Chino Valley CARES

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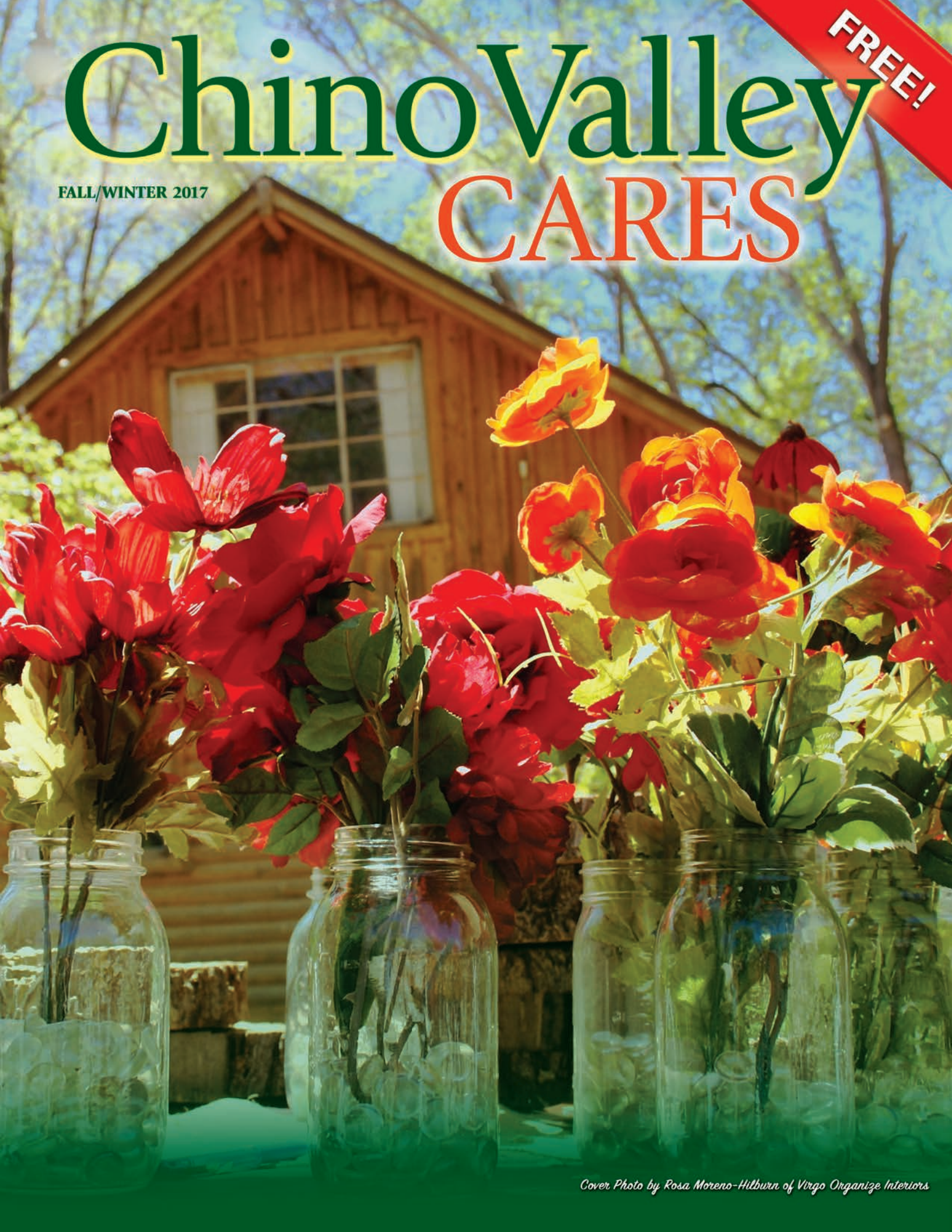
FALL/WINTER 2017



Cover Photo by Rosa Moreno-Hilburn of Virgo Organize Interiors

Worship 10AM Sunday

SAVING GRACE LUTHERAN CHURCH

LCMS

440 W. Palomino Rd, Ste B • 928-636-9533
savinggracelutheranchurchcvaz@gmail.com

PLACES OF WORSHIP

Calvary Chapel Chino Valley
2235 S State Route 89, Ste B3, Chino Valley
(928) 636-6291

