salvation Army Thrift Store until I was offered a job at my child’s daycare center.”

The Salvation Army has been a part of Prescott for over one hundred and twenty years, beginning with church member’s arrival in 1893 and the construction of their first chapel, just doors away from the infamous Whiskey Row. The little brick building is still standing and now houses a Tibetan Art Gallery just steps from Courthouse Square.

The Sunbeam youth program started in 1921 for girls between the ages of 6-10 and has expanded over the years to now include Moonbeams (boys and girls in Pre-K and Kindergarten), Explorers (boys grades 1-4), Girl Guards (girls grades 6-12), and Rangers (boys grades 5-8).

“We had a youth group here in Prescott for many years, but it was not bringing in the number of kids we knew we could accommodate. My husband, Mike was in charge of the group at the time and I brought up the idea of starting troops. We knew we could handle what was involved if we both ran the program and started The Adventure Club in

2012. There were 4 kids in the original group and we were the only instructors. Now we have around 40 children attend each week, have at least 10 employees and volunteers who assist with the program and the kids are really enjoying it. Some have been part of the program for all 4 years.”

On Thursday afternoon during the school year, Adventure Club members start their time together by having a snack with their friends and group leaders. Today the kids are having cheese quesadillas with fruit on the side, juice box and a chocolate chip cookie. After everyone has had enough to eat, they assemble into groups to work on earning their badges by taking part in art projects, science experiments, cooking classes, field trips and many other fun activities. Last year, all groups took a day trip up to Flagstaff to visit the Lowell Observatory to learn more about Pluto for their space badge. “Going to the observatory was my favorite trip so far” says 10 year old Konnor, a club member who has been attending The Adventure Club for three years, “I liked the big telescopes and learning things I didn’t know about Pluto. Did you know, Pluto was named by a kid? I want to name a planet! Oh wait, it’s not technically a planet anymore.”

The Sunbeams will start the year working on their Adventure badges by taking a hike along Granite Creek up to the Ranger Station where they will learn what poison ivy looks like and much more about being an adventurer. The Rangers will be learning all about Health & Mind for their first badge of the season. At the end of the school year, they will have 8-10 additional badges for their sashes.

For Christmas, a Christmas production is put on by all members of The Adventure Club. They help with set design, costumes, learn a full script with songs and scene changes. Afterward a big pot-luck dinner is had by all families, where Santa and Mrs. Clause come to visit with the kids and give out presents.

During the summer, children who are part of The Adventure Club attend a week long sleepover camp at Ponderosa Ranch. At camp they are able to sleep in a cabin with their friends, tell stories by the campfire, learn different outdoor skills, take archery lessons, and all those activities that make sleepover camp fun.

“There is not much in our area for kids to attend after school” says Shona when asked why The Adventure Club is important for kids in our area. “You can do school and sports, and what do you do in between? There are many kids who are not interested in sports and this is an alternative for them. We have many children who attend The Adventure Club who have never been taught about God. Children will not know that there is that support system available to them unless they are taught about the love of God. They learn how

to pray, some children start coming to our junior church on Sunday mornings and end up showing their parents there is this support system available to them too.”

The Junior Band program has been gaining much popularity among the junior church members. Each month, junior members take a field trip to Phoenix to take additional music lessons and learn about different instruments. These children also attend a week long band camp at Ponderosa Ranch in July where they are exposed to many new methods and musicians. “Holden is our band leader. He does such a wonderful job with the kids. He has a real ability to get them excited about their instrument.” Instruments for the program will allow more children to take part in Junior Band. “We are always in need of more instruments for the kids. Please donate any instruments you no longer need. They will be put to very good use!”

Another great program offered is Core Cadets. Corps Cadets is a Bible based curriculum program providing leadership and discipleship growth for teens from 7th grade and up. This program even provides an opportunity for college scholarships. This program is offered currently after Sunday worship service.

“We make it very easy to be a part of our youth groups. Most do not cost anything for their children to be

part, or very little, and we have help available for those who cannot afford it. We want every child who wants to be part of our groups to be able to do so. If they live in Prescott or Prescott Valley there is normally transportation available. We pick up many kids from their school and bring them back to their home after groups are done.”

In order for Shona and the Salvation Army Officers to be able to offer these programs at no cost for the families, donations and volunteers are always welcome and appreciated at The Prescott Salvation Army. Thrift store volunteers, kitchen volunteers to get ready for the holiday season or throughout the year (must obtain Food Handlers License), experienced child care volunteers, etc. are needed to offer services and programs for our community. Helping with those familiar red kettles is a great way to volunteer with your children and family. People love seeing kids ringing the bell and you can volunteer for just an afternoon if that is all you have time for.

To find out about these youth programs, contact Shona Heine-man at 928-778-0150.



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FOR STRONGER,
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**PRESCOTT
PARENT
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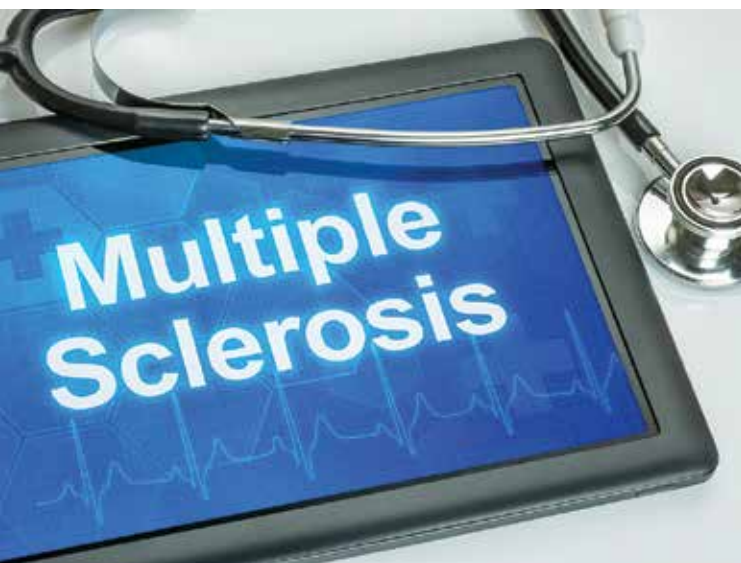
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Registration: 7:30 a.m.
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Register to walk with us, or make a donation on our website today! www.prescottparent.org

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Multiple sclerosis (MS), also known as disseminated sclerosis or encephalomyelitis disseminata, is a demyelinating disease in which the insulating covers of nerve cells in the brain and spinal cord are damaged. This damage disrupts the ability of parts of the nervous system to communicate, resulting in a wide range of signs and symptoms, including physical, mental, and sometimes psychiatric problems. MS takes several forms, with new symptoms either occurring in isolated attacks (relapsing forms) or building up over time (progressive forms). Between attacks, symptoms may disappear completely; however, permanent neurological problems often occur, especially as the disease advances.(1)

While the cause is not clear, the underlying mechanism is thought to be either destruction by the immune system or failure of the myelin-producing cells. Proposed causes for this include genetics and environmental factors such as infections. MS is usually diagnosed based on the presenting signs and symptoms and the results of supporting medical tests.(1)

According to WebMD, People with multiple sclerosis (MS) tend to have their first symptoms between the ages of 20 and 40. Usually the symptoms get better, but then come back. Some may come and go, while others linger. No two people have exactly the same symptoms of MS.

You may have a single symptom, and then go months or years without any others. A problem can also happen just one time, go away, and never return. For some people, the symptoms become worse within weeks or months.(2)

Keep track of your symptoms to help your doctor know whether MS or another condition is to blame.

Some Common Symptoms:

Fatigue: Occurs in about 80% of people, can significantly interfere with ability to function at home and work, and may be the most prominent symptom in a person who otherwise has minimal activity limitations.

Walking (Gait) Difficulties: Related to several factors including weakness, spasticity, loss of balance, sensory deficit and fatigue, and can be helped by physical therapy, assistive therapy and medications.

Numbness or Tingling: Numbness of the face, body, or extremities (arms and legs) is often the first symptom experienced by those eventually diagnosed as having MS.

Spasticity: Refers to feelings of stiffness and a wide range of involuntary muscle spasms; can occur in any limb, but it is much more common in the legs.

Weakness: Weakness in MS, which results from deconditioning of unused muscles or damage to nerves that stimulate muscles, can be managed with rehabilitation strategies.

Vision Problems: The first symptom of MS for many people. Onset of blurred vision, poor contrast or color vision, and pain on eye movement can be frightening — and should be evaluated promptly.

Dizziness and Vertigo: People with MS may feel off balance or lightheaded, or — much less often — have the sensation that they or their surroundings are spinning (vertigo).

Bladder Problems: Bladder dysfunction, which occurs in at least 80% of people with MS, usually can be managed quite successfully through dietary and fluid management, medications, and catheterization.

Sexual Problems: Very common in the general population including people with MS. Sexual responses can be affected by damage in the central nervous system, as well by symptoms such as fatigue and spasticity, and by psychological factors.

Bowel Problems: Constipation is a particular concern among people with MS, as is loss of control of the bowels. Bowel issues can typically be managed through diet, adequate fluid intake, physical activity and medication.

Pain: Pain syndromes are common in MS. In one study, 55% of people with MS had “clinically significant pain” at some time, and almost half had chronic pain.

Cognitive Changes: Refers to a range of high-level brain functions affected in 50% of people with MS, including the

ability to learn and remember information, organize and problem-solve, focus attention and accurately perceive the environment.

Emotional Changes: Can be a reaction to the stresses of living with MS as well as the result of neurologic and immune changes. Bouts of depression, mood swings, irritability, and episodes of uncontrollable laughing and crying pose significant challenges for people with MS and their families.

Depression: Studies have suggested that clinical depression — the severest form of depression — is more frequent among people with MS than it is in the general population or in persons with other chronic, disabling conditions.

Whether you have a diagnosis or are worried about symptoms, know that MS doesn't have to control your life. You can work with your doctor to treat and manage your symptoms so you can stay healthy and continue to live the life you want.

The National MS Society's vision is A World Free of MS. The National Multiple Sclerosis Society, Northern Arizona Chapter works hard to mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS.



Upcoming Prescott MS Society Events!

**Cooks and Chords Prescott
September 19, 2015**

5:00pm to 7:30pm

Cooks & Chords is the National MS Society, Arizona Chapter tasting event, and for the 2nd time is 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, fabulous desserts and wonderfully-appointed music will tantalize guests as they browse packages in our raffle and silent auction. Guests will enjoy a program including an update for the MS Society – Arizona Chapter as well as other speakers.

Taste and treat your senses to an evening of song, spirits, sweet and savory delights.

This event sells out in advance so please call the main chapter office at 480-455-3956 for seat availability – Seating will not be sold at the door.

Why Cooks & Chords?

The Arizona Chapter of the National MS Society sought to bring a light evening to Prescott that would create new friendships, bring attention to the cause of ending MS and raise needed funds to fight multiple sclerosis.

How is the money used?

The Arizona Chapter provides important programs to people with MS, their families, their employers, and their loved ones. Programs are designed to empower, inspire, educate and provide direct support to the people who need them the most.

The National MS Society is also proud to be a leader in funding MS-related research aimed at finding a cure, repairing damage already done, providing faster, safer and more effective treatment, and preventing our sons and daughters from ever having to hear the words “you have MS.”

To learn more about MS programs and research, please contact the National MS Society at 1.800.344.4867 or visit us at www.arizonaMS.org

MS SERVICE DAY

What a Difference a Day Makes: MS Service Day is a way that volunteers, businesses, civic organizations, and family and friends can make a change in the lives of people with multiple sclerosis by completing projects for them. Volunteers will be assigned a specific project location, where together with staff member(s) will complete the wish list of someone living with MS. We need your help to make this happen! If you are a person living with MS, who is in need of household tasks or improvements (yard work, painting, organizing, cleaning, etc.), please contact the chapter to receive an MS Service Day application. We are also looking for volunteers who are interested in participating in MS Service Days around the state!

For more info on how to get involved, contact: Erika Edholm, Senior Manager of Programs & Services at (480) 455-3959 or erika.edholm@nmss.org.

Sources:

www.webmd.com/multiple-sclerosis/guide/multiple-sclerosis-symptoms

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Haunted Prescott

By Samantha Kingsley

Prescott began as a mining town with the discovery of gold. It was officially founded in 1864 as the Territorial Capital of Arizona. Unlike other towns, the downtown area looks very much as it did at the turn of the last century. Look at a picture taken one hundred years ago and there are many buildings that still stand today. Many locals have supernatural experiences of their own and believe the ghosts still enjoy frequenting their old haunts.

The Plaza (also known as Courthouse Square) was created as a gathering spot in the early life of our town, on a small piece of land filled with Ponderosa pines. Soon the trees were cut down by locals for firewood and wells were drilled on the four corners of the property. One of these original wells can be seen near the corner of Goodwin & Cortez.

The first permanent structure was the 1878 Courthouse. By 1916 this courthouse proved to be inadequate and was razed and replaced by the current courthouse. With its park-like setting of grass and trees, The Plaza was and remains to this day a popular spot to gather.



The stretch of Montezuma Street along the west side of Courthouse Plaza was becoming known as Whiskey Row due to the many saloons situated there. These saloons and many of the businesses in Prescott (almost all constructed of wood) burned to the ground in July of 1900. Rebuilding quickly took place using sturdier construction materials and many of those buildings still stand.

