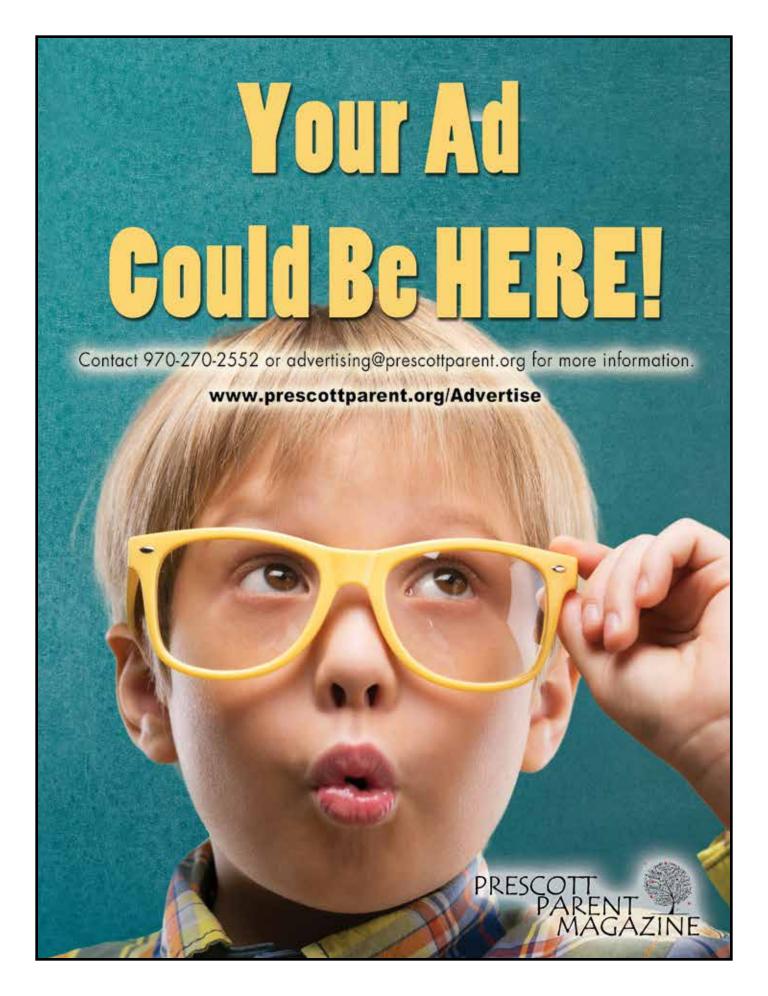
PRESCOTT PARENT MAGAZINE DEC/JAN 2016

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HAPPY NEW YEAR!





Welcome to Prescott Parent!

We are your family guide for the Prescott area. Prescott Parent Magazine provides insights and information to improve your quality of life. In each issue, readers find cutting edge information on parenting, travel, education, events, health, fashion, fun nights out (with or without the kids), special deals and discussions on 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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PRESCOTT PARENT MAGAZINE

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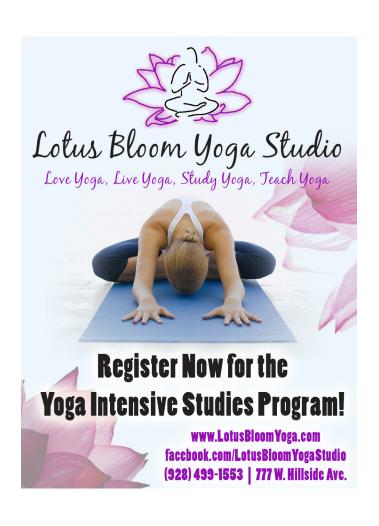
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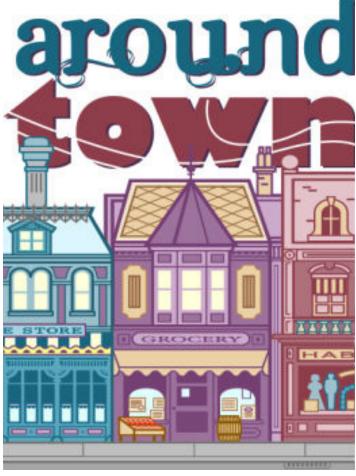


Prescott Parent Magazine is your family guide to the Quad Cities. Our mission is to provide insights and information to improve your quality of life. In each issue, readers find cutting edge information on parenting, travel, education, health, fashion, arts & culture, date night ideas, community, holidays 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.









If you have a news brief please send a short 50-250 word article to editor@prescotparent.org More information at prescottparent.org

Mortimer Farms Presents Donation to Phoenix Children's Hospital

On Sunday, October 26 the Mortimer Family presented a donation check for \$3,500 from the 2015 Pumpkin Fest and Corn Maze event to Phoenix Children's Hospital. Dorn Homes provided \$500 of this gift. The ceremony took place on the stage inside the barn, with bands and dancers in attendance. Jessica Martin, Director of Major Gifts & Foundation Giving accepted the check on behalf of Phoenix Children's Hospital from presenters Gary and Sharla Mortimer and their son Hayden, who rode in on his horse.

Hayden, now 15 years old, was rushed to the Phoenix Hospital when he was none-months-old for a life-saving surgery. Since then it has been a long-time dream of Sharla Mortimer to find a way to say thank you to the hospital that saved her son's life. So this year, their corn maze featured a Phoenix Children's Hospital logo. The money will be put forth to help with the building

of the hospital's new emergency room.

Located at the corner of Highway 69 and 169 in Dewey, Arizona, Mortimer Farms is the place to be every weekend in October. The Country Store is open from 8am to 6pm 365 days a year. The homegrown fresh turkeys, yummy pies and cinnamon rolls can be ordered online for the holidays. Turkeys are limited, so order soon. The store also features amazing Arizona wines. This year the pumpkin festival attracted thousands of farm friends each weekend in October. Mortimer Family Farms, 12907 E. State Route 169, Dewey, AZ 86327 – Phone: 928-830-1116

Holiday Collection Drive for Local Teens

The Natural Healing Garden is working in partnership with the Prescott Chamber Ambassadors group and The Arizona's Children Society to collect needed items for our local teenagers in the community. Donations can include new clothing, shoes or jackets; Toiletries, personal hygiene items like face wash, acne cream and body sprays; gifts or gift cards, etc. This holiday drive kicks off on November 2nd and all donations must be received by December 11th. There is a drop-off box at The Natural Healing Garden, which is located at 119 Garden St. in Prescott. Just one block West of Grove, off Gurley Street. For more information, please call: 928-237-4116

Thank you for your generous considerations!



Prescott Resort and Conference Center

Located in the lobby of the Prescott Resort & Conference Center. The village is open 24/7 November 21st through January 1st, 2016. Come on by to check out the hundreds of gingerbread houses on display! Prescott Resort and Conference Center, 1500 E. SR69 / Heather Heights, Prescott AZ 86303

Valley Of Lights

November 26 @ 6:00 pm - December 30 @ 10:00 pm Enjoy hundreds of light displays as you drive through Fain Park in Prescott Valley.

Every evening November 26-December 30th from 6PM-10PM

**Look for the Soldier in Lights guiding you in from HWY 69 by the Bowling Alley Donations Appreciated.

Wild-Lights and Animal Sights

6pm-9pm

Beginning on Friday, November 27, and continuing every Friday & Saturday night (6pm – 9pm) thru January 2, *Heritage Park Zoo* will host Wild-Lights and Animal Sights, our annual holiday display of lights. Visitors can walk the grounds after dark, enjoying the more than 20,000 lights covering the park. Visit the animals and see some amazing light displays at the same time! During the event, there will be holiday music, warm refreshment concessions (coffee & hot cocoa), and various other holiday-themed activities. This year promises to be our biggest yet and one of the must-see holiday events in the Prescott area!

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

1,2,3,4 Parents!

A free series of parenting workshops designed to help parents understand their child's developmental needs and provide parents and caregivers with effective ways to communicate is open for registration.

New Directions Institute, a program of the Arizona's Children Association, hosts 1-2-3-4 Parents!, an Active Parenting Workshop, which is funded by First Things First Yavapai Region. The classes run Dec. 14-28 at the Prescott Public Library, 215 E. Goodwin St. Child care is provided at no cost to participants. For more information or to register, contact Salli Maxwell 928-443-1991 ext. 2040. Childcare is provided.

Experts agree that 90 percent of a child's brain develops before the age of 5, therefore helping kids succeed when they get to kindergarten starts on the day they are born. This series of classes will help parents understand how to encourage healthy brain development and help foster positive social skills in their children. Each class features interactive exercises and group discussion so that parents and caregivers learn how to work through even though most challenging of children's behaviors.

"Parents find after taking the class they not only understand how to deal more effectively with their toddler's tantrums, but even learn techniques to prevent them from happening in the first place," said Salli Maxwell, a Prescott area mom and a New Directions Institute educator. "The ages from one to four are explained in ways that help parents understand what their child's 'job' is. We discuss how caregivers can best meet the challenges at each stage of brain development so their

children can thrive. Anyone who interacts with young children will benefit from this class."

Through strategies like parenting education, First Things First works to ensure Arizona kids from birth to age 5 have what they need to be healthy and ready to succeed when they enter kindergarten. For more information about First Things First, visit www.azftf.gov.

Shade the Raven: Back with a new twist.

January 9, 1pm – 3pm

This special two part program featuring favorite raven, Shade, and the wonderful people she's inspired write about her and her kind. At 1:00pm is children's story time with Shade. A reading by author Diane Phelps Budden, from her book "Shade: A Story about a Very Smart Raven", followed by a meeting with Shade the raven herself and a fun and engaging craft \$5 kids; free for adults. At 2:00pm adults will delight in a more-in-depth presentation on the research of Emily Corey (Shade's keeper) while she shares her extensive knowledge of ravens and their kin. \$5 for adults.

Highlands Center for Natural History, 1375 S. Walker Rd, Prescott, AZ 86303 www.highlandscenter.org

Whiskey Row New Year's Eve Boot Drop

On Thursday, December 31st, 2015 Historic Whiskey Row in downtown Prescott will be the site for the 5th Annual Boot Drop. A 6-foot illuminated cowboy boot will be slowly lowered down The Palace Building's 40-foot flagpole to ring in New Year's 2016! Two drops will happen: one at 10pm and the second at midnight with fireworks. FREE Event with vendors, entertainment and giveaways all night from 6pm to 12:30am. Whiskey Row, 120 South Montezuma St, Prescott, AZ 86301 www.bootdrop.com

Free Sunday Cinemas and Raffle

January 17; 1:30pm – 3pm

This year our annual Sunday Cinemas will kick off with "Life in the Undergrowth: Super-societies" by David Attenborough. The next week participants will take a journey around the world and through the unfamiliar with additional films including "Africa: Eye to Eye with the Unknown – The Congo", and "Dirt!- The Movie" Each Sunday you will have a chance to participate in a raffle and go home with an awesome prize. Check our website under programs or the calendar for film dates and details: www.highlandscenter.org Highlands Center for Natural History

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For more infomation or to pay online go to www.prescottparent.org/ContactUs.html

'TIs STEPS Art Program Children's Art Exhibit

In the Mezzanine Gallery 'Tis Art Academy Children's Art Exhibit" featuring 2-D and 3-D work by over 90 students ages 4 - 15 from the fall art class series. Artists' reception Saturday January 9th 2 – 4 p.m. The artwork will be available for view and sale through January 17th. Instructor Melody McConaughy took her 4 – 7 year old students through her "Observing and Creating" tclass series where they were introduced to line drawing to music and a story about mice, "all things tissue paper" collage, "all things paint', "all things fish", "all things bird" and "all things final"

Instuctor Susan Lutz took her 7 – 9 year olds through the world 3-D art with a twist of art history. They created mobiles where they learned about Alexander Calder, polymer clay creature creations where they learned about Pablo Picasso and origami boxes where they learned about Joseph Cornell. Her 2 – D classes explored various media with the likes of Andy Warhol, Frank Lloyd Wright, Henri Matisse, Albrecht Durer, Michelangelo, Walt Disney, Chuck Close and George Bellows.

In a world culture series, Instructor Rebecca Knows the Ground introduced her 6 – 7 year old students to the Japanese art of windsocks, suminagashi, gyotaku. Her 7 - 9 year old class learned about patterns and symbols via studies on kente cloths from Ghana, fans from Japan and day of the Dead Masks and sugar skulls from Mexico. Her ages 10 and up class learned the art of collage using a stream of consciousness games, environmental rubbings and the world of Robert Rauschenberg.

Collage was also taught in Elynn Colaianni's 4 – 6 year old class. The students were introduced to elements of principle and design through the art of collage and bookmaking and Eric Carle's books were studied. Her 10 and up focused on 3-D creations with clay, found object assemblage, paper structures and marriage of metals. 3- D artists Louise Nevelson and Joseph Cornell and Alexander Calder were studied in conjunction. The 'Tis Art Academy (formally known as the STEPS Art School for Children) has been providing FREE art education classes to Prescott area children since 2011. While the students work towards creating new work to be displayed in a professional gallery setting, the primary purpose is far greater. With each class series, students develop enhanced overall academic skills, cultural awareness and increased sensitivity to the world. 'Tis Art Center & Gallery 105 S. Cortez St. Prescott, AZ 86303 928-775-0223 www.tisartgallery.com

Paleo Holiday Desserts

Keep your Paleo on through the Holidays with these delicious Holiday Recipes from Paleo Grubs.

Fudgy Pumpkin Blondies

From Adriana Harlan

- 2 cups blanched almond flour
- 1/2 cup flaxseed meal
- 2 teaspoons ground cinnamon (optional)
- ½ cup raw coconut palm sugar
- ½ teaspoon salt
- 1 egg
- 1 cup pumpkin puree
- 1 tablespoon vanilla extract
- 1/3 cup (or more) chocolate chunks
- 1. Mix together the almond flour, flaxseed meal, cinnamon, coconut palm sugar, chocolate chunks and salt
- 2. In a separate bowl, whisk the egg, pumpkin and vanilla extract
- 3. Using a rubber spatula, gently mix dry and wet ingredients to form a batter being careful not to over mix or the batter will get oily and dense
- 4. Spoon the batter onto a 9-inch pan lined with parchment paper (I used this awesome silicone pan because nothing sticks to it and I don't need to use paper or grease the pan)
- 5. Bake at 350°F until a toothpick inserted into the center comes out clean, approximately 25 minutes



Apple Cinnamon Coffee Cake with Walnut Crumb Topping

From ZenBelly

For the cake:

- 1/2 cup almond flour
- 1/4 cup arrowroot starch
- 2 tablespoons coconut flour
- 1/3 cup coconut palm sugar
- 1 tablespoon cinnamon
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon butter, plus more for greasing the pan
- 2 eggs
- 1/2 cup sour cream or full fat Greek yogurt (or cream from a can of refrigerated coconut milk)
- 1 teaspoon vanilla
- 1 cup grated apple (about 1 large apple)

For the topping:

- 1 1/2 cups walnuts
- (or pecans, if you prefer)
- 1/2 cup almond flour
- 4 tablespoons melted butter
- 2 tablespoons coconut palm sugar
- 1 tablespoon cinnamon
- Pinch of salt
- •Preheat your oven to 350° and grease a 8 x 8 baking dish.
- •Make the topping: pulse the walnuts in a food processor 10-12 times or until they are coarse crumbs. Add the remaining ingredients and pulse 2-3 more times until combined. Set aside.
- •Wipe out and dry the bowl of your food processor and add your dry cake
- ingredients. (Almond flour through salt) Pulse a few times to mix.
- •Cut the tablespoon of butter into smaller chunks and add it to the dry ingredients. Pulse 8-10 times or until it's cut in to the dry ingredients, similar to if you were making a pie crust.
- •In a small bowl, mix your wet cake ingredients (eggs through vanilla) and whisk until well combined. Stir in grated apple.
- •Add to the food processor and mix until combined. Scrape down the sides once or twice to make sure it's well mixed.
- •Pour into the prepared baking dish and sprinkle the topping over, as evenly as you can.
- •Bake for 30-35 minutes, or until a toothpick inserted into the center comes out clean.
- •Allow to cool, and enjoy!