Chino Paulden Ministerial Assn
735 E Road 1 S, Chino Valley
(928) 636-0276

Chino Valley Bible Church
317 Market Place Drive, Chino Valley
(928) 636-4750

Chino Valley Bible Sabbath Church
194 S Road 1 W, Chino Valley
(928) 636-5945

Chino Valley Church of the Nazarene
2945 N. Hwy 89
www.cvnaz.org

Chino Valley Community Church
1969 N State Route 89, Chino Valley
(928) 636-4184

Chino Valley Family Church
718 S State Route 89, Chino Valley
(928) 583-0825

Chino Valley Missionary Baptist Church
172 S Road 1 W, # 2806, Chino Valley
(928) 636-6978

Chino Valley United Methodist
735 E Road 1 S, Chino Valley
(928) 636-2969

Church of Christ
1260 S State Route 89, Chino Valley
(928) 830-3600

Church of Jesus Christ of LDS
441 W Perkinsville Rd, Chino Valley
(928) 636-1815

First Southern Baptist Church
1524 N State Route 89, Chino Valley
(928) 636-2014

Garchen Buddhist Institute
9995 E Blissful Path,
(928) 925-1237

Grace Baptist Church
2010 S State Route 89, Chino Valley
(928) 636-2949

Hope Evangelical Lutheran
1010 N Rd 1 E, Chino Valley
(928) 636-2796

Jehovah's Witnesses
3220 N State Route 89, Chino Valley
(928) 636-4156

Saving Grace Lutheran Church
440 W. Palomino Rd., Chino Valley
(928) 636-9533

Shiloh Full Gospel Fellowship
175 E Quail Rd
Paulden, AZ 86334

St Catherine LaBoure Catholic Church
2062 N State Route 89, Chino Valley
(928) 636-4071

Word of Life Assembly Church
590 N Road 1 W, Chino Valley
(928) 636-4224

GREAT EATS AND TREATS!

Alfonso's Mexican Food
1920 N HWY 89
Chino Valley, AZ 86323
(928) 636-5082

Aroma Pizza
854 S HWY 89
Chino Valley, AZ 86323
(928) 636-3770

Arturo's Mexican Restaurant
900 S HWY 89
Chino Valley, AZ 86323
(928) 636-0221

Beijing Delight
1021 N HWY 89
Chino Valley, AZ 86323
(928) 636-6888

Big Daddy E's BBQ
380 Butterfield Road
Chino Valley, AZ 86323
(928) 515-2344

Bonn Fire
1667 S HWY 89
Chino Valley, AZ 86323
(928) 636-7410

Café 89
1120 S HWY 89
Chino Valley, AZ 86323
(928) 636-3999

Casa Grande
443 W Butterfield Road
Chino Valley, AZ 86323
(928) 636-7275

Danny B's Fish-N-Chips
501 N. Highway 89,
(928) 277 0283.

Domino's Pizza
1021 N HWY 89
Chino Valley, AZ 86323
(928) 636-6000

El Charro Norte
2879 Arizona Trail
Chino Valley, AZ 86323
(928) 460-5869

Gabby's Kitchen
2235 S HWY 89
Chino Valley, AZ 86323
(928) 636-6003

Jed's Sandwich Shop & Catering
150 S HWY 89
Chino Valley, AZ 86323
(928) 636-5361

KFC/ Taco Bell
1147 N HWY 89
Chino Valley, AZ 86323
(928) 636-5001

Lil' Dippers
Thrifty Ice Cream
900 S HWY 89
Chino Valley, AZ 86323
(928) 636-3921

Little Caesars
995 S HWY 89
Chino Valley, AZ 86323
(928) 636-4000

Lucy's Bar and Grill
3020 AZ-89
Chino Valley, AZ 86323
(928) 636-7314

McDonald's
1948 N HWY 89
Chino Valley, AZ 86323
(928) 776-4671

Overflow Coffee
448 N HWY 89, Suite C
Chino Valley, AZ 86323
(928) 636-4152

PepperJack's
865 N HWY 89
Chino Valley, AZ 86323
(928) 636-5552

Pizza Hut
312 Marketplace Drive
Chino Valley, AZ 86323
(928) 636-6400

Skillets Café
990 N HWY 89
Chino Valley, AZ 86323
(928) 237-5235

Sonic
1154 N HWY 89
Chino Valley, AZ 86323
(928) 636-3967

Starbucks
1031 N HWY 89
Chino Valley, AZ 86323
(928) 636-8358

Subway
1021 N HWY 89
Chino Valley, AZ 86323
(928) 636-0566

Sweet Pickles Gyros Subs and More
1204 N 89
Chino Valley, AZ 86323
(928) 642-5652