There are so many ghosts stories associated with the Palace, but one of the famous stories is the "Phantom Cowboy" who walks up to the bar at closing time for his last drink. Another story is about the high stakes poker game in the back room. A man named Nevins lost his mortuary in that poker game and is believed to still show up in the back room to replay that game. The Earp Brothers and Doc Holliday were often in Prescott. In 1879 Doc Holliday won \$10,000 playing poker at the Palace Saloon.

Virgil Earp lived in Prescott for approximately 15 years. Big Nose Kate (Doc Holliday's girlfriend) lived, died and is buried in Prescott.

Behind Whiskey Row were the Chinese and brothel districts. As many as 500 Chinese immigrants passed through Prescott between 1870 and 1930, with many of them returning to China. Brothels, gambling halls, saloons and underground speakeasy's were all very popular places in those days. It is storied that these areas were connected by underground tunnels. Officially these tunnels are denied by many, in spite of many stories and photos to support its authenticity.

During the 1970's Miss Kitty's rescue center on Sheldon was a coffee shop. Before the coffee shop opened, the owner was renovating the building and located one of these tunnels under the staircase. It led directly to the former train depot (located in the current Sheldon Street Shopping Center). The family who sold the building to the coffee shop owner told him stories of their children seeing "the bubble people" by the staircase when they were younger. They were explained to be what we now know as orbs. "They

had a priest bless the property after the tunnel was found. There are pictures of the blue orbs turning pink during the blessing."

Is the Arizona Pioneers' Home haunted?? A definite YES. Darlene, owner of A Haunting Experience Tours, was told in inside story by one of the staff at the home. Footsteps are heard at night when everyone is asleep but the creepiest thing she said was...they have a TV room where residents gather to watch a movie, hang out together. After the movie ended everyone went to their rooms but they left the TV on. So this staff member went over and turned off the TV. As she's walking out of the room, the TV comes back on. She goes back over, turns the TV off and starts to leave the room...and it comes back on. So she decided she's fix that, she walks back over to the TV, reaches down to unplug it and it wasn't even plugged in.



Needless to say, that freaked her out.

The Hotel Vendome, located at 230 South Cor tez Street has had many owners throughout the years. A woman, Abby had come to Prescott in the late teens for treatment for her consumption. She fell in love and married a Mr. Byr. In 1921 the couple bought the Hotel Vendome and ran the hotel. Unfortunately, they eventually lost the hotel because of unpaid taxes. The new owners kindly let the Byrs stay in room 16, located on the second floor, off the verandah, and hired them to continue to manage the Vendome. One evening, Mr. Byr went out to get Abby some medication and never came back, either because he met with foul play or he deserted her. Abby was so heart-broken that she refused to eat and died in her room, along with her cat Noble, who had been locked in the closet and starved to death. (A seance held in 1984 revealed how Abby and the cat died).



Abby and her cat Noble began to make their presences known around WW2, and have continued to this day. They continue to haunt room 16, though she has been known to venture out to check up on the living. The current owners have a large binder which holds information, sightings and manifestations of Abby and Noble. Below are just a sample listed in the notebook.

The closet hangers have been heard moving by themselves, and the sound of a cat toy being played with can be heard as well.

Guests have experienced objects being moved when they are not looking, being touched softly by unseen presences, hearing or feeling Noble or Abby sitting on the bed, the smell of a strong perfume and feeling a gentle cool breeze blow past them in the room.

Abby will occasionally make a visual appearance and has spoken to guests when they're in a sleep state.

Spirit orbs have been photographed in the dark in room 16 by psychic researchers Dr. Oesten and Dr. Gill.

Footsteps have been heard in room 16, which traveled down the hall, and descended down the stairs to the lobby. Maids, while cleaning up the various rooms, sometimes have the TV on while they work. They have reported that Abby will turn down the sound on the TV, if she doesn't like the program being watched, but will turn the sound back up if the living will switch channels. She apparently hates MTV!

Above the entrance to the Vendome, spirit entities have been seen in various forms.



Stepping into the lobby of The Hassayampa Inn at 122 East Gurley Street is like going back into time to 1927. The rather large lobby/sitting room has lovely hand-painted ceilings, a large fireplace, and many comfortable chairs and other early 20th century furniture. The main dining rooms are off to the left of this room. At the north end of this stately room is the staircase leading up to the second, 3rd, & fourth floor. The fourth floor houses the very haunted Grand Balcony Suite 426.

Shortly after the Hassayampa Inn opened in 1927, a young, newly married couple checked into the hotel for a romantic honeymoon in the Grand Balcony Suite on the fourth floor, 426. That same evening, the husband left his young wife, Faith, to go out to buy some smokes. He either met foul play or decided to take off, leaving his new bride alone and distraught. Three days of being alone took a toll on Faith and she hung herself from the balcony, in clear sight of Gurley Street.

Faith frequently wanders throughout the inn, making her presence known and is seen by the living on occasion.

When the kitchen staff feel her presence, all the burners on the stove go out at once. Faith has also been known to eavesdrop on conversations in the kitchen, and has let the living know if she doesn't like what is being said. She has knocked a full coffee cup on the woman holding it when the woman mentioned she was going to the library to find out more about Faith. Faith seems to have some issues with strangers finding out about how she died.

Faith has been seen floating down a hallway wearing a pink gown, disappearing through doors into various rooms.

She has startled people by appearing at the end of their beds, crying and holding flowers.

Faith's favorite place to be is of course the Grand Balcony Suite, 426. A hotel employee was in the hallway right outside of the Grand Balcony Suite, 426, and was surprised when a wreath hanging on the door suddenly flew off the door after being knocked off by a loud pounding, coming from within the room. He quickly opened the door but no one living was inside.

One couple who were spending the night in the Grand Balcony Suite, 426 were rudely awakened at 3 AM when the radio and TV turned on by themselves at full blast. The couple also found that the lights were turned on and water faucets in the bathroom were running.

Parker Anderson, an employee and archiver at Sharlot Hall has a favorite ghost story of his own. "Perhaps my favorite Prescott ghost story is the least known. As I heard it second or third hand, I doubt its veracity, but it was still fun to hear. Back in 1981, Claude Cline (then the owner of all of Prescott's movie theatres) sold all of his properties, including the Elks Theatre. The new owner of the Elks proceeded to do some interior remodeling, which included the installation of a huge ceiling chandelier.

One evening, so the story goes, the workers were getting ready to leave the Elks, when they heard a sound of glass tinkling. They looked up and saw the transparent form of a little girl swinging from the chandelier. Needless to say, they ran out of the building as fast as they could. A true story? I doubt it, but that's what makes ghost stories so appealing-not knowing if they are really true or false.

The lone grave of a two-year-old girl, said to be haunted by the child herself, who is believed to have died while on a wagon train headed from east to west. It stands completely by itself with only a fence and one tree, but



it has been kept up well and has certainly not been forgotten. The tombstone is engraved with Angeline's name across the top and has a poem engraved on the front. This is the grave of Angeline Hoagland, who was born October 1, 1886, and died January 15, 1889, making her less than three years old at the time of her death. There are a few different stories about how Angeline died, but the most commonly believed is that her family was on a wagon train at the time, headed to the western frontier, and the young girl was stricken with either the plague or pneumonia. Her parents buried her immediately, at the very spot where she died.

Because this area is said to be not only her grave site but the site of her death, Angeline's ghost is rumored to wander the area. Usually she is said to be weeping and appears to be searching for her mother. It is also said that Angeline guards her own gravestone against vandals. Legend says that people who have tried bringing harm to the grave (such as stealing things from it) have had unfortunate events befall them directly afterward.

Tiny handprints are said to be found on cars that are parked near the grave for too long. There is a legend that claims some people jumping the fence surrounding the grave will feel the earth vibrate or quake beneath their feet.



Angeline's gravestone is said to "glow" in the dark, which many attribute to the paranormal; however, we will not claim this as activity because there is a simpler expla-

nation for it: the type of rock it is made out of is a reflective stone.

Ghost Stories from Prescott Residents

I like to ride my bike to work. I ride down Copper Basin to get there. Sometimes I see a man walking down this street. He's in a hood and wears all black. He whistles an ominous tune as he limps across the sidewalk. One night he looked at me, yet I couldn't see his face. I felt he stared into my soul and I had a shiver down my spine. I did make out that a hollow cavity was where his nose should have been.



He was still whistling as he looked at me with glowing white eyes. The whistle turned to a shriek. It was so loud that I couldn't stand to hear it! I cupped my ears and squinted as I dropped the bike and fell down. When I looked up, he was gone. But I had fallen into the road and was in imminent danger as I saw a pair of headlights coming right at me! I tried to get up but I was entangled with my bicycle! I dashed to get my leg out from under it just as the truck rolled on top. The driver stopped to see what the bump was all about.

He got out of his truck and talked to me as he saw my bike was destroyed. "That could've been you!", he angrily shouted. I told what happened and he rolled his eyes with a shrug and left me with my ruined bike as he mumbled about my 'strange imagination'. I dare say it was not. I remember everything. If you hear an ominous whistle, do not look. His stare is empty and cursed. It seemed to me that he didn't whistle IN the dark, instead he whistles TO it. I don't know what to call this mad ghoul, but I think it would be good to call him The Whistler of Copper Basin. -Jeremiah

I once worked at the old Super 8 Motel on Sheldon Street. It's 1 block east from that cemetery on the hill across from the Texaco. I used to work the night audit and would hear all kinds of thumps in the night.

I would smell perfume in the lobby when no one had been in it for hours. I also used to see light orbs

(sprites?) in the sky above the cemetery when I would look out the window facing west. I would talk to the spirits and let them know I was harmless and then they seemed to become more "present" when I was around. I was never scared because I knew they belonged there. -Jodi

My grandma owned this big two story house on Gurley St. when I was younger. I remember seeing a baby in the skylight in the kitchen so often that I would look for her. As I got older I stopped seeing the baby but started to feel uneasy in the 3 top bedrooms of the house. The uneasy feeling progressed into fear so overwhelming that I would run downstairs or outside. My grandma no longer owns the house. -Casey

8:30 am while driving down senator highway a man walking across the highway appeared about 50 feet in front of my car. Very life-like except in black and white. He was walking across the highway and he stopped and look right at me.

With not enough time to stop I grasped the steering wheel and closed my eyes - a normal reaction. I went right through him! He was wearing a long (to the ground) trench coat with a hood. What I experienced has haunted me ever since and I can't stop thinking about it. He was there, he was real, I saw him!! He was a ghost or a spirit of some kind. I only wish I could have captured him on film. Would love to see him again because I would react totally differently. -Jerry

Sources:

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What Would DaVinci Say? Would Einstein Say It Better?



STEM, STEAM, STEM+A, STEAMN, STEAMS... Who knows what these all mean? Is one better than another? Which one must we choose or fund? To which should kids be exposed?

Each acronym represents essentially the same terms. Each educational institution defines how to impart this educational philosophy.

Does it matter what we call this method, as long as it provides youth with a well-rounded education in all subjects: science, technology, mathematics, arts, history, and social sciences? Providing integrated instruction in all subjects allows students opportunities to not only be knowledgeable about many topics, but understand the relationships of each to another. Students will see the world as a whole and perhaps discover a future career field of interest.

The world is changing...more rapidly than we know. What are kids learning now that they need for the future? What do kids need to learn in order to be prepared for the continuance of the 21st Century in a global market?

Researchers believe that 21st Century workers will require skills pertaining specifically to: science, technology, engineering, mathematics. Future adult workers will need to integrate principles of all these areas, and understand how to apply knowledge to resolve societal concerns and world issues.

But we have a problem....

Only 16 percent of U.S. high school seniors are proficient in mathematics and even interested in a career in a STEM field. Of those students who do go on to pursue a major in one of the STEM fields, only about half choose to work in a related career.

Our nation is falling behind internationally. We rank 25th in mathematics and 17th in science among all other industrialized nations. This is a competitive global economy, and these stats do not bode well for our future.

According to the National Math and Science Initiative the following statistics emphasize the need to provide real opportunities to all youth in varied STEM fields earlier than high school. (Research shows that the most critical learning period in our lives is between the ages of 2 and 10 when the mass majority of synaptic pathways are made in the brain. Kids need to connect synapses before natural pruning occurs from lack of use (ages 12 to 18).) Getting young kids focused on STEM topics will encourage youth to become energized and interested for years.

- In 2013, 42% of fourth graders and 35% percent of eighth graders performed at or above the proficient level in math

ematics.

- In 2011, 32% of eighth graders performed at or above the proficient level in science.
- In 2009, 34% of fourth graders and 21% of twelfth graders performed at or above the proficient level in science.

As a nation, you can see that we are not even at 50% competency in our knowledge of STEM areas. In fact, rather than an increase in competency in the formative years there is actually a decrease in our nation.

We know that studying STEM topics develops skills in critical thinking, problem solving, communicating, and collaborating. Youth become more advanced in innovation, creativity, and entrepreneurship when studies include specified STEM education. All of these skills will help youth meet new challenges and be prepared for the ultimate situations of the world.

But, not so fast...some people believe the Arts are missing!

Art reminds me of DaVinci, a 15th Century genius, well-known as a scientist. No wait, an artist. Uh? But he invented so many things...and he painted the Mona Lisa! Was he an amazing artist or a brilliant scientist?

