

May/June 2015

# PRESCOTT PARENT MAGAZINE



Vol. 1 Issue 4

## SPECIAL SUMMER Camps in PRESCOTT Edition

8 World's Oldest Rodeo

39 Prescott's Parks and Places for Various Ages

44 Summers Around the Square



## SUMMER Camp 2015

Find Camp Information on page 30

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**[www.prescottparent.org/advertising.html](http://www.prescottparent.org/advertising.html)**



PRESOTT  
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MAGAZINE

## A Note From The Publisher

**i**t is May and the warm weather looks like it is here to stay! Just a few more weeks of school and the kids will be home for summer vacation. We are very lucky to live in a place that offers so many activities this time of year. I always look forward to sitting on a blanket during the evening at courthouse square with my family and listen to all the different musicians. The kids love running around with the other kids, making new friends and going just a bit further to play than they did the year before.

My three kiddos are finally at the ages where they can all attend summer camp together. Yay!! Of course my youngest is looking forward to every single camp she can now be part of with her siblings; my oldest son, not so much. I have been a very busy mama getting their schedules together for this summer and have compiled a very detailed list of the summer camps in our area to make things easier for you, beginning on page 30. Here you will find many of the camps offered with detailed information on each camp, contact information, etc. You're welcome.

Like I mentioned in the last issue, I am an avid gardener. We currently live up in the pine trees of Prescott and last year the javelina had a field day making my garden into their early morning food bar. I re-planted that garden three times! This year, I am planning on having an entire "garden" on my deck. I just bought my tomato plants from an elderly gentleman in my neighborhood. He has the biggest tomato plants every year and I'm hoping I can get them as big as his! We are also planning on using our harvested rainwater during this coming monsoon season to water the garden. It has been fun getting that all together as a family, knowing it is helping to conserve water and the kids can learn a thing or two while helping. There is a great article on how to begin harvesting your own water in this month's Living Green section. Send me an email and let me know how your efforts go!

*Heather*

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# PRESCOTT PARENT MAGAZINE

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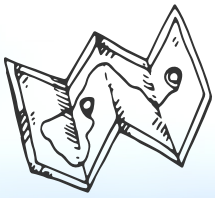
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*Prescott Parent Magazine is your family guide to the Quad Cities. Our mission is to provide insights and information to improve your quality of life. In each issue, readers find cutting edge information on parenting, travel, education, health, fashion,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



# Notes From Our Readers

"Go Bananas has been my daughter's favorite place since she was 2! I am always telling other mothers what a great place it is and I was glad to see it featured in the March/April issue of Prescott Parent Magazine. Mallory and Ashley are wonderful and we always have fun while we are there."

"I have been wanting to go "green" at our home for a few years now. Your articles in the Living Green section have given me the boost I needed to finally get started. I am already noticing a big difference with my children's allergies."

"As a parent in Prescott, I would like to say a big "Thank You!" on behalf of myself and other parents in the community to PUSD! There are many of you who had many sleepless nights, gave your all to ensure our public school system will have the ability to support our children in the future."

"I loved reading 'A Little Kindness, a Big Impact' by Mary Taylor Birkel. Seeing what an impact this program is bringing to many children and families in the community makes my heart smile. It looks like they have such a wonderful connection with Rejoyce. Coming from a single parent household myself, I know the impact other families can have on a child. I had a family who were neighbors and always took me to dinner with them, or to baseball games. That connection brought so much to my life that I would not have experienced otherwise. Great program!"

"It was nice to see the changes at Prescott Unified School District spoken of in a way that was realistic and optimistic. [Future Looks Bright for Prescott Unified School District; March/April 2015]. I have read so many different articles over the last few years about the budget crisis and this past year, the restructuring of PUSD. Some are so biased in one way or another that it can be hard to get a full understanding of what is really going on for our schools. The article did not sugar coat what the coming hurdles will be, but was an optimistic approach on how our children and community may benefit from this new structure."

"I had a very big parenting shift while reading the March/April Family Connections question and response. My daughter is 9 and I swore had been taken over by aliens the last 6 months. This is not my sweet, happy go lucky child and I could not figure out what was going on for her enough to help her. I felt the response to Brenda's question was specifically for me and my situation. I have since read all I can on "the ninth year" and it is amazing how much things have shifted at our home. I now have the tools I need to be able to help my daughter."

"We joined Prescott Homeschool Group after reading about the group. [January/February 2015]. It has been a great addition to our homeschool plan and we have made so many wonderful connections. Thank you for showing homeschool parents we are supported in Prescott and the many resources available to us. It can be a big transition to go from formal school to homeschool and it is great to see all the other families who homeschool too."

If you want to submit a short testimony please email  
[editor@prescottparent.org](mailto:editor@prescottparent.org)

***We would LOVE to hear from you!***



If you have a news brief  
please send a short  
50-250 word article to  
[editor@prescottparent.org](mailto:editor@prescottparent.org)  
More information at  
[prescottparent.org](http://prescottparent.org)

## Sages Natural Remedies Talk: Safe & Effective Herbs for Kid's



Saturday, May 16, 2015 10:00 am –  
11:00 am; Cost \$20

Instructor: Dr. Kathryn Sage, ND,  
Sage's Healing Center, Prescott, AZ  
As the mother of two young children,  
Dr. Sage knows firsthand that it can be  
difficult choosing the right herbal remedy  
when your child is sick, especially in the  
middle of the

night. In this class, she will give you the  
tools to decide when it is safe to treat your  
child at home, and when it is best to see  
the doctor. You will also learn which herbs  
are best for kids and how to use them safely  
at home. This class will include a topic Dr.  
Sage is especially excited about, which is  
“kitchen medicine”—using what is already  
available in your kitchen cupboard—herbal  
remedies that are accessible, easy, and  
surprisingly effective.

About the Instructor: Dr. Kathryn Sage is  
the mother of two adorable girls and a  
Naturopathic Physician. She believes that  
health is not merely the absence of disease or  
pain, but a state of mental, physical, emotional,  
spiritual and social well-being. Her goal as a  
physician is to assist patients in becoming  
free from disease and disharmony so they may  
achieve a whole new level of health. In practice,  
Dr. Sage utilizes clinical nutrition, herbal  
medicine, homeopathy, biotherapeutic  
drainage, hydrotherapy and other natural  
therapeutics to support the body's natural  
healing process. She also performs  
preventative exams, such as woman's  
annual exams, and can order any labs  
necessary to best track your health. Dr. Sage  
has a B.A. from the University of Puget Sound,  
in Tacoma, Washington and obtained her  
Doctorate of Naturopathic Medicine (N.D.)  
from National College of Natural Medicine in  
Portland, Oregon. SaQ

Contact Sages' Healing Center for more  
information and to register.

[www.sageshealingcenter.com](http://www.sageshealingcenter.com)

1101 E Gurley St, Prescott, AZ 86301 • (928) 458-6748

## Event for The Parent Co.

To kick off the fundraising campaign, Step Up for Kids is hosting a silent auction event in May where an array of more than 60 hand-decorated stepstools, among other items, will be available for bidding. (The stepstools, which Step Up for Kids has been creating and distributing for nearly 10 years and gave rise to the organization's name, are built especially for use by children to wash their hands in bathrooms at restaurants and other local businesses as a means of empowering them to learn independence, good habits and good hygiene.)

Stepping Out for Step Up: the 2015 Step Up for Kids Auction will be held on Saturday, May 2, 2015 at the 'Tis Art Center and Gallery in downtown Prescott. Guests will enjoy catering by El Gato Azul and music by Matt Jackson as they peruse auction items from local restaurants, shops, artists and merchants. Tickets for Stepping Out for Step Up are \$50 per person (a portion of which is tax-deductible) and may be purchased by going to [www.stepupkids.org](http://www.stepupkids.org). Proceeds will support the purchase or lease of a space to house The Parent Co.

[www.tisartgallery.com](http://www.tisartgallery.com)

105 S Cortez St, Prescott, AZ 86303 • (928) 775-0223

## Play it Forward Music and Arts Festival

Representing five generations in North America, Ronstadt Generations headlines the 2nd annual Play it Forward Music and Arts Festival, featuring musicians who have a deep passion for music and a strong commitment to mentor our aspiring teen musicians. On Saturday, May 16 Play it Forward presents a free afternoon music and arts festival in the Mile High Middle School Quad followed by an evening concert in the Mile High Theater with Ronstadt Generations and The Show Ponies from California. Presented by the Boys to Men Mentoring Network, the festival is a true community-wide event celebrating and promoting adult mentoring of children and teens. May 16th; 1pm-10pm  
1-6 PM Music & Arts Festival in the Mile High Quad - Free  
7-10 PM Ronstadt Generations and The Show Ponies Tickets: [www.pif15.eventbrite.com](http://www.pif15.eventbrite.com)

In the Mile High Theater - \$10.00, under 18 free

<http://https://www.facebook.com/PlayitForwardFest>

## Historic Downtown Prescott Walking Tours Return for the Summer

The Prescott Chamber of Commerce offers a wonderful historic walking tour to learn a bit of Prescott's historic past and present. Tours are free and appreciate donations. Approximately 90 minutes starting promptly at 10AM meeting in front of Chamber's Visitor Information Center. Bring walking shoes and a bottle of water. Tours are every Friday, Saturday & Sunday unless major event is downtown 10:00am-11:30am

\*\*Special Group Tours Available @ \$5.00 per Person.  
Call 928-445-2000 for more information

## Quest Character Parties for All Occasions

Quest Character Parties is pleased to announce that they are now servicing the Prescott and Tri-City areas! Providing Princesses, Storybook Characters, and Superheroes for birthday parties, special events, school functions, fundraisers, and more! Our Princesses, Superheroes, and Storybook characters have all been professionally trained, and know how to look and act like the "real" Princesses, Superheroes, and Storybook characters to help make dreams come true! It's our goal to make sure your child has a magical and memorable experience that they are sure to never forget! Our characters love to play games, take pictures, and sing songs! We know that everyone is different, so if you have a special request for your party/event, please let us know so we can customize the package to your needs. For more information call (928) 533-1519 or visit our website: [www.Questcharacterparties.com](http://www.Questcharacterparties.com)



## The Prescott-Caborca Sister City committee is proud to announce its Second Annual Cinco de Mayo Fiesta.

12:30-6:00pm A celebration of Cinco de Mayo featuring authentic Mexican entertainment – Mariachis, folkloric dancers, children's dance troupe, for dancing - a DJ with traditional and contemporary Mexican music, a popular Mexican singer, some children's activities, water and soft drinks, all in a fiesta-like atmosphere. Come have a picnic – Mexican style!

The Prescott Cinco de Mayo Fiesta is designed as a family event. Cinco de Mayo fiestas in the Southwest celebrate Mexican heritage and pride. Entertainment includes authentic Mariachi music and Folkloric dancers. There will be some activities specifically for children of all ages. Planned among them are face painting and, during the fiesta, magic for the kids. The fiesta will close with popular Mexican singer, José Angel.

*In downtown Prescott, on the Gurley Street side of the Courthouse, near the gazebo.*

## The Prescott March of Dimes Scheduled for September 12

Join Prescott Parent Magazine and the March of Dimes September 12th at North Main and Park Ave for the 2015 March of Dimes Walk! Registration begins at 7:30am, walk begins at 8am. Help us reach our goal of \$2000.00 by making a donation at [www.marchforbabies.org/march/personal\\_page.asp?pp=5807768&ct=4&w=7350472&u=prescott](http://www.marchforbabies.org/march/personal_page.asp?pp=5807768&ct=4&w=7350472&u=prescott) parents or by the link on our website. We are happy to be one of the sponsors for this event and hope you will walk with us!  
970-270-2552 [www.prescottparent.org](http://www.prescottparent.org)

## "2015" Prescott May Roping & Ranch Bronc Riding

Held annually in mid-May at the famous Prescott Frontier Days Rodeo Grounds, calf ropers & team ropers meet for an exciting weekend to raise money for local scholarships and participate in the YCMSP's Prescott May Roping & Ranch Bronc Riding. This family friendly brings family and rider from all over the southwest. All proceeds from this event go directly to the Yavapai County Mounted Sheriff's Posse scholarship fund and all funds stay local! This two day event takes up two Full days and features, a ton of bronc riding, the Arizona High School Championship Match Roping, a raffle, a silent auction and much more! Tickets are \$10 for adults, \$5 children (10-18), and Free for children under 10. May 9-10.

*Prescott Frontier Days Rodeo Grounds  
840 Rodeo Drive Prescott, AZ 86301*

## 29th Annual Prescott Fine Art & Wine Festival

Sponsored by the Mountain Artists Guild, this year is the 29th annual Prescott Fine Art & Wine Festival. The event is open and free to the public. Held under the majestic trees surrounding the Historic Courthouse Plaza, this year's event promises to be bigger and better than ever! This juried festival features more than 100 artists specializing in wood working, metals, jewelry, ceramics, paintings, photography, glass and so much more. The lovely adjacent wine garden will feature ten of Arizona's established, as well as up and coming, vineyards along with their award winning creations. The wine garden will offer tastings at \$12/per person which includes five tasting tickets and a souvenir glass. May 9-10. Festival hours are from 9:00 a.m. to 5:00 p.m. on Saturday, and 9:00 a.m. to 4:00 p.m. on Sunday. Come see the art and enjoy the wine in charming downtown Prescott! Event is open and free to the public. Wine tastings are \$12.00 each for five tasting tickets and a souvenir glass.

<http://www.prescottartfestivals.com>

*Courthouse Plaza – Downtown Prescott 120 S. Cortez Street*

## Prescott Highland Games

Our 11th Annual Prescott Highland Games May 9th and 10th, 9:00am - 5:00pm, at beautiful "Loch Watson" - Watson Lake Park (Hwy 89 & Willow Lake Road). This is a family event with something for everyone! There will be Athletic Competitions, Highland Dance Competitions, Bagpipe Competitions, Lively Musical Entertainment, Food Vendors (both Celtic and American fare), Merchandise Vendors, Sheep herding dog demonstrations, Storyteller, Informational displays, Historical re-enactors, Clans will be present and much more! Opening Ceremony is on Saturday, May 9th at 10:00am at the Main Tent. Please visit our website - [www.prescotthighlandgames.com](http://www.prescotthighlandgames.com) - for additional information. One and two day tickets available. We look forward to seeing you there! S'lainte!

<http://www.prescotthighlandgames.com>

*Watson Lake Park 3101 Watson Lake Road (Hwy89)  
Prescott, AZ 86303*

# World's Oldest Rodeo® listed as the one event NOT to miss in Arizona

By: Tricia Lewis - Lewis Marketing



*The photographs provided with this release are the authorized promotional photographs from the PRCA and Prescott Frontier Days, Inc. Photo credit is required, Miller Photo. Non-authorized photographs for the purpose of promotion for the World's Oldest Rodeo are prohibited.*

**P**rescott Frontier Days, Inc., host of the World's Oldest Rodeo®, was recently named the one event not to miss in Arizona by Yahoo Travel®.

**Read more here:** <http://yhoo.it/1wgrlLY>

This year marks the 128th annual World's Oldest Rodeo® held in Prescott, Arizona.

Board members, rodeo staff and over 800 volunteers have already begun planning for this “not to miss event” which will take place starting on Monday, June 29 through Sunday, July 5, 2015 at the Prescott Rodeo Grounds. Tickets are available now at [www.worldsoldestrodeo.com](http://www.worldsoldestrodeo.com).

For the past five years the World's Oldest Rodeo® has reached new heights with record attendance including several sell-out performances. This historic event captures rodeo fa-

nanatics from all over the world, near and far.

Proudly featuring eight heart-pounding performances, Arizona's second largest parade, a rodeo-dance, a kiddie parade, well-known specialty acts, famous livestock and last but not least... top contestants/athletes in the sport of rodeo.



Not only is this an event you don't want to miss in Arizona, it is also listed among the top 40 best rodeos in America and traditionally attracts the top names in the sport of rodeo from all over the U.S.

# World's Oldest Rodeo®...Continued



*The photographs provided with this release are the authorized promotional photographs from the PRCA and Prescott Frontier Days, Inc. Photo credit is required, Miller Photo. Non-authorized photographs for the purpose of promotion for the World's Oldest Rodeo are prohibited.*

Come join us! Rodeo Performances begin at 7:30 PM - (unless noted with a \*, begin at 1:30 PM). Listed below are performance times, sponsors and special events you don't want to miss.

## **RODEO SCHEDULE AND PERFORMANCE SPONSORS**

Monday, June 29 – 7:30 pm – Daily Courier

Tuesday, June 30 – 7:30 pm – Wrangler – Tough Enough to Wear Pink

Wednesday, July 1 – 7:30 pm – Country Bank

Thursday, July 2 – 7:30 pm – Murphy's Restaurant

Friday, July 3 – 7:30 pm – Jack Daniels

\*Saturday, July 4 – 1:30 pm – Ram/York

Saturday, July 5 – 7:30 pm - Coors/Canyon Distributing

\*Sunday, July 6 – 1:30 pm – Pepsi

## **SPECIAL EVENTS**

### **Happy Hearts Rodeo for Exceptional Children**

June 29 – Prescott Rodeo Grounds

### **Rodeo Dance**

July 2, 3, 4 8:00pm-1:00am

Prescott Towne Center - 1365 Iron Springs Road, Prescott

### **Kiwanis Kiddie Parade**

July 3, 8:30 am - Cortez & Goodwin

### **Prescott Frontier Days®, Inc. Parade, Sponsored by Barrett Propane**

July 4, 9:00 am – Courthouse Plaza

### **Rodeo Days Fine Arts & Crafts Show**

July 3, 4, 5 – Courthouse Plaza

[www.prescottdowntown.com](http://www.prescottdowntown.com)

### **Cowboy Church**

July 5, 8:30 am – Prescott Rodeo Grounds

*For more information, for a list of the specialty acts, details about any of the listed events, or sponsorship opportunities please visit [www.worldsoldestrodeo.com](http://www.worldsoldestrodeo.com). Tickets are now available by phone (928-445-4320) and on the website, or at the gate. Purchasing tickets in advance is encouraged as sell outs are possible.*

# EDUCATION NEWS



## Tackling Opportunity, Achievement Gaps

Two hundred fifty public education, business, non-profit, civic and government leaders examined crucial leadership strategies and promising practices and gathered resources to close gaps in opportunity that are keeping thousands of Arizona students from achieving at high levels during The Equity Event April 9 through 10 in Phoenix. The event, a first-of-its-kind undertaking, was hosted by Arizona School Boards Association in partnership with the Helios Education Foundation and WestEd and with support from the national Minority Student Achievement Network. Equity means that every student has the opportunity he or she needs to graduate ready for college, career and life regardless of factors such as family income, where they live, their race or ethnicity, culture or physical or mental ability. For education to be equitable, all students, whether they attend a school with high- or low-rates of poverty, should have access to the services they need, experienced teachers, rigorous curriculum and up-to-date learning resources, technology, facilities. "Over the decade, I've read studies on the education achievement gap, between minorities and whites, between low-income and high-income students, we're not going to beat that again with a stick," said Kim Covington, former 12 News anchor and School Solutions reporter at the event. "We're going to talk about solutions."

- See more at: [http://azednews.com/2015/04/17/arizona-groups-discuss-closing-opportunity-achievement-gaps/?utm\\_source=AZEdNews+E-Weekly&utm\\_campaign=74e33631ba-April\\_17\\_2015&utm\\_medium=email&utm\\_term=0\\_3765eecffa-74e33631ba-102467985#sthash.GxorSS5v.dpuf](http://azednews.com/2015/04/17/arizona-groups-discuss-closing-opportunity-achievement-gaps/?utm_source=AZEdNews+E-Weekly&utm_campaign=74e33631ba-April_17_2015&utm_medium=email&utm_term=0_3765eecffa-74e33631ba-102467985#sthash.GxorSS5v.dpuf)

## 'Champion for Children' Honored for Mobilizing Support for Public Schools

Donna Davis is on a mission, literally. In her role as a community mobilizer, this mother, grandmother, non-profit

professional and former military wife travels throughout Arizona on a quest to rally community support for public schools and "grow more education advocates." On Wednesday, Davis, senior community mobilizer for Expect More Arizona, a statewide nonpartisan organization dedicated to ensuring a world-class education for all Arizona students, was honored not only for growing advocates, but for being one herself. Children's Action Alliance named Davis the 2015 Phoenix Champion for Children for her commitment to improving children's health, education and security. Donna Davis, senior community mobilizer for Expect More Arizona "While I feel honored to receive this award, I want to share it with all of my friends and coworkers who inspire me every day with their commitment to education," Davis said. On her travels throughout the state, Davis said she has met people and witnessed programs that are models of excellence, but she also has seen tremendous challenges. One of them is building support for public education among older Arizonans, who no longer have children in school or at home. "People my age vote, yet we do not have children in school anymore," Davis said. "As a result, we tend to vote based on what we hear on cable news networks, or read in the newspaper or online, or talk about with our friends and neighbors of a similar age." To do so, Davis focuses on "helping people my age understand how the world we live in has changed and how education must change as well."