Chocolate Chunk Salted Caramel No-Bake Cookies

From GI 365

- •1½ cups coconut sugar
- •½ cup coconut oil
- •½ cup coconut milk, (from the can)
- •2 Teaspoons vanilla extract
- •¼ Teaspoon sea salt
- •21/2 cups finely shredded coconut
- •1 cup big flake coconut
- •¾ cup dark chocolate chunks or chocolate chips (I used 80% dark chocolate)
- •Optional: ½ cup almond or cashew butter
- •In a large saucepan, combine the coconut sugar, coconut oil, and coconut milk. Bring the mixture to a boil, and boil for 2-3 minutes until the caramel thickens, stirring constantly to keep the caramel from sticking.
- •Remove the caramel from the heat and add the vanilla, sea salt, and coconut. Stir to combine. If you're using the almond or cashew butter, mix it in thoroughly. Finally, add the chocolate chunks and combine, stirring as little as possible to keep the chunks intact.
- •Portion the cookie on a parchment lined baking sheet and let cool. This version of nobakes takes a full 3-4 hours to fully set up, but you don't have to wait that long because they're really good warm and gooey.

To keep this recipe 100% dairy free and vegan, be sure to use a chocolate that is dairy free.

Serves: 15 cookies





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

Voters approve Prescott Unified School District Bond and Override Measures

Congratulations to Prescott Unified School District and the Prescott community! On Tuesday, November 3rd, voters approved the PUSD bond and override measures by a 2 to 1 margin. Volunteers, parents, school and community leaders gave their all over the last few months to give exposure to these very important measures. If you live in Prescott, it was hard to miss the cars with the 'Save Our Schools' slogan, the radio ads, and articles in favor of passing the bond and override for PUSD. "Getting the attention of voters in our community who do not have children in the school system was our main concern," said Mona Ratcliff, a volunteer for the SOS campaign. "I believe all the exposure, the revision to not increase tax rates above the bond that passed in 2004, and an understanding that we are all stewards of these buildings for our community is what helped pass the bill this year." With the success of the PUSD bond and override, new funding for the school, and a new attitude throughout the district, Joe Howard is optimistic this is a step in the right direction to ease the strain of the current PUSD budget. Although this is good news for the district, the rise of charter schools in the area and declining enrollment continues to mean reductions in state funds for PUSD.

Abia Judd School Participates in Red Ribbon Week

Abia Judd students pledged to "Respect Yourself, Be Drug Free" during the school's annual Red Ribbon Week. The event was held the week of October 19-23. The National Family Partnership (NFP) organized the first Nationwide Red Ribbon Campaign in 1988. In addition to sponsoring the annual Red Ribbon Celebration, the organization takes an active role advocating for drug prevention at all levels of government and also serves as a national clearinghouse for drug prevention literature. Since its beginning, the "Red Ribbon" has touched the lives of millions of people around the world. The campaign began in response to drug related violence, as parents and youth in communities across the country began wearing red ribbons as a

symbol of their commitment to raise awareness of the killing and destruction caused by drugs in America. Students at Abia Judd began their Red Ribbon Week with an anti-drug assembly where they learned about respecting themselves and their bodies. The week was capped off by tying red ribbons on the fence outside the school. Local law enforcement and families were on hand to help the students put their ribbons on the fence. Students also participated in a Red Ribbon Week essay contest in which they wrote about what it means to "Respect Yourself. Be Drug Free." One winner from each grade received a \$20 Target gift card. Read more on pusdonline.com

Lincoln First Grader Wins PTA Art Contest

Congratulations to Lincoln student Reina Dean, who won first-place in the Lincoln PTA drawing contest. With more than forty entries, the challenge was to draw a Lincoln Lion superhero for the PTA's letterhead. Reina's art will be hung on the PTA booth. Reina's mom says the first-grader took over eight hours to accomplish this undertaking and that it is her first time winning in the arts. Good job, Reina!

PUSD Elementary Schools in Need of Volunteer Reading Tutors

Prescott Unified School District (PUSD) is looking for volunteers interested in helping children improve their reading and spelling skills. Ms. Benson uses volunteers in her Read, Spell, and Smile Program at Taylor Hicks Elementary. Trained volunteers work one-on-one with students in grades 1 through 4 who have spelling and reading difficulties - including dyslexia. Volunteer reading tutors receive approximately 6 hours of initial training in the Barton Reading and Spelling System before they begin working with a student. A minimum commitment of 2 hours a week is needed to help students catch up to their grade level. This volunteer opportunity requires a volunteer who is willing to complete the training and commit to on-going, regular involvement with a student – and the rewards are tremendous! According to Ms. Benson, "Our students really look forward to the one-on-one

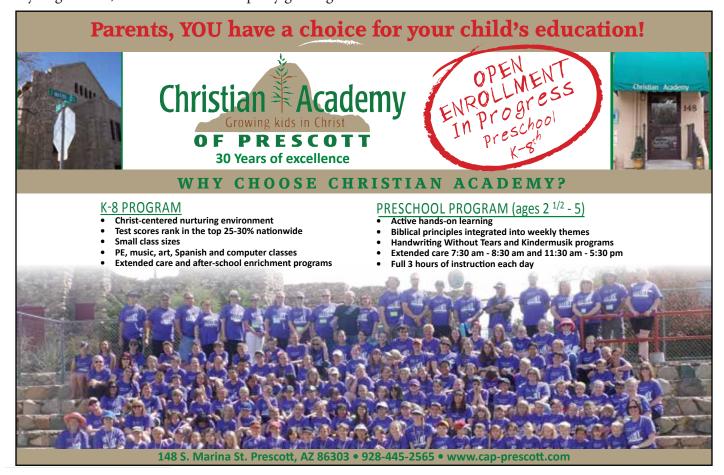
time with their volunteer tutor. Past volunteers have told us how much they enjoyed the relationship with the student and how gratified they were to support that student's growth. Volunteers have helped students go from wondering why they don't get it and their classmates do, to seeing that indeed they can learn to read!" To become a PUSD volunteer, call the Volunteer Program at 928-445-5400, ext. 140, or email Lisa Garnes at lisa.garnes@prescottschools.com.

PHS Genesis Program Provides Students with a Second Chance

By Deb Salcedo, Genesis Director

The beginning of a new school year brings excitement and renewed hope. As a revelation of that hope, is the belief that we, as a district, commit to every child, every day. Prescott Unified School District has put this belief into action by offering the Genesis Day Program at Prescott High School (PHS). In a supported structured online environment, students are able to work toward recapturing high school credits at their own pace. Life happens, and the administration and faculty at PHS understand that there are numerous reasons students can fall behind in school. Instead of letting kids think they have failed or lost the opportunity to graduate, we offer renewed hope by guiding

them back on track to graduation. Some students have even taken on the challenge of working toward early graduation. We understood that some students behind in credits were feeling overwhelmed and frustrated with task of getting caught up. This frustration was turning into high absentee rates, negative behaviors, and equally frustrated parents who felt forced to constantly discipline and lecture their kids. So far, the best communication we can give to parent and child is that they are not alone in this challenge, hope is not lost, and, no, their child is not broken! The online Genesis Day school wraps its program into two sessions, 7:30-12:30 or 12:30-5:30, a 5-hour-a-day, 4-days-a-week program with Fridays off. As a team of two (myself and math teacher Ray Reidburn), we offer an online learning environment that provides an inspirational as well as academically challenging classroom that blends learning with goal setting, career exploration, and life experience. We believe it is important to help kids strengthen their confidence to sustain the momentum needed to complete their academic goals. This program is putting the belief of every child, every day, into action. For more information on the Genesis Program, please email deb.salcedo@prescottschools.com.





be a complete nightmare! I am spending much more time than I would like doing laundry during the week, sometimes an entire day. I am thinking about purchasing a second washer and dryer to help keep up on all that needs to be done but do not want to have the increase on our energy bill. Any suggestions on how to make laundry day a bit more manageable and not take up an entire day?

Sincerely, Always Singing "The Never Ending Laundry"

Most of us will close our eyes and wish up a fairy godmother when we see a pile of dirty laundry. Those who actually enjoy doing the laundry are few and far between and, quite possibly, from another planet. You sort, you wash, you fold, you turn around and the pile seems to have grown larger. Here's some tips for conquering the laundry pile before it gets so big that there's a shortage of oxygen at the top! Use a divided laundry cart or several hampers so that family members can help with the sorting, whether it's into whites and colours or separating out soiled and work clothes. Give the kids a little reward when they manage to get everything in the right sections. Put socks into mesh washing bags before putting them in the washer. This makes it easier to collect them all from the machine and helps avoid them getting lost in duvet covers and up sleeves.

If your mornings are chaotic (and let's face it, who's aren't?) then put a load of washing in the machine the night before and place them in the dryer before going to bed. When you wake up, put the dryer on for 5 minutes to get any wrinkles out. My kids like putting on warm clothes right out of the dryer on cold mornings before school.

Give your laundry cupboard a good clean out and give away anything that's still usable but that you don't want. Make sure you have a back up supply of washing powder, fabric softener and stain remover so that you're not tempted to use running out as an excuse for not doing the laundry. If you buy in bulk, keep some powder in a small tub that's easier to use each day rather than lugging around that big box. Some people prefer to fold laundry whilst watching the TV or listening to some favourite music. Whatever makes you happy is the key!

Even small children can put away their own socks and underwear. But remember, they will be more willing if it's fun. So get them to play the sock game where you dump all the clean socks in a heap on the table and they have to see who can make the most matches.

It's also easier for kids to put away their clothes if they actually have some space in their drawers. So have a clean out and take out all the clothes that no longer fit or that you know they will never wear.

-Mama Clean

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



WHISPERS FROM THE VERDE VALLEY

By Lindsay Linoff

Now that the weather is cooler, it is the perfect time to take a family trip to Montezuma Castle and Montezuma Well in the Verde Valley.

Montezuma Castle is elegantly tucked into an alcove above the Verde Valley. It is about a third of the way up a 150 foot cliff carved by Beaver Creek. Composed of mainly freshwater limestone, this formation developed between eight and ten million years ago. Droughts that occurred while the limestone was forming caused evaporative salt to accumulate. Montezuma Castle was built sometime between AD 1100 and 1350, and believed by archaeologists to be built by only the women. With 65 rooms, the cliff dwelling, which rises to five stories, was built of small limestone blocks, and roofed with sycamore logs, poles, sticks, and grass intertwined with mud. The walls were about two feet thick at the bottom and a foot thick at the top. They curved to conform to with the shape of the alcove to enhance their stability. Crisscrossed logs and bundles of reeds made up the ceilings that were six feet high. Doorways were built less than five feet high and in a T shape to keep heat in and the draft out. Rooms were used for not only living but also as storage, burial grounds, community gatherings, and places to sit and work. This was the home of the Sinagua, a name derived by scientist Dr. Harold S. Colton in the 1930's from the Spanish words sin (without) and agua (water). Scholars are uncertain about the origins of these ancient people. Equally compelling is the mystery why they vanished over a half century before Columbus reached the Indies. However, it has been discovered that they were peaceful village dwellers, strongly established in the rites and rituals of living in the Verde Valley. Timed to the seasons and fueled by the trades and rituals, the life of the Sinagua persisted for more than three centuries. Now, artifacts and ruins are all that remain.

Montezuma Well is less than six miles upstream from Montezuma Castle. Scientists theorize that the well was millions of years in the making. "Under ground water percolated upward to form a 'spring mound,' a bulge of magnesium and calcium carbonate. Lens shaped salt layers beneath the mound dissolved, creating caverns, until at last the weight of the layers of calcium carbonate, or travertine, collapsed downward through the salt lenses, and Montezuma Well yawned open". Warm spring water enters at the base of the fifty-five foot deep well and escapes through a narrow opening in the side of a hill at a rate of 1.5 million gallons per day. A thousand years ago, the Sinagua farmers diverted the water from this outlet into ditches to irrigate their crops.

"Biologically, the Verde Valley is an ecotone, or a zone of contact." Plants from north to south meet here and intermingle. These plants were a vital part in the lives of the Sinagua people. Over generations, they learned to use every part of every plant. More than twenty-five species of plants provided medicine, dyes, baskets, roofs, as well as food. The Sinagua ground flour from seeds of buckwheat, rice grass, and amaranth, or from dried cactus fruit, bee weed flowers, and cattail root. Oils came from sunflower seeds and walnuts; nuts from pinon pines and oak trees. Fruits such as hackberry, cactus, yucca, rose, and grape could be harvested most any time of the year. "Analysis of these wild plants reveals that many are collectively very nutritious, rich in calcium, iron and vitamin C. Some contain antiseptics, analgesics, and stimulants."

The practice of farming reached the Sinagua of the Verde Valley around the eighth century, with corn being their primary crop. Through the adoption of the Hohokam irrigation system, the Sinagua Indians were able to include corn, beans, and squash into their diet. Sinagua farmers prepared small plots of land and used



irrigation methods to grow and harvest their crops. Along with gathering and farming, the Sinagua also hunted. The Verde Valley had a wide range of wild game for hunting, including "deer, antelope, rabbit, bear, muskrat, turtle, and duck."

The sycamore logs used in construction of Montezuma Castle do not supply reliable tree ring dates, so archaeologists can only guess by reading pottery type. The pottery of the Sinagua people was very plain and simple. Their clay pots were undecorated reddish brown ware in many sizes, and were used mainly for cooking and storage. However, the Sinagua were fine craftsmen, building such tools as axes, knives, hammers, and manos and metates for grinding corn. They turned bones into awls and needles, wove



garments from cotton and fashioned ornaments from shells, turquoise, and local red stone. Such ornaments were found in the burial sites of the Sinagua Indians. Nevertheless, little is known about the customs of the Sinagua Indians of Montezuma. However, they did adopt some customs from others such as the Hohokam and Anasazi. No fear of ghosts haunted the Sinagua and, in contrast to the Hohokam who cremated their dead, the Sinagua interred their corpses close by. Infants were buried in the floor of their parents' house. Few adults lived past age 40, and when they died, their faces were stained green and blue and their heads

were swathed in rush matting. Cotton burial robes sometimes clothed them. Other artifacts found that help give insight into the cultural and ceremonial ways Sinagua were "prayer sticks painted blue or green and reverently placed quartz crystals. A Sinagua 'medicine bag' of prairie dog skin contained antelope hooves, a clay box with chucks of pigment, a feather bundle, plant roots, pollen, and a turtle shell rattle." Anthropologists believe the priests of the Sinagua society tried to keep harmony between the world of human concerns and the realm of the supernatural.

The Sinagua Indians did not make many of the artifacts found at Montezuma Castle; rather they came from a complicated trading system, which came into place around AD 700. Not only did the Sinagua trade from village to village but went as far south as Mexico and the Gulf of California and as far north as the Hopi mesas a hundred miles away. Macaws, exotic shells, and pottery became valuable in their trading network. Montezuma Castle appeared to be an important trading ground, with the Sinagua at its center. The Sinagua, being "master weavers of baskets and cotton cloth



'traded for' copper, a powdery pigment called azurite and argillite, a hard red stone . . ." Goods were not the only things exchanged. A large flow of ideas contributed to the shaping of the Sinagua culture. Irrigation from the Hohokam and how to build above ground masonry was thought to be borrowed from the Anasazi helped improve the lives of the Sinagua.

In the early 1400s, the Sinagua abandoned the entire Verde Valley. Why they left is still unknown. "The mystery of their departure defies solution, since every explanation proposes simply provokes more questions." There are numerous theories on why they vanished but no one can say for sure, perhaps a conflict with the Yavapai, maybe too much pressure on the land and or a severe drought, or dissolving trade



network. Could it have been "a high infant mortality rate as evidenced by the burials?" Despite plentiful resources, mortality to children among the Sinagua is thought to be as high as 60% before they reached adulthood. However, "one can conclude there was no singular reason, but a combination of causes. Whatever they were, the dislocations raise the speculation of where the survivors went, and who their descendants are." Hopi legends suggest the Sinagua may have joined them on their mesas, but no one can say for certain.