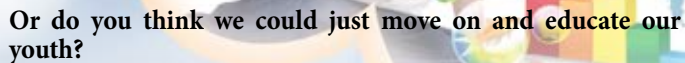
DaVinci actually sought the study of science to improve his artwork. He had many diverse interests, an amazing curiosity, and an unbelievable imagination. He is considered the most talented person to ever live: artist, scientist, inventor, engineer, astronomer, musician, historian, writer...to name a few.

If DaVinci only studied science and art how did he know about music, history or the written language? He became well-rounded with blossoming interests in many fields. He learned all he could by "doing". He was insatiably curious.

Then in the 20th Century, enter Albert who said: "The greatest scientists are artists as well". So does this mean that one person can excel in two areas? Profound! Einstein was one of the greatest physicists we have known. But he was also an accomplished musician.

Einstein suggested "Imagination is more important than knowledge". Can you believe a scientist would say that? When Einstein was inventing, investigating, researching and making world-class discoveries, did he just use his science background...or did he engage all parts of his brain to imagine, create and design?

The movement of the acronym (STEM/STEAM/STEAMN) continues to be debated but is it really worth being concerned about which letters are placed where? The debate is about the letters and not about the content of STEM and other subjects.



STEM is everywhere...it is not new...it IS our world.

Let's prepare the next generations to be

- Art is a science. Science is an art. History is a scientific art.**

We must expect that each child may be the next DaVinci.

Part of what we know about STEM education is that there exists a generation gap of STEM today versus STEM of 20-40 years ago. Engaging together in real time activities and gaining current information will strengthen this bond of learning.



Week Of The Dead: Get Your Dead On In Prescott

October 23 - November 1

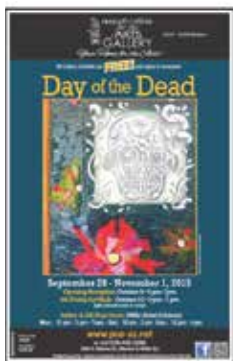
The following partners want to help YOU "Get Your Dead On" in Prescott! Please join us for a week of fun events sure to engage young and old in the history, culture, arts and folklore of Arizona!!



Prescott Center for the Arts Gallery presents a special art exhibit "Day of the Dead," September 29th through November 1st, with an opening FREE reception, skull glass bead workshop and sugar skull workshop. Artists from the region creatively explore this traditional Mexican holiday with

2-D and 3-D art. Located on the corner of Marina and Willis (entrance on Willis). Featured artists include special guests from Prescott Sister City, Caborca, Mexico. *For Additional Information Check Out: www.pca-az.net Gallery and Gift Shop Hours: Monday 11- 3, Tues-Sat. 10 - 3, Sun. Noon - 4. Suzy Campbell (928) 445-3286*

+ Glass Skull Workshop on October 24th and Sugar Skull Workshop on October 25th



Prescott Center for the Arts is presenting Ghost Talk 2015, "Where Arizona Legends Come Alive" on October 23rd and 24th. Tickets are only \$15. Experience Arizona's past when famous and infamous "spirits" enact historic ghostly folklore at Prescott Center for the Arts (PCA). This is a collaborative fundraiser with the West Yavapai Guidance Clinic (WYGC) Foundation to benefit children in our local community.

For Additional Information Check Out: www.pca-az.net Ghost Talk 2015 FaceBook Event Page Suzy Campbell (928) 445-3286 tickets@pca-az.net

+ Costume Contests and Courtyard Entertainment with Belly Dancers!



The Yavapai Cemetery Association (YCA) presents its 8th annual Historic Cemetery Walk on October 24th from 10:00 a.m. through 2:00 p.m. at Citizens Cemetery. Only \$5 for children \$10 for adults and \$15 for a cou-

ple. Groups will be led by a tour guide from gravesite to gravesite to meet some of Yavapai County's many pioneers through re-enactors in period dress. **Past residents tell their true stories – some tragic, some humorous**, but all representing Prescott's early beginnings. Proceeds from the Cemetery Walk go towards completing the fence around the perimeters of the historic Citizens Cemetery in an effort to reduce the incidents of vandalism in the cemetery.

For Additional Information Check Out: www.yavapai.us/ycc/citizens-cemetery

Julie Holst (928) 713-8807 yacitizens@gmail.com



The Smoki Museum is offering a FREE Day of the Dead - Dia de los Muertos - Celebration Sunday, November 1st. The celebration includes: music, dancing, vendors, food and much more.

Altar space to honor your loved ones is available October 26th and is free!

For Additional Information Check Out: www.smokimuseum.org. (928) 445-1230

Cindy Gresser director@smokimuseum.org

Dia de los Muertos/Day of the Dead Fact Sheet:

1. Dia de los Muertos (Day of the Dead) is a festival celebrated on November 2nd by people of Mexico, parts of Central and South America, and increasingly throughout the United States.
2. Day of the Dead is a spirited holiday when people remember and honor family members who have died. All of this is part of the philosophy that death is not something to be feared, but a natural part of the life process.
3. People celebrate in their homes by creating altars (called ofrendas in Spanish) that display portraits, favorite foods and special possessions of their loved ones. Candles and marigolds are also used to help attract the souls of the deceased and draw them back to take part in the pleasures they once enjoyed in life.
4. Families also visit the graves of their loved ones, cleaning the headstones and decorating with flowers.
5. Images of skeletons dancing or doing other comical things are common. Parades, costumes, music, dancing and food are common during public celebrations.

Dia de los Muertos honors the lives of those who have died!

For more information, visit www.mexconnect.com/mex/feature/daydeadindex.html.

Week of the Dead Partners

The following community organizations have collaborated to help you celebrate this fun week:



Prescott Center for the Arts

The Prescott Center for the Arts (PCA) is your home of the arts. Last year marked our 45th Anniversary.

PCA, a 501(c)3, creates opportunities for the greater community to engage in and experience all facets of the arts. PCA is the community's foremost leader in providing complete, personal and collaborative artistic experiences. PCA engages the mind, spirit and heart, allowing people to come together and bring art and creativity into their lives through the performing arts, visual arts and educational experiences.



Smoki Museum

Located in Prescott, Arizona the mission of the Smoki Museum is to instill an un-

derstanding and respect for indigenous cultures of the Southwest. Designed to resemble an Indian pueblo, the Smoki Museum, a 501(c)3, was built in 1935 of native stone and wood. It was constructed with labor provided by the Civilian Works Administration and the Smoki People. The Smoki People were a group of Prescott citizens organized in 1921 and dedicated to the perpetuation of American Indian ceremonies and dances. Until 1990, the Smoki People held annual pageants at the Yavapai County Fairgrounds, but they also became a large social organization focused on developing appreciation for Southwest Indian tribes through the Museum and their annual program. Most of the display cases, hand-chiseled furniture and models were built shortly after the building and qualify as antiques. The ethnographic collections include clothing, ornaments and ceremonial paraphernalia from the Sioux, Apache and Woodland Indians. The extensive collection of baskets on display are from the local Yavapai, Apache, Pima, Tohono O'odham and Seri tribes and various California tribes.



West Yavapai Guidance Clinic and Foundation

Since 1966, the West Yavapai Guidance Clinic (WYGC) has been meeting needs in the local community by offering mental health, crisis and addiction services. Es-

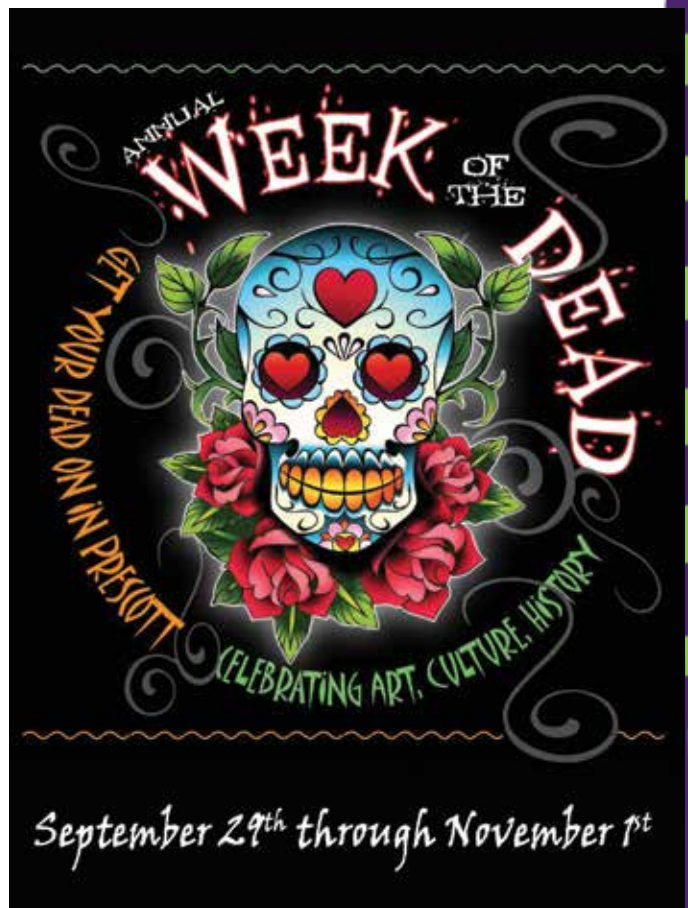
tablished by visionary volunteers in the Prescott area, the founding Board saw a community where all health care needs could be met. In 1986 the related but separate WYGC Foundation was created to support current

WYGC programs and pursue new initiatives which continue to serve our community today. The 501(c)3 WYGC Foundation supports the West Yavapai Guidance Clinic by raising funds and awareness to make a critical difference in mental health outcomes within our community.



Yavapai Cemetery Association

We support the oldest known post-settlement cemetery in the state of Arizona, the Citizens Cemetery. It was closed in 1933. In 1994, Citizens Cemetery was listed in the National Register of Historic Places as part of the Prescott Armory National Register Historic District. The Yavapai Cemetery Association was formed in 1995 with the mission to preserve, protect and enhance Citizens Cemetery.



Prescott Ghost Talk -- Where Arizona Legends Come Alive!

By Heather Turbiak-Lowrance
and Karen Murphy



This year's Ghost Talk represents the eighth year of presenting the one-hour show, with five performances over two nights at Prescott Center for the Arts, playing to sold-out crowds. According to Karen Murphy, the playwright and director, "Ghost Talk is an ode to the history of Arizona, with vignettes focusing on true stories, historic legends, and urban folklore. It is also a homage to the history of theatre with the original scripts each year featuring a mixture of genres for each ghost tale vignette such as cowboy poetry, melodrama, Shakespeare, Greek tragedy, modern performance art, traditional storytelling, and even the American musical."

Anyone who has seen the Prescott Center for the Arts performances *Inherit the Wind* and the phenomenal *Cabaret!* will be familiar with the attention to detail Karen Murphy puts into everything she directs. In addition to being the "costume guru" for many theatrical productions at PCA, mentoring the new costumers, she is also a big part of the Young Playwrights Festival. "My first volunteer gig was at the theatre as an actress when I was cast in *Stepping Out*." I love costuming so started volunteering in that area and then went through the director's mentorship program. About the time I completed the mentorship program, Ghost Walk, which had been at Sharlot Hall, was needing a new venue. So Ghost Walk became Ghost Talk and I volunteered to write the script and direct it that first year at PCA. And here eight years later, I'm still at it because of the people I get to work with and because I believe in the purpose of the fundraiser, to support local youth, our future."

Ghost Talk is a highly-theatrical show utilizing a variety of technical elements: specialty make-up and hair design, masks, period costumes and props, special effects, specialty mood lighting and sound effects, and elements that mix those of a haunted house with a theatrical production. There are also elements of interactive theatre and audience participation used to engage the audience in a fun, eerie, educational, historic, and, of course, spooky experience. In addition, entertainment is provided outside in the courtyard as

patrons line-up to enter the haunted historic theatre.

"This year will once again be a fun and almost frightening event! It's become a tradition in Prescott." Says Jon Meyer, Executive Director at Prescott Center for the Arts.

Tales on tap for Ghost Talk 2015 include *The Haunting Demise of the Cowboy King*, *The Phantom of the Elks Opera House*, *The Dynamite Demon of Whiskey Row*, *The Crazy Slasher of Ft. Whipple*, *The Gothic Ghosts of Marina Street*, *The Snakes On A Plain Killing*, *The Feasting of the Dead*, *The Infamous Train Trunk Murderess*, *Death by Screw Worms*, *The Legend of the Terrifying Thunderbird*, *The Pioneers and the Alien*, *The Spooky Specter of the Hassayampa Inn*, and *The Bloody Benders' Bloodbath*.

Ghost Talk represents the work of over 125 volunteers. The Ghost Talk Committee begins planning the event each spring, meeting monthly. The script is written each July, the show is cast in August, and rehearsals run weekly. The cast and crew production team numbers over 55, ticket takers, costume contest judges, photo booth characters, and a host of other volunteers aid in the planning and implementation of the fundraiser. Ticket sales, sponsorships, grants, and in-kind donations for services and items for the raffles and prizes totaled \$20,000 in 2014. "We have a super team of volunteers from the PCA and our partner West Yavapai Guidance Clinic Foundation on the Ghost Talk Committee who are committed to upping the game each year by making the entire experience bigger and better. A lot of thought, time, and effort goes into the planning and creating of an entertaining, fun, and spooky evening from the time patrons arrive in the courtyard to when they exit the theatre. And you can't beat the talented actors and crew members at the PCA who bring the famous and infamous specters and their stories to life on that stage in a bigger and better way each year" says Karen.