Thai Kitchen
316 W Perkinsville Road
Chino Valley, AZ 86323
(928) 636-4012

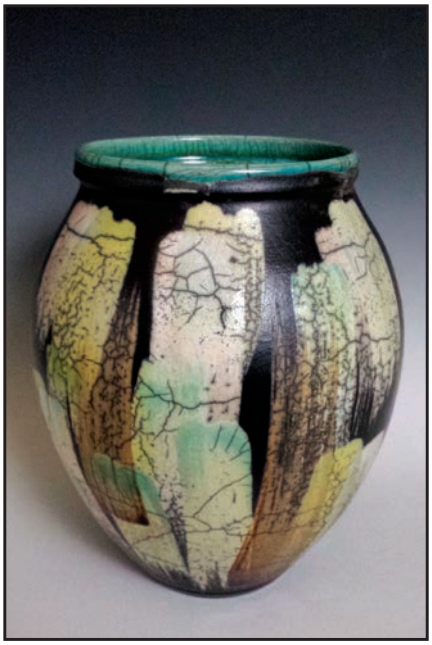
Taco Corner
316 W Perkinsville Road
Chino Valley, AZ 86323
(928) 636-9340

10th Annual Prescott Area

The Prescott Area Artists' Studio Tour is an annual celebration of the arts and the artists in the Prescott Quad-City area. In January 2008, three local artists approached Mountain Artists Guild (MAG) as a possible Tour sponsor. The MAG president agreed an open studio tour fit MAG's art mission. MAG became the first Art Center, a place devoted to art education and practice, on the Tour.

William Amerio Woodworking

In 2008 the "Quad-City Artists Open Studio Tour" was born with 52 juried artists and one Art Center. The MAG-sponsored Studio Tour has been held every year since. In 2010 the name was changed to the "Prescott Area Artists' Studio Tour". Dates for the Tour moved around until the fourth year when the date was set as the "first weekend in October". The number of artists, studios and Art Centers has varied from year to year.



Michael Brown Ceramics

Since the beginning, artists have been asked to demonstrate how their art is made. This allows visitors to learn about the materials used, the techniques employed, and the work involved as well as to visit with artists in their working studios. The Tour features artists who exhibit locally, nationally and internationally.

Artists are encouraged to donate a piece of artwork for a raffle. Tour visitors can purchase raffle tickets at each studio

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Artists' Studio Tour

Patricia Coulter
Acrylic Painting

and use them at any studio. Raffle money helps with costs for the following year's Tour and, as of two years ago, helps sponsor children's art programs at MAG and 'Tis Gallery and Art Center.

This year's Studio Tour will be held on October 6, 7 and 8, 2017. Studios and Art Centers will be open from 10:00 a.m. to 4:00 p.m. each day. The Tour is free and offers you the opportunity to purchase unique artwork directly from the artist.

If you have not taken the Studio Tour before, a good place to start is at the Tour sponsor, Mountain Artists Guild, located at 228 N. Alarcon St. in Prescott. This is Studio 1 on the Tour map. Here you will have the opportunity to view artwork by many of the Tour's juried artists. This may help you decide which studios to visit next. MAG will have Studio Tour booklets which contain a listing of all artists including a picture of their work and detailed maps to each location. If you have questions or need more information, contact MAG at 928-445-2510 or visit the Studio Tour website: www.prescottstudiotour.com.

Peter Heckel
Sculpture

Sheri Meadows
Mixed Media

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• Yavapai College • Yavapai Regional Medical Center

AND the places you want to go in Prescott Valley:
• DES • Library • Hobby Lobby

Watch for our new schedule
starting October 2, 2017!
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HEALTHY HABITS FOR HEALTHY KIDS

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.