For more than 300 years, the Sinagua Indians created an intricate society very in tune with nature. Since their discoveries at Montezuma Castle, archaeologists and anthropologists have been trying to unravel the mystery of the Sinagua Indians. It is known, however, that the Sinagua culture was a blend of surrounding cultural elements, borrowed, adapted, and changed. And as a result, they developed a lifestyle distinctively their own. "Their material legacy can be found in the abundant ruins that are spread across Arizona. Their cultural and spiritual legacy is carried forward by the modern Hopi. Both bear eloquent witness to the vitality and to the resilience of the Sinagua as well as to the enduring importance of the individual lives of struggle and hope that were lived so long ago." Cheek, Larry. A.D 1250: Ancient People of the Southwest. Phoenix: Arizona Highways, 1994.

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Plan Your Trip

Spend a few hours and discover the incredible legacy of an ancient people. Whether you visit just Montezuma Castle, or add in a side trip to Montezuma Well, you'll be inspired by the Sinagua culture.

At Montezuma Castle, a self-guided, 1/3-mile loop trail leads you past an incredible 5-story cliff dwelling, through a beautiful sycamore grove and along springfed Beaver Creek, one of only a few perennial streams in Arizona. There are picnic tables, bathrooms and a gift shop. Bring your own food/snacks and water to keep hydrated. At Montezuma Well, another 1/3-mile loop leads you past an amazing oasis, used by the Sinagua people over 600 years ago.

Check out their event calendar for special events. Remember that pets, including dogs, on leashes no longer than 6 feet are welcome on the park's trails. Pet owners must clean up after their animals. Check out a brochure or the kids' Jr. Ranger book, and prepare for your trip! Oh, and don't forget to check the weather!

Fees:

Adults (16 and over): \$10.00 (good for seven days at both Montezuma Castle and Tuzigoot National Monuments Children (16 and under): Free Entrance to Montezuma Well is always free.

Donations are appreciated.

Directions:

Take I-17 Freeway North, Just past Camp Verde, AZ take Exit 289 East. The entrance to the Monument will be about 3 miles. For Montezuma Well, follow I-17 to exit 293 (4 miles north of the exit for Montezuma Castle). Continue through the towns of McGuireville and Rimrock, following the signs for four miles to the entrance to the Well.



Junior Ranger Program!

While on a trip to Montezuma Castle & the Montezuma Well Unit our young visitors can enjoy completing activities, in order to earn their Junior Ranger badge! The program and activities are intended to help kids be more aware of their surroundings and the relationship of the environment to the prehistoric people who inhabited the Verde Valley.



The Junior Ranger program at Montezuma Castle National Monument is full of fun activities which help you be more aware of their surroundings and the relationship of the environment to the prehistoric people who lived here over 800 years ago. Pick one up at either Montezuma Castle or Montezuma Well... or download it from the Park's website before you arrive.

Completing the activity takes some time but the rewards are tremendous. Junior Rangers earn a shiny badge and certificate!

Special Note: There is no age limit to become a Junior Ranger. That means everyone is eligible to become an official Junior Ranger as long as they do the work and earn it!



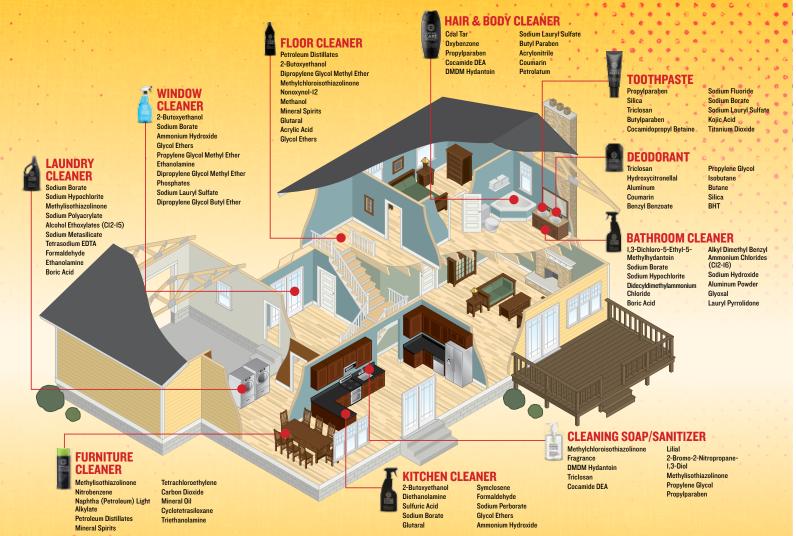


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The Best Hot Chocolate

My mother used to make this *hot chocolate* for my siblings and I in the *1950's*. I have tried many different kinds since then and this recipe is still the best. I serve it now for all my children and grandchildren when they come to visit.

Makes five 8-oz. servings.

o 1/2 cup sugar

o 1/4 cup HERSHEY'S Cocoa

o Dash salt

o 1/3 cup hot water

o 4 cups (1 qt.) milk

o 3/4 teaspoon vanilla extract

o Miniature marshmallows or sweetened whipped cream

1. Stir together sugar, cocoa and salt in medium saucepan; stir in water. Cook over medium heat, stirring constantly, until mixture comes to a boil. Boil and stir 2 minutes.

Add milk; stirring constantly, heat to serving temperature. Do Not Boil.

2. Remove from heat; add vanilla. Beat with rotary beater or whisk until foamy.

Serve topped with marshmallows or whipped cream, if desired. VARIATIONS: Add one of the following with the vanilla extract:

SPICED COCOA: 1/8 teaspoon ground cinnamon and 1/8 teaspoon ground nutmeg. Serve with cinnamon stick, if desired. MINT COCOA: 1/2 teaspoon mint extract OR 3 tablespoons crushed hard peppermint candy OR 2 to 3 tablespoons white creme de menthe. Serve with peppermint candy stick, if desired.

CITRUS COCOA: 1/2 teaspoon orange extract OR 2 to 3 tablespoons orange liqueur for adults.

SWISS MOCHA: 2 to 2-1/2 teaspoons powdered instant coffee. *COCOA AU LAIT*: Omit marshmallows or whipped cream. Spoon 2 tablespoons softened vanilla ice cream on top of each cup of cocoa at serving time.

SLIM-TRIM COCOA: Omit sugar. Combine cocoa, salt and water; substitute nonfat milk. Proceed as above. With vanilla, stir in sugar substitute with sweetening equivalence of 1/2 cup sugar.

CANADIAN COCOA: 1/2 teaspoon maple extract. MICROWAVE SINGLE SERVING: Combine 1 heaping teaspoon HERSHEY'S Cocoa, 2 heaping teaspoons sugar and dash salt in microwave-safe cup or mug. Add 2 teaspoons cold milk; stir until smooth. Fill cup with milk. Microwave at HIGH (100%) 1 to 1-1/2 minutes or until hot. Stir to blend; serve.





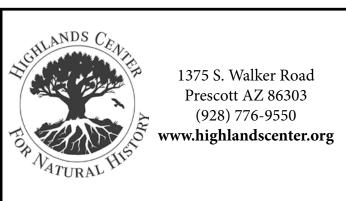
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The Human Paradox by SGT Steve

If I only exercised when I was in the mood, I'd work out about five times a year. I don't exercise because I feel like it, I exercise because of how it makes me feel.

The quote above is from my book Operation Motiva-

tion - The Ultimate Guide to Crush your Fitness Excuses. You would think that the person who wrote the book on fitness motivation would wake up at 4:00 in the morning excited and fired up to work, work, work until the sun goes down and do it all again the next day. Hardly! I struggle with the feeling of laziness on a daily basis. I love taking it easy and relaxing. If napping was an Olympic event, I'd have a wall full of gold medals. At any given moment, I pretty much feel like sitting on my recliner eat-

ing cheesecake while watching old episodes of Night Rider. My instinct is to avoid just about anything that requires any type of mental, emotional or physical effort.

So, if I don't feel like doing much, how on earth did I complete a successful career as a senior leader in the Army? How did I go from fat to fit? How did I learn, study and earn 17 different health & fitness certifications/specializations? How did I launch and build a successful business?

The answer is simple, I took action regardless of whether I felt like doing it or not. My future vision was strong enough for me to move past the feelings of laziness and resistance that stood in my way.

I used to feel bad because I never have liked hard

work. I felt guilty as if I was missing the 'I love to work' gene. I have since learned that we are wired to take the path of least resistance. We are always on the lookout for a faster and easier way to do things. The popularity of things like remote controls, and microwave dinners, and cruise control are a testament to our desire to make things easier for ourselves. 99 out of 100 people prefer vacation over work. I love my job, but I still prefer my time off. Why? Because we are designed to take the path of least resis-

tance. Not only does it seem to be hard wired into our brains, it is reinforced by our culture. Everywhere you look, someone is promoting another quick and easy solution to a problem. Our instincts tell us to just do the bare minimum. However, when we do just enough to get by, it often leads to far less than optimal levels of fitness (or satisfaction/fulfillment in life). There are some amazing things beyond the borders of our comfort zone.

It's important to acknowledge and accept that when it comes to making positive changes, it will require



doing things you don't feel like doing. You will have to overcome daily resistance when it comes to taking action. Don't let it get you down. Feelings are powerful, but they are just feelings. We have the ability to move through just about any emotional state and still get the task at hand accomplished. It comes down to mental toughness and the desire for better things in life.

The Human Paradox is based on the idea that we are wired to take the path of least resistance, but in order to thrive and flourish it requires us to take the path of more resistance. Our feelings tell us to take the straight and easy path (which is also boring). However, we know all the fun is on the more challenging scenic route. Just about any worthwhile endeavor in life requires hard work, dedication, commitment, patience, discipline, and consistency. While we might feel like taking the night off, taking an hour to study will increase our knowledge. While we might feel like sleeping in, getting up and exercising will build our strength. While we may feel like ordering takeout, cooking a healthy meal will improve our fitness.

That does not mean getting fit is all drudgery. Not even close! I just want to make it clear that it will require taking action regardless of how you feel. Part of making the journey more enjoyable is by embracing the challenge that lies ahead. Instead of seeing the hard work as a negative, see it as an adventure to conquer!

I wish you well on your fitness journey!

SGT Steve The Kickstart Coach













HOW TO ACCESSORIZE FOR YOUR BODY TYPE

By JoAnne Golleher

True or False? *Accessories* are a girl's best friend. What do YOU think?

While the days of going big with "Bling" accessories are fading, accessorizing is still a must have tool in every woman's back pocket.

Accessorizing for women has been around for thousands of years but it's still as important as ever. Accessories can include everything from earrings and necklaces to scarves and pins.

When you see women that look well put together, they are almost always wearing at least one accessory. And sometimes you see women who have gone totally overboard with too many accessories and it looks overwhelming. There's a balance to "what," "how" and "on whom" for accessorizing. So let's get down to these basics.

What accessories are best?

Well I have found over the years that no matter what I'm doing, I always wear a pair of earrings. Most days it's a pair of pearls or the white topaz studs my mom gave me. They're perfect for any day, even if the rest of me is still donning yoga pants and a tee. I even wear them to the gym! You simply feel pretty and more put together when you're wearing earrings. Then, when I'm wearing normal clothes, I branch out with earrings to match the outfit. It is amazing the difference a pair of earrings can make with an outfit!

What accessories go well together?

Earrings and necklaces often pair very well together but they also can overwhelm each other. So, I always find it best to pair a bulky item with a simpler one.

Plain, simple gold hoops if you're wearing a more detailed necklace and vice versa. The days of "matchy-matchy" jewelry are pretty much gone and you can pair more eclectic items if you wish, just be careful not to overdo it. If your earrings cannot be paired with a necklace, bracelets and rings can be a great addition to liven up your outfit and pull it all together.

What accessories will work well on me?

Not every woman can wear the same accessories. What tones and colors of jewelry look best on you, can depend greatly on skin tone. I like to try a few different tones against my skin before buying. You'll likely have several you can wear. Women with smaller frames want to make sure they don't overwhelm their body with a necklace that's too bulky. But by the same token, larger busted women also need to beware of adding bulky jewelry and making their bust appear even larger. If you have a short torso, longer necklaces can add length and height, as well as diminish bust size on either side of that fence. If you're busty, it will detract from the size and if you're not, it will add dimension to your torso. If you have a long neck, you will want to wear longer earrings to accentuate rather

than small earrings, like small hoops that may look awkward.

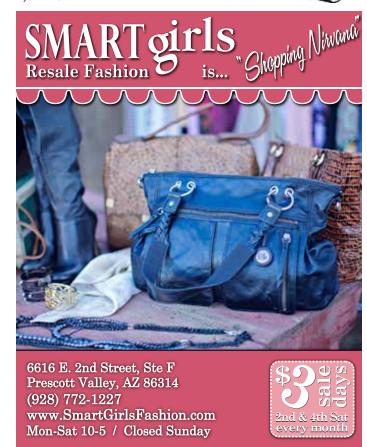
The list could go on and on, but these are a few basics that can help you put the accessorizing puzzle together and make it work best for you! Don't be overwhelmed by all the choices and possibilities. Start with a few items and work up from there. Try different combinations and ask friends for their opinions if you're unsure. You also don't need to spend a fortune on accessories, unless you want to. More expensive jewelry may be worth it if it's a piece you'll wear often, but jewelry these days is more about costume than fine jewelry so it's not necessary to spend the big bucks if you don't want to.

The great thing about accessories is that they are easy to throw together, versatile, inexpensive and require little time to add them to your outfit! When it comes to fashion, they truly are woman's best friend.



Until next time,

~ JoAnne



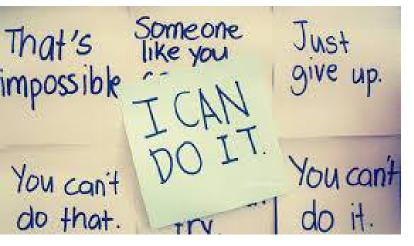
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HOW TO CHANGE YOUR MIND AND YOUR LIFE BY USING AFFIRMATIONS

By Kate Britt

"All that we are is the result of what we have thought The mind is everything What we think we become" ~Buddha



I used to teach Adult Upgrading. My students were people who had never completed grade school and/or high school. For a variety of reasons, they were now ready to try it again.

New students would say, "I wasn't ever any good at school." "I can't do math. " "I hate fractions."

It's my belief that our self-talk is programming ourselves for our statements to be true. Those students thought they'd been stating the facts, not revealing programmed beliefs. My work was less about teaching math than it was about coaching them toward a change in their beliefs about themselves.

"I never again want to hear you say you're not good at math," I'd say. I'd ask them to switch to "I'm learning math" or "I'm getting better at math" or "I'm working on fractions."

I'd help them start to notice their own negative self-talk and then transform it into positive statements. "Sure it sounds weird. So humor me," I'd have to say. "Yes, I know it doesn't feel like it's true. Not yet, anyway." They'd roll their eyes at me.

I've read that schools teach fractions before many of our brains are developmentally ready to cope at that conceptual level. I believe this, because I've met so many people whose problems in school began around the time fractions were introduced. Children's developing self-images are vulnerable.

Once children begin to feel stupid about a school subject, the negative self-talk begins. It soon defeats their egos along with their will to learn.

My adult students did humor me, probably because I was such a nag about wanting to hear only positive self-talk. My use of pizza-portions and other grocery items as examples of fractions helped them realize they already knew about fractions and used them frequently in everyday life.

Gradually they'd begin to feel better about math. Many would even begin to enjoy it. Grade school math felt easier. Positive self-talk became natural. Other subjects became less overwhelming, too.

We all keep saying self-defeating and/or negative things to ourselves, don't we! At the same time, we keep wishing it could all change. Well, it can change!

Affirmations. I'm sure you've heard about them. An affirmation is, simply, positive self-talk. It's a statement about ourselves or our situation, phrased in the present tense as if the statement is already true.



Affirmations work to help us change. I'd like to share with you one method to start creating very personal affirmations.

- 1. Identify your negative self-talk and beliefs.
- 2. Create affirmations out of those beliefs.
- 3. Begin using the new affirmations.
- 4. See the "magic" gradually unfold.

1. Identify your negative self-talk and beliefs.

Do this in handwriting, not with a computer. Connecting your physical self with your neurons and psyche and intuition is important here. What our bodies do, our subconscious learns from. Fold a piece of lined paper in half lengthwise, and then unfold it. Down the left side, write a list of those self-limiting statements you've been thinking and saying. "I can't afford a vacation." Or "It's hard to lose weight." Or "I'll never meet the right guy/ woman for me."