Ghost Talk is a collaborative fundraiser sponsored by the PCA and West Yavapai Guidance Clinic (WYGC) Foundation, two community nonprofits with different missions but a common goal: raise funds for youth programming.

PCA's proceeds go to the PCA Youth Scholarship Program (YSP) that sponsors an annual judged and juried competition with the winners in the performing and visual arts, as well as young musicians and singers, receiving scholarships. WYGC's proceeds go to fund programs for teens and foster children.

Ghost Talk is also a featured event during Week of the Dead, a week's worth of activities sponsored by Prescott community partner organizations that include the Prescott Center for the Arts Theatre, the Prescott Center for the Arts Gallery, the West Yavapai Guidance Clinic Foundation, the Smoki Museum, and the Cemetery Association. Week of the Dead events focus on the history, culture, art, and folklore of Arizona's past. Week of the Dead is funded in part by a generous grant from the Prescott Area Arts and Humanities Council.

A new event this year is Tech Talk set for Oct. 22. The workshop is designed for scout troops, home schooled groups, and school and college groups. It will include a full dress rehearsal of Ghost Talk, followed by a question and answer panel that will cover the technical aspects of the show, service learning opportunities, and the tech side of theatre that can lead to career options. Tech Talk is funded in part by a generous donation from the Yavapai Community Foundation.

This year's Ghost Talk is dedicated to the memory of JoAn Ramsay, a long-time volunteer of the PCA and the organization's "Musical Muse," who passed away July 18, 2015. She was the inspiration for the creation of the YSP that has been awarding close to \$14,000 per year to young artists in our community for over 30 years. She was also committed to bringing the joy of music to hundreds of students she taught throughout her life time.

Ghost Talk tickets are \$15 per adult and \$12 per youth by going online at www.pca-az.net and clicking on Ghost Talk or by calling 928-445-3286. Ghost Talk is not recommended for children under seven years old.



"Your Home for the Arts"

"Prescott's Premiere Theatre Experience"

Gallery and Gift Shop Hours:

Monday 11 - 3

Tuesday - Saturday 10 - 3

Sunday Noon - 4



208 N Marina St, Prescott, AZ 86301 · (928) 445-3286 · www.pfaa.net

EVERY WEEKEND IN OCTOBER

Pumpkin Fest & Corn Maze!

GREAT FAMILY FUN!



\$15 per person - Kids under 3 free!
Admission includes U-Pick Pumpkin Field where
EVERYONE TAKES HOME A PUMPKIN!

Fridays: Noon - 9:00pm Saturdays: 9:00am - 9:00pm
Sundays: 9:00am - 6:00pm Columbus Day: 9:00am - 6:00pm

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Horseback Rides! Bounce Houses! Food! Barn
Dance! Pumpkin Chunkin', Prizes,
Give-Aways and tons o' ways to have fun!**

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**ASK US
ABOUT OUR
MEMBERSHIP
PLANS!**

Family Fall Festivities at Mortimer Farms



Locally owned Mortimer Family Farms announced today that you are all invited to attend Pumpkin Fest & Corn Maze every weekend in October in Dewey, AZ. This huge festival's centerpiece is a 15-acre Pumpkin Patch & 25-acre Corn Maze!

Kids will delight in our Farm Animal Petting Zoo, Buckaroo Pony Corner, Farm Slide, Corn Bath, Straw Maze, Barrel Train, Bounce Playhouse Farmland and Calf Riding. There is something for the teens in your family with the Roping Dummies, Obstacle Course, Mutton Bustin', Hay Rides and Live Music. And you will love our Farm Fresh Produce, Antique Tractor Show, Our Tractor Pull, Great Fall Decor Finds, Live Entertainment, Talented Craft Vendors, Family-friendly Hayrides, Boot Scootin' Barn Dance and much more.

Meet Farmer Buzz on a hayride tour of the farm with lots of stories and history about our area. Learn about agriculture, the history of Dewey-Humboldt, and watch a real Blacksmith create original works of art in iron!

Hop aboard one of our wagons and take a breathtaking adventure through the farm to the pumpkin patch! Our pick-your-own pumpkin patch is brimming with gorgeously plump pumpkins ready for homemade pies, front porch decoration, and jack-o-lantern carving! With our thousands of pumpkins in a huge selection of sizes and shapes, we know you will find a favorite to fit your fancy! Kids will love hunting through the patch to find their favorite pumpkin and everyone will love the great photo opportunities and terrific family traditions that come along with the visit!

For those of you who don't wish to pick-your-own, our country store and farm grounds are abundant with wonderful, pre-picked pumpkins! Feel free to browse our rows and rows for the perfect pumpkin! Monday through Thursday, our pumpkins may be purchased by the pound at our hayride's exit. Pumpkins are currently 49¢ per pound. The last hayride to the patch will leave

approximately a half hour before our country store closes (Monday through Thursday).

Farm Market Store and "My Grandma's Kitchen" are open daily from 8-6 where you will find farm-raised, in season Sweet Corn, Tomatoes, Peppers, Squash, Zucchini, Cucumbers, Herbs, Black Angus Beef, Chicken, Home baked Cookies, Pies, Cakes, Fudge, Sandwiches and more! Our baked goods utilize farm fresh ingredients, making everything from scratch – Just like Grandma always did! Cinnamon rolls, chocolate chip cookies, delicious peach pies, & homemade fudge fill the store with a euphoria of scents inviting you over to our freshly baked sweets! The recipes are family favorites and they are delicious. The farm market store also has a wonderful selection of yummy soup mixes, salsas, jams, pickles, BBQ sauces, Anasazi Beans and so much more! All made with love and natural ingredients!

Spending the day at the farm? Our lunch menu is sure to have the perfect fresh farm food you are craving. Here at the store we are so happy to share with everyone the tastes of Good Food! Every day brings new things from either our garden or our bakery oven. It's really quite exciting to look forward to a new vegetable coming in the door from our garden. It's hard work to plant, water, weed and nurture acres of produce, but the reward of picking and supplying our customers with "real" vegetables makes it all so worth it. We raise our own chicken, pork, and Black Angus Beef. If you have not tried Farm Raised Chicken and Beef you are truly in for a treat. We know you love the quality and flavor from the first bite to the last.

See you at Mortimer Farms! Your Prescott area spot in the sun for autumn fun and yum!

Pumpkin Fest and Corn Maze open every weekend in October! \$15 per person. Kids under 3 Free! Admission includes U-Pick Pumpkin Field where EVERYONE takes home a pumpkin! Fridays Noon to 9pm; Saturdays 9am to 9pm; Sundays 9am to 6pm; Columbus Day 9am to 6pm

Located on the southeast corner of Highways 69 and 169 in Dewey, AZ. www.mortimerfamilyfarms.com - 928-830-1116



Don't miss the opportunity to be part of Tech Talk 2015!



Thursday, October 22, 2015

7:00 - 8:30pm

Are you interested in learning more about theatre?

What is it like to:

**ACT
PRODUCE
MANAGE
DIRECT
WRITE
DESIGN**



Tech Talk: Careers, Volunteerism and Service Learning in the Technical Art of Theatre Workshop
provides an insider's look into making a difference in your community with performing arts.
Involvement in theatre improves self-esteem and builds confidence in academic abilities.

Each participant will receive a certificate of completion. Tech Talk provides an excellent opportunity to earn extra credit for classroom work or extracurricular activities badges.

The cost is only \$5. The first 100 children to sign-up get in FREE.

Brought to you by the Arizona Community Foundation of Yavapai County, the Prescott Center for the Arts and the West Yavapai Guidance Clinic Foundation.

Supporting youth in our community.

Reserve your space today by contacting:

Tina R. Blake, Development Coordinator
West Yavapai Guidance Clinic Foundation
(928) 308-9651 ♦ t.blake@wygc.org

**2015 Prescott Ghost Talk
Main Performances Scheduled for
Friday, October 23rd 6:00pm & 7:30pm
Saturday, October 24th 6pm, 7:30pm & 9pm
\$12 for Children and \$15 for Adults
Website: www.pca-az.net
FaceBook: Ghost Talk 2015**



Photo courtesy of Chronicker Photography

Halloween Happenings at Heritage Park Zoological Sanctuary

Get your costumes ready and stop in for a spell with the entire family for a day of fun filled ghoulish events at Heritage Park Zoological Sanctuary!

Their annual Fall festival, Zoofest kicks off at 9am with many activities throughout the day. Make some scary Halloween crafts at the different craft stations set up throughout the zoo. Many of the zoo's residents will be getting a special treat on Halloween too... pumpkins! There will be special feedings and encounters with the animals. Face painting, raffles with your chance to win fun prizes, light concessions, and so much more to keep the kids happy until nighttime falls and Boo at the Zoo begins.

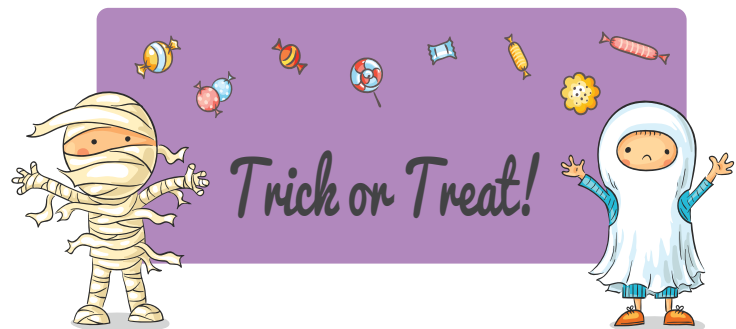
Then, starting at 6pm get your flashlights out for the favorite Prescott Halloween tradition, Boo at the Zoo. Enjoy a fang-tastic night at Heritage Park Zoological Sanctuary for a fun and safe Trick or Treat night. The zoo will be fully decorated for the event, staff members and volunteers will be dressed in their best costumes at candy stations along the paths next to some of your favorite animals. Use your flashlight to see what nocturnal ani-

mals do after the sun goes down. Light concessions will be offered, including coffee and cocoa. Remember, if you want a tasty sweet... be sure to holler Trick or Treat!

Zoofest is from 9am-5pm, when the zoo will be closed for one hour while they set up for the evening festivities. Enjoy Boo at the Zoo from 6pm-9pm. The price for each event is \$5 for Non-Members and \$3 for Members!

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

Phone: 928-778-4242 www.HeritageParkZoo.org



Halloween at the Zoo

OCTOBER 31ST



9:00am-5:00pm
Make some scary Halloween crafts at the different craft stations set up throughout the zoo. There will be special feedings and encounters with the animals. Face painting, raffles with your chance to win fun prizes, light concessions, and so much more.



6:00pm-9:00pm
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 Zoological Sanctuary
Open Daily from 9am-5pm
403 Heritage Park Road, Prescott | (928) 778-4242 or toll free (877) 778-6008



Prescott residents are very familiar with Prescott Center for the Arts and their entertaining productions. But, do you know the many tales of spirits who have not passed over and call this beautiful historic building their home?

Built in the late 1890's, this lovely brick structure and the adjacent two story building were originally Sacred Heart Catholic Church and Rectory. In 1895, Fr. Alfred Quetu, who came to Prescott to minister to the local Native Americans, invited Fr. Edmond Clossen, Father Michael and another local priest to join his ministry, and stay in the church's rectory.

As his predecessors before him had done, Father Quetu attended to the spiritual needs of murderers about to be executed in Yavapai County. He baptized the notorious outlaw Fleming "James" Parker the night before he was hanged on June 3, 1898 and also attended to the murderers Hilario Hidalgo and Francisco Renteria before their double execution in 1903.

Several years after his arrival, on June 18, 1902 Father Quetu's assistant, Father Edmond Claessen, died of typhoid fever at the age of 26. While 1902 accounts indicate he was buried in Citizen's Cemetery, that cemetery's records do not list him. It was widely accepted that Father Claessen was buried under the church altar, as was often the custom at that time.

In the late 1960s, this parish had outgrown the facilities, so a new, bigger church and rectory were built elsewhere in Prescott, and this old church and rectory would be sold, but not before Fr. Clossen's remains were to be reburied. However, it was discovered that Fr. Clossen's remains were not under the altar at all! Yikes! His corpse is still missing!!

Norma Hazelton purchased the church and its rectory, turned it into apartments, then donated it to the startup Prescott Fine Arts Association as a tax shelter. Prescott Fine Arts Association (now Prescott Center for the Arts) has occupied the building since 1969. They changed the church into a theater, which has transformed the old altar into a stage. The old rectory building is now the home to administrative offices, dressing rooms, prop and costume storage, and a meeting room.

Many people have had their own ghostly experiences at 208 N. Marina over the years. Prescott Center of the Arts is believed to have 4 ghosts and one of PCA's vignettes shares their story in "The Gothic Ghosts of Marina Street." Sister Sophie, the one female ghost, likes to play with the office copier, turning it on and off if folks are working late at night. The cast and crew members through the years report strange noises and sightings in the theatre attributed to the three male ghosts Father Alfred, Father Michael, and Father Edmund.

Jon Meyer, Executive Director at Prescott Center for the Arts, confirms the otherworldly residents with a tale that will make your hair stand on end. "Wanda Denman, PCA's long-time cleaning lady, told me two stories which I have conveyed to many people previously.