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

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Chino Valley Cares Magazine code: A2Z2017

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

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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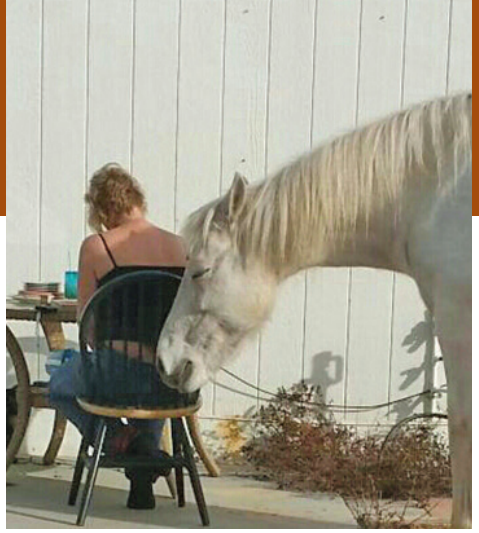

I was born and raised on a small farm near Alta Vista, Iowa. At an early age, there was plenty to do—helping with crops or livestock, in addition to the daily chores.

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.

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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.

For a unique, personal and custom gift, please give me a call at 928-713-4339 or e-mail me at recker.rocks@yahoo.com. I will create create something special and memorable for you in any size and style.

PLEASE VISIT ME TO SEE MORE OF MY WORK ON FACEBOOK (RECKER ROCKS).

The CHINO VALLEY CARES COMMUNITY CAL

SEPTEMBER 2017

BINGO
Every Tuesday Night Doors Open at 5:30
Location: St. Catherine Labour
2602 N. Highway 89
Sponsored by The Chino Valley Elks Lodge

SUNDAY PANCAKE BREAKFAST
Every Sunday Time: 8am-11am
Location: American Legion
Cost: $7.00-Come support our Veterans.

TERRITORIAL DAY- CELEBRATE 100 YEARS OF EDUCATION AND HISTORY
Sept 2nd Parade starts at 9:15
Pancake Breakfast at the Senior Center
Vendors in Memory Park.
Cost: Free

67TH ANNUAL CORN DINNER
Sept 2nd Time: 3pm to 7pm
Location: Del Rio Elementary School
1036 N. Rd 1 West
Cost: $10.00 at the door
Sponsored by Chino Valley FFA

CHINO VALLEY COMMUNITY BLOOD DRIVE
September 27th 9-5
Location: Chino Valley High School Gymnasium
Sponsored by: Chino Valley High School Student Council and The Chino Valley Elks Lodge

MINIATURE HORSES
Sept 20th 10:30-11:15
Location: Chino Valley Library Community room
Come meet learn all about them.

SEQUINS & SADDLES COMMUNITY BARN DANCE
Sept 23rd Time: 5:00pm- 9PM
Location: Warrens Feed
2295 S. Hwy 89
Cost: $40.00 per ticket or Table of 8, $300.00
Proceeds from this event benefit the Veterans programs Heroes & Horses at HwH as well as the CVACC Scholarship Fund for graduating Chino Valley High School student
Sponsored by: The Chamber of Commerce
www.Chinovalley.org

AMERICAN LEGION FISH FRY
Sept 29th 4:30-7pm
Location: American Legion Post 40
Cost: $10.00-Come support our Veterans

OCTOBER 2017

BINGO
Every Tuesday Night Doors Open at 5:30
Location: St. Catherine Labour
2602 N. Highway 89
Sponsored by The Chino Valley Elks Lodge

SUNDAY PANCAKE BREAKFAST
Every Sunday Time: 8 am-11am
Location: American Legion
Cost: $7.00-Come support our Veterans.

10TH ANNUAL ARTIST TOUR
October 6, 7, 8th Time: 10-4
Location: Prescott Valley Civic Center
Cost: Free-Prescottstudiotours.com

FASHION SHOW BENEFITTING OUR LOCAL VETERANS
October 14th Time: 12:00-4
Location American Legion
Tickets on sale until Oct. 7th
Call 928-636-2020 to get your tickets.
Sponsored by: American Legion Auxiliary Unit 40

CHINO VALLEY ELKS LODGE ANNUAL YARD SALE
October 14th 8am
Location: Chino Valley Community Church across the street from McDonalds.
This is the biggest fundraiser of the year for our Elks, please come by and support all the wonderful things they do for our community.