Stick to one theme or personal issue on this first list. Write everything that comes to mind on the topic. Don't think, just be spontaneous and real. It needs to be a stream-of-consciousness set of statements. Then spend a few days listening closely to yourself, to what you're saying, thinking. Ask a friend to listen, too. Add every negative self-talk statement to your list as it comes up. After you think you've written them all, wait. More will come. As you empty out the top layer in your mind, the next layer will be revealed and released.



2. Create some affirmations out of those beliefs.

This next part is not easy, but you can do it! You are going to write some new statements. You may feel huge resistance as you do it. Maybe you won't believe a thing you write. Perhaps you'll feel discouraged. You'll probably think it's weird. But humor me, just like my students did.

Down the right side of your paper, across from each left-side statement, write a new one that transforms that negative statement into a positive. Examples:



- "I can't afford a vacation"
 becomes
 "I can afford to take a nice vacation."
- "It's hard to lose weight" becomes
 "Losing weight is easy for me."
- "I can't save any money" becomes "I'm good at saving money."
- "I'll never meet the right guy/woman" could become "I'm open to new relationships" or "I'm ready to meet my perfect mate."

The new statements must be in the present tense. Write "I am..." rather than "I will be..." or "I'm going to be..." Avoid using the word "try" because "I'm trying" is a self-perpetuating statement. To get around your disbelief about writing something that feels untrue and seems impossible, you can write things like "I'm learning to...." and "I'm getting better at...." It's still present tense, still a positive affirmation. Something like "I'm getting better at saving money" might feel better than "I'm good at saving money."

3. Begin using the new affirmation statements.

Fold the paper in half again. Never again read the left side. Ignore it forever.
Post the folded paper, positive-statements on top,

somewhere you'll see it often. Above the toilet paper roll. Over the kitchen sink. Read your affirmations from time to time, but there's no need to dwell on your list. It is simply an occasional reminder that you're transforming your thinking.

If you catch yourself thinking or saying any of your old (negative) beliefs, stop yourself. Transform it into the positive, right then and there.

Ask your family and friends to help by simply pointing out any negative self-descriptions when you say them. When they do, transform the negative to the positive immediately, and say the new statement aloud to them.

You're literally changing your mind.

4. See the "magic" gradually unfold.

The "magic" will happen, if you do the first three tasks. Truly! I've done this ever since I learned how, and I promise you it absolutely works. I have a good and happy life and things generally go my way. I believe it's because I do this kind of work continuously.

Soon you will not only say you're good at handling money (or whatever your issue is), but you'll also begin to believe it and—here's the magic—one day you'll notice that you are good at it!

The negative statements will gradually disappear from your mind.

If you stick with this, what's absolutely true is that:

- When you write it, the magic begins.
- After you write it, you can start reading it.
- When you start reading it, you'll be able to start saying it.

- When you start saying it, you start hearing it.
- When you start hearing it, you start to believe it.
- When you believe it, things begin to change.
- When things begin to change, you will understand. And believe.

"Whatever you can do or dream you can begin it Bold ness has genius power and magic in it Begin it now" ~ Goethe







New Mom Meditation By Katie King

Your body. Breathe out.

Moving vessel, no stagnant in any stage of growth.

you like. With aspects that you don't like.

It's ok. To not like something about your body. Those are real thoughts. It's ok. To love something about your body. Those are real thoughts. Practice not giving any particular weight to either one

Breathe out.

Breathe in.

Congratulations on your child. Congratulations your body. Horray. Wow. This. Is. Amazing.

Your body knows birth.

You will notice things about your child that people never will, and vis a versa. Your tiny child is totally free from these perceptions and noticings. They bounce off her like a bubble. They do not pierce or inflate, but slide down like globs of raindrops on

Thank people when they are kind, for being kind. And realize that people say different things. "He looks like his dad" or "He looks like you" can drift by you without pride or insult. You take with you the knowledge that people say different things. This being your response to your comments gives a pride-less and ego-less lexicon to your child.

That's not to say it isn't ok to get excited about how cute your child is. Of course. There is nothing wrong with reveling in how wonderful the being is that you had a small part in making. But the part you played was small. Vital. But not consuming. The role you played did not consume you and you did not consume the role. You stood next to each other and responded like lighting responds to thunder, inseparable and separable at the same time.

Notice when you call your child "tiny" or "small" or "little. These are impermanent. Of course they are true and nothing is wrong with them. But they are born with full souls. Nothing about their soul is little. Their dimensions may be tiny, but their soul vast.

colossal. Of course he could easily fit inside my arms, but he still seemed very colossal. Are you breathing? Breathe in. Breathe out.

Your child follows your breathing pattern. Like a rooster follows an inner clock. Sometimes we forget to breathe deeply for months.

That's ok. There are months like that. There are months for forgetting to breathe deeply.

Perhaps remember to now. Your favorite holiday sweater. Breathe. How much you enjoy or despise this meditation. Breathe. The last time you touched water. Breathe. The last time you looked at the sky. Breathe. The last human being to reach out to you. Breathe. Human beings. Breathe. Time. In. Time. Out.

Moving vessel that takes time out of the day to breathe and move its body.

> Yay you. Triumphant listener. Ears wide open and calm. Resting place for letters and moments and ships and

Mama. Mama vessel. Mama Yay.



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MAKING SMART NEW YEAR'S RESOLUTIONS AS A FAMILY

By Kathryn Bluher

The New Year marks a time for reflection and change, a time for new beginnings and resolutions. Each year, people boldly step forward into the future with goals in mind to make the New Year even better than the one before, making resolutions to lose weight, to be more organized or to be more successful, but not every resolution is a good one.

Resolutions can be a great way for people and families to stay on track in the New Year, and to set goals together, but Mollie Grow, MD. a pediatrician at Seattle Children's, says resolutions need to be attainable.

Making resolutions as a family can be a wonderful activity, but it's important to think them through first before setting them in stone.

"Don't set your family up for failure when making resolutions," said Grow. "Make SMART resolutions."

S – Specific

M - Measureable

A - Attainable

R - Relevant

T – Timely

How to make SMART resolutions

Make resolutions specific. Resolutions like spending more time as a family can be great, but make sure the resolution is specific enough to address the five Ws – who, what, when, where, why. Spending more time together could mean eating more meals as a family, going on a walk together or incorporating game night into the family routine. Be specific before agreeing on a family resolution.

"Don't make resolutions too broad," said Grow. "If you're not clear about resolutions it will be harder to succeed."

Make resolutions measurable. After setting a specific resolution, make sure it's measurable. Look at behaviors that will help accomplish a resolution and focus on incorporating those behaviors into the family routine.

"Tackle behaviors. If your family would like to lose weight, don't focus on the scale. Instead, focus on con-

crete changes leading up to that goal: increase activity, cut down on sugary drinks, eat at home as a family more often, or track your successes and food intake with apps. Be successful with behaviors and you'll accomplish your health goals," said Grow.

Make resolutions attainable. Make sure resolutions are within reach and realistic. Resolutions are a way to start fresh in the New Year, but setting unrealistic resolutions can set families up for disappointment. Also, make sure family resolutions can fit into everyone's hectic schedule – in between gymnastics practices, soccer, school and other family commitments.

Make resolutions relevant. What's important to the family? Sit down and discuss, as a family, what could be changed for the better in the New Year. "Make resolutions that are important to your family," said Grow. "Rate the importance of a specific resolution with your family on a scale from one to 10." And don't be afraid to think outside of the box.

"Embrace r esolutions. Try something new, something your family has wanted to accomplish," said Grow.

Make resolutions timely. Resolutions should have a timeframe associated with them. How often should a family have meals together, or cook together? What specific dates should be designated for activities? Use a family calendar to help with the timeline. Display the calendar in a visible place where everyone can see it. A way to get the family involved in planning is to buy fun stickers and talk through scheduled events and timelines together.

Have fun with family resolutions. Can't decide on a family resolution? They don't need to be as grand as climbing a mountain, or trekking through the Cascades. Resolutions can be focused around taking care of others, or spending more quality time with family. Grow offers a few of her favorites in the following resolution list:

Take time for gratitude. As a family, think about resolutions that can build trust and respect.

"A few years ago we made a resolution to say some-



thing we are grateful for at dinner. Now every night at the dinner table our family shares what we're thankful for before we start our meal," said Grow. "It's a great way to connect with gratitude, which has been shown to be a key to happiness."

Volunteer. Incorporate values into resolutions. Make a resolution to do more service or volunteer work, or even help more around the house. By incorporating service to others into a resolution, children can learn the importance of sharing and teamwork. One of Grow's resolutions this year is to do a service activity with her family, now that her children are old enough.

Resolve to be an active listener. Listening to each other can be a great resolution as well, especially for younger children.

"Sit down with each other and dedicate time for listening as a family," said Grow. "Talk to children about listening better when mommy and daddy are talking, and discuss eye contact and proper body language associated with active listening. This is definitely one of my resolutions this year!"

Put down devices. Dropping the devices and focusing more on family time is another great option for a family resolution. Spend more quality time together and incorporate physical activity, when you can. Active time can mean going to the park together, riding bikes or going on a walk as a family. During the winter Grow

and her family love to go swimming or play at one of the local community center indoor play areas. "My kids now request these activities when we plan family outings," said Grow.

Active play with family is so important for children. It can increase activity, improve motor function and build relationships within the family.

Choose resolutions that make quality of life better

The New Year can also be a time for families to reset and re-evaluate. Slow down and take more time as a family. "Sometimes we get caught up in trying to accomplish too much," said Dr. Grow. "Find a sweet spot for individual and family balance, especially for young kids. Try not to over-schedule kids. Make a resolution to free up more time for spontaneous activities." No matter what resolutions families choose to incorporate into the New Year, make them SMART. But most of all, make them fun and make them as a family. Seattle Children's provides healthcare for the special needs of children regardless of race, color, creed, national origin, religion, sex (gender), sexual orientation or disability. Financial assistance for medically necessary services is based on family income and hospital resources and is provided to children under age 21 whose primary residence is in Washington, Alaska, Montana or Idaho.

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By Amanda Rock

Every year around Thanksgiving, my kids come home with the same type of project. Sometimes it's a placemat, other times we've gotten a decorated poster complete with glitter and stickers and one year we even were blessed with a 3D diorama. The vehicle is always different, but the message is always the same -- "What I'm Thankful For." When they were younger, the list was very basic. "My toys." "My mom." "The cat." Simple items that are the basic cornerstones of every preschooler's world. But as they got older, my kids started to get a bit more in-depth with their thoughts. "The world." "My friends." "That I'm healthy."

What is it that makes a person thankful and why is it that we often only acknowledge our appreciation for what is important in our lives around the holidays? While it's true that we shouldn't only be thankful at the end of the year, it's actually a very good time to talk to your children about the concept and why it is so important.

This is especially true with preschool-age children who often do best learning a new idea when it is modeled for them. So whether it is November or March, there are easy ways for you to demonstrate to your little one the notions of thankfulness, kindness and generosity and why they are so important.



Set a good example.

You are your child's first and best role model. If she sees you engaging in generous behavior, she'll want to do the same thing. So if you are buying food for a local food drive or donating clothing to a church, let your preschooler know what you are doing and why. You aren't showing off or patting yourself on the back, you are demonstrating generosity in action.

Let her help.

If her preschool is holding a toy drive, let her come with you to pick out the toy and wrap it. Explain why toys are being collected and why it is important that you help. Don't ask her to donate her own money, but if she volunteers, accept with great praise. If she has a lot of toys lying around that she no longer plays with that are in good shape, consider approaching her about donating them to a needy family or local preschool or day care center.

Put things in perspective.

Naturally self-centered creatures, it's hard for preschoolers to grasp that there is a big world and it isn't orbiting around them. Do your best to explain that just like he does, people everywhere have different things that they need. Without being too heavy-handed, talk about how some people need warm food to eat and clothes to wear and how it is very nice when other people help out by buying these types of things.

Start small.

By simply teaching your child to share or to better get along with a sibling, you are one step closer to raising a child who appreciates what he has. Learning to be considerate of others is a big lesson for a preschooler to learn and one that translates well into a bigger arena when he gets older.

Praise and scold appropriately.

When your child does perform an act of kindness, be effusive in your approval. Say things like, "I'm so proud of you for sharing the toys at preschool." More than anything else, your preschooler wants to make you happy, so when she does, shout it from the mountaintops. As she gets older, she'll still appreciate your support, but will behave in a generous fashion because it makes her feel good. At the same time, if

your preschooler behaves selfishly, be sure to let her know. "It makes me and your friend sad when you grab toys away. Why don't you take turns?"

Stress the importance of manners.

Thank you is such a simple phrase, but it makes such a difference in a little one's behavior and how he is perceived. At first, the words may just come out of your child's mouth out of force of habit or because you are prompting -- "What do we say?" – but, eventually he'll grasp the meaning behind them. Talk about why telling someone "thank you" is important. Point out a time that someone said "thank you" to him and how that made him feel good inside.

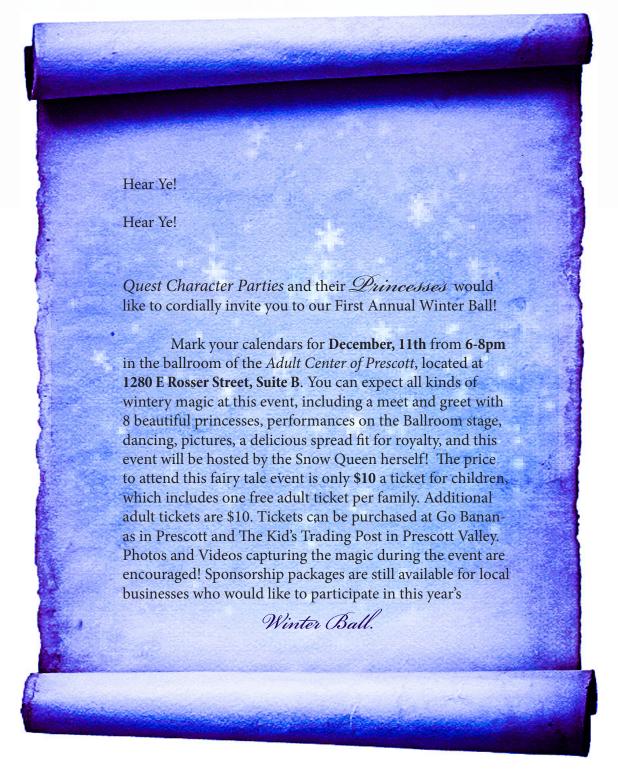
Get them to take stock.

The projects that my kids do every year are actually a great idea. It makes them stop and think about the people and things that matter most to them and why. In the beginning, you might be concerned if your little one rattles off a list of all the toys and things that she owns, but even being thankful for material things is OK. Just be sure to help her balance the list out by pointing out the people in her lives that she loves too. As your little one develops characteristics like empathy and sympathy, so too will his sense of gratitude -- attributes that will help make up his value system. Teaching a child to be thankful, generous and kind is a lifelong process, and one that involves lots of friends and family to help -- certainly something to be grateful for.



Originally published on About.com

You Are Invited to the Mall



Ever wonder what Princesses do when they aren't attending a Winter Ball? Going to birthday parties of course! Quest Character Parties provides Princesses and Superheroes for children's birthday parties and special events. Included in our Birthday Party Packages is an hour's worth of entertainment to keep your little Princesses and Superheroes entertained while you can sit back and enjoy the party. During your Princess Party, you can enjoy singing and dancing games, makeup and nails, a princess craft, and a unique gift for the birthday girl! A Superhero Party promises adventure, and includes an obstacle course, super hero temporary tattoos, and a treasure hunt with real treasure at the end! All of the Quest Character Parties performers are professionally trained to look at act like the real characters, earning the title "Arizona's Most Professional Character Company."

Events are also a lot of fun with *Quest Character Parties!* Did you know that having a Princess or Superhero attend your event can double, even triple attendance? That's because children of all ages love the wonder that comes with meeting their favorite characters face to face! Characters are available for grand openings, fundraisers, carnivals, special sale days, school events and more!