- See more at: [http://azednews.com/2015/04/22/expect-more-arizonas-donna-davis-on-inspiring-arizona-educators-programs/?utm\\_source=AZEdNews+E-Weekly&utm\\_campaign=073160f188-April\\_22\\_2015&utm\\_medium=email&utm\\_term=0\\_3765eecffa-073160f188-102467985#sthash.W3d824Ne.dpuf](http://azednews.com/2015/04/22/expect-more-arizonas-donna-davis-on-inspiring-arizona-educators-programs/?utm_source=AZEdNews+E-Weekly&utm_campaign=073160f188-April_22_2015&utm_medium=email&utm_term=0_3765eecffa-073160f188-102467985#sthash.W3d824Ne.dpuf)



## Teresa Bruso

Current Principal at Lincoln Elementary and future Principal of Granite Mountain

By Heather Turbiak

**T**

he current school year at PUSD is coming to a close and many new changes are in store for our children next year. I had the opportunity to speak with Teresa Bruso, who will be the incoming Principal at Granite Mountain, and find out first-hand what the new school year at Granite Mountain will bring.

**All the new changes happening for students and all involved at PUSD is very exciting. What are you most looking forward to in the coming school year as the new principal at Granite Mountain?**

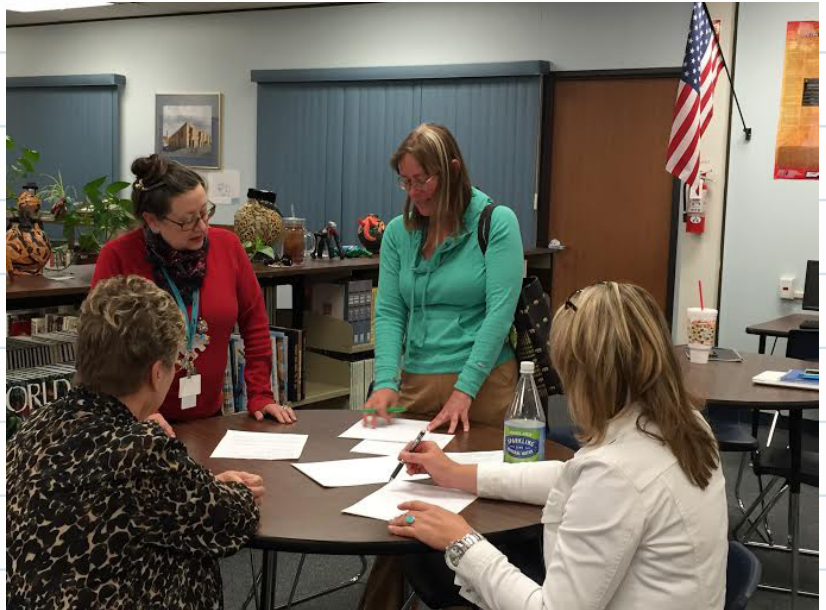
I am most excited about being able to offer every 5th & 6th grade student an educational experience that is designed to meet their educational, social, and emotional needs. While there are other districts who have implemented a similar model, this is the first of its kind in Yavapai County. Students will have opportunities to participate and explore options through music, art, intramural athletics, and a variety of after school club options. In addition, I will have some very outstanding teachers from around the district who are choosing to join Granite Mountain.

**What do you believe the benefits will be in having Granite Mountain transition from a 6-8 grade to a 5th & 6th grade school?**

We will be able to offer our district 5th & 6th graders choices beyond a traditional elementary school while still being able to keep them in a younger environment than a traditional 6-8 middle school model.

**How many children will now be attending Granite Mountain? What schools are most of the students coming from?**

We are anticipating approximately 600 students at Granite Mountain next year. Every student will be new to Granite Mountain and the majority are coming from all five of PUSD's current elementary schools. In addition, we have some students who will be joining us from some of our local private and charter schools as well.



**What do you feel will be your biggest challenge during the first year of this transition?**

Our biggest challenge will be alleviating the fears of parents and the community in regard to the changes. As educators, this is our area of expertise. While there is work to be done, we have great teams of people working to ensure we make this transition as smooth as possible for our students. Building trust with parents right now is essential. I have worked hard to communicate with families every step of the way. As a result, I do feel as if some of the fears are dissipating. However, I know they still exist. Therefore, I will continue to provide regular updates and communication to our families throughout this transition process and into next year.

**What are some of the new resources that will be available to administration, educators, parents and students at Granite Mountain?**

Students will have the opportunity to participate in band, orchestra, choir, art, PE, and/or a computer technology elective. Granite Mountain will continue to be a STEAM (Science, Technology, Engineering, Art, & Math) school. Through this model, students have the opportunity to

# Teacher Spotlight Continued....

learn the core-content subject matter and apply in real-life problem-solving ways. This requires students to be able to think critically and work with others to find solutions. All of our teachers and administrators will continue training throughout the school year to ensure every student experiences the same level of high-quality instruction.

In addition, we will be offering an intramural sports program. All students will have the opportunity to participate in sporting events and activities. It is my vision for Granite Mountain to be a school in which students have many options and can explore a variety of interests in a safe way to help determine their likes/dislikes and strengths/weaknesses.

I believe parent participation is vital to the success of our students and our school. I want to encourage parents to participate in the classroom, athletics, clubs, and a variety of extra-curricular events. We are a district-wide community school.

## **How do you feel these changes at PUSD and Granite Mountain will be beneficial to our children and community?**

As administrators, some very tough decisions have had to be made. However, throughout the process, our focus has always been on ensuring we are doing what is best for our students. As we look long-term, our district design makes a lot of sense. We will have three equitable elementary schools, and then district-wide schools in grades 5-12. Our students will be able to become unified beginning in 5th grade. Students will have the ability to form strong relationships with peers while they are still in the younger, formative year. In addition, the "rivalry" element will be removed from our elementary and middle schools.

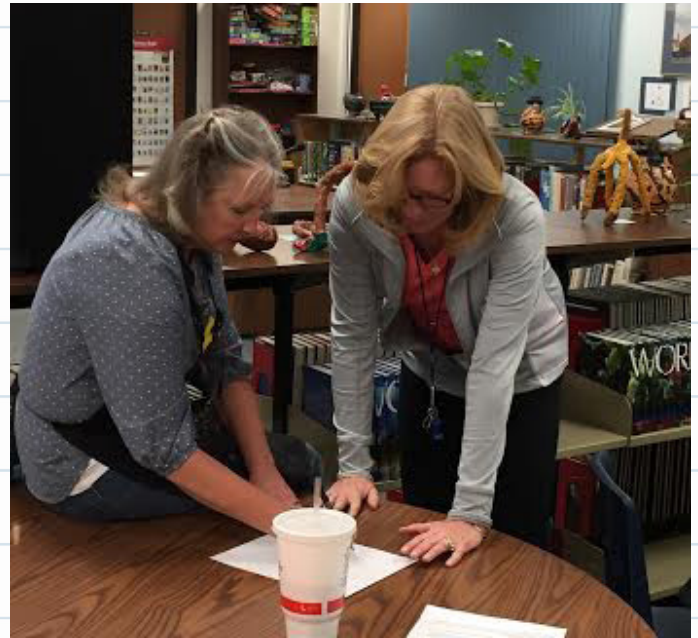
Most excitedly, we have already been able to do some great strategic, lateral planning. We have developed an aligned honors and pathways for students in PUSD starting in 5th grade that carries them through to 12th grade and beyond.

## **What advice would you give to parents to best assist their children with this transition?**

I know students are apprehensive. However, I think most are very excited about the options they will have next year. In my opinion, the greatest thing a parent can do is to set aside their own fears and help their child be excited about what next year will have in store.

**Some parents we have spoken to are concerned for the children who will be in the 6th grade class this year. This has been mostly because the children will be getting used to one new school culture and then the following year will be needing to transition to a new school again. Do you feel these children will be at a disadvantage and will be the ones who feel this transition the most and for a longer period of time than the other students?**

I do understand this concern. However, next year is going



to be the greatest transition as we will have 5 schools of students filtering into one. As students move on to Mile High, they will all be going together. They will not have to worry about making new friends that will have already occurred at Granite. I think it will be far more difficult for a student to choose another school for a year and then come back to PUSD a year later. In addition, we are working very closely with Mile High to establish many similar school expectations and norms to help all students as they transition from Granite Mountain to Mile High.

## **What will yourself and the staff at Granite Mountain be doing this summer to get ready for the 2015-2016 school year?**

I have encouraged my staff to be sure to take some time off. I am planning to take a couple weeks myself. We will need to be sure we are geared up and ready to go in August. However, this summer will be filled with lots of planning and training. We will be writing curriculum, attending a 3-day STEM training and planning workshop, working in leadership committees to plan our schools goals, our student improvement process, as well as our school wide behavior plan and expectations. There is a lot of critical work ahead but I have an amazing staff who are all choosing to be a part of our school. They believe that we will be able to provide every student a rigorous and well-rounded education at Granite Mountain!

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# Let's Go Fly a Kite

By Heather Turbiak

*"Let's go fly a kite  
Up to the highest height!  
Let's go fly a kite and send it soaring  
Up through the atmosphere  
Up where the air is clear  
Oh, let's go fly a kite!"  
-Mary Poppins, Disney*

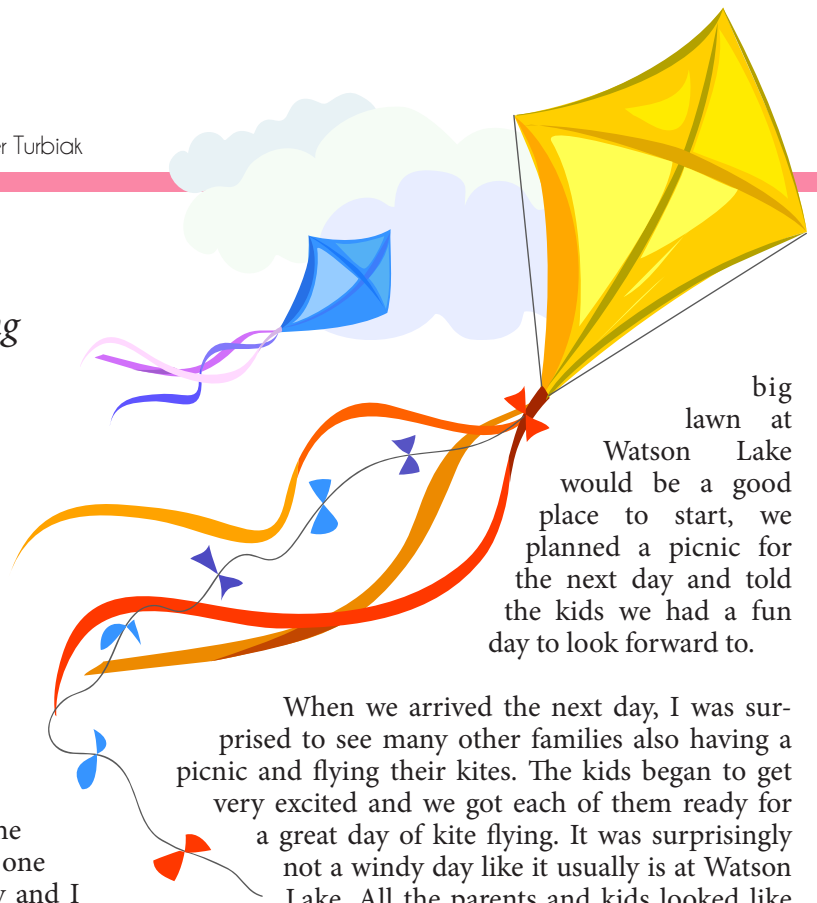
**F**lying a kite is something I have always loved to do. When I was a child, my Grandfather would take my sister and I to a place along the shore most weekends. This was a very popular spot to fly kites and during the weekend this part of the sky was filled with all different kinds of kites from dawn until dusk. The wind was always constant because the way it was coming off of the ocean, so it was the perfect place to learn how to fly a kite. Occasionally one would get swept away onto the adjoining highway and I quickly learned to have a death grip hold on my kites.

As I reached the age of 11, I graduated to my first trick kite. For years I had my eye on the box shaped one that would swoop and glide from side to side. The one that can dive down to the ground and back up again in what seems like less than a second. I was so proud the first day I brought it out and tried my best to even just get it to stay up in the air for more than 5 minutes. It was a lot harder than other people made it look all those years. Finally, after what felt like an eternity of practice every weekend, I was able to do those tricks too.

When I was 13 we moved a few states away from my Grandparents and stopped flying kites on the weekends. I was reaching the age where it was time to be a teenager and I was "too cool" to want to fly a kite anymore. By the time you are old enough to want to fly a kite again, life is too busy.

About a month ago, my sister came to visit and while I was helping her unpack, she excitedly interrupts our conversation. "Oh! I forgot to tell you! I bought the kids each their own kite!"

All of the memories of flying kites with her and my Grandfather came flooding back and the little 9 year old girl that still resides within me somewhere was very excited. We talked for hours about all those fond memories and stories in a way only siblings who share the same history can. Thinking the



big lawn at Watson Lake would be a good place to start, we planned a picnic for the next day and told the kids we had a fun day to look forward to.

When we arrived the next day, I was surprised to see many other families also having a picnic and flying their kites. The kids began to get very excited and we got each of them ready for a great day of kite flying. It was surprisingly not a windy day like it usually is at Watson Lake. All the parents and kids looked like they were having a hard time getting the kites to fly. The wind would pick up for a minute and then die right back down again.

You could tell the fathers were very determined to have a great day of kite flying with their family. Each of them were lined up along the fence line just waiting for the wind to start and every time a gust would begin to grow, they would all go running out with their kites behind them as if they were running the 40 yard dash. All the kids were running behind them just trying to keep up and get a chance to hold the string before the wind died and the kite fell to the ground again. Everyone at the picnic tables clapping and yelling encouragement like a bunch of cheerleaders. It was very funny.

After an hour or two, you could tell most parents had given up on flying the kites and the kids soon started a baseball game. Some of those kites you can find at the dollar store were flying here and there but for the most part, the kites were strewn along the ground or being packed up. The kids were a bit disappointed and the dads were very tired of trying, so it looked as if the day would be one of those to not go as planned after all.

Around 4:00 the wind began to pick up just slightly. I was watching a tree catch the cross breeze on the other side of the field and began to keep my fingers crossed that the wind would start again as the sun began to set. I noticed

the kite was beginning to lift off the ground and since my hubby was finished running for the day, I decided to give it a try. I first started trying to create a very detailed, organized way of getting the kite up. My son was not amused, so I decided to give it a shot like I used to, and to his amazement just...RUN!!



At first I thought, I am a 35 and should not be running this fast because I am definitely going to fall and break something, and I probably look ridiculous. Then I looked back, saw my families faces light up while they were jumping up and down; even my husband was beginning to jump just as high as the kids. Well, everything else just fell away and I ran like I have not run in years to get this kite up! Letting go of the string ever so slowly so it catches the wind and not taking out any kids along the way should be an Olympic sport. After running the entire length of the field and seeing the only thing I broke was some record for mommy racing, I am happy to say that kite was high and flying strong!

The other parents perked up, probably thinking "hey, if she can make a fool of herself and get that kite up there, so can I!" Pretty soon many other parents were kicking off their shoes, running and laughing with the kids like we were all in Neverland. I don't know who had more fun, the parents or the kids. It was one of those moments you don't encounter often as a grown up and we all somehow knew it.

After a few hours of successful kite flying and the sun beginning to dip behind the horizon, the grown-ups reluctantly pulled down the kites, all saying to each other what a wonderful day it was. Flying a kite is still as magical as I remember it to be.

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ASK

# Mama CLEAN



of hilarious expressions. Oh and you could bounce it, the more perfect the ball, the better the bounce.

Yes, there is a way to get Silly Putty out of curly or straight, hair. It doesn't involve scissors, and your daughter will not be wearing a hat for much longer.

Silly Putty is made from silicone; you can remove it using either baby oil or hand sanitizer. Have fun with this, you get to spend some silly time with your child, and if you are not laughing now, you will laugh later, I promise.

- 1) Use either baby oil or hand sanitizer with warm water
- 2) Massage around the scalp and area where the Silly Putty is stuck
- 3) Allow to set for five or ten minutes (good time to dance in the bathroom) then
- 4) Gently comb it through with a wide tooth comb,
- 5) After Silly Putty is all out, wash hair with shampoo.
- 6) Rejoice! That was not so bad after all!

~ Mama Clean

*Have a question for Mama Clean? Email them to [editor@prescottparent.org](mailto:editor@prescottparent.org) and possibly see it featured in one of our issues!*

## Question

Dear Mama Clean,

My family and I were driving along, peacefully I thought, on the 4th hour of a trip to see my rather particular in-laws. I should know better than to trust silence in the back seat, but somehow, tired out from the preparations for the trip, I allowed myself to be lulled. The deceptive quiet was shattered by a dread sound: "Uh, Mom?" uttered in that peculiar tone that spells disaster, "How do I get silly Putty out of my hair?" With no idea and the turn to my in laws house coming up, I told my curly headed daughter to put on a hat. (Of course the only one we had in the car was one from a truck stop on the road to Las Vegas), which she ended up wearing the entire morning. We have a large, formal rehearsal dinner to attend this evening. What do I do?

Signed,

Flummoxed Mother of a Girl with Pink Rubber – Stuck,  
Really Stuck –into her Hair

## Answer

Dear FMGPR – SRS –H,

Silly Putty, the pink predecessor to all things Gack, Squelch and Blurb. Oh yes, Silly Putty was such a wonder when it first hit the market. Mamma Clean remembers flattening out a wad onto a face from the colored Sunday comics, getting the print, and stretching it into all sorts



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### 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.



# Hiring the Right Nanny or Babysitter for Your Family

By Heather Turbiak

It's that time of year again! Summer is almost here, the kids are out of school soon and you are wondering what you will do for childcare. Interviewing, screening and hiring a babysitter or nanny for your family can seem like a daunting task. I am going to let you in on what I learned as owner of a successful nanny placement agency for many years and give you some helpful tips.

## A Nanny or Babysitter? What is the difference?

This is the most common question I received from parents when they began their process. A babysitter is your high school or college student, who has 2-3 years' experience working with children. Most have been babysitting kids in their neighborhood, or had many younger siblings and took a very active role in helping their parents with the childcare. They usually have other things going on in their lives and babysit occasionally as a way to make some extra money.

A nanny is usually in her mid-twenties or older, has worked as a full time nanny as their chosen profession for at least 3-5 years and generally takes on more of the household tasks to assist the parents. A nanny will be one to work with your family consistently during the week, usually for longer than just a summer. There are many nannies who will work with a family for just the summer and continue as needed during the school year like a babysitter, but with their experience they are considered a nanny.

## Know what your needs are before conducting interviews.

Sit down with your family and write down exactly what your needs and expectations of the nanny or babysitter are. How many hours do you need per week? Will their schedule be something consistent, or do you need to have someone who can be more flexible with the needs of your changing schedule? What kind of personality traits would you like to see in your nanny or babysitter? What level of experience would you like that person to have? Are you looking for short term care (a few months) or long term (at least 6 months and hopefully for many years)? Will you be asking them to help with anything around the house? Will they be running errands for you while out with the kids? Do you want them to take the kids out places or stay closer to home while with your children? Is it ok with you if they bring their own children along, or do you want someone who will be focusing on your children only? Will you be looking for someone who enjoys entertaining the kids, or someone who will be more laidback and just make sure the older kids don't get into trouble? Do you want someone who is going to be very active and take the kids on hikes and outdoor adventures, or are you seeking someone more with an artistic background? Are you looking for them to



feel like part of the family and attend birthdays and events, or are you looking for more of a professional relationship with them? Create your “wish list” for who your perfect childcare provider will be. What things can you be flexible around and what are the things you know you want and need for certain? The more information on what you are seeking and what your needs are, the easier it will be for you to screen those you interview for the position. After you have thought about all of this and are mindful of the kind of person you will want to work with, it is time to create your job description.

## Be honest with your family dynamic.

Having a detailed job description is not complete to any nanny or babysitter unless it speaks a bit of your family dynamic and what your family interests are. A nanny who is athletic and enjoys being out and about will not fit well with your family if your children like to hang out and play video games, so it is very important the nanny understand what kind of family you are. I have seen many parents take this as an opportunity to candy coat their family dynamic or create the family they would like to be on paper. I had many nannies call me after a few weeks and say “They are nothing like the way they said they were and I am unhappy with the dynamic their family actually is.” If you come from a loud family and your kids like running around semi-naked with buckets on their head, then mention that in your job description. The number one reason why placements did not work was because the parents were not honest with themselves and what their family dynamic really is. If the nanny or babysitter does not want to work with your family, it says nothing bad about your family, it just means they felt they were not the best fit for your needs and family dynamic.

# Hiring the Right Nanny or Babysitter for Your Family Continued...

## **Determine what your budget is for childcare.**

The benefits of having a nanny or babysitter work one on one with your children in your home are immeasurable. There are many studies which speak of these benefits and are the reasons why many decide to hire someone to work within their home. It is also a bit more expensive than having your child attend a daycare facility. In Prescott, you can expect to pay your babysitter \$8-\$10 an hour, depending on the number of children, their level of experience and duties requested of them.

A nanny in our area will make more than a babysitter and usually will begin with at least \$10-\$12 per hour. I know of nannies in Prescott who make up to \$20.00 per hour, have paid vacation and health benefits because of their experience and their ability to commit to the family. It is up to you to decide what kind of package you would like to offer your childcare provider. Again, it is best to know what your budget is and what you are offering prior to conducting interviews.