FALL FESTIVAL 3RD ANNUAL CHILI CHALLENGE
October 21st, 10-4pm
Location: Chino Valley Chamber of Commerce
Petting Zoo, Kids rides, Chili Challenge, Prescott Regulators and Shady Ladies. Food Trucks and Live Music.

1ST RESPONDER HONOR DINNER
October 25th Time: 6PM
Location: Gabby's Banquet Hall
Cost: $15.00 presale Tickets only.
Free to 1st Responders.
Sponsored by Chino Valley Elks Lodge.
Contact Beverly for Tickets at 928 899 9217

PUMPKIN PARTY FOR KIDS
Oct 30-Oct 31st 10:30-11:15
Location: Chino Valley Library community room

AMERICAN LEGION FISH FRY
Oct 27th 4:30-7pm
Location: American Legion Post 40
Cost: $10.00-Come support our Veterans

ENDAR of EVENTS

NOVEMBER 2017

BINGO
Every Tuesday Night Doors Open at 5:30
Location: St. Catherine Labour
2602 N. Highway 89
Sponsored by The Chino Valley Elks Lodge

SUNDAY PANCAKE BREAKFAST
Every Sunday Time: 8am-11am
Location: American Legion
Cost: $7.00-Come support our Veterans.

VETERAN'S BREAKFAST
November 11th Time: 7:30-11am
Location: Chino Valley Senior Center
Cost: Veteran "FREE"
The General Public $6.00
Sponsored by The Chino Valley Elks Lodge

CVACC ANNUAL TOYS FOR TOTS MIXER
Nov 15th 5-8pm
Location: Chino Valley Chamber of Commerce
Bring an unwrapped toy and come for great fun and entertainment.

GINGERBREAD LADY ANNUAL PUMPKIN PIE FEAST FOR KIDS
Nov 20th 10:30-11:15
Location: Chino Valley Library community room
Stories, magic, pumpkin pie and apple Juice
Sponsored by: The Friends of The Library.

AMERICAN LEGION FISH FRY
Nov 24th 4:30-7pm
Location: American Legion Post 40
Cost: $10.00-Come support our Veterans

DECEMBER 2017

BINGO
Every Tuesday Night Doors Open at 5:30
Location: St. Catherine Labour
2602 N. Highway 89
Sponsored by The Chino Valley Elks Lodge

SUNDAY PANCAKE BREAKFAST
Every Sunday Time: 8am-11am
Location: American Legion
Cost: $7.00-Come support our Veterans.

CHINO FAMILY CHRISTMAS
December 9th 10-4
Location: Heritage Middle School
Family Fun, Tree contest, craft fair
Come see Mr. and Mrs. Clause

SANTA AND MRS. CLAUSE
Dec 20th 10:30-11:15
Location: Chino Valley Library

AMERICAN LEGION FISH FRY
December 29th 4:30-7pm
Location: American Legion Post 40
Cost: $10.00-Come support our Veterans

JANUARY 2018

BINGO
Every Tuesday Night
Doors Open at 5:30
Location: St. Catherine Labour
2602 N. Highway 89
Sponsored by The Chino Valley Elks Lodge

SUNDAY PANCAKE BREAKFAST
Every Sunday Time: 8am-11am
Location: American Legion
Cost: $7.00-Come support our Veterans.

AMERICAN LEGION FISH FRY
January 26th 4:30-7pm
Location: American Legion Post 40
Cost: $10.00-Come support our Veterans

FEBRUARY 2018

BINGO
Every Tuesday Night
Doors Open at 5:30
Location: St. Catherine Labour
2602 N. Highway 89

SUNDAY PANCAKE BREAKFAST
Every Sunday Time: 8am-11am
Location: American Legion
Cost: $7.00-Come support our Veterans.

