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<p>All American Fry Bread 5860 N Robert Rd. Prescott Valley, AZ 86314 (928) 237-5144</p> <p>Arturo's Mexican Restaurant 4721 N Granada Dr Prescott Valley, AZ (928) 636-0221</p> <p>Backburner Family Restaurant 8400 E Long Mesa Dr Prescott Valley, AZ 86314 (928) 772-9298</p> <p>Blackboard Cafe 3101 N Robert Rd Prescott Valley, AZ 86314 (928) 772-4004</p> <p>Canton Dragon Chinese Cuisine 7305 E Pav Way</p>	<p>Prescott Valley, AZ 86314 (928) 775-3118</p> <p>Cork & Cuisine 2985 N Centre Court #B Prescott Valley, AZ 86314 (928) 237-1510</p> <p>Gabby's Grill 2982 N Park Ave, Ste B Prescott Valley, AZ 86314 (928) 277-1787</p> <p>Gabby's Kitchen 8164 E Spouse Prescott Valley, AZ 86315 (928) 775-6656</p> <p>Garcia's Mexican Restaurants 2992 N Park Ave Prescott Valley, AZ (928) 759-9499</p>	<p>Jamie's Waffle Express 3050 Windsong Dr, #104 Prescott Valley, AZ 86314 (928) 772-3131</p> <p>Leff-T's Steakhouse 150 S Hwy 69, #12 Dewey, AZ 86327 (928) 632-1388</p> <p>Mama's Artisan Pizzeria 2992 N Park Ave Prescott Valley, AZ 86314 (928) 251-2700</p> <p>Maya Mexican Food To Go 7501 E Addis Ave Prescott Valley, AZ (928) 775-0754</p> <p>Olivas' Mexican Restaurant 8370 E Hwy 69 Prescott Valley, AZ 86314 (928) 772-6070 / 771-2795</p>	<p>Robeks Juice 250 3140 N Glassford Hill Prescott Valley, AZ 86314 (928) 227-0535</p> <p>Rusty's Subs 7801 E Florentine Rd. Prescott Valley, AZ 86314 (928) 775-2632</p> <p>Sally B's Cafe 7680 E Hwy 69, #1 Prescott Valley, AZ 86314 (928) 772-2053</p> <p>Step One Coffee House 6719 E 2nd St Prescott Valley, AZ (928) 759-3770</p> <p>Streets Of New York 7025 E Florentine Rd Prescott Valley, AZ (928) 759-9877</p>	<p>Sushi J Express 7840 E State Route 69 Prescott Valley, AZ (928) 775-9323</p> <p>Tailgaters Sports Grill- Pizzeria 7160 Pav Way Prescott Valley, AZ (928) 775-0000</p> <p>Titos Taqueria Guadalajara 8028 E Valley Rd, Prescott Valley, AZ (928) 775-4805</p> <p>Tois Thai Kitchen 7545 E Addis Ave Prescott Valley, AZ (928) 237-9099</p>
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SENIOR & COMMUNITY CENTER CALENDAR OF EVENTS



HOURS:
 Monday-Friday: 9 am-4 pm
 Saturday: 4 pm Dinner and 5:30 pm Bingo

SATURDAYS:
 Open 4:00 for Dinner
 BINGO 5:30pm

SUNDAYS:
 2nd Sun - GACWSMA Meeting
 3rd Sun - 1:00-3:00pm—Mile High Old Time Fiddlers—Music and Dancing
 4th Sun - 1:00-3:00pm—Casa Jammers—Music and Dancing

MONDAYS:
 Art at 10:00am
 Bake Sale at 10:30am
 CASA Kitchen Café at 11:00am
 GENTLE EXERCISES at 1:00pm

TUESDAYS:
 Bake Sale at 10:30am
 CASA Kitchen Café at 11:00 am
 BINGO at 1:30pm
 Line Dancing at 5:30pm

WEDNESDAYS:
 Bake Sale at 10:30am
 CASA Kitchen Café at 11:30am

THURSDAYS:
 Baked Sale at 10:30am
 FREE Blood Pressure Checks 10:30am
 CASA Kitchen Café at 11:00am
 PINOCHLE at 1:00pm
 Weight Watchers at 6:00pm

