

PRESCOTT PARENT MAGAZINE

Nov/Dec 2014



Vol. 1 Issue 2

Holiday
EDITION



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PRESCOTT
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MAGAZINE

A Note From The Publisher

It's beginning to look alot like Christmas...

Family traditions are a big part of the holiday season at our house. My kids love helping me cook soups, breads and pies once the weather cools. Now that they are getting older, it is fun to have them help more with our traditions and see how important they are to them. My daughters will spend hours making crafts to hang around the house and invent new holiday cookie recipes. I do my best to not rush into the Christmas season and we still decorate for Thanksgiving like my mother used to when I was younger. One of our favorite crafts to make is placing colorful leaves in contact paper and hanging them in a sunny window. They will last throughout the winter and give some color to dreary winter days.

The holiday season is a chance to get together with family, be thankful for all we have in our life and share happiness with others. Our November / December issue is dedicated to creating and keeping alive our many different family holiday traditions. Whether your family makes batches of latkes, has a big Italian Christmas dinner, makes dozens of holiday cookies, or volunteer at local food banks, traditions are an important part of creating strong family bonds.

Prescott has many unique holiday traditions and celebrations to enjoy with your family this year. There is no mistake that Prescott was named "Arizona's Christmas City" by Governor Rose Mofford in 1989 and continues to live up to that title. For 60 years, downtown Prescott has been transformed into a winter wonderland. This year, more than 100 trees will be decorated with local merchants footing the \$85,000 bill. The stores and restaurants will be open later, so grab a hot chocolate, enjoy the lights and finish your Christmas shopping at our many local shops and galleries.

From my family to yours, have a very happy and healthy holiday!!

Heather



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PRESCOTT PARENT MAGAZINE

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



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



If you have a news brief
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50-250 word article to
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More information at
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Prescott Home School Group

Prescott Homeschool Group was created by a mother of three and former educator, as a local support system for all parents and children who homeschool. "We do not discriminate and love having a diverse group of members. We believe in creating an environment where all children strive, no matter what homeschool path you have chosen for them." You will find Prescott Homeschool Group offering a wide variety of activities and support for families with children of all ages. "We try to offer many things a large school system can, with the support the personal attention most public schools are unable to give. You will find study groups, play dates, theatrical performances, award ceremonies, field trips, customized lesson plans, science fair, art fair, music lessons, a monthly birthday celebration, parent's night out. BBQ's, summer camp-outs & we are currently working on a college prep course for our older students. There is something for everyone in our group!" Membership is \$50 per year, per family.

For more information, email
prescotthomeschoolgroup@yahoo.com



Wildlights and Animal Sights

Nov. 18 – Dec. 27 from 6pm - 9pm.

Join Heritage Park Zoological Sanctuary this holiday season for our annual "Wildlights and Animal Sights!" The holiday light display will be opened to the public every Friday and Saturday evening. The park will be lighted with festive holiday decorations and spectacular light displays. Concessions will be available during the event times as well as our unique gift shop. \$3.00 for HPZS members and \$5.00 for non-members. Remember to stop by during your visit for that special holiday gift.

For more information, please call or visit
Heritage Park Zoological Sanctuary
1403 Heritage Park Road, Prescott, AZ 86301
(928) 778-4242

Prescott's 19th Annual Holiday Light Parade

November 29, 2014 6pm – 7pm

Prescott's Holiday Light Parade kicks-off the holiday season with a parade of festively decorated and lit floats. All floats and participants of the parade are covered in lights, making this evening one of a kind. Come and join in the new After-Parade fun when the parade ENDS on the field of Prescott's Mile High Middle School. There will be a bonfire, holiday entertainment, get to see the floats up close and beautifully displayed around the field. This is a favorite among Prescott residents and sure to be a fun night for all. It can be cold that night, so be sure to bring hand warmers, bundle the kids up in their winter attire and cozy up under a blanket with some hot chocolate from the one of the many local candy shops around courthouse square.

NEW ROUTE: Starts on S.Cortez St. @ Carleton, north past the courthouse to Willis, goes west to Montezuma then south on Montezuma to Carleton, ending at the Mile High Middle School field.



Nature's Small Wonders Colored Drawing Classes

Ever wondered how to catch subtle hues of lichen on a rock, a curving seed pod, a glimmering beetle, the architecture of a nest, or perhaps a single feather? Join Diane Iverson, renowned local artist who will guide students of all skill levels, as the class focuses to capture the details of what we find in nature using colored pencils. Pre-registration required for limited space is available. Series cost: \$90 members and \$100 non-members. Individual class cost: \$25 members and \$35 non-members

Highland's Center for Natural History
Tuesdays and Thursdays,
November 11, 13, 18, 20
9:00AM-12:00PM
Ph: 928-776-9550
www.highlandscenter.org



STEPS Art School for Children Continues in Spring 2015

The STEPS Art School for Children has been providing FREE art education classes to Prescott area children since 2011. While the students work towards creating new work to be displayed in a professional gallery setting, the primary purpose is far greater. The program's focus is on concepts and exercises that help children develop a higher level of overall academic achievement, cultural awareness and sensitivity to the world around them.

Classes are for seven weeks one day a week

Free tuition and art supplies

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Beginning classes are open to children ages 4 – 7 & 8 to 11

Advanced classes are open to returning students regardless of age. (New students with art experience will also be considered for the advanced classes pending approval of the instructors.)

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PRESCOTT Hypnosis

Even though Hypnosis is often portrayed in the movies as a “gimmick” the real story is that hypnosis is a powerful tool to help people improve how they feel and change their behavior. Prescott Hypnosis is dedicated to helping people realize and access their greatest potential, achieve their goals, and heal their life.

Carrie Ann has more than 1,500 hours of education in hypnosis and other related mind/body therapies. As an award winning member of the International Medical and Dental Hypnotherapy association, the International Association of Counselors & Therapists and the Clinical Care Network, she makes it a point of staying on the cutting edge of her field. She is the author of the Masterful Living Program, teaching individuals how to access their genius and access “power tools” used by all successful People, as well as the Masterful Athletes Program, a seminar for athletes and their coaches. From 1999-2005, she served as a HypnoBirthing instructor with Botsford Hospital in Farmington, Michigan. HypnoBirthing is a childbirth education class that helps eliminate the Fear - Tension - Pain - Syndrome before, during and after birthing, returning birthing to the beautiful, peaceful experience nature intended.

carrieann@prescotthypnosis.com

(928) 771 - 2333

Open Monday - Friday 10:00 A.M. - 6:00 P.M.

New Eight- Acre Discovery Gardens planned at Highlands Center for Natural History!

The Highlands Center for Natural History has announced the formal launch of a new capital campaign to raise \$420,000 in funding for an eight-acre expansion of its Discovery Gardens that will make nature even more accessible to the Prescott ...community and the Central Highlands region, while enhancing the Center's event and facility capacity. The new public phase of the capital campaign announced by Toby York, Committee Chair and Highlands Center board member at the Center's 10th Anniversary Celebration, will add to the \$235,000 already raised during the quiet phase of the fundraising program. “The overarching mission of the Discovery Gardens is to enhance the visitor experience and support the future sustainability of the Highlands Center.”

Highland's Center for Natural History
1375 Walker Rd, Prescott, AZ 86303
(928) 776-9550
www.highlandscenter.org

ASK

Mama CLEAN



Question

Dear Mama Clean,

I love the glow of candlelight as the nights grow longer, and one of our kids' favorite things to do around the holidays is to make stripy candles from wax we've saved over the course of the year. We have a lot of fun melting the wax on the stove then pouring it layer by layer into paper cups with wicks standing in them. It is such a treat to peel off the paper and see how the stripes turned out! We end up with great little treasures for decorating and giving as gifts. The problem is, we always manage to get wax on the stovetop, our clothes, the tablecloth, and just about anything else in range of the project. What do you suggest for getting rid of candlewax?

Yours truly,
Madame Toussaut

Answer

Cher Madame,

Don't you agree that the French word for candle is much happier in the mouth than the English one: bougie! It almost tastes like candy. I also offer a resounding salut! that you have not let fear of mess get in the way of your bougie-making adventures. When dealing with wax, heat, cold, and patience are your friends. DO NOT pick at the wax when it is still soft, as this will drive the wax deeper into the fabric or spread it around on wood surfaces. An easy way to remove a small amount of wax hardened onto fabric is to put the cloth in the freezer or hold an ice cube on it for a few minutes. When the wax gets brittle, you will be able to snap most of it right off. You can remove the remaining wax by stretching the affected area over a large bowl (secure with rubber bands around the bowl rim) then pouring boiling water over the wax to melt it.

Use an iron instead of boiling water to remove

larger wax spills: after freezing, scrape the wax off with a dull knife (the plastic fasteners from bread bags also work great, just don't use a sharp knife because you don't want to trade your wax problem for a hole problem or scratch up wood and other surfaces), then place the stained area between two paper towels or brown paper bags and press with an iron on a low setting. It doesn't take much heat to soften the wax and transfer it to the paper. Replace the paper towels or bags as the wax is absorbed into them. If the fabric is one you would normally iron at a very low temperature, hold the iron just above the paper and move it back and forth, shifting the paper often to absorb the wax. This may be your choice if the wax is on a couch pillow. Once you have gotten the waxy residue out of the fabric, the oil and the color may still remain. Don't despair: soak that part in a little bit of water and oxygen-based stain remover. You may have to do this overnight to see the full effects of the stain remover. Follow up by washing as usual.

Hot water, paper towels, and the low heat iron method will take wax off most other surfaces. Bonnes vacances to you and yours!

~ Mama Clean

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

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By Mary Taylor Birkel

Tips For Keeping Your Family's Nutrition And Fitness On Track Throughout The Winter



by the Centers for Disease Control's recommendation that children over age six get at least one hour of physical activity each day, including vigorous activity at least three days a week.

And physical activity isn't all that's tough to maintain during the holiday hubbub. Healthy eating habits can also be thrown off by a heaping helping of food-centered social and family gatherings. Local nutrition experts Samantha Turner and Katie McDaniel, NC, say that keeping kids on track with making healthy food choices may take less effort than parents think.

"Get your kids in the kitchen, get them involved with the process of preparing the food they will eat," said McDaniel, a certified nutrition consultant who works as a health educator for the Yavapai County Community Health Service.

"In our culture, kids are so removed from the process of growing and preparing food, but if a child grows or cooks a vegetable they are much more likely to want to eat it," added Turner, an AmeriCorps FoodCorps Service Member who coordinates education programs and outreach for the Prescott Farmer's Market. Turner also says simply exposing children to healthier food options can be effective in both the short-term and the long-term.

"Put out bowls of mixed nuts instead of bowls of candies and kids will start to get used to nuts—a healthy, high-protein snack—as an option," she said.

Myers, Turner and McDaniel all agree that the best formula for staying healthy throughout the holidays involves combining exercise and healthy eating—and making it fun. While the Thanksgiving turkey is in the oven, play a game of flag football or take a neighborhood walk. Start a family tradition on Christmas or during Chanukah that includes a specific outdoor activity after attending faith services and before the big family meal. Whatever you

For many families, the winter months—with all of the various holidays—are full of family togetherness, memory-making and general merriment. Regrettably, these months are also often marked by excessive eating and lower levels of physical activity. With adults and children alike prone to falling victim to this annual trend, three local experts offer up ideas for keeping your family's eating and exercise on the right track during the holidays.

"Prescott's winter climate is generally mild, and it is a beautiful place to get out and enjoy your family while remaining physically active—together!—through the winter months," said Darcy Myers, PT, DPT, a pediatric physical therapist and owner of Sander Physical Therapy in Prescott.

For parents looking to keep up their children's activity level through the winter months, Myers offers this reminder: "when it comes to exercise and maintaining health, it is important to remember that kids will follow your example."

For her own family and her clients, Myers tries to abide



do, enjoy your time together. After all, isn't that what the holidays are all about?

Tips for keeping kids and families active through the winter, as recommended by Darcy Myers, PT, DPT, the mom of an active toddler and a doctor of physical therapy who specializes in physical activity among children

- For a fun outing that's bike- and stroller-friendly, hit the Prescott Peavine/Iron King Trail (Bonus: parking is free on Wednesdays, year-round!)
- When it snows, bundle up the family and head out to Walker Road for a fun afternoon of sledding, or just step out the front door and build a snowman, make snow angels or stage a snowball throwing contest
- The Prescott YMCA offers several indoor activities, including a winter basketball program for children and an indoor swimming pool
- The Heritage Park Zoo is open 365 days a year and admission includes a playground with climbing for the kids

Tips for keeping kids and families eating well through the winter, as recommended by Samantha Turner and Katie McDaniel, NC, who collaborate to facilitate after-school food-garden clubs and other nutrition education in elementary schools in Prescott and throughout Yavapai County

- Engage kids in the food prep process; give them a special apron or oven mitt so they truly feel involved
- Start a container garden and bring that food into the kitchen; crops that grow well in the fall and winter include root veggies (e.g. carrots, beets); leafy greens (e.g. arugula, kale); and herbs (e.g. cilantro, basil)
- Consider replacing high-calorie, processed sweets with homemade desserts made from seasonal fresh fruit (e.g. apples baked with cinnamon and a little butter)
- Sugary hot beverages are popular in fall and winter, so be mindful of the consumption of these high-calorie treats
- Include veggies and fruit as an option with every meal
- Strike a healthy balance by eating throughout the day; don't skip breakfast or lunch just because you're planning a big dinner
- Drink plenty of water throughout the day to help the body process sugars and counteract the intake of high-sodium foods.



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EDUCATION NEWS



- Tim's Auto Group has joined forces with the Prescott Education Foundation (PEF) to create the "Tim's Auto Group Educational Endowment" Program. This new endowment program is designed to benefit students and schools in the Prescott Unified School District. The goal is to provide funds for all types of facility needs for all schools in PUSD, awards academic scholarships to Prescott High School graduating seniors and allocates pay to play scholarships for those in need.

- Take a look at the Prescott Unified School District Comprehensive Financial Report for 2013 at <http://mypusd.prescottschools.com/servicelearning/cafr-2013.pdf>

- Want to know what it all means? The Community Guide to Understanding the School District's Budget <http://mypusd.prescottschools.com/pusdwp/wp-content/uploads/2013/04/community-guide-2012-13.pdf> Both are available on the PUSD website. <http://mypusd.prescottschools.com/pusdwp/>

- The State of Arizona has a law that benefits taxpayers and school children alike. A.R.S. 43-1089 allows a tax credit of \$200 for individuals and \$400 for married couples filing jointly, for fees or donations paid to a public school in support of extracurricular activities. Last year, taxpayers like you helped cover the costs for after-school programs, band, orchestra, sports and art

programs, as well as admission to plays, concerts, parks, museums and nature camps. Simply put, tax credit donations make possible a wide range of learning opportunities that our children would not otherwise have. And you don't have to have a child in the school district to benefit from this tax credit. Your donation must be made before December 31st to apply to the current year, so please claim your tax credit today.

- Arizona's new assessments, beginning 2014-2015 for grades 3 through 11, will replace the current AIMS test and will be used to measure students' progress in the 2014-2015 school year. It will be an assessment of Arizona's College and Career Ready Standards that were adopted by the Arizona State Board of Education in June 2010

- Arizona's revised statute 15-211 (A) requires all schools with a K-3 program to submit a comprehensive plan for reading instruction and intervention across grade kindergarten through grade three. State funding is provided to schools to support the implementation of their K-3 reading plan. The goal is to have all grade three students in Arizona reading proficiently at grade level. The best reading support you can give your child is to read daily, nightly and always to your child. A suggested 20 minutes a day is great, more is even better, and research has shown that reading to your child in their home language is just as beneficial as the second language they are trying to learn.



A Touch Of History: Prescott's Home For Pioneers

By Phyllis Meyers



With a backdrop of the mountains and Thumb Butte, the Arizona Pioneers' Home stands on a promontory overlooking the city of Prescott. Palatial in its grandeur, it is reminiscent of a southern mansion, complete with pillars, multiple steps and a large verandah. Standing at its entrance, as if on guard, is a large carved wooden statue, resembling a totem pole. It is a statue of a "pioneer" guarding his grounds, adding to the charm of the building. Not only is the building unique in its looks; it also carries a rich history within its walls.

The Arizona Pioneers' Home began as the brainchild of three prominent Prescott citizens: A.J. Doran, Frank M. Murphy and Johnny Duke. Mr. Doran first sponsored legislation to build the Home in 1907, but the bill failed. Two years later on March 11, 1909, the bill was once again introduced and signed into law by Territorial Governor Joseph H. Kibbe. The Home opened its doors on February 1, 1911. Initially the Home was built to house Arizona men who had lived and worked for at least 25 years in the State and needed ongoing retirement and care. In 1916, pursuant to city pressure and major contributions, a woman's wing was completed. Later, in the latter part of the 1920s, the Home made a major effort to include disabled miners. Today, after many expansions, the Home can care for up to 150 residents. Appropriations of approximately \$5 million come in annually from State funds, the miners' hospital fund and general funds. The current population of the Home comes from areas throughout Arizona. Residents of the Home pay a portion of their care, based on their ability to pay. This money is deposited back into the general fund. The Home offers a comfortable atmosphere for long-standing Arizona seniors. Activities abound and a medical staff is on board at all times. There are three prepared meals each day, plus snacks in between. A resident of the Home had this to say about her quarters, "It's the next best thing to being home; it's like a home away from home." Residents over the years have included such renowned persons as "Big Nose Kate", old Doc Holiday's gal, who as the legend goes, was quite a



"shady lady." She was present in Tombstone, Arizona, at the time of the battle of the OK Corral and had a saloon named after her in that city. A longtime resident of Arizona, Kate was born Katherine Haroney in Budapest, Hungary, in 1850, before she migrated

to Arizona. "Big Nose Kate" lived out her years at the Pioneers' Home until her death in 1940. Other residents of prime importance included Sharlot Mabridth Hall (of Sharlot Hall Museum) and John Miller, rumored to be the real "Billy the Kid." Then there is Albert Franklin Banta, famous for the discovery of the Meteor Crater west of Winslow, and Opal Tenney-Allen, founding member of Yavapai College. Other residents of the Home have included senators, mayors of major cities and others of similar importance.

Due to the historical nature of the Home, quite a few articles and stories have been written. Life magazine published a story on the Home in 1947. A plethora of photographs are available of the Home as far back as 1912. Anyone interested in researching the Pioneers' Home further can do so by contacting the archives of the Sharlot Hall Museum in Prescott. For information on admission, Dale Sams, a 19-year employee at the Home, can be contacted at 928-445-2181.

Holiday Tips and Tricks

We asked parents all over Prescott their favorite piece of advice they received from a family member on how to keep it fun and stress-free during the holiday season. Here are some of our favorites!

Don't hesitate to ask for help. In fact, guests prefer to take on some small tasks, instead of standing around while you attempt to do everything yourself. Ask an older relative if he'd mind greeting guests at the door. Recruit teens to take coats or offer fruit juice. Kids may direct guests to the buffet table or offer hors d'oeuvres.
- Ryan, Father of Two

Take advantage of timesavers. Many supermarkets sell prepped veggies, saving you hours of prep work. Order your local deli's tangy side salad or the bakery's pumpkin pie to complement your main course.
- Lauren, Mother of Six

Seek the out-of-the-way cashier. Avoid long lines by seeking out a store's "hidden" cashier. It is usually in a place that's less obvious, generally at the back of the store.
- Jillian, Mother of One

Throw away your shopping list. Treat loved ones to a holiday show, or breakfast at a fancy hotel. Instead of having a package to rip open, we have this wonderful day together.
- Amanda, Mother of Three

Bring along a positive attitude. One person's sour complaint while waiting at a register can set the whole line grumbling.
- Roberta, Mother of Two

Seek out charity gift-wrapping services. Nonprofit organizations often set up booths at malls or craft shows and will wrap presents for a fee. Take advantage of their services and you'll save yourself one task while contributing to a worthy cause.
- Wendy, Mother of Four and Grandmother to Nine



Remember to have fun. As you take part in trimming the tree or preparing the Chanukah cookies with your kids, take a deep breath and savor the moment. Give yourself permission to forget about all those tasks still left on your to-do list.

- Heather, Mother of Three

Reward yourself while wrapping. Put on your favorite video or DVD, light the tree and pour yourself a mug of hot cocoa topped with real whipped cream. Assure yourself that you deserve a treat for all the work you're about to undertake.

- Savannah, Mother of Three

Santa brings my kids only a few gifts each -- because their grandparents get them so much stuff it's insane. I just keep the number of gifts I buy to a minimum. And I can't tell you how much it's decreased stress in my life. There's less shopping, wrapping, and clutter in our house! Plus, it saves us so much money.

- Jean, Mother of Four

I'll make lasagna that I can put together in advance or London broil that I can throw on the grill, served with mashed potatoes and veggies. For dessert I just put out the cookies that my son and I baked. Easy, but still festive and really yummy.

- Evelyn, Mother of One

Keep a notebook from year to year, detailing your own secrets for a sacred, successful and stress-free celebration. Jot down any tricks or practices that went over especially well this holiday.

- Maranda, Mother of Two and Grandmother to Seven

Last year, my husband and I filled a folder with pages torn from catalogs, toy circulars, and things our son, now 5, saw on TV and begged us to buy for him. When our relatives asked what the kids would like, we weeded through the folder and had them choose their favorite things.

- Makenzie, Mother of One

My family has always exchanged gift lists. It saves you loads of time, everyone gets just what they want, and it spares you from having to stand in return lines for ages after the holidays.

- Brendan, Father of Three

Around Thanksgiving we throw everyone's name into a hat. Then we each draw a name, and that's who we buy for. So rather than getting presents for my sisters, parents, aunts, cousins, and so on, we have a one-person, one-gift limit.

- Crystal, Mother of Two

Tuck everyone's sleepwear and toothbrushes in one easy-to-reach bag. That first night when you arrive at your destination, you won't be fumbling through every suitcase before bedtime.

- Kenny, Father of Five



Traveling WITH YOUR FAMILY

tips and tricks

Over the Towns and Through the Clouds

By Samantha Kingsley

“Over the river and through the woods, to grandmother’s house we go...”