## **Conducting a productive interview.**

You have started receiving responses, have weeded out the ones who will not fit based on your wish list, job description and budget. Now it is time to begin conducting interviews with the ones you feel may be a good match with your family. Remember, these people will be working in your home, so it is important that you like them just as much as your children and enjoy having them there too. Create a list of questions ahead of time. Not too many so you overwhelm them, but just enough to get an idea of who they are, their experience, how they would handle specific situations, etc. You should have done the majority of your screening comparing their experience with your needs and the interview is an opportunity to see how your children interact with them, if they are easy to talk to, if you can see them being comfortable in your home, etc. If you are uncomfortable having them in your home before you meet them in person, you can easily set up the interview at a local playground and then set up another time for them to come over and spend some time at your house. Make sure you are able to see them interact with your children so you can get an idea of how they would be together. Listen to your child's feedback on how they felt meeting them. It is very important your children feel connected with the nanny or babysitter as they will be spending the majority of the time with them.

## **Call references and conduct a background check.**

Request at least 3-6 references from each candidate. Ask the hard questions. Did they call in a lot? Would you work with them again? What were the things you disliked about this person? Ask for both professional and personal references. Make sure you speak to most, if not all the referenc-

es you have been given. It is also very important to conduct a background check on your top choices at this time. You can find a thorough background check online for only \$50-100 dollars. This can be a bit costly if you have more than 3 or 4 candidates you like, but it is a very important part of the screening process and should not be skipped. I have found background checks that cost less than \$50.00 are usually not as accurate and may have information missing from their file. If your babysitter or nanny will be driving the children around, request for them to get a copy of their driving record at the DMV (it's only \$10) and keep copies of their driving license and proof of insurance on file at all times.

## **Have a trial period.**

I recommend choosing your top 3-4 candidates for the position and having each of them start on a trial basis for a couple of weeks before making your final decision. Unfortunately, the biggest complaint I hear from parents is their childcare provider's level of reliability. Some may not be as reliable as they state during the interview process and having a trial period enables you to really see who shows up on time, every time, and who may be the kind who calls in frequently or is always 15 minutes late. Just as some families state their family dynamic as the way they would like to be, some childcare providers would like to be more reliable than they actually are.

Spend time at home so you can see how they are with you there, as well as time away so you can get a feel for how they handle things when you are not there. Let each candidate know you are giving them and a few other people this time as a trial period and that you will be making your final decision within the next couple of weeks. This is also a good time to re-evaluate your needs and make sure the schedule you have created will work with your family for as long as you need childcare assistance. If you find the nanny or babysitter doing something differently than you would like, this is the perfect time to discuss all of that, prior to offering them the position. You will be responsible for paying them their hourly rate during this trial period.

Usually after 2-3 weeks, you will know who you would like to offer the position to. If you like your top choices equally, then you could split your needs between the top 2. This could also offer you more support if one nanny or babysitter is sick or needs to take some time off. I recommend keeping the phone numbers of all the ones you liked so you have that backup babysitter list for yourself. Your friends will also thank you when you share your babysitter list with them.

*If you have any specific questions on this process, don't hesitate to send me an email at [heather@prescottparent.org](mailto:heather@prescottparent.org).*



## Make It Fun!

By SGT Steve

I used to dislike exercising. Working out was often boring and felt like a chore. I got results doing it this way, but it was hard to maintain them because it was hard to stay on a path I didn't enjoy.

Over the past couple of years I have discovered a different approach to getting and staying fit. It's simple: Find ways to move my body that are fun. Through exploration and experimentation, I have found an exercise program that I love. In fact, I even look forward to some of the workouts instead of dreading them. I'm not even sure it's accurate to call them 'workouts'. It's more like play to me. Blazing down a trail on my new mountain bike or spinning upside down on a pull-up bar like a kid is just plain fun.

Does this mean I love every single moment of exercise? Of course not. Pull-up are still a pain and squats still burn. However, they are only part of a much bigger fitness program that has moves and routines that I love. And when I do workouts that are not fun, I make them quick and intense so they only last about 20 minutes. This is much better than the hour long mind numbing workouts I used to endure when I first started getting fit.

If you struggle with enjoying exercise, I suggest that you go out and do some exploring of your own. Try different classes. Rent a bike and take a ride. Hit a local trail and take a nice hike. Take a bodyweight class and learn how to do a handstand (one of my new favorites).

At first, any program may be challenging and frustrating. There are certain things I tried and didn't like at first. Not because they weren't potentially enjoyable, but because they were hard and had me way outside of my comfort zone. One of these was learning to use kettlebells. The first couple of times were rough, but I got better and now enjoy swinging a bell now and then. If after a few tries you still don't like something, go try something else. We live in an age where there are so many options that it's virtually impossible to not find something fun.



Getting fit does not have to suck. It's just a matter of finding what moves your heart and your body.

I wish you well on your fitness journey!

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



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# Living Green

By Marni Evans, Sustainability Expert

## Design a Rainwater Harvesting System in 6 Steps

### Rainwater Harvesting for Indoor and Outdoor Roof



rainwater harvesting systems can be as simple as a rain barrel for garden irrigation at the end of a downspout, or as complex as a domestic potable system or a multiple end-use system at a large corporate campus.

#### Basic Rule for Sizing

The basic rule for sizing any rainwater harvesting system is that the volume of water that can be captured and stored (the supply) must equal or exceed the volume of water used (the demand).

The variables of rainfall and water demand determine the relationship between required catchment area and storage capacity. In some cases, it may be necessary to increase catchment surface area by addition to capture enough rainwater to meet demand. Cistern capacity must be sufficient to store enough water to see the system and its users through the longest expected interval without rain.

#### 1. Determine What The Captured Water Be Used For

Will you be using the rainwater for irrigation only? If so, a rough estimate of demand, supply, and storage capacity may be sufficient. On the other hand, if rainwater is intended to be the sole source of water for all indoor and outdoor end uses, a more precise calculation will ensure adequate supply.

#### 2. Determine How Much Water Can Be Captured

In theory, approximately 0.62 gallons per square foot of collection surface per inch of rainfall can be collected. In practice, however, some rainwater is lost to first flush, evaporation, splash-out or overshoot from the gutters in hard rains, and possibly leaks. Rough collection surfaces are less efficient at conveying water, as water captured in pore spaces tends to be lost to evaporation. Also impacting achievable efficiency is the inability of the system to capture all water during intense rainfall events. For instance, if the flow-through capacity of a filter-type roof washer is exceeded, spillage may occur. Additionally, after storage tanks are full, rainwater can be lost as overflow. For planning purposes, therefore, these inherent inefficiencies of the system need to be factored into the water supply calculation. Most installers assume an efficiency of 75 percent to 90 percent.

#### 3. Determine the Collection Surface

The collection surface is the “footprint” of the roof or structure. In other words, regardless of the pitch of the roof, the effective collection surface is the area covered by collection surface (length x width of the roof from eave to eave and front to rear). Obviously if only one side of the structure is guttered, only the area drained by the gutters is used in the calculation.

#### 4. Calculate the Volume of Rainfall

To ensure a year-round water supply, the catchment area and storage capacity must be sized to meet water demand through the longest expected interval without rain. If the rainwater harvesting system is intended to be the sole water source, the designer must size the system to accommodate the longest anticipated time without rain, or otherwise plan for another water source, such as a well backup or hauled water.

Also, rainfall from high-intensity, short duration rainfall events may be lost to overflow from storage tanks or splashout from the gutters. Although these intense rainfall events are considered part of the cumulative annual rainfall, the total available volume of such an event is rarely captured.

Another consideration is that most rainfall occurs seasonally; annual rainfall is not evenly distributed throughout the 12 months of the year. The monthly distribution of rainfall is an important factor to consider for sizing a system.

#### 5. Estimate Indoor Water Demand

A water-conserving household will use between 25 and 50 gallons per person per day. Households served previously by a water utility can read monthly demand from their meter or water bill to find monthly demand for purposes of building a new rainwater harvesting system. Divide the monthly total by the number of people in the house, and the days in the month to get a daily per capita demand number.

#### 6. Estimating Outdoor Water Demand

Outdoor water demand peaks in hot, dry summer. In fact, as much as 60 percent of municipal water demand in the summer is attributable to irrigation. The water demands of a large turfgrass area almost always preclude the sole use of harvested rainwater for irrigation.

*Continued on page 53*



# DANGER

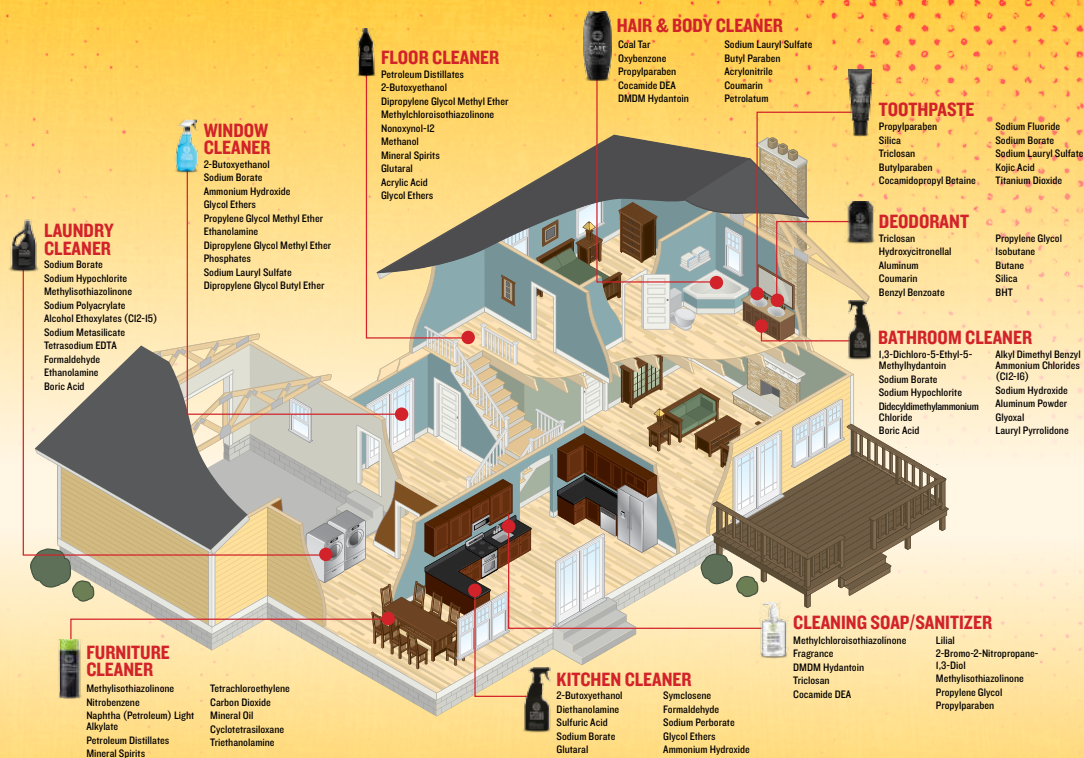
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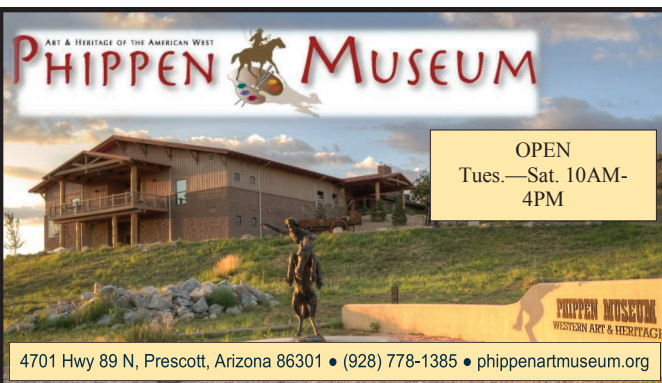


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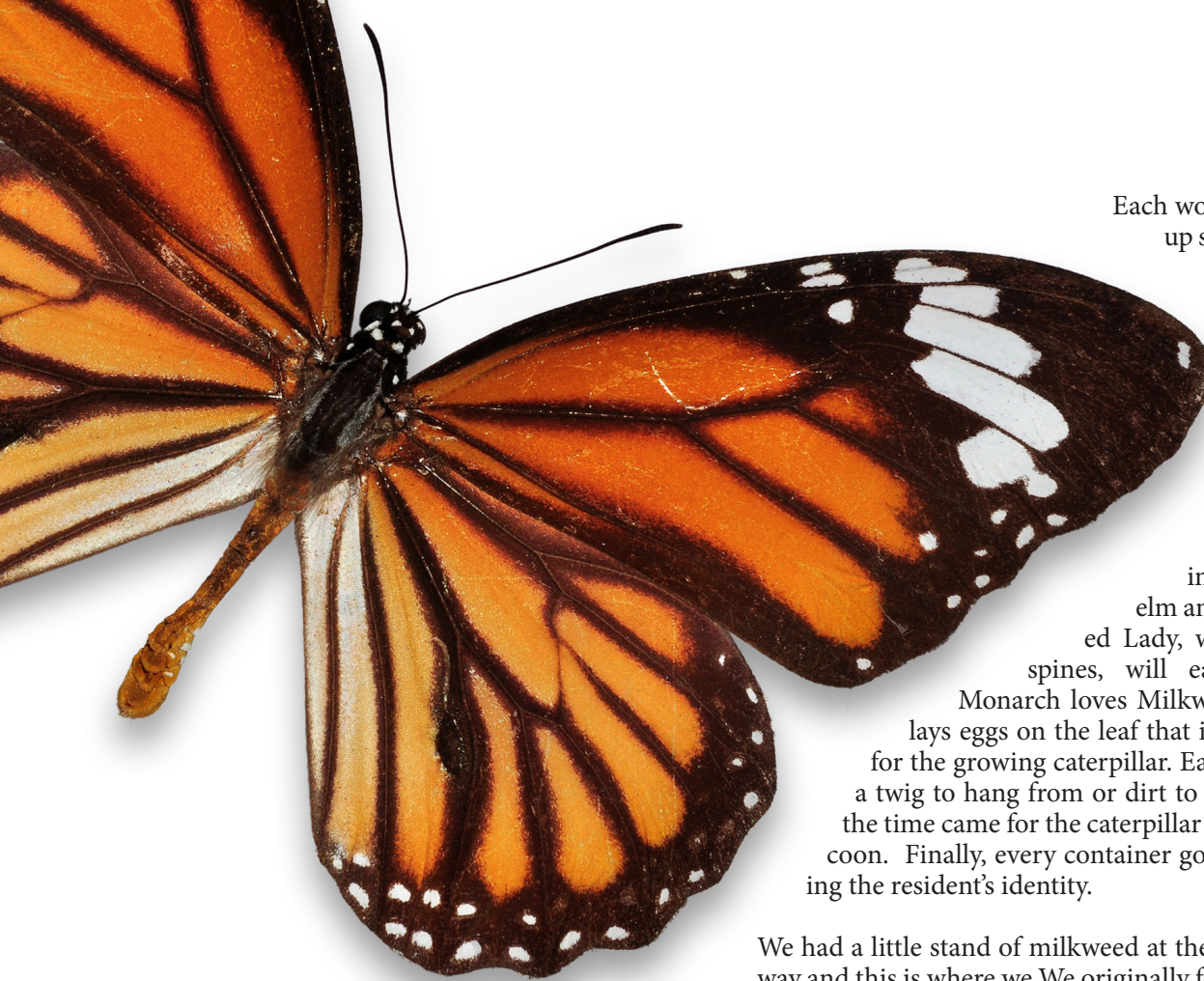
[www.prescottparent.org](http://www.prescottparent.org)



The conversation continues  
on our

Blog

[www.prescottparent.org](http://www.prescottparent.org)



Each world-in-a jar got set up so that the caterpillar would have its preferred leaves – caterpillars have specific host plants; Tiger Swallowtail likes willow, Mourning Cloak feeds on elm and wild rose, Painted Lady, with her branched spines, will eat anything, and Monarch loves Milkweed. The butterfly lays eggs on the leaf that is the favored food for the growing caterpillar. Each jar also needed a twig to hang from or dirt to burrow into when the time came for the caterpillar to retreat to its cocoon. Finally, every container got a label announcing the resident's identity.

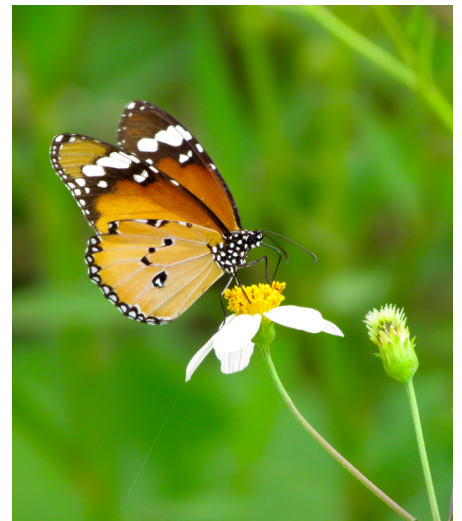
## The Monarch

By Edie Dillon

**T**he spring my son started first grade, our kitchen was full of caterpillars. Not the tiny larvae that get in flour long delayed for cooking, but jars and jars of recognizably individual wiggle worms; caterpillars with spikes on their heads or blue stripes along their sides, hairy, tufted, and bristled caterpillars, red spotted and white spotted ones, some caterpillars that were filament sized and animated, others slug like. We had one bright green meaty fellow the size of my pinky finger and that king of tubular beasts, the jauntily yellow and black striped Monarch.

The agreement was before he could bring a new caterpillar to the kitchen shelf; our obsessed collector would need to find out what it ate along with anything else needed for a fighting chance at survival. He poured over field guides and compared pictures. Every match between the critter in his hand and one in the book was a triumphant unlocking of code. The possibilities of shape and form in the pages on either side of the new match hinted at a dazzling truth; that the varieties of wonder are astoundingly many.

We had a little stand of milkweed at the end of our driveway and this is where we We originally found the Monarch caterpillar in a little stand of milkweed at the end of our driveway. Our small naturalist and his sister watched the caterpillar chomp through the handfuls of fresh leaves they brought to it every day. Over two weeks it doubled, then tripling in size. One quiet afternoon with no ceremony, it did exactly as the book had predicted and we had not quite believed; crawled up a branch, folded itself in half and somehow turned itself into a  $\frac{3}{4}$  inch tetrahedron of translucent emerald green with elegant trim of tiny golden beads.



Young children go through a similar metamorphosis. During the first seven years of life, the developing body goes through a profound metamorphosis; every cell that

was originally received from the mother is transformed, rebuilt to become uniquely individual to the specific child. (The transformation is finally complete when the loss of baby teeth signals that the child has become wholly herself, right down to the hardest substance, the tooth enamel.) A new and vivid life of imagination appears between ages seven and fourteen as the individual becomes ready for more formal learning.



We watched and waited for ten excruciating days while the Monarch chrysalis dangled without change from its small branch. It seemed a gleaming, impossible promise. The emergence was agonizingly slow at first. We thought the butterfly was damaged - something must have gone wrong; time and inner knowing could not, after all, be the simple ingredients of this marvel. Finally one wing, then the other started to unfold, fill with blood and begin a slow motion flap that revealed a stunning black and orange veined pattern rimmed with jolly white polka dots on a ground of black velvet. After several hours rest, the Monarch seemed ready to fly. We brought it out of the jar and stood in the back yard with a bittersweet feeling for the little life that had shared our shelf for almost a month. At last, it lifted nonchalantly from my daughter's hand, fluttered around our heads for a moment, and flapped off, joining a multi-generation migration that will encompass 2500 miles.

14 springs have passed since we raised the Monarch. Neither of my kids grew up to be a professional naturalist as one might have predicted. Our son is a guitarist in a band that will tour the west coast this summer. Our daughter works in an orphanage in Northern India where children from the worst circumstances imaginable find food, a community, school, and a chance at a new life.

I think it likely that the sense of empathy and optimism my children carry; their belief in crazy possibilities, unlikely outcomes, and impossible adventures that turn out well, has something to do not only with the miracle transformations of the Monarch's time with us, but also with the manner of its leaving; that elegant and certain flutter over the pinyon trees into the blue sky and the bright unknown.

## Blank Skies - A Butterfly in Peril

The monarch butterfly population has declined dangerously during the last decade. The year we raised our monarch, up to one billion of the butterflies made the epic fall flight from the northern plains of the U.S. and Canada to sites in the fir forests north of Mexico City. During migration more than one million monarchs overwintered in groves along the California Coast. There has been a 90% drop since then; researchers and citizen scientists estimate that only about 33 million monarchs remain. Conservation efforts include restoring and creating habitat by planting milkweed as well as ongoing efforts to identify, understand, and protect existing monarch overwintering and breeding places.