When she cleans the building, she is here very early in the morning, like 5 or 6am, when we KNOW there are NO theatre

people here! (Laughs) She was in the main theatre when she heard a voice calling her name over and over. Finally, she turned around and said to the voice, "Hey, if you're going to keep calling my name, you're going to have to help me clean!" The voice stopped.

Another time, she was sweeping out, I think, the dressing rooms which are located in the rectory. She gathered a small pile by the door, then ventured into the rest of the room to sweep, and when she returned to the vicinity of the door, she told me that in the pile she had left, she saw her name spelled out in green thread! She left for the day."

Volunteers have stated haunted happenings in both the theater and old rectory building. Open doors are closed, closed doors are opened, and lights are turned off and on.

While checking the lighting on stage for the next scene, one volunteer saw a shadow of an entity float effortlessly in front of a painted moon prop. After another performance, the stage crew was busy setting up the props needed for a bar scene in the next day's show. Two glasses flew up from the table into the air, and crashed to the floor. They also decided to leave for the day.

When theater members and performers are trying to get ready for a performance in the former rectory, often a rattling noise and footsteps can be heard coming from Father Michael's old second floor room. Every time, people rush up stairs to try to find the source of this noise, which they haven't found yet. Father Michael surely gets his chuckles and some company as well!

Many who frequent the theatre have seen shadows move across the upper part of the proscenium. Others have heard choirs singing, particularly a children's choir. Scripts have been moved and found in different places than where they were set down originally. Lamps and other glassware have been reported to have just fallen off (more like pushed off) counters, set pieces, etc.

Karen Murphy, director of Ghost Talk, also shares familiar ghost stories of the spirits at PCA, "I have been told of two priests (one or both are often characters in Ghost Talk), another benevolent male who evidently hangs out in the theatre, and then there is Sophie (some speculate she may have been a nun) who most believe to be responsible for the scripts going missing and the items being pushed off counters. Sophie too is often a character in Ghost Talk.

Those who attend this year's Ghost Talk just may get the chance to experience one of PCA's residential spirits first hand. Are you brave enough?

Ghost Talk 2015, Prescott Center for the Arts Theatre, Oct. 23-24, at 6 pm and 7:30 pm each night with an encore performance at 9 pm Saturday. The annual enactment of historic ghostly folklore by the famous and infamous spirits themselves provides plenty of thrills and chills in this fun and entertaining peek into Arizona's spooky past. For information and tickets, go online www.pca-az.net or call 928-445-3286.

Sources:
www.hauntedhouses.com/states/az/prescott_theatre.htm
www.sharlot.org



Mama Leone's Recipes

From the vaults of Mama Leone's recipe books!

I love family style dinners. It is a chance for the whole family to visit, eat together and continue family traditions. These are some of my favorite recipes for a great family style dinner. All recipes serve 6-8 people.

Radicchio Leaves Stuffed with

Herbs and Goat Cheese

15 radicchio leaves, cleaned
12-15 ounces goat cheese
4 finely chopped scallions
Pinch of freshly ground pepper
½ teaspoon of salt
1 teaspoon dried thyme
1/3 cup chopped basil leaves
4 cloves of minced fresh garlic
1/3 cup fresh parsley
1 cup olive oil

In a small saucepan, heat the olive oil over medium heat. Remove from heat until it starts to sizzle when you add a small drop of water. Take off heat and allow to cool for 5 minutes.

Combine the garlic, parsley, basil, thyme, and scallions in a small glass bowl. Carefully pour the warm oil over the herb mixture. Add the salt and pepper. Mix well.

Spoon a thin layer of the herb mixture on the bottom of an 8 by 8-inch square glass baking dish. Arrange the goat cheese slices in a single layer on top. Spoon the remaining herb mixture evenly over the top of the goat cheese. Cover the baking dish with plastic wrap and refrigerate for at least 4 hours or overnight.

When you are ready to serve, place the radicchio leaves on a serving platter, carefully place a slice of marinated goat cheese in each leaf. Drizzle with additional herb mixture and serve.

Arancini Di Riso

(Risotto Croquettes)

Three to five pounds prosciutto di parma
4 TBS butter
1 finely chopped white onion
4 stalks finely chopped celery
2 cups arborio rice
8 cups vegetable broth
1 cup white wine
6 eggs
Large handful of picked and finely chopped flat leaf parsley
1 cup, plus an additional 2/3 cup finely grated Romano
Parmesan cheese
1 cup finely chopped ham
1 cup fresh mozzarella cheese
2 cups all-purpose flour
Bread crumbs
Salt and freshly ground pepper
Vegetable oil for frying

Bring your vegetable broth to a simmer.

Melt the butter in a large pan over medium heat, add the onion and celery and saute until tender and soft. Stir in the rice and season with salt and pepper and continue to cook for 1 minute. Add wine and stir until almost all liquid is absorbed, about 1 minute. Add a ladleful of the hot broth and cook, stirring, until it has been absorbed. Continue adding the broth, a ladle at the time, and stirring until each addition has been absorbed. This will take about 20 minutes. Stir in 1 cup Parmesan cheese. Allow to cool and then put in the refrigerator, covered, overnight.

Separate 2 eggs and reserve the yolk.

In a big mixing bowl, add the cold risotto, egg yolk, remaining 2/3 cup Parmesan, ham, mozzarella cheese, and parsley. Stir well, using a wooden spoon, until all the ingredients are well mixed.

Whisk two eggs in a medium bowl.

Place the flour in a plate or small bowl and the bread crumbs in a separate plate or small bowl. Roll your risotto into balls. One-by-one, gently roll each ball into the flour, then dip it into the beaten eggs, and then roll it into the breadcrumbs. By doing this you will create a nice crust on the outside of the croquettes, it will help maintain its round shape while cooking, but it will also keep the warmth inside for a while after they are cooked.

Heat up about 2 cups vegetable oil in a high-sided skillet. When the oil is hot, start frying the croquettes. Try to remember the order in which you put them into the pan, the first one into the hot oil should be the first one to be turned over, and then the first one to come out. Keep it in mind as you cook!

The process is fairly quick, turn the croquettes a few times to make sure they are evenly cooked, and do not worry if some mozzarella cheese spills out. When it happens, if it happens, there is nothing you can do about it, and the dish won't be affected in any way.

Remove the risotto balls to paper towel-lined plates and serve warm.

Conchiglie with Clams and Mussels

(Shell pasta with clams and mussels)

2/3 cup parsley
2 cup white wine
1/2 teaspoon freshly ground pepper
1 teaspoon salt
1/4 teaspoon red pepper flakes
6 minced garlic cloves
1/2 cup extra virgin olive oil
8 cups broccoli, cut into florets (about one pound)
2 pounds conchiglie (small shell pasta)
2 pounds small littleneck clams, scrubbed
2 pounds mussels, debearded

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook for 6 minutes, stirring occasionally. Add the broccoli into the pasta water and continue cooking until the pasta is tender but still firm to the bite, and the broccoli is blanched, about 2 to 3 minutes. Drain pasta and broccoli, reserving 2 cups of the cooking liquid.

Meanwhile, in a large, heavy skillet heat the olive oil over medium heat. Add the garlic, red pepper flakes, salt and pepper and saute for 3 minutes. Add the clams, mussels, and wine. Cook for 5-8 minutes, making sure all the shells have opened. Discard any shells that remain closed. Sprinkle with the parsley.

In a large bowl, toss together the pasta, broccoli, and shellfish. Add the reserved pasta water, 1/4 cup at a time, to moisten. Toss to combine. Transfer to a serving platter and serve immediately.



Red-Wine Marinated Escargot over Bowtie Pasta

2 jars escargot in brine, rinsed
4 shallots, peeled and diced
1/2 cup red wine, plus red wine to marinate
4 TBS olive oil
4 cups cooked pasta
8 minced garlic cloves
3 TBS chopped fresh parsley
16 TBS herbed compound butter (recipe below)

For Compound Butter:
2 pounds butter
6 to 8 TBS extra virgin olive oil
4 TBS fresh chives, chopped
2 TBS thyme, chopped
2 TBS sage, chopped
2 TBS Rosemary, chopped

Chop the butter into uniform chunks using the dough scraper.

Place the oil into the food processor and add the chives. Process until the chives are finely chopped. Add the remaining herbs and blend until the herbs have colored the oil. Using the whisk attachment, whip the butter in the mixer at medium speed until it softens and lightens in color, about 5 to 7 minutes.

Add the herb oil to the butter and beat for another 2 minutes until oil is fully incorporated. Remove butter from bowl and spoon onto parchment paper or plastic wrap. Roll into a log, using the edge of a baking sheet to form a tight log. Chill for 2 hours before serving.

When escargot and compound butter is ready: In a non-reactive bowl, add the escargots and 1 diced shallot and cover with wine. Cover the bowl with plastic wrap and marinate overnight.

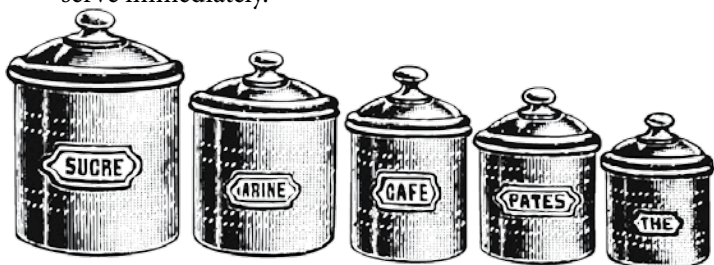
Remove marinated escargots and allow to come to room temperature.

Heat large cast iron skillet over medium-high heat. Add olive oil, pasta, remaining shallot, garlic, parsley, 1/2 cup red wine and compound butter. Using a slotted spoon strain the escargots from the marinade, discard the marinade. Cook the escargot for 3-5 minutes or until the butter has melted.

Mama's Tiramisu

My family has begun affectionately calling this recipe Mama's Tiramisu. I am asked to make it at every family event.

6 large egg yolks
3/4 cup sugar
3/4 cup whole milk



Four 8-ounce containers mascarpone cheese, at room temperature

1 ½ cups espresso or strong coffee, at room temperature

½ cup brandy or cognac

30 to 32 crisp Italian savoiardi (ladyfingers)

¼ cup Dutch-process cocoa powder

Bittersweet chocolate for shaving

Line an 8-inch-square baking dish with plastic wrap, leaving a 3-inch overhang on all sides. Fill a large bowl with ice water.

Make the custard: Whisk the egg yolks and sugar in a heat-proof bowl set over a saucepan of barely simmering water (do not let the bowl touch the water) until the sugar dissolves. Slowly whisk in the milk and cook, whisking constantly, until the custard is light and foamy, about 10 minutes (a thermometer inserted into the mixture should register 170 degrees F).

Remove the bowl from the saucepan and set in the bowl of ice water; whisk until the custard is cool, about 1 minute. Put the mascarpone in a large bowl. Fold the custard into the mascarpone with a rubber spatula until almost combined, then whisk until just smooth (do not overmix or the custard will be grainy).

Combine the espresso and brandy in a shallow bowl. One at a time, dip the ladyfingers in the espresso mixture until soaked but not soggy; arrange 2 rows of about 5 biscuits each in the baking dish. Spread one-third of the mascarpone custard over the ladyfingers. Repeat with a second layer of espresso-dipped ladyfingers, arranging them in the opposite direc-

tion. Top with another one-third of the custard. Repeat with the remaining ladyfingers, alternating directions. Spread the remaining custard on top and dust with the cocoa powder. Cover with plastic wrap; refrigerate at least 4 hours, or overnight.

Invert a plate on top of the tiramisu, then flip the tiramisu with the plate. Remove the baking dish and plastic wrap. Invert a serving plate on top of the tiramisu and flip again so it is cocoa-side up. Remove the remaining plastic wrap. Shave curls of chocolate on top with a vegetable peeler.

Chill in refrigerator at least 3 hours before serving.

After Dinner Italian Coffee

For each cocktail

1 ounce Strega liqueur

Hot black coffee

Whipped cream for garnish

Nutmeg for garnish

Pour the Strega into a coffee glass

Fill with hot coffee

Top with whipped cream

Garnish with grated nutmeg



For my grandchildren I always make some hot cocoa and top it with whipped cream and the grated nutmeg while the adults enjoy this after dinner coffee.



Tired of the Same Old Recipes for Taco Tuesday Nights?

By Samantha Kingsley



In an effort to spend more time as a family during the week, I decided to start Taco Tuesday night. After 2 months, I was quickly running out of recipes and everyone was wanting something new. After doing a little research, I now have over 100 taco recipes to choose from. Let me help you make Taco Tuesday nights exciting again. Follow Prescott Parent Magazine's Facebook page to get new taco recipes every Tuesday morning!

The Ultimate Fish Tacos

Total Time: 50 minutes - 8 to 10 servings

2 pounds mahi mahi (skinned, boned and cleaned) cut into 1-ounce strips
2 cups all-purpose flour
3 eggs, lightly beaten
4 tablespoons water
2 cups panko bread crumbs
Kosher salt and freshly ground black pepper
Vegetable oil, for frying
1/2 head savoy cabbage, finely shredded
1 bunch cilantro, leaves picked
1 bunch chives, chopped
3 limes, cut into wedges for garnish

PINK CHILE MAYONNAISE:

1 cup sour cream
1 cup mayonnaise
3 chipotles in adobo, plus 2 tablespoons of adobo sauce
1/2 lemon, juiced
Kosher salt and freshly ground black pepper

MANGO-RADISH SALSA:

2 limes
2 mangoes, diced
4 to 5 red radishes, diced
1 red onion, diced
1 tablespoon chili powder
1/2 bunch fresh cilantro, leaves chopped
1/4 cup extra-virgin olive oil
Kosher salt and freshly ground black pepper

Prepare the fish. Cut the pieces of fish into 1-ounce strips. Set up a breading station of flour, lightly beaten eggs with water, and seasoned panko bread crumbs. Season all with salt and pepper. Dredge the pieces of fish in flour, egg then bread crumbs. Once all the fish is breaded deep-fry in small batches in (375 degrees F) oil. Drain on paper towels and season with salt. Keep warm until ready to serve.