Every time I hear that song I feel like a little kid again on the way to my Grandparent’s house for the holidays. I grew up in Maine, where most Christmas’ have no less than 3 feet of snow, and I could imagine my car as a sled, cutting through the snow like butter. My siblings and I would sing that song over and over again for the entire 2 hour drive, like a Christmas version of the song that never ends. My mother would put on her headphones, trying to drown out our singing from the backseat while my father happily sang along.

I moved to Prescott to attend college at Embry Riddle University and have called this beautiful area of Arizona my home for the last 9 years. I must admit, my first Christmas in Prescott was amazing. No snow! I called my parents to wish them a happy holiday while I was sitting in the sun, enjoying a cup of eggnog with my roommates. A few years later, I met a wonderful man who would soon become my husband. He was also from Maine and we often spoke of making sure we took our children to visit our families as often as we could so they would grow up with Grandparents present throughout their life. Eight years and 3 children later, we have kept that promise to one another and even if we have many things going on, we always make sure to visit our family for the holidays, and somehow also manage to make it for birthdays, anniversaries, health scares and extended summer vacations.

These are my top picks for traveling with babies and toddlers; most of them learned the hard way.

Pack several small novel toys and books that your child hasn’t seen before. The best bets for travel books at this age are ones with lift-the-flaps or touch-and-feel textures.

Come armed with your child’s favorite low-mess snacks. The pureed foods sold in a tube are great for travel – older babies and toddler can suck them right out of the tube, saving you the trouble of messing with a spoon.



Use technology. No shame in entertaining your kid with a movie or a new app to get you through a long flight. More important to me is to remember to bring entertainment for myself. In the off-chance that you get super-lucky and end up with a baby sleeping on your lap for part of the flight, you will not want to be wrestling a New York Times and risk disturbing the gift of slumber. Having some reading material or a new game on your phone or tablet will save you from boredom.

Dress your baby for quick and easy diaper changes. My favorite combo is a onesie with leggings, which gives you quick access to the diaper without removing socks, shoes, pants.

Call the airline before your trip to make sure they have your lap-child registered for the flight or check-in at the ticket counter. Before you go through security, your infant will need her own boarding pass or a special note on your boarding pass. Some plane seats are off-limits for a lap child because they don't have an extra oxygen mask – yet another reason to call the airline before your trip. Last-minute seat changes at the airport mean you run the risk of being seated apart from your spouse.

Bring a birth certificate, especially if your child could be mistaken for a 2-year-old by any stretch of the imagination. Once your child is 2, you have to pay for a seat for her, and the airline would be happy to charge you for that.

Wear your baby. We've always opted to leave the stroller at home. Using a carrier means that your baby can happily continue napping as you get on and off planes and rush to the next gate. Just make sure you aren't wearing a jacket underneath the carrier – I was asked to take mine off, which of course meant taking off the baby and carrier.

Gate check your car seat if at all possible. On this last trip, I actually witnessed a car seat fly off of one of the those luggage trolleys zipping around between planes. It bounced a couple of times and then slid to a stop on the wet tarmac. The driver of the trolley didn't notice and kept going. I wondered if that car seat made it to its destination at the same time as the baby that needed it, and probably more important, if it was damaged during its collision with concrete. If your plane happens to have extra seats available (like that ever happens anymore), you may also be allowed to bring the car seat on board with you.

When booking plane tickets, if you have a choice between a 30-minute or 90-minute layover, choose 90. You will need more time to change diapers, stock up on snacks, and play. Get to the gate early and blow off some steam. Even a young baby can benefit from stretching out on a blanket in between flights. Wakeful time at the gate can optimize nap-time on the plane. Not all airplanes have changing tables. You're better off trying to get diapers changed at the airport so you aren't left with the choice to change a poopy diaper on your lap or the floor of the plane.

If you are flying an airline that does open-seating, seat yourself next to other families. You'll be surrounded by sympathetic people, and your child may be highly entertained by the kids seated behind you. If you are traveling with a baby or toddler, the best case scenario is to sit next to a family with kids in the 5- to 10-year-old set. These kids are young enough to be interesting to your

Continued on page 56

Entertaining Games

- Peek-a-boo. This one is really great if you have a family member in front or back of your seat who wants to play also.
- Tear the Paper: Let the child rip Sky Mall into strips of paper. Use the strips to create chains, hats, animals, etc. Sure it makes a mess, but oh well!
- Singing Time with Hand Actions: Pat-a-cake, This Little Piggy, The Itsy-bitsy Spider, Wheels on the Bus, etc.
- Where's the Binky? (Alternate hiding his favorite small toy in different hands or other places he can see)
- Tickle Monster
- Find Your Nose, Tummy, Hair... Now, Find Mommy's Nose...
- Make This Face! Imitate This Sound!

Wind Down Games for Sleepy Time

- Counting Fingers Hand Massage
- Counting Toes Foot Massage
- Sleepy Time Songs (use your favorite lullabies)
- 'I Paint Your Arms and Face with My Fingers' Soothing Rub
- Invent a Quiet Bedtime Story (Once upon a time there was a boy/girl named [child's name], who went on a long sea voyage. The boat rocked back and forth...)

For their big brother or sister

- I Spy
- 20 Questions
- Origami (A page from Sky Mall can become a balloon, a flower, a swan...)
- Who can find the letters A-Z first? 1-10? (Hunt through Sky Mall...)
- The Magic Bag (Form a make-shift bag out of a torn page from Sky Mall. Have the child toss an imaginary rock into the paper bag. Flick the underside of the bag to imitate the rock landing there. Hours of entertainment...)
- Interactive Songs/Rhymes (Down by the Bay, Going on a Bear Hunt, The Green Grass Grew All Around...)
- Teach a Magic Trick (Can you make a penny disappear?)
- Sing "Over the River and Through the Woods" It is fun to change the words to talk about your holiday travels and all the new things you see.

10 Decadent Foods That Treat Your Stomach AND Your Brain

By Deralee Scanlon



e've all heard experts tell us which foods will boost brain health. Blueberries: Yawn. Salmon: Make sure it's wild caught, sustainable and from Alaska -- got it. Green Tea: How much can you really drink?

But what if I told you that there are delicious, decadent foods that both boost your brain and deliver a tantalizing flavor your taste buds will love? Read on to discover decadent foods that fit the bill when you are looking for a splurge and also know it will help your grey matter.

- **Lobster** - Delectable lobster influences both learning and memory functions because it comes packed with copper. This mineral significantly affects not only these brain functions, but it's also vital for helping us to think the way we do, according to researchers at Washington University School of Medicine in St. Louis.
- **Quail Egg** - Grab a quail egg for a quick burst of intelligence and memory support. Quail eggs contain choline, which promotes the ability to learn, and also acts as a type of "preventive agent" against such conditions as dementia and Alzheimer's disease.
- **Oysters** - Savor succulent oysters for enhanced brain cell communication. Oysters offer the highest concentrations of zinc, which is vital for processing new memories for long-term storage.
- **Kobe Center Cut Filet Mignon** - Revel in the rich buttery taste and juicy tenderness of a filet mignon for important neurotransmitter (brain messenger) production -- especially tyrosine, which helps to prevent a significant decline in mood and brain performance that's associated with acute stress.
- **Shiitake Mushrooms** - Move over button mushrooms, there's a new sheriff in town for cellular defense, and his name is Shiitake. These mushrooms are chock-full of selenium, which promotes brain cell survival. Selenium-rich shiitakes can easily take out the notorious "free radical gang's" agenda of robbing important electrons from the cells in your body and your brain.
- **Gulf Pink Shrimp** - Grab hold of the natural sweetness and easy-to-peel shells of gulf pink shrimp for world-class antioxidant brain cell protection. Tasty gulf pink shrimp are loaded with astaxanthin, a naturally occurring reddish pigment produced by tiny algae, which is a part of their food that wild caught gulf shrimp feast upon in clean waters. Astaxanthin is one of the most powerful antioxidants in nature. While antioxidant vitamins C and E and others are only able to deal with one free radical at a time, astaxanthin can cope with multiple free radicals simultaneously, and in some cases combat more than 19 free radicals at one time. This mighty molecule accomplishes the feat by spinning an electron cloud around itself. As a result, it's able to draw free radicals into the cloud and neutralize them.



- **Romanesco** - Rock brain cell-to-cell communications with the crunchy, yet delicate, nutty flavor of Romanesco, a spiky lime-green-colored member of the cauliflower and broccoli family of edible vegetables. This plant hipster with its repeating keen geometric green spirals is rich in Vitamin K, which is essential for brain cell growth and membrane integrity, plus brain cell-to-brain cell signaling functions. Low levels of vitamin K are associated with declines in brain function and increased risk of diseases such as Alzheimer's.
- **Steelhead Trout** - Run for Steelhead trout -- a seafaring red-striped trout -- for healthy brain function throughout life. This unique trout with a delicate flavor and pink meaty-textured flesh similar to salmon is high in vitamin D. It's rapidly becoming clear that vitamin D appears to be a "multi-potent" brain-cell protective hormone, working to support brain health through a variety of activities including brain calcium regulation, immune system regulation and enhanced brain cell communications.
- **Chinese broccoli ("Gai Lan")** - Corner a Chinese broccoli or "Gai Lan" in Cantonese for better memory performance and mood management. This leafy cross between broccoli and kale is rich in vitamin C, and also comes with a louder flavor than either of its cousins. Vitamin C and its bioflavonoid components are so essential to the health of brain cells that cellular deterioration begins to occur whenever there are low vitamin C levels in the body. Furthermore, vitamin C plays an important role in the production of norepinephrine (brain messenger), which is essential to both brain function and proper mood management.
- **Sea Beans** - Seize the salty crunchiness and snap of sea beans to boost brain functions. This sprawling succulent, which resembles a series of many-jointed fingers reaching for the sunlight, is loaded with iron. Iron facili-

brain because this thinking organ uses approximately 20 percent of the oxygen found within the body's blood. A well oxygenated brain is able to create new neural pathways, produce chemical messengers such as serotonin and dopamine, which benefit both mood and brain function, and boost overall brain functions. Try tucking these beans into green salads, potato salad, and vegetable stir-fry. Now which of these "brain foods" is going to be on your dinner menu tomorrow night?

Test Your Brain IQ with these multiple choice and true or false questions:

1. The biggest dietary culprits that increase your risk of brain impairment are starchy carbohydrates and sugar? T or F

2. The brain is primarily composed of what food?
- Fat
 - Water
 - Glucose

3. Healthy fats are the most wonderful health-providing foods that we can eat in the human diet? T or F

4. Which of the following are members of the brain's inner defense team?
- Vitamin C
 - Astaxanthin
 - Glutathione
 - Coenzyme Q10
 - All of these

5. Healthy lifestyle choices can boost memory and brain function, plus generate new brain cells? T or F

Answers: 1. True 2. Fat 3. True 4. All of these 5. True

Holiday Wine Selection

From rare Austrian ice wine to the perfect bottle of bubbly to watch the ball drop, GAYOT's list covers a variety of styles and flavors. Best of all, with more than half of our picks priced at \$30 or less, you can sleep a little easier after splurging on all that holiday shopping.

SPARKLING

Schramsberg Mirabelle Brut North Coast, California	\$25
Donelli Lambrusco di Sorbara Emilia-Romagna, Italy	\$20
Taittinger Nocturne Champagne, France	\$62

WHITE

Carmel Road 2012 "Liberated" Riesling Arroyo Seco, California	\$16
Chateau Montelena 2010 Napa Valley Chardonnay Napa Valley, California	\$50

ROSE

Handley Cellars 2012 Pinot Noir Rosé Anderson Valley, California	\$22
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RED

Jordan 2009 Cabernet Sauvignon Alexander Valley, California	\$53
Chateau Ste. Michelle 2009 Ethos Syrah Columbia Valley, Washington	\$35
Da Vinci 2007 Brunello di Montalcino Tuscany, Italy	\$60

DESSERT

Rosenhof 2009 ORION Eiswein Burgenland, Austria	\$28
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From Gayot.com



Living Green

Keeping It Green for the Holidays

the holidays can be a time of excess. Even those with the best intentions can easily use more resources than needed. Here are our top tips to keeping it green during the holidays.

Less Is More

In the past, the house with the most decorative holiday light used to be considered the 'best'. Times have changed. The cost of electricity goes way beyond the electricity bill. Electricity drains natural resources. A smaller presentation of lights can still be attractive and looks very serene during snowy nights. LED (Light Emitting Diode) holiday lights use up to 95% less energy and last up to 100,000 hours when used indoors. Over a 30-day period, lighting 500 traditional holiday lights will cost you about \$18.00 while the same number of LED lights costs only \$0.19. Always turn off the lights when going to sleep.

Buy Gifts at Locally Owned Shops

Many gifts in today's marketplace come from halfway around the world, and the impact of transportation contributes significantly to greenhouse emissions and global warming. Local craft fairs and artisan shops are a good source for gifts that come without the added costs of transportation. Gifts made locally often have a story which goes with the gift, since the artisan and the origin of the gift are known. Many individuals and small businesses have developed great products using recycled materials. Supporting these businesses helps reduce the waste stream while promoting the concept of making best use of available materials. One great thing about living in Prescott is having so many locally owned shops and local artists to support.

Give Battery Free Gifts

According to the EPA, about 40% of all battery sales occur during the holiday season. Discarded batteries are an environmental hazard. Even rechargeable batteries find their way into the waste stream eventually.

Have a Living Tree

While artificial trees theoretically last forever, research shows that they are typically discarded when repeated use makes them less attractive. Discarded artificial trees are then sent to landfills, where their plastic content makes them almost impossible to break down. Live trees are a renewable resource grown on tree farms, which are replanted regularly. They contribute to air quality while growing and almost 90% are recycled

into mulch. Live trees are usually locally grown and sold, saving both transportation costs and added air pollution.

We asked Ken Lain, owner of Watters Garden Center in Prescott what his recommendations are on keeping a living tree happy and healthy.

How long should you keep a living tree indoors? – Living Christmas trees can be safely kept indoors 7-10 days. It is important not to exceed this time as the outdoor survivability of the tree can be affected.

What preparation should be taken? – While the tree is outside and still in its container, be sure to water every 2-3 days for adequate hydration. Do not worry about the cold. Their struggle comes when they contend with warm indoor temperatures. Situate living trees at least 10 feet from a wood stove, fireplace or heat ducts. Avoid placement in a sunny window.

How often should the living tree be watered? – Keep the root ball moist while in the house. Ice cubes are ideal for watering living trees while indoors. To protect your floors from possible water damage, buy a clear vinyl saucer or a plastic sheet to put under the grower's container.

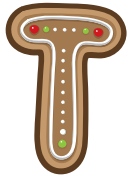
Lighting & Decorations? – Lights should be the small miniatures or LED types. They create a very bright light without releasing heat. Do not use spray snow that adheres to the needles.

How should the living tree be cared for after the holidays? – Set the tree in an unheated garage or carport for at least a week. This allows trees to re-acclimate to the cold outdoors. Keep trees hosed off and watered during this time. Be sure to remove the saucer to allow for drainage. Pick a nice sunny day to plant your tree. It can be planted at any time of the year but will need stakes to keep it from falling over in the wind. Dig the hole the same depth of the root ball, but three times as wide. Use mulch to keep soil loose around the roots. Pack soil firmly to eliminate air pockets. You must water once every two weeks until sometime in March when warm daytime temps return.

Thank you to Lisa Rummel of the Green Queen and Ken Lain from Watters Garden Center - 1815 Iron Springs Road, Prescott, AZ 86305 Phone: 928.445.4159

What is the Paleo Diet?

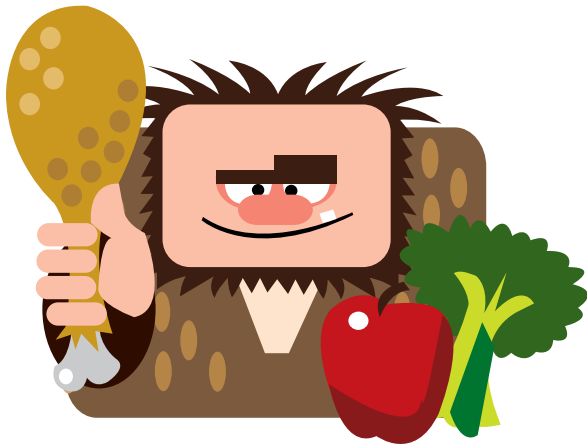
By Jessica @ paleogrubs.com



The Paleo Diet is short for the Paleolithic Diet and involves mimicking the eating lifestyle of our ancient ancestors, the ones that roamed the earth 10,000 years ago. It's all about eating foods that a caveman might have eaten, back before the days of agriculture made it so he didn't have to go very far for his next meal.

It's hard to imagine a world without farming, but that's exactly what Stone Age man had to cope with just to exist. Imagine waking up in the morning and your sole problem for the day is what you're going to eat, and how you're going to get it. You'd have to travel where the food traveled to, and gather what you could along the way.

This means that they were eating a lot of wild animals, whatever they came across and could bring down, and not get killed by themselves. It also meant that any non-animal source of food found along the way was fair game. Think berries and nuts, wild growing fruits and vegetables, these are the kinds of things they subsisted on for thousands and thousands of years.



Eat Like a Caveman

The idea is that if you eat the way the cavemen did, you'll end up looking like the cavemen did, with lean, muscular physiques and not much fat to speak of. Testing to see if something is Paleo-approved or not is as easy as trying to determine if they would have been able to eat it before agriculture started. You're basically trying to replicate their diet, even though it's not really possible where everything you find at the store has come from a farm and was not grown in the wild.

But as modern humans we have to give it our best shot, buying organic meats, fruits, and vegetables whenever possible. This is one way to get back to an earlier time, when food was simply grown from the ground and farmers didn't use pesticides and herbicides and GMOs. Agri-

culture wouldn't be so bad if it weren't for the profit motive involved, where foods are grown with the bottom dollar in mind and conventional farmers try to get the most yield from their fields as possible.



Caveman-Sized Portions

In regards to portion sizes it's best not to think about how much Paleolithic man was eating at each meal, because it was most likely sporadic. It could have been a day or two subsisting on fruits and vegetables only followed by a big kill of some sort and then mostly meat for a day or two. The first meal after bringing down a big kill was likely larger than the meals to follow. In order to bring this into modern applications it seems best to stick to 3 meals per day, and the palm rule to gauge how much of each food item you'll eat at any one meal.

What the Paleo Diet Isn't

The Paleo Diet is just that, a diet. Although you can take some fitness and lifestyle advice from Paleolithic man, you wouldn't want to replicate everything they did, and for good reason. It was a jungle back then, and Stone Age man had his share of plight. Getting daily activity would be one good tip you could take from back in the day, but other than their diet you'll probably want to keep everything else in your life modern.

They would have been able to cook the meat they caught, so a Paleo Diet is not necessarily a raw diet, although eating raw fruits and vegetables would certainly be allowed, if not encouraged. And it's not a vegetarian diet, because meat makes up a large proportion of the food you eat, and they had plenty of meat-eating opportunities back in prehistoric times, with all of the different animal species that were roaming the earth.

Proponent Theories

Some of the theories that proponents have is that your body is still genetically programmed to eat the sort of foods we as a species were eating before they started farming foods and keeping livestock. They say that the proof is in how poorly our bodies respond to refined and processed foods in our modern world, and how well they respond to the types of foods eaten as part of a Paleo lifestyle.

When you look at what the diet entails, and what it excludes, it's easy to see how this would result in a healthi-

What is the Paleo Diet? *Continue*

er way of eating. Lean proteins mixed with all-natural foods like fruits and vegetables is the foundation to many diet plans out there. Supplementing this with oils and nuts for healthy fats is a great way to round things off. You're also cutting out all of the processed junk that can undo any diet plan.

Those that encourage a Paleo way of eating say that it can help you to lose weight, gain lean muscle mass, regulate your blood glucose levels, and can give you more energy all day long. Some also say that it can have an effect on things like allergies as well as the health of your skin and teeth. It's even been said that eating Paleo can help you sleep better at night.

Possible Flaws in the Philosophy

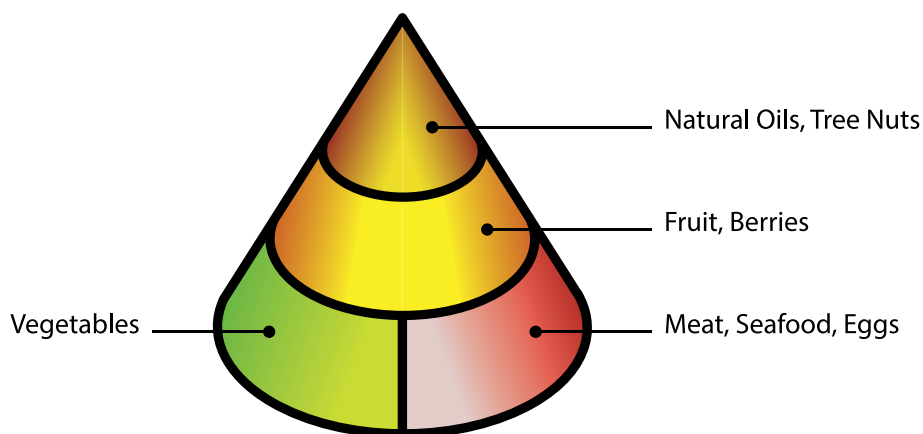
One flaw to the thinking that our Paleolithic brethren had it right is that they lived in an entirely different world than we did, and they were eating what they ate in order to survive. The reason that they didn't have cancer or heart disease is that they didn't live long enough to get it since the world was a harsher place and lifespans were shorter.

Another flaw in the thinking is: why single out the Paleolithic era as the one that was ideal for human beings? For millions of years before the Paleolithic era prehistoric humans were hanging out in trees and leading an entirely vegetarian lifestyle until they were forced to go in search of food due to there being fewer and fewer trees. In this respect a vegetarian lifestyle may be more historically accurate, with our long and winding large intestines giving proof that we're meant to eat mostly fruits and vegetables.

Creating Your Own Paleo Plan

There are some food items that are definitely Paleo, like many kinds of meats. There are also some types of foods that definitely aren't Paleo, like Oreos and Cheetos. Then there are a third group of foods that cause quite a lot of debate as to whether they're Paleo or not. Foods like Quinoa and other grain-like foods can cause a stir, with terms like Strictly Paleo being tossed around, and different camps being formed based on how rigid you follow the philosophy.