### Resources:

*The Xerces Society for Invertebrate Conservation was established in 1971 to harness the knowledge of scientists and the enthusiasm of citizens to implement conservation programs. The Society uses advocacy, education, and applied research to defend the small creatures essential for the reproduction of most flowering plants and the sustenance of birds, fish, and other animals. Their website has lots of great information on conservation of Monarchs and other butterflies and pollinators. <http://www.xerces.org/monarchs/>*

*Local Source for Milkweed Seed (grown at Painted Lady Vineyard in Skull Valley): Terroir Seeds, <http://www.underwoodgardens.com>. (888) 878-5247. You'll find a blog and video on their website about the amazing outpouring of community effort to plant milkweed at the vineyard as well as the innovations necessary to separate seed from "fluff." <http://www.underwoodgardens.com/making-a-difference/growing-milkweed-monarch-butterfly/#.U3Ejw-DlefI>*

*Monarch Butterfly Website: A source or butterfly raising "kits" and especially other kid friendly information on monarchs: <http://www.monarch-butterfly.com>*

*Highlands Center for Natural History: The Highlands Center helps children and adults discover the wonders of nature and become wise caretakers of the land. Located near Lynx Lake on Walker Road, the Highlands Center runs numerous programs nature walks, talks, and summer and vacation camps. <http://www.highlandscenter.org/>*

*For Waldorf philosophy and young children, Beyond the Rainbow Bridge: Nurturing Our Children from Birth to Seven by Barbara J. Patterson, Pamela Bradley, Jean Riordan*



# Fashion with Smart & Girls

Uniquely You

By JoAnne Colleher

## BE *you* TIFUL

**F**ashion is an industry, a preference and a tool. Just like any other tool it can be used in so many different ways with many different outcomes. It can be used to construct something beautiful or when used incorrectly, it can be destructive. But we choose daily how we use this tool.

We are each created differently with different tastes, abilities and talents. We are each beautiful in our own ways and we can use fashion as a tool to enhance that beauty. I believe beauty is as much an inward quality, as it is an outward one. We tell a story in the way we dress each day, of who we are and how we're feeling. I have learned as I've gotten older and worked with more ladies who come into shop, that they often dress a certain way because they're desiring something. They may be desiring just to look great and fashionable. They may be desiring to still look young or desiring to hide or mask something. But they all desire something. For some, it's a healthy desire and for others, not so much.

As women, we live in a day and age that chews us up and spits us out from the magazine covers, tv shows, movies and more. We're frequently told who we are just isn't good enough and so we end up hiding behind whatever desire it is we have.

But when we dress for who we are today, we can feel more confident and beautiful embracing who we are right now.

Sometimes we just need to be reminded that we are beautiful, regardless of shape or size. We should be using fashion as a tool to help us enhance our beauty, not hide it!! Maybe you hide in sweats because you don't like your shape and

size and desire to hide that. Maybe you still shop in the clothing department for the juniors even though you're decades older than they are, because you're desiring to still be and feel youthful. Maybe you dress a little more revealing because you just desire for someone to notice you! You should know this...You are BEAUTIFUL, just the way you are. Embrace who you are right now. Embrace your age, weight, height and other features, even if there's something you want to change. Embracing it may just give you the encouragement to help you move toward change! If it's a feature you don't like but that's permanently part of you, remember that you are beautiful and you were made that way! Meaning you were beautiful from the start even with that feature. You were beautiful then and you're beautiful now! Embrace your age as well! Your age means you have wisdom and you've experienced life, so embrace where you are right now and don't feel the need to dress young to feel young. You're beautiful just the way you are right now! Let your fashion express who you are. Your fashion is simply an expression that's uniquely you! Don't feel like you have to follow every trend or style but put effort into enhancing your beauty and who you are today! When we dress for who we are today, we can feel more confident and beautiful in our own skin.

*SMARTgirls Resale Fashion*

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*Check out their \$3 discount days on the 2nd and 4th Saturday of every month!*

... and so with the sunshine and  
with the great bursts of leaves  
growing on the trees, just as  
things grow fast in movies, I  
had that similar conviction that  
life was beginning over again  
with the summer.

~ F. Scott Fitzgerald

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## ... JOIN PANTHERS CHEER TEAM ...

**Come check out the Panthers cheer team at Synergy!**

Beginner and intermediate classes available!

Students will learn how to do jumps, stunts, flips and dance routines. Students will also participate in performances at the gym and around the Tri-City area!

**Wednesdays from 6-7:30 & Fridays from 5:30-7:00**

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Stop by and try the class for FREE!*

## ... SYNERGY 2015 GYMNASTICS & CHEER SUMMER CAMP ...

### **Cheer Camp**

June 9 – 12 9:30am - 12:30pm

July 7 - 10 9:30am - 12:30pm

### **Gymnastics Camp**

June 16 - 19 9:30am - 12:30pm

July 14 - 17 9:30am - 12:30pm

REGISTER TODAY FOR ONLY \$65 AND GET A CAMP T-SHIRT

PERFORMANCE AT 12:00 THE LAST DAY OF EACH CAMP!

TUMBLING AND TRAMPOLINE, OBSTICAL COURSE, GAMES AND MUCH MORE!

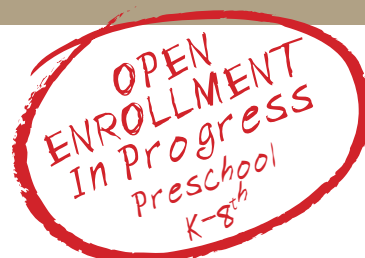
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10. Having a garden plot at the Prescott Community Gardens
9. Rodeo Days
8. Hiking
7. Ice Cream at Frozen Frannie's
6. Canoeing on Watson Lake
5. Camping
4. The 4th of July Carnival
3. Seeing the animals and playing in the sprinkler at Heritage Park Zoo
2. The playgrounds!
1. All of the fun Courthouse Square Events

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### K-8 PROGRAM

- Christ-centered nurturing environment
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- Active hands-on learning
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- Full 3 hours of instruction each day



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# Desert Mother – Nothing Gone To Waste

Natalie Durham

Mother brings over dying ivy, drooping brown edged leaves  
“It doesn’t like it inside plant it in the yard.”  
three chairs, that need to be reupholstered  
“They’ll go with your dining table when we change the  
naugahyde to red.”  
raspberry kefir that must be drunk  
bought on sale because its expiration date has come and  
gone

when something can’t be used any longer  
she stores it next to the garage in a  
mélange of oily scrap wood, car parts, and empty frosted  
bottles  
rusty cast iron frying pan for cooking wax  
every shaving of sterling sheltered in a vintage tea tin  
“No don’t throw that away what’s it for? It’s an idea.”

Her desk stacked with ideas  
ideas splashed across the walls: blue, wire-rimmed, knitted,  
torn, cupped, tarnished  
suspended in glass, a thousand tiny bubbles  
ideas lost and found as summer squeezes into fall  
we arrange the studio so that she can see all of them:  
concrete landscape dotted with multi-colored cotton balls.

She holds out something small, plastic, a shade of sun faded  
pink  
“Look at this imagine this in bone or wood or bronze.”  
Looking I see her etched against the afternoon sun  
the template  
forged from metal and fire  
conduit of heat

every seed dropped, she gathers  
plants in her body, brain, heart  
breathes in spore to sprout in her lungs  
shivers at the edge of the mine where her copper toned  
dreams  
are bled from rock  
every ounce washed in earth, in acid

I was born from her heat, her kindling  
a spark in her womb  
she carried in the furnace of her body  
stoked with care  
fed with tenderness  
guarded fiercely, desert mother  
knows what one drop of water means in a land without rain.



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**March for Babies Prescott Quad-Cities  
Walk and 5k Run**

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

**Join March of Dimes, local residents, families  
and businesses in the biggest walk  
for stronger, healthier babies!**

**Register at [marchforbabies.org](http://marchforbabies.org)**



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# SUMMER CAMP

## Information



### Highlands Center for Natural History

The Highlands Center's Friends Understanding Nature Camps (F.U.N.) is a wonderful way for children to spend a week of their summer while learning to wonder, discover, explore, and play. Each camp ventures through our 80-acre campus in the Prescott National Forest. The full day camps spend the mornings interacting with peers through fun educational activities. The afternoon consists of free-play at Lynx creek, journaling, art, and games. Our half-day camps spend their morning exploring their new environment and playing educational activities with their late morning closing with art and free-play among the Ponderosas. All camp participants never cease to develop passions through discovering the mysteries of the animals, plants, and the land of the Highlands

#### Summer Sprouts (ages 4-6) - A New Awareness

June 8-12 & July 6-10; 8AM-12PM

\$135 non-members; \$80 members; Scholarships Available.

These Sprouting naturalists will begin to investigate their natural surroundings through observations and exploration. Students will identify the meaning home for both people and other living things. The Summer Sprouts will also begin to identify the important interaction between living and non-living things in their local environment.

#### Wild Explorers (ages 6-8) - Patterns and Predictions

June 8-12 & July 6-10; 8AM-4PM

\$205 non-members; \$150 members; Scholarships Available.

Each morning the Wild Explorers will become budding scientists through exploration, investigation, and play as they find patterns, collect information, and solve puzzles to figure out the secrets of the Highlands. The afternoons will be filled with free-play in Lynx Creek, outdoor games, writing and art.

#### Outdoor Investigators (ages 8-10) - Balancing Act: Interdependence in the Highlands

June 15-19 & July 13-17; 8AM-4PM

\$205 non-members; \$150 members; Scholarships Available.

This year the Outdoor Investigators will dive into a fun and exciting exploration of the incredible balance of life here in the Highlands. As we become thought-

ful observers of the complex interdependence of life we'll consider how to interpret the health of an ecosystem as well as how changes to an ecosystem can affect that delicate balance. Students will engage in activities to discover the unique relationships between plants and animals in our environment, and learn ecological patterns shared across all ecosystems. The afternoon will feature unstructured free-time and games as we continue our personal discovery of the all the wonder the highlands has to offer.

#### Highlands Adventurists (ages 11-13) - Stability and Change: Forces in the Highlands

June 22-26; 8AM-4PM - Includes a Campout on the evening of Thursday, June 25th

\$205 non-members; \$150 members; Scholarships Available.

The Highlands Adventurists will embark on a captivating journey from past to present as we investigate what happens to ecosystems when the environment changes. Students will engage in active exploration of historic and current events that have shaped ecosystems in the Highlands and evaluate varying effects on the plants and animals that live here. We will find out what it means to be a healthy ecosystem and ask ourselves what the future may hold for biodiversity in the Highlands. After lunch there will be time to play games, explore even more, and continue enjoying the rich environment of the Highlands. The Highlands Adventurists have a campout scheduled for the Thursday evening of the camp. This campout will include dinner, evening hike, fire-side stories, and a sleep-over at Lynx Lake Camp Grounds. In the morning after a healthy breakfast students will continue on through their last day of camp back on the Highlands Center Site.

#### Jr. Naturalists (ages 14-16) - The Path for Natural Growth in the Highlands

July 20-24; 8AM-4PM - Includes a Campout on the evening of Thursday, July 23rd

\$205 non-members; \$150 members; Scholarships Available.

This year Junior Naturalists will discover new areas of the Highlands forest while exploring and challenging their interpersonal skills. Campers will gain new perspectives on the Highlands ecosystems through guided naturalist hikes and experiential games in the morning. In the afternoon, campers will be using the knowledge they gain from the natural world to look deeper into their surroundings and themselves. The Jr. Naturalists have a campout scheduled for the Thursday evening of the camp. This campout will include dinner, evening hike, fire-side stories, and a sleep-over at the Lynx Lake Camp Grounds. In the

# Summer Camp Info Continued

morning after a healthy breakfast students will continue on through their last day of camp back on the Highlands Center Site.

Register for the above Highlands Center camps here... <http://www.highlandscenter.org/programs/youth-programs/13-day-camps>  
1375 S. Walker Road, Prescott, AZ 86303 | 928.776.9550

## Heritage Park Zoological Sanctuary, Summer Zoo Camp

Join Heritage Park Zoological Sanctuary this summer for an exciting



and fun experience at Summer Zoo Camp. 8:30am-3:00pm Monday-Friday. Each day is packed with activities. Children will create animal art, tour the Sanctuary, meet live animals up close and play some fun animal games during this exciting week! Age groups are 6-8 year olds and 9-12 year olds. The cost per week is \$150/members and \$175/non-members.

This year's schedule is:

**Week 1:** June 8 - 12: Habitat Happenings: Learn about specific animal habitats: rainforest, mountain, desert, etc.

**Week 2:** June 15 - 19: In the Garden: Learn what creatures make the garden their home, and help plant & harvest food for the animals.

**Week 3:** June 22 - 26: Hunter or Hunted?: Learn the strategies hunters big and small use to find their food.

**Week 4:** July 6 - 10: Wild by Design: Learn How every animal has adaptations to help it survive.

**Week 5:** July 13 - 17: Animal Communication: Learn how animals communicate and how we can learn to interpret what they are saying.

**Week 6:** July 20 - 24: Mythical Creatures: Explore the world of dragons, unicorns, phoenixes and more.

Don't miss the fun! For registration and more information please call 928-778-4242 ext 18. Pre-registration is required.

[www.heritageparkzoo.org](http://www.heritageparkzoo.org)  
1403 Heritage Park Rd  
Prescott, AZ 86301  
(928) 778-4242

## Nike Baseball Camp @ Embry Riddle

Ages 10-18

July 26-30th Boys only. Overnight: \$645.00 Day 9am-4pm \$425.00 - 1800-645-3226

Play some baseball in Arizona this summer and receive top notch instruction that will take your game to the next level! At camp campers will train in all areas of the game - hitting, fielding, base running, and team play. Join the fun and get better!

Embry Riddle:  
3700 Willow Creek Rd  
Prescott AZ 86301

## Arizona Soccer Camp @ Embry Riddle

Ages 8-10, boys and girls. 8:30am-8pm \$450.00; Overnight \$665.00. June 7 - 12

The Arizona Soccer Camp offers a unique program of instruction that develops each camper's skills and tactical awareness.

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

## NBC Basketball Camp @ Embry Riddle

Ages 11-18. Girls Attend July 6-10; Boys Attend July 13-17. Extended day: \$495.00; Overnight: \$545.00

Complete Player Camps focus on the crucial keys to becoming a great player. We break our teaching into four focus areas: Individual offense, defense, shooting and team skills. Campers are separated into teaching groups and teams based on their age and ability. Complete Player Camps emphasis extensive skill development, intensity, enthusiasm, leadership, and team work. Many athletes who have attended our program go on to play at the college level and beyond. NBC Camps full-time staff work year round to make NBC Camps the premier basketball camp in the world. US Sports is proud to offer the Arizona Soccer Camp at Embry Riddle Aeronautical University in 2015. The camp offers a variety of sessions to challenge beginners and college hopefuls. Players are grouped by age and ability into teams that are under the supervision of our professional staff. Besides the twice a day technical training, campers also participate in scrimmages each evening to integrate their newly learned skills into real game situations.

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

# Summer Camp Info Continued

## Ponderosa Ranch Overnight Camp

July 6-10. Ages 7-12

The Salvation Army offers a fun, affordable week long sleep away camp at Ponderosa Ranch for children ages 7-12. Kids spend a fun filled week in the mountains learning archery, climbing the rock wall, enjoying crafts and much more at Camp Ponderosa Ranch in Herber, Arizona.

Call 928-778-0150 and speak with Shona for more information.

## Summer Day Camp @ The Salvation Army

July 13-17 8:30am-1:00 Ages 5-16 Free

This year's camp theme is "Everest Conquering Challenges with God's Mighty Power." Activities, movies, arts and crafts and devotionals are just some of the fun things the children will be doing. There is a performance the last day of camp for parents and family. Contact Shona Heineman 928-778-0150 ext.113 Fax 928-778-6994



## Synergy Gymnastics Summer Camp

June 16-18 9:30am-12:30pm or July 14-17 9:30am-12:30pm  
\$65 includes t shirt.

Learn new methods on the trampoline, obstacle course, games and much more! Reserve your spot now as space is limited. Performance the last day of each camp at 12:00. There is a limited number of spots, so call or come by today to register. [www.synergymnasticsaz.com](http://www.synergymnasticsaz.com) 546 6th St, Prescott, AZ 86301 • (928) 899-4589

## Synergy Gymnastics Cheer Summer Camp

June 9-12 9:30am-12:30pm; July 7-10 9:30am-12:30pm. \$65 includes t shirt.

Learn all about what it takes to be part of cheer. Performance the last day of each camp at 12:00. There is a limited number of spots, so call or come by today to register. [www.synergymnasticsaz.com](http://www.synergymnasticsaz.com) 546 6th St, Prescott, AZ 86301 • (928) 899-4589



## YMCA, Prescott Summer Day Camp

Monday-Friday: 6:30 am – 6:00 pm

Day Camp: 9:00 am – 4:00 pm Camp Circle begins promptly at 9:00am, buses leave @ 8:00 am for scheduled field trips. Extended Care: 6:30 – 9:00 am and 4:00 – 6:00 pm (No Additional Fee)

YMCA Members: \$19.00 per day / \$95.00 per week

Community Members: \$21.00 per day / \$105.00 per week

Coed, Entering Grades 1-5 (Middle School will enroll in the Adventure C.O.R.P program)

Attend Day Camp this summer and experience the Fun! Summer Day Camp is a fast-paced, structured Full Day program, designed to promote the social, emotional, physical, intellectual and recreational needs of school-age students. Each week introduces a new "Theme." Weekly activities include Crafts, Outdoor Group Games, a Science, Gardening, Cooking, Board Games, Swimming, Indoor Group Work, Field Trips, Camp Songs, Skits, and more.

### This Year's Schedule:

May 26-29: Cruise into Summer

June 1-5: Spirit Week 2015

June 8-12: H2WOW Water Week

June 15-19: Circus-Under the Big Top

June 22-26: Around the World

June 29-July 3: Wild, Wild West

July 6-10: A Pirates Life For Me

July 13-17: Back to the Future

July 20-24: Christmas in July

July 27-31: Land of the Lost

Make new friends and create memories that will last a lifetime! Don't delay, as group size is limited.

<http://prescottymca.org/index.php>

750 Whipple St

Prescott, AZ 86301

(928) 445-7221

## Challenger Soccer Camp, Prescott Valley

\$80 week; Mountain Valley Park Prescott Valley, AZ

Challenger Soccer Camps are the leading provider of summer camps in the United States and Canada with over 3,000 communities hosting British Soccer, Tetra-Brazil and Freestyle soccer camps and clinics for over 150,000 players. After 20 years of research in over 2,000 communities in the

# Summer Camp Info Continued

USA and Canada, Challenger has developed an innovative way of coaching your players that revolves around fun, personal challenge, maximum participation and constant positive feedback. The Challenger Way not only addresses the technical, tactical, physical and psychological requirements of the game at each age level, but more importantly it focuses on the child as an individual! 800-878-2167

## Camp Daisy & Harry Stein

Camp Daisy and Harry Stein, owned and operated by Congregation Beth Israel in Scottsdale, is a unique and exciting place. A Jewish overnight summer camp nestled in the majestic Bradshaw Forest of Prescott, Arizona, it is a place where campers discover more about themselves, their abilities, & their Judaism. A summer of fun, a lifetime of memories! 3400 W Camp Pearlstein Rd, Prescott, AZ 480-951-0323

## Orme Summer Camp

\$1625.00 a session

Established in 1929, The Orme School is a uniquely distinctive, college-preparatory, co-educational boarding school for grades 8 through 12, set on 300 acres in rural Arizona. Our primary mission is to develop sound character, scholastic growth, and intellectual curiosity, so students can succeed at the college of their choice, as well as in life. Orme's close community is structured, supportive, and diverse. We emphasize the awakening of untapped potential, development of inner resourcefulness, self-respect, integrity, respect for others, and personal responsibility in our students' everyday lives. Our challenging curriculum features a combination of classroom instruction, hands-on learning and both environmental and aesthetic awareness. From the academic program to residential and community life, the guiding principles of Excellence, Tradition, and Character are applied to every facet of an Orme education. HC 63 Box 3040 Mayer, AZ 928 632-7601

## Friendly Pines Camp



We are a residential summer camp for all boys and girls ages 6-13. Friendly Pines Camp is a family-owned, independent camp. The camp is accredited through the American Camp Association (ACA) and a member of the Western Association for Independent Camps (WAIC). During the rest of the year Friendly Pines Camp rents its facilities to a wide variety of groups for

retreats, conferences, and other gatherings. The camp located in the Bradshaw Range just south of Prescott, Arizona, which is about 2 hours northwest of Phoenix, about 2 hours southwest of Flagstaff, and about an hour west of Sedona. We are at an elevation of about 6300 feet and enjoy comfortable warm

summers and mild winters. Much of camp property borders the Prescott National Forest.

From its earliest days Friendly Pines Camp has been a fun place where boys and girls could learn. Friendly Pines, however, strives to be very unlike school. The classroom is our vast mountain forest, and the learning comes from doing. Much can be discovered about one's own nature by gazing into a night sky of a billion stars. A simple camp-out teaches the lessons of teamwork. Caring for animals or working on an art project develops patience. And sharing a space and time with friends, inspires a sense of community and compromise. The Friendly Pines Camp program offers a non-competitive program of over 30 activities. After campers select the activities in which they wish to participate, a schedule is created for each. Each boy and girl selects eight hours of activities. It is an integral part of the Friendly Pines' philosophy to have the campers pick a limited number of activities they really want and allow them to participate in the same activities repeatedly, thus developing skills and confidence. This approach is in opposition to a program that has campers try everything but maybe only once. We believe that campers will have the most fun and learn the most when they are doing what they want. Many of our activities are offered on elementary, intermediate, and advanced level. This allows each camper to participate at a level best suited to his or her skill and experience. Our qualified instructors utilize lesson plans that have been developed over 70 years of experience. Staff are encouraged, however, to be innovative and to keep pace with new technologies and techniques. The Friendly Pines program is also guided by standards of safety and content developed by the American Camping Association, the accrediting body of which Friendly Pines is proud to be a part.