Prepare the pink chile mayonnaise. Put the chipotles in a blender and puree until smooth. Add the sour cream, mayonnaise, adobo sauce and lemon juice and continue to process until the mixture is consistent and creamy. Season with salt and pepper and refrigerate until ready to use.

Prepare the mango-radish salsa. Remove the peel and pith from the limes and cut between the membranes to remove the segments. Put these "supremes" into a bowl and squeeze over the juice from the membranes. Add the remaining ingredients and mix. Season and refrigerate until ready to use. You can also place all of the ingredients into a food processor and puree for a smoother salsa.

To serve, set up the tacos "family-style". Assemble the fish in a pile on a plate; the pink chile mayonnaise in a bowl; and mango-radish salsa in another. Set a pile of shredded savoy cabbage, cilantro leaves, chopped chives and lime wedges next to the fish. Toast the corn tortillas lightly over an open flame (on your stove top) and serve.

Originally from FoodNetwork.com

Tacos de Carne Asada

4 Servings

1 flank steak, trimmed of excess fat
1 cup pickled jalapenos, including the carrots and onions that come in the jar
Salt and pepper
8 corn tortillas
1/4 cup white onion, coarsely chopped
1/4 cup cilantro leaves
2 tablespoons salsa
1 tablespoon canola oil, plus more, as needed

Cover flank steak on one side with the pickled jalapenos, then turn over let sit at room temperature, covered for 1 hour. Preheat the grill or broiler.

Season both sides of the steak with salt and pepper and place on a hot grill or under the broiler. Cook the steak for 5 to 6 minutes on each side (for medium rare), and then chop into 1/4-inch pieces.

Heat a small saute pan and add 1 tablespoon canola oil. Warm corn tortillas for 30 seconds on each side, adding more oil as necessary. Stack 2 tortillas together, place the meat in the center of the tortillas and top with the onion and cilantro. Drizzle a teaspoon of the salsa de arbol on top of each taco.

Braised Pork Tacos

When it is a cold afternoon and you have some extra time, these are the perfect fit!

4 hours, 45 minutes - 4 Servings

1 (4 to 5 pound) boneless pork shoulder

Salt and freshly ground black pepper

2 tablespoons vegetable oil

2 tablespoons extra-virgin olive oil

2 onions, cut into wedges, root end attached

4 large cloves garlic, crushed

1 1/2 teaspoons chopped oregano leaves, half a palmful

2 red chiles, thinly sliced

4 bay leaves

1 (12-ounce) bottle Mexican beer

2 cups chicken stock

4 oranges, juiced about 2 cups

1 chipotle pepper, seeded and finely chopped, plus 1 tablespoon of adobo sauce

2 limes, juiced

1 1/2 cups white wine vinegar or white balsamic vinegar

1/2 cup sugar

2 small red onions, thinly sliced

1 cup drained sliced store-bought pickled jalapenos or banana pepper rings

1/4 head red cabbage, shredded

1 cup crumbled queso fresco or 2 cups shredded Monterey jack

16 corn or flour tortillas, charred over open flame and kept warm in tortilla warmer or towel

Preheat the oven to 325 degrees F. Season the pork generously with salt and pepper, to taste, and let sit at room temperature for 30 minutes.

Pat the pork dry with a paper towel. Heat a large Dutch oven or heavy-bottomed pot over high heat with 2 tablespoons of vegetable oil, 2 turns of the pan. Put the pork in the pot and evenly brown the meat all over, it will take about 10 to 12 minutes; remove the pork to a plate and reserve.

Turn heat down to medium-high, and add the extra-virgin olive oil to the pot, a couple of turns of the pan. Add the onions and garlic, salt and pepper, to taste, the oregano, 1 sliced chili pepper and 2 bay leaves and cook for 7 to 8 minutes. Deglaze the pot with the beer, scraping up the bits stuck to the bottom of the pot. Stir in the chicken stock and orange juice. Add the reserved pork back to the pot (the liquid should come about 2/3 the way up the meat) and bring to a simmer. Cover and put the pork in the oven, turning the meat halfway through cooking, until the meat is very tender, about 2 1/2-3 hours. Remove the pork from the pot, to a cutting board and tent with foil to keep warm. When cool enough to handle, pull the meat apart with 2 forks.

Simmer the braising liquid over medium heat until reduced by half. Add the chipotle and adobo sauce and the lime juice. Add about 2/3 of the shredded meat and stir. Cool the remaining shredded pork and chill for another use.

While the pork is cooking, prepare the pickled red onions: in a small saucepot, bring the white wine vinegar, sugar, teaspoon of salt, remaining chili pepper and bay leaves to a simmer over low heat. Put the sliced red onions in a small sealable container. Carefully pour the hot liquid over the onions, cover and give it a shake. You may need to lift the lid to release some of the pressure. Every now and then, give it a good shake. Refrigerate to cool.

To serve, put the chipotle pulled pork on a platter and garnish with pickled onions and pickled jalapeno slices. Serve with shredded cabbage, crumbled cheese and tortillas for wrapping.

Originally from Rachael Ray's Week in a Day, Taco to Morocco episode.

Skirt Steak Tacos with Roasted Tomato Salsa

Total Time: 30 minutes – 4 Servings

8 (6-inch) flour tortillas

1 1/2 pounds skirt steak

2 tablespoons canola oil

Salt and freshly ground black pepper

1/2 head romaine lettuce, thinly shredded

1 medium red onion, thinly sliced

1 ripe avocado, peeled, pitted, halved and diced

Grilled Tomato Salsa, recipe follows

8 ounces sour cream

GRILLED TOMATO SALSA:

2 tablespoons canola oil, plus more for brushing tomatoes

2 serrano chiles

1 small red onion, coarsely chopped

4 cloves garlic, peeled

6 plum tomatoes, halved and seeded

Salt and freshly ground black pepper

2 limes, juiced

1/4 cup chopped fresh cilantro leaves

Heat grill to high.

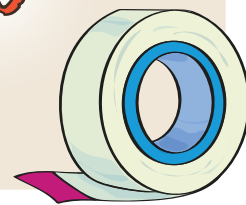
Wrap tortillas in aluminum foil and on the top rack of the grill while the steak is grilling.

Heat grill pan over high heat. Brush steak with oil and season with salt and pepper on both sides. Grill on one side until golden brown and slightly charred, about 3 to 4 minutes. Turn the steak over and cook to medium-rare doneness, about 3 to 4 minutes longer. Let rest 5 minutes then slice against the grain into 1/4-inch thick slices.

Fill each tortilla with some lettuce, 3 to 4 pieces of meat, onion, grilled tomato salsa, sour cream, and avocado.



Explore Nature with Edie CRAFTS



When the weather begins to cool, we spend lots of time working on crafts with all the items we collected from our nature explorations and camping trips during the summer. Some of my favorite crafts are ones that can be displayed in our home as fall accents. My kids love seeing their work around the house and they are a reminder of fun family time we have spent together.



Sunburst Branch Wreath

Twigs are one of our favorite things to collect. By October we have a large shoebox full of all different kinds of sticks we have found on our adventures. This is a very easy craft and looks great on a door or against a wall or window. The great thing about this project is you can make it as messy, neat, big, small, or colorful as you like.

What you will need:

Large handful of medium to thin sticks
Cardboard or cereal box
Twine (any color you desire)
Hot glue gun
Scissors

- Cut a disc shaped base out of a cardboard box. I have also used a cereal box when I have not had any cardboard boxes around. Wrap in your chosen colored twine to give it a rustic look. You can also use bright colors to give it a bit of a punch of color.
- Using a hot glue gun, apply the sticks to the disc shaped base. Work in sections like sun rays to make sure they are even throughout. I like to apply a couple of layers to give it some depth.
- Let dry and tie desired length of twine or nylon string around the central disk to create a hanging loop.

Crystal Rock Garden

My daughter loves to collect shiny, sparkly pieces of quartz on our explorations. She also loves magic and this crystal garden is like making something appear from nothing!

What you will need:

1/2 cup water
2 oz alum (sold in the canning or spice sections of supermarkets)
Clear glass bowl
Clean rocks and pebbles
Mixing spoon
Food Coloring



- Collect as many rocks and pebbles as they like.
- Rinse the rocks clean in the sink or tub.
- On the stove, boil 1/2 cup of water.
- Add 2 oz alum to the hot water and stir until the alum is dissolved.
- Add a few drops of food coloring.
- Pour the solution into a clear glass bowl.
- Fill the bowl halfway with the clean rocks and pebbles.
- Now watch in amazement as crystals form like magic over the next few days!



Pressed Flower Place Mats

Add some flowers to your table
– no vase needed!

What you will need:

Flowers and leaves
Clear contact paper
Construction paper
Scissors
Ribbon (optional)

- Choose the flowers and leaves that you'll use for your place mats.
- Remove the flower blossoms and leaves from their stems and lay them on the construction paper. You may want to practice arranging the flowers on the paper – once you put the flowers on the contact paper, you won't be able to move them!

- For each place mat you want to make, cut two pieces of contact paper, approximately 9" x 12".
- Peel the backing off one piece of contact paper and lay it sticky-side up on the table.
- Arrange the flowers and leaves on the sticky side of the contact paper.
- Press the flowers so they lay flat on the contact paper. If you'd like to add more decoration, press ribbon to the edges for a border.
- Peel the backing off the remaining piece of contact paper. Carefully cover your place mat (sticky-side down) with the contact paper. Do this step slowly and carefully to avoid getting wrinkles in the place mat.
- Flatten your place mat once more to smooth out any wrinkles or air bubbles, and then use the scissors to trim any uneven edges.
- Now you're ready to set the table!



Driftwood Door Handle

Every year, we take a family vacation to the beaches of the Pacific Northwest. The driftwood is plentiful and beautiful! I always manage to bring back some pieces to use throughout the house. This year I decided to make a rustic doorknob for our backyard entrance. This project works best with a wooden door, but if you have a metal door, try the super-glue option. Just be sure that the glue you use is able to glue metal to wood.

What you will need:

Piece of drift wood in an unusual shape, the size is up to you
Pencil
Tape measure or ruler
Two hefty screws, long enough to go through a wooden door and secure the driftwood, but not so long that they will pierce through the driftwood
An electric drill OR superglue for wood

- Brush the driftwood clean of sand, or wash the driftwood and set it aside to dry completely.
- If you currently have a door handle on the door, remove it. Position the driftwood on front of the door until you are happy with its location.
- Have someone hold the driftwood in position on the front of the door. If there are no holes from the previous door handle, measure the distance to the driftwood from the edge of the door. Re-measure this distance on the back of the door and drill the screws through the

door from back to front while the other person holds the driftwood in place. Make sure the driftwood is securely fastened to the door.

- Alternatively, glue the driftwood to the door with super-glue.
- Enjoy your funky new door handle!



Pinecone Spiders

These are so much fun to make and a great decoration for Halloween.

What you will need:

Round pine cones
Wiggly eyes
Brown Pipe Cleaners
Scissors
Low temp hot glue gun
Cotton Butcher's Twine

- Wrap 4 full-length pipe cleaners around the pine cone to make a total of 8 legs. Shape the pipe cleaners into spider legs, adjusting the length with scissors if necessary.
- Attach the wiggly eyes with hot glue to the bottom of the pine cone. We used images of real spiders as inspiration and learned that most species of spiders have 8 eyes! Some species have 6, and most ground dwelling spiders have no eyes.
- Play and enjoy! Invite your child to use cotton butcher's twine for creating spider webs, or have some good old-fashioned fun with the water-spout!



Is YOUR Family B.I.T. Fit? ...Continued from page 9

"Since I have been working with Ms. Tom, I have recovered my peripheral vision. I no longer have ringing in my ears. My balance is now 100% on track. Migraines have been reduced by 98%... I am now able to sleep through the night, have lost 25 lbs. as I am able to resume daily exercise, and no longer wake with nose bleeds or vomiting. My concentration is better and I no longer stumble in my speech. I have been given back the life I was sure to have lost after my stroke." T.G.

"My 7y.o. daughter has experienced brain integration therapy (BIT). She began at age 6, and continues to follow up annually and as needed. My daughter has nystagmus in both her eyes, this has dramatically decreased as a result of BIT. I only notice it now on occasions when she is severely over tired. She also had a tremendous improvement in her balance, impulse control and fine motor. These results were also noted by her Occupational Therapist. My daughter who was unable to balance on one foot for more than 1-2 seconds is now able to do it for 15-20 seconds. When working with her OT and/or myself on an iPad she is able to select the correct answer by tapping on it once or twice instead of rapid tapping on the screen. My daughter also had a big improvement in her penmanship. But what has made me believe in this therapy the most is that my daughter says she likes it and feels better. In her own words, "Miss Beth relaxes my brain." J. O.