PALEOLITHIC DIET



This leaves it largely up to you how Paleo you want to go. Are you going to follow the rules strictly and go by the book, even though there is no official source of Paleo rights and wrongs. Unless you're an anthropologist with a unique knowledge of what life was like back in that day and age, it's pretty much just a guesstimate as to what they were really eating and how their life was. And we're talking about a time period of 750,000 years or so, so Paleolithic man at year one was likely eating a different group of foods as Paleolithic man at year 750k.

Coping with a Caveman Diet

You might have trouble at first making the transition to this way of eating, since a lot of money is spent each year to keep you buying fast food and junk food, and supermarkets are loaded with tons of food items that just aren't Paleo-approved. The major food conglomerates have it set up to keep you hooked on refined sugar, caffeine, and additives like monosodium glutamate. Breaking away from these things can cause cravings, headaches, grumpiness, and other withdrawal symptoms, but they will go away with time.

Like any diet plan, you'll notice the best results the longer you stick with it. If you try the Paleo diet for one month you'll be able to gauge whether or not it's something you want to stick with or not. You should have visible results by that point, and be able to see a difference in how you feel, and how much energy you have each day. It's up to you how serious you want to get with the strictness of the foods you eat, but simply cutting out all of the 21st century junk is a huge step in the right direction for most.



7 Day PALEO MEAL PLAN

Day One

Breakfast Sweet Potato Hash
Tuna Avocado Lettuce Wraps
Strawberry Fruit Leather
Curried Paleo Cauliflower Soup
Dill & Lemon Baked Salmon in Parchment
Balsamic Green Bean Salad
Coconut Cupcakes with Chocolate Frosting

Day Two

Broccoli Egg Bake
Meatball Sandwich
Energy Bars
Thai Red Curry with Squash
Cauliflower Rice
Coconut Macaroons

Day Three

Breakfast Burritos
Healthy Paleo Nachos
Antioxidant Berry Shake
Spaghetti Squash Shrimp Scampi
Honey Balsamic Roasted Brussels Sprouts
Garlic Breadsticks
The Best Paleo Brownies

Day Four

Breakfast Pizza
Chipotle Chicken Lettuce Wraps
Cinnamon Apple Chips
Beef and Broccoli Stir Fry

Cauliflower Rice
Grilled Peaches with Coconut Cream

Day Five

Granola
Shrimp Fried "Rice"
Pumpkin Pie Smoothie
"Pasta" Casserole
Balsamic Roasted Cauliflower
Cookie Bars

Day Six

Pumpkin Pancakes
Taco Salad
Energy Bars
Roasted Butternut Squash Soup
Grass-fed Steak with Balsamic Marinade
Rosemary Beets with Garlicky Kale
Chocolate Mug Cake

Day Seven

Frittatas
Shrimp Tacos with Homemade Ranch Dressing
Kale Chips
Slow Cooker Pot Roast
Chocolate Cookies

Get these recipes and more at <http://paleogrubs.com/paleo-diet-meal-plan>

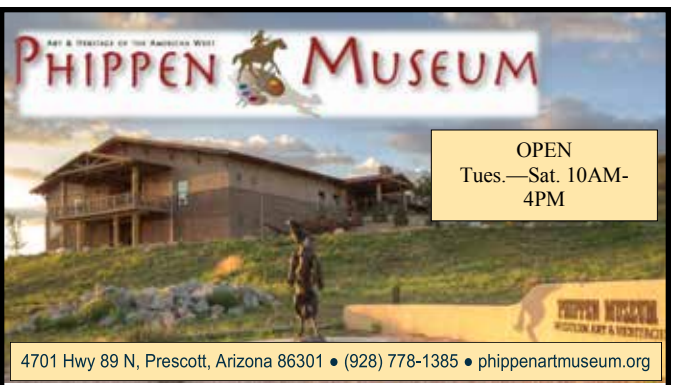


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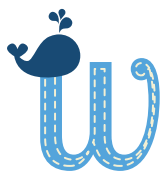
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The Parent Co.

Non-profit facility will offer educational and social programs to support parents and young children

By Mary Taylor Birkel



When Salli Maxwell became a mom in 2003, she was eager to build a support network that would cultivate her growth as a new mom and nurture her young daughter's development. While she was able to build some personal friendships with other moms

looking for those same kinds of connections, the longtime Prescott resident discovered a dearth of formalized local resources that provide social, emotional and practical support for new parents and their young children. Thus was born the idea for a non-profit organization that would fill this void.

Fast forward a few years; with the support of her mom-friend network and a handful of child development professionals, Maxwell turned her vision into reality with the establishment in 2009 of a 501(c)3 non-profit organization called Step Up for Kids. The agency formed with a mission to foster community health and reduce post-partum depression through empathy, non-judgment and direct support. Maxwell and a small-but-mighty board of directors immediately set about creating programs like a mom-to-mom peer support program and a project to place stepstools in local public restrooms to empower children's hand-washing.

Now, the group is working on what Maxwell con-

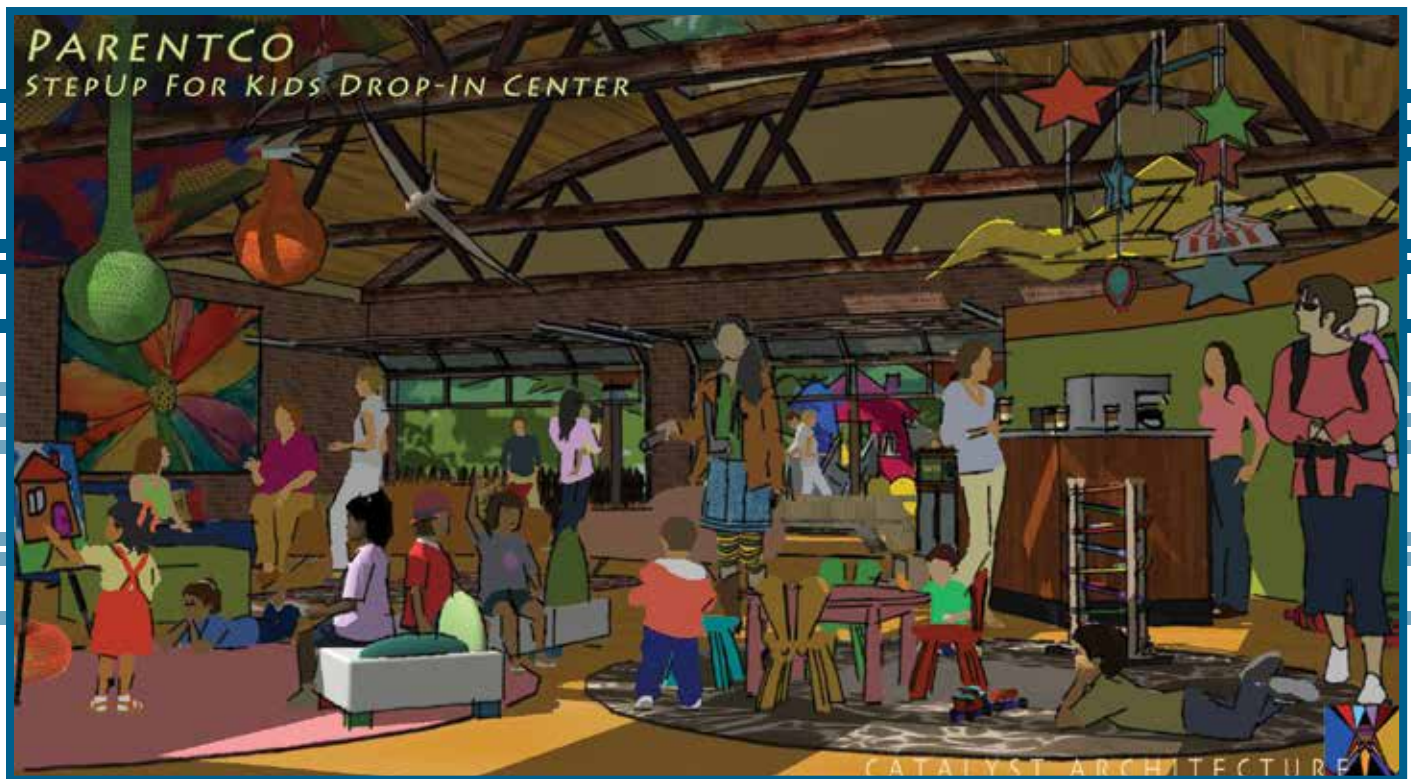
siders to be a cornerstone project for the organization: establishment of a facility that will allow parents to connect, learn and share while their children have a safe space to play. This drop-in center, which Maxwell hopes will open in the spring of 2015, is tentatively being called The Parent Co., a nod to the program's cooperative essence.

While specific program offerings at the facility are still under development, The Parent Co. will operate with a membership model that allows participating parents to both seek support from and provide support for one another and their children. Additionally, child development experts and parental support professionals will provide programming for members.

"Part of the mission of Step Up for Kids, and part of the reason for establishing The Parent Co., is to support children both emotionally and physically, through things like breastfeeding support groups and infant massage classes," said Maxwell.

Educational programming in areas such as child development, parental self-care as well as infant and child healthcare will be offered at the facility. Additional information about local resources will be made available.

"Part of what we want to be is a kind of hub that will direct parents and their children towards various resources in our area," said Maxwell.



In the search for a physical home for The Parent Co., Maxwell is currently in talks with a number of property owners and prospective community partners.

“We have our eye on a couple of potential locations,” Maxwell said. “We are ideally looking for space near Granite Creek, along the Greenway Trail System, because we’d like a nice interface with nature and want to be centrally located, near downtown.”

Maxwell, whose title with Step Up for Kids is founding director, holds a master of education degree with an emphasis in human relations and has a career background in various areas of human services, including mental health and working with people with developmental disabilities. She says that her passion for the mission of Step Up for Kids, though, is as much a result of her experience as a mother as it is of her formal training as an educator.

But Maxwell and the other Step Up for Kids leaders and volunteers aren’t just creating The Parent Co. based on personal opinion. They have community-needs statistics to back up their hunch that there is a void in child- and parent-supportive resources in Prescott and the surrounding area. The Yavapai Regional Partnership Council’s 2014 Needs and Assets Report indicate that nearly a quarter of people in Yavapai County find access to information and resources regarding child health and development inadequate. (See sidebar for other statistics from the report.) Funding for The Parent Co. and other Step Up for Kids programs and projects comes from various sources. Currently,

the organization’s primary funder is First Things First, an Arizona agency working to ensure that young children “receive the quality education, healthcare and family support they need to arrive at school healthy and ready to succeed.” The model for financially sustaining The Parent Co. facility itself is still being developed, but funding is expected to come from a combination of membership dues, grant awards and revenue generated by a small café within the facility. Additionally, fundraising events, including a proposed 2015 gala, would provide a further revenue stream to support the facility and its programs.

Maxwell acknowledges that there are still many details yet to be ironed out before The Parent Co. will officially become a reality but she is enthusiastic about the direction the project is headed.

“The vision for The Parent Co. has a lot of momentum behind it and we are getting closer and closer to bringing it to fruition,” she said. “We welcome support and involvement from both organizations and individuals to help make this much-needed community resource a reality.” For more information on The Parent Co. and other Step Up for Kids programs and projects, visit www.stepupkids.org

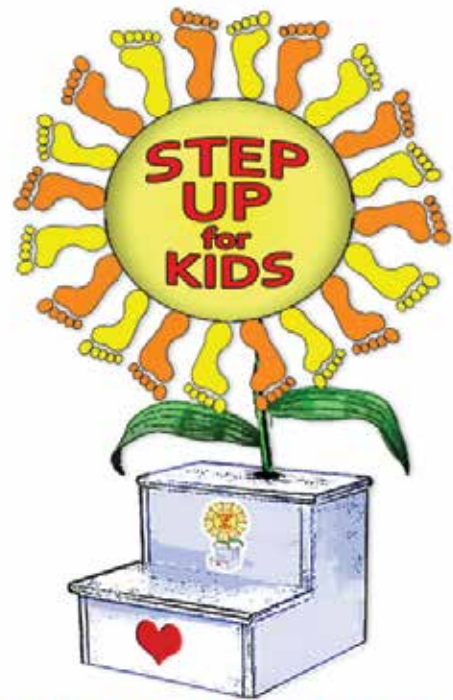
Statistics from the Yavapai Regional Partnership Council’s 2014 Needs and Assets Report

- 2/3 of the region’s population of children aged birth through five are not being served in licensed or certified child care settings

- 23% of children birth to five years of age in the Yavapai Region were living in a single-female headed household in 2010
- 7 of the region's 11 Primary Care Areas are designated as "medically underserved" by the Arizona Department of Health Services. All of Yavapai County is also designated as a Mental Health Professional shortage area, and all but the Prescott and Prescott Valley PCAs are designated as Dental Health Professional Shortage Areas.
- 14% of young children in the Yavapai Region are uninsured
- The number of children removed from their homes between the ages of birth and five increased from 2011 to 2013, in the region (+30%), county (+31%) and state (+35%)

How can I, my family or my company get involved in the development of The Parent Co.?

- Assistance with facility procurement
- Donation of materials
- Assistance with expanding the Step Up for Kids board of directors
- Sponsorship of the 2015 gala event




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Family Fashion

By Devan McGuinness

6 Tips for Dressing Your Child for the Winter

W

ith winter comes a larger get-ready time and more and more outdoor clothing for the kids. Each year I curse as the day draws closer where my kids need full-on winter coats, snowpants and boots — it always seems like a struggle with my kids.

There are some tips I have picked up along the way when it comes to dressing my children for the winter. Practical tips that save money, time and kid-anguish that make the winter time just that much easier for us.

1

Get a Coat with Liner

If you have a child who complains about the different temperatures, a coat with an inner lining and an outer shell will be a huge plus. They can take off the outer part if they're too hot, but put it on when it's cold out. Plus, spring coat and winter coat in one!

2

Make Sure Boots Have Drawstring

Warm boots are a must for the wintertime and getting boots that your kid can put on themselves is a big help. Getting boots that your child can just push their foot into and tighten with a drawstring is a plus.

3

Buy Snowpants with Straps

If you're wanting to get more bang for your buck, invest in some snowpants

that have the adjustable shoulder straps. That way you can buy a pair that should last more than one winter -- totally practical!

4

Layer Loose Fitting Socks

If your child's feet get cold or slightly wet in the snow, layer on loose fitting socks that are a size too big. This will keep their feet warm, but not give them that tight constricted feeling that may cause hassle.

5

Dress in Thermal Wear

When it's really cold out being practical means layering. Dress your child in thermal wear that is breathable won't cause a fight and it's practical.

6

Let Your Child Choose Their Hat and Scarf

Getting my child to wear a hat and scarf always seems to be a battle. Many hats are perfect for the winter so choosing specs are not as important. My tip, if you want your child to wear it, allow them to pick out their own hat. It works for us!

These Tips Courtesy of Babble.com

Top Ten Favorite Things To Do With The Kids This Time Of Year In Prescott!

10 Making wax candles at Armadilla wax works

5 Zoo Lights at Heritage Park Zoological Sanctuary

9 Running through the leaves around Courthouse Square

4 Hot chocolate from the candy store

8 Living history exhibits at Sharlot Hall Museum

3 See the decorations at the Courthouse

7 The Veterans day parade

2 Tree Lighting Ceremony Downtown

6 Sledding on the hiking trails when it snows

1 Getting some warm blankets and watching the Light Parade



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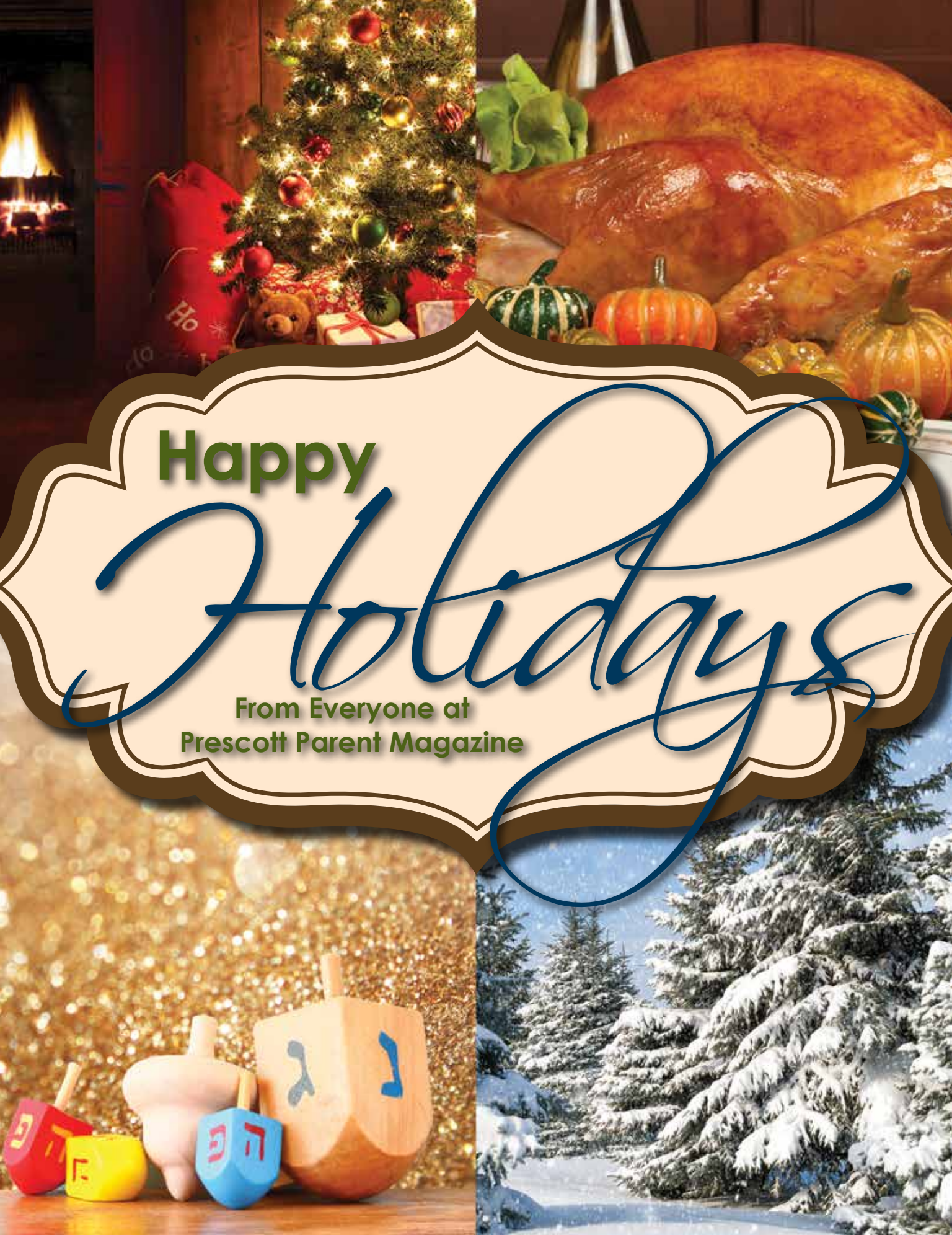
Kids are Natural Actors
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Engage kids in reading through acting!

Very Unique, Rhyming, Interactive, Book/Play

More than 18 characters fun to read

Devon, the Wild Adventures...
By Elena N. Marcus
Find it on www.Amazon.com



Happy

Holidays

From Everyone at
Prescott Parent Magazine

THANKSGIVING

Familiar Thanksgiving Traditions

By Michelle Sly

Thanksgiving Day is often associated with a large feast celebrated with family and friends. The tradition of the feast dates back almost 400 years when a large group of Native Americans and Pilgrims celebrated their first harvest with a large three day feast that focused on giving thanks to God for the blessings in which they received. Today in 2014 we still honor the tradition of the feast but Thanksgiving traditions have evolved beyond the dinner table.

Macy's Day Parade

On Thanksgiving morning families wake up to the world famous Macy's Day Parade. Macy's first parade was held on Broadway and 34th street in New York City. The beginnings of Macy's Parade are uncertain. Some say the first parade was prepared in 1924 by a group of first generation immigrants, employed by Macy's, to express gratitude for being in the United States. However, Macy's records show that the parade was an attempt to remind people that the shopping season would soon be in full force. No matter the origins, today the parade is a source of excitement and entertainment. Over three million people line the streets of Manhattan in freezing weather to take part in the excitement that the parade brings. Macy's Day Parade transformed from a small parade to a huge spectacular event viewed today by millions around the world.

Football

Football is one of America's favorite pastimes. It is extremely common to walk in a home on Thanksgiving Day and see a football game on. Traditionally there are three professional football games played on Thanksgiving and it is not uncommon for the family television to be tuned into a game all day long. The tradition of football games played on Thanksgiving started in the late 1800's when colleges such as Yale and Princeton competed with one another each Thanksgiving. Once football was officially organized the traditional Thanksgiving game had already been established. Individual families have also been known to adopt the tradition of competing in a friendly game of football. Families often refer to this as their own "Turkey Bowl."

Giving Back

Some families choose to celebrate Thanksgiving Day by giving back to the community. Communities have many



opportunities for families to serve others on Thanksgiving. These opportunities include serving meals to the homeless, delivering food boxes to individual families, and putting together care packages to be sent to troops around the world. Thanksgiving is a time to remember the blessings we enjoy so it is appropriate that people find ways to give back to others through service. Some places you can help out this Thanksgiving are the Yavapai Food Bank (928)-775-5255 and CCJ Open Door (928)-541-9304; www.volunteermatch.org will even match you to your best volunteer fit in our area.

The Turkey Pardon

Turkeys have been presented to presidents for Thanksgiving since 1947. Although there are rumors of the first presidential turkey pardon being performed by President Truman there is no documented evidence to prove it. The first turkey pardon on record was in 1987 when President Reagan spared the life of a turkey named Charlie. After Charlie's presidential pardon he was sent to a petting zoo where he would live out the rest of his life happy and healthy. The second turkey pardon would happen in 1989

by President George H. W. Bush. In 2002 the tradition of the turkey pardon would be a yearly event. Last year The White House set up a web site and encouraged the public to vote between two turkeys, Popcorn and Caramel. Ultimately Popcorn won the pardon but President Obama pardoned Caramel as well. Over the years more than a dozen turkeys have been pardoned. Each turkey pardoned has been sent to enjoy the remainder of their life on various farms and zoos. Some lucky turkeys have even been sent to Walt Disney parks to participate in their annual Thanksgiving Day Parades.

The Family Turkey

Turkey is traditionally the main course of the Thanksgiving dinner. For many, there is nothing more exciting than a giant bird roasted to perfection at the center of the table. In fact, because turkey is such an important part of Thanksgiving the day itself is often referred to as "Turkey Day." It is not quite clear how turkey became the official bird for the Thanksgiving holiday. According to letters written by early settlers the first Thanksgiving was celebrated with fowl and beef. A letter written by a pilgrim mentioning his experience turkey hunting just before the feast lead many to believe that the fowl served included turkey.

Family Dinner

Thanksgiving is the busiest travel time of the year. This is because it is one of the only times during the year extended family gather. Families come together and catch up on all they missed during the year. For many the climax of this holiday is gathering around the dinner table. The time spent around the Thanksgiving table is the perfect time to reminisce and list the blessings that have been enjoyed by each member. After all, the most important Thanksgiving tradition is giving thanks for what we have.

References

Gustaitis, J. (1995). *A Thanksgiving tradition. American History*, 30(5), 32.

Happy
Thanksgiving

The Best Hot Chocolate

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

Makes five 8-oz. servings.

1/2 cup sugar
1/4 cup HERSHEY'S Cocoa
Dash salt
1/3 cup hot water
4 cups (1 qt.) milk
3/4 teaspoon vanilla extract
Miniature marshmallows or sweetened whipped cream
(optional)

1. Stir together sugar, cocoa and salt in medium saucepan; stir in water. Cook over medium heat, stirring constantly, until mixture comes to a boil. Boil and stir 2 minutes. Add milk; stirring constantly, heat to serving temperature. Do Not Boil.

2. Remove from heat; add vanilla. Beat with rotary beater or whisk until foamy. Serve topped with marshmallows or whipped cream, if desired.

VARIATIONS:

Add one of the following with the vanilla extract:

SPICED COCOA: 1/8 teaspoon ground cinnamon and 1/8 teaspoon ground nutmeg. Serve with cinnamon stick, if desired.

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

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

SWISS MOCHA: 2 to 2-1/2 teaspoons powdered instant coffee.

COCOA AU LAIT: Omit marshmallows or whipped cream. Spoon 2 tablespoons softened vanilla ice cream on top of each cup of cocoa at serving time.

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

CANADIAN COCOA: 1/2 teaspoon maple extract.

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

Courtesy of Herseys.com

Food For The Holidays: Make It A Family Tradition

By Dominique Del Grosso

Provided by Elisa Olivier-Nielsen of EON Consulting



Although the current date doesn't officially mark the holiday season yet, it's upon us in only a few weeks' time. There's a reason the period from late-October to January 1 is considered the most "wonderful time of year;" it's a time of holiday celebrations, reuniting with family, and bringing annual traditions to life yet again. Traditions and the holiday season go hand-in-hand, and likely, your traditions incorporate food.

From Halloween's festive faire to the Thanksgiving turkey feast, many families celebrate the holidays by recreating specific dishes to tie the past to the present. Food has a significant impact on our holiday memories and affects how these experiences are shaped, especially because many family gatherings are scheduled around a holiday meal.

For those holiday family meals, creating a menu of age-old traditional dishes is a way to honor people or memories that have meant more to us than simply filling our bellies. Food enhances holiday celebrations, as our recipes are firmly rooted to an expression of who we are, or how we show love.

"Food is part of our identity, how we choose to express ourselves, and how we choose to enjoy life. Food also has a very strong emotional component that is linked to memories, which allows us to perpetuate traditions that have been handed down from generation to generation.

Especially around the holidays, these memories and food traditions bring us back together as families, thereby, they confer comfort and a time to reminisce," says Elisa Oliver-Nielsen, a registered dietitian, nutritionist and owner of a nutrition consulting firm in Prescott, EON Consulting.

Julie Whinery, owner and chef of As You Wish Personal Chef Service in Prescott agrees that food can be the reason some traditions keep a strong hold on our memories.

"Traditions are a big part of how we identify as families and are a part of the bond that ties us together. There are so many special memories built around all sorts of family, friends, and traditions. The food we have at any family party or get together is a part of that memory. Gathering loved ones together for a festive feast inspires new traditions with just a subtle twist. Sometimes it's the food that is remembered most."

Don't fret if your family doesn't have specific holiday dishes or themed meals year after year. It's never too late to start a tradition and make holiday food memories. Traditions don't have to be tied to what has been done in the past. In fact, many families like to forgo what has been done and find updated recipes and contemporary meal concepts because sometimes, discovering recipes that have a modern twist suits a family best. Even recipes that offer healthier nutritional components, or include ingredients

and instructions that are sensitive to dietary restrictions or food allergies can be necessary.

Oliver-Nielson says that accommodating every guest's dietary needs will take some extra work. So, she recommends following a few tactics to ease unwanted meal preparation stress:

1. Compile a list of the dietary needs for all family members.
2. Encourage each person, who has specific dietary needs, to make and bring a modified dish to the family gathering.
3. Plan to serve a variety of choices.
4. Share a favorite recipe for a vegetable dish or even a dessert.
5. Whinery recommends that if there's an interest to revamp holiday recipes, start with a food you know well—like chicken or turkey—and experiment with different spice and herb combinations.

"I like to add something unexpected to a dish to surprise the taste buds," Whinery says.

If following a recipe is necessary, however, magazines, websites, books, etc. house many options. To provide visual reference, she also says using a recipe that has attached photos can be helpful, too.

Although food can propel us to heights of sheer belly bliss, it's important to acknowledge that navigating the consumption of food at the holidays can be a weight-ed-issue, literally. The pressure to stay trim—without indulging in all the trimmings—can be tireless. But, keeping focused on the pressure to watch your waistline can take away from the spirit of holiday food festivities. Oliver-Nielsen says nibbling on holiday faire shouldn't bring about guilt. Remembering to eat responsibly and within reason will help to ward-off any negative feelings.

Ultimately, no matter your family food traditions, food will enrich the memories made. Gather around a table, dig-in to some delicious eats, and cherish your holiday season.



Sweet Potato Soufflé

Serves 12

Cooking Spray

3 pounds whole sweet potatoes, washed and dried

¼ cup Splenda Brown Sugar Blend

¼ cup low sugar (or freshly squeezed) orange juice

½ teaspoon salt (optional)

¼ cup ground flax seed

½ cup shelled walnut pieces

2 Tablespoons Splenda Brown Sugar Blend

2 Tablespoons Smart Balance Buttery Spread Original

6 egg whites

¼ teaspoon cream of tartar

1. Preheat oven to 400 degrees. Coat a deep 8-inch round or square casserole dish with cooking spray. Set aside. Coat a baking sheet with cooking spray. Arrange the washed and dried, whole sweet potatoes (with the skins on) on the sheet and coat generously with cooking spray. Bake for 50-60 minutes or until tender (check if they are tender by spearing the largest one with a paring knife or fork). Remove sweet potatoes from the oven and peel the skin.

2. In a large bowl, whisk (or blend with a mixer) the roasted sweet potatoes with ¼ cup Splenda Brown Sugar Blend, orange juice and salt (optional). Set aside to cool.

4. Using a food processor or chopper, grind the walnuts, flax seed and 2 Tablespoons Splenda Brown Sugar Blend together until consistency is like wet sand. Add the Smart Balance Buttery Spread to the mixture in the food processor and pulse to incorporate (do not overmix this or it will turn into a paste). Set aside.

5. Combine egg whites and cream of tartar in a large glass or metal bowl, and beat with an electric mixer on medium speed or with stand mixer using the whisk attachment until egg whites form soft peaks with tips that curl over when the beaters are lifted. Working in batches, incorporate one third of the egg whites into the sweet potato mixture using a large flat rubber spatula and gently folding them in until combined. Repeat that process two more times until all of the egg whites are incorporated into the sweet potatoes.

6. Pour sweet potato soufflé mixture into the prepared casserole dish and top with the walnut mixture. Place soufflé into the oven and bake for 20 minutes. Then, turn the oven down to 350 degrees, and continue to bake for 15 more minutes. Serve hot. (Note: the soufflé may deflate after baking so it's best served immediately, but is still OK to hold in a warming oven for service).

Chef Tip: Try not to open the oven at all during the baking process, or your soufflé may not rise as high as it should.

Christmas in Prescott Huge Sidewalk Sale

Thanksgiving Weekend

Nov. 28, 29, 30

Everything In Parking Lot Sale 50-80% Off!

If you love the joy and excitement of the Christmas season, then enjoy those feelings all year long at the Albus family's "Christmas In Prescott", - celebrating 10 years in business. "Christmas In Prescott" is a full time Christmas Store where you will also find gifts for the entire year. We have over 3,000 ornaments from all over the world for all ages, occasions, sports, and most occupations. Beautiful Christian ornaments, snowmen, many kinds of Santas, elves, nutcrackers, snow globes, nativities, cards, baby, wedding and many more themes for your Christmas décor. Prepare to be amazed when you see the theme trees and latest decorating ideas. Enjoy our decorated patio with the bubbling fountain, hospitality table with free Hot Mulled Cider and homemade chocolate chip cookies.

Get a preview by visiting our website "ChristmasInPrescott.com". Questions? Call 928-776-1669

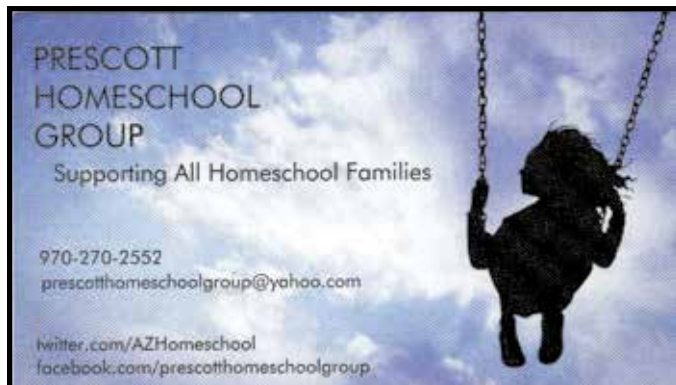
A List of our Ornaments & Décor Themes:

Old World Christmas
Christopher Radko
Raz Designer Décor
Willow Tree Angels
Santa's Workshop
BrushaArt
Safari
Mark Roberts
Sandcast
Copper by Doreen Korman
TRC Wood Ginger Cottages
Roman Inc
Tree Toppers
Children's
Prescott Ornaments
Occupations
Sports & Hobby
Winery Decor
Nutcrackers
Native American
Hispanic
Dragons & Gargoyles

Musical Instruments
Nativities
Santa's & Snowmen
Elves
Angels
Kachina's
Baby, Baby's 1st Christmas
Boy Scouts
Boats
Pirate
Day of the Dead
US Travel
Medical
Cookie Cutters
Ribbon
Small Christmas Trees
Vintage Decor
Retro
Camping
Gardening
Dogs & Cats
Dinosaurs
Irish

Italian
Carved Wood
Delft Blue
Miniatures
Cards
Birds
Owls
Butterflies
Gardening
Ocean
Nautical
Beach
Tropical
Guatemalan Beaded Ornaments
Wildlife
Ornament Stands
Patriotic
Planes, Trains, Autos
Motorcycles, Helicopter
Fishing
Beauty, Fashion
Farm Animals

Western
Food (Candy, Fruit, Veggies, Bakery, even Hamburgers, Hot Dogs, Bagels, more)
Ballet
Golf
Outer Space
International
Cloisonné
Jungle, Safari Animals
Animated Dolls
Snow Globes
Fine Egyptian Glass
Wedding, Anniversary
First Christmas
Icicles & Snowflakes
Military
Moose & Bear
Cabin, Outhouse
Candles
Fall Décor
Bells



Holiday Event Calendar

The Polar Express by Grand Canyon Railway

Nov. 11 – Jan. 3

Daily 5:30 & 7:30pm / Special 3:30pm. Here is a very special chance for you and the entire family to experience the magic of The Polar Express™, the classic children's book by Chris Van Allsburg. Every winter the Grand Canyon Railway's Polar Express comes to life on a journey from the nighttime wilderness of Williams, Arizona, to the enchanted beauty of "the North Pole"—where Santa Claus and his reindeer are waiting with a keepsake present for every good boy and girl. You'll be smiling from ear to ear, as you watch children's faces light up when the train arrives, and enjoy hot chocolate and cookies while listening to this timeless story. Make this a family holiday tradi-

tion, and call today to make your reservations. The ride lasts a little over an hour, with the train leaving each night at 5:30 p.m. and 7:30 p.m., as well as select days that feature a 3:30 p.m. matinee departure. Adult: \$39 Child: \$25 Book early for the best dates.

Ph: 1.888.848.3511

Wildlights and Animal Sights

Nov. 18 – Dec. 27; 6pm to 9pm. The park will be lighted with festive holiday decorations and spectacular light displays. \$3.00 for HPZS members and \$5.00 for non-members.

Heritage Park
Zoological Sanctuary
1403 Heritage Park Road,
Prescott

Ph: 928.778.4242

22nd Annual Gingerbread Village @ Prescott Resort

Nov. 22 – Jan. 1; Display Open 24/7. For 22 years, individuals/families, corporations and organizations in the community, have been showing their talents in creating and building gingerbread houses creating a large village display! Each year is unique and the talents of all the participants is amazing! Come see the village any time of day, at no cost, in the lobby.

Prescott Resort &
Conference Center
1500 Highway 69, Prescott,
AZ 86303
Ph: 928.445.8315

Prescott Turkey Trot / 8K & 1 Mile

Nov. 22; 8am – 11am

This event is an effort to collect food for the Yavapai County Food Bank so bring canned food to donate too! Free pancake breakfast at finish line. Please

bring either \$10 or equal

value of food for entry fee
Mile High

Middle School Track
West Goodwin Street,
Prescott, AZ 86302
Ph: 928.533.3280

19th Annual Holiday Light Parade

Nov. 29; 6pm

Prescott's Holiday Light Parade kicks-off the holiday season with a parade of festively decorated and lit floats. Come and join in the After-Parade fun when the parade ENDS on the field of Prescott's Mile High Middle School. *Bonfire *Holiday Entertainment *Floats beautifully displayed around the field. NEW ROUTE: Starts on S. Cortez St. @ Carleton, north past the courthouse to Willis, goes west to Montezuma then south on Montezuma to Carleton, ending at the Mile High Middle School field.

Merry
Christmas!

and
a Happy
New Year



3 International Tenors Christmas Concert

Dec. 5 at 7pm

This show is comprised of a multiple genres, Opera, Musical Theatre and Pop Opera, or as it's sometimes called, POPERA. Four

singers from four extremely diverse backgrounds bring you an experience you will never forget. Starring Johnny Huerta, Robert Erlichman, Guillermo Ontiveros and Michele Oh, this show will transport you to the great opera houses of Europe. Tickets are \$22/\$25

*The Elks Theatre & Performing Arts Center
117 E. Gurley St.
Prescott, AZ 86301
Ph: 928.777.1366*

32nd Annual Christmas Parade "150 Years of Christmas Memories"

Dec. 6; 1pm – 3pm

Kick off the holiday season with "Arizona's Christmas City's" Christmas Parade. Parade Theme: "150 Years of Christmas Memories".

Courthouse Lighting Ceremony follows at 6PM

*Historic Downtown Prescott
Prescott, AZ 86301*

60th Annual Courthouse Lighting

Dec. 6; 4pm – 7pm

"Arizona's Christmas City's" Courthouse Lighting with musical groups, festivities and the annual lighting of the old tree at courthouse square.

*Historic Courthouse Plaza
120 South Cortez Street
Prescott, AZ 86303*

Frontier Christmas

Dec. 6; 6pm – 8:30pm

415 W Gurley St. It features Enjoy live seasonal music, a roaring fire, finely decorated historic buildings, a Christmas tree with vintage decorations, and living history re-enactors with tales of what Christmas was like in Arizona's territorial days. It's worth a stop for kids and adults alike (admission for those 17 and under is free).

*Sharlot Hall Museum
415 W. Gurley St. Prescott
Ph: 928.445.3122*

Holiday's All Around Us, A Music Celebration from Different Cultures

Dec. 6; 7:30pm

Join the Yavapai College Choral Union as they present an evening of holiday music from different cultures. You will be delighted to hear music from the Christmas,

Kwanza and Hannukah traditions with styles ranging from pop and novelty to classical and jazz. This concert will feature all six of our choirs including: Angelorum, Cantamos, Community Chorale, Gospel Choir, Master Chorale and Vocal Ensemble. \$7 Adults, Children 14 and under Free
*Yavapai College Performing Arts Center, Prescott
Ph: 928.776.2000*

Santa with the Animals

Dec. 7; 1pm-3pm

Santa will be bringing presents to the animal residents at Heritage Park Zoological Sanctuary from 1pm to 3pm!

*Heritage Park
Zoological Society
1403 Heritage Park Rd.
Prescott
Ph: 928.778.4242*

A Christmas Festival

Dec. 7; 3pm

The Yavapai College Trailblazers and Roughriders Big Bands are joined by the newly founded Yavapai

College Jazz Combo as they present an evening of jazz featuring standards by Duke Ellington, Charlie Parker, and, of course, Count Basie as well as other composers. Joining the band will be our new vocalist Devin Angelet. Her impeccable jazz style and scat singing abilities will surely be a welcome addition to Yavapai's already swinging jazz ensembles. \$7 Adults, Children 14 and under Free
*Yavapai College Performing Arts Center, Prescott
Ph: 928.776.2000*

Acker Musical Showcase

Dec. 12; 5:30pm – 8:30pm
Acker Night has become a highlight of "Arizona's Christmas city" events. Enjoy over 100 musicians performing all around downtown area shops. Acker Night is the primary fundraising event for art & music





scholarships. Free Event.
Donations Appreciated.

Ph: 928.778.5460

Jingle All the Way

Dec. 14; 3pm

The Prescott POPS Symphony and Festival Chorus will perform your holiday favorites in our annual extravaganza! Adults \$24, Children 17 and under \$5

Yavapai College Performing Arts Center

Ph: 928.776.2000

A Visit with Mrs. Claus

Dec. 16; ONE TIME ONLY, 10:30 a.m. Mrs. Santa visits today! Join us for storytelling, Christmas magic, songs, and lots of fun. This program best for children ages 3-5.

Prescott Valley Public Library,

Crystal Meeting Room, 3rd Floor, Prescott Valley,

Ph: 928.759.3040

Last-Minute Non-Profit Stocking-Stuffer Bazaar

Dec. 20; 10am – 4pm

More than 50 non-profit organizations selling their low-cost high-quality merchandise to raise funds for their agencies. Gifts from Santa for children accompanied by an adult.. Free admission. Carolers throughout the day.

Grace Sparkes

Activity Center

824 E Gurley Street

Prescott, AZ 86301

Winter Break Craft / Game Fun!

Dec. 22, 23, 26 – Jan. 3

Free event for the entire family. Visit the Prescott Valley Public Library anytime December 22-23, during regular library hours, for seasonal do-it-yourself make-and-take crafts or games. All supplies provided.

*Prescott Valley Public Library
7401*

E. Civic Circle,

Children's Library, 2nd Floor

*Prescott Valley,
Ph: 928.759.3040*

Handel's "Messiah" Sing-Along

Dec. 21; 3pm

The afternoon concert features the Friends of Music Chorale, professional soloists, a chamber orchestra, and a very enthusiastic audience of singers in the Christmas portion of Handel's masterpiece. Stage Seating: \$30, General Admission: \$17, Groups of 10+: \$15

Yavapai College Performing Arts Center

Ph: 928.776.2000

Bolshoi Ballet - Nutcracker

Dec. 21; 6pm

*Music - Piotr Tchaikovsky
Libretto Yuri Grigorovich
Choreography - Yuri Grigorovich*

Cast - The Bolshoi Principals, Soloists and Corps de Ballet. Based on E. T. A. Hoffmann's story, The Nutcracker is one of the greatest classics in the world. With iconic music by Tchaikovsky, and enchanting sets and costumes, this beautiful tale explores the universal themes of love, power and evil.

This choreographic version, created for the Bolshoi by Yuri Grigorovich, is full of romanticism and philosophical reflections on ideal love. Masterfully interpreted by the Bolshoi dancers, it will enchant the whole family for the festive season, proving that one is never too young or too old to be swept away by The Nutcracker. General Admission: \$15, Students/Staff (With ID): \$10

Yavapai College Performing Arts Center

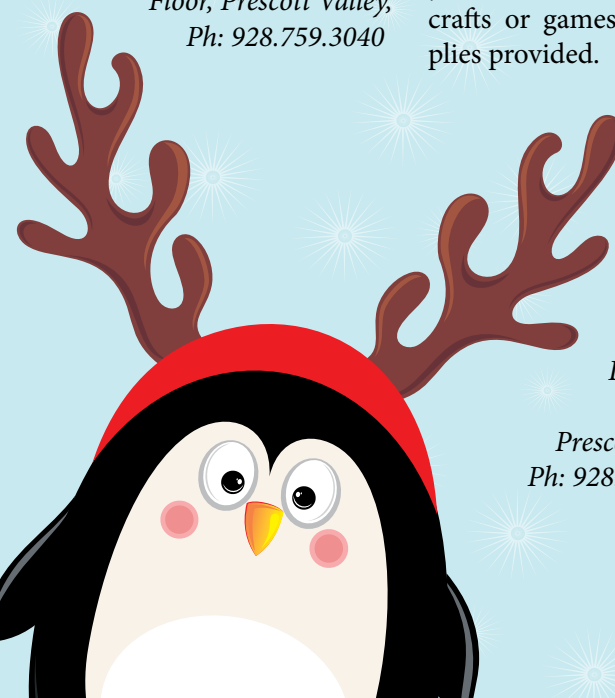
Ph: 928.776.2000

New Year's Eve Boot Drop

Dec 31st

Boot drops at 10pm and Midnight. Free Admission, Family Friendly Event. Celebrate the turn of 2014 with a live DJ, face art for the kids, balloons, games, free New Year's Eve giveaways, local entertainment, on-stage promotions, food and fun!

*Located at the historical Whiskey Row, There's plenty to do for everyone!
Downtown Prescott*



.....

For more upcoming events see the full events calendar on page 59 or at prescottparent.org

The Grinch Who Almost Stole Christmas

By Jennifer R. Molton



Seated comfortably by the fireplace in the living room, Baby Grandmother (known for her diminutive size) stretched out a crossed leg and looked appraisingly at her tiny size four foot clad in a red patent-leather Mary Jane, and said, “You can bring my presents out now.”

We three kids stopped picking up the heaps of discarded holiday wrapping paper, ribbon and packaging strewn about the living room and looked questioningly at her. My dad was easy-chair-dozing due to rising even earlier than usual (he was always the first one up) while Mom had started breakfast in the kitchen, consulting a traditionally special menu for Christmas morning.

“Your presents?” I asked, my fifteen-year-old mind trying to catch up with her simple request in the light of our having just finished handing out and unwrapping absolutely everything under the tree.

“Yes, the presents that I brought in the bag two weeks ago when I came over for dinner. The black plastic bag with all the things I brought back from my trip to the Orient,” she said.

Grandmother, an intrepid world traveler, was known for doing unconventional things like booking her passage on Chinese freighters from Hong Kong and teaching English to sailors as part of her fare. While in port someplace glamorous she liked to do her holiday shopping, and she was known in our family for making eccentric purchases. Among her many gifts I never knew if I was going to open a two-penny pop-bead necklace or an exotic, hand-painted, foreign treasure. It was the same for my teenage brothers; they could unwrap anything from a plastic cap gun to an intricately carved brass Buddha.

Then I remembered. Yes, two weeks ago my Dad had ushered Grandmother from our car through the front door, a large black plastic bag slung over his shoulder, bellowing “Ho Ho Ho, Merry Christmas!” like Santa with his pack on his back.

I gently nudged my dad. “Do you know where you put Grandmother’s bag of presents when she came over last?”

He jumped awake. “What? Oh... I put it in the breakfast room, by the door to the basement.” We hurried into the breakfast room. No bag. Where else to look? My older brother raced upstairs, my younger brother ran down to the basement, and I scoured the main floor and the garage. Still no bag. Mom wiped her hands on a dishtowel and worriedly joined the search.

It wasn’t long before the cold, ruthless, impossibly

tragic possibility of what happened to that bag began to creep into our consciousness ... the irreversible, pitiless truth which still sends my heart through the floor when I think about it forty years later. Could it possibly be that just a few days earlier my younger brother, fulfilling his household chores, had inadvertently set that bag on the curb with three other bags that looked just exactly like it? Three other large black plastic bags filled with trash?

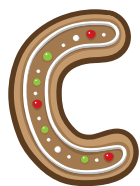
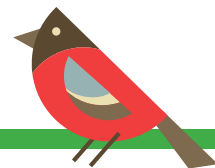
A pall descended on Christmas. On the day we had all been eagerly waiting to celebrate together, the lost presents, the younger brother’s tearful remorse, the family members’ each assuming their fair share of the blame... the “if onlys and could have/should haves”... it came down to being just a deeply regrettable accident; an accident that could have happened to any busy family, anywhere. The Grinch had struck gold.

Breakfast was postponed. We returned to the living room and timidly sat down on the edge of our seats to anxiously study Baby Grandmother, who had not moved or spoken since the drama had unfolded with that fateful request, “You can bring my presents out now.”

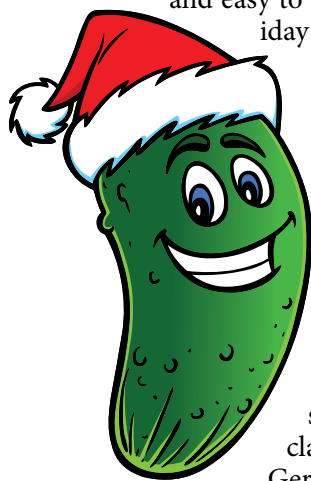
A traditionally stoical woman who was clinically trained as a Social Worker in Detroit at the turn of the 20th Century, and who had proudly modeled herself after the progressive and intellectual Eleanor Roosevelt, Baby Grandmother sat very still and looked at each of us, only the corner of her mouth twitching ever so slightly. She had us in the palm of her hand, and she knew it. We held our breaths waiting for her to speak for what felt like forever.

“This is a regrettable occurrence,” she said slowly and deliberately. “I know you have a very busy household with each of you working or attending school. None of us is individually to blame, and yet any of us could have taken a little extra care to have avoided this outcome. I have decided to let bygones be bygones, so let’s get on with the day. However, in the future when you wish you had this or that wonderful thing or present that you can’t have, just remember, it was in that bag! Let that be your lesson for today!”

That long-ago Christmas morning, Baby Grandmother taught us all well. Despite what must have been an enormous disappointment and loss for her, she focused on what was really important – forgiving the imperfections of life and being together in the moment. She could have played the martyr and applied a smothering layer of guilt. She could have dredged this story up over and over for the remaining years of her life, but she never mentioned it again. My grandmother helped me embrace and understand the meaning of the saying, “The greatest gift in life is the present.” So, so true. Thank you, thank you, Baby Grandmother!



Christmas is celebrated the world over and just like food and clothing varies from culture to culture, so do Christmas celebrations. While the traditions we know and love well, like spending time with family and making special foods, are done all over the world, every culture celebrates Christmas a little differently. If you are trying to think of ways to keep your kids learning over the break, teaching them about Christmas in other cultures is a great way to make your family's Christmas celebrations educational and fun! Here are a few traditions that are unique and easy to incorporate into your usual holiday plans.



The German Christmas Pickle

You've probably seen the little sparkling glass pickles that adorn Christmas trees in store displays. Ever wonder what it meant, besides being an unlikely figure among ordinary ornaments? The German Christmas pickle is a glass ornament that Woolworth's started selling in the late 1800s, claiming it originated from an old German tradition. In actuality, the German tradition was to decorate trees with delicate glass fruits and nuts. Glass tree ornaments were largely being imported from Germany at that time and came in a variety of shapes and forms, including fruits and vegetables. The pickle in particular became the clear favorite and it evolved into an American tradition after that. As the legend goes, parents hang the pickle as the last ornament on Christmas Eve. In the morning, the child who finds the pickle first gets an extra gift and the adult who finds it first gets good luck. This pretty little ornament comes both from German and American tradition and is fun to shop for as well!



Mexican Christmas Piñatas

Mexican piñatas originated from Christmas celebrations. Originally in a seven point star-shaped and made with clay pots and paper maché, children broke these open during Posadas, or holiday parties, held between December 16th and December 24th. Filled with fruits, candy and nuts, these clay and paper versions may be hard to craft

on your own but you can use a balloon or a cardboard box instead of the clay pot. Fill with healthy treats and host your own Posada!



Japanese Christmas Chicken

Though there are very few Christians in Japan, Christmas is rapidly becoming a widely celebrated non-religious holiday. The Japanese celebrate Christmas their own way and so the traditions are a little unorthodox to us. Particularly unique to the way Japanese celebrate Christmas is the tradition of having Kentucky Fried Chicken, or Christmas chicken, instead of a Christmas turkey or ham. This is a tradition the whole family participates in and can make a whole day of; chicken dinners are ordered from KFC months in advance and those without orders can expect to wait several hours in line. This Japanese Christmas tradition is a reminder of how the holidays can make anything special!



Sweden's Saint Lucia Day

The St. Lucia day celebrations in Sweden are a harbinger for both the Christmas season and for longer days after the dark Scandinavian winter. Early in the morning on the 13th of December, the eldest daughter dons a white robe with a red sash and serves coffee, ginger biscuits and Lucia buns, sweet dough flavored with saffron, to her parents in bed and then the rest of the family. She wears a crown of evergreen boughs and candles, nowadays electric, and is followed by the younger household children. This is a tradition where you can get creative with the kids and make it your own.

These traditions are fun, easy and are engaging ways to teach your kids about cultural awareness. When it comes to Christmas break lessons, these activities are bound to send your kids back to school with some cool facts about Christmas traditions around the world.

Craft ideas to go along with the traditions mentioned in this article are available on our website!



7 Tips On What To Wear, How To Behave And More

By Zoe Mintz

You've gossiped around the watercooler, shared laughs over lunch and now it's time to let loose with your co-workers at the annual holiday party. While this may be an opportunity to show your fun side, bond with your cubemates and develop stronger working relationships – there's a fine line between getting into the holiday spirit and getting carried away. Below are answers to some common questions you may have about attending your company's holiday party.

What should I wear?

Office holiday parties are a great time to step out and show your festive side. The key is to dress appropriately. If your company is more conservative, a great tuxedo blazer and structured trousers are a safe choice. Don't be afraid to add a splash of color or shimmer -- whether it's an embellished skirt, patterned dress or sequined top -- to add something bright to your holiday ensemble.

Keep in mind, an office party is still an office event. Don't wear anything you normally wouldn't be allowed to wear in the office. This applies to hemlines, tight-fitting clothes and low-cut tops.

"Merry Christmas might seem innocent enough on a sweater, but it's Hanukkah, Kwanzaa, post-Diwali, or potentially no holiday at all for other people in your office," Aravinda Rao Souza, senior marketing manager at recruitment software company Bullhorn, told Fox News. "Going too crazy with the holiday theme is also just a little tacky. Dress like you are attending a charity event where there would be both children and adults present."

How much eggnog should I drink?

This may sound obvious, but don't drink to excess. Enjoy a glass of wine or a drink but beware that mixing alcohol with informal conversation could be a dangerous combination. You want to be remembered as the employee that blew everyone away, not the one that blew chunks.

"When you drink too much, you could potentially make a fool of yourself," etiquette expert Jacqueline Whitmore, told Fox News. "You have to think about the office party as a business event."

Can I showoff my Gangnam Style?

The office party is time to have fun. Break out the dance moves, but don't go crazy. You don't want your antics to be shared on Facebook or the subject of Monday morning watercooler chats. Leave the twerking to Miley.

Who should I talk to?

This is a perfect time to speak with colleagues you might not normally interact with on a daily basis. Introduce yourself to the higher-ups including the president, CEO or VPs. Don't squander the opportunity and spend the entire evening with your office buddies. Instead, mingle with people from other departments.

Small talk tips?

Try and limit how much you speak about work. "Talking shop is safe to talk when asked by a manager, but keep it short and to the point," Amy Letke, founder and CEO of consulting company Integrity HR, told Time. "Many a faux pas has been made at holiday parties talking too much shop."

Asking about holiday plans and upcoming vaca-

tions is a safe bet. Keep conversation simple and light. If it turns to something more weighty like politics and religion, try and change the subject.

Make sure the conversation is balanced between talking and listening. Ask open-ended questions, not ones that can be answered with a simple yes or no. "Don't use the company dinner as the time to be the comedienne of the party. Your Tina Fey routine may be hysterical but your co-workers may be rolling their eyes," Chris Jahnke, author of "The Well-Spoken Woman," told the San Francisco Chronicle.

Need to get out of a conversation? Politely excuse yourself and mention that there's someone you need to catch up with that you just spotted.

Should I bring a plus one?

If you decide to bring an outsider into the mix, choose wisely. The office holiday party isn't the place for a first date or for someone you don't know well. Make sure they act respectfully -- not hogging food or taking advantage of the open bar.

Do I have to go?

Make every effort to attend the holiday party, even if you don't want to. It's a great networking opportunity and a way to show your commitment to the company. If you want to leave early, don't be the first to skip out. "Not



showing up to this event could be tantamount to career suicide no matter how 'optional' you believe -- or are told -- this function is," Patty Ann Tublin, a relationship and communication expert, wrote in a blog. "The last thing you want to do is give the perception that you are not a team player because you didn't show up."

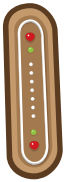
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One Cold December Night

By Gail Tremmel



It happened a few years ago on a cold December night. While tucking my children into bed, my 4 year old questions, “Mommy, what is Hanukkah?”

Gulp. It was one of those moments you plan for as a parent, but are never quite prepared for.

I grew up as one of 6 children in a large Jewish family right here in Prescott. My parents moved here the year after they were married, the same year my eldest sister was born. They settled in a historic home within a few streets of courthouse square. In those years, my father worked in Phoenix and would take the train daily, not coming home most nights until after dark and leaving most mornings before dawn. This left my mother with lots of time to spend with friends and neighbors. She quickly discovered we were one of the few Jewish families in the neighborhood. During the holiday season that fact became ever more apparent.

Some of my first memories as a child are lighting the menorah and looking at the blue tinsel that would shine against the blue lights decorating our staircase. The odd smell of chicken liver and sweets cooking at the same time was a comfort. When I began attending school, I discovered I was the only child in my class who was lucky enough to celebrate a holiday where I had eight nights of gifts. My friends wanted to hear all about what we did the night before and what kind of foods we ate for dinner.

Of course, the older you get, the more you want to fit in with your peers and the things I loved about the holidays soon became things I resented. Why did we have to be one of the only houses without a Christmas tree in the window? Why did I have to stay home each night during Hanukkah when my friends were able to hang out and only had family obligations 2 nights? Why did I have school during my holiday but we had no school when they were celebrating theirs? My mother, always being one to make her children happy, decided to begin creating a special holiday for us. I was 13 when we bought our first tree. Of course, we decorated it with paper menorahs, more blue tinsel and blue lights. My mother soon fell in love with many aspects of Christmas and the paper menorahs we replaced with shiny elf decorations. The blue tinsel became red and we began to hang stockings up on the fireplace hoping St. Nick would visit and fill them while we were sleeping.

As we grew older and began dating, our traditional Hanukkah feasts became a traditional Christmas feasts

in an effort my mother made to make their family and our guests more comfortable. My mother enjoyed these new traditions and mastering every new Christmas cookie recipe from her friends became an annual family contest. One in which my father always named her the winner.

My husband is from a very large Catholic family and it seemed only natural at that point for us to begin creating Christmas traditions together. We have always incorporated my favorite Hanukkah traditions around the holidays but it occurred to me on that December night while tucking my children in, we have never actually taught them the story of Hanukkah, or told them the reason why we light candles every year at Grandma & Grandpa's house, which confusingly sits amongst the Christmas decorations. How did I get to the point when she asked me before I could tell her what Hanukkah was? I thought I had at least another 2 years before she would ask.

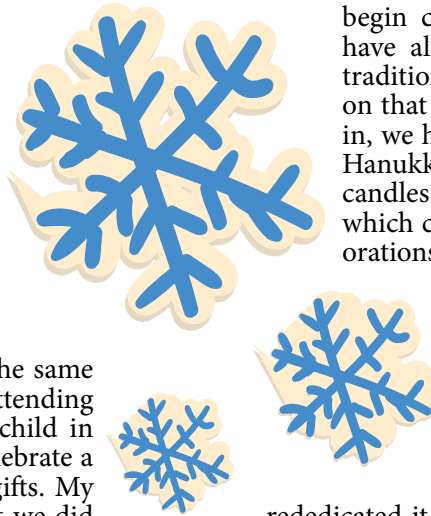
“Hanukkah is The Festival of Lights. During this time we remember how our ancestors reclaimed the holy Temple from the Syrian-Greeks and then rededicated it to God.” I quickly stated, as if it were something she should automatically understand and beginning to feel my guilt. Mostly from realizing I have been neglecting this side of my heritage for more than I would like to admit as a mother. **Huh?** Her face said it all. Maybe I was jumping the gun a bit with the whole ‘redirecting it to God’ part.


“Did you know Mommy is Jewish and used to celebrate Hanukkah when I was your age?”

Her eyes light up. “Really? What did you do?”

“I will tell you all about it in the morning.” (That should buy me enough time to figure out the best way to teach them about Hanukkah without getting the ‘what are you talking about’ face again.)

After reading the only book on Hanukkah I could find on their bookcase, I quickly ran downstairs and called my mother. After an hour of asking her all the questions I could about our old family traditions, I came up with a game plan. Three years later, I am happy to say we are celebrating an equal amount of Catholic and Jewish traditions during our holiday. Many of their friends come over to learn about our Hanukkah traditions and my children take pride in telling the stories to them. The never ending donuts don't hurt either.





In addition to lighting our new holiday menorah together, below are a few ways you can celebrate Hanukkah with your children. Some of the ideas are traditional ones, while others are more modern examples of how we might share Hanukkah with our loved ones. Like the way we began to incorporate Christmas traditions into our family when I was younger, you can begin to incorporate some of your favorite Hanukkah traditions into your holiday season. You may find some of them becoming part of your holiday fun for years to come.

Play the Dreidel Game

In order to play the dreidel game all you need is a dreidel and some gelt. A dreidel is a four-sided spinning top with a Hebrew letter on each side. While gelt usually refers to chocolate coins wrapped in either gold or silver foil. Children of all ages can enjoy playing this game. Even the youngest baby will clap while watching the dreidel as it spins on its axis, while older children will have no trouble getting excited about the prospect of winning chocolate coins.

In addition to playing the dreidel spinning game, you can also have a dreidel “spin off.” In order to play this game each person usually has their own dreidel (nothing fancy, small plastic dreidels will do) then they compete against each other to see whose dreidel spins the longest. Have people pair up and spin their dreidels, with the winner from each pair going to compete against another champion. Continue until you have only two spinners left. These two spinners will compete against each other, with the person whose dreidel spins the longest being declared the dreidel-spinning champion. Be sure to sing “I Have a Little Dreidel” if you do this one!

Make Latkes and Sufganiyot

The central miracle in the Hanukkah story is that of the Hanukkah oil, which miraculously lasted for eight days when it should only have lasted one. As a result, fried foods have become part of the Hanukkah tradition, latkes (potato pancakes) and sufganiyot (donuts) being the most common foods. Depending on your child's age, they can help you prepare these foods. Toddlers can help add pre-measured ingredients to a bowl and can even help form the latkes or knead sufganiyot dough. Older children can, of course, offer even more in the way of assistance in the kitchen.

Read Hanukkah Books Together

Reading books together is a wonderful holiday activity. You can read one Hanukkah book a night or designate one night of Hanukkah as the “book reading” night. However you go about it, choose colorful books with lively text and make the experience something special for your family. Adult readers can have fun with dramatic voices, while



older children can have a turn at reading themselves.

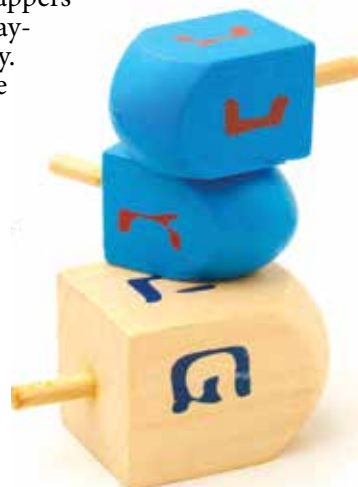
Hanukkah Calendars

Hanukkah has many traditions associated with it so why not make a Hanukkah calendar that counts them down? Every night children can take a tradition from that night's pocket and that is the family activity for the evening.

Hanukkah Helpers

Just like Elf on a Shelf, Hanukkah Helpers are plush dolls made by a company called Elf Magic. According to the company's Hanukkah Helper Instructions, the helpers magically arrive in time to celebrate Hanukkah with children. They love spinning the dreidel, eating latkes and come with an introductory story that begins: “I'm a Hanukkah Helper your own special friend, To be here with you 'til the season ends! Let the dreidels start spinning and the latkes start turning, Oh... I can't wait to see candles burning!”

Each night children leave a snack out for the helper and sprinkle them with Snowflakes that bring the helper to life while the family sleeps. The snowflakes are actually white paper confetti and when the helper comes to life parents can have fun inventing adventures for him or her. Children might awake to find their helper sitting amid golden gelt wrappers (he ate the chocolate) or playing dreidel with another toy. When Hanukkah ends the Helper disappears, only to return again the next year for another round of holiday fun. It's a cute way to add a bit of mischief to your Hanukkah celebration and a tradition that younger children are sure to enjoy.





My Mamma's Latkes

Makes about 28 potato pancakes, 2-3 inches each

2 pounds russet (baking) potatoes, peeled and placed in a bowl of cold water
1/3 cup grated onion
2 eggs, lightly beaten (1 egg per pound of potatoes)
1 cup all-purpose flour (best) or 1/2 cup matzah meal
1 teaspoon salt, plus additional to taste
Freshly ground black pepper to taste
Peanut or canola oil for frying

- 1.) Line a large baking sheet with paper towels. If not serving the latkes immediately—out of the frying pan into the dining room—preheat the oven to 200 degrees. Have a large bowl of cold water ready.
- 2.) Grate the potatoes, using a hand grater or food processor fitted with the medium shredding disc. As potatoes are grated, transfer them to the bowl of water. When all of the potatoes are grated, set aside for 5 minutes. Drain the shredded potatoes in a large colander, rinsing with cold water. Transfer to a clean bowl.
- 3.) Add the onion, the eggs, flour, salt, and pepper. Thoroughly combine the mixture.
- 4.) In a large, preferably straight-sided pan, add oil to a depth of 1/4 to 1/2 inch. Heat oil until a shred of potato dropped in the oil sizzles immediately.
- 5.) Form pancakes, using 2 tablespoons from a regular silverware set. Scoop up a generous spoonful of the potato mixture with one spoon, flatten the mixture with the other spoon. Slide the latke into the oil. Repeat until the pan is full, but not crowded. Cook the latkes until browned at the edges. Turn the latkes over and cook until fully browned. Transfer the finished latkes to the lined baking sheet to drain excess oil. Repeat with the remaining mixture.
- 6.) If not serving the latkes immediately, transfer the sheet to the preheated oven to keep warm. If serving even later, set the latkes aside to cool to room temperature, then freeze until ready to serve. Reheat the latkes in a 350-degree oven, and drain again on paper towels because reheating will release more oil.

Serve with sour cream or applesauce. Add salt to taste.



Sufganiyot

Traditional Hanukkah Donuts

Two packages yeast
1/3 cup sugar
3/4 cup water
1/4 cup orange juice
1/3 cup margarine
1/2 teaspoon salt
4 or 5 cups flour
3 egg yolks
Berry Jelly for Filling
Powdered Sugar

- 1.) Mix water, sugar, juice, and yeast. Let stand 10 minutes.
- 2.) Melt margarine and add to yeast mixture.
- 3.) Beat in eggs and salt.
- 4.) Add flour, mixing and kneading by hand to form a soft dough.
- 5.) Let rise 1-1/2 hours. Roll dough 1/4 inch thick and cut circles (approximately 2 inches). Let circles rise 1/2 hour.
- 6.) Deep fry at 400° F about 3 minutes, turning once. Pipe in jelly and roll in powdered sugar.



Happy



Hanukkah!



How Holiday Traditions Benefit Families



Holiday traditions serve an important role in the lives of children. Here are some of the primary benefits of holiday traditions for children, tweens and teens.



Holiday Traditions Create Stability

Although children often seek out novelty—such as the newest video game or movie—they also crave stability in their lives. This is especially the case for tweens and teens, who are experiencing rapid and often confusing changes in their social, emotional and physical worlds. Holiday traditions serve as touchstones that the family returns to year after year, no matter what happens. This helps developing children feel grounded and secure, in spite of all the shifting that is occurring within and around them.

Holiday Traditions Help Children Feel Useful

From about five to 11 years of age, children struggle to believe that they can be useful and successful at a variety of activities. Psychologists call this core element of personality “industry”. Holiday traditions typically involve clear roles and responsibilities for each family member, from the youngest to the oldest. For instance, a tween may be tasked with picking out the candy that will

be given out on Halloween or helping to make cookies for Christmas. In successfully completing their holiday-related tasks, children get to naturally work on their sense of industry, and therefore develop their personalities.

Holiday Traditions Provide a Sense of Identity

Older tweens and teens are actively trying to figure out who they are. Holiday traditions provide them with a key part of the puzzle: a sense of “family identity”. Through the traditions, they get to see the roles, responsibilities and boundaries of family members. They also learn about what their family does and does not value based. These annual observations help children, tweens and teens better understand their family and, in turn, themselves.

Holiday Traditions Combat Adolescent Egocentrism

Older tweens and teens typically show signs of adolescent egocentrism, or the belief that everyone is focused on them. Holiday traditions often force them out of this mindset, if even just for a day. For instance, young and old relatives are typically involved in holiday traditions, and their needs often take center stage. Tweens may be involved in caring for these younger or older relatives, moving the tweens away from their self-focus. In addition, many holiday traditions involve generosity and giving, which also counter egocentric tendencies.

Holiday Traditions Pass Along Cultural Values

Finally, holiday traditions convey important cultural values. For one, the values of the larger group are passed along. For example, the celebration of Thanksgiving centers around American values, while religious holidays pass along Christian, Muslim, Jewish and other belief systems. At the same time, holiday traditions transmit clear messages about what the particular family values. For instance, if the family attends church every Easter, the child learns a message about the importance of organized religion. Or if the family tradition helps out at a soup kitchen every Thanksgiving, the importance of community involvement is strongly communicated.

Source: Wolin, Steven J., MD & Bennett, Linda A., PhD. Family Rituals. Family Process. 1984. 23: 401-420



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

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

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

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

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

Put things in perspective. Naturally self-centered creatures, it's hard for preschoolers to grasp that there is a big world and it isn't orbiting around them. Do your

best to explain that just like he does, people everywhere have different things that they need. Without being too heavy-handed, talk about how some people need warm food to eat and clothes to wear and how it is very nice when other people help out by buying these types of things.

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

Praise and scold appropriately. When your child does perform an act of kindness, be effusive in your approval. Say things like, "I'm so proud of you for sharing the toys at preschool." More than anything else, your preschooler wants to make you happy, so when she does, shout it from the mountaintops. As she gets older, she'll still appreciate your

support, but will behave in a generous fashion because it makes her feel good. At the same time, if your preschooler behaves selfishly, be sure to let her know. "It makes me and your friend sad when you grab toys away. Why don't you take turns?"

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

Get them to take stock. The projects that my kids do every year are actually a great idea. It makes them stop and think about the people and things that matter most to them and why. In the beginning, you might be concerned if your little one rattles off a list of all the toys and things that she owns, but even being thankful for material things is OK. Just be sure to help her balance the list out by pointing out the people in her lives that she loves too.

As your little one develops characteristics like empathy and sympathy, so too will his sense of gratitude -- attributes that will help make up his value system. Teaching a child to be thankful, generous and kind is a lifelong process, and one that involves lots of friends and family to help -- certainly something to be grateful for.

I AM
thankful
FOR.....

Exciting Things Happening at Synergy Gymnastics



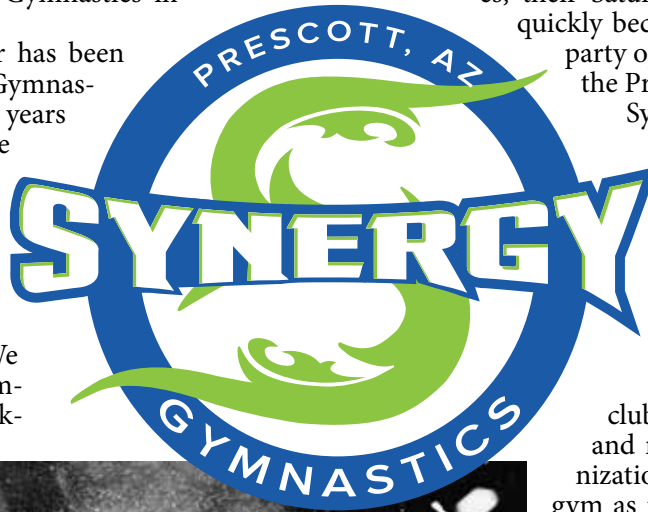
Prescott Parent Magazine recently had a chance to visit new owners, Bonny and Tim Howe to see firsthand all the new changes happening at Synergy Gymnastics in Prescott.

"Our daughter has been attending Synergy Gymnastics for the last two years

for competitive gymnastics. We saw how much she loves the sport and it has helped her not only physically but mentally as well. Gymnastics teaches team work, fitness, self-discipline and many other important lifelong skills," says Bonny. "We knew we could make many improvements and have been mak-

ing cheers, routines, stunts, and tumbling skills. "All four of our girls from the program made their high school cheer-leading squad." Since making these new changes, their Saturday birthday party package is quickly becoming one of the top birthday party options for children of all ages in the Prescott area.

Synergy Gymnastics has classes for both recreational and competitive gymnastics taught by qualified instructors. They became a USA Gymnastics club member in October. USA Gymnastics is the sole national governing body for the sport of gymnastics in the United States. As a member of this club, they must abide by the rules and regulations set for by the organization. "This is a great thing for the gym as it allows the gymnasts to compete in USAG sanctioned meets. USAG is a national organization that provides information and training to coaches as well as a support system for gym owners. This is beneficial for all clients because it gives structure and guidance for the safety and growth of their child's gymnastic skills." Competitive gymnasts travel to different meets around Arizona to compete routines on floor, vault,



ing many changes since August. Our goal is to provide a place for the kids to learn something new and stay out of trouble. When we were the same age it was roller-skating on a Friday night and we wanted to have a safe place for the kids in the community to go to."

In addition to the new equipment, more open space, the new qualified staff focused on customer service and coaching quality gymnastics, Synergy Gymnastics now offers open gym on Friday nights and Saturday afternoon, a mommy-and-me playtime two mornings a week, tumbling and trampoline classes, preschool for children ages 2-5 and a cheer program for both boys and girls where participants will be learning

bars, and beam. USAG has competition levels 2-10, levels 2-5 are known as compulsory levels. These levels have choreographed routines and music for everyone to use during



Exciting Things Happening at Synergy Gymnastics Continued

competition (all girls in level 3 do the same routine to the same music). Gymnasts must compete each level and score at the minim 30 out of 40 possible points (10 max for each event bars, vault, beam, floor) to move to the next level. Levels 6-10 are known as optional levels the girls get to pick their own music and have routines choreographed but every routine must have certain skills. At the end of the season they finish it off by competing in the state meet in Phoenix. Levels 3, 4 and 5 are finishing their season at the state meet in November. The optional level 6 team will start competing in January at the Arizona Grand Meet in Phoenix and will compete at 4 additional meets before ending their current season in March. "We can't wait to have more state and regional champions this year!"

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Family Connections

Dear Ms. Mary,

This is the first year we are celebrating the holidays after my divorce. My husband and I were married for 17 years, have four children between the ages of 6-15 and had a very amicable separation. He and I were always big on creating family traditions for the children and the holidays were full of cooking, crafts, decorating, having our very large extended family stay with us for a week during the New Year, etc. The children and I are still living in the home they grew up in but their father is now living in California to be closer to his office. I want to continue many of the traditions that have been so important to our children, while creating new traditions to align with this change in our lives. How do I find the right balance without bringing up any issues for my children about their parents not being together and the family dynamic being different this year?

Sincerely,

Pondering in Prescott

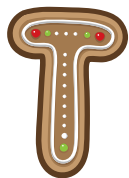
Dear Pondering in Prescott,

Finding a balance between old and new traditions after a separation or divorce, although hard at times, can be fun. Since it is your first holiday season with your new family dynamic, I would suggest going about making those changes slowly. As the holidays approach, you can begin to talk to your children about where they are with the transition and where their comfort zones are. Ask them what their favorite things are to do during the holidays and what traditions they would still like to continue. Be aware that this may bring up feelings of sadness as your children begin to think about things being different this year and present a perfect opportunity to help them and speak with them about this aspect of divorce. They may still want to hang their father's stocking, or will talk about him more as the holidays get closer. Letting them express their feelings and enabling them to have their own way of letting go of some of those traditions is very important. The traditions you have had for years were probably ones you and your husband planned for your children to enjoy. Now that the kids are getting older, they can be actively involved in creating new traditions for your family. The main thing is to remember they love you. Just being with you on that day and having you support them with any feeling that may come up will mean more than any holiday tradition. Good luck and happy parenting!

Have a question for Ms. Mary? Send them to msmary@prescottparent.org and possibly see it published in one of our issues. All submission will remain anonymous.

The Nutcracker Ballet Continues to Engage Children of All Ages

By Sue Marceau



The Prescott YMCA Youth Ballet connection with “The Nutcracker” – based on Russian Composer Peter Tchaikovsky’s music suite – owes tribute to Choreographer George Balanchine’s famous New York City premiere of the now holiday classic in February 1954.

Myrta Esteves (known as George), a young student in Balanchine’s School of American Ballet, was captivated by the “magical” atmosphere as she watched that very first U.S. stage production come to life. She was not alone. Balanchine’s Nutcracker premiere entranced audiences and set off a tradition that each year stages in various international venues what may be the most popular ballet in the world, whether in Balanchine’s tradition or using other choreography.

Over the years, George pursued her love of “The Nutcracker” by choreographing selections of the ballet adapted for young students at various youth ballet companies, including her Phoenix area Elite Dance Academy, which has been performing Nutcracker each year since 2007. As ballet mistress for the Clear Lake Metropolitan Ballet in Houston, she taught company class and rehearsed the annual Nutcracker during her five-year tenure. Her most recent endeavor is the Prescott YMCA Youth Ballet, which she was instrumental in initiating three years ago and for which she serves as artistic director and ballet master. Each year, the area’s young dancers perform selections from classical ballets, including “Sleeping Beauty” and “Coppelia” in the spring and “The Nutcracker” during the festive family Christmas season.

The adventure of little Clara and her nutcracker doll perpetuates a German folklore tradition of giving these keepsake dolls to bring good luck and protection from evil spirits and danger to family and friends. Creative individuals have written, composed, vocalized and danced Clara’s story beginning with the novel, “The Nutcracker and the King of Mice,” written by E.T. Amadeus Hoffman around 1816. This is a theme on which Tchaikovsky composed the “The Nutcracker” ballet score, which debuted in 1892 St. Petersburg.

The story line follows Clara after an evening Christmas Party at her parents’ home when her soldier doll comes alive as the Nutcracker Prince, defeats the wicked King of Mice with her help and journeys with her through the Land of Snow and into the Land of Sweets. There, the Sugar Plum Fairy rewards her with a Princess title and a party for her and the Nutcracker prince. Dancers bearing candies and other sweet treats from Spain, Arabia, China and Russia, shepherdesses dancing to the sound of flutes, Mother Ginger’s children and the Waltz



Above: Brianna Zahorecz, a dancer in the Prescott YMCA’s Youth Ballet program, this year reprises her role as the Sugar Plum Fairy for the Christmas season performances of “The Nutcracker.”

Photo by A Portrait Park By J.

Right: George Esteves



of the Flowers are capped by the Sugar Plum Fairy dancing the most recognizable music in the popular ballet. Shortly thereafter, Clara awakes in her own bed with the soldier doll by her side.

From auditions in August to rehearsals and performances through early December, young dancers ages 5 through 17 are cast in 32 roles, many of which require costume changes because many dancers have more than one number to perform. Lead roles in the YMCA Youth Ballet production include Clara, the Nutcracker, the Mouse King and the Sugar Plum Fairy.

The multiple free performances are part of the YMCA’s Outreach Program and sponsored by local businesses including BBVA Compass Bank, The Foothills

Bank and Prescott Gateway Mall. They have been presented at the mall, the Prescott Public Library and the Prescott YMCA gymnasium. Scheduled performances this year so far are Dec. 6 and 7 at 2 and 4 pm in Suite 222 at Prescott Gateway Mall, and Dec. 13 at 10 am in the Prescott Public Library.

“Ballet is a very structured art form because of the technique that needs to be taught, the proper way to perform a step or combination of steps,” George said. “It is hard and focused work. If students know there is a performance at the end, it’s like a pot of gold at the end of a rainbow. It makes it worth it for them – all the hard work, blood, sweat and tears.”

One of the 2014 dancers, Brianna Zahorecz, age 13, has performed multiple Nutcracker roles since the YMCA ballet company was formed and this summer completed a six-week intensive ballet program – five days a week, seven hours a day – at the prestigious Arizona Ballet in Phoenix. It was her Prescott mentor, the YMCA’s George, who helped Briana master the technique and encouraged her to audition for the program.

Training young dancers for strength, stamina and potential careers in dance is a key reward for George, who over the years has watched several students perfect their grace and style into professional positions.

“All the students grow into lead parts through the program,” George said of the YMCA Youth Ballet and its Nutcracker performances. “From the time they perform as little mice at five years old until they become one of the principals in subsequent seasons, the Prescott YMCA Youth Ballet curriculum teaches the technique and tenacity required for success in the field of dance.”

Balanchine employed 90 dancers in his production of Nutcracker, George said, while her company features about one-third of that number. The result, she said, is a diversified cast of youngsters cheerfully putting on their very best performances for personal growth and public enjoyment of this traditional holiday classic.

For information about locations and schedule of this year’s Nutcracker Ballet performances by the Prescott YMCA Youth Ballet, contact George at ballet@prescottymca.org or the YMCA at 928-445-7221.

Family

LIKE BRANCHES ON A TREE
WE ALL GROW IN DIFFERENT DIRECTIONS
YET OUR ROOTS REMAIN AS ONE

M^{TWENTY}agical

Children’s Christmas Books to Read Aloud

By Ellie Hall

1. How The Grinch Stole Christmas – Dr. Seuss
2. The Nutcracker – Susan Jeffers
3. The Christmas Miracle of Jonathan Toomey – Susan Wojciechowski
4. Dream Snow – Eric Carle
5. Carl’s Christmas – Alexandra Day
6. The Year of the Perfect Christmas Tree – Gloria Houston
7. The Snowman – Raymond Briggs
8. oom for a Little One – Martin Waddell
9. Snowmen at Christmas – Caralyn Buehner
10. Angelina’s Christmas – Katharine Holabird
11. The Legend of the Poinsettia – Tomie dePaola
12. The Polar Express – Chris Van Allsburg
13. Morris’s Disappearing Bag – Rosemary Wells
14. Yes, Virginia, There Is a Santa Claus – Francis P. Church
15. The Wild Christmas Reindeer – Jan Brett
16. The Crippled Lamb – Max Lucado
17. Olive, the Other Reindeer – J. Otto Seibold and Vivian Walsh
18. A Christmas Carol – Charles Dickens
19. The Story of Holly & Ivy – Rumer Godden
20. The Night Before Christmas – Clement C. Moore



Courtesy of BuzzFeed.com



Mama Leone's



Holiday Recipes

Focaccia Barese:

With all the flavors of the land of Puglia

2 Lbs - Flour
1 Lb - Fresh tomatoes
2 1/4 Cups - Warm water
1 Oz - Fresh yeast
Extra Virgin olive oil
Oregano
Salt



- In a large bowl add the flour and make a hole at the center.
- In the hole add the warm water. Add the yeast to the water and let the yeast melt.
- Add to the water 1 1/2 Tbs of salt and 3 Tbs of olive oil.
- Mix the entire content until the dough is well mixed and of even consistency. If you have a pasta mixer, use it as it will speed up the process.
- Now you are ready to assemble the focaccia.
- Take a round baking pan 14" wide and add 1/2 cup of olive oil to the bottom.
- Pour the dough into the pan and spread it evenly.
- Cut the tomatoes in wedges and spread them over the top.
- Pour 3/4 cup of olive oil over the tomatoes. Sprinkle salt and oregano over the entire focaccia.
- Put the pan in the oven heated at 100F and leave it there to raise for one hour.
- Then raise the temperature to 475F and cook the focaccia for 35 minutes.



Grilled Eggplants

An excellent appetizer that everyone loves

1 Medium eggplant
2 Cloves garlic
1 Tbs Fresh mint

4 Tbs Balsamic vinegar
Extra virgin olive oil
Salt

- Wash the eggplant and cut it in round slices of 1/4" thick.
- Dip each side of the eggplant slices in olive oil and put them on a skillet or on the BBQ.
- Cook each slice until lines have formed and the eggplant has softened.
- Put all the slices in a serving plate. Sprinkle some salt as desired.
- In a bowl, mix the balsamic vinegar, the garlic chopped finely and the mint cut grossly. Mix well and spread it over the eggplant slices.
- Drizzle some extra virgin olive oil over the eggplant slices.
- Let the eggplants marinate for 2 hours and serve.



Grilled Scallops and Ravioli Bruschetta

3 Tbsp extra virgin olive oil
2 tsp citrus rub, divided
1/2 tsp crushed red pepper
2 garlic cloves
Grated zest of 1 lemon
1 lb jumbo sea scallops-8 count
8 large fresh cheese & spinach ravioli
egg wash
1/2 cup seasoned bread crumbs
2 roma tomatoes, deseeded & chopped
2 Tbsp gourmet peppers, chopped
1 Tbsp basil leaves chopped juice of
1 lemon
3 Tbsp shredded parmesan cheese
sea salt to taste



Preheat deep Fryer to 350 degrees F. Combine olive oil, citrus rub, crushed red peppers, 1/2 garlic and lemon zest in a small mixing bowl. Brush 1/2 olive oil mixture on scallops. Reserve other half for tomato salad. Heat a large grill pan to medium-high heat. Sear scallops for 2-3 minutes turn and grill for an additional 2-3 minutes until done. Meanwhile, mix remaining olive oil mixture, tomatoes, peppers, basil. Lemon juice, cheese and salt in a small mixing bowl. Dredge ravioli in egg wash and coat evenly with bread crumbs; deep fry for 2-3 minutes until golden brown. Assemble ravioli, scallop and top with tomato salad.



Octopus Salad *Insalata di polpo*

1 Tenderized, if available (arricciato) Octopus of about 1 Lb. Otherwise you can use the ones that are not tenderized.
2 Lemons
5 Tbs of GOOD extra virgin olive oil
Fresh parsley
Peperoncino
Hot pepper Salt

Wash the octopus very well under cold water. Bring a pot of water to boil and once the water is boiling, put the octopus in the water. Let it cook for a few minutes. Once it turns red, remove the octopus from the hot water and rinse it under cold water. Cut the octopus in pieces of about 1". Add the EV olive oil and the juice of the lemons. Add salt and peperoncino to taste. Toss and put in the fridge for about 2 hours. Garnish with fresh parsley and serve cold.



Arancini *Rice Ball*

Makes about 2 dozen rice balls. This takes a bit of time to make, but worth all the effort when you taste them!

RICE MIXTURE:

1 medium bag of rice (the cheaper the rice the better)
1 package of Saffron
2 cartons of Chicken Stock
1 ½ cups of grated Romano cheese
1 stick of softened butter
6 egg yolks

FILLING:

1 lb ground beef
1 small can tomato paste
1 large onion chopped
1 box frozen Peas thawed
½ tsp salt ¼ tsp black pepper
¼ tsp sugar

OUTSIDE:

Italian style breadcrumbs
6 egg whites + 2 tbs of water
Oil for deep-frying

In a large pot, add stock and saffron and bring to a boil. Add rice, stir once, reduce heat to a simmer, cover and cook about 25 minutes or until water is absorbed. Do not remove cover during this cooking period. When done, rice should be sticky. Let cool. In the interim, in a sauté pan, brown ground beef, add onions and cook until translucent. Add paste to meat mixture, reduce heat, and cook about 3 minutes. Season with salt and pepper. Add peas and sugar, cover and cook an additional 3 minutes. Let cool.

Pre-heat oil in deep fryer to 350° Mix egg yolks and add yolks, butter, and cheese to cooled rice, mix thoroughly. Taste rice, should taste cheesy adjust seasoning if required. Now here comes the messy part, scoop enough rice to fill the palm of your hand, make a divot in the center, place ½ tbs of meat mixture in divot, add additional rice to cover and form into ball, repeat process until all balls are formed. Mix egg whites with water, roll ball into whites and then into breadcrumbs. Repeat until all balls are coated with breadcrumbs. Place balls into deep fryer (about 2-4) and fry until golden brown, drain on paper towel. - Serve alone or with tomato sauce.



Italian Thanksgiving Turkey

I have been cooking this recipe for years at our Thanksgiving dinner. Included is a stuffing of delicious Porcini Risotto!

1 Turkey - of about 15 Lbs
2 Cups - Fresh Porcini Mushrooms or other type of fresh mushrooms diced in small pieces
2 Links - Hot Italian sausage
2 Links - Mild Italian sausage
1 Cup - Grated Romano cheese
1 Cup - Grated Parmigiano cheese
10 Chestnuts - Boiled
1/2 Cup - Bread crumbs
1 Cup - Arborio rice
2 Large onions
10 Cloves of garlic, finely minced
1 Tbs - Fresh parsley
1 Tbs - Fresh rosemary
1 Tbs - Fresh sage
1 Tbs - Fresh oregano
1 Tbs - Fresh thyme
Hot pepper
Extra Virgin olive oil
2 Sticks of butter
Chicken broth
Dry white wine
1 Head - Fresh celery
10 Carrots
1 Apple



Clean and wash well your turkey in cold water and then give him a nice bath/wash in apple cider vinegar. Dry with paper towels and leave aside.

Stuffing Preparation:

- In a large saute` pan, add about 5 Tbs of olive oil and one sliced onion.
- Once the onion is translucent, add the minced garlic.
- Chop the fresh rosemary, sage, oregano and thyme and add to the pan.
- Add a cup of chicken broth to prevent from burning.
- Add the fresh Porcini mushrooms (you can also use dry Porcini mushrooms, soak in lukewarm water be-

fore using) or any other type of fresh mushrooms that you may have.

- Stir and salt as desired. You can also add some hot pepper as desired.
- Add the fresh parsley coarsely chopped.
- Remove the sausage from the casing and add to the pan. Break up the sausage in the pan in small pieces.
- Saute the sausage and add 1 cup of dry white wine.
- Cover the pan with a lid and continue to saute` for about 10 mins.

Risotto Preparation:

- In a large saute` pan, add 1/2 stick of butter and 3 Tbs of olive oil.
- Once the butter has melted, slowly add the Arborio rice to the pan and stir continuously so that the rice will coat itself with the liquids.
- Add 1 cup of dry white wine and continue to stir.
- Once the wine is almost totally absorbed, add one cup of chicken broth and continue to stir.
- Add the chestnuts and stir.
- Add the grated Pecorino Romano cheese and stir.
- Add the grated Parmigiano cheese and stir.
- After the cheese has melted completely, pour all the content of the other pan into the Risotto.
- Mix well and cook for 2 more minutes.

Assembly of the Turkey:

- Take a large Roaster pan with a rack and add the carrots, the celery and one onion cut into large pieces.
- Add 2 cups of white wine and 2 cups of chicken broth.
- Position the turkey on the rack and fill its stomach with the Risotto stuffing.
- Close the neck opening with an apple.
- Tie the legs. Tie the wing and spread butter all over the body.
- Cover the turkey with a dome of aluminum foil and place in the oven.
- Cook the turkey at 400F for the first 20 mins. then lower to 300F and continue to cook for 20 mins. for each pound of the turkey.
- Every 30 mins. bathe the turkey.
- Once the cooking time has terminated, remove the aluminum foil and continue to cook the turkey until it browns to your liking.



Best Italian Ricotta-Cheese Cookies

Italian Ricotta cheese cookies... can never have enough of these!

2 cups sugar
1 cup margarine or butter, softened
2 containers (15 ounce size) ricotta cheese
2 teaspoons vanilla extract
2 large eggs
4 cups all-purpose flour
2 teaspoons baking powder

1 teaspoon salt
1 1/2 cup confectioners' sugar
3 tablespoons milk
red and green sugar crystals for the holidays

Preheat oven to 350 degrees F. In large bowl, with mixer at low speed, beat sugar and margarine or butter until blended.

Increase speed to high; beat until light and fluffy, about 5 minutes. At medium speed, beat in ricotta, vanilla, and eggs until well combined.

Reduce speed to low. Add flour, baking powder, and salt; beat until dough forms.

Drop dough by level tablespoons, about 2 inches apart, onto ungreased large cookie sheet. Bake about 15 minutes or until cookies are very lightly golden (cookies will be soft). With pancake turner, remove cookies to wire rack to cool. Repeat with remaining dough.

When cookies are cool, prepare icing: In small bowl, stir confectioners' sugar and milk until smooth. With small metal spatula or knife, spread icing on cookies; sprinkle with red or green sugar crystals. Set cookies aside to allow icing to dry completely, about 1 hour.




Limoncello

A very refreshing after dinner liqueur

12 Medium sized very fresh organic lemons
750 Ml (1 Bottle) Vodka
750 Ml Water
2 1/4 Cups Sugar

- Pour all the alcohol in a large sealable jar.
- Wash the lemons and with a very sharp knife cut the zest very finely without removing any of the white part of the skin.
- Place the zest in the jar with the alcohol. Repeat the process for all the lemons.
- Store the jar in a dark place for 20 days.
- After the 20 days, put 750 Ml of water in a pot and add the sugar. Boil the water so that the sugar completely melts.
- Let the water completely cool off and add the alcohol. Discard the zest.
- Mix the water and alcohol well and bottle.
- Let the Limoncello cure for about 20 days in a dark area.
- Place one bottle in the freezer for serving. Serve ice cold.
- The color of the Limoncello will vary depending on the color of the lemons. It is ok to use lemons that are also a little green. In this case the Limoncello will have a greener color but still tastes great!



As the weather begins to cool, a different side of Prescott nature begins to unfold. Pack a thermos of hot chocolate and enjoy a nature exploration with your family this holiday season. Don't forget to print out a checklist from our website and pick one of our options to make it a fun afternoon for everyone! When exploring nature during cold weather months, always bundle up, bring plenty of water and a snack, wear good hiking shoes, always tell someone where you will be and please leave all living things in their natural habitat.

Explore Nature with Edie



Mistletoe: Here is a story for anyone who wonders why we kiss under the mistletoe during the holidays. Long ago in the Northland, Frigga, the Viking goddess of love and beauty was frantic for her son, Balder. He had had a terrible dream one night that he was going to die. In her horror and worry, Frigga went to all the elements -- air, fire, water, and earth, and also to each of the animals and plants -- and implored them not to kill Balder. They all agreed because Balder was the god of the summer sun, and if he died, everything on earth would also pass into darkness.

But sneaky Loki, Balder's only enemy, found a clever loophole. Mistletoe doesn't have roots of its own; it attaches to a tree and grows there, never touching the ground, so was technically outside the agreement. Loki made an arrow out of mistletoe and tricked Balder's poor blind brother, Hoder, into shooting the god of the summer sun. All the elements were so miserable, they tried for three days to bring Balder back to life, but each day ended in disappointment and sorrow. Frigga was the saddest. She cried and cried over Balder's body until her tears turned the red berries of the mistletoe to a pearly white. At that moment, Balder rose up again, alive! Frigga was so happy that she kissed everyone who walked underneath the mistletoe out of gratitude for getting her son back.

You can often find bunches of mistletoe growing on oak and juniper. Look for a cluster of pointy, yellow green leathery leaves and white waxy berries that don't match the tree's foliage. How is it that Loki was able to find the loophole too fool Balder's brother? Mistletoe berries are a favorite of birds, especially the blue-black Phainopepla. They leave their droppings on favorite hang out spots on oak branches and also wipe their beaks on tree bark to clean off the sticky seeds. While the seed may come off the beak, it sticks stubbornly onto the branch instead of falling to the ground. The seeds sprout within a few weeks and send roots into the oak branch, where, as a partly parasitic plant, it absorbs some of its water and nutrients from the host. Mistletoe used to be considered a pest, but more recently scientists have discovered that it is important to nature's health. For example, a study of mistletoe in junipers found that more juniper berries sprout in stands where there is mistletoe because the mistletoe attracts berry-eating birds which also eat (and spread) juniper berries.

Oak: Lots of people think that our local oaks are holly trees, and that makes them especially fun during the



holiday season. Look for shiny bluish or dark evergreen leaves with spiny teeth. These will either be Shrub Live Oaks, Wavyleaf Oaks, or Emory Oaks. You can use a few oak twigs to decorate a wreath, and think about either how oak trees have often symbolized strength as in the sayings: "Mighty oaks from little acorns grow," or "The mighty oak is just a nut with a lot of persistence."



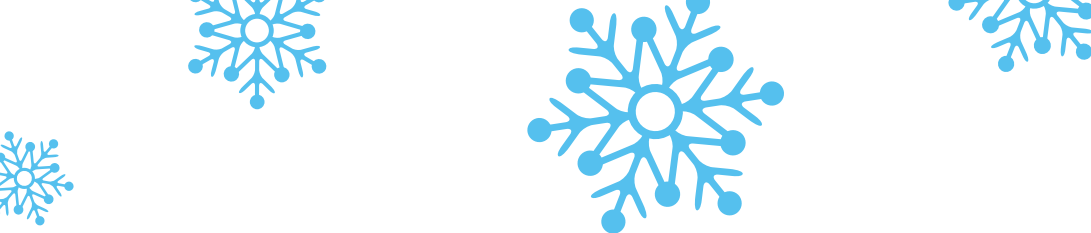
Phainopepla: Their name means "shining robe" in Greek and it describes these dark and glossy medium sized songbirds perfectly. Phainopepla are in the flycatcher family so look for typical flycatcher shape and behavior: a tall wispy crest, long tail, and the habit of perching high in trees and shrubs then sallying in short forays out and back to chase and catch insects. They have a white patch on the wings which you will notice when they fly because it contrasts so strikingly with their black

or dark gray plumage. Try to see their red eyes! Look for Phainopepla in the oak scrubland and patches of juniper on rocky slopes. If they are wiping their beak or backside on the branch, you know they have eaten mistletoe berries (an individual can eat at least 1,100 mistletoe berries every day) and are "planting" the sticky seeds!



Dark-eyed Juncos: Spend their summers in the fir forests across Canada and the western U.S. but in winter they come to visit our relatively warm mountains. These medium sized dark gray or brown sparrows have rounded heads, a short, stout pinkish bill, and a fairly long, conspicuous tail with white outer tail feathers that flash open in flight. You will find them hopping

around the bases of trees and shrubs looking for seeds and chipping away with high little notes. Juncos sport a couple of variations in feather pattern. The "Oregon" Junco has a small blackish hood, the "Slate Colored" is the color of slate. Arizona is pretty special in that we have another kind also, the "Red Backed" ones. If you have a bird feeder with seeds in it, the juncos will be there in happy flocks, so you can try to see how many of the types you can pick out.



Ruby- Crowned Kinglet: Another neat little bird that you are likely to see in the winter is the Ruby crowned kinglet. Smaller than a chickadee and a plain green-gray, this tiny bird seems to overflow with energy. Look closely and you'll see the white eye ring and a

white bar on the wing. Look for the jaunty bright red patch of feathers on the male's head, best seen when there is wind enough to lift it. You will also know the Ruby-Crowned Kinglet by its habit of constantly flicking its wings. With its very small, thin, straight bill, Ruby-Crowned Kinglets prey on spiders, and many types of insects, including aphids, wasps, ants, and bark beetles. They look for food in high tree foliage, hovering and pecking in order to glean tasty treats from the surface of leaves and branches.



Tracks: One of nature's best winter gifts is animal tracks that you can see in snow or mud. If you see tracks 2-3 inches across that look like an elf was walking along on his hands, you will know that a raccoon has passed that way. For the bigger paw tracks, distinguish a coyote or dog from

a mountain lion because the tracks of the dog family will usually show the toenails whereas the cat family retracts their toenails so you won't see the nail as part of the print.

Rocks: It is tempting to think that nothing is happening in nature during the colder months, but, of course, that isn't true; there is always something happening in nature. On the other hand, winter is a good time to check out some of nature's quieter phenomenon. So let's look at a couple of rocks.



Basalt: is usually gray or black, but you will often see it weathered to brown or rust-red as its iron rich minerals oxidize (rust). Formed when lava cools quickly at the surface of the earth, basalt is usually described as having a "fine-grained" texture - you will not see any big crystals (big crystals take longer to grow so the molten rock would have needed to be under-

ground to have a longer cooling time). Because we can tell that basalt cooled quickly at the surface of the earth, it is called an extrusive igneous rock. Around here look for basalt on the trails around Thumb Butte and the hikes on the east side of Granite Mountain from the Williamson Valley trailhead.



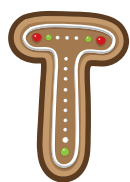
Granite: The word "granite" comes from the Latin word granum, meaning "a grain." It describes the course-grained structure of this rock with its many visible crystals. Since crystals take a long time to grow, we know that granite was formed from magma that stayed underground and took a relatively long time to cool. We therefore call granite an intrusive igneous rock. Probably the most easily recognized crystal in granite is the milky white quartz. But if you look closely - take a magnifying glass on your hike! - you can also see dark flecks of shiny mica and the small black needle or prism shapes of a mineral called hornblende. Granites can be mostly white, pink, or gray, depending on the proportions of the different mineral crystals in them. Explore any of the trails in the Granite Basin Recreation Area toward sunset to get a special feel for Granite Mountain's beautiful rose color, caused by the presence of a lot of the pink mineral crystals of potassium feldspar.

Pick one or more of these ideas from our readers to make it a true adventure!

- Bring a thermos of hot chocolate or tea and some warm muffins. Find a quiet spot and have a winter picnic in the woods before you start your nature exploration.
- After it snows, go out and see how many different animal tracks you and your child can find. Take a picture or draw a sketch to put in their nature exploration journal. If they know what animal the track came from, write a few facts about the animal and what it does to survive during the cold months.
- Assign teams and earn points for each discovery.
- Estimate how long it will take to find each item on the list, see how accurate your guess was.
- Go on the trail the day before and leave little trinkets for your children to find while on your nature exploration hunt.
- Pull your child on a sled and sing "Over the river and through the woods" while searching for your next item.
- When you get home, write in a nature journal all about your exploration. Did you find everything you set out to? What did you and your child learn?

Light Up This Holiday Season with Luminarias

By Patricia Collins



The tradition of lighting candles in paper bag is part of American Southwest. These luminarias are in number of hundreds and thousands, which are traditionally lit on Christmas Eve.

This tradition of luminarias came into existence through Spain, where bonfires were lit on roadside and churchyard so that people find way to reach midnight mass held during winter festival of Las Posadas. Through Spain, this tradition reached Mexico and parts of America via Spanish missionaries and merchants.

Down through the ages, light from fire has served as a destination beacon for weary travelers. Two thousand years ago shepherds are said to have marked the way to the manger of the Christ Child with small bonfires. Since the 16th Century, to symbolize this tradition, the people of Mexico have gathered on Christmas Eve to light large bonfires in the village commons, to pray, sing and welcome the Christ Child. After the celebration, smaller bonfires were built in front of each home to welcome the spirit of Baby Jesus into one's home.

During the 19th century in northern New Mexico, these bonfires were made from criss-crossed pinón sticks to light the path to their homes. The story of how the luminaries we know today began begins in the early 20th century. Legend says one family had been unable to adequately prepare the traditional home bonfire because of illness in their family. As the holiday season drew near, the youngest child placed a broken candle in a paper bag partially filled with sand, and placed it outside their home to keep the tradition and welcoming spirit alive. These "little lights" or farolitos have become one of the most popular ways for people to extend this custom to the present day.

Another widely accepted theory also has them originating in Spain, where Spaniard merchants who were impressed with the paper lanterns from the Chinese culture decided to make their own version when they returned to New Spain, which quickly caught on due to their already widely celebrated Christmas Eve bonfire ceremony.



The candlelit brown paper bags are also called "farolitos," the Spanish word for little lanterns. In the early 19th century, U.S. settlers on the Santa Fe trail brought Chinese paper lanterns to hang from their portals and light their entranceways. They were beautiful but expensive, and eventually, the paper bag version became the tradition.

Luminarias have become a part of great American holiday tradition and are seen more as a secular decoration, akin to Christmas lights. Today, you get luminarias that have electric lights in traditional brown, small bags. Now, they are even available in various sizes, shapes and colors. People use these fabulous lights and decorate homes on Christmas nights in traditional manner and use white bakery bags as luminarias as it gives great effect of lighted candle during night. Half the bag is filled with sand, a candle is inserted into it. The luminary is ready to be lit. The sand helps to give required weight and the bag does not blow away as well as was from candle is melted in the sand. When the candle flickers inside the bag, light spreads and the effect is set.

Some people in the Southwest call the paper bag lanterns luminaries and luminarias, while others insist the correct term is farolitos since "luminarias" were the bonfires lining the roads. Whatever you choose to call them, honor the history of luminarias by setting some out this Christmas and adding a new tradition to your holidays regardless of where you live.



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928-533-8107
Andre & Liz Sosa
P.O. Box 555
Chino Valley, AZ 86323



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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.

The Roots of Tradition: Santa Claus' Many Legends

By Kathryn Miedema Dominguez

**“Up on the housetop, click,
click, click, Down thru’ the
chimney with good Saint Nick.”**



When we think about American holidays, the two top holidays that pop into mind are Thanksgiving and Christmas. During Thanksgiving we are showing gratitude for the fortunes we have such as family, friends, and the luxury to gorge ourselves, while during Christmas, it is the spirit of giving to others. All my life I have wondered why we have this tradition of giving gifts for Christmas. What I have come to realize is that two traditions are being celebrated at the same time. First, the birth of Christ, but secondly, honoring Saint Nicholas of Myra, a 4th century Greek Bishop, who is known for his generosity to the poor and less fortunate. The folkloric tradition of Santa Claus was not created out of thin air, but has deep roots from all around the world.

There are various stories about Saint Nicholas that originate from all over the world with many commonalities. Saint Nicholas, also known as Bishop of Myra, was born on March 15, 270 AD in Patara, Greece, which is now Turkey, and lost his parents at a very young age due to an epidemic. He shared his inheritance with those who were in need such as poor families and dowryless women. Some of the traditions carried out today are connected to some of his acts of generosity. One of his gifts was a wet sock filled with money and hung up to dry by the fireplace; and therefore, stockings have become iconic of Christmas. His death, on December 6, 343 AD, became his feast day to honor his generous spirit.

As a child I grew up celebrating Sinterklaas day, a Dutch celebration, where on the 5th of December my father would hide our presents for my sisters and I to find. Typically, one of the gifts was a chocolate letter, imported from the Netherlands, which represented the first letter in our names. In the Netherlands, children set out their wooden shoes filled with hay and carrots by the door or on the windowsill for Sinterklaas' horse to eat when he comes to visit their homes. Each child who has been good receives a gift or if not a lump of coal. Another important character in this folklore is Zwarte Pieten, or Black Piet, who is Sinterklaas' helper. My father's version of this tale is that Sinterklaas came from Spain to all the houses in the Netherlands on December 5th, and then on December 6th, he traveled to other countries like Belgium and Germany. Today, in the Netherlands, children still look forward to

his visit and adults typically exchange gifts and including an original poem written about the recipient to accompany the gift.

It is believed that the tradition of celebrating Sinterklaas was brought over to the Colonies by the Dutch in the earliest days of settlement; however, there is very little evidence showing that it was celebrated. It was in 1809, with Washington Irving's depiction of Saint Nicholas in Knickerbocker's History of New York that sparked more interest. He described "Nicholas soaring over the rooftops in a flying wagon, delivering presents to good girls and boys and switches to bad ones". Later in 1823, Clement Clark Moore wrote "Twas the Night Before Christmas", originally titled "A Visit From St. Nicholas", which drew more definition to the folklore of Santa Claus. He no longer was an elf as described by Irving, but the size of a human with rosy cheeks, a nose like a cherry, and belly that shook like a bowl full of jelly. His eight reindeer, all with names, took place of his horse and the expected date of arrival was

no longer on December 6th, but on Christmas Eve.

In England, Father Christmas has his own legend associated with Christmas, but does not originate from Saint Nicholas who gives gifts. Father Christmas is a Yule-tide who visits to announce Christ's birth and encourages eating and drinking. A big shift in Father Christmas' role arose when illustrations of Santa Claus became a part of advertisements in the 1860s. Santa Claus' image is

Continued on page 56



Traveling WITH YOUR FAMILY

Tips and Tricks

Continued from page 15

your baby and vice versa but unlikely to throw a fit that will wake up your baby if she should happen to surprise you with a peaceful nap.

Feed on take-off and landing. Pressure changes can be so uncomfortable, and babies don't know how to clear their ears on their own. Sucking and swallowing helps to keep her ears clear, this will keep you, your baby, and your neighbors so much happier. And breastfeeding is so convenient. Thinking about weaning before next month's trip? Wait. You'll be glad you did. No formula to carry, no need to buy a \$5 mini-carton of milk in the terminal, and no need to worry about that milk going bad.

You simply can't protect a baby, especially a mobile one, from germs while traveling. If it makes you feel better, wipe down your tray table and arm rests with a baby wipe. You will drive yourself and your child crazy trying to keep her from touching potentially germ-y surfaces, which is every surface on planes and in airports.

On the plane, be open to opportunities for free play. Despite your efforts to pack fun toys, books, and games, your child may be much more interested in rotating the arm rest up and down, over and over, or ripping up your boarding passes and handing them back and forth to you. Go with it.

Book a hotel suite with a door between the living area and bedroom. We've found this to be well-worth the extra \$20. Baby may need to go to bed several hours before you, and if you are all sharing one room, this puts you in the bathtub if you want to read a book. These rooms often aren't available through travel sites like Priceline, so call the hotel directly to check on their options.

Choose a hotel with free breakfast. They usually have good options for kids, and it is nice to do breakfast in pajamas. Eating at a restaurant with small kids is always a production and one that is hard to face first thing in the morning.

A cranky child has an unmet need. Expect your child's needs to require more of your attention when you are traveling, though less sure would be convenient. Try to preempt crankiness by staying on top of your child's needs for food, drink, a clean diaper, some time to play, some special attention, and sleep. Along these lines, have

realistic expectations. Don't try to do too much in one day. Try to plan some downtime for naps each day – even if it means taking a random drive down a scenic country road so your kid can catch a few more minutes of sleep. Enjoy the happy moments and try to roll through the frustrating ones.

The Roots of Tradition: Santa Claus'
Many Legends Continued from page 55

greatly indebted to Thomas Nast's illustrations for Harper's Illustrated Weekly. Coca-Cola and many other companies used these images of Santa Claus for advertisement which became the 'standard' representation of Santa Claus. As a result in the 1870s, Father Christmas became the Americanized version of Santa Claus, too.

Perhaps, the tradition of Santa Claus on Christmas Eve was a merging of both Saint Nicholas and Father Christmas. Where Saint Nicholas, the gift-giver, arrived on Christmas. Christmas had become a riotous celebration and with the aid of Santa Claus it became a more family oriented holiday. There are innumerable legends from all over the world that have been passed down for hundreds of years that have shaped the Christmas holiday. Christmas is a celebration of many: Saint Nicholas, Sinterklaas, Santa Claus, Father Christmas, and Jesus.





Parent Resource Guide

Bella Home Furnishings

115 West Willis St. Prescott, AZ 86301
928-445-0208
bellahome@cableone.net

Christmas In Prescott

1235 Willow Creek Rd. Prescott, AZ 86301
928-776-1669
customerservice@christmasinprescott.com

Go Bananas

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

Heritage Park Zoological Sanctuary

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

Highlands Center for Natural History

1375 Walker Rd. Prescott, AZ 86303
928-776-9550
www.highlandscenter.org

Lotus Bloom Yoga

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

Phippen Museum

4701 Arizona Hwy 89
Prescott, AZ 86301
928-778-1385
www.phippenmuseum.com

Prescott Chamber of Commerce

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

Prescott Homeschool Group

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

Prescott Hypnosis

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



Prescott Unified School District

145 S Granite St. Prescott, AZ 86303
928-445-9806
http://mypusd.prescottschools.com/pusdwp/

Prescott Valley Chamber of Commerce

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

Primavera School

1446 Moyer Rd. Prescott, AZ 86303
928-445-5382
www.primaveraschool.org

Sages' Healing Center

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

Synergy Gymnastics

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

The Natural Healing Garden Wellness Center

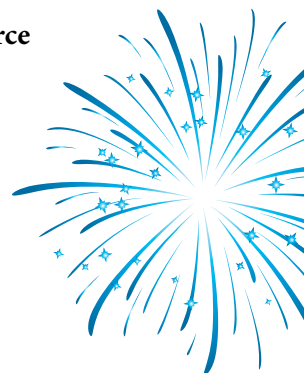
119 Garden St. Prescott, AZ 86305
928-237-4116
www.naturalhealinggarden.com

Tis Art Gallery

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

**The Parent Resource Guide is currently listed in alphabetical order. This will soon be listed by category.*

To have your business listed in our Parent Resource Guide, contact advertising@prescottparent.org or call 970-270-2552.





Yes, Virginia, There Is A Santa Claus



On Sept. 21, 1897, The New York Sun published what was to become the most widely read letter to a newspaper. It was sent by 8-year-old Virginia O'Hanlon, who lived with her parents in Manhattan. Below is the full text of that letter and the reply by Sun editorial writer Francis Pharcellus Church.

Dear Editor,

I am 8 years old. Some of my little friends say there is no Santa Claus. Papa says, "If you see it in The Sun, it's so." Please tell me the truth, is there a Santa Claus?
Virginia O'Hanlon - 115 W. 95th St.

Virginia, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except they see. They think that nothing can be which is not comprehensible by their little minds. All minds, Virginia, whether they be men's or children's, are little. In this great universe of ours man is a mere insect, an ant, in his intellect, as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole truth and knowledge.

Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! How dreary would be the world if there were no Santa Claus! It would be as dreary as if there were no Virginias. There would be no childlike faith then,

no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal light with which childhood fills the world would be extinguished.

Not believe in Santa Claus! You might as well not believe in fairies! You might get your papa to hire men to watch in all the chimneys on Christmas Eve to catch Santa Claus, but even if they did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but that is no sign that there is no Santa Claus. The most real things in the world are those that neither children nor men can see. Did you ever see fairies dancing on the lawn? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen and unseeable in the world.

You tear apart the baby's rattle and see what makes the noise inside, but there is a veil covering the unseen world which not the strongest man, nor even the united strength of all the strongest men that ever lived, could tear apart. Only faith, fancy, poetry, love, romance can push aside that curtain and view and picture the supernal beauty and glory beyond. Is it all real? Ah, Virginia, in all this world there is nothing else real and abiding.

No Santa Claus! Thank God he lives and he lives forever. A thousand years from now, Virginia, nay 10 times 10 thousand years from now, he will continue to make glad the heart of childhood.



Nov. 7 – Dec. 20
(Closed Thanksgiving)
**Holiday Wrap at PCA
Gallery**

Open daily: Mon., 11am-3pm; Tues.-Sat., 10am-3pm; Sun., Noon-4pm. Look for a bevy of the very best in hand crafted and unique gifts for the home, friends, family, and those special to you. Opening reception: November 7, 5-7pm. Free. *Prescott Center for the Arts Gallery, 208 N. Marina St., Entrance on Willis St. Prescott Ph: 928.445.3286*

Nov. 7 – Jan. 3
**The Polar Express by
Grand Canyon Railway**
Daily 5:30 & 7:30PM /
Special 3:30PM
Make this a family holiday tradition, and call today to make your reservations. The ride lasts a little over an hour, with the train leaving each night at 5:30 p.m. and 7:30 p.m., as well as select days that feature a 3:30 p.m. matinee departure. Adult: \$39 Children: \$25 Ph: 1.888.848.3511

Nov. 18 – Dec. 27
**Wildlights and Animal
Sights**
6pm to 9pm
The park will be lighted with festive holiday decorations and spectacular light displays. \$3.00 for HPZS members and \$5.00 for non-members. *Heritage Park Zoological Sanctuary 1403 Heritage Park Road, Prescott Ph: 928.778-4242*

Nov. 22 – Jan. 1
**22nd Annual Gingerbread
Village @ Prescott Resort**
Display Open 24/7
For 22 years, individuals/families, corporations and organizations in the community, have been showing their talents in creating and building gingerbread houses creating a large village display! Each year is unique and the talents of all the participants is amazing! Come see the village any time of day, at no cost, in the lobby. *Prescott Resort & Conference Center, 1500 Highway 69, Prescott Ph: 928.445.8315*

Nov. 27 – Dec. 23
Normal Gallery Hours
**"Eclectic Works in
Various Media"**
*In the Main Gallery
Artists Reception Friday
November 28th from 5 - 7
p.m. (in conjunction with
Prescott's 4th Friday Art
Walk) 'Tis Art Center and
Gallery, 105 S. Cortez St.
Prescott, AZ 86303*

November

Saturday, Nov. 8
**Frontier Arizona
Experience**
10am – 3pm
Sharlot Hall Museum will be featuring a "day-in-the-life" of a pioneer. With Fall crops harvested, it's time to finish preparing for the coming winter. See living history interpreters discuss their concerns for the coming winter and what they must do in order to be

ready. *Sharlot Hall Museum
415 W. Gurley St. Prescott
Ph: 928.445.3122*

Walk on Main
11am – 5pm
The Verde Valley will celebrate Historic 89A and the City of Cottonwood's 50th Anniversary with "Walkin' on Main" on November 8th, 2013. The Old Town Cottonwood Historic District, which sits between Jerome and Sedona, will be blocked off from traffic. Two big tents will contain a juried art show, surrounded by the charming galleries, shops and local foods of Old Town Cottonwood. Live music plays throughout the day. A tour of Cottonwood's historic homes will be held during the event.

Nov. 8 – Nov. 11
**Free Days @ Prescott
National Forest**
In celebration of our National Holidays, Prescott National Forest will waive the \$5.00 fee at all day-use recreation sites across the forest. All fees will be waived at Lynx Lake Recreation Area, Granite Basin Recreation Area, Thumb Butte, Mingus Mountain Recreation Area, Hayfield Draw and Alto Pit day use areas. The waiver does not apply to overnight campgrounds, group use fees or fees charged by concession-operated facilities.

Tuesday, Nov. 11
**Prescott Veteran's Day
Parade**
11am Come show your

support of our veterans with a fun parade for all ages. Courthouse Square, Downtown Prescott

No School for Prescott
Unified School District,
Humboldt Unified School
District

November 11, 13, 18, 20
**Nature's Small Wonders
Colored Drawing Classes**
9am-12pm
Join Diane Iverson, renowned local artist who will guide students of all skill levels, as the class focuses to capture the details of what we find in nature using colored pencils. Pre-registration required for limited space is available. Series cost: \$90 members and \$100 non-members. Individual class cost: \$25 members and \$35 non-members *Highland's Center for Natural History, Prescott Ph: 928.776.9550*

Thursday, Nov. 13
Genealogy Mentoring
1pm – 2pm
Sign up for a genealogy mentoring session with an experienced member of the Northern Arizona Genealogical Society (NAGS) for help with your research. *Prescott Public Library, Prescott Pre-registration required Ph: 928.777.1526.*

Page Turners Story-time
4pm – 5pm
Page Turners is a program designed to celebrate the joy of reading for children in grades K-3. Stories, songs,

Calendar of Events Continued...

activities and crafts are all part of the fun. *Prescott Public Library*
Ph: 928.777.1537

Friday, Nov. 14 & Saturday, Nov. 15

Hansel and Gretel

Saturday 7pm
Sunday 3pm & 7pm
The Yavapai College vocal music department presents the world famous and well-loved opera based on the story of Hansel and Gretel. This production will feature a cast of singers from the student body, faculty members and community members with a chorus of children from the surrounding area. This will be the first fully staged opera on our beautiful performing arts stage by the college. Tickets \$15 each. *Yavapai College Performing Arts Center, Prescott* Ph: 928.776.2000

Saturday, Nov. 15
Smoki Consignment Market

10am to 2pm
Pre-Holiday Gift Buying at Fantastic Pricing
Featuring fine American Indian and Southwestern items, including jewelry, baskets, pottery, fetishes, kachinas, weavings, paintings, books, and lots more. All items have set prices, below retail. This event is free and open to the public. *Smoki Museum Pueblo 147 N. Arizona Ave, Prescott*
Ph: 928.445.1230 ext. 6250

Saturday, Nov. 22
Prescott Turkey Trot / 8K & 1 Mile
8am – 11am

This event is an effort to collect food for the Yavapai County Food Bank so bring canned food to donate too! Free pancake breakfast at finish line. Please bring either \$10 or equal value of food for entry fee.
Mile High Middle School Track, West Goodwin Street, Prescott, AZ 86302 Ph: 928.533.3280

Sunday, Nov. 23
The Phoenix Symphony in Prescott
3pm – 5pm

The orchestra, conducted by Michael Christie, will be performing Beethoven's Symphony No. 1 in C major and Brahms's Concerto No. 1 in D minor for Piano and Orchestra with acclaimed pianist William Wolfram. Tickets are from \$28 to \$39 and are only available through the Yavapai Symphony Association.
Ph: 928-776-4255

Nov. 26 - 28
Thanksgiving Break for Prescott Unified School District, Humboldt Unified School District

Nov. 28 - 30
HUGE Sidewalk Sale @ Christmas in Prescott
Everything in parking lot 50-80% off!
Prepare to be amazed when you see the theme trees and latest decorating ideas. Enjoy our decorated patio with the bubbling fountain, and hospitality table with free Hot Mulled Cider and homemade chocolate chip cookies.
Christmas in Prescott 1235

Willow Creek Rd. Prescott
Ph: 928.776.1669

Saturday, Nov. 29
19th Annual Holiday Light Parade

6pm
Prescott's Holiday Light Parade kicks-off the holiday season with a parade of festively decorated and lit floats. Come and join in the After-Parade fun when the parade ENDS on the field of Prescott's Mile High Middle School. *Bonfire *Holiday Entertainment *Floats beautifully displayed around the field. NEW ROUTE: Starts on S. Cortez St. @ Carleton, north past the courthouse to Willis, goes west to Montezuma then south on Montezuma to Carleton, ending at the Mile High Middle School field.

December
Friday, Dec. 5
3 International Tenors Christmas Concert

7pm
This show is comprised of a multiple genres, Opera, Musical Theatre and Pop Opera, or as it's sometimes called, POPERA. Four singers from four extremely diverse backgrounds bring you an experience you will never forget. Starring Johnny Huerta, Robert Erlichman, Guillermo Ontiveros and Michele Oh, this show will transport you to the great opera houses of Europe. Tickets are \$22/\$25 *The Elks Theatre & Performing Arts Center 117 E. Gurley St.*

Prescott, AZ 86301
Ph: 928.777.1366

Saturday, Dec. 6
New Exhibit! "An Essential Relationship: Amateurs and Professionals in Central Arizona Archaeology"
1pm *The Smoki Museum, Prescott* Ph: 928-445-1230

32nd Annual Christmas Parade "150 Years of Christmas Memories"
1pm – 3pm
Kick off the holiday season with "Arizona's Christmas City's" Christmas Parade. Annual Courthouse Lighting event will follow at 6pm
Parade Theme: "150 Years of Christmas Memories"
Historic Downtown Prescott Prescott, AZ 86301

60th Annual Courthouse Lighting
4pm – 7pm
Kick off "Arizona's Christmas City's" Courthouse Lighting with musical groups, festivities and the annual lighting of the old tree at courthouse square.
Historic Courthouse Plaza 120 South Cortez Street Prescott, AZ 86303

Frontier Christmas
6pm – 8:30pm
415 W Gurley St. It features Enjoy live seasonal music, a roaring fire, finely decorated historic buildings, a Christmas tree with vintage decorations, and living history re-enactors with tales of what Christmas was like in the state's territorial days. It's worth a stop for kids and

Calendar of Events Continued...

adults alike (admission for those 17 and under is free). You can get more information on their website, www.sharlot.org. *Sharlot Hall Museum, 415 W. Gurley St. Prescott, Ph: 928.445.3122*

Holiday's all Around Us, A Music Celebration from Different Cultures

7:30pm. Join the Yavapai College Choral Union as they present an evening of holiday music from different cultures. You will be delighted to hear music from the Christmas, Kwanza and Hannukah traditions with styles ranging from pop and novelty to classical and jazz. This concert will feature all six of our choirs including: Angelorum, Cantamos, Community Chorale, Gospel Choir, Master Chorale and Vocal Ensemble. \$7 Adults, Children 14 and under Free *Yavapai College Performing Arts Center, Prescott Ph: 928.776-2000*

Sunday, Dec. 7

Santa with the Animals

1pm-3pm

Santa will be bringing presents to the animal residents here at Heritage Park Zoological Sanctuary from 1pm to 3pm! Santa with the Animals is sponsored by Residence Inn by Marriott. *Heritage Park Zoological Society 1403 Heritage Park Rd. Prescott, Ph: 928.778.4242*

A Christmas Festival

3pm

The Yavapai College Trailblazers and Roughriders

Big Bands are joined by the newly founded Yavapai College Jazz Combo as they present an evening of jazz featuring standards by Duke Ellington, Charlie Parker, and, of course, Count Basie as well as other composers. Joining the band will be our new vocalist Devin Angelet. Her impeccable jazz style and scat singing abilities will surely be a welcome addition to Yavapai's already swinging jazz ensembles. \$7 Adults, Children 14 and under Free *Yavapai College Performing Arts Center, Prescott, Ph: 928.776.2000*

Thursday, Dec. 11 Genealogy Mentoring

1pm - 2pm

Sign up for a genealogy mentoring session with an experienced member of the Northern Arizona Genealogical Society (NAGS) for help with your research. Pre-registration required *Prescott Public Library Ph: 928.777.1526.*

Page Turners Story-time

4pm - 5pm

Page Turners is a program designed to celebrate the joy of reading for children in grades K-3. Stories, songs, activities and crafts are all part of the fun. *Prescott Public Library Ph: 928.777.1526.*

Prescott High School Holiday Instrumental Concert

7pm - 8:30pm

An evening of holiday music provided by the PHS

Orchestra and Bands. *Ruth Street Theater 1050 North Ruth Street Prescott, AZ 86301*

Friday, Dec. 12

Acker Musical Showcase

5:30pm - 8:30pm

Acker Night has become a highlight of "Arizona's Christmas city" events. Enjoy over 100 musicians performing all around downtown area shops. Acker Night is the primary fundraising event for art & music scholarships. Free Event. Donations Appreciated. *Ph: 928.778.5460*

Sunday, Dec. 14 Jingle All the Way

3pm

The Prescott POPS Symphony and Festival Chorus will perform your holiday favorites in our annual extravaganza!. Adults \$24, Children 17 and under \$5 *Yavapai College Performing Arts Center, Ph: 928.776.2000*

Tuesday, Dec. 16

Mrs. Santa Visits Today!

ONE TIME ONLY, 10:30 a.m. Mrs. Santa visits today! Join us for storytelling, Christmas magic, songs, and lots of fun. This program best for children ages 3-5. *Prescott Valley Public Library, Crystal Meeting Room, 3rd Floor. Prescott Valley, Arizona Ph: 928.759.3040*

Saturday, Dec. 20

**Last-Minute Non-Profit
Stocking-Stuffer Bazaar**

10am - 4pm

More than 50 nonprofit organizations selling their low-cost high-quality merchandise to raise funds for their agencies. Gifts from Santa for children accompanied by an adult.. Free admission. Carolers throughout the day. *Grace Sparkes Activity Center 824 E Gurley Street Prescott, AZ 86301*

Sunday, Dec. 21 Handel's "Messiah" Sing-Along

3pm

The afternoon concert features the Friends of Music Chorale, professional soloists, a chamber orchestra, and a very enthusiastic audience of singers in the Christmas portion of Handel's masterpiece. Stage Seating: \$30 General Admission: \$17 Groups of 10+: \$15 *Yavapai College Performing Arts Center, Prescott, Ph: 928.776.2000*

Bolshoi Ballet - Nutcracker

6pm

Masterfully interpreted by the Bolshoi dancers, it will enchant the whole family for the festive season, proving that one is never too young or too old to be swept away by The Nutcracker. General Admission: \$15. Students/Staff (With ID): \$10. *Yavapai College Performing Arts Center, Prescott Ph: 928.776.2000*

Dec. 21 - Dec. 27

**Kids get in Free at The
Zoo**

10am - 4pm

Calendar of Events Continued...

Children ages 3-12 will receive free admission to the Zoo on the week of December 21st through December 27th. *Heritage Park Zoo 1403 Heritage Park Rd. Prescott, Ph: 928.778.4242*

Dec. 22 – Jan. 1

Winter Break for Prescott Unified School District, Humboldt Unified School District

Dec. 22, 23, 26 – Jan. 3 Winter Break Craft / Game Fun!

Free event for the entire family. Join us anytime December 22-23, during regular library hours, for seasonal do-it-yourself make-and-take crafts or games. All supplies provided. *Prescott Valley Public Library 7401 E. Civic Circle, Children's Library, 2nd Floor Prescott Valley, Arizona Ph: 928.759.3040*

Thursday, Dec. 25 Don't Spend Christmas Alone Dinner

11am – 2pm
Saint Luke's Episcopal Church is in its 34th year of preparing and serving its Don't Spend Christmas Alone Dinner for the Quad City Area. The church members and community volunteers serve people who are alone or feel alone from all walks of life on Christmas day at no cost to them. We also provide a free shuttle ride from Albertsons Market on Sheldon to the church and back every 1/2 hour beginning @ 10:30 am. Any questions or delivery of meals for the home

bound please call 928-778-4499. *Saint Luke's Episcopal Church 2000 Sheperd's Lane Prescott, AZ 86303 Ph: 928.778.4499*

Wednesday, Dec 31st New Year's Eve Boot Drop

Boot drops at 10pm and Midnight. Free Admission, Family Friendly Event. Celebrate the turn of 2014 with a live DJ, face art for the kids, balloons, games, free New Year's Eve giveaways, local entertainment, on-stage promotions, food and fun! *Located at the historical Whiskey Row, There's plenty to do for everyone! Downtown Prescott*

ongoing

**Monday
Mom's Playdate @ Synergy Gymnastics**
Ages 4yrs and under
10:15am – 11:15am

**Wednesdays
Preschool Story Time**
10am & 11am. Preschool story time is most appropriate for children ages 3-5. It usually lasts around 30 minutes and includes fingerplays, songs, stories and a craft. Siblings are always welcome. *Prescott Valley Public Library 7401 E. Civic Circle, Children's Program Rm., 2nd Floor Prescott Valley, Arizona Ph: 928-759-3044*

**Thursdays
Toddler Story Time**
10am & 11am
Toddler story time is most

appropriate for children ages 18 months to 3 years. It usually lasts around 20 minutes and includes fingerplays, songs, a story and a craft. Siblings are always welcome. *Prescott Valley Public Library, 7401 E. Civic Circle, Children's Program Rm., 2nd Floor Prescott Valley, Arizona 86314 Ph: 928-759-3044*

**Fridays
Mom's Playdate @ Synergy Gymnastics**
4 yrs and under 10:30am-11:20am *Synergy Gymnastics 546 6th Street, Prescott Ph: 928.899.4589*

Open Gym @ Synergy Gymnastics
7pm – 9pm *Synergy Gymnastics, 546 6th Street, Prescott Ph: 928.899.4589*

**Saturdays
Open Gym @ Synergy Gymnastics**
12:30pm – 2:30pm
Synergy Gymnastics 546 6th Street, Prescott Ph: 928.899.4589

Looking Ahead

**Saturday, Jan. 10
Shade the Raven**
2pm-4pm
Children and adults alike will be fascinated by Shade's story. Diane Phelps Budden will read her children's book about Shade; then Emily Corey, Shade's keeper, will present her studies concerning using ravens for search and rescue and their word learning abilities; followed by a book signing

and a chance to meet Shade and take photos. Adults \$5, Kids \$2 *Highlands Center for Natural History 1375 Walker Rd. Prescott Ph: 928.776.9550*

Saturday, Jan. 31 Russian National Ballet – Sleeping Beauty

7:30pm
The Sleeping Beauty, a crowning jewel of Marius Petipa's career, is often considered the finest achievement of the Classical ballet. It is a grandiose and refined blending of the traditional mime, expressive pas d'action and spectacular divertissements in a lavish theatrical setting. Tickets: \$18 - \$58 *Yavapai College Performing Arts Center, Prescott Ph: 928.776.2000*



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**First Class
is Free!**

**Now offering Cheerleading, Tumbling,
Trampoline, Girls & Boys Gymnastics**

Save 50% off registration with same day enrollment
Open gym: Friday 7:00-9:00pm & Saturday 12:30-2:30pm

Mom and Me Playdate: Ages 0-6
Monday 10:15-11:15 & Friday 10:30-11:20 am

Schedule your Birthday Party with us!

*Synergy Gymnastics has many exciting
changes taking place!
Come in today to see all we have to offer!*

456 6th St. | Prescott, AZ 86301 | (928) 899-4589
Synergygymnasticsaz.com