Quest Character Parties offers a variety of characters which can be viewed on their website:

www.questcharacterparties.com

When you're ready to book your party, you can call Kali Carpenter at 928-533-519. If you want to keep up to date with where Quest's characters will be around town, or to see pictures from parties and past events, you can visit their Facebook page:

www.facebook.com/questcharacterpartiesAZ



WRITE A PERSONAL LULLABY FOR YOUR CHILD

By Katie King

By Helioscope's songwriter *Katie King*. Whose favorite lullaby of all times is "If I could, I would give you wings"

- 1. Hold your child in your arms.
- 2. Say their name out loud.
- 3. Let it roll off your tongue and swarm around your heart.
- 4. Does it rhyme with anything? Remind you of anything? Sound like anything? It doesn't have to. But it could. It could also be the opposite of something. Which vowel sounds are present?

"Bear, Bear Sleeping quiet as a mouse You bring love into all the corners of this house" (Recording online)

5. You can steal. Is there a popular tune you like? Sing that song with the words "La" instead of the lyrics. You can always go back and tweak the melody later if you want to as you grow more comfortable and time goes by as you get used to singing it.

6. Then start adding some of your own words. Mostly just, your child's name. Maybe something she likes to do. Something she is doing right now, when you write the song.

"Laura, Laura, Looking out the window. [Add some silliness: glindo! bindo! findo! with tickles and funny voices] Longingly, Laura My love is long for you"

"Samuel, my Sam Your hair is wet your smile, grand Samuel, my Sam Mama wants you warm and dry" (Recording online)

Our household pretty much has its own score. There can be potty songs, bath songs, dinner songs, we all know Barney's clean up song.

You're not creating the sensational hit of the year. You're connecting with your child through your own unique use of language and way of communicating with him in the voice that he loves most: yours. Babies and children love to hear their own names in songs. A memory. A joke. You can create something upbeat for if you're trying to keep them awake in the car but make sure if you want to write a lullaby it is slow and not something that energizes them.

"Iris, my bliss. One time you gave the cat a kiss. Iris, my bliss Nothing of you I want to miss"

Keep it short and repetitive. Children love repetition in music. Take Adele's song...

"I heard that you, Settled down that you, Found a girl and you're married now. I heard that your dreams came true guess she Gave you things I couldn't give to you."

And replace the words with a moment with your child...

"Ava, Ava,
Little girl, you're so
Glad and proud and you're three years old now.
Ava, Ava:
Dreams come true you are,
One of mine, I know this much is true".

That's all it takes. You can get more creative from there. Can you make up melodies to some of the lyrics you see above? Don't feel like you need to rush. I write quickly but that doesn't have to be your process. A wonderful lullaby can take a month or more to create. Perhaps you will create one version and keep changing it as you and your child grows.

Another idea is to make a name song with movements. Here is one I wrote for my son, Ivan: "I is for Important! (one arm up high)
V is for Victorious! (two arms up high)

A is for Able! (swinging arms side to side like marching) N is for Nice! (hug your heart)." (Recording online)

Then I like to remind him when he is not being nice of his name song. "What is N for, Ivan?", I'll say.

These are best with short names. Long names are wonderful just sung on their own over and over again. My son's middle name is Harrison and sometimes I just sing Harrison over and over again like a Gothic chant to put him to sleep.

- 7. Have fun. Maybe dad sings a verse and then mom. Have a bigger family? Make one heartfelt tune made for all of your children.
- 8. Encourage older children to create their own songs and music, maybe something for or about you. These can be great meaningful and free holiday gifts. Songs of Love is a foundation where people write songs for children who are sick. What an amazing idea!
- 9. There's always caroling, and hospital caroling. What a way to share delight and serve your community at the same time. For your own family, have a Christmas tradition be taking an old favorite family carol and tweaking it with words about your family or traditions. Here's one about mine:

(To, Oh Christmas Tree)
"Oh, half grapefruit Oh half grapefruit
You have a heart of sugar.
Oh half grapefruit Oh half grapefruit
Under a sweet red cherry
You grace our plates in the sunrise
On Christmas Morning so sublime.
We know we have to clean the house
before we open presents"

Then you can put them in a book (or blog to share with friends and family for your New Year's Update) and remember them for years to come. Perhaps a different member of the family makes one up each year?

10. If you want to make your own melodies, start playing around on the piano (or even virtual piano) if you don't have one, and make something that sounds good to you. It can be 5 repeating notes in row. Take your time and try not to get frustrated. Three simple chords together can make a nice song. Don't know any chords? They're all online. A G and C are nice. Just

play an A chord to a rhythm for a little while and then switch chords. Then switch back to A. Try to get your voice to match the notes in the chord.

If you're a musician and you know chords, why not make an album collecting your child's personal lullabies? If you're a music lover share some of your musical tastes with them. Lie on a comfy blanket in the middle of the living room and just listen. (A ceiling projector or bubbles are always a nice touch). Parents, give your ears a break: kids don't only have to listen to kid music. Tell them what you like about the song and ask them what they think of it. No YouTube videos. Just listening fully, great for brain & sensory development. Can you identify what instruments are being played? Is it a fast or slow song? Where is the chorus, the bridge? What's the song structure? Share with them what you know about music making or song writing. If they are too young for this, just dance in the living room together. Bring out the pots and pans.

Challenge yourself and what you think they are capable of. Take them to see live music in your town. One of the things I miss most about NYC is the opportunity to be inundated with live music. I always look forward to Acker Night during the Holidays because it gives us a chance to be part of that creative energy and we love hearing so many local musicians.

11. (And most importantly...) When your child wants to sing a song for you, listen.

And of course, if you're totally stuck and just want a custom lullaby made for you: I'm your girl! Katietheking@gmail.com

Have a Musical Christmas,

Katie King

Check out these lullaby recordings and more on our website throughout the months of November and December.



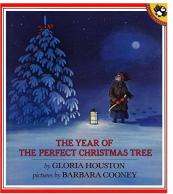
By Ellie Hall

- 1. How The Grinch Stole Christmas Dr. Seuss
- 2. The Nutcracker
- Susan Jeffers
- 3. The Christmas

Miracle of

Jonathan Toomey

- Susan Wojciechowski
- 4. Dream Snow
- Eric Carle
- 5. Carl's Christmas



- Alexandra Day

6. The Year of the

Perfect Christmas

Tree

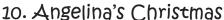
HOW THE

Eric Carle
DREAM SNOW

CHRISTMAS!

- Gloria Houston
- 7. The Snowman -
- Raymond Briggs
- 8. Room for a Little One
- Martin Waddell
- 9. Snowmen at Christmas
- Caralyn Buehner





- Katharine Holabird
- 11. The Polar Express
- Chris Van Allsburg
- 12. The Legend of the

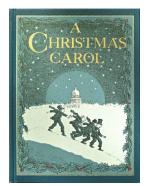
Poinsettia - Tomie dePaola

- 13. Morris's Disappearing Bag
- -Rosemary Wells



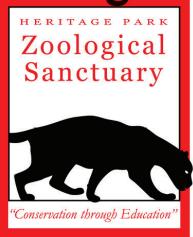
14. Yes, Virginia, There

- Is a Santa Claus
- Francis P. Church
- 15. The Wild Christmas
- Reindeer Jan Brett
- 16. The Crippled Lamb
- Max Lucado
- 17. Olive, the Other Reindeer
- J. Otto Seibold and Vivian Walsh
- 18. A Christmas Carol
- Charles Dickens
- 19. The Story of
- Holly & Ina
- -Rumer Godden
- 20. The Night Before
- Christmas Clement C. Moore



Courtesy of BuzzFeed.com

Heritage Park Zoological Sanctuary









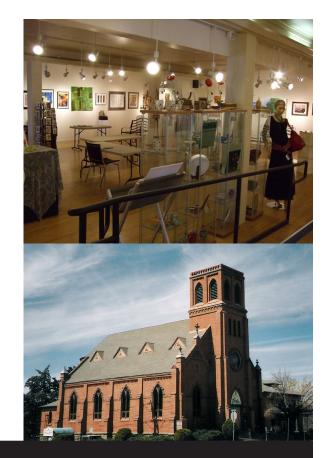
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any family. The American Academy of Pediatrics has some ideas for healthy goals your children can achieve in 2016.

Preschoolers

- I will clean up my toys and put them where they belong.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating. I won't tease dogs or other pets - even friendly ones.
- I will avoid being bitten by keeping my fingers and face away from animal's mouths.
- I will talk with my parent or a trusted adult when I need help, or are scared.
- I will be nice to other kids who need a friend or look sad or lonely.

Kids, 5 to 12 years old

- I will drink reduced-fat milk and water every day, and drink soda and fruit drinks only at special times.
- I will put on sunscreen before I go outdoors on bright, sunny days. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week.
- I will always wear a helmet when riding a bike.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- ◆ I'll be friendly to kids who may have a hard time making friends by asking them to join activities such as sports or games.
- I will never encourage or even watch bullying, and will join with others in telling bullies to stop. I'll never give out private information such as my name, home address, school name or telephone number on the Internet. Also, I'll never send

- have a problem or feel stressed.
- I promise to follow our household rules for videogames and internet use.

Kids, 13 years old and older

- I will try to eat two servings of fruit and two servings of vegetables every day, and I will drink sodas only at special times.
- I will take care of my body through physical activity and eating the right types and amounts of foods.
- I will choose non-violent television shows and video games, and I will spend only one to two hours each day – at the most - on these activities. I promise to follow our household rules for video games and internet use.
- I will help out in my community through giving some of my time to help others, working with community groups or by joining a group that helps people in need.
- When I feel angry or stressed out, I will take a break and find helpful ways to deal with the stress, such as exercising, reading, writing in a journal or talking about my problem with a parent or friend.
- When faced with a difficult decision, I will talk about my choices with an adult whom I can trust.
- When I notice my friends are struggling, being bullied or making risky choices, I will talk with a trusted adult and attempt to find a way that I can help them.
- I will be careful about whom I choose to date, and always treat the other person with respect and without forcing them to do something or using violence. I will expect to be treated the same way in return.
- I will resist peer pressure to try tobacco-cigarettes, drugs or alcohol.
- I agree not to use a cellphone or text message while driving and to always use a seat belt.

American Academy of Pediatrics, 12/14



Dear Ms. Mary,

I am one of those people who absolutely LOVE the Holidays. I start planning menus, gifts and décor in June and try my best to make every holiday better than the one before. Then on the big day, when I should be enjoying everything, my mother-in-law comes along with what feels like a singular mission to make me feel like a failure. She criticizes almost everything we do, and I don't even know if she realizes she is doing it. But, even though she may drive me crazy at times, family is family and I do like having her such a large part of our children's lives. Please give me some tips to help me survive her next visit this Christmas.

Sincerely,

Nervous in Prescott Valley

Dear Nervous,

With these tips, even the most critical of mother-in-laws will warm up and relax her judgements.

Make Her Feel Welcome

If she's coming to stay get some brownie points straight away by making her feel really welcome in your home. Primp and prep your guest bedroom with clean fresh sheets, and all the home comforts you can think of. Ask your partner about her favorite perfumes and beauty items, and maybe include a little care package for her as a 'home away from home' present. After all, it's the thought that counts.

Don't Fight Every Battle

Mother-in-laws are well known for their ability to criticize everything that you do, but it's important to remember that you don't need to fight every battle. Of course, you should stand up for yourself, nobody wants to be a pushover after all. But sometimes it really is better to just bite your lip. Everyone is entitled to their opinion, so say your piece about whatever it is and move on. Don't let her suck you into her world.

Plan Your Day, but Let Her Help

Moms are often expected to pull the majority of the day together on Christmas, and if your mother-in-law it there you can expect lots of criticism masquerading as advice. So, although it's important to have a plan of the day, talk to her about whether she would like to be involved. If there's some side dish that she's famous for, let her make it. Don't let her dominate the event, it's your party after all, but a little bit of involvement might lessen her sting.

Avoid Drinking Too Much

It's amazing how many women fall back into the comforting arms of alcohol when their mother-in-laws get a little too much for them. When you think about it, it's not that surprising. Alcohol is a simple way to take the edge off those stinging comments, and makes ignoring her so much easier. But beware you don't drink too much. A few too many drinks might cause you to put your foot into something better left well alone.

Talk To Your Partner, but **Don't** Make Him Take Sides

If you have problems with your mother-in-law, your partner should know about it. After all, it's his mother and he knows her much better than you. Talk to him about the issues you're having, and what solutions you might be able to work out. But I wouldn't recommend asking him to take sides. Although he might act if your mother-in-law is being wildly inappropriate, anything less than that will probably just cause more friction if you demand action.

Take a Break When You Need It

You might be the host of your Christmas celebration, but that doesn't mean you need to be around your mother-in-law all the time. If she's being unbearable, take some time to just remove yourself from the situation. Maybe go for a walk with some of the children, or just move into another room. In big family gatherings people are usually spread all over the house, so make a point to be present in a room where she's not.

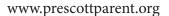
Be Kind at Every Turn

If your mother-in-law really is the most vapid, horrible, critical woman you've ever come across, make it your mission to shower her with kindness. For every bad thing she does, continue your crusade of love, until she actually feels terrible for her own behaviors. Sure, it might never happen, but at least you'll know that you're taking the high road and nothing can get you up there.

Or Don't

In the end, someone being family doesn't excuse them for being emotionally mean and abusive to you despite your actions to the contrary. If you and your mother-in-law really don't get along it might be time for you to take a stand, or change your behavior. Your partner can still spend time with his mum, and there's nothing stopping your kids from going for a visit. Reserve Christmas Day for your own family, and then allow them to do their own visits later. Maybe a strong move is what's needed to get her back into line.

More advice at SAHMum.com





elping to prepare your teen for life after high school is one of the most important tasks you'll have as a parent. Although it can be difficult to imagine your baby as an adult, with the right approach, helping your teen make the transition into adulthood can be rewarding.

Going to college, getting a job, or taking time off are the common choices your teen will likely face. Here's how you can help your adult-to-be make the best decision.

College or Technical School

Although you may remember starting your own college search in the fall of your senior year, many teens these days need to get started earlier because of the extensive research involved and the deadlines for early admissions programs to competitive programs. In fact, many students begin as early as the fall of their junior year.

A good preparation for your teen is to sit down and start writing — this is great practice for the application process. Teens should list their goals as well as their accomplishments, even if they haven't yet decided on a field of study.

Ask your teen to write down a list:

- · Academic and personal strengths and weaknesses
- · Extracurricular activities
- · Awards
- · Grade point average (GPA)
- · Class rank
- · SAT, ACT, or AP scores

Next, teens should think about and list the qualities they're looking for in a college: do they want to go away to school, stay close to home, or take online courses, for example?

Armed with this preliminary information, it's time to begin the research. Guidebooks, the Inter-

net, and counselors at school are particularly helpful resources. As your teen chooses potential schools, start visiting campuses and talking with attending students.

Experts suggest narrowing the choices to a diverse mix of about six to 10 schools where the odds range from low to high for gaining admission. Applications should be filled out completely and neatly, including the essay, which your teen should revise until confident that it's his or her best work. Many schools offer help in these areas.

And don't cross college off the list because you're afraid the tuition will be too steep. Many kids can receive financial help. For info about scholarships and other programs that may help, ask:

- · the school counselor
- · the colleges' financial aid offices
- · your employer, might offer scholarship programs Federal aid programs are also available and can be researched online.

Job Options

If college isn't an option or your teen needs extra time to earn money for tuition, going directly into the work force offers many choices and benefits, such as health insurance and tuition reimbursement programs.

Entering the military can be an excellent choice for a teen who feels uncertain about the future. Discipline, earning money, saving for college, learning a trade — all of this is often possible in the armed forces. Veterans are also entitled to many benefits both while in the service and after.

However, your teen should carefully explore all the pros and cons of a military career. After all, if teens don't like the service or if the thought of going to war seems too scary, they can't easily drop out. If your teen wants specific training through the military, make sure the contract he or she signs includes that.

Getting a job immediately after high school remains a good choice. Teens who go this route need to learn how to search for employment, write a resume, and develop interviewing skills.

Many companies reimburse their employees for continuing education in areas related to their employment. Your teen should ask about this benefit through the human resources departments of potential employers.

Another option is an internship. Over the course of a year, your teen could potentially participate in two or three internships to explore career choices. But most internships are unpaid, so planning ahead is crucial if your teen needs to save money for living expenses.