1-888-281-CAMP

[info@friendlypines.com](mailto:info@friendlypines.com)

## Camp Wamatochick

Kids ages 7-12 from single parent or low income homes. WOW! KIDS WILL ENJOY, COZY CABINS, NATURE CRAFTS, LEARN ABOUT THE FOREST, GO ON NATURE TRAIL HIKEs, TEAM CHALLENGE, ARCHERY, SPORTS, EAT 7 HEALTHY MEALS, BIBLE DEVOTIONS, SING ALONGS, AND A LATE NIGHT STAR PARTY WITH THE PRESCOTT ASTRONOMY CLUB. Memories being made at summer camp. All campers will need to bring with them to camp a campers application signed by parent. Camp Wamatochick is located at 5101 S. Senator Hwy, Prescott, AZ 86303. <http://teenroundup.org/free-summer-camps.html>

# Summer Camp Info Continued



## Girl Scouts – Arizona Cactus-Pine

There are a variety of ways to camp with Girl Scouts: overnight camp, day camp, family camps, troop camps, and neighborhood encampments. Find the style of camp that is right for you! Scholarships and Financial Aid is available. <http://www.girlscoutsaz.org/en/camps/types-of-camps.html>

## Valley of the Sun YMCA Summer Camps

We believe that an organized camp experience is a vital component in the development and education of the whole child. Our camps provide year-round educational opportunities by delivering a multitude of camp experiences to all children. At Y camp, when children make new friends, explore the world around them, and learn that “I can” is much more powerful than “I can’t”, magic happens as we see it firsthand every day.

Our responsibility is to challenge and nurture your camper, we create an environment just for them, your children will learn real life skills, develop self-esteem, acquire leadership and social skills, gain a sense of independence, community and citizenship. We strive to accomplish these life skills by promoting an environment built around the YMCA’s four character values – caring, honesty, respect, and responsibility. Whether your children are participating in an activity, exploring nature, conquering new heights, or becoming part of a Y Camp family, they are creating memories that will last a lifetime. The following sections will provide you with details for all our camps, specialty camps as well as camp experiences for the whole family.

<http://azycamps.org/our-camps/>



## Prescott Center for the Arts Theatre Camps

PCA offers three different summer theatre programs for ages 6 – 22.

### Theatre Adventurers: Ages 6 – 10

A two week program, two hours a day, Monday – Friday: June 15 – 26 in Stage Too. Participants will re-



hearse and perform a short, pre-written musical show which will be performed on the last day of the program. Registration is online (Summer Youth Theatre Program navigator under the Education header). There is no audition process, simply register.

### Summer Stock Jr.: Ages 10 – 14

A four week program, two hours a day, Monday – Friday: June 1 – July 2 on the main stage. Participants will rehearse and perform a “Disney Kids” script (musical). There are three performances: July 1 1pm and 6pm and July 2 at 6pm. Registration is online (Summer Youth Theatre Program navigator under the Education header). There is no audition process, simply register.

### Teen Summer Stock Ensemble: Ages 15 – 22

This summer, a six week program, Monday – Friday, 2pm – 9pm with an hour dinner break. Participants rehearse and perform a full length Broadway musical in an intense, “Professional” atmosphere working with a professional production staff. There are eight performances over a two weekend (Thurs – Sun) July 16 – 26. Casting is by audition only. There is a nominal participation fee. Full information is online using the Teen Summer Stock Ensemble navigator under the Education header.



Information is available online at [www.pca-az.net](http://www.pca-az.net), then as directed above or by calling Jon at 928-541-0209.  
208 N Marina St, Prescott, AZ 86301

# Summer Camp Info Continued

## Educational Expeditions

Nature Camp All children in the woods

Ages 5-10

May 25-29 and June 1-5

Instructors: Mariana Altrichter & Ellen Bashor

**Goal and Dynamic:** The goal of nature camp is to help children to connect with nature, with one another, to learn and to have fun. The dynamic of the camp is based on a combination of guided educational activities, organized games, songs, art work, journal keeping, walks, building, team work, storytelling, free play, and educational reflective time. Through these diverse, inclusive and educational activities children will be inspired to creatively engage with nature, to practice cooperation and respect, and to develop a sense of wonder and appreciation for the diversity of nature and human beings. Evidence shows that it is important for the overall health and development of children to spend time in natural outdoor environments and we want to provide kids with that opportunity in a safe environment. As educators, we approach this experience from a "Transformative education" perspective, which is a field of education that aims to transform our world through positive and illuminating educational experiences.

The objectives of the camp are to provide opportunities for children to:

- appreciate, care and respect all living things,
- learn diverse environmental and ecological concepts,
- heighten their sensory awareness,
- develop team work, collaborative, and interpersonal skills,
- bring forward a spirit of adventure and excitement,
- develop creative and artistic means of reflection.

We meet in the forest from 7:30-8 am to 3 pm and spend the whole time in the woods. Kids bring their own lunch and we provide two healthy snacks a day, art supplies and other gear.

**Fee:** US \$32 per day per child. We offer discounts for siblings and for full enrollment (10 days). Snacks are provided twice a day.

**Instructors:** We will have two permanent instructors. In addition, we will have one or more adult assistants every day.

Mariana Altrichter (lead instructor). Mariana is a biologist and university professor who has led international field courses for

the Universities of Arizona, Redlands, Duke and Prescott College since 2001. She has also taught undergraduate and graduate courses in Community-Based Conservation and Conservation through the lens of Indigenous People (both for the Organization for Tropical Studies within Costa Rica). She has led students for one and two month expeditions to Costa Rica and remote sites in the Yucatan Peninsula of Mexico. She has a PhD on Natural resources and cultural anthropology and a masters in Wildlife conservation. She has many years of experience as leader for girl and boy scouts in Argentina, leading weeks-long hiking and camping trips. She also taught environmental education in Argentina for several elementary schools. She is the founder of Educational Expeditions LLC., which brings adult learners to Latin America and is now beginning a local program to engage young children in nature.

Ellen Bashor (co-lead). Ellen is a current senior student at Prescott College majoring in Transformative Education with a minor in Community Development through the Somatic Arts. In high-school, Ellen facilitated a variety of youth programs at an at-risk youth center in Minnesota, and mentored several middle school students at a local charter school. At Prescott College, she has spent three years studying topics such as Experiential Education, Adventure Education, Critical Pedagogy, Multicultural Education, Environmental Education, Conservation, Ecological Literacy, Kinesthetic-based Education, Nature and Dance, Meditation, and Children's Yoga. Ellen has worked in Special Education at the Northpoint Expeditionary Learning Academy, tutored at Skyview School, taught practicum in the kindergarten at La Tierra Community School, and lead several middle school environmental studies workshops at the Hassayampa River Preserve. She is a certified 200-hr registered Yoga teacher and a certified Project WILD early-childhood education facilitator.

*For more information and enrolment forms:*

*Contact Mariana Altrichter [marianaalt@msn.com](mailto:marianaalt@msn.com) (preferred means of communication) or 928-4455446/909-2067623*



# Heat Stress – Why Is It So Toxic?

By Elena N. Marcus



he favorite line of the brave and ambitious stating that “what doesn’t kill me makes me stronger” doesn’t apply to heat stress. In Arizona, heat stress will weaken you quickly in our arid climate if you are not wise about it.

## Why is Heat Stress Toxic?

During exertional and environmental hyperthermia, the intestinal wall, the blood vessels, and the blood brain barrier become leakier and bacteria and undesirable factors invade the blood. This leakiness is caused by histamines. Histamines are ‘critical’ to our immune system to ward against infections, triggering the “acute phase,” a rush of inflammatory factors that destroy the bacteria. The dead bacteria lead to ‘endotoxin’ overload. Before rushing to load up on antihistamines, note that these drugs are also shown to “contribute to heat related illnesses” by the American Academy of Family Physicians.

Besides being produced internally, histamines and their related ‘amines’ are widely present in foods such as processed meats and cheeses, bacteria-loaded leftovers, pickled vegetables, yeast-grown foods, and preserved fish. Some people have an enzymatic deficiency and are not able to degrade amines (histamine intolerance), accumulating allergy-like inflammation in their organs, including the brain.

High histamines (histadelia) will make you itchy, splotchy, hot-headed, wet (runny nose and lots of saliva), insomniac, ambitious, addiction-prone, excited, anxious, hyperactive, unfocused, manic, and risk-taking. An abnormally low histamine level (histapenia) will make you dry-mouth, dry-lungs, cold-and-flu prone, slow, confused, sleepy, fatigued, dizzy, digestively impaired, asthmatic, overweight, and insanely anxious. None of us are perfectly balanced in our consumption, but we should strive to achieve close to a balance.

## Hydration and Over-hydration - Where are the Electrolytes?

Food and vegetable drinks offer a full spectrum of electrolytes, including magnesium. However, due to its abundant presence in plants, magnesium is discarded quickly from the body, being highly soluble in water.

Most fruit drinks, if they are pure, do not contain sodium and should not be given to children to replenish blood volume, as sodium is essential for water retention. Plain water, bottled or tap, is also void of most minerals, according to the USDA Nutrient Content Standard Reference. Excess



water intake (over-hydration) may actually lead to loss of sodium and all electrolytes and cause dehydration.

The commercial electrolyte drinks popular for children have only sodium and zero quantities of magnesium or potassium. Parents should make sure they have it in an emergency to prevent dehydration but it is not a nutritious drink. Most sports drinks, such as Gatorade, do not contain magnesium. The reason these drinks do not contain magnesium and /or potassium is because these minerals are not recommended when the kidney function may already be compromised by dehydration and heat exhaustion.

## Warding Off Inflammation

It is well known that one of the two enzymes known to detoxify histamines, the DAO, is vitamin B6-dependent. Research shows that even a “marginal deficiency” of this vitamin can lead to “extended metabolic consequences”. The maximum safe levels for vitamin B6, according to Oregon State University, Micronutrient Information Center, are 30 to 60 mg. for children 0 to 13 years; 80 mg. for adolescents; and 100 mg. for adults 19 years and older.

Magnesium reduces histamines as well. Besides other functions such as electrolyte balance, regulation of heart rhythm, building of collagen, co-producing brain hormones, and enabling insulin production, magnesium administration lowers histamines and the inflammatory cytokines, and even reduces the organ damage from inflammation. Magnesium is a blood electrolyte. The heart and muscles depend on it. If you feel fatigued, don't do it, advises William J. Rowe M.D., known researcher and author on athletic performance. Rowe contends that the instant collapse and demise of several known athletes during competition or training was due to magnesium deficiency. Magnesium is the essential electrolyte nobody talks about. Both environmental heat stress and exertional stress can cause tachycardia, an irregular heart rate. Athletes know that potassium deficiency leads to irregular heart rhythm however; magnesium is the mineral that allows potassium to be utilized. Magnesium is the electrical signal that regulates excitatory calcium in every cell in the body, in the heart and all muscle tissue. Magnesium is the natural calcium blocker.

# Getting Older and Letting Go

By Scott Houston



Haley is a girly-girl; but she is also a daddy's girl. We sit and talk all the time about any number of topics, from the settlement of the United States, to how steel ships stay afloat, to why she hasn't grown more than a quarter-inch in the last six months. I love her and miss her while she is on this new adventure, and I know she is either having the time of her young life, or she is hating every minute of gnats, mosquitoes, and baking sunshine in the afternoons – and having to poop in the woods. At orientation, when she surprising-



As I begin this article, Haley, our 12-year old, is 3 days into a 5 day adventure. She is rafting down the Colorado River with her 7th grade class. It's a 54-mile trip down the river ending at the top of Lake Meade. This is her first trip away from home for this long without us. Mom over-packed

her bag. I helped re-pack everything. I'm the sensible one and noted outdoorsman after all.

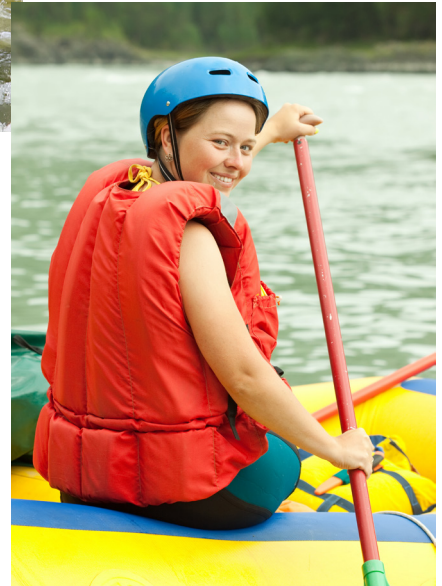
The entire trip was the brainchild of one of Haley's teachers. Ms. Jessica Makowske, Haley's science teacher and Apache County Teacher of the Year. The cost of the river trip was over \$7,000.00 and Ms. Makowske managed to gather donations from the community, her friends, and her colleagues in order to make it possible for 20+ students to go on the trip.

In our little town, we have our own school district, and three schools: elementary (which includes a pre-K), a middle school, and a high school. The overall student population is about a thousand kids. Since we are next to the Navajo Reservation, the population of the school is mostly Navajo. It is a great school system, as far as I can tell. The teachers are intelligent and caring. The curriculum is, of course, Core, which I believe has its good points. Most importantly, Haley has never done better in school than she has here. I am very proud of what she has accomplished in the couple years we have lived here.

ly asked "Really! Don't they have bathrooms out there?" I replied, "Does a bear poo in the woods?" She didn't get that one.

Regardless of the fact she would have to go outside, she decided she wasn't going to miss going with her friends to the river. I imagine she is having a great time, but she is also trying to hold back how excited she is. Like she can sense how we miss her. Uncomfortable. The house is quiet without her. I can hear myself think. If you have a child who has the opportunity to go on a trip similar to Haley's, I recommend you allow them to go. I remember when I was a kid and got to go to camp. It was great and I loved it. I even learned how to start a campfire. If you let them go, they will probably love it and learn from the experience. On the bonus side, you get a nice break, too.

I can't wait for her to get home.



# Prescott's Parks and Places for Various Ages

By Katherine Miedema Dominguez



At one and a half years old, my daughter calls with excitement and enthusiasm, “pay, pay, pay” as we pass any playground in sight. She longs to play with children and explore the play areas provided by this wonderful family friendly town we call Prescott, Arizona. As a former elementary educator, who has witnessed the incredible dynamics that make up a children’s play, I am fascinated by what the act of play really means for children. Studies describe just how important play can be for children and luckily for us, our hometown offers a variety of environments and activities for our children to experience free play in all stages of their development.

When children are at play they are gaining more than what meets the eye. Physical, social and intellectual development occurs in children through free play from very young ages, which lays the foundation for continual growth as they get older. As parents, it is in our interest to provide our children with opportunities to promote their development, and we should strive to ensure that our children are provided with age-appropriate environments so that our little ones can joyfully immerse themselves in free play. We have all seen our children struggle through situations when they are trying to accomplish something that is beyond their stage of development. If the setting is not suitable for a child’s abilities, it can be either too challenging or under stimulating, which often leads to frustration. In Prescott, there are a multitude of great places that facilitate age appropriate development. Some are intended for specific age groups and others serve a wide range of ages.

For infants to five years old, the Prescott Public Library has a small play area called the Rock Garden, lined with low wooden shelves filled with baskets of toys. Against the wall are large “boulder” pillows that children can crawl around, stack, climb, and hop upon. With a variety of learning and sensory toys, this is a cozy place for parents to expose their

young children to others while being a safe place to explore.

The Prescott Gateway Mall has Go Bananas, an indoor play place for children 1-8 years old. The soft blocks, climbers, “roller coaster,” play structures and floor mats serve all children from crawlers to walkers and runners. This play area is a great transitional location for smaller children who are not quite big enough for the larger outdoor playgrounds, yet are ready for more challenging obstacles to climb. Often times, playgrounds include play equipment, swings and sand boxes, but fail to incorporate natural spaces. Prescott has many unique play areas that integrate both playgrounds and nature. Hidden behind Flinn Park’s playground and carefully maintained grassy field is an open space of natural boulders where children can climb and explore.

Surrounded by the majestic boulders of Granite Dells lies Watson Lake Recreational Area embedded with a playground area with various heights of platforms that even crawlers can escalate. Watson Lake caters to a wide range of ages; older children can hike, kayak, boat and play disc golf. During the weekend you will find many people flying kites on the large grass area.

Goldwater Lake, just outside Prescott on Senator Highway has undertaken a massive renovation over the last few years and now offers covered picnic areas, a volleyball court, many trails that connect to the Prescott National Forest trail system, and two playgrounds. Each playground offers different play equipment for various stages of development. The park closest to the wooden pavilion is best suited for children who are beginning to walk and explore through age 10. There are baby swings, big kid swings, animals to rock and ride on, monkey bars, and a small slide. The “green park” is located along the road that continues past the first parking lot. It is best for children who are steady on their feet and offers many innovative playground equipment for older kids. There are many ducks, one large white goose and even a pair of eagles who nest along the shores and call this lake home. Boat rentals are available late spring through early fall.

Play encourages imagination, intellectual development as well as language development. Playgrounds and outdoor public spaces promote social play by offering kids the chance to engage with peers and practice their oral and empathic skills, such as expressing ideas and emotions. Through peer interactions children learn social and cultural rules, which are often missed or forgotten behind the television screen. Children learn to negotiate roles and rules, practice compromise and develop the art of working together when playing spontaneous games.



# Traveling WITH YOUR FAMILY

*tips and tricks*

## Tips on How to Make the Most of a Family Vacation

By Caroline Martin

**S**ummer is here and school is out! As a child I remember being so excited about the annual family summer vacation, now grown up with a child of my own while the excitement still exists. Unfortunately, anticipating that vacation can go hand in hand with stress. With nearly 50% of travelers admitting that stress actually prevents them from enjoying the vacation, here are some tips to cut back on vacation stress.

### Budget your vacation

One of the most stressful things in many of our lives involves money. Planning a vacation within your budget is just as important as deciding where to go. Vacations don't have to be expensive; look for deals online, consider alternatives to hotels such as vacation house swaps or camping. Don't forget to budget in expenses such as souvenirs and food.

### Packing

Get the kids to help pack. Arrange clothes and toiletries by child. Have each child pack their own small bag for carry-on or to have within reach in the car. Be sure to have the basic necessities, include extra clothes for everyone, plenty of snacks, a fully stocked first-aid kit, and an arsenal of toys and games to keep everyone entertained.

### Involve the kids (Variety=Sanity)

Taking a trip to museums without toddlers in tow is something we might all consider common sense, right? Apply that to varying ages of your children. Get the kids involved in planning and have input about what they would consider fun activities. Do your homework on where you are going and where you can fit everyone's interests in. Consider resorts with a variety of activities available, particularly for

teens.

### Build in downtime

How often have you heard "I need a vacation to recover from my vacation"? Build in downtime and give everyone some latitude to do what they want to do. This not only allows for flexibility, but alone time, which we all need. Also, don't forget to schedule in "grown up" time. Plan an evening where the kids can stay in for a "kids only movie night". Check in with the local nanny agency if you need a sitter. Some resorts will offer child care as an additional service.

### Enjoy your vacation

Lose the crowd. Family vacations are not required to involve expensive trips to theme parks and tourist traps. Simple ways to avoid crowds can include going left when you enter a park, "going deep" by going to the end and working your way back to the entrance and if you are including the theme park consider "express passes" and reward programs.

Most importantly... expect the unexpected!


One of the reasons many people feel stressed on vacation is because it is not living up to their expectations. Drop the idealism. Accept that plans may fall through, kids will misbehave, and your patience will be tested. Keep in mind that your vacation is not about the destination, but the on-going adventure.



"You are never too  
old to set another goal  
or to dream a new dream..."  
- C. S. Lewis

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# Summers Around the Square

By Kristen Kauffman

I was just nine years old in 1993 when I visited Prescott from Phoenix and saw what people travel and pay to see. It was the week of the Fourth of July which is always a big week in Prescott, what with the World's Oldest Rodeo (since 1888), the parade, Frontier Days, the craft shows along the square, the fireworks on the actual holiday, and a number of other surrounding activities. I was looking forward to days of caramel-covered apples and popcorn, of pop rocks at the kid's toy booth and the smell of hot, cinnamon-roasted almonds.

That week, my grandparents invited us to attend the Tuesday night Jazz on the Square with them, where they often met their friends and would dance to the live bands behind the statue of Bucky O'Neil with variations of East Coast and West Coast swing dancing. My aunt and uncle, my cousins, my siblings, my parents, and I all sat on blankets in the grass and watched my grandparents swing dance with the other couples. This tradition hasn't changed: dancers still swing dance at the square on Tuesday nights, on-lookers on blankets appreciating both the dancers and the live jazz music.

These weeknight events of art and culture are exactly why people characterize Prescott as "Everybody's Hometown," participating in local, small-town events that busy, contemporary Americans seem to have forgotten about. Keeping a tradition is hard work, and at times, these Prescott traditions have seen pauses of silence, or have been fought outright. But through these obstacles, our cultural traditions still exist, and it's interesting to see where they started.