AMERICAN LEGION FISH FRY
January 26th 4:30-7pm
Location: American Legion Post 40
Cost: $10.00-Come support our Veterans

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For 46 years, Yavapai Big Brothers Big Sisters has been providing one-on-one, professionally supported Big Brothers and Big Sisters for Yavapai County's most vulnerable children. Many of the children we serve live in single parent or other-than-parent households. They need a Big Brother or Big Sister to help them improve their social skills and broaden their experiences.

How does the tax credit work?

It's not just another tax deduction. When you donate to Yavapai Big Brothers Big Sisters, you can receive a tax credit that reduces the amount you owe the state – dollar for dollar. There is no need to itemize. The tax credit is in addition to the tax credits available for donations to Arizona schools. Learn more by calling us at 928-778-5135 or visit azbigs.org.

Maximum tax credit donation amounts

For qualified charitable organizations: $400 for a single taxpayer and $800 for taxpayers filing a joint tax return.

For public schools: $200 for a single taxpayer and $400 for taxpayers filing a joint tax return.

For private schools: $545 for a single taxpayer and $1,090 for taxpayers filing a joint tax return, or $542 and $1,083 depending on which form is filled out.

Seven-year-old Jordan lives with his mom and teen sister in Prescott and he'd love to have a Big Brother to share sports and other "guy things" with, he says.

If you're up for Big Brotherhood with Jordan or another hopeful boy, call Yavapai Big Brothers Big Sisters at 928-778-5135, or visit www.azbigs.org.

Spinning for **Warriors**

Once upon a time in a land far away there was a petting zoo with the most delightful creatures, both great and small. It was a splendid gathering and a very happy place. But the winds of change blew through and the petting zoo closed down. Then a very brave and daring woman set about to rescue one and all. She scooped them up and brought them to a beautiful new land. No longer a petting zoo, now a farm sanctuary. And the woman said, "Whatever will we do?" Then the woman heard tell of the brave warriors defending this great country (men, women and even warriors dogs) who are in need of warm things for winter. And the question was answered. We will shear and spin and crochet and knit. We will invite the community to join with us and we will join with others to bless these men and women and K-9s who lay it all on the line for us.

We are Earth Angels Farm Sanctuary. We have been formed with a dual purpose in mind; provide sanctuary for farm and exotic animals and utilize the fiber from alpaca to produce products useful to and for our active military men, women and their service dogs. Many hands and many hearts can accomplish big tasks. If you would like to help there are numerous ways to get involved. You can sponsor an animal and give your tax deductible donation on our website or contact us directly. You might have time, energy and the fitness to help out on the farm now and then. Perhaps you'd like to sponsor the fiber project. Or maybe, you're curious about learning to spin. However you would like to contribute, we welcome your participation.

Visit us at www.earthangelssanctuary.org or call Victoria at 928-215-2444

Photos by Kalee Renee Photography

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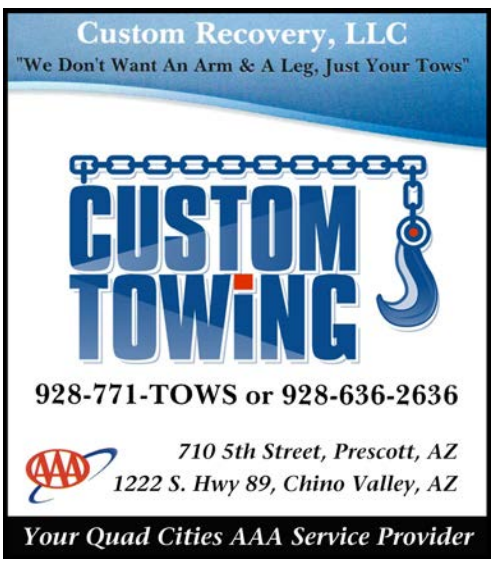
Did You Know?

At Better Business Bureau (BBB), it all seems to boil down to taking action.

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.



Better Business Bureau Offers You That and More.

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.