Internships provide participants with the opportunity to learn about many facets of a particular career. They're also a great way to make contacts and develop mentoring relationships.

Taking Time Off

For some teens, taking a year off between high school and the "real world" can be beneficial. This can be a good time to travel, do community service, or even live in a foreign country before the responsibilities of life make it harder to do so.

Community service organizations offer a wide variety of choices that teens can match with their skills and interests. Americorps, for example, offers hundreds of programs across the United States with a small stipend, plus a chance to obtain money for college or vocational training. Many religious organizations provide community service programs as well.

However, teens should keep in mind that a brochure may look different from reality, such as with work and service camps in developing countries. They should expect difficulties but know that the rewards of community service often outweigh the hardships — and can actually change the direction of a person's life. Speaking with previous participants should give a more realistic view than promotional material.

And taking time off doesn't necessarily put a teen at a disadvantage for college admission. For many teens — especially those who choose an internship or international service — it can actually be an advantage.

While researching colleges, find out if they have delayed admissions programs. If not, ask the colleges what their stance is on students who take time off and a teen's chances of getting in if he or she reapplies.

It's Your Teen's Life

When the subject concerns the future, some teens may try to shrug it off. Here's how to get the ball rolling and keep communication flowing:

- · Really listen to your teen and resist the temptation to provide unsolicited advice. If your teen is struggling to make a decision, a story or two about a tough choice you had to make could be very reassuring.
- · Provide respect and support while giving up some control. Trying to direct your teen's future probably won't be a benefit in the long run. This is the time for teens to develop decision-making and problem-solving skills.
- · Prepare your teen to be self-sufficient away from home. This includes making major decisions regarding dating, drugs, alcohol, and sex, as well as mastering day-to-day living skills (cooking, cleaning, laundry, grocery shopping, paying bills, and managing a budget).
- · Don't be afraid to set limits on how much you can financially support a teen who decides to take time off. It's important for teens to learn independence.

Where to Get Help

The Internet is a good starting point for researching information on your teen's interests. Also enlist the help of school counselors, who can help steer kids in the right direction or refer them to other good sources of information.

And don't overlook your local library. In addition to books and magazine articles on subjects of interest, the librarian can be a wealth of information.

There are many associations, both local and national, for thousands of occupations. Find out where they're located and get information how to pursue particular career paths.

Your teen may also be able to attend meetings or arrange to interview people at their workplaces to find out more about what they do. Make use of friends, relatives, or others you know in different industries. After all, there's often nothing more flattering than having someone ask about what you do.

Finally, resist the temptation to lecture and try to remain supportive and enthusiastic, even if your teen keeps changing his or her mind. Your teen needs your positive influence during this transitional time.

Reviewed by: D'Arcy Lyness, PhD on Kidshealth.org Date reviewed: October 2013. All rights reserved.



Open your hearts this holiday season...

Provide teens with "Gifts of Hope!"

The holidays are a glaring reminder of extremely limited financial resources for many of our families. Providing gifts or even a special meal for their family is often out of the question.

For more than a decade, Arizona's Children Association has been teaming up with the community to collect gifts for children of all ages. However, the gifts we receive are often for our younger children. We need gifts for teen, too!

Consider donating "Gifts of Hope" this holiday season and put a smile on a teenager's face. Donate new age-appropriate gifts, clothes, toiletries or gift cards for youth to age 18.



Donate today!

Questions? Please contact Daniel Leavitt at DLeavitt@arizonaschildren.org or 928.925.0805.

We are Arizona's best resource for helping children and families! For more information, visit us online at www.ArizonasChildren.org



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 10-12 people.

Mozzarella Prosciutto Bites

1 lb marinated mozzarella balls ½ cup sun-dried tomatoes 1 jar basil pesto sauce 6 oz prosciutto 1 large bunch of basil 2 lbs cured, sliced salami Marinated and grilled vegetables 2 lbs cooked shrimp 1 ½ cups aioli

Wrap mozzarella with strips of prosciutto; spear with toothpick along with 1/2 of a sun-dried tomato plus 1 basil leaf. Serve with pesto for dipping. Arrange the salami on a platter and slice and skewer vegetables. Grind some black pepper over aioli; serve with shrimp.

Steamed lobsters with Herb Butter

10 1 to 1-1/2 pound live lobsters 16 ounces butter 4 teaspoons fresh lemon juice 4 teaspoons chopped fresh parsley 4 teaspoons chopped fresh chives 4 teaspoons chopped fresh basil

Lemon wedges

Cook lobsters in 2 large pots of boiling salted water until shells are pink and lobsters are just cooked through, about 11 minutes. Meanwhile, melt butter in small saucepan. Add lemon juice and herbs. Season with salt and pepper. Serve lobsters with lemon wedges and warm herb butter.

Mussels with Farlic and White Wine

12 roma tomatoes

10 1/8 tbs extra-virgin olive oil

3 tbs finely chopped garlic

3 tsp finely chopped chillies

13 1/4 lbs mussels (scrubbed and debearded)

3 tbs sugar

3 1/8 cups dry white wine

10 cups chopped tomatoes

¹/₄ cup (each, and basil, coarsely chopped, plus extra to

Ciabatta (To serve: toasted, drizzled with extra-virgin olive oil)

Bring a large saucepan of water to the boil. Make a small cross incision on the base of each tomato and blanch until skin starts to peel off (30-40 seconds), then place in iced water, peel off skin and coarsely chop tomatoes, discarding seeds. Combine extra-virgin olive oil, garlic and chili in a saucepan over mediumhigh heat. Add mussels and wine, cover with a lid and shake occasionally until mussels open (2-3 minutes). Strain, reserving liquid, and arrange mussels on a platter. Return liquid to saucepan over high heat, add chopped tomato and bring to the boil. Add herbs, then pour over mussels. Season to taste, scatter with extra herbs and serve with toasted ciabatta.



Lgsagna

1 pound ground beef

3/4 pound bulk pork sausage

3 cans (8 ounces each) tomato sauce

2 cans (6 ounces each) tomato paste

2 garlic cloves, minced

2 teaspoons sugar

1 teaspoon Italian seasoning

1 teaspoon salt

1/2 teaspoon pepper

3 eggs

3 tablespoons minced fresh parsley

3 cups (24 ounces) 4% small-curd cottage cheese

1 carton (8 ounces) ricotta cheese

1/2 cup grated Parmesan cheese

12 lasagna noodles, cooked and drained

6 slices provolone cheese

3 cups (12 ounces) shredded mozzarella cheese, cut into small cubes

Preheat oven to 375 degrees. In a large skillet, cook beef and sausage over medium heat until no longer pink; drain. Add the tomato sauce, tomato paste, garlic, sugar, seasoning, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 1 hour, stirring occasionally. In a large bowl, combine eggs and parsley. Stir in the cottage cheese, ricotta and Parmesan cheese. Spread 1 cup of meat sauce in an ungreased 13-in. x 9-in. baking dish. Layer with three noodles, provolone cheese, 2 cups cottage cheese mixture, 1 cup mozzarella, three noodles, 2 cups meat sauce, remaining cottage cheese mixture and 1 cup mozzarella. Top with the remaining noodles, meat sauce and mozzarella. Cover and bake at 375 degrees for 50 minutes. Uncover; bake 20 minutes longer or until heated through. Let stand for 15 minutes before cutting.

Baked Stuffed Lobster

12 live lobsters, about 2 pounds each

10 cups plain homemade breadcrumbs

8 garlic cloves, minced

5 tablespoons dried oregano

5 tablespoons chopped fresh parsley

4 teaspoons salt

2 teaspoon pepper

2 1/2 cups olive oil4 cups chicken broth10 ounces unsalted butter, melted6 teaspoons paprika

Preheat oven to 350 degrees. Kill the lobsters by piercing them with a sharp knife just behind the head. Split them almost completely in half like a butterfly. Crack the claws with lobster crackers. Place the lobsters in a roasting pan, split side up.In a bowl, combine the bread crumbs, garlic, oregano, parsley, salt and pepper. Add enough oil to thoroughly moisten the mixture. Mound the stuffing mixture on top of the lobsters. Drizzle each with some chicken stock and melted butter. Sprinkle with paprika. Bake the lobsters for 12 to 15 minutes, until the lobster meat is firm. Broil them for an additional 2 to 3 minutes until the breading is lightly browned.

Christmas Cranberry Pistachio Biscotti

1 cup Vanilla Sugar (see below)

2 large eggs

1 teaspoon Madagascar vanilla extract

1 teaspoon baking powder

1/4 teaspoon salt

1 3/4 cups all-purpose flour

1/2 cup shelled, roasted, salted pistachios, coarsely chopped

1/2 cup dried cranberries

Preheat oven to 350 degrees. In a bowl add vanilla sugar, eggs and vanilla extract and beat on high for 5 minutes. In a separate bowl, mix together the flour, baking powder and salt. Add to the egg mixture and mix with a spatula until combined. Fold in the chopped pistachios and cranberries. The dough is super sticky so flour the board and your hands to get the dough on to a board. Hand mix and form a flat long rectangle about 12" long and 5" wide. Line a baking sheet with parchment paper. Take a sharp knife and run it under the dough to loosen from the board and get it on to the lined baking sheet. Bake for 20 minutes on 350 degrees. Let it cool for ten minutes, then cut diagonally and return the biscotti to the oven and cook for ten more minutes on each side. Total cooking time will be 40 minutes.

*To make homemade Vanilla Sugar: Split open 1 Vanilla bean and scrap out the seeds with the back of a knife and add to the sugar. Massage the sugar to incorporate the vanilla. Remove the bean and store for use in other recipes

Rainbow Cookies

7 oz almond paste
3/4 cup sugar
1/2 tsp almond extract
3/4 cup butter at room temperature
3 eggs
1 cup all-purpose flour, sifted
1/4 tsp salt
15 drops of green food coloring
15 drops of red food coloring
2/3 cup apricot preserves
2/3 cup raspberry preserves
3 oz semi-sweet chocolate
1 tsp butter flavored shortening

Preheat Oven to 350 degrees. Grease 3 8"x8" metal baking pans. After greasing, line the bottoms of the pans with wax paper, smoothing the paper down onto the pan. Grease the tops of the wax paper and then flour the pans. Put aside. In a large mixing bowl, beat together on medium-high speed the Almond Paste, Sugar, Almond Extract and butter until well blended. (There might be some small lumps of Almond Paste remaining and that's fine). Reduce speed to medium and beat in the eggs one at a time until blended. Reduce speed to low and then add the flour and salt slowly to the mixture until combined. Take two small bowls and add 1 rounded cup of batter into each bowl. (There should be another rounded cup of batter still in the original mixing bowl.). Add 15 drops of red food color to one bowl, 15 drops of green food color to another, and no drops of food coloring to the last. Stir each bowl until evenly blended with color. Spoon the plain colored batter into one pan. With metal spatula spread batter evenly (layer will be about 1/4 inch thick). Repeat with red batter in second pan and green batter in remaining pan. Bake until set and toothpick inserted in center of layers comes out clean. 10-12 minutes. Cool in pans on wire rack about 1/2 hour. Cake should be cool to the touch. Run tip of knife around side of pans to loosen layers. Lay a piece

of wax paper on a flat surface that will be able to fit in refrigerator. Take the red layer and flip over pan onto wax paper. Gently pull off the wax paper. Spread 1/3 cup of apricot preserves onto the red layer. Take the plain colored layer and remove from pan. Place it onto the red layer with the wax paper side up. Press down gently and then remove the wax paper. Spread remaining 1/3 cup of Apricot preserves onto the plain colored layer. Take the remaining green layer and remove from pan and place upon the plain colored layer again with the wax paper side up. Press down gently and remove the wax paper. In a 1 quart saucepan, heat chocolate and butter flavored shortening over low heat, stirring frequently, until melted. Spread melted chocolate mixture on top of the green layer evenly. Refrigerate until chocolate is firm, at least 1 hour. (At this point, if you want, you can cover and refrigerate for up to 3 days before serving). To serve, with a large sharp knife, trim about 1/4 inch from the edges. Cut the stacked layers into 6 strips. Cut each strip crosswise into 6 pieces. You will get 36 square cookies from this. Place the cookies in a single layer in a waxed paper lined container. They can be refrigerated for up to one week or freeze up to 3 months. These cookies must be kept in the fridge.

Italian Goda

3-4 tablespoons syrup for Italian soda, any flavor you wish. The better quality the syrup, the better. 1/2-3/4 cup Cream, half and half, or milk Ice Club soda (carbonated water)
Whipped cream (optional)

Mix in the order to prevent curdling of the cream. Start with a large glass. Pour syrup into the glass (a few tablespoons, you may like more or less). Next add the cream, half and half, or milk. Stir them together. Now fill the glass with club soda and ice. Top with whipped cream if desired.

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

The Hidden Value of Curriculum Reform: Do States and Districts Receive the Most Bang for Their Curriculum Buck?

By Ulrich Boser, Matthew M. Chingos, Chelsea Straus

Curriculum plays an important role in how students are taught, and there is a strong body of evidence that shows that putting a high-quality curriculum in the hands of teachers can have significant positive impacts on student achievement. Furthermore, curriculum reform is typically inexpensive, and some of the highest-quality elementary school math curricula cost only around \$36 per student. In short, curriculum reform is a low-cost, high-return educational investment.

To promote curriculum reform—and make better use of education dollars—this report provides new insight on how curricula are selected in every state across the country and examines the costs of those curricula. Throughout this report, the authors use "curriculum" to refer to the instructional materials such as text-books, workbooks, and software used by teachers. In compiling this report, the authors conducted extensive research—including interviews with state and district officials, along with an examination of curricula price lists—which provides a detailed picture of how public schools could increase the return on investment, or ROI, of taxpayer dollars.

The report's key findings include:

Higher-quality curriculum in elementary school math can come at a relatively low cost. The authors analyzed six pairs of curricula, where each pair included a lower-quality and higher-quality version. The authors looked at how much it would cost for a school to switch from a lower-quality product to a higher-quality one in elementary school math and found there's not much of a cost. In fact, the data that the authors collected from 19 states indicate that publishers tend to charge all states roughly the same These findings mean that nearly all opportunities for boosting ROI are a matter of choosing the best product, not finding a better price.

More rigorous elementary school math curricula can deliver far more ROI than other reforms. In compiling this report, the authors compared the cost-effectiveness ratio for each of six pairs of elementary math curricula that had been subject to a rigorous evaluation sponsored by the U.S. Department of Education. Reviewing these data in light of an influential study by economist Doug Harris, the authors determined that switching to a higher quality curriculum has a huge ROI relative to other educational policies—in large part because curricula cost so little. There are other factors at play, of course, and gains in math, for instance, can be easier to achieve relative to other subjects. But what's clear is that the average cost-effectiveness ratio of switching curriculum was almost 40 times that of class-size reduction in a well-known randomized experiment.

When it comes to math curricula in the early grades, cost does not always equal quality. There is little relationship between the cost and quality of instructional products. Prices do not vary widely across products, with the most expensive product in the same government-sponsored study costing only \$13 per student more than the least expensive product. If anything, the higher-quality products tend to cost less, and in some instances, the most expensive curriculum was among the least effective and the least expensive was among the most effective.

Policy decisions do not consider rigorous measures of curricula quality. State adoption decisions are often based on limited assessments of quality and weak proxies for alignment to state standards. Furthermore, politics often dominate the discussion over the adoption of textbooks and other instructional material, and issues such as the teaching of evolution are often center stage. There is also a clear gap between the reality of which curricula are effective or aligned to state standards and the curricula that publishers advertise as such.

Many states are moving forward with implementing the new Common Core standards, and this process offers important opportunities for the creation of innovative, cost-effective instructional products. However, these new products will not add much value if schools cannot accurately separate the wheat from the chaff. Thus, the authors recommend the following:

Invest in better product research. It is hard for observers to judge curricula quality if there is little evaluation of most products' effectiveness. The federal government has a significant role to play in continuing to support this important research, including funding randomized experiments that clearly show which curricula produce the largest achievement gains. Just as it does with medicine, the federal government should fund comparative effectiveness research. State education agencies also have a role to play in collecting the necessary data and making them available for studies of curricula quality.