It seems that Prescott always wanted to have live music. The bandstand at the Prescott Courthouse Square today actually pre-dates the courthouse (the bandstand was erected in 1910, while the "new" courthouse was erected in 1915), though the original bandstand and the original courthouse are photographed as early as 1875. Live bands performed at the Courthouse Square before, that, however. In 1864 when Prescott was barely an Arizona territory, they had a Fourth of July celebration that included Lucian Bonaparte Jewell, a watchmaker, directing a band and singing The Star Spangled Banner. Jewell had served in a regimental band in the Civil War, he would later serve as the Justice of the Peace and the Mayor for Prescott, and in 1865, he would organize the first performing band in Prescott: the Prescott Brass Band. From the January 24, 1866 issue, the Arizona Miner, said that "At the close of the concert, Judge Berry expressed the thanks of the audience, and the hope that another concert would soon be given, in which we heartily join. The Prescott Brass Band is an institution that our citizens will be glad to encourage in every way." Jewell moved to California in 1867 because he was hired as an instructor of the Los Angeles Brass Band, but he came back to Prescott to encourage and organize the musicians that he left behind. In fact, the Arizona Miner reports that the citizens of Prescott contributed \$225 for instruments for



that band. By 1872, the Prescott Brass Band wasn't the only group playing on the courthouse square: it was joined by Fort Whipple's regimental 23rd infantry band. In the 150 years since Jewell began our musical legacy, there have been a few pauses (sometimes as long as a decade) though for the most part, regimental and civilian bands have kept the tradition of playing at the Courthouse Square. Bands were never more popular than they were in the 1930's during the Great Depression when families loved free, wholesome entertainment, and the musical events on the Courthouse Square today are modeled after the concerts of these predecessors.



That same focus on wholesome entertainment was exactly why dancing has no declared start in downtown Prescott. In fact, those that danced didn't want to bring attention to themselves for all of the public outcry it caused. While the rest of the country was slowly accepting dancing at public events, Prescott High School cancelled one of its first junior proms in May 1914 because the parents complained, objecting to touching. A special school board meeting was called and while the vote was very close (35 to 30), proms were allowed to continue only because the school provided proper chaperones. This argument in 1914 is what fueled Reverend Doctor Joett P. Bray to object to public dancing on the Courthouse Square in January 1928 when the bands began playing hot new jazz music. He claimed that the popularity of dancing was responsible for the declin-



ing morals in America. "Statistics show us that 75 percent of the scarlet women were recruited from the dance floor," he claimed, though he never cited his source. Because of Bray's sermon and 95 percent of his congregation, there was no dance hall built in Prescott, but that doesn't mean that the citizens of Prescott refrained from dancing.

2014 marks the 65th year of official square dancing in Prescott.

While Prescottonians like Bray discouraged dancing to their peers, locals danced to jazz music in the 1920s and there is a photograph in the Sharlot Hall Archives of a cowboy dance in the 1930s. It's hard to say how long there has been square dancing –also called "hoedowns"– in Prescott as they were popular among the pioneers, but there is record of the Post Card Squares organizing in Prescott in 1945. This group started pretty small (16 couples participated) until they modeled their syllabus after a Phoenix group in 1947, and by 1949 when the square dancing group really took off in town, they were calling themselves the Mile High Hoedowners. They met to dance at several locations –including the Courthouse Square– and they held a special dance that they called the Spring Fling Jamboree.

About 1975, another dance became popular in Prescott, called the contra dance. While contra dancing today is only at the Prescott Activity Center (the Old Armory), it seems this was another type of dance that was (for a while) cultivated at the Courthouse Square with live music. Contra dancing is a kind of dancing that involves all dancers in two lines: men on one side and women on the other. It's similar to square dancing in the sense that there are do-si-do's, circles, balances, and other characteristic moves. Contra dancing differs, however, as it involves lines of dance partners reeling down each line with all of the dancers on the floor, instead of only dancing in groups of two sets of partners. Interestingly, contra dancing is one of the oldest forms of dance, known for its popularity at Regency- and Victorian-era balls in Europe and the U.K.

Square dancing, contra dancing, cowboy dances, and swing dancing to jazz music in the 1920s are all historical events in Prescott that inspire today's Prescottonians to swing dance on Tuesday nights to live Jazz on the Square. In somewhat recent years past, you would have been able to see other dancers, such as cloggers on Wednesday nights and folk dancers and square dancers on Thursday nights, though for various reasons those programs have changed.

### Join Us...

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

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

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

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

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

*For more information on any of these programs, you can visit [www.cityofprescott.org](http://www.cityofprescott.org), or you can pick up more information at the Prescott Chamber of Commerce, located in downtown Prescott across from Courthouse Square.*

Prescott didn't always have these events on weekday nights: when Ruth Noggle shared her memories of growing up in Prescott with Sharlot Hall Museum, she reported that in the 1950s, her parents were among the square dancers, and they would dance on the Courthouse Square on Saturday nights in the summer.

"We kids would sit on the courthouse steps and watch the Hoedowners square dance. Mom wore a long, colorful, pleated skirt with ruffled petticoat and dad wore a cowboy shirt and work boots. The caller and band members were usually dad's friends and he enjoyed joking with them. My brothers and I were ready for bed when the square



# Family Connections

Dear Miss Mary,

Help! I think my 13 year old daughter has been abducted by aliens. My happy go lucky “Tom Boy” has been replaced with a moody and argumentative teen. I work until 5:00 p.m and “Emily’s” meets her younger brother at the bus stop and watches him until I get home. In the past few weeks Emily has been complaining about having to watch her brother while her friends get to hang out after school. It’s at the point where we’re having a full blown screaming match about this same issue each evening when I get home from work. I think she’s too young to be hanging out unsupervised with a bunch of kids I don’t know and the bottom line is, I need her to watch her brother after school. I’m not sure if this is just a rebellious phase she’s going through or a permanent condition I’ll be dealing with for the next five years. I’m tired of coming home each evening to a fight, what should I do?

Tired of it in Tucson

Dear Tired,

It’s fascinating how aliens seem to target teenagers. Until such time as higher minds can figure this out, parents are left to deal with this weird phenomenon on their own without going completely bonkers. Now that your daughter is in her teens, she’s no longer the same little “Tom Boy” she once was, but the behavior you describe seems perfectly normal. Teens are in that awkward phase between being a kid and becoming an adult. Your daughter’s moodiness and argumentativeness at home is really a way for her to separate a bit from the family and she naturally wants to spend more time with her peers. Although this is normal, your instincts are without a doubt correct—she’s too young to be hanging around all afternoon unsu-

pervised. That said, your daughter deserves a social life of her own so I suggest you enroll your son in an afterschool program offering quality care for grade school kids. Many local programs use a sliding fee scale to accommodate low and moderate income families. With her afternoons free, your daughter can then participate in extra-curriculum activities of her choosing. Find out what her interests are and make it clear that all activities must be supervised and approved by you. Check your local youth center and/or YMCA to find out if they have afterschool activities for teens. Find out what art and music programs her school offers. Perhaps your daughter may be interested in theater, karate or music. Your daughter may be able to spend a couple of days a week at home alone. Many kids enjoy a few hours of solitude, just make sure she doesn’t invite the entire foot ball team over. It’s vital that you get to know her friends and their parents. It makes it a lot easier if parents work together to monitor the kid’s whereabouts and share the driving. It’s normal to let go of the reins when your kids become teens but in reality, it’s a lot of work to keep tabs on them. It’s a balancing act really—letting go a bit then pulling back. Good luck and happy parenting.

*Have a question for Ms. Mary?  
Send them to [editor@prescottparent.org](mailto:editor@prescottparent.org) and possibly  
see it published in one of our issues.*

*All submission will remain anonymous.*

# Top Natural Remedies for Children's Allergies

By Donna DeForbes  
from [ecomothering.com](http://ecomothering.com)



Peppermint has decongestant and anti-inflammatory properties and makes a yummy cup of tea. However, I did read that peppermint tea should be used with caution in very young children as it may aggravate GERD (gastroesophageal reflux disease) or cause a choking sensation due to the menthol. Spearmint is a better alternative. We've been using Bigelow Mint Medley—a combination of peppermint and spearmint tea.

## Water (drinking, washing and rinsing)

This is perhaps the easiest and cheapest remedy, and works well alongside other remedies. Drinking water helps thin nasal mucus in stuffy noses. Washing your child's face (and changing their clothes) after they've been outside keeps them pollen free. A shower before bed would be best, but I've found that even just rinsing Sofie's face and eyes with cool water helps keep allergies at bay.

Studies have shown the neti pot to be most effective in reducing allergies, but it's a strange sensation for kids to get used to. Based in Ayurvedic traditions from India, the neti pot is a small container (shaped rather like Aladdin's lamp) that you use to flush your nostrils with saline water. It rinses away those bits of pollen and even helps with sinus problems. You can find them online or at nearly any drugstore these days. For best results, use the neti pot twice a day, at morning and night. And you don't have to keep buying those premade saline packets. Make your own by mixing ½ teaspoon of salt with pinch of baking soda in eight ounces of warm water.

## Omega-3 Fatty Acids

Studies have shown that people who eat foods rich in anti-inflammatory omega-3s have less allergy symptoms. I haven't tried this method yet, but since omega-3s are good for so many things, it wouldn't hurt to beef up Sofie's intake of them. Omega-3 fatty acids are prevalent in cold-water fish (salmon, haddock and cod), walnuts, grass-fed beef, eggs and flax seed.

*This article was originally published on [www.eco-mothering.com](http://www.eco-mothering.com)*



any of us reach for the allergy medication during hay fever season, but we think twice before giving it to our kids. Here are some natural allergy remedies you'll feel comfortable trying on your little ones.

## Local Honey

This is a much-discussed remedy that has worked well for my family. The theory is that ingesting honey from local plants and flowers builds up your immune system to those same plants, sort of like a vaccine.

You usually have to plan ahead for this and begin taking 1 teaspoon of locally grown honey about 4-6 weeks before allergy season. Typically, I have used commercial honey common in the stores or honey direct from a friend's hive, but raw honey is supposed to be your best bet. It doesn't look as clean and clear, but it contains much higher proportions of nutritional elements.

## Mint Tea

I'd recently read about peppermint tea counteracting allergies, so we decided to try this method as well. Especially since Sofie decided after a few weeks that she didn't like eating a spoonful of plain honey every day. Now I mix it into a cup of hot tea in the evening and she's been downing that like nobody's business. I have to say that her allergy symptoms have practically disappeared over the last month.



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# Kakes for Kids

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Andre & Liz Sosa  
P.O. Box 555  
Chino Valley, AZ 86323



**Children should not live without sunshine. Children should not live without a cake, made just for them.**



**Your child deserves a treat on his/her big day. If you need help providing a cake that shows how special your child is Contact us.**



# Mama Leone's Recipes

*From the vaults of Mama Leone's recipe books!*

## Arugula with Parmesan

Serves 6

½ pound fresh arugula (usually 3-4 large bunches)  
¼ pound chunk very good Parmesan cheese

### The Vinaigrette

½ cup good extra virgin olive oil  
The juice from 2 large, fresh lemons  
½ teaspoon salt  
¼ teaspoon freshly ground black pepper

Remove any roots attached to the arugula. Fill the sink with cold water and toss the arugula for a few minutes to clean. Spin dry the leaves to remove all water and place them in a large bowl.

In a small bowl, whisk together the olive oil, lemon juice, salt and pepper. Pour enough dressing on the arugula to moisten lightly. Toss well and plate salad.

With a very sharp knife or cheese cutter, shave the Parmesan into large shards and arrange them on the arugula.

Serve immediately.

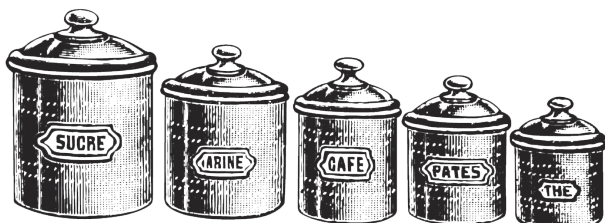
## Honey Vanilla Yogurt with Fresh Fruit

Serves 4 to 6

2 tablespoons good honey  
2 cups plain yogurt  
½ teaspoon pure vanilla extract  
Seeds scraped from ½ a vanilla bean  
½ pint fresh raspberries  
½ pint fresh blueberries  
1 pint fresh strawberries, cleaned and cut in half  
1 papaya, peeled, seeded and diced  
1 teaspoon fresh lemon juice



Combine the honey, yogurt, vanilla extract and vanilla bean seeds. Gently mix the berries and papaya together. Spoon the fruit into serving bowls and top with the yogurt.



## Herb-Roasted Lamb

Serves 10

12 - 15 large unpeeled garlic cloves, separated  
1 tablespoon chopped fresh rosemary leaves  
Kosher salt for taste  
Freshly ground black pepper  
2 tablespoons unsalted butter, melted  
1 six pound boneless leg of lamb, trimmed and tied  
4 to 5 pounds small unpeeled potatoes (16 to 20)  
2 tablespoons very good olive oil

Place the oven rack in the lower third of the oven so the lamb will sit in the middle of the oven.

Peel six of the cloves of garlic and place them in a bowl of a food processor fitted with the steel blade. Add the rosemary, 1 tablespoon of the salt, 1 teaspoon pepper and

the butter. Process until everything is finely minced and blended together. Thoroughly coat the top and sides of the lamb with the rosemary mixture. Allow to sit at room temperature for 60-90 minutes.

Toss the potatoes, remaining unpeeled garlic and olive oil with a pinch of salt. Place in the bottom of a large roasting pan. Place the lamb on top of the potatoes and roast for 1 ¼ to 1 ½ hours. The internal temperature of the lamb should be 135 degrees for rare or 145 degrees for medium. Do not overcook the lamb. It should still be a bit pink inside. Remove from the oven and put the lamb on a platter; cover tightly with aluminum foil and allow the lamb to rest for 20 minutes. Slice and serve with the potatoes.

*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!*



# PRESCOTT PARENT MAGAZINE



PRESCOTT PARENT  
MAGAZINE WOULD  
LIKE TO THANK ALL  
THOSE TEACHERS WHO  
MAKE A DIFFERENCE IN  
OUR CHILDREN'S LIVES!

Happy Teacher  
Appreciation Day!





*"The quickest door to open in the woods for a child is the one that leads to the smallest room, by knowing the name each thing is called. The door that leads to the cathedral is marked by a hesitancy to speak at all, rather to encourage by example a sharpness of the senses."*

# Explore Nature with Edie

## First Nature: Knowing Our Neighbors

Lopez describes in his beautiful essay, *Children in the Woods*, where this noticing leads, "In speaking with children who might one day take a permanent interest in natural history—as writers, as scientists, as filmmakers, as anthropologists—I have sensed that an extrapolation from a single fragment of the whole is the most invigorating experience I can share with them. I think children know that nearly anyone can learn the names of things; the impression made on them at this level is fleeting. What takes a lifetime to learn, they comprehend, is the existence and substance of myriad relationships: it is these relationships, not the things themselves, that ultimately hold the human imagination... If one speaks it should only be to say, as well as one can, how wonderfully all this fits together, to indicate what a long, fierce peace can derive from this knowledge."

Follow Edie as we discover new neighbors together in each issue! When exploring the outdoors in Prescott, don't forget to put on sun-screen, bring plenty of water, a snack and most importantly, have fun!

### Forest Trees:



**Ponderosa Pine** - The vanilla scented kings and queens of our forest hold 3 long needles in each bundle along the branch ends, grow to 150 feet tall and live up to 500 years. For an instant lovely sense of relaxation, put your nose to the puzzle shaped bark and inhale deeply.

**Pinyon Pine** - A crooked, gnarled shorter pine with needles about an inch long in bundles of 1 to 4. In the late summer and fall you can taste their fresh nuts right out of the cone.



**Alligator Juniper** - Unmistakable "alligator skin" bark with flattened scales for leaves. Beautiful blue berries are an important source of food for birds and animals. It takes three or four people holding hands to hug all the way around our biggest "grand-mamma" alligator junipers that can be up to 800 years old. Prescott National Forest is

home to the largest measured alligator juniper in the world – 46 feet tall and more than 27 feet around.

### Birds around the Forest



**Common Raven** - Nothing "common" about this undisputed sovereign of our treetops and skies. Look for the raven's large jet black form flying on graceful wing beats, soaring on updrafts and surfing gusts of wind. Listen for the number of different sounds a raven can make. From croak to gurgle to caw (thanks to a larynx that branches into two heavily and intricately muscled windpipes that can be

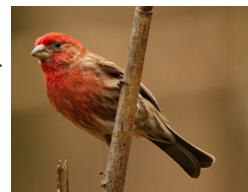
controlled independently) in a huge vocabulary that includes invitations to fly, affectionate comments and warnings of danger.



**Acorn Woodpecker** - The jaunty red cap of the acorn woodpecker set against its white face and deep black back is one of the cheeriest sites of the forest. These woodpeckers are extremely sociable and you'll often see them in noisy family groups around a "granary tree." Look for standing dead or almost dead ponderosa pines with lots of small round holes – look in and you

will find each one with an individually pounded acorn inside.

**House Finch** - These small songbirds live here year round, and you might see them nesting under the eaves of your house. If you set up a bird feeder, the house finch will be one of the first birds to arrive. You can immediately tell the males by their bright red breast and forehead. The females are a muted brown black. Both have a strong, wide bill perfect for crushing seeds. Their lovely song is a lively undulating series of three note phrases. The house finch and goldfinch love both the seeds of our native wild sunflowers and ones that you plant for them in the yard.



### Waterside Trees

**Fremont Cottonwood** - Prescott's main creek-side tree, whose yellowish green triangular leaves dance so beautifully in the wind and whose white cottony seeds form





drifts along the trail in spring. The younger trees have smooth grayish bark, but on the older trees the bark will be reddish brown and deeply furrowed. If you bring a stethoscope along on your creek-side walk, you might just be able to hear water swishing inside the trunk of the cottonwood.



**Gooding Willow** – Proud to be Prescott's biggest willow tree. The shiny yellowish green leaves are shaped like little lances curved to one side. Streams are the arteries of life in the arid southwest; the magnificent cottonwood-willow forests along their banks provide delicious shade and critical habitat for endangered wildlife.

Gooding Willow's deep roots stabilize the stream bank against erosion and help hold on to the cool clean water of our summer rains.



**Boxelder** – The beautiful boxelder is in the Maple family, and, like all maples, its leaves sprout right across from each other on the stem (called "opposite" branching by botanists) and its seeds are born in winged pairs (samaras) that can be pulled carefully apart and stuck to the nose. But unlike other maples, you won't see the seeds on every tree because the boxelder has male and female flowers on separate trees. It

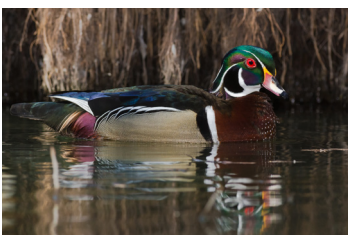
is also different from other maples in that the leaves are compound; three to five leaflets grow from each stem.

## Waterside birds



**Red-winged Blackbird** – you will know this bird by the unmistakable scarlet and yellow epaulets against glassy black. Look for them anywhere there are cattails. The female is streaked and dark brown with a light breast and white eyebrow. She'll build her nest down low among the upright cattail stalks. Their finished nest is a complex structure four to seven inches across and three to seven

inches deep. Blackbirds eat mostly seeds in the winter, but in summer they'll pry open the bases of water plants to get the insects hidden inside.



**Wood Duck** – There are lots of ducks to be seen around Prescott's local lakes, but you will need to go to a swampy area or creek to find the spectacular and reclusive wood duck. The males have a

*Continued on page 55*

# First Books on Nature for The Curious Kid



## The Golden Guides

First published in 1949 and marketed as field guides for children, the pocket sized Golden Guides quickly established themselves as the go-to on subjects from Natural History to hard Science. They are small enough to be navigated comfortably by people with little hands, but comprehensive enough to serve as solid introductory field guides for anyone. Check out the Golden Guide to Pond Life - we still have our dog eared version. It features an illustration of a lamprey that my kids used to terrify me for years.

## Peterson First Guides, Houghton Mifflin Company

There are Peterson first guides on just about everything your curious naturalist wonders about: birds, insects, rocks, you name it. We always had both the Golden and Peterson versions so we could cross check things.

## A Fantastic Website:

The Cornell Lab of Ornithology – an awesome resource that includes everything from bird cams and basic tips for identifying birds to lots of great information on how to attract birds to your yard and a sound library of raven vocabulary. <http://www.allaboutbirds.org/Page.aspx?pid=1189>

**Plus** – the best (and very short) read on being in nature with children:

Barry Lopez, *Children in the Woods* from Crossing Open Ground, Charles Scribner's Sons, New York, 1988 or read it online at <http://mckellj3.wikispaces.com/Children+In+the+Woods>

# Scavenger Hunt

Make teams and see who finds all first - Set points for each - Have a picnic lunch in the woods while exploring - Take some leaves, sticks and flowers home to make a nature collage - Take pictures of each and place them in a nature hunt scrapbook. Add to the book with each nature hunt adventure.