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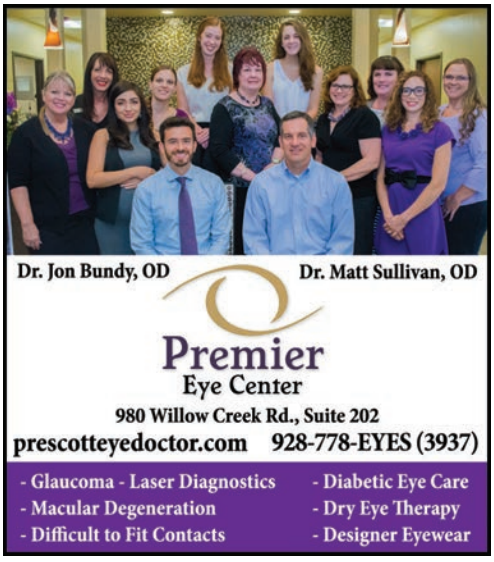
New Horizons
Disability Empowerment Center

What do you do after you suffer a stroke, or lose a hand in a work accident, or lose your vision or hearing- after the hospital releases you? When the dust settles, you have questions- lots of questions. While your medical care team has many answers- you have many more questions, and sometimes the medical team just won't relate to the deeper, more personal side of learning to live with a disability. Where can you go? Please, come to New Horizons DisAbility Empowerment CAMPUS!

New Horizons DisAbility Empowerment Center is a non-profit, 501c3, charitable organization dedicated to assisting all people with any disability to live as independently as possible; to self-direct their own lives, to impact their community positively. Our Staff and Board of Directors are people with disabilities. We approach all things from a peer perspective. Many of us have been down difficult roads and can help other see where the challenges lay, as well as where the opportunities are. Together with our partners in service, American Legion post 140 and Ability360, the DisAbility Empowerment Campus ("DEC") offers several support and social groups for people with MS and Parkinson's, Chronic Pain and Fibromyalgia, Brain Injuries, Multiple Chemical Sensitivities, and relief for family and care givers, and more. We offer Stroke Mentors, and Advocacy training. We help people help themselves!

We offer several classes, such as Living with a Disability, and the Community Leadership Academy where we will help people with disabilities engage in Leadership roles on Boards, Councils, Committees, and elsewhere. Of course, we have a Disabled Veterans Service Center, as well as the BEST in Home Care options, and a Jobs program where participants get 1 to 1 support by a trained employment specialist. The DEC offers more than ever before! We now



have a Sports and Fitness Center, and we also have an Adaptive Computer Lab, staffed with an instructor to assist those new to technology. We help people find jobs, negotiate the implications of the ADA. We even have a durable medical equipment loan closet, with everything from walkers to hospital beds. Currently, nearly all services are offered at no charge.

You may know us simply because of our many vehicles moving throughout Yavapai County as we help people get to doctor's appointments, social activities, etc. We are proud to have the largest fleet of disability transport vehicles in Northern Arizona.

This is the 25th Anniversary of New Horizons DEC, and our first year in the new CAMPUS facility. Much is Changing. After 25 years, we are growing up and working harder than ever to meet the needs of the DisAbility Community in Yavapai County and all of Northern Arizona. While our Facility is in Prescott Valley, all our services are open to residents of Chino Valley- and sometimes we can even transport you here! Please come by for a tour, give us a call and see how we can best assist you- or just look over our website- www.NHDEC.org 928-772-1266 9400 E. Valley Road, Prescott Valley.

Of course, NHDEC is a charitable organization, and we need your support. If you are able, give what you can, and we will make good use of your gifts. Please feel free to donate through our website, mail, or drop on in!

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- Long Term Care

Chino Valley Senior Center

Daily Events

Every MONDAY
12:30pm to 3pm - Cards and Games

Every TUESDAY
8am - Walking Club
11am to Noon - Free Blood Pressure Clinic
10am to Noon - Grief & Loss Group

Every WEDNESDAY
9am - Horseshoes
12:30pm to 4pm - Pinochle
3pm to 5pm - Line Dancing

Every THURSDAY
8am to 9am - Walking Club
1pm to 3pm - Painting Class

Interesting Things to Do:

First & Third TUESDAY
10am to Noon - Walking Club
8am to 9am - Walking Club
11am to 12pm - Free Blood PressureClinic
1pm - Knitting & Crocheting

Second TUESDAY
8am - Advisory Board Meeting
9am - Advisory Board Meeting

First & Third WEDNESDAY
6pm - Elks Meetings

Fourth WEDNESDAY
12pm Noon - Shopping Trip

First FRIDAY
8:30am - Senior Pedicure Service

THE GARDEN CAFE IS OPEN
Mon-Fri 11:30-12:30 for Delicious Hot Lunches!