Improve the state textbook adoption process. Nineteen states have a curriculum adoption process that produces a list of products that schools either must use or are encouraged to use. When hard evidence on curriculum quality is available, it should supersede the often vague impressions of stakeholder groups that frequently dominate the process. Additionally, states should replace their often limited approaches to measuring alignment to state standards by commissioning professional alignment studies of proposed curricula. States without an adoption process should consider creating one that provides actionable information to aid districts in selection decisions. Louisiana, for instance, allows districts to have complete autonomy over the selection of all their instructional materials, but the state provides districts with annotated reviews of instructional resources and groups materials into tiers based on their quality. All states should continue to allow schools to select the instructional products that are right for them but should also provide clear and accurate information about quality that obviates the need for every district to determine the effectiveness of instructional materials.

Improve the selection process in school districts. For years, school districts have struggled to make informed curriculum decisions, in large part due to a lack of reliable information on product quality. Improving the adoption process at the state level will be an important step in the right direction; but districts still need to choose the right product from the list of options provided by the state, or another product when appropriate. One promising strategy currently used in some districts is to pilot new products alongside existing

products in order to produce evidence on effectiveness before committing to the new product. Districts can also benefit by increasing information sharing across districts about experiences with different instructional products.

Create a competitive grant program devoted to creating high-quality curricula. Although the Common Core presents an important opportunity to improve instructional materials, some publishers are making overly zealous claims about their materials' alignment to the standards. Philanthropists and other independent groups should spur the creation of high-quality textbooks and other instructional materials by creating a competitive grant program. Nonprofits, small publishing companies, and innovators would then be able to apply for grants to develop and scale-up promising high-quality, openly licensed, Common Core-aligned curricula. The grant program would reward innovation, scalability, and evidence-based research supporting the key components of each curriculum.

In education, it is rare for a reform to show strong outcomes and be relatively inexpensive. However, curriculum reform is both cost-effective and worthwhile and should become a more central part of the effort to improve the nation's schools.

Ulrich Boser is a Senior Fellow at the Center for American Progress, where he analyzes education, criminal justice, and other social policy issues. Matthew Chingos is a senior fellow at the Urban Institute, where he studies education-related topics at both the K-12 and postsecondary levels. Chelsea Straus is a Policy Analyst for the K-12 Education Policy team at the Center for American Progress.

Read more at www.americanprogress.org





The weather is getting colder, the summer birds have gone and the winter birds are back at our house. Having a variety of wild bird feeders is the best way to attract a wide variety of birds into your yard. We live up in the pines above Prescott and this time of year we have many Orioles, Mexican Blue Jays, Red Headed Woodpeckers and a bunch of itty bitty finches around our feeders. One of our favorite Holiday traditions it to make homemade bird food. It is a great idea for gifts and we always have a lot of fun making them.

Simply mix the ingredients together in a large bowl or bucket. Start by adding small amounts to your feeder and store the rest in a paper bag in a cool and dry location.

WIID BIRD SHISH KABOB

Gather apples, oranges, pears, grapes, prunes, dried fruit, berries, summer squash or any other fresh fruits that you have around your kitchen or garden.

Slice the larger items into manageable sizes and poke a hole in the center of each piece. Then tie a large knot in one end of a 3 to 4 foot piece of twine. Run the twine through your fruits and vegetables. Then simply hang your stringed treats over a tree branch or on a hook and watch as your feathered friends feast on your new offering.



This is very easy to make and pinecones this time of year are plentiful. If the pinecones are wet and cold, bring them inside to warm for a day and they will open once they are dry and warm.

Pinecones Peanut butter Wild bird seed mix String or twine

Tie the string or twine to the top of the pinecone. Spread the peanut butter on the pinecone. Pour the wild bird seed in a shallow bowl and roll the peanut butter pinecone in the bird





HARVEST MIX

Many migratory birds that eat fruit will be tempted to linger at your feeders if you offer the following mix. Use a platform style feeder when offering this wild bird food mix.

2 cups of dried, chopped apples (dried apples will not get moldy as fast)

2 cups of raisins and/or dried cranberries

2 cups of chopped nuts (almonds, walnuts, or any nuts you have available)

1 cup of chopped prunes

1 cup of dried melon or squash seeds

seed so that the bird seed sticks to the peanut butter. You can add cranberries or raising to the wild bird seed mix to add some additional color and fruit. Hang outside for the birds to enjoy.



SUET

Birds love suet. You can mix it with so many different ingredients to keep them coming to your suet feeders throughout the winter. Since suet is made from lard or animal fat, during the summer months you will need to render the suet so all the traces of meat are removed and the fat does not become rancid. During the winter months, you do not have to render the suet since it does not get above 70 degrees in Prescott. I have included how to render suit if you will be giving them as a gift, since nobody likes rancid suet. We mold our suet in a plastic sandwich container so it fits in the feeder.

The process for rendering suet:

Put the suet into a pan and turn on low heat (overheated fat can catch fire). If possible use an electric skillet. If you are using your stove top it is best to use an oversized pan. After the suet melts, pour it through fine cheesecloth into a heatproof container. Then discard the pieces that did not melt. Allow the melted suet to re-harden, either in the fridge or on the counter top. The suet needs to be melted and hardened 2 -3 times before it is ready to use. If you don't do this, the suet will not cake like the ones you see in the store and may become rancid.

SWEET CHERRY TREAT

2 cups of rendered suet
1 1/2 cups of chunky peanut butter
1 cup of dried cherries
1 cup of sunflower seed hearts
1 cup of crushed graham crackers
1 1/2 cups of oatmeal

In a large bowl, add the chunky peanut butter to the rendered suet while it is still warm. Once the peanut butter is melted, add the cherries and the sunflower seed hearts. Then stir in the crushed graham crackers and oatmeal. After all of the ingredients are thoroughly mixed, put the mixture into molds or on a cookie sheet to cool.



HOLIDAY SUET

1 cup bread crumbs 1/2 cup raisins/cranberries 1/2 cup chopped peanuts 1/2 cup coconut 1/2 teaspoon sand 1 cup lard (or ground suet)

Mix first five ingredients in large bowl. Melt lard or suet in a double boiler. When in liquid form, pour over dry ingredients and mix well. Spoon mixture onto piece of waxed paper until it begins to harden and then mold to fit your feeder.

PERMUT BUTTER SUET CAKES

Wild Birds love peanut butter and suet. This recipe combines both.

1 cup of rendered suet1 cup of chunky peanut butter6 cups of cornmeal1 muffin tin with paper liners

While the suet is still warm, add the chunky peanut butter and stir until melted. Then stir in the cornmeal.

Spoon the mixture into the paper-lined muffin tins. Allow them to cool at room temperature or place them in the refrigerator. They can even be frozen until needed. You can add any combination of sunflower seeds, raisins, chopped fruit or nuts to spice up your mixture.



VERY BERRY SUET

3 cups of rendered suet
1 1/2 cups of chunky peanut butter
1 cup of mixed, dried berries. Strawberries, blueberries, cherries and cranberries.
1 cup of sunflower seed hearts
1 cup of oatmeal
1/2 cup of corn muffin mix.

In a large bowl, add the chunky peanut butter to the rendered suet while it is still warm. Once the peanut butter is melted, add the dried berries and the sunflower seed hearts. Then stir in the oatmeal and corn muffin mix. After all of the ingredients are thoroughly mixed, put the mixture into molds or on a cookie sheet to cool.

ORIOLES

My children's favorite birds are Orioles and we try to attract as many as possible to our feeders. Orioles are medium sized birds possessing a lively combination of blazing orange, yellow and black feathers. You can successfully attract orioles by offering fruits like orange slices, grapes, cherries, various berries, figs, nuts and jellies. The fruit can be offered on a simple platform bird feeder and jellies can be placed in a flat dish. If you are using a nectar style oriole feeder you can easily make your own oriole bird food.

Oriole feeders make offering these types of food easy. They are designed differently from seed style bird feeders. Some are designed to dispense nectar and resemble an orange hummingbird feeder. Others have dishes for holding jelly or hooks for holding fruit and some are a combination of several different styles. It is thought that orioles are attracted to the color orange (the color of many types of fruit). If you are having trouble attracting orioles, try tying orange cloth or ribbon on the oriole feeder to catch their attention.

Homemade Oriole Nectar 1 part sugar 6 parts water

Bring the water to a boil and then add the sugar. Boil until the sugar has dissolved. 1 part sugar to 6 parts water means that if you boil 2 cups of water you will need 1/3 cup of sugar. Let the mix cool before filling your feeder. Store any excess food in your refrigerator until ready to use. Will keep for 1 month. There is no need to add food coloring.





HOW TO STAY AWAY FROM TOY OVERKILL

By Katka Konecna-Rivera

Too many toys are another big problem these days. Yes, toys can be useful and beneficial for child's development, but as parents we should be careful and selective about them. The reality is, that toys are com-

ing to your child from all directions, and chances are those that give the toys as gifts mean well for your child (and his parents). Yet all the "toy giving" can get out of hand, quickly. Parents should be educated about the basic concerns about toys and the same should go for grandparents, daycare/school teachers and our friends-basically everybody who is directly or indirectly affecting your child's exposure to toys. Why? Because toys can also be harmful to children, both physically and mentally.

To start, we need to be aware of the following main issues that can affect your child's health as well as proper development:

1. Quality of materials used and its origin:

Since children and especially the very young ones, often put their toys in their mouth or play and eat without washing their hands, the toy material matter greatly. Many toys coming from overseas tested positive for toxic compounds, which could really be dangerous to child's health. So always check labels for used materials and perhaps the country of origin and verify the manufacturer's reputation and history for recalls. Electric toys should be labeled UL, meaning they meet safety standards set by Underwriters Laboratories.

2. Noise factor as danger for child's hearing:

According to the American Speech-Language-Hearing Association (ASHA), some toys are so loud that they can cause hearing damage in children. The Sight and

Hearing Association publishes a list of the noisiest toys every year in November to provide a guide before holiday purchases. Parents should check even existing toys at home and decide if their noise levels are safe.

3. Age-appropriate:

A toy that is beneficial to a 3-year old can pose a risk to a 3-month old. Simple as that. Most toys have the appropriate age listed right on the box, so before you buy or receive a toy for your child, always verify the recommended age.

4. Learning ability:

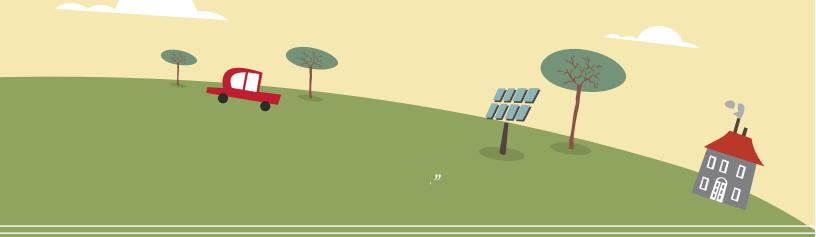
Although toys are mainly intended for playing and entertainment, we can't deny their importance in child's learning.

Therefore choose wisely, when it comes to your child's toys. If you observe that it doesn't stimulate his imagination or

curiosity, maybe it's not the right toy for him. Toys can be extremely helpful in child's development, and many electronic toys (just like TV) keep children passive without any useful stimulation, which greatly affects their brain development but also their future interests in exploration and creativity. Think about a toy as a useful tool.

When it comes to all safety concerns (as listed above), they are monitored by the The U.S. Consumer Product Safety Commission (CPSC). All toys intended for use by children under 14 years of age must comply with the federal toy safety standard enacted by Congress in section 106 of the Consumer Product Safety Improvement Act of 2008 (CPSIA).

Almost every time I visit a house with young children, the abundance of toys spread throughout the house shocks me. Not that our house doesn't have



any, which would be impossible having a 4-yearl old, but we try to moderate it. Actually, thinking back, as parents we have only purchased a handful of toys for our child ourselves. We inherited some from his older cousins, and most of the other toys were gifts from friends and family.

As of last year, I started organizing his birth-day party in a potluck style with "No gifts allowed". Of course there were few individuals such as grandma and some family members that didn't quite get it and brought gift toys as before, but most friends really got the message and brought none. Was he disappointed? Not at all. He didn't expect any and he got few. Mainly, he got to have fun with all of his friends and also decorate his own cake, so he was super happy at the end. See, sometimes quality is better than quantity.

So what's the solution when it comes to events such as birthday parties and Christmas, when children as well as their parents do expect some gifts? There might not be a perfect solution, but here are a few tips:

- 1. Ask the parents ahead, if the child needs:
- · Any clothes and what kind they prefer (color, style, material);
- · Something for school, such as books, lunch bag, school bag, supplies;
- \cdot Educational toys, such as interactive books, puzzles, bi-lingual toys, etc.
- · Any other necessities that would help the parents, such as diapers, bed sheets, training potty, feeding bottles or cups, etc.
- 2. If you know the child's interests or habits, go with your gut instinct. This might be a bit of a risk, but if you keep it practical, it shouldn't go totally wrong. For instance:

- · If the child enjoys water activities, you can get fun and inexpensive inflatable water toys or tools that will help him learn to swim or at least enjoy the water (whether indoors in the bathtub or outdoors in the pool or beach);
- · If the child like books, find a book that is different and stirs his imagination or teaches him new things in a fun way. Books are always a good choice;
- · Fun children's' plates, cups and silverware with healthy motives that can inspire kids to eat fruit, veggies and other nutritious foods;
- · Make a fun gift package with healthy snacks (refraining from giving candy and other sweets) and few useful items such as crayons, hair clips or shoe laces.
- \cdot Handmade and wooden toys are a good and ecofriendly choice

Kids don't needs an abundance of toys. What they need is quality time spent with their parents and other peers that will help them develop their social, creative and learning skills and help their proper brain development.





The New Year is a time of transition, when we're teetering on the verge of new opportunities and possibilities. Simultaneously, we're experiencing the tail end of 365 days filled with defining, transformative moments, and the imprints of these experiences—be they gains, losses, successes, setbacks—can be most palpable when we reflect upon them this time of year. Luckily, our yoga practice can help us find our footing.

"The awareness that we're always in flux is heightened this time of year, so it's important to keep coming back to that," says yoga teacher Rolf Gates. "Every new year is an opportunity to reflect upon who we are, what we experienced, and what we want to accomplish. Through reflection comes awareness, the foundation from which skillful action can arise." Committing to our yoga, meditation, and mindfulness practices can both ground us and open us up to the new possibilities, allowing this time of transition to also be a time of transformation.

Sadie Nardini, founder of Core Strength Vinyasa Yoga, echoes Rolf's sentiments on the importance of cultivating unity, harmony, and expressive ness during this time. "The new year is a reminder to stay connected to the core of your being and to live out loud, whatever life may bring," she says. "As we step into the New Year, we can apply putting inspiration into action and finding our authenticity. It's not so much about having to change who you are, but rather about being more yourself as you move through life."

Sadie notes that Patanjali's Yoga Sutras, one of the seminal texts of the yoga tradition, offers tools that can help us put our inspiration into action. Tapas—one of the niyamas, or observances, from the Yoga Sutras, which Sadie defines as "making space, new energy, and presence"—can be an especially powerful practice to welcome in the New Year. One way to build tapas, which also translates as "heat," is to create space for the things you're passionate about. As the year draws to a close, Sadie recommends reflecting upon what truly moves you and motivates you—what are the uncharted areas you want to explore?—and looking at how you can bring some of that fire into your life. At the same time, Sadie adds, notice what might be extinguishing that fire, and explore how you can remove those obstacles.

When it comes to obstacles, Aruni Nan Futuronsky, Kripalu's Senior Life Coach, believes that the expectations we put upon ourselves this time of year can derail us. Though she says it's good to have New Year's goals, Aruni suggests looking at them through a mindful, yogic lens. Instead of making "resolutions," which can be constricting, she frames them as "intentions." When we pressure ourselves to have certain outcomes without room to falter, we feel defeated if we end up, say, skipping the gym or having that slice of chocolate cake. Setting an intention offers a more compassionate approach. "It gives us permission to practice, which is not about getting it 'right' but about cultivating patience and tolerance with ourselves on our path, to soften around our expectations," Aruni says.