\_\_\_\_\_ Ponderosa Pine



\_\_\_\_\_ Common Raven



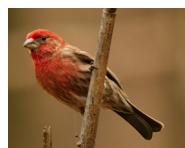
\_\_\_\_\_ Alligator Juniper



\_\_\_\_\_ Acorn Woodpecker



\_\_\_\_\_ Pinyon Pine



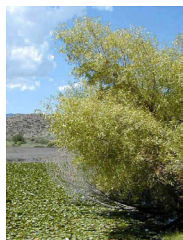
\_\_\_\_\_ House Finch



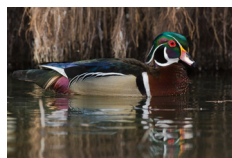
\_\_\_\_\_ Boxelder



\_\_\_\_\_ Red-Winged Blackbird



\_\_\_\_\_ Gooding Willow



\_\_\_\_\_ Wood Duck



\_\_\_\_\_ Fremont Cottonwood



\_\_\_\_\_ Yellow Warbler

## Summers Around the Square

...Continued from page 47

dancing was over, but on the way home, dad told us about the people he'd met, where they'd come from and why Prescott was their new home. We were glad that Prescott was our home, too"

In the last few decades, the Prescott Chamber of Commerce has overseen the Summer Concert Series. Some things are different, such as the evening on which events are scheduled, and some events have dropped off over the years for various reasons, and other programs have been added. Two relatively new events, for example, are the Prescott Karaoke Idol! which has been growing over the last few years, and the Movie Under the Stars series which has more movies scheduled than ever before.

Though there may be differences, the Summer Concert series is refreshingly similar to its roots. The Arizona Concert Band shares a similarity to the Prescott Brass Band which started almost 150 years ago. From the same roots, the Jazz on the Square has blossomed into the Prescott Jazz Summit and has had a number of rotating performers who have been playing at the Courthouse Square for decades. Some regular performers include The Mike Vax Big Band, The Swing Shift Big Band, Jazz A'La Mode, and the Bill West Quartet. These concert events in the evenings are why the locals say that summers are why they live in Prescott: there is art and culture here, there's tradition, and it's cool enough at night to sit on the lawn and listen.

Summers in Prescott have changed over the years, but there is still something great about it that keeps families coming back. Live music cultivates great learners and interests budding performers, and now that our morals have somewhat changed, dancing allows us to learn about our own cultural traditions. Beyond what we learn about through the arts is what we learn as Prescottians: social interaction, interconnectivity, and community. Kids and adults alike love the events in downtown Prescott because it gets you to meet people who share something in common with you, and isn't it worth it to relax on a picnic blanket with a box of Bill's Pizza and meet your neighbors?

### Sources:

<http://www.sharlot.org/library-archives/days-past/a-brass-band-will-be-organized-and-in-full-blast-today/>  
<http://www.sharlot.org/library-archives/days-past/dancing-controversies-didnt-just-start-yesterday/>  
<http://www.sharlot.org/library-archives/days-past/square-dancers-spring-fling-started-in-1949/>  
<http://www.sharlot.org/library-archives/days-past/arizonas-latest-dance-craze-is-300-years-old/>  
<http://www.sharlot.org/library-archives/days-past/childhood-memories-of-the-1950s-in-prescott-part-iii/>  
<http://www.mikevax.net/>  
<http://www.prescottjazz.com/>  
<http://www.cityofprescott.net/events/index.php?id=4008>

## Explore Nature with Edie

...Continued from page 51

glossy green head with crescent shaped streaks down its sleek crest, a white neck and chestnut breast. Females have a lovely teardrop shaped eye patch and beautifully speckled chest. Unlike other ducks that build nests on the ground, the wood duck nests in tree cavities. It is equipped with strong claws used to grip bark and perch on branches.



Yellow Warbler – Look for a bright yellow flash, like a lost sunbeam among the willows and cottonwoods. This small buttery bird might be hopping quickly along branches looking for a tasty caterpillar or singing a sweet whistled song from a high perch. The female builds her cup shaped nest in the fork of a tree, about ten feet off the ground. The inside is cozily lined with deer hair, feathers, and soft down from cottonwood, dandelion, willow, and cattail seeds.

## Living Green

Continued from page 18

For planning purposes, historical evapotranspiration can be used to project potential water demands. Evapotranspiration is the term for water use by plants, the combination of evaporation from the soil and transpiration from the plant leaves.

It is recommended to install landscapes of native and adapted plants, and also ascribe to the xeriscaping principles. A water-wise landscape can be quite attractive, while conserving water and demanding less care than a garden of non-native or non-adapted plants.

Originally published on about.com. <http://sustainability.about.com/od/GreenBuilding/a/Design-A-Rainwater-Harvesting-System-In-6-Steps.htm>



# Calendar of Events

Send your event to [events@prescottparent.org](mailto:events@prescottparent.org) for submission

## May-June 2015

### May

- May 1 - June 30 Highlands Center and Heritage Park Zoo Dual Membership Drive**  
Your annual family membership to both the Highlands Center and the Heritage Park Zoo is discounted from \$135 to \$90 and matched by the James Family Trust.  
*Highlands Center for Natural History 1375 S. Walker Rd. Prescott AZ 86303 928-776-9550 [www.highlandscenter.org](http://www.highlandscenter.org)*
- 1-May 37th Annual Whiskey Row Marathon**  
6am-1pm  
Join runners from all over the country in this prestigious event - and show your friends and family that you are "Tough Enough".  
[www.whiskeyrowmarathon.com](http://www.whiskeyrowmarathon.com)
- 1-May Community Appreciation Day @ Heritage Park Zoo**  
9am  
To say "Thank You" for the community's support, admission to the Sanctuary on this day is FREE!  
*Heritage Park Zoological Sanctuary 1403 Heritage Park Rd, Prescott, AZ 86301 928-778-4242 [www.heritageparkzoo.com](http://www.heritageparkzoo.com)*
- 1-May Kaleidoscope of Color 2015 "Prescott's Festival of Iris"**  
10am-3pm  
PAIS presents its 16th Annual Iris Exhibit and Sale.  
*Mortimer's Nursery, 3166 Willow Creek Road, Prescott, Arizona.*
- 1-May Event for The Parent Co.**  
Stepping Out for Step Up: the 2015 Step Up for Kids Auction will be held on Saturday, May 2, 2015 at the 'Tis Art Center and Gallery in downtown Prescott.

*'Tis Art Center & Gallery  
105 S Cortez St  
Prescott, AZ 86303  
928-775-0223  
[www.tisartgallery.com](http://www.tisartgallery.com)*

- 1-May Model Train Exhibit at Gateway Mall**  
FREE Model Train exhibit is open to the public on the first Saturday of each month near the Gateway Mall Children's Play Area and features different layouts each month.  
*The Prescott Gateway Mall 3250 Gateway Blvd. Prescott, AZ 86303*

- 1-May Yavapai College Plant-A-Vine(yard)**  
8am-2pm  
Join this community service opportunity by helping us expand the academic vineyard as we plant 2,000 vines on 2 acres - in one day! Registration required. Please visit [yc.edu/plantavine](http://yc.edu/plantavine)  
*Yavapai College - Verde Valley Campus 601 Black Hills Drive Clarkdale, AZ 86324*

- 1-May Members Exclusive Pre-Plant Sale Evening**  
5pm-8pm  
Members only. \$20 per person; Registration Required.  
*Highlands Center for Natural History 1375 S. Walker Rd. Prescott AZ 86303 928-776-9550 [www.highlandscenter.org](http://www.highlandscenter.org)*

- May 2-3 Grow Native! Plant Sale and Outdoor Art Festival**  
8:00-8:30am Member Only Admission  
8:30am- 2:00pm General Admission (no fee)  
Sunday, May 3 - 11:00AM-3:00PM General Admission (no fee, plants only)  
*Highlands Center for Natural History 1375 S. Walker Rd. Prescott AZ 86303 928-776-9550 [www.highlandscenter.org](http://www.highlandscenter.org)*

- 3-May Sure on this Shining Night: A Choral Union**  
Concert featuring the works of American Composer Morten Lauridsen  
Tickets: \$15 and are available at the YCPAC ticket office: (928) 776-2000, online at [www.ycpac.com](http://www.ycpac.com), or day of performance.  
*Yavapai College Performing Arts Center, 1100 E Sheldon, Prescott, AZ 86301*

- 4-May Common Sense Parenting-Prescott**  
May 4, 11, 18, 25, June 1, 8 4:30pm - 6:30pm  
First Baptist Church, 148 S. Marina St., Prescott, AZ 86303  
*For class descriptions or to register, visit: [www.ycesa.com/parenting-education-classes](http://www.ycesa.com/parenting-education-classes) or call Pam at 928-442-5756.*

- 4-May Zoo By Moonlight**  
8pm-9pm  
Zoo by Moonlight is held on every full moon from May through September from 8pm-9:30pm.  
*Heritage Park Zoological Sanctuary 1403 Heritage Park Rd, Prescott, AZ 86301 928-778-4242 [www.heritageparkzoo.com](http://www.heritageparkzoo.com)*

- 5-May Prescott High School Holiday Instrumental Concert**  
7pm - 8:30pm  
*Ruth Street Theater 1050 North Ruth Street Prescott, AZ 86301 [www.prescottbandboosters.com](http://www.prescottbandboosters.com)*

- May 7-10 The Musical Adventures of Flat Stanley Jr.**  
May 7, 8, 9 at 7pm and May 9, 10 at 2pm  
Tickets \$10.00  
*Prescott Center for the Arts 208 N. Marina Street, Prescott 928-445-3286*

[tickets@pca-az.net](mailto:tickets@pca-az.net)  
[www.pca-az.net](http://www.pca-az.net)

**8-May Free Evening Forest Walk**  
7pm  
Bring the whole family for an evening adventure exploring the forest.  
*Highlands Center for Natural History 1375 S. Walker Rd. Prescott AZ 86303 928-776-9550*  
[www.highlandscenter.org](http://www.highlandscenter.org)

**9-May Breakfast with the Mountain Lion @ Heritage Park Zoo**  
9:00am-10:30am  
The cost is \$15 for HPZS member adults and \$20 for non-member adults, \$5 for member children and \$7 for non-member children. Reservations are required. Limited seats are available.  
*Heritage Park Zoological Sanctuary 1403 Heritage Park Rd, Prescott, AZ 86301 928-778-4242*  
[www.heritageparkzoo.com](http://www.heritageparkzoo.com)

**9-May Free Family F.U.N. Migratory Bird Day**  
10am- 1:30pm  
Bring your picnic lunch to enjoy along Lynx Creek.  
*Highlands Center for Natural History 1375 S. Walker Rd. Prescott AZ 86303 928-776-9550*  
[www.highlandscenter.org](http://www.highlandscenter.org)

**May 9-10 PRESCOTT HIGHLAND GAMES** - Our 11th Annual Prescott Highland Games May 9th and 10th, 9:00am - 5:00pm, at beautiful "Loch Watson" - Watson Lake Park (Hwy 89 & Willow Lake Road). This is a Family event with something for everyone!  
[www.prescotthighlandgames.com](http://www.prescotthighlandgames.com)

**May 9-10 "2015" Prescott May Roping & Ranch Bronc Riding**  
8am-6pm

This family friendly brings family and rider from all over the southwest. Tickets are \$10 for adults, \$5 children (10-18), and Free for children under 10.  
*Prescott Frontier Days Rodeo Grounds 840 Rodeo Drive Prescott, AZ 86301*

**10-May The Phoenix Symphony in Prescott**  
3pm-5pm  
The Phoenix Symphony will present a concert of Vaughn Williams, Koday, and Brahms. Tickets are from \$28 to \$39 and are only available through the Yavapai Symphony Association at (928) 776-4255. [www.yavapaisymphony.org](http://www.yavapaisymphony.org)  
*Yavapai College Performing Arts Center 1100 East Sheldon Prescott, AZ 86301*

**13-May ""2015"" Women in Business Luncheon**  
12pm-1:15pm  
Join us and network with fellow Prescott Chamber at our Women in Business quarterly luncheon.  
\*\*Payment must be by Credit Card Only! Members cost is \$20 / Non-Member \$30  
Please RSVP  
*Hassayampa Inn / Marina Room 122 E. Gurley Street Prescott, AZ 86301*

**14-May ""2015"" Women in Business Luncheon**  
12pm-1:15pm  
Join us and network with fellow Prescott Chamber at our Women in Business quarterly luncheon.  
\*\*Payment must be by Credit Card Only! Members cost is \$20 / Non-Member \$30  
Please RSVP  
*Hassayampa Inn / Marina Room -122 E. Gurley Street Prescott, AZ 86301*

**May 14-31 Free Arizona Native Plant Society Presentation with Dr. Vera Markgraf,**  
Botanical Assessment of Springs in Coconino County Between Flagstaff and the Mogollon Rim  
6:30pm

**16-May Sages Nature Apothecary**  
10:00 am - 11:00 am at Nature Apothecary

**16-May Never the Sinner PCA Stage Too**  
219 N. Cortez St., Suite E  
Tikctes: \$15  
May 14, 15, 16, 19, 21, 22, 23, 29, 30 at 7:30pm and May 17, 24, 31 at 2pm. Visit [www.pca-az.net](http://www.pca-az.net) for more information or tickets.  
928-445-3286  
[tickets@pca-az.net](mailto:tickets@pca-az.net)  
<http://www.pca-az.net>

**16-May Mile High Mystics Festival**  
11am-5pm  
The Mile High Mystics Festival has Free Classes, Intuitive Readers, Healers, Massage, Aura Photos, and Astrology.  
*Hassayampa Inn 122 East Gurley Street Prescott, AZ 86301*  
[www.milehighmystics.com](http://www.milehighmystics.com)

**16-May Safe & Effective Herbs for Kids with Dr. Kate Sage**  
10am-11am; Nature Apothecary, Prescott  
\$20 per person  
1101 E Gurley St, Prescott, AZ 86301  
928-458-6748  
[www.sageshealingcenter.com](http://www.sageshealingcenter.com)

**16-May Frontier Arizona Experience**  
10am-2pm  
Fort Whipple Museum - The fort's 151st birthday celebration features "Frontiersmen in Blue" with a major 'living history' celebration. Interpreters from all walks of life, whether soldiers or settlers, out in

force to commemorate the presence of the U.S. Army in the community. FREE Admission

*Fort Whipple Museum V.A.  
Center Hwy 89  
Prescott, AZ 86301*

## 16-May Play it Forward Music and Arts Festival

1pm-10pm  
Presented by the Boys to Men Mentoring Network, the festival is a true community-wide event celebrating and promoting adult mentoring of children and teens.  
1-6 PM Music & Arts Festival in the Mile High Quad - Free 7-10 PM Ronstadt Generations and The Show Ponies Tickets:  
[www.pif15.eventbrite.com](http://www.pif15.eventbrite.com)  
In the Mile High Theater - \$10.00, under 18 free  
[www.facebook.com/PlayitForwardFest](http://www.facebook.com/PlayitForwardFest)

## 16-May "n Evening at Sharlot's Place"

4pm-8:30pm  
The premier fundraising event of the 2015 season will be held on the grounds of Sharlot Hall Museum.  
\$75 per person.  
*Sharlot Hall Museum  
415 W. Gurley St.  
Prescott, AZ 86301  
[www.sharlot.org](http://www.sharlot.org)*

## 18-May Visions from Cape Breton and Beyond

7:30pm-9:30pm  
The evening will highlight the unique talents, influences, and stories of the first family of traditional fiddlers through dancing, singing, and, of course, world-class music-making.  
*Yavapai College Performing Arts Center  
1100 E. Sheldon St.  
Prescott, AZ 86301  
[www.ycpac.com](http://www.ycpac.com)*

21-May

## Prescott High School Holiday Instrumental Concert

7pm-8:30pm  
An evening of jazz provided by the PHS Jazz Band and Combo  
*Ruth Street Theater  
1050 North Ruth Street  
Prescott, AZ 86301  
[www.prescottbandboosters.com](http://www.prescottbandboosters.com)*

May 21-June 16

## Naturalist Chautauqua Series - Aldo Leopold

6:30pm  
Join us as Steve Morgan portrays Aldo Leopold, and weaves a journey of learning about the land and life through his words.  
*Highlands Center for Natural History 1375 S. Walker Rd.  
Prescott AZ 86303  
928-776-9550  
[www.highlandscenter.org](http://www.highlandscenter.org)*

22-May

## "Journeys in Spirit" Traditional and Contemporary Art by American Indian Artists

Featuring paintings, jewelry, basketry, mask making, sculpture and more.  
Artists reception Friday May 22nd 5 - 8 PM. Artists talks, demonstrations and dance May 23 - 25  
*'Tis Art Center and Gallery  
105 S. Cortez St.  
Prescott, AZ 86303  
[www.tisartgallery.com/category/events/](http://www.tisartgallery.com/category/events/)*

23-May

## Day in the Life of a Camp Kid - FOR ADULTS

9am-1:30pm  
Have you ever wanted to experience the Highlands Center's F.U.N. Day Camp? Join us for a day in the life of a camp kid to share in the wonder. Registration required. \$20 (10% discount for members) with lunch provided.  
*Highlands Center for Natural History 1375 S. Walker Rd.  
Prescott AZ 86303  
[www.highlandscenter.org](http://www.highlandscenter.org)*

May 23-25

## Critter Camp Out

6pm  
Spend the night with the Animals at the Critter Camp Out at Heritage Park Zoological Sanctuary! On the night of May 23th to the morning of the 24th, families bring tents and sleeping bags and camp out on the Event Center Lawn. Event Cost: \$25 members, \$35 non-members Please call (928) 778-4242 ext 18 to reserve your space.  
*Heritage Park Zoological Sanctuary  
1403 Heritage Park Rd,  
Prescott, AZ 86301  
928-778-4242  
[www.heritageparkzoo.com](http://www.heritageparkzoo.com)*

30-May

## OffStreet Festival Arts & Crafts Show

Sat & Sun. 9am-5pm / Mon. 9am-3pm  
Enjoy over 100 Arts & Craft vendor booths with something for the whole family in Historic Downtown Prescott in Parking Lot behind Prescott Chamber of Commerce.  
*Prescott Chamber of Commerce, Parking Area Behind Building 1  
17 West Goodwin Street  
Prescott, AZ 86302*

30-May

## The Broadway Concerts

7pm  
We take the most popular songs from the most successful musicals and present them in a one-of-a-kind concert. You won't find any acting or costumes here ~ just tremendous songs performed by spectacular singers in a concert that will leave you cheering for more, over and over again! \$22/\$25  
*The Elks Theatre & Performing Arts Center 117 E. Gurley St.  
Prescott, AZ 86303  
[www.prescottelks theater.com](http://www.prescottelks theater.com)*

June 2 - Sept. 5

## 4th Annual Verde Valley Wine Symposium

9am-6pm  
The symposium includes

# Calendar of Events Continued...

## June

- 2-Jun Courthouse Plaza Summer Evening Entertainment**  
Enjoy all types of Music from Jazz to Rock, Movies, Karaoke and more under the cool American Elm trees at Prescott's Historic Courthouse Plaza. Grab a boxed dinner from one of our local eateries and enjoy! Every Tuesday through Saturday evening!
- 6-Jun Parenting the Love & Logic Way- Chino Valley**  
June 2, 4, 9, 11, 16, 18  
12:30pm - 2:30pm  
Territorial Elementary School,  
1088 Mahan Lane,  
Chino Valley, AZ 86323  
For class descriptions or to register, visit: [www.ycesa.com/parenting-education-classes](http://www.ycesa.com/parenting-education-classes) or call Pam at 928-442-5756.
- 6-Jun Woof Down Lunch**  
10am-3pm  
Bring your dog to this fun event - contests; dog obedience, agility, and K-9 demonstrations; vendors, live music; kid activities; raffles; and adoptable dog introductions. A \$20 people/pet lunch package includes BBQ, handcrafted pet bowl, and pet food samples. Proceeds benefit United Animal Friends.  
Courthouse Plaza in Prescott  
100 W. Gurley St.  
Prescott, AZ 86303  
[www.UnitedAnimalFriends.org](http://www.UnitedAnimalFriends.org)
- 6-Jun The Lives of the Men of the Az Frontier!**  
1pm-2pm  
The Phippen Museum is pleased to present Dr. Barbara Marriott on Saturday June 6 at 1pm as she shares the stories of the pioneer men who first rode into the Arizona Territory.  
Phippen Museum 4701 Hwy 89N Prescott, AZ 86301  
[www.phippenartmuseum.org](http://www.phippenartmuseum.org)
- June 6-7 Breakfast with the Tortoises**  
Join Heritage Park Zoological Sanctuary, Saturday, June 6, 2015 from 9:00am to 10:30am and have breakfast with the Tortoises.  
\$15 for HPZS member adults and \$20 for non-member adults, \$5 for member children and \$7 for non-member children. Reservations are required. Limited seats are available.  
Heritage Park Zoological Sanctuary  
1403 Heritage Park Road  
Prescott, AZ 86301  
[www.heritageparkzoo.org](http://www.heritageparkzoo.org)
- 12-Jun 42nd FOLK ARTS FAIR**  
10am-5pm  
General Admission \$8  
Ages 13-17 \$3  
Ages 12 & under FREE  
Saturday 10am to 5pm;  
Sunday 10am to 4pm  
Sharlot Hall Museum  
415 W. Gurley St.  
Prescott, AZ 86301  
[www.sharlot.org](http://www.sharlot.org)
- Free Evening Forest Walk**  
7pm  
Bring the whole family for an evening adventure exploring the forest.  
Highlands Center for Natural History  
1375 S. Walker Rd.  
Prescott AZ 86303  
928-776-9550  
[www.highlandscenter.org](http://www.highlandscenter.org)
- 13-Jun Free Audubon Bird Walk**  
7:30am  
Beginning and experienced birders welcome.  
Highlands Center for Natural History  
1375 S. Walker Rd.  
Prescott AZ 86303  
928-776-9550  
[www.highlandscenter.org](http://www.highlandscenter.org)
- 13-Jun Arizona History Adventure**  
10am-3pm  
Sharlot Hall Museum features "a-day-in-the-life" of an 1870s pioneer; emphasis will be on living in the summer heat; inhabitants will have moved their kitchen outdoors, and everyday chores done inside (feel the heat!)  
Adult admission \$7 Ages 13-17 \$3 Ages 12 and under FREE  
Sharlot Hall Museum  
415 W. Gurley St.  
Prescott, AZ 86301  
[www.sharlot.org](http://www.sharlot.org)
- 18-Jun Naturalists Chautauqua Series - Rachel Carson**  
6:30pm  
Registration Required. \$14 (10% discount for members) - \$8 students  
Highlands Center for Natural History  
1375 S. Walker Rd.  
Prescott AZ 86303  
928-776-9550  
[www.highlandscenter.org](http://www.highlandscenter.org)
- 20-Jun 15th Annual Yavapai Classic Cruisers Car Show**  
8am-2pm  
15th Annual car show benefiting Meals on Wheels in the Quad Cities and Mile High Middle School PTA. 1985 & older cars with 50/50, awards, prizes, raffles. Non-local independent judging. \$3 gate fee for walk ins.  
Mile High Middle School  
300 S Granite St  
Prescott, AZ 86303