FRIDAYS:
 Bake Sale at 10:30am
 CASA Kitchen Café at 11:00am
 POKER at 12:30pm
 GENTLE EXERCISES at 1:00pm

CRIBBAGE at 12:30pm
POKER at 12:30pm
GENTLE EXERCISES at 1:00pm
PINOCHLE at 5:00pm

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HEALTHY HABITS FOR HEALTHY KIDS

By Sheila Busch, RN, BSN and Dr. Shelly Klein

With the New Year come new resolutions: to be more fit, to exercise, to eat right, and to lose weight. In all the hubbub of making life changes for ourselves, it is not unusual for us to forget helping our kids to develop healthy habits. As you make changes in your own life to be healthier, bring the kids on the journey with you! Helping our children develop positive lifestyle choices concerning healthy eating and moving is a great gift we can give them—even after the Christmas season has come and gone! Here are some tips to encourage healthy habits:

- 1. One Thing at A Time:** A habit takes 3-4 weeks to become...well, a habit. If you try to change everything at once, none of those great changes tend to stick around! So, make a list of the top 5 things you need to change in your family to increase healthy habits, pick one thing to change, work on that thing for 4 weeks, and then move to the next item on the list. This tip also reduces resistance from kids—one change is doable (and in some cases not even noticed) but changing a lot of things at one time can decrease a child's willingness to participate in the changes.
- 2. Make A Healthy Plate:** There are many tools available to help parents create a "healthy plate" for their children—with adequate amounts of fruits, vegetables, and lean protein, and limited amounts of other types of foods. See the list of resources below.
- 3. Get Kids Involved:** If you have a child who is resistant to anything other than chicken nuggets and French fries, one way to spark their desire to try new foods is to get them involved in choosing, preparing, learning about, and serving the new food. For example, give your child a choice of 3 different vegetables. Once he has made his choice, look it up online and find 3 fun facts as well as 3 different ways to prepare the vegetable (raw counts as preparation). Go to the store together to buy the vegetable, cook or prepare the vegetable for eating, and have your child serve the vegetable to himself and other family members while telling the fun facts. Make an agreement that everyone in the family must take one bite of each preparation.
- 4. Get a Move On:** Moving is an important part of being healthy. A school-age child requires at least an hour a day of running, jumping, walking, playing, etc for optimum health. Being active as a family is a good way to encourage healthy moving for all ages. Hiking, bike-riding, playing sports together or even just dancing in the living room are all good ways to get the heart healthy benefits of exercise.

There are many resources that parents can use to help them develop and implement healthy lifestyle habits with their children. The most important resource is your child's pediatrician. Set an appointment and talk about your child's challenges when it comes to healthy eating and exercise. Your physician will have some great tools to help you in this journey! Other resources include reputable, scientific sites, such as the ones listed below. Remember—always consult your physician (and your child's) before starting any diet and exercise plan! **HAVE A HAPPY, HEALTHY YEAR!**

<https://www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-late/> <http://www.letsmove.gov/eat-healthy>
<http://kidshealth.org/en/parents/habits.html> - <https://www.choosemyplate.gov/kids>

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Working to Make a Difference



As our weather begins to turn colder, the problem of homelessness becomes more urgent. At **Prescott Area Shelter Services (PASS)**, our mission is to serve women, families and veterans by providing temporary housing, resources, individualized case management and a pathway to permanent housing.



Alex Harris, PASS Board President, shares:

"Our overarching goal is to serve those in need today and work to change the systems and the community consciousness. This will then build structures that protect against and intervene in the crisis of homelessness in the future."

Ten years ago, in the face of an economic downturn, our grass-roots efforts moved a temporary women's shelter from a church basement to its own building, which we now own. The shelter is a 17 bed dormitory setting with a community room, kitchen, two bathrooms, and a conference room. Shelter guests can stay up to ninety days with the opportunity to extend their stay if certain criteria are met.

Yearly, we provide over 6,000 bed nights, emergency shelter stays up to 1,000 bed nights, and 75 volunteers contribute over 600 hours of services. PASS has served over 2,000 women and children since opening. We are not limited in who we serve and frequently

are assisting those falling through the cracks. Women from 45 to 64 years of age are often a large number of our guests as this area has one of the highest elderly populations in Arizona.