A powerful way to set an intention is through a ritual that brings you joy and clarity. Sadie suggests a New Year's "deep clean"—she enjoys hosting and participating in "cleaning parties" with friends around the New Year. As you shed light on those hidden places—in the closet, under the bed—you're not only removing physical clutter but also taking the opportunity to clear away what's not serving you, making space for the fresh and the new. Sadie also practices soji—a Japanese cleaning ritual that entails taking time every day (preferably 20 minutes in the morning) to clean your room, make your bed, and organize and clarify your space in a mindful, focused way.

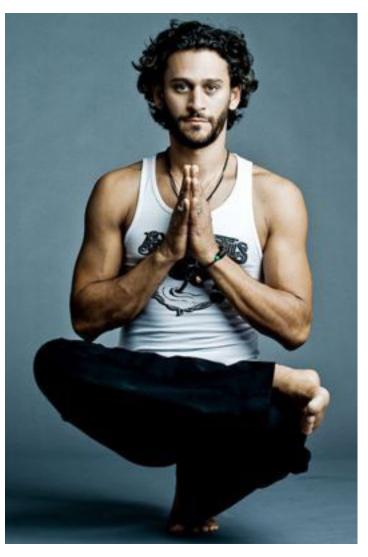
Similarly, Rolf sets the tone for his year ahead through a ritual. Every November, Rolf and his wife create a vision board on which they lay out their dreams using words and images. "In the fall, we start writing down our intentions for the next year," he says, which gives them a full three months to shape them into goals that answer questions like, Who do I want to be? What do I want? What kind of experience do I want to have? Assessing the year by fall while planning ahead for the future gives him ample time to set intentions before the holiday rush.

What if you feel apprehensive about the uncertainty of a new year, or you're mourning a loss from the year that's about to close? "Optimism is a choice," Rolf says. "We have the power to decide how we choose to cultivate our outlook, if not the circumstances we're in." Optimism and inner stillness

go hand in hand, he says, so it's important to choose experiences that connect to the core of our being, such as yoga and meditation. These tools can sustain us, usher us through these transitions, and give us more clarity as we move from one year to the next. "We label our experiences 'good' or 'bad,' but yoga and meditation makes us consider our assumptions. This is the time of year to see the fullness of our lives and to cultivate a mind that's been made stronger by practice," Rolf says.

Ultimately, being ready for the New Year is being ready for life, preparing ourselves for whatever happens with an open heart—while also establishing the resolve to pursue our aspirations. "Show up with full integrity, no matter what is happening to you—joy, loss, anticipation," Rolf says. "Where you put your vision is where your life goes."

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CALENDAR OF EVENTS



Prescott Winter Farmers Market

NOV 14 - APRIL 30

Every Saturday from 10AM-1PM on 930 Division Street (YRMC Pendleton Center)

orld's Largest Gingerbread Village

NOVEMBER 21 — JANUARY 1

Located in the lobby of the Prescott Resort & Conference Center. The village is open 24/7 November 21st through January 1st, 2016. Prescott Resort and Conference Center, 1500 E. SR69 / Heather Heights, Prescott AZ 86303

Valley Of Lights

NOVEMBER 26 - DECEMBER 30

6 pm - 10 pm

Enjoy hundreds of light displays as you drive through Fain Park in Prescott Valley. Look for the Soldier in Lights guiding you in.....

Wild-Lights and Animal Sights

NOVEMBER 27 — JANUARY 2

6pm-9pm

Heritage Park Zoo will host Wild-Lights and Animal Sights, our annual holiday display of lights. This year promises to be our biggest yet and one of the must-see holiday events in the Prescott area! Heritage Park Zoological Sanctuary, 1403 Heritage Park Road, Prescott 86301

Enchanted Christmas

Until November 30th

Experience the magic of Christmas in the warmth as you journey through our themed rooms adorned with over 1/2 million lights as you create special Holiday

memories with your whole family and friends. Perfect for all ages, there is something for everyone to enjoy!

Admission is \$5.00 Donation, Children 5 and under 1733

Prescott Gateway Mall, 3250 Gateway Blvd., Prescott, AZ 86303

Holiday Horse Drawn Carriage Rides

Saturday & Sundays through January 2nd, Noon-4pm

Complimentary Coffee, Hot Chocolate and Apple Cider in Springhill Suites Lobby.

Springhill Suites, Prescott

DECEMBER 5

33rd Annual Christmas Parade:
"The Magic of Christmas"
1pm-3pm
Historic Courthouse Square, 120 S.
Cortez Street, Prescott, AZ 86303

Upon A Wintry Night 3pm – 4:30pm The program will appeal to the entire family. Adults are \$18 in advance, students aged 13 to 18 are \$5 and children 12 and under are free. Saint Luke's Episcopal Church 2000 Sheperd's Lane, Prescott, AZ 86301

61st Annual Courthouse Lighting
5pm-7pm
Kick off "Arizona's Christmas
City's" Annual Courthouse Lighting with musical groups singing @
5pm and Ceremony @ 6pm.
Historic Courthouse Plaza, 120 S.

Historic Courthouse Plaza, 120 S. Cortez Street, Prescott, AZ 86303 Frontier Christmas @ Sharlot Hall Museum

6pm - 8:30pm

Discover holiday traditions common in the late 1800's and early 1900's, from song and attire.
This event follows Courthouse Lighting Ceremony.
Sharlot Hall Museum, 415 W.
Goodwin Street, Prescott, AZ 86301

DECEMBER 6TA

Santa with the Animals

Heritage Park Zoological Sanctuary

1 pm – 3pm

Follow along as Santa drops off

Follow along as Santa drops off presents to our different animals, then watch as they rip them open and uncover the toys and treats inside. Then, after, Santa will be available to meet with children, hear their wishes, and pose for photos. Regular admission prices apply. Heritage Park Zoological Sanctuary, 1403 Heritage Park Road, Prescott, AZ 86301

Fundraiser at The Raven Café for Arizona's Children's Association 4pm – 8pm

The Raven Cafe is opening up after hours to host a fundraiser to support Arizona's Children Association. **Cover charge is \$10** and includes a buffet dinner provided by The Raven Café, Live Music, Silent Art Auction, and 50/50 Raffle. The Raven Café, 142 N. Cortez Street, Prescott, AZ 86301

DECEMBER 9TH

Game On! 1:30pm – 3pm Video games on the big screen, snacks and fun with friends. For teens, grades 6-12. Prescott Public Library, 215 E. Goodwin St. Prescott, AZ 86303

Fun Free Family Movie Night!

4pm – 6pm

Sing with Anna, Elsa, Olaf and Kristoff in this sing-along version of the popular movie about love, sisters and accepting yourself. Bring a snack, your pillow and blanket and enjoy a fun family movie at the library. This event is free.

Prescott Public Library, 215 E.

Goodwin Street, Prescott, AZ

86303

DECEMBER 11

Acker Musical Showcase
"Acker Night"
5:30pm – 8:30pm
Enjoy over 100 musicians performing all around downtown area shops. Various business locations in downtown Prescott.



6pm - 8pm

You can expect all kinds of wintery magic!

\$10 per child, includes one first adult ticket. Tickets can be purchased at Go Bananas in Prescott and at The Kid's Trading Post in Prescott Valley.

Prescott Adult Center, 1280 E.

Rosser St, Prescott, AZ 86301

DECEMBER 12

"The Nutcracker" presented by Prescott YMCA Youth 10am – 11pm Prescott Public Library and Prescott YMCA Youth Ballet share the joy of the season through the arts of ballet, music and storytelling. The performance lasts approximately 40 minutes. For children of all ages. Prescott Public Library, 215 E. Goodwin St., Prescott AZ 86303

"Holiday Tapestry" Concert
4pm – 6pm
The first performance of the
Yavapai Youth Choir with the
Prescott Women's Chamber Choir,
under the direction of Arlene
Hardy and Amy Van Winkle.
Tickets: \$6.00-\$9.00
928-776-2000 or www.ycpac.com
Yavapai College Performing
Arts Center, 1100 E. Sheldon St.,
Prescott, AZ 86301

Christmas Bazaar @
Mt. Artist Guild
December 12 @ 10am;
December 13 @ 4pm
Mt. Artist Guild's Annual Christmas Bazaar of Handmade Gifts
from 10 Artists-Crafter's.
228 N. Alarcon St., Prescott. Information at 928-776-4009

DECEMBER 13

3pm Come enjoy this intimate concert experience with never played before songs. **Tickets are \$25-\$50 each**. Elks Theater & Performing Arts Center, 117 E. Gurley St., Prescott, AZ 86301

Esteban – "Acoustic Christmas"

DECEMBER 17

Cookie House Decorating 1:30pm – 3pm; 3:30pm – 5pm Decorate graham cracker houses at the Eighth Annual Cookie House Decorating event. For the whole

www.prescottparent.org

family. Register online, at the Youth Desk or call 928.777.1537. Prescott Public Library, 215 E. Goodwin St., Prescott, AZ 86303

DECEMBER 19

Nectar of Tea: Create Your Own Custom Blends 9am – 11am This class will focus on herbal actions and provide you with a simple but effective approach to creating teas blends that not only satisfy your senses, but also promote a healthy body. **Fee is \$25**. Nectar Apothecary, 219 W. Gurley St., Prescott, AZ 86301 www.nectarapothecary.com/classes

Last Minute Non-Profit Stocking-Stuffer Bazaar
10am – 4pm
Get your last-minute gifts, while supporting the agencies that do so much for our community.

Grace Sparkes Activity Center, 824 E. Gurley Street, Prescott, AZ 86301

Prescott Holiday Native Art & Craft

Market

10am – 6pm

Join us and shop for beautiful,
handcrafted Native American art
and crafts of all styles and prices.
Meet the artists, learn how the art
and crafts are made. There will also
be live music and dance performances throughout the day. Enjoy
some hot, homemade frybread, too!
530 E. Merritt St, Prescott, AZ
86301

Customer Appreciation Holiday Shindig @ Prescott Winery 1pm – 8pm We'll have complimentary gourmet bites and chances to win some wine related goodies.

Prescott Winery, 216 N. Alarcon St, Prescott, AZ 86301

Christmas with the Rat Pack 7pm – 9pm

Pour yourself some eggnog and get ready to be transported back to a Vegas-style lounge for a night of swingin' Christmas songs. Featuring an amazing six-piece band and talented cast of vocalists, "Christmas with the Rat Pack" is an instant classic! Tickets are \$22 - \$25. Prescott Elks Theater

Santa Claus in Downtown Prescott December 20-23 1pm - 4pm Santa Claus will be in "Arizona's Christmas City" at the Holiday Courtyard on Historic Whiskey Row! Holiday Courtyard, 150 S. Montezuma Street, Prescott, AZ 86303



Whiskey Row New Year's Eve Boot

A 6-foot illuminated cowboy boot will be slowly lowered down The Palace Building's 40-foot flagpole to ring in New Year's 2016! Two drops will happen: one at 10pm and the second at midnight with fireworks. **Execute** Event with vendors, entertainment and giveaways all night from 6pm to 12:30am. Whiskey Row, 120 South Montezuma St, Prescott, AZ 86301

Children's Art Exhibit & Reception at 'Tis January 2 - 14 2pm - 4pm In the Mezzanine Gallery 'Tis Art

Academy Children's Art Exhibit" featuring 2-D and 3-D work by over 90 students ages 4 - 15 from the fall art class series. Artists' reception Saturday January 9th 2 – 4 p.m. 'Tis Art Center and Gallery, 105 S. Cortez St, Prescott, AZ 86303

JANUARY 9

Shade the Raven: Back with a new twist.

1pm - 3pm

This special two part program featuring favorite raven, Shade, and the wonderful people she's inspired write about her and her kind. \$5 kids; free for adults. Highlands Center for Natural History, 1375 S. Walker Rd, Prescott, AZ 86303

January 13

Apollo 13: The Longest Hour Hear the inside details of the Apollo 13 epic story from Sy Libergot, NASA flight controller who was on duty when the unthinkable happened. Attend this exciting talk by the man who was at the console when it all happened.

Embry Riddle, 3700 Willow Creek Rd, Prescott, AZ 86301

JANUARY 17

Proo Sunday Cinemas and Raffle 1:30pm - 3pm

This year our annual Sunday Cinemas will kick off with "Life in the Undergrowth: Supersocieties" by David Attenborough. Highlands Center for Natural History, 1375 S. Walker Rd, Prescott, AZ 86303

JANUARY 19

Winterscapes Drawing Classes Tuesdays and Thirsdays - January, 19, 21, 26, 28

9am - 12pm

Students will concentrate on capturing the varied drama of the Arizona Highlands winter landscapes, as well as some more intimate details of nature. The grace and beauty of trees will be a special focus. The class will work in colored pencil. \$88 for four classes (10% discount for members). Highlands Center for Natural History 1375 S. Walker Rd, Prescott, AZ 86303

JANUARY 79

Insights to the Outdoors: Adventures Astronomy 6:30pm - 8pm

This special evening presentation with Brian Dewelles, you will learn about planets, stars and the constellations through his expert knowledge and an amazing mobile planetarium. Afterwards, step outside for some real night skies telescope viewing. \$17 (10% discount for members.)

Highlands Center for Natural History, 1375 S. Walker Rd, Prescott, AZ 86303 www.highlandscenter. orgv

PARENT RESOURCE GUIDE

Check out our Parent Resource Guide online for more information on events, coupons, additional links and more!



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 noncompetitive, 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
girlscoutsprescott@gmail.com
www.facebook.com/pages/Girl-Scouts-ofPrescott-Arizona/205516859488271
www.girlscoutsaz.org/programs/activitiesfor-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
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-FACEPainting

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

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

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

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

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

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.lllofaz.org/prescott.htm www.facebook.com/LaLecheLe guePrescottAz

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

Chamber of Commerce

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

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

CPR and First Aid Classes

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

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

Life Line Ambulance 1099 W. Iron Springs Road Prescott, AZ 86305 Email: info@lifelineaz.com 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 Ponderosa Pediatrics (928) 778-4581 2120 Centerpoint West Drive Prescott, AZ 86301 www.ponderosapediatrics.com

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

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

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

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

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

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

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

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

Home-School Resources

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

Lakes & Rivers

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

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

Performing Arts

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

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

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

Playgrounds

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

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

Granite Creek Park

554 N 6th Street, Prescott, AZ Heritage Park 1497 Heritage Park Road Prescott, AZ www.cityofprescott.net

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

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

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

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

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

Willow Creek Park 3181 Willow Creek Road Prescott, AZ

Shopping

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

Schools

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

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

BASIS Charter School K-10 1901 Prescott Lakes Pkwy Prescott, AZ 86301 928-277-0334 Email: info@basisprescott.org www.basisprescott.org Cedar Tree Montessori 12 months through 1st Grade 129 North Pleasant Street Prescott, AZ 86301 928-771-8785 www.cedartreemontessori.com

The Children's Garden Pre-school 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 office@latierracommunityschool.org www.latierracommunityschool.org

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

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

Northpoint Expeditionary Learning Academy High School 551 1st Street Prescott, AZ 86301 928-717-3272

Fmail: info@northpointaceder

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

Pine Grove Preschool 217 Grove Ave Prescott, AZ 86301 928-277-1424 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 1050 N. Ruth Street Prescott, AZ 86301 928-445-2322 www.prescottschools.com/

Prescott Mountain High Middle School 300 S. Granite St. Prescott, AZ 86303 928-717-3241 www.prescottschools.com

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

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

www.primaveraschool.org

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

Skyview School High School 125 South Ruth Street Prescott, AZ 86303 928-776-1742 Email: admin@skyview.k12.az.us www.skyviewschool.org

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

www.prescottschools.com Tri-City College Prep 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 6000 Longlook Road Prescott Valley, AZ 86314 928-759-4000 www.ms.humboldtunified.com

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

Bright Futures Preschool HUSD Family Resource Center – Room 422 6411 N. Robert Road Prescott Valley, AZ www.bf.humboldtunified.com

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

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

Glassford Hill Middle School 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 5250 N. Stover Drive Prescott Valley, AZ 86314 928-759-4800 www.ge.humboldtunified.com

Growing Kids Preschool 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 Prescott Valley, AZ 86314 928-775-9677 www.learningcastlechildrenscenter.com

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

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

Park View 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.yc.edu

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



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