Thank you to all who contributed to the Center's stunning renovation, both inside and out:

The Chino Valley Lionesses, the Chino Valley Morning Lions Club, Antelope Garden Club, Elks Lodge, Classic Garage Floors, Stony Creek Builders, Paintworks, the High Desert Artist Association, the Town of Chino Valley Parks Maintenance Crew, and our many anonymous donors. Thank you to our Advisory Board for planning and hosting our 2nd Annual Car Cruise which also helped fund this project

CHINO VALLEY SENIOR CENTER
(928) 636-9114 • www.chinoaz.net

MONDAY - THURSDAY - OPEN FROM 8 - 5 / FRIDAY - OPEN FROM 9 - 2

Chino Valley High School

VARSITY SPORTS

BOYS VARSITY FOOTBALL

DATE	OPPONENT	TIME	LOC
Sep 8	Tuba City	7:00 PM	AWAY
Sep 15	North Pointe Prep	7:00 PM	AWAY
Sep 22	Fountain Hills	7:00 PM	HOME
Sep 29	River Valley	7:00 PM	AWAY
OCT 06	Kingman	7:00 PM	HOME
OCT 13	Wickenburg	7:00 PM	HOME
OCT 20	Northwest Christian	7:00 PM	HOME
OCT 27	Odyssey Institute	7:00 PM	AWAY

BOYS JV FOOTBALL

DATE	OPPONENT	TIME	LOC
Sep 6	Tuba City	6:00 PM	HOME
Sep 20	Fountain Hills	6:00 PM	AWAY
Sep 27	River Valley	6:00 PM	HOME
OCT 11	Wickenburg	6:00 PM	AWAY
OCT 18	Northwest Christian	6:00 PM	AWAY

BOYS VARSITY BASKETBALL

DATE	OPPONENT	TIME	LOC
NOV 28	Sedona Red Rock	7:00PM	AWAY
DEC 7	Northland Prep	7:00PM	HOME
DEC 9	Seligman	5:30PM	AWAY
DEC 12	Camp Verde	7:00PM	AWAY
DEC 16	Williams	5:30PM	AWAY
DEC 20	Bagdad	6:00PM	AWAY
JAN 5	Sedona Red Rock	7:00PM	HOME
JAN 9	Kingman	7:00PM	AWAY
JAN 12	Northwest Christian	7:00PM	HOME
JAN 16	Wickenburg	7:00PM	HOME
JAN 18	Camp Verde	4:30PM	HOME
JAN 19	River Valley	7:00PM	AWAY
JAN 23	Odyssey Institute	7:00PM	HOME
JAN 26	Kingman	7:00PM	HOME
JAN 30	Northwest Christian	7:00PM	AWAY
FEB 2	Wickenburg	7:00PM	AWAY
FEB 6	Odyssey Institute	7:00PM	AWAY
FEB 8	River Valley	7:00PM	HOME

GIRLS VARSITY BASKETBALL

DATE	OPPONENT	TIME	LOC
NOV 28	Sedona Red Rock	5:30PM	AWAY
DEC 6	Northland Prep	6:00PM	AWAY
DEC 9	Seligman	4:00PM	AWAY
DEC 12	Camp Verde	5:30PM	AWAY
DEC 16	Williams	4:00PM	AWAY
DEC 20	Bagdad	4:30PM	AWAY
DEC 29	Yvonne Johnson Memorial	9:00AM	AWAY
JAN 5	Sedona Red Rock	5:30PM	HOME
JAN 9	Kingman	5:30PM	AWAY
JAN 12	Northwest Christian	5:30PM	HOME
JAN 16	Wickenburg	5:30PM	HOME
JAN 18	Camp Verde	3:00PM	HOME
JAN 19	River Valley	5:30PM	AWAY
JAN 23	Odyssey Institute	5:30PM	HOME
JAN 26	Kingman	5:30PM	HOME
JAN 30	Northwest Christian	5:30PM	AWAY
FEB 2	Wickenburg	5:30PM	AWAY
FEB 6	Odyssey Institute	5:30PM	AWAY
FEB 8	River Valley	5:30PM	HOME

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