One such guest shared the following:

"I found PASS and they took me in with open arms. The volunteers and staff at PASS really go out of their way to make all of the guests at the shelter feel loved, respected, and valued. I am on my own for the first time in 31 years and I could not do it without the loving women of PASS." — Anna

Through service linkage, partnerships, case management and collaborations, we assist this population in obtaining necessary services including access to medical care, food, utility assistance, employment, education resources and permanent housing. Job training and financial assistance through the PASS transitions project helps the women we serve and our community in alleviating poverty.

Our transition rate from homelessness to self-sufficiency remains at 90%. This is because guests are able to stabilize their lives while in the shelter and then plan for and move into permanent housing. PASS's long term goal is to influence the community at large in considering actions, activities and motivations to address this need and not "sweep it under the carpet."

Ms. Harris also shared, "As a nonprofit 501(c)3 organization, PASS relies on donations and volunteers to help their services continue. We receive no federal or state funding and have been successful because of the generosity of United Way of Yavapai County, our faith community, individuals and private donors."

As you grab those coats and gloves, preparing for the cold months ahead, please remember those less fortunate and how you can make a difference. PASS qualifies for the Arizona Charitable Organization Tax Credit. Visit prescottshelters.org for more information on how to help us help others.

Call 928.778.5933 to schedule a Shelter tour or talk to a staff member.



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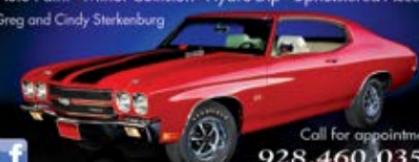



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PROPERLY RETIRING YOUR AMERICAN FLAG




We live in a time where things have dramatically changed. We have all seen in the news how some people have disgraced our national symbol of freedom, our American flag, Old Glory.

We want to share with you the proper and respectful ways in which to retire the American flag. There are several ways to properly retire the flag: burn it, bury it, shred it, recycle it, or donate it. According to the U.S. Flag Code (Section 176), "The flag, when it is in such a condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning." Burning is the preferred method of retirement, however it is not required. Traditionally, flags are retired on Flag Day, June 14.

There are several qualified organizations in the community that can help with flag retirement: Veterans of Foreign Wars (VFW) post, Elks Lodge, American Legion post, Boys and Girls Scouts of America, and U.S. military.

- The flag should be folded in its customary manner (traditional triangle); never wadded up and should never touch the ground.
- The fire should be fairly large and of sufficient intensity to ensure complete burning of the flag.
- Place the flag on the fire.

- The individual(s) may come to attention, salute the flag, recite the Pledge of Allegiance and have a brief period of silent reflection.
- After the flag is completely consumed, the fire should then be safely extinguished and the ashes buried.
- Please be sure you are conforming to local/state fire codes or ordinances.

Instead of burning the flag at the retirement ceremony, you can cut up the flag using an approved technique that does not cut through the blue star field. When a flag had been cut up, it is no longer officially a flag.

- Stretch out the corners of the flag.
- Place the two halves together and cut in half, horizontally.
- You will have four pieces of flag, one being the blue star field and the other three red and white stripes.
- Put the flag in a container and dispose of it properly.

The the above disposal methods are only required for official American flags. For more information on proper retirement of flags, flag retirement ceremonies, and flag etiquette you may visit any of the above mentioned organizations websites. Our local **Mingus Mountain VFW** and **Prescott Elks Lodge** have a retirement ceremony every year on or near Flag Day and would be happy to properly retire your flags.

Mingus Mountain VFW
2375 N. 5th Street, Prescott Valley, AZ 86314 • (928) 759-0095

Prescott Elks Lodge
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COMMUNITY CALENDAR *of* EVENTS

FEBRUARY 2017

BINGO AT THE ELKS LODGE

Every Wednesday & Friday • 6:30pm
Location: 6245 E 2nd Street, Prescott Valley
Come play bingo and support all the charities that the Elks support. Buy-ins start at \$10.00.

TEENS GAME DAY WEDNESDAYS

Every Wednesday from 1:30 - 4:00pm
Location: Prescott Valley Public Library
Teens can socialize with their friends, play video games and other card and board games. Coloring pages and pencils and crafts are available. Refreshments are provided.

NORTHERN ARIZONA GENEALOGICAL SOCIETY

First & Third Tuesdays of the month
February 7 & 3 • 1:00pm - 3:00pm
Location: Prescott Valley Public Library
Arizona Genealogical Club

OPEN ICE SKATING

February 5 & 21 • 2:00pm - 4:00pm
Location: Prescott Valley Event Center
3201 Main Street
Ice skating - Open skate sessions are open to skaters of all ages.

HIGH SCHOOL MATH TUTOR

Every Tuesday & Wednesday • 4:30pm - 5:30pm
Location: Prescott Valley Public Library
This is a free of cost program for students in Top of Form Pre-Algebra, Algebra, Geometry or Higher Math. Bring textbook, homework, pencil and paper.

PHOTOGRAPHY GROUP

February 4 • 9:00am - 11:30am
Location: Prescott Valley Public Library Auditorium
For anyone who are interested in photography. We are a social group who loves photography. Our members' skill levels range from beginner to professional. Together, we learn new skills and enjoy each other's company at the same time.

MARCH 2017

BINGO AT THE ELKS LODGE

Every Wednesday & Friday • 6:30pm
Location: 6245 E 2nd Street, Prescott Valley
Come play bingo and support all the charities that the Elks support. Buy-ins start at \$10.00.

TEENS GAME DAY WEDNESDAYS

Every Wednesday from 1:30 - 4:00pm
Location: Prescott Valley Public Library
Please see February listing for description.

HIGH SCHOOL MATH TUTOR

Every Tuesday & Wednesday • 4:30pm - 5:30pm
Location: Prescott Valley Public Library
Please see February listing for description.

CROCHET ONE, KNIT TOO!

Mondays: March 13, 20 & 27 • 2:00pm - 3:30pm
Location: Prescott Valley Public Library
Join a fun group of ladies as they crochet, knit, share ideas and patterns, have fun and socialize. New members are always welcome!

COLORING CLASS FOR ADULTS

March 3 & 17 • 1:00pm - 3:00pm
Location: Prescott Valley Public Library
Coloring sheets and supplies will be provided. Space is limited. For information call 928-759-3040.

APRIL 2017

BINGO AT THE ELKS LODGE

Every Wednesday & Friday • 6:30pm
Location: 6245 E 2nd Street, Prescott Valley
Come play bingo and support all the charities that the Elks support. Buy-ins start at \$10.00.

TEENS GAME DAY WEDNESDAYS

Every Wednesday from 1:30 - 4:00pm
Location: Prescott Valley Public Library
Please see February listing for description.

HIGH SCHOOL MATH TUTOR

Every Tuesday & Wednesday • 4:30pm - 5:30pm
Location: Prescott Valley Public Library
Please see February listing for description.

EGGSTRAVAGANZA

April 8 • 11:00am
Location: Civic Center Lawn
Children ages 2-10 come out to get your Easter Eggs that the Easter Bunny left for you! This is a free event.

CROCHET ONE, KNIT TOO!

Mondays: March 13, 20 & 27 • 2:00pm - 3:30pm
Location: Prescott Valley Public Library
Please see March listing for description.

MAY 2017

BINGO AT THE ELKS LODGE

Every Wednesday & Friday • 6:30pm
Location: 6245 E 2nd Street, Prescott Valley
Come play bingo and support all the charities that the Elks support. Buy-ins start at \$10.00.

TEENS GAME DAY WEDNESDAYS

Every Wednesday from 1:30 - 4:00pm
Location: Prescott Valley Public Library
Please see February listing for description.

CROCHET ONE, KNIT TOO!

Mondays: March 13, 20 & 27 • 2:00pm - 3:30pm
Location: Prescott Valley Public Library
Please see March listing for description.

TEAM UP TO CLEAN UP

May 6 • 9:00am - 1:00pm
Prescott Valley Chamber parking lot
7120 Pav Way
Help clean up our community, all ages encouraged. Contact the Chamber of Commerce for questions.

BATTLE OF THE BANDS

May 20 • 12:00pm - 7:00pm
Location: Mountain Valley Amphitheater
8600 Nace
Cost: \$4.00 at the gate. A great family event!

JUNE 2017

BINGO AT THE ELKS LODGE

Every Wednesday & Friday • 6:30pm
Location: 6245 E 2nd Street, Prescott Valley
Come play bingo and support all the charities that the Elks support. Buy-ins start at \$10.00.

RELAY FOR LIFE OF THE QUAD CITIES

June 2 & 3 • 6:00am - 6:00pm
Location: Prescott Valley Civic Center
7501 E Civic Circle
Join us at your community event to remember loved ones lost, honor survivors of all cancers, and raise money to help the American Cancer Society make a global impact on cancer. We will have a special dinner for cancer survivors and one guest at 4:30pm on the lawn of the Civic Center, prior to the opening ceremony of our event.

JULY 2017

BINGO AT THE ELKS LODGE

Every Wednesday & Friday • 6:30pm
Location: 6245 E 2nd Street, Prescott Valley
Come play bingo and support all the charities that the Elks support. Buy-ins start at \$10.00.

PHOTOGRAPHY GROUP

July 1 • 9:00am - 11:30am
Location: Prescott Valley Public Library Auditorium
Please see February listing for description.

FOURTH OF JULY CELEBRATION

July 4 • 4:00pm - 10:00pm
Location: Mountain Valley Amphitheater
8600 Nace
Independence Day Celebration open to the public and this event is free!

KAISER FRAZER OWNERS CAR CLUB ANNUAL CONVENTION

July 13 • 10:00am - 3:00pm
Location: La Quinta Inn & Suites
4499 E. State Rte 69, Prescott, AZ.
Kaisers, Frazers, Darrins, Henry J's and Willys from the 40's thru 50's will be on display in the East parking lot.

BEWARE OF SCAMS: Don't Become a Target for Fraud!

STAY SAFE



You receive a knock at the door. You're not expecting anyone. Be cautious! The men at the front door tell you they are from your cable company and you didn't call anyone regarding a problem.

Call the Police! Period! We are having a huge fraud problem here in Prescott Valley! These young men are not from your cable company, they are scoping out your home for robbery.

- Don't open the door to strangers.
- If you can take a photo of them with your phone. Please do so.
- Call the police immediately. Don't wait. These guys have been doing this to many neighborhoods throughout our community.

Please notify a loved one if someone has tried to, or successfully scammed you. Your loved ones have your best interest at heart and will help you through this.

COMMON FRAUD SCAMS: • TELEMARKETING FRAUD • IDENTITY THEFT

TIPS FOR AVOIDING TELEMARKETING FRAUD:

It is very difficult to get your money back if you have been cheated over the telephone. Before you buy anything by telephone, remember:

- **Don't** buy from an unfamiliar company. Legitimate businesses understand that you want more information about their company and are happy to comply.
- **Always** ask for and wait to receive written material about any offer or charity. But beware—not everything in print is true. Ask someone whose financial advice you trust to review it.
- **Always** check out unfamiliar companies with your local consumer protection agency, Better Business Bureau, state attorney general, the National Fraud Information Center, or other watchdog groups. However, not all bad businesses can be identified through these organizations.

- **Always** obtain a salesperson's name, business identity, telephone number, street address, mailing address, and business license number **before** you transact business.
- **Before** you give money to a charity or make an investment, find out what percentage of the money **actually** goes to the charity or investment. Ask yourself, "What guarantee do I have that this solicitor will use my money in the manner we agreed upon?"
- **Never** pay in advance for services. Pay only after they are delivered.
- **Always** take your time making a decision. Legitimate companies won't pressure you.
- **Never** pay for a "free prize."
- **Always** talk over investment offers by telephone salespeople with a trusted friend, family member, or financial advisor. **It is never rude to wait and think about an offer.**
- **Never** respond to an offer you don't understand thoroughly.
- **Never** give out personal information such as credit card numbers and expiration dates, bank account numbers, dates of birth, or social security numbers to **anyone** unfamiliar to you.
- **If you have information about a fraud, report it to law enforcement agencies immediately.**

TIPS FOR AVOIDING IDENTITY THEFT:

- **Never** throw away ATM receipts, credit statements, credit cards, or bank statements. **Shred them!**
- **Never** give your credit card number over the telephone unless **you** made the call.
- **Reconcile** your bank account monthly and notify your bank of discrepancies immediately.
- **Keep a list** of telephone numbers to call to report the loss or theft of your wallet, credit cards, etc.
- **Report** unauthorized financial transactions to your bank, credit card company, and the police as soon as you detect them.
- **Review** a copy of your credit report at least once each year. Notify the credit bureau in writing of any questionable entries and follow through until they are explained or removed.
- **If your identity has been assumed**, ask the credit bureau to print a statement to that effect in your credit report.
- **If you know of anyone** who receives mail from credit card companies or banks in the names of others, report it to local or federal law enforcement authorities.

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We take action by offering resources on how to find trustworthy companies, void scams and keep more of your hard-earned money. We also take action by issuing warnings to alert about bad business practices and advise on what to do if victimized.

Additionally, we offer education to various groups on important topics, such as how to stay safe online and avoid identity theft. In return, BBB asks consumers to take action and share their experiences by submitting customer reviews. Positive, negative or neutral, sharing feedback about interactions with local businesses helps others make informed purchasing decisions.

Visit reviews.arizonabbb.org to submit a customer review.

We also encourage taking action by nominating exceptional, local businesses for BBB's *Torch Awards for Ethics*. Every year, BBB recognizes five Arizona businesses for their commitment to operating ethically and honestly.

Take action and nominate a business at torchawards.arizonabbb.org.

Another opportunity to take action is to nominate a high school athlete for BBB's Ethical Athlete scholarship, presented by Isagenix. In partnership with the Arizona Interscholastic Association, BBB recognizes high school athletes whose ethics stand out to coaches, teammates and fans. Each month, two students are selected as Ethical Athletes and receive a \$1,000 scholarship. At the end of the year, all Ethical Athletes are considered for BBB's Ethical Champion scholarship, which awards an additional \$2,500 to the winner.

Visit athlete.arizonabbb.org to nominate a deserving student.

BBB encourages you to take action and use all the resources offered. Start with BBB.org.

WHAT PARENTS WANT IN SCHOOLS: The "Secret Sauce"



Remember back when school started after Labor Day? Now, school starts in the heat of summer, and parents see little of what they remember at back-to-school-night. Computers. Student ID badges. It's mind boggling. What parents want in schools today isn't much different than what their parents wanted so long ago. In a 2013 national survey by Fordham Institute, 36% of parents who responded wanted educational programs that prepared their children for a successful career. 24% said it was important

that students learn leadership skills and how to be good citizens. Further research shows that the majority of parents want a school that is safe, where teachers care and where students are challenged academically.

At Park View Middle School and Canyon View Prep Academy in Prescott Valley, this is no surprise. Since 1997, Park View School has offered a safe, caring place where students find learning a priority and good citizenship an expectation. One of the ways these schools enhance the learning experience is by limiting class size. Research shows the positive effects of smaller class sizes on academic performance. Students learn more, and there are fewer behavior problems. Field trips are also an important part of campus life at our schools, where students learn to apply what they learn and prepare for success in higher education and careers.

Today, technology helps teachers meet the needs of all types of students—those who excel and need to be challenged beyond the average, as well as those who struggle. And, our teachers care for our students, communicate with parents and make learning a priority. Some schools challenge students academically, but there is no "warm and fuzzy." Other schools are "warm and fuzzy," but the curriculum and instruction are not rigorous. Few schools embrace both. Therein lays the "Secret Sauce" for any student in any school.

Debra Slagle is the principal for Park View Middle School and Canyon View Prep Academy, public charter schools located in Prescott Valley. Mrs. Slagle has over 25 years of experience in public education. She is a certified teacher and administrator with Masters Degrees from ASU and NAU. Mrs. Slagle is also a Licensed Professional Counselor.

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Reckers Rocks SHARON RECKER

I was born and raised on a small farm near Alta Vista, Iowa. At an early age, there was plenty to do—helping with crops or livestock, in addition to the daily chores.

As a child, I rode my bike—and then, my horse—playing by the creek. I began drawing, something I truly enjoyed, and in High School, I took art classes. I painted barn doors, saw blades, and murals on sheds. I drew pictures for ads in our local newspaper, crafted hand lettering for local businesses signs (that was before computers!), and created a logo representing Chickasaw County, which was etched on a plaque that hung at the Des Moines Capital.