Education News

...Continued from page 11

concerns during school board meetings and many people concerned about the state of public K-12 education banded together in rallies and individual meetings with legislators to make sure their concerns were heard during the budget process. That momentum is expected to continue this year.

Academic Standards: In April 2015, the State Board of Education created the Arizona Standards Development Committee to oversee review of standards adopted in 2010 in response to the Common Core movement and make any changes necessary to ensure they appropriately reflect Arizona's needs. The committee will provide recommendations so any revisions can be adopted before 2015-2016 school year ends.

Read more at: <http://azednews.com/2015/08/12/five-things-to-keep-your-eye-on-this-school-year>.

Natural Morning Instinct, as Witnessed by Your Mother ...Continued from page 16

The morning smiles...were an early lesson for what's to come. I had to sit myself down: my child is not a wind-up toy or a trick pony. While the sweetest thing I've ever seen spread like spilled liquid happiness from an open jar above him were useful for me and my situation (no partner, no job, no work life, lover and job dropping off the earth at only six weeks) - they no longer served him a purpose. Whatever it was, whichever initial chapter within him needed successive spontaneous toothless beaming in the morning, now needed something else.

I noticed a quickening of pace. Mornings got shorter. The process he took from point a to b, from a slow tempo of "I, a soul living, I a soul living, I a soul living," would crescendo to warp tempo, "I'm awake"; what happened next happened in one minute instead of 30. The sadness I sensed was selfish. I wanted him to perform in a certain way, one that I had known before. As a single mom, these mornings weren't shared with anyone, the stories can't live beyond those months in someone else's mind. The more I confronted their absence the closer it seemed I was to losing much more.

Yes, I will lose love and life. That's what happens after making love and life. Sometimes the love doesn't have to be lost. It continues on like a immortal sound wave. Or neon graffiti on a gas station bathroom wall stating "I was once here." I was once here, Ivan. And while I was here I saw you smile like a champion in the mornings.

Tired of the Same Old Recipes for Taco Tuesday Nights?

...Continued from page 47

Heat grill to high. Heat oil in a small saute pan and saute the chiles, onion, and garlic until soft.

Brush tomatoes with oil and season with salt and pepper. Grill on both sides until slightly charred and soft.

Transfer tomatoes and serrano mixture to a food processor; add the lime juice and salt and pepper and process until smooth. Add the cilantro and pulse a few times (there should be flecks of cilantro in the salsa.) Transfer to a bowl.

Original Recipe by Bobby Flay

- Sept 1 - 18** Yavapai College Prescott Art Gallery begins the academic year with the faculty exhibition. Work produced by both full and part-time faculty illustrate the department's high standards for design and craftsmanship. The exhibition includes works of photography, ceramics, sculpture, painting, digital design, printmaking, multimedia, watercolor painting and drawing. Gallery Hours: Tues-Wed 10:00 - 7:00; Thurs, Fri, Sat 10:00 - 3:00. Closed Sun and Mon 1100 E. Sheldon Street, Prescott AZ 86301; 928-776-2031 www.yc.edu/artgallery
- Sept 1-3** Summer Evening Entertainment @ Courthouse Plaza 6:30pm-8:30pm Courthouse Plaza, Prescott 928-777-1349 www.visit-prescott.com
- 5-Sep** Summer Evening Entertainment @ Courthouse Plaza 6:30pm-8:30pm Courthouse Plaza, Prescott 928-777-1349 www.visit-prescott.com
- 5-Sep** Grand Canyon Railway #4960 Steam Engine Run 8:30am-6pm Fueled by Waste Vegetable Oil (WVO), driven by an iron will, powered by ingenuity... Grand Canyon Railway is taking steam power into the 21st century! Provide Special Code when booking and receive 20% Off (code 86302) 1-888-484-7245 www.thetrain.com
- 5-Sep** Bizarre Bazaar 9am-1pm Ever go to a fabulous neighborhood Sale? Well, this is better! Tons of items waiting for a new home. Load up with this once a year special fundraiser for the Smoki
- Museum. 100% of profit goes to museum exhibits and programs. Smoki Museum 928-445-1230 www.smokimuseum.org
- 5-Sep** Summer Evening Entertainment @ Courthouse Square 6:30pm-8:30pm 120 S. Cortez Street, Prescott AZ 86303 928-777-1349 www.visit-prescott.com
- Sept 5-7** Faire on The Square 9am-5pm Enjoy over 150 Arts & Craft vendors under the cool American Elm trees at our Historic Downtown Courthouse Plaza. Show Times: Saturday 9AM-5PM / Sunday & Monday 9AM-3PM 928-445-2000 ext. 112 www.prescott.org
- 6-Sep** Women in Song V with The Wild Reeds Shows at 2pm & 7pm Enjoy the 5th Annual Women in Song Featuring The Wild Weeds with traditional and ethereal folk sounds evolved into an Americana force of harmonies and rhythm. Tickets : \$20.00 at www.folksessions.com or 928-830-0607 928-776-9550 www.highlandscenter.org
- 9-Sep** Amelia Earhart Courage... Amelia Earhart—a Study in Courage, Daring and Foolhardiness is presented by Ernest E. (Gene) Tissot Jr. For more information about this free, public event, call professor Manderfield at 928-777-6985. 3700 Willow Creek Road, Prescott AZ 86301 928-777-6985 www.prescotterau.edu
- 9-Sep** Bronzesmith Fine Art Foundry and Gallery Tours 6pm Bronzesmith Fine Art Foundry and Gallery offers visitors the opportunity to tour the foundry and witness the excitement of a bronze pour. The cost is \$10 per person and reservations may be made by calling 928-772-2378. Individuals and small groups are welcome. Please visit our website www.bronzesmith.com for more information. 7331 E. Second Street, Prescott Valley, AZ 86314 928-772-2378
- Sept 10-27** Mel Brooks Young Frankenstein / Live Theater Tickets are \$14-\$23 Show Times & Dates: September 10,11,12,17,18,19,24,25,26 @ 7:30PM / September 13,20,27 @ 2PM Prescott Center for the Arts Theater 220 Marina Ave, Prescott AZ 86301 928-445-3286 www.pca-az.net
- Sept 12-13** Home, Health and Lifestyle Expo Free Admission Prescott Valley Event Center, 3201 N. Main Street, Prescott Valley, AZ 86314
- 12-Sep** Arizona History Adventure 10am-3pm Another Arizona History Adventure at the Museum... The pioneers worked hard to "bring in" the harvest, where every head of cabbage turned into sauerkraut, and every apple crushed into cider meant food on the table during the winter months. Cost: \$7.00 per person Sharlot Hall Museum 928-445-3122 ext. 31 www.sharlot.org

Calendar of Events Continued...

Send your event to events@prescottparent.org for submission

12-Sep Prescott Food Truck Festival
12 food trucks and 12 beer companies will be in attendance at Mile High Football field. The event starts at 12 noon and continues until 7pm. Enjoy live music by DJ Chris Hussey from Noon to 1pm; Drew and Anton from 1pm-3pm; Southbound from 3pm-5pm and the Black Moods close out the event from 5pm to 7pm. Sunny Delight Kidz zone from 11am - 5pm. Presented by Tim's Auto Group Courthouse Square, Prescott

12-Sep 2nd Annual "Bustles 'n' Boots 4:00pm-8:00pm
Turn of the Century Fashion and Tastings, features a fashion showcase of 1890's to 1920's Arizona wear, plus a social 'tea' (tastings) of premier local wines, craft brews and specialty distilled spirits, plus samplings of hors d' oeuvres from area restaurateurs. Tickets are \$10 (\$15 at the door) available at Sharlot's Depot and Museum store.
Sharlot Hall Museum
415 W. Goodwin Street,
Prescott AZ 86301
928-445-3122
www.sharlot.org

13-Sep Howlin' at the Highlands/
Rosemary & Frankie Chavez 3:00pm-5:00pm
The Prescott Jazz Summit and Highlands Center for Natural History are collaborating to present four exciting jazz concerts in a beautiful setting. Tickets: \$20 at www.prescottjazz.com or 928-277-1576
www.highlandscenter.org

Sept 18-20 10th Annual Pickin' in the Pines Bluegrass Festival
11am-8:00pm
Three days of great music, jamming, camping, contra Dance, educational workshops, band contest, kids activities, Jamming and flatpicking guitar

classes and more!!
www.pickininthepines.org
Fort Tuthill-Palmer Bypass,
Flagstaff, AZ 86001
928-525-1695

Sept 18-20 Prescott Valley Kennel Club Dog Show
Our 2015 show is scheduled for Friday, Saturday and Sunday, September 18, 19, and 20.
Concessions will be open during the events.
Free Admission
Prescott Valley Event Center,
3201 N. Main Street, Prescott Valley, AZ 86314

19-Sep 17th Annual Navajo Rug & Indian Art Auction
9:00am-5:00pm
Preview @ 9AM-11AM / Auction @ Noon
300 historic and contemporary Navajo weavings and 100 pieces of authentic Indian art will be available for bid at the best prices in the southwest! Auction runs till items are sold.
147 N. Arizona Ave. Prescott AZ 86302
928-445-1230
www.smokimuseum.org

19-Sep Wild West Mud Fest 5K 12:00pm-3:00pm
Boys & Girls Clubs of Arizona present the Wild West Mud Fest, a 5K obstacle fun Mud Run on Sept. 19th at the Prescott Valley Entertainment District. Participants will face every kind of obstacle imaginable-from tunnels, to mud-pits, pools of water, wall climbs, cargo nets and much more!
Registration at www.wildwestmudfest.com
3001 N. Main Street, Prescott Valley, AZ 86314
928-776-8686

19-Sep Prescott Creeks' 25th 12:00pm-8:00pm
We'll be offering guided walks and tours of some of

our restoration success stories including Watson Woods and our recently completed model projects in rain gardens and natural landscaping to control runoff and pollutants entering our waterways...culminating in a family-oriented barbeque event.
1801 N Hwy. 89,
Prescott AZ 86301
928-445-5669
www.prescottcreeks.org

19-Sep Crown King Volunteer Fire Dept. Annual Benefit BBQ 3:00pm-10:00pm
Dance, Auctions, Raffle, BBQ & Lots of Fun!
BBQ @ 6PM All You Can Eat! Only \$15 / Kids under 12 Free! Young'n Stuff Auction 3PM / Ol' Folks Auction Follows.
Downtown Crown King, AZ 86343
928-632-7911

19-Sep 2nd Annual Cooks & Chords @ Watters Garden Center, supporting the MS Society 5:00pm-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. Stations of local chef-prepared dishes paired with delicious spirit and wonderfully-appointed acoustic music will tantalize guests as they browse packages in our raffle and silent live auction.
**Limited tickets available (will not be sold at door)
Tickets: \$75 per person / \$25 MS Client / Lynette Hoyt 480-455-3962

20-Sep Skull Valley Loop Challenge / Road Cycling Event 7:30am-3:00pm
The Skull Valley Loop Challenge is a 52.72 mi Bike Ride in Prescott, AZ, United States. The Ride begins at the beautiful Prescott, Arizona Courthouse Plaza and

Calendar of Events Continued...

Send your event to events@prescottparent.org for submission

- continues through town to Iron Springs Road toward serene valleys including the peaceful Skull Valley, just below the Prescott National Forest. Riders return through the majestic forest on White Spar Road back to the Courthouse Plaza. For more information call Jo at (928) 710-4044
PrescottBikePed.Org
- 20-Sep** Antiques on the Square
8:00am-4:00pm
Enjoy beautiful downtown Prescott while visiting more than 75 vendors showcasing a variety of antiques and collectables including glass, jewelry, ephemera, primitives, pottery and furniture.
120 S Cortez Street, Prescott AZ 86303
928-443-8909
- 20-Sep** Glitz Glamor & Girlfriends Fashion Show Luncheon
12:00pm-3:00pm
An elegant affair at the Prescott Resort featuring fashions from Prescott boutiques!
Tickets: \$45
Elsie @ 928-778-0235
- 20-Sep** The Phoenix Symphony in Prescott
Maestro Tito Munoz debuts his second season as The Phoenix Symphony, Chorus and talented soloists perform.
Tickets \$28.00 to \$39.00
1100 E. Sheldon Street, Prescott AZ 86301
www.yavapaisymphony.org
928-445-1788
- 26-Sep** Acker Park 20th Birthday Party!
8:00am-12:00pm
Put on your party hats and join us at J.S. Acker Memorial Park for a day of discovery, learning and fun as we celebrate the preservation of Mr. James S. Acker's park bequest and those who made it happen.
JS Acker Memorial Park, 421 S. Virginia Street,
- Prescott AZ 86303
928-771-1428
- 26-Sep** AIDS Walk
9am-12pm
Join us September 26th for the Second Annual AIDS Walk Northern Arizona. All proceeds go to Northland Cares; HIV specialty care clinic that has been serving our community since 2002.
Ken Lindley Park, 702 E. Gurley Street, Prescott, AZ 86301
928-776-4612 ext. 20
www.northlandcares.org
- 27-Sep** Wander the Wild - Highlands Center for Natural History
2:30pm-7:00pm
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 from 2:30 to 7:00 PM. All proceeds benefit our youth education programs, inspiring over 10,000 children annually with quality, creative hands-on outdoor education, developed to introduce them to the natural wonders of the Central Arizona Highlands, Irvine commented.
www.highlandscenter.org
928-776-9550
- October 1-18** Fool for Love
Through searing truth and dark humor, Fool For Love shows the story of two people who just cannot live without each other whether they like it or not.
October 1, 2, 3, 8, 9, 10, 15, 16, 17 at 7:30 pm and October 4, 11, 18 at 2:00 pm.
PCA Stage Too 219 N. Cortez Street, Suite E
Prescott, AZ 86301
www.pca-az.net Tickets \$15.
928-445-3286
tickets@pca-az.net
- October 3-4**
- October 3-4** 37th Annual Folk Music Festival
Saturday 10 a.m. to 5 p.m.; Sunday 10 a.m. to 4 p.m.
Arizonas longest-running folk music event features 200-plus musicians at four venues on four-acre campus.
Admission: \$8, Museum members \$6, youth 15-under FREE.
www.sharlot.org
- October 3-4** Shrine Circus
Each performance includes all the elements of a traditional circus show including but not limited to: lions and tigers; amazing aerialists; dashing, daring, dauntless daredevils; fabulous funny clowns; enchanting elephants; boundless feats of balance and agility; hazardous horsemanship; precision performing animals of all shapes and sizes; plus we can bring in those mania motorcycle manipulators, the amazing Jordan 'Danger Zone' riders in the unbelievable Globe of Death!
Prescott Valley Event Center
- 4-Oct** Taste of the Wild
3pm-7pm
TASTE OF THE WILD is Heritage Park Zoological Sanctuary's largest event of the year. Held every fall, it features a variety of local restaurants, wineries and breweries that offer tastings from their menus. There is entertainment, auctions, and behind-the-scenes visits with the animals! All proceeds from the event support Heritage Park Zoo's animal conservation and community education efforts. Tickets are \$75 each and must be purchased before the event.
Heritage Park Zoological Sanctuary, 1403 Heritage Park Road, Prescott, AZ 86301
heritageparkzoo.org

Calendar of Events Continued...