## Calendar of Events Continued...

**20-Jun** **Frontier Arizona Experience**  
10am-2pm  
Fort Whipple Museum features "a-day-in-the-life" of Frontier Regulars, with an emphasis on clothing, equipment, and routine duties of "walk-a-heaps" (as infantrymen called themselves), who became the mainstay of the frontier army and garrisoned the forts of Arizona and the west. Admission FREE  
*Fort Whipple Museum V.A. Center / Hwy 89  
Prescott, AZ 86301  
www.sharlot.org*

**21-Jun** **Free Members Father's Day Family Fun Picnic**  
11:30am - 2:30pm  
Treat Dad to a picnic for Father's Day with free food, fun and games at our annual Members Family Picnic. Reservations required.  
*Highlands Center for Natural History  
1375 S. Walker Rd.  
Prescott AZ 86303  
928-776-9550  
www.highlandscenter.org*

**June 26-27** **Shakespeare in the Pines - As You Like It**  
6:30pm - 9:30pm  
Tickets are \$60, and include appetizers catered by El Gato Azul, wine, beer from Black Hole Beer Company, coffee and dessert.  
*Highlands Center for Natural History  
1375 S. Walker Rd.  
Prescott AZ 86303  
928-776-9550  
www.highlandscenter.org*

**June 26-27** **34th Annual Prescott Bluegrass Festival**  
Enjoy Bluegrass music all weekend long at our 34th Annual Bluegrass Festival with many bluegrass groups, food booths and fun for the whole family. Featuring: Blue Moon,

Headline Bluegrass, Central Valley Boys, Vintage Martins & Sanoran Dogs!  
Free Event  
*Historic Courthouse Plaza (South Side/ Goodwin St.) Prescott, AZ 86302*

### SAVE THE DATE

**June 29 - July 5** **128th Annual World's Oldest Rodeo**  
Prescott Frontier Days®, Inc. presents the 128th annual World's Oldest Rodeo® at the Prescott Rodeo Grounds.  
*Prescott Rodeo Grounds 840 Rodeo Dr  
Prescott, AZ 86305  
www.worldsoldestrodeo.com*

**July 2-4** **Prescott Frontier Days Inc Rodeo Dance**  
8pm-1am  
Tickets can be purchased at the door and are \$ 5.00 per person.  
*Prescott Towne Center.  
(Windsock/Goodwill Lot)  
1365 Iron Springs Rd.  
Prescott, AZ 86303  
www.worldsoldestrodeo.com*

**3-Jul** **Kiwanis Kiddie Parade**  
8:30am-10am  
Kick In The 4th of July with the annual Kiwanis Kiddie Parade. This is a Prescott Tradition for our community kids!  
More information at 928-445-8700 or [www.prescottkiwanis.com](http://www.prescottkiwanis.com)  
*Downtown Prescott Cortez and Goodwin Streets  
Prescott, AZ 86302*

**4-Jul** **Prescott Frontier Days, Inc Rodeo Parade**  
9am-12pm  
In addition to the large crowds drawn to the World's Oldest Rodeo®, Prescott Frontier Days®, Inc. produces Arizona's second largest

### Save The Date .....

#### March for Babies Prescott Quad-Cities

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

For more information about March of Dimes visit [www.marchofdimes.org](http://www.marchofdimes.org).

parade over the 4th of July weekend with crowds estimated over 40,000 who jam the streets of downtown Prescott.  
*Historic Downtown Prescott*

**10-Jul** **Free Evening Forest Walk**  
7:00pm  
Bring the whole family for an evening adventure exploring the forest.  
*Highlands Center for Natural History  
1375 S. Walker Rd.  
Prescott AZ 86303  
928-776-9550  
www.highlandscenter.org*

**11-Jul** **Free Audubon Bird Walk**  
7:30am  
Beginning and experienced birders welcome.  
*Highlands Center for Natural History  
1375 S. Walker Rd.  
Prescott AZ 86303  
928-776-9550  
www.highlandscenter.org*

**16-Jul** **Naturalists Chautauqua Series - John Muir**  
6:30pm  
Prescott College professor Doug Hulmes, who won an award for outstanding presenter at the National Wilderness Rangers Conference in Colorado for his stunning performance as John Muir, will share his remarkable story with you.  
Registration Required. \$14 (10% discount for members) - \$8 students

# Calendar of Events Continued...

Highlands Center for  
Natural History  
1375 S. Walker Rd.  
Prescott AZ 86303  
928-776-9550  
[www.highlandscenter.org](http://www.highlandscenter.org)

**22-Aug Wet & Wild Water Day @ Heritage Park Zoo.**  
Cool off this summer at Wet & Wild Water Day at Heritage Park Zoological Sanctuary on Saturday, August 22nd from 9:00am to 4:00pm. Wet and Wild Water Day is free with paid general admission: \$8 for adults, \$5 for children ages 3-12, children under 3 and HPZS members are free! For more details please call us at (928) 778-4242.  
*Heritage Park Zoological Sanctuary  
1403 Heritage Park Road  
Prescott, AZ 86301  
[www.heritageparkzoo.org](http://www.heritageparkzoo.org)*

## ONGOING

**Mon- Fri Mom's Play-date at Synergy Gymnastics**  
10:15am-11:15am  
Ages 4 years and younger.  
Synergy Gymnastics  
546 6th St. Prescott, Arizona  
Ph: 928.899.4589

**Wed Poetry Discussion Group**  
1pm-3pm  
Join Dr. Janet Preston to enjoy and discuss great poetry in an informal setting. Copies of poems will be distributed at the gathering.  
*Prescott Public Library  
215 E. Goodwin  
Prescott, AZ 86303  
[www.prescottlibrary.info](http://www.prescottlibrary.info)*

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

**Genealogy Mentoring Sessions**  
Register online, at the Ask a Librarian desk or call 928.777.1526.  
*215 E Goodwin St,  
Prescott, AZ 86303  
[www.prescottlibrary.info](http://www.prescottlibrary.info)*

**Third Thursday Star Talks**  
6:30pm - 8:30pm  
*Prescott Public Library  
215 E. Goodwin  
Prescott, AZ 86303  
[www.prescottlibrary.info](http://www.prescottlibrary.info)*

**Fridays Go Bananas Drop Off Available**  
5:00pm - 9:00pm  
*Prescott Gateway Mall,  
3250 Gateway Boulevard  
#204, Prescott, AZ 86303  
(928) 583-7655*

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

**Prescott's 4th Friday Art Walk**  
5:00pm - 7:00pm On the 4th Friday of every month.  
*Various Prescott Art Galleries  
Prescott, AZ 86303  
[www.artthe4th.com](http://www.artthe4th.com)*

**Saturdays SMARTgirls \$3 sale days**  
2nd & 4th Saturday of the Month  
*SMARTgirls Resale Fashion  
6616 E. 2nd St. Ste. F  
Prescott Valley, Az 86314  
928-772-1227  
[Info@smartgirlsfashion.com](mailto:Info@smartgirlsfashion.com)  
[www.smartgirlsfashion.com](http://www.smartgirlsfashion.com)*

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

**Nocturnal Nature Nights**  
Every Saturday night, starting June 6th running through August 29th, the zoo will be open until 8:00pm.  
*Heritage Park Zoological Sanctuary  
1403 Heritage Park Road  
Prescott, AZ 86301  
[www.heritageparkzoo.org](http://www.heritageparkzoo.org)*

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

**High Tea at Lavender Herb Farm**  
2:00pm (Every third Saturday of the month).  
Reservations required.  
Ph: 928.636.5270

**Go Bananas Drop Off Available**  
5:00pm - 9:00pm  
*Prescott Gateway Mall, 3250 Gateway Boulevard #204,  
Prescott, AZ 86303  
(928) 583-7655*

# Parent Resource Guide

## Activities

### Freedom Station

2992 N Park Ave,  
Prescott Valley, AZ 86314  
(928) 775-4040  
[www.freedomstationfun.com](http://www.freedomstationfun.com)

### Go Bananas

3520 Gateway Mall  
Prescott, AZ 86301  
928-583-7655  
[www.gobananasprescott.com](http://www.gobananasprescott.com)

### Heritage Park Zoological Sanctuary

1403 Heritage Park Rd.  
Prescott, AZ 86301  
928-778-4242  
[www.heritageparkzoo.com](http://www.heritageparkzoo.com)

### Highlands Center for Natural History

1375 Walker Rd.  
Prescott, AZ 86303  
928-776-9550  
[www.highlandscenter.org](http://www.highlandscenter.org)

### Phippen Museum

4701 Arizona Hwy 89  
Prescott, AZ 86301  
928-778-1385  
[www.phippenmuseum.com](http://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](http://www.smokimuseum.org)

### The Spot Museum

3250 Gateway Boulevard,  
Prescott Gateway Mall,  
Prescott, AZ 86303  
(928) 771-0241  
[www.thespotmuseum.org](http://www.thespotmuseum.org)

### Synergy Gymnastics

546 6th St.  
Prescott, AZ 86301  
928-899-4589  
[www.synergygymnastics.com](http://www.synergygymnastics.com)

## Birthday Parties

### Freedom Station

2992 N Park Ave,  
Prescott Valley, AZ 86314  
(928) 775-4040  
[www.freedomstationfun.com](http://www.freedomstationfun.com)

### Go Bananas

3520 Gateway Mall  
Prescott, AZ 86301  
928-583-7655  
[www.gobananasprescott.com](http://www.gobananasprescott.com)

### Quest Character Parties

928-533-1519  
[kalissonnier@yahoo.com](mailto:kalissonnier@yahoo.com)

### Synergy Gymnastics

546 6th St.  
Prescott, AZ 86301  
928-899-4589  
[www.synergygymnastics.com](http://www.synergygymnastics.com)

## Chamber of Commerce

### Prescott Chamber of Commerce

117 W Goodwin St.  
Prescott, AZ 86303  
928-445-2000  
[www.prescott.org](http://www.prescott.org)

### Prescott Valley Chamber of Commerce

7120 Pav Way #102  
Prescott Valley, AZ 86314  
928-772-8857  
[www.pvchamber.org](http://www.pvchamber.org)

## Galleries

### Prescott Center for the Arts

208 N Marina St,  
Prescott, AZ 86301  
(928) 445-3286  
[www.pfaa.net](http://www.pfaa.net)

### Tis Art Gallery

105 S Cortez St.  
Prescott, AZ 86303  
928-775-0223  
[www.tisartgallery.com](http://www.tisartgallery.com)

## Groups

### Prescott MOPS

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

## Health & Fitness

### Lotus Bloom Yoga

777 W Hillside Ave.  
Prescott, AZ 86301  
928-499-1553  
[www.lotusbloomyoga.com](http://www.lotusbloomyoga.com)

### The Natural Healing Garden Wellness Center

119 Garden St.  
Prescott, AZ 86305  
928-237-4116  
[www.naturalhealinggarden.com](http://www.naturalhealinggarden.com)

### Ponderosa Pediatrics

(928) 778-4581  
2120 Centerpoint West Drive  
Prescott, AZ 86301  
[www.ponderosapediatrics.com](http://www.ponderosapediatrics.com)

### Prescott Hypnosis

223 White Spar Rd.  
Prescott, AZ 86303  
928-771-2333  
[www.prescotthypnosis.com](http://www.prescotthypnosis.com)

### Sages' Healing Center

1101 E Gurley St.  
Prescott, AZ 86301  
928-458-6748  
[sages@sageshealingcenter.com](mailto:sages@sageshealingcenter.com)

### Sirius Wellness Center

3181 Clear Water Dr #B,  
Prescott, AZ 86305  
(928) 515-1755  
[www.siriushealthandwellness.com](http://www.siriushealthandwellness.com)

### SONRISA, Crossinology Brain Integration & Wellness Center

Beth Tom  
928-713-4507  
[sonrisabit@yahoo.com](mailto:sonrisabit@yahoo.com)  
[Crossinology.com](http://Crossinology.com)

*Holistic healing/ alternative care/ drug free permanent correction for ADD/ ADHD/DYSLEXIA/ Therapy/ PTSD and*

# Parent Resource Guide Continued

*Stroke care/ Emotion, trauma, allergy and hormone balance.*

## YRMC Family Resource Center

3262 N. Windsong Drive  
Prescott Valley, AZ 86314  
(928) 771-5651

[www.yrmc.org/support-and-community/family-resource-center](http://www.yrmc.org/support-and-community/family-resource-center)

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

## YRMC Partners for Healthy Students

In-School Clinics: (928) 771-5662  
Mobile Kids Clinic: (928) 771-5123  
[www.yrmc.org/support-and-community/partners-for-healthy-students](http://www.yrmc.org/support-and-community/partners-for-healthy-students)

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

## Health & Fitness

### Kickstart Boot Camp for Women

SGT Steve

[www.prescottbootcamp.com](http://www.prescottbootcamp.com)

## Home-School Resources

### Prescott Center for the Arts

208 N Marina St,  
Prescott, AZ 86301  
(928) 445-3286

[www.pfaa.net](http://www.pfaa.net)

### Prescott Home-school Group

PO Box 10742, Prescott MPO  
Prescott, AZ 86304  
970-270-2552

## Libraries

### Prescott Public Library

215 E Goodwin St,  
Prescott, AZ 86303  
(928) 777-1500

[www.prescottlibrary.info](http://www.prescottlibrary.info)

### Prescott Valley Public Library

Prescott Valley, AZ 86314  
(928) 759-3040

[www.pvlib.net](http://www.pvlib.net)

## Mommy & Me Classes

### Synergy Gymnastics

546 6th St.  
Prescott, AZ 86301  
928-899-4589

[www.synergygymnastics.com](http://www.synergygymnastics.com)

## Museums

### Phippen Museum

4701 Arizona Hwy 89  
Prescott, AZ 86301  
928-778-1385

[www.phippenmuseum.com](http://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](http://www.smokimuseum.org)

## Pediatrics

### Ponderosa Pediatrics

(928) 778-4581  
2120 Centerpoint West Drive  
Prescott, AZ 86301

[www.ponderosapediatrics.com](http://www.ponderosapediatrics.com)

### Sages' Healing Center

1101 E Gurley St.  
Prescott, AZ 86301  
928-458-6748

[sages@sageshealingcenter.com](mailto:sages@sageshealingcenter.com)

### YRMC Partners for Healthy Students

In-School Clinics: (928) 771-5662  
Mobile Kids Clinic: (928) 771-5123  
[www.yrmc.org/support-and-community/partners-for-healthy-students](http://www.yrmc.org/support-and-community/partners-for-healthy-students)

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

## Performing Arts...

### Prescott Center for the Arts

208 N Marina St  
Prescott, AZ 86301  
928-445-3286

[www.pfaa.net](http://www.pfaa.net)

### The Elks Theatre & Performing Arts Center

117 E. Gurley St.  
Prescott, AZ 86303  
928-777-1366

[www.prescottelks theater.com](http://www.prescottelks theater.com)

### Yavapai College Performing Arts Center

1100 E Sheldon  
Prescott, AZ 86301  
928-776-2000

[www.ycpac.com](http://www.ycpac.com)

## Schools

### Basis School

1901 Prescott Lakes Pkwy.  
Prescott, Arizona 86301  
Phone: 928.277.0334  
Fax: 928.458.5562

Email: [info@basisprescott.org](mailto:info@basisprescott.org)

[www.basisprescott.org](http://www.basisprescott.org)

### Christian Academy of Prescott

148 S Marina St,  
Prescott, AZ 86303  
(928) 445-2565  
[www.cap-prescott.com](http://www.cap-prescott.com)

### Prescott Unified School District

145 S Granite St.  
Prescott, AZ 86303  
928-445-9806

<http://mypusd.prescottschools.com/pusdwp/>

## Parent Resource Guide Continued

**Humboldt Unified School District**  
8766 Arizona 69,  
Prescott Valley, AZ 86314  
(928) 759-4000  
[www.humboldtunified.com](http://www.humboldtunified.com)

**Mile High Middle School**  
300 S Granite St  
Prescott, AZ 86303  
928-445-5400

**Primavera School**  
1446 Moyer Rd.  
Prescott, AZ 86303  
928-445-5382  
[www.primaveraschool.org](http://www.primaveraschool.org)

## Shopping

**Christmas In Prescott**  
1235 Willow Creek Rd.  
Prescott, AZ 86301  
928-776-1669  
[customerservice@christmasinprescott.com](mailto:customerservice@christmasinprescott.com)

**SMARTgirls Resale Fashion**  
6616 E 2nd St Ste F, Prescott Valley, AZ  
86314  
928-772-1227  
[info@smartgirlsfashion.com](mailto:info@smartgirlsfashion.com)  
[www.smartgirlsfashion.com](http://www.smartgirlsfashion.com)

## Summer Camps

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

**Camp Wamatochick**  
5101 S. Senator Hwy  
Prescott, AZ 86303  
<http://teenroundup.org/free-summer-camps.html>

**Challenger Soccer Camp**  
1-800-878-2167  
Prescott Valley

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

**Friendly Pines Camp**  
1-888-281-CAMP  
[info@friendlypines.com](mailto:info@friendlypines.com)

**Girl Scouts - Arizona Cactus-Pine**  
<http://www.girlscoutsaz.org/en/camps/types-of-camps.html>

**Nature Camp**  
928-445-5446  
[marianasl@msn.com](mailto:marianasl@msn.com)

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

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

**Prescott Center for the Arts**  
208 N Marina St  
Prescott, AZ 86301  
[www.pca-az.net](http://www.pca-az.net)

**Synergy Gymnastics**  
546 6th St  
Prescott, AZ 86301  
928-899-4589  
[www.synergygymnasticsaz.com](http://www.synergygymnasticsaz.com)

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

**YMCA Prescott Summer Day Camp**  
750 Whipple St  
Prescott, AZ 86301  
928-445-7221  
[www.prescottymca.org/index.php](http://www.prescottymca.org/index.php)

To have your business listed  
in our Parent Resource Guide  
for only \$25.00 per month,  
contact us at  
[advertising@prescottparent.org](mailto:advertising@prescottparent.org)  
or call 970-270-2552.

## In Memory of THE GRANITE MOUNTAIN HOTSHOTS



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Prescott Nannies is currently hiring experienced babysitters, nannies and newborn specialists for full time, part time and on call positions. Must have at least three years experience working with children, be a non-smoker and pass a background check. Please email your resume and references to [heather@prescottparent.org](mailto:heather@prescottparent.org).

Prescott Parent Magazine is growing and looking for people to join our team. We are currently hiring in sales, distribution, community outreach, events, fundraising, accounting, website and blog updating. Experience working for a publication a plus, but not required for the right person. All positions are part time. For more information on these positions, call Prescott Parent Magazine at 970-270-2552.

Experienced tutors wanted to work with home-school students. All ages and all subjects. Email resume to [prescotthomeschoolgroup@yahoo.com](mailto:prescotthomeschoolgroup@yahoo.com)

Group and event coordinator needed to update events calendar, assist members, etc. Please email your resume and a cover letter to [prescotthomeschoolgroup@yahoo.com](mailto:prescotthomeschoolgroup@yahoo.com)

## FOR SALE

### Gift Certificates & Local Deals available from Prescott Parent Magazine:

- Lotus Bloom Yoga Gift Certificate - \$110.00 value, available for only \$90.00
- Go Bananas 10 Visit Punch Pass - \$35.00 value, available for \$30.00
- Go Bananas Gift Certificate - \$100.00 value, available for \$80.00
- Natural Healing Garden Wellness Center Gift Certificate - \$25.00 value, available for \$20.00
- Sages' Healing Center Gift Certificate - \$100.00 value, available for \$80.00

**Call Heather at 970-270-2552 to purchase.**

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