I first discovered the airbrush in the 1970s, and practiced by putting cartoons on our car (which my dad, thankfully, tolerated)! When my oldest brother started truck driving, many truckers had their “handle” painted on their trucks. My brother’s handle was “Reaper,” so I painted a simple Grim Reaper along with lettered ADOT numbers on his truck. As time went on, I got better with the airbrush and began painting motorcycle tanks, as well as images on cars and trucks.

Friends married or moved on and I had the urge to move on, too—preferably south to get away

from the winter weather. I moved to Phoenix, a bit of a culture shock and, from there, I moved to the Prescott area and settled in Chino Valley. In addition to my regular day job, I continued to create art and was hired to paint a golf cart for Haggerty Insurance that was raffled off at the Barrett Jackson Car Show. I won ribbons at the Yavapai Art Show, and was commissioned to paint a cover for a children’s book. I’ve airbrushed cycle tanks and helmets, a guitar, a bowling pin, ostrich eggs, t-shirts and more.



After I married, my husband was hired at Stock men’s Bank where he needed a name plate. He suggested I make him one on a small rock, since he had seen a few flagstones I’d painted and soon, many of the employees wanted one. The bank’s customers also became curious, leading to orders. My painted rocks may be seen at the **National Bank** in Chino Valley.

Over the past 16 years, I have painted rocks for weddings, birthdays, Christmas, teacher appreciation, or... just because. My rock art is available here in Arizona and I ship throughout the U.S.

I truly love painting rocks and the gratification it brings when I see a client’s joy reflect my capturing an image of their loved one—whether it be a person or pet—on a rock.

I am also proud of my day job. I have been employed at the VA for the past 16 years, where I feel that I am giving back a little to those who have served this country with their valor and dedication. I also enjoy giving pleasure to people by creating custom rock art for them. And, additional to personal images, my rock art will now be including visions that express what I love about living in the South West.

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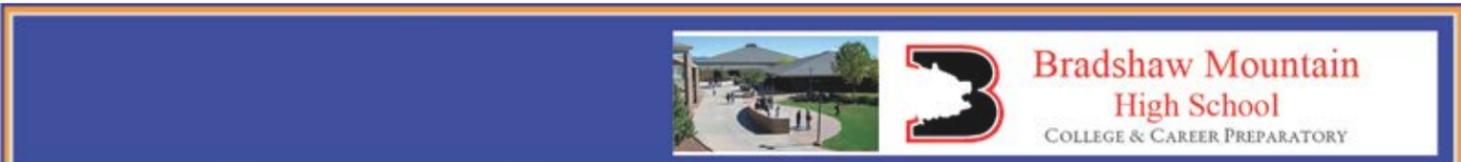



BOYS VARSITY BASEBALL

DATE	OPPONENT	TIME	LOC	DATE	OPPONENT	TIME	LOC
Feb 28	Coconino	3:45 PM	HOME	Mar 28	Mingua	3:45 PM	HOME
Mar 2	Coconino	4:00 PM	AWAY	Mar 30	Mingus	3:45 PM	AWAY
Mar 3	Youngker	3:45 PM	HOME	Apr 4	Mohave	3:45 PM	HOME
Mar 7	Flagstaff	3:45 PM	AWAY	Apr 6	Mohave	3:45 PM	AWAY
Mar 9	Flagstaff	3:45 PM	HOME	Apr 11	PHS	3:45 PM	AWAY
Mar 10	Combs	3:45 PM	HOME	Apr 13	PHS	3:45 PM	HOME
Mar 11	Sunnysicce Invite	5:00 PM		Apr 17	Moon Valley	3:45 PM	HOME
Mar 21	Lee Williams	3:45 PM	AWAY	Apr 20	Shadow Mountain	4:00 PM	AWAY
Mar 23	Lee Williams	3:45 PM	HOME	Apr 21	Cactus HS	3:45 PM	AWAY

BOYS VARSITY SOFTBALL

DATE	OPPONENT	TIME	LOC	DATE	OPPONENT	TIME	LOC
Feb 23	Cactus	3:45 PM	HOME	Mar 21	Lee Williams	3:45 PM	HOME
Feb 24	Moon Valley	3:45 PM	AWAY	Mar 23	Lee Williams	3:45 PM	AWAY
Feb 28	Coconino	3:45 PM	AWAY	Mar 28	Mingus	3:45 PM	AWAY
Mar 2	Coconino	3:45 PM	HOME	Mar 30	Mingus	3:45 PM	HOME
Mar 3	Youngker	3:45 PM	AWAY	Apr 4	Mohave	3:45 PM	AWAY
Mar 7	Flagstaff	3:45 PM	HOME	Apr 6	Mohave	3:45 PM	HOME
Mar 9	Flagstaff	3:45 PM	AWAY	Apr 11	PHS	3:45 PM	HOME
Mar 10	Combs	3:45 PM	AWAY	Apr 13	PHS	3:45 PM	AWAY
Mar 16	Grace Lee Haight	8:00 AM	HOME	Apr 20	Shadow Mountain	3:45 PM	HOME



BOYS JV & FROSH BASEBALL

DATE	OPPONENT	TIME	LOC	DATE	OPPONENT	TIME	LOC
Feb 28	Coconino	4:00 PM	AWAY	Mar 23	Lee Williams	3:45 PM	AWAY
Mar 2	Coconino	3:45 PM	HOME	Mar 28	Mingua	3:45 PM	AWAY
Mar 3	Youngker	3:45 PM	AWAY	Mar 30	Mingus	3:45 PM	HOME
Mar 7	Flagstaff	3:45 PM	HOME	Apr 4	Mohave	3:45 PM	AWAY
Mar 9	Flagstaff	3:45 PM	AWAY	Apr 6	Mohave	3:45 PM	HOME
Mar 10	Combs	3:45 PM	AWAY	Apr 11	PHS	3:45 PM	HOME
Mar 21	Lee Williams	3:45 PM	HOME	Apr 13	PHS	3:45 PM	AWAY
				Apr 20	Shadow Mountain	3:45 PM	HOME

BOYS JV & FROSH SOFTBALL

DATE	OPPONENT	TIME	LOC	DATE	OPPONENT	TIME	LOC
Feb 23	Cactus (JV only)	3:45 PM	AWAY	Mar 23	Lee Williams	3:45 PM	HOME
Feb 24	Moon Valley	3:45 PM	HOME	Mar 28	Mingus (JV only)	3:45 PM	HOME
Feb 28	Coconino (JV only)	3:45 PM	AWAY	Mar 30	Mingus (JV only)	3:45 PM	AWAY
Mar 2	Coconino (JV only)	3:45 PM	HOME	Apr 4	Mohave (JV only)	3:45 PM	HOME
Mar 3	Youngker	3:45 PM	HOME	Apr 6	Mohave (JV only)	3:45 PM	AWAY
Mar 7	Flagstaff	3:45 PM	AWAY	Apr 11	PHS	3:45 PM	AWAY
Mar 9	Flagstaff	3:45 PM	HOME	Apr 13	PHS	3:45 PM	HOME
Mar 10	Combs	3:45 PM	HOME	Apr 20	Shadow Mountain	3:45 PM	AWAY
Mar 21	Lee Williams	3:45 PM	AWAY				

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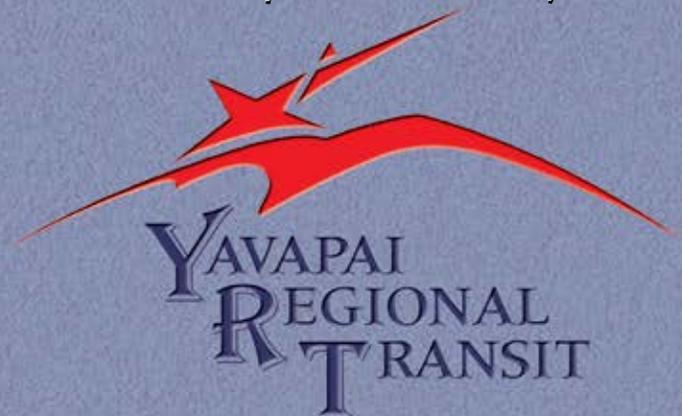
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