October 5-9 F.U.N. (Friends Understanding Nature) Fall Break Camp
8:30am-4:00pm
One week camp for ages 7-11. Pre-registration required.
\$150 members; \$205 nonmembers.
1375 S Walker Rd., Prescott, AZ 86303
Highlandscenter.org

9-Oct Free Evening Forest Walk
7pm
Bring the whole family for an evening adventure exploring the forest.
1375 S Walker Rd., Prescott, AZ 86303
www.highlandscenter.org

October 10-11 Prescott's Great Outdoors - Outdoor Recreation Festival & Expo
10am
The event features adventure recreation, stocked fishing, educational programs, live music, an expo, a 300-foot zip-line, great food, and much more... all in the scenic Granite Dells setting. (928) 777-1590 or eric.smith@prescott-az.gov.
Watson Lake Park,
3101 Watson Lake Road,
Prescott, AZ
www.prescott-az.gov

10-Oct Free Audubon Bird Walk
8:30am
Beginning and experienced birders welcome.
1375 S Walker Rd., Prescott, AZ 86303
Highlandscenter.org

10-Oct Arizona History Adventure at Sharlot Hall Museum
10am-3pm
Another Arizona History Adventure at the Museum. Health on the frontier takes a look at what you did before you called the doctor, as well as the role of the frontier physician. Admission \$7, FREE for Museum members.
Sharlot Hall Museum
415 W. Gurley St.
www.sharlot.org

11-Oct The Phoenix Symphony in Prescott
3pm-5pm
RESPIGHI - PINES OF ROME and FOUNTAINS OF ROME
Ticket prices range from \$28 to \$39 and are only available through the Yavapai Symphony Association (928) 776-4255.
For more information see yavapaisymphony.org
Yavapai College Performing Arts Center - 1100 East Sheldon, Prescott 86301
www.yavapaisymphony.org

11-Oct Frontier Arizona Experience at Fort Whipple Museum
10am-2pm
Frontier Arizona Experience at Fort Whipple Museum: The traditional eyes and ears of the army was the man on horseback, the cavalryman. Admission FREE.
Fort Whipple Museum; grounds of VA Hospital on Hwy. 89, Prescott
www.sharlot.org

October 23-24 Ghost Talk 2015
Do not miss the opportunity to be part of Prescott Ghost Talk 2015!
Friday, Oct. 23 and Saturday, Oct. 24. Given our sold out performances in previous years, we now have five shows (6:00pm, 7:30pm on Friday and 6:00pm, 7:30pm and 9:00pm on Saturday). Experience Arizona's past when famous and infamous spirits enact historic ghostly folklore at Prescott Center for the Arts. Tickets for Ghost Talk will be available for \$15 (adult) and \$12 (children) in mid-September. These dramatic performances are designed for adults and not recommended for youngsters 7 and under. After all, it can get pretty spooky!
Prescott Center for the Arts - www.pfaa.net/ghost-talk.html

23-Oct Insights to the Outdoors: Raptor Diversity and Ecology
6pm
1375 S Walker Rd. Prescott, AZ 86303 - Highlandscenter.org

31-Oct ZooFest at Heritage Park Zoological Sanctuary
9am-5pm
Their annual Fall festival, Zoofest kicks off at 9am with many activities throughout the day. Make some scary Halloween crafts at the different craft stations set up throughout the zoo. Many of the zoo's residents will be getting a special treat on Halloween too... pumpkins! There will be special feedings and encounters with the animals. Face painting, raffles with your chance to win fun prizes, light concessions, and so much more to keep the kids happy until nighttime falls and Boo at the Zoo begins. Heritage Park Zoological Sanctuary
1403 Heritage Park Road, Prescott, AZ 86301



Calendar of Events Continued...

Phone: 928-778-4242
www.HeritageParkZoo.org "

31-Oct The Great Prescott Pumpkin Patch
11am-3pm
Bring the whole family to Courthouse Square for safe trick or treating, carnival games, inflatable bounce houses, a pumpkin patch, pumpkin decorating contest, costume contests and much more!
\$5.00 per child for an activities wrist band, adults are free.
Courthouse Square, Prescott

31-Oct Boo At The Zoo
6pm-9pm
Enjoy a fang-tastic night at Heritage Park Zoological Sanctuary for a fun and safe Trick or Treat night. The zoo will be fully decorated for the event, staff members and volunteers will be dressed in their best costumes at candy stations along the paths next to some of your favorite animals. Use your flashlight to see what nocturnal animals do after the sun goes down. Light concessions will be offered, including coffee and cocoa. Remember, if you want a tasty sweet... be sure to holler Trick or Treat! The price for each event is \$5 for Non-Members and \$3 for Members!
Heritage Park Zoological Sanctuary, 1403 Heritage Park Road, Prescott, AZ 86301
928-778-4242
www.HeritageParkZoo.org

31-Oct Halloween Happening @ Highlands Center for Natural History
Bring the whole family for fun nighttime explorations. \$2 children (under 13) \$5 adults.
1375 S Walker Rd., Prescott, AZ 86303
Highlandscenr.org

ONGOING

Friday, Saturday & Sunday Historic Downtown Prescott Walking Tours
10am-11:30am
Learn a bit of Prescott's historic past and present with our Historic Downtown Walking Tours. Our tours are free and appreciate donations. Tours are approximately 90 minutes starting promptly at 10AM meeting in front of Chamber's Visitor Information Center.
117 West Goodwin Street, Prescott AZ 86302
928-445-2000
www.prescott.org

Saturday Farmer's Market
7:30am-12pm
Enjoy Local Organic Produce and Goods from Local Farmers.
1100 E. Sheldon Street, Prescott AZ 86302
www.prescottfarmersmarket.org

Saturday & Sunday in Oct. Pumpkin Fest and Corn Maze
This huge festival's centerpiece is a 15-acre Pumpkin Patch & 25-acre Corn Mazel Pumpkin Fest and Corn Maze open every weekend in October!
\$15 per person. Kids under 3 Free! Admission includes U-Pick Pumpkin Field where EVERYONE takes home a pumpkin! Fridays Noon to 9pm; Saturdays 9am to 9pm; Sundays 9am to 6pm; Columbus Day 9am to 6pm
Located on the southeast corner of Highways 69 and 169 in Dewey, AZ 928-830-1116
www.mortimerfamilyfarms.com

Mon- Fri Mom's Play-date at Flip City Gymnastics
10:15am-11:15am
Ages 4 years and younger.
Flip City 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

Calendar of Events Continued...

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

Go Bananas Drop Off Available

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

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
Flip City Gymnastics and Cheer
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

PRESCOTT
PARENT
MAGAZINE

Get more info,
website links and more!



PRESCOTT PARENT MAGAZINE



SCHOOL

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-Prescott-Arizona/205516859488271
www.girlscoutsaaz.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

www.bouncetybounce.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-FACE-Painting

Go Bananas

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

Kiddie Caboose

www.kiddiecaboos.com/Gallery.html
www.facebook.com/kiddiecaboos

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.llofaz.org/prescott.htm
www.facebook.com/LaLecheLeaguePrescottAz

Yavapai Regional Medical Center

7700 East Florentine Road
Prescott Valley, AZ 86314
928-442-8800
www.ymc.org/services/family-birthing-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

Parent Resource Guide Continued

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
www.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, AZ

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](http://www.prescотthypnosis.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.ymc.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.ymc.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.



Parent Resource Guide Continued

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

Goldwater 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 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 families.

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

Parent Resource Guide Continued

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

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
www.prescottparent.org

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@northpointacademy.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.prescotttpa.com

Primavera School
Pre-school through grade 6
1446 Moyer Road

Shopping

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

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

Parent Resource Guide Continued

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.bf.humboldtunified.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.franklinphoneticsschool.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.ge.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.lv.humboldtunified.com

Learning Castle Day Care & Preschool
12 months through Pre-school
4701 N. Robert Road
www.prescottparent.org

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
www.kumon.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
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
www.ycedu

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



PARENT RESOURCE GUIDE

**Check out our Parent Resource
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 Certificate - \$25.00 value, available for \$20.00
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INDEX OF ARTICLES

| | | | |
|-------------------------------------|----|---------------------------------------|----|
| Around Town..... | 6 | The STEM Initiative | 32 |
| 'Tis Annual 12"x12' Art Auction | | Week of the Dead | 34 |
| Prescott Courthouse Pumpkin | | Prescott Ghost Talk | 36 |
| Patch and Carnival | | Family Fall Festival at Mortimer | |
| Shrine Circus | | Farms | 39 |
| Yoga Intensive Studies at Lutus | | Halloween Happenings at Heritage | |
| Bloom Yoga | | Zoological Sanctuary | 41 |
| "Take a Hike" | | The Ghosta of Prescott Center for the | |
| Highland Nature Festival | | Arts..... | 42 |
| Gymnastics for Preschoolers @ | | Mama Leone's Recipes | 43 |
| Flip City | | Tired of the Same Old Recipes for | |
| Youth Baseball, Prescott Little | | Taco Tuesday Nights?..... | 46 |
| League, 1950-2015 | | Explore Nature with Edie | 48 |
| Prescott Parks and Rec Upcomin | | Calendar of Events | 51 |
| Projects for 2015-2016 | | Parent Resource Guide | 57 |
| Why Is There No Swimming in | | Classifieds | 63 |
| Summer Youth Programs at Prescott | | | |
| Is Your Family B.I.T Fit? | 8 | | |
| Education News..... | 11 | | |
| Ask Mama Clean | 13 | | |
| 10 Things You Don't Know | | | |
| About Arizona Public Scholls, but | | | |
| Should | 14 | | |
| Lincoln and Granite Mountain | | | |
| Schools Receive 21st Century | | | |
| Community Center | | | |
| Learning Grants..... | 15 | | |
| Natural Morning Instict, as | | | |
| Witnessed by Your Mother..... | 16 | | |
| Sides..... | 17 | | |
| Awareness into Action: Mountain | | | |
| View and Lake Valley Elementary 6th | | | |
| Grade Legacy..... | 19 | | |
| Healthy Families | 21 | | |
| Family Connection..... | 22 | | |
| Fashion with Smart Girls..... | 23 | | |
| Sunbeams, Rangers, Explorers and | | | |
| Girl Guards! Oh My! | 24 | | |
| Know the Symptoms of Multiple | | | |
| Sclerosis | 26 | | |
| Haunted Prescott | 28 | | |

INDEX OF ADS

| | | | |
|-------------------------------------------|----|-----------------------------------|------------|
| Smart Girls | 3 | Kickstart Book Camp For Women.. | 21 |
| EMI PrintWorks | 3 | March of Dimes | 25 |
| Prescott Hypnosis..... | 3 | Prescott Center For The Arts..... | 37 |
| Lotus Bloom Yoga Studio | 8 | Pumpkin Fest & Corn Maze | 38 |
| Parent Forum | 10 | The Natural Healing Garden..... | 38 |
| Prescott Pumpkin Patch | 12 | Ghost Talk | 40 |
| Christian Academy of Prescott..... | 12 | Halloween at the Zoo | 41 |
| The Spot | 13 | Quest Character Parties..... | 45 |
| Nyla D' Salon & Boutique | 13 | Sages Healing Center | 45 |
| Sharlot Hall Museum | 20 | Flip City Gymnastics & | |
| Heritage Park Zoological Sanctuary..... | 20 | Cheer..... | Back Cover |
| Phippen Museum | 20 | | |
| Highlands Center for Natural History..... | 20 | | |
| Go Bananas! | 20 | | |
| Smoki Museum..... | 20 